

 Frederick Community College

INSTITUTE FOR LEARNING  
IN RETIREMENT

ILR



*Retired and Inspired*

Summer/Fall 2026 registration opens June 8.



**Registration opens  
Monday, June 8**

**ILRFCC.org**

.....

FAQs are on page 2.

**Kelli Ackiewicz**  
Community Education Program Manager  
kackiewicz@frederick.edu

**Cheryl Henman**  
Community Education Program Associate  
chenman@frederick.edu

# Institute for Learning in Retirement

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

## THE ILR MISSION

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

## THANK YOU!

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

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## Contact Us

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

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



# PERSONAL Enrichment

*Courses and experiences*  
for inquisitive minds.

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

Subjects for summer/fall 2026 include:

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

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

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

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

WEBSITE

ILR

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

FACEBOOK



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

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



## REGISTER FOR FCC ALERTS TODAY!

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

## NEW! CAMPUS PUBLIC SAFETY OMNILERT APP

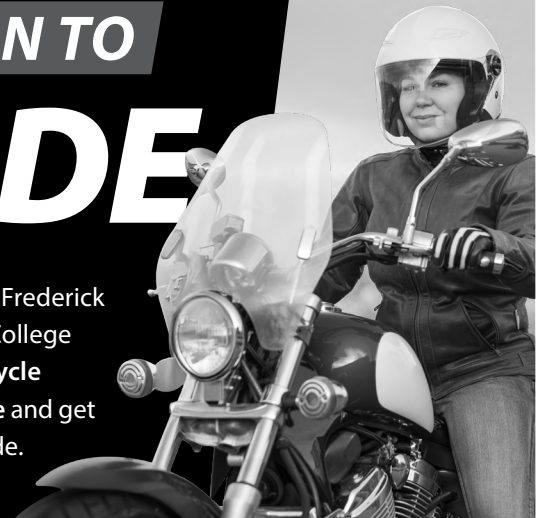
Download the Campus Safety App to contact FCC Security immediately to share safety concerns and access College Safety Resources. The app also serves as a panic button, crime tip line, and more.

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

## LEARN TO

# RIDE

Register for a Frederick  
Community College  
**2026 Motorcycle  
Safety Course** and get  
licensed to ride.



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

 Frederick Community College

## BEFORE YOU BEGIN ...

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

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

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

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

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

### No Class Dates

Classes will not be held on the following days:

- Fri., July 3 - Sat., July 4 (4th of July)
- Sat., September 5 - Mon., September 7 (Labor Day)
- Mon., November 23 - Sun., November 29 (Thanksgiving)
- Mon., December 21 - Sun., January 3 (Winter Break)

### Offsite Locations

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

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

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

### FAQs

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

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

#### Can ILR benefit me?

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

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

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

#### How do ILR classes differ from other college courses?

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

#### Who teaches ILR classes?

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

#### How can I learn more about becoming an ILR instructor?

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

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

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



# NEW ILR MERCHANDISE AVAILABLE!

View clothing choices at [www.business.landsend.com](http://www.business.landsend.com)

Email the **FCC Bookstore** ([bookstore@frederick.edu](mailto:bookstore@frederick.edu)) with your selection and note that it is for ILR. Include item name, number, size, and color.



## Evening Classes

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



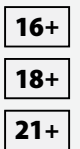
## Structured Remote Courses (SR)

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



## Instructor Bios

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



## Age Requirement

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



## Senior Citizen Tuition Waiver

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

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## ACR172 Introduction to Voiceovers (SR)

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

“Wow, you have a great voice!” Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, “I could do that!” Want to earn income using your talents from the comfort of your home? If so, then you could have what it takes to begin working as a professional voiceover artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices For All (VFA), in a one-on-one, personalized, video chat setting. Discover the current trends in the industry and how easy and affordable it can be to learn, set up, and work from home. In this one-time, 90-minute, introductory class, you’ll also learn about the different types of voiceovers and the tools you’ll need to find success. You’ll get a comprehensive introduction into the voiceover industry. You’ll learn through real life accounts of jobs your instructor has booked and get an inside look at their experience. You will also be able to gather information through the lecture part of the 90-minute session which will closely follow the outline provided for the class. Then it’s time to perform a script and receive some coaching and performance ideas. Your instructor will take notes on your reads and create a professional voiceover evaluation delivered to you in a follow-up call after the class. This class will provide the knowledge necessary to help you decide if this is something you’d like to pursue. Learn more: <http://www.voicesforall.com/ooo>. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. Students must be at least 18 years old to register for this class.

**Note: The course date and time is scheduled at your convenience. Someone will contact you no later than a week from the date you register to arrange a date and time for your one-on-one course. This Structured Remote Course is entirely online.**

**Instructor:** Voices For All

5-Digit Number: 31468 | Schedule at your convenience, 6/1 - 12/31

Location: Online

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

## ACR170 Drawing for Beginners

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

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

**Instructor:** Jeanne McDermott

5-Digit Number: 31353 | Fri 9:30 - 11:30 a.m., 8/28 - 9/18

Location: Conference Center/E125

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

## LIR255 How to Listen to Jazz

6 sessions, 9 hours | **SW**

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

**Instructor:** Howard Burns

5-Digit Number: 31236 | Mon 10:00 - 11:30 a.m., 8/31 - 10/12

No Class: 9/7 | Location: Conference Center/E125

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



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



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

## ILR966 The Music of the Frederick Symphony Orchestra

1 session, 1.5 hours

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

***Instructor:*** David Howard

### Fall Concert

5-Digit Number: 31381 | Fri 11:00 a.m. - 12:30 p.m., 10/9

Location: Visual & Performing Arts Center/F132

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


### Holiday Concert

5-Digit Number: 31382 | Fri 11:00 a.m. - 12:30 p.m., 12/11

Location: Visual & Performing Arts Center/F132

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

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

1 session, 1 hour | 

Explore the inside of Baker Park's Joseph Dill Baker Memorial Carillon in Frederick. The class will be led by City Carillonneur John Widmann, who will give you a history of the carillon as an instrument and how it came to be in Baker Park. Widmann will also show playing techniques including welcoming you to try playing a bell or two. There is also a practice keyboard at the base of the tower, which will be part of the tour. The carillon is located a short distance off North Bentz Street within Baker Park. There is a 50-step spiral staircase that participants will need to climb to the playing chamber. Once in the chamber there is no seating available. Participants will be required to stand during the class.

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

***Instructor:*** John Widmann

5-Digit Number: 31237 | Tue 6:00 - 7:00 p.m., 9/15

Location: Off Campus

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



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

## SEN450 Exploring Watercolor Painting: Multilevel

12 sessions, 24 hours



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

***Instructor:*** Catherine Howard

5-Digit Number: 31234 | Tue 9:00 - 11:00 a.m., 9/8 - 12/8

No Class: 10/13, 11/24 | Location: Monroe Center/MC126

Tuition: \$10 | Fee: \$184 | Total: \$194



Lessons, Classes, and Ensembles for Ages 6+

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

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



## SEN450 Exploring Watercolor Painting: Beginners

12 sessions, 24 hours

Artist Cath Howard invites you into a relaxing environment to gain confidence using the medium of watercolor. Drawing instruction is available for the projects. Learn about your supplies, composition, mixing colors, painting washes, values, saving white, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Students will be emailed a list of supplies needed before the course. Supply costs are \$75- \$100. Most of the supplies are reusable.

**Instructor:** Catherine Howard

5-Digit Number: 31233 | Fri 10:00 a.m. - 12:00 p.m., 9/11 - 12/11  
 No Class: 10/16, 11/27 | Location: Monroe Center/MC126  
 Tuition: \$10 | Fee: \$184 | Total: \$194

## LIR104 Exploring Watercolor Painting: Advanced

12 sessions, 24 hours

Artist Cath Howard invites you to grow your confidence in watercolor painting. She will encourage your unique style and niche. Her syllabus reflects the interests of the class. Students are welcome to substitute personal projects they are working on. An enlarged pallet is encouraged. It is a class where we enjoy each other's work and learn from each other. Prerequisite: Exploring Watercolor Painting - Multilevel Including Beginners Watercolor Class. Students will be emailed a list of supplies needed before the course. Supply costs are \$75- \$100. Most of the supplies are reusable.

**Instructor:** Catherine Howard

5-Digit Number: 31235 | Tue 12:00 - 2:00 p.m., 9/8 - 12/8  
 No Class: 10/13, 11/24 | Location: Monroe Center/MC126  
 Tuition: \$10 | Fee: \$184 | Total: \$194

## ACR182 Introduction to Watercolor

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

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

**Instructor:** Samantha Snyder

5-Digit Number: 31384 | Mon 5:30 - 8:00 p.m., 9/14 - 9/21  
 Location: Visual & Performing Arts Center/F118  
 Tuition: \$10 | Fee: \$74 | Total: \$84

## ACR614 Beginner Pen and Ink Drawing

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

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


**Instructor:** Jeanne McDermott

5-Digit Number: 31361 | Fri 9:30 - 11:30 a.m., 10/2 - 10/23  
 Location: Conference Center/E125  
 Tuition: \$10 | Fee: \$102 | Total: \$112



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

## ACR185 Introduction to Oil Pastels

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

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

**Instructor:** Samantha Snyder

5-Digit Number: 31385 | Mon 5:30 - 7:30 p.m., 10/5 - 10/12

Location: Visual & Performing Arts Center/F118

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

## ACR189 Beyond Basic Drawing Series: Organic Textures Inspired by Nature

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

Now that you have some core fundamentals, expand your drawing skills. This course is meant as a follow-up to Drawing for Beginners or for those who already have some basic drawing skills. It will allow you to continue to practice what you have already learned while teaching you new techniques. Each offering of this course will focus on a specific skill. The series explores composition, depth and perspective, shading, blending, textures, forms, and patterns. This course is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

**Instructor:** Jeanne McDermott

5-Digit Number: 31359 | Tue 2:00 - 4:00 p.m., 10/6 - 10/20

Location: Conference Center/E125

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

## ACR618 Crafting and Sculpting with Paper: Introduction

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

Papier Maché is a very versatile medium with many unexpected possibilities. Using basic techniques, brown paper bags, and paste, you can make very strong, lightweight objects. You'll learn how to create functional pieces like mirrors, picture frames, furniture, or a self-supporting and imaginative sculpture. Begin with a small teacher-led project, followed by the opportunity to construct a piece using your own imagination. Whether or not you complete an entire project during the class will depend on your project choice and your level of skill. All supplies are included.

**Instructor:** Lynn Braff

5-Digit Number: 31383 | Wed 10:00 - 11:30 a.m., 10/14 - 11/4

Location: Conference Center/E125

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

## LIR345 Iconic Women: Portraits & Conversation

1 session, 2 hours

Join local artist Juliet Gildea for a unique lecture and discussion series that celebrates iconic women, past and present, who have helped shape culture, politics, and the arts. In each session, Juliet will share a selection of her original painted portraits of these women and speak about the creative choices behind each piece, from symbolism and color to gesture and mood. Together, the group will explore the lives and legacies of these women, engage in meaningful conversation, and reflect on the power of visual storytelling in honoring history and empowering future generations. No art experience necessary.

**Instructor:** Juliet Gildea

5-Digit Number: 31275 | Thu 2:00 - 4:00 p.m., 10/15

Location: Conference Center/E123

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

## ACR166 Acrylic Painting Techniques for Beginners

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

Learn the basics of painting in this affordable and versatile art medium. Through the use of various techniques, brushstrokes, demonstrations, and practice, we will complete at least one finished piece on canvas. We'll explore topics pertaining to acrylics such as painting texture, mixing colors, and overall tips and suggestions. Works by master artists will be shown as a source of inspiration. This course is meant for true beginners and is a project-based course. Whether or not you fully complete the project during class will depend on your skill development during class. All supplies are included.

**Instructor:** Jeanne McDermott

5-Digit Number: 31360 | Fri 9:30 - 11:30 a.m., 11/6 - 12/11

No Class: 11/27 | Location: Conference Center/E125

Tuition: \$10 | Fee: \$146 | Total: \$156



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

**ACR617 Stylized Painting: Whimsical Expression on Canvas**1 session, 2 hours | **16+**

Discover your unique artistic voice in this fun, beginner-friendly acrylic painting class focused on expressive and stylized art. Guided by local artist Juliet Gilden, students will be led through a step-by-step painting process designed to encourage creativity, bold choices, and personal interpretation. Rather than aiming for realism, this class celebrates playful color, whimsical themes, and the joy of painting from intuition, expression, and imagination. Whether you're new to painting or looking to loosen up your style, you'll leave with a completed canvas and a better sense of your own creative approach. Beginners and experienced painters are welcome. All supplies are included.

**Instructor:** Juliet Gilden**Option 1:** 5-Digit Number: 31362 | Thu 2:00 - 4:00 p.m., 11/5**Option 2:** 5-Digit Number: 31363 | Thu 2:00 - 4:00 p.m., 12/10

Location: Conference Center/E125

Tuition: \$10 | Fee: \$65 | Total: \$75

**ACR180 Designer Greeting Cards**1 session, 2 hours | **16+**

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

**Instructor:** Kathy Barylski**Autumn Looks**

5-Digit Number: 31386 | Thu 10:00 a.m. - 12:00 p.m., 10/15

Location: Conference Center/E138

Tuition: \$10 | Fee: \$26 | Total: \$36

**Winter Holidays**

5-Digit Number: 31387 | Thu 10:00 a.m. - 12:00 p.m., 12/3

Location: Conference Center/E125

Tuition: \$10 | Fee: \$26 | Total: \$36

**LIR280 Artificial Intelligence Dilemmas: How to Thrive and Be at Peace in an AI-Enabled World During Retirement**

1 session, 1.5 hours

From smart devices to digital assistants, AI is reshaping everyday life, even for those who don't actively use it. In this session we explore how to stay grounded, confident, and connected in a world that's increasingly AI-enabled. Learn how to adapt with confidence, and protect your sense of purpose and identity in a rapidly shifting world, whether you use AI or not. No technical skills required -this is a class about people, not machines. This class is a lecture; no computers will be used during class. Consider the following companion class: LIR333 Topics on AI and Other Modern Technologies.

**Instructor:** Maru Willson

5-Digit Number: 31266 | Thu 10:00 - 11:30 a.m., 8/20

Location: Conference Center/E138

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



### LIR375 Staying Connected: Smartphone & Tablet Basics for Family Communication

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

Learn to confidently use your smartphone or tablet to stay connected with family and friends. This course teaches practical skills through patient, step-by-step instruction designed for adults. Master home screen navigation, taking and sharing photos, video calling via FaceTime or Zoom, password management, device hardening, and recognizing scams targeting older adults. A small class size ensures personal attention and plenty of hands-on practice. Bring your own device (iPhone, iPad, Android phone, or Android tablet).

**Instructor:** Ryan Miner

5-Digit Number: 31345 | Mon 6:00 - 8:00 p.m., 9/14 - 10/5

Location: Conference Center/E138

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

### LIR205 Computer Security and Cyber Threats

3 sessions, 6 hours | **SW**

We live in an age of technology. Almost everything is run by it. Unfortunately, many cybercriminals want to use technology to take advantage of us. This class will teach basic online safety. You'll learn how to identify and protect your internet-connected devices, identify various types of scams, and use social media, email, and text messages securely. You'll also understand why antivirus software and strong passwords matter. By the end of this course, you will feel more confident about how to protect your devices and avoid online threats.

**Instructor:** Leah Arnold

5-Digit Number: 31310 | Wed 11:00 a.m. - 1:00 p.m., 10/7 - 10/21

Location: Conference Center/E139

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

### LIR333 Topics on AI and Other Modern Technologies

6 sessions, 9 hours | **SW**

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

**Instructor:** Guillermo Warley

5-Digit Number: 31309 | Thu 1:00 - 2:30 p.m., 10/8 - 11/12

Location: Student Center/H251

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

### LIR263 Introduction to Google Docs

2 sessions, 4 hours

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

**Instructor:** Elizabeth Davis-Reinhold

5-Digit Number: 31311 | Thu 2:00 - 4:00 p.m., 12/3 - 12/10

Location: Conference Center/E139

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

### LIR263 Introduction to Google Sheets

2 sessions, 3 hours

Google Sheets is similar to Microsoft Excel, but without subscription fees. This class will present the basics of using Google Sheets to keep records, prepare a budget, organize information, take inventory, and do simple math. The class will also go over formatting the sheet so it looks the way you would like it to look. All students must create and be able to access a Google/Gmail account before class begins.

**Instructor:** Elizabeth Davis-Reinhold

5-Digit Number: 31312 | Thu 9:15 - 10:45 a.m., 12/3 - 12/10

Location: Conference Center/E139

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



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



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



**REC150 Olive Oil & Vinegar: The Perfect Pair**

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

Come enjoy our double feature class presenting the health and taste benefits of the perfect pair - olive oil & vinegar. Enjoy learning in-depth knowledge of both of these delicious condiments, while watching food demonstrations and tasting along the way. Bring your appetite and leave with the recipes to try at home.

**Instructor:** Lebherz Oil & Vinegar Emporium

5-Digit Number: 31403 | Wed 5:30 - 7:00 p.m., 7/29  
 Location: Lebherz Oil & Vinegar Emporium  
 Tuition: \$10 | Fee: \$44 | Total: \$54

**REC246 Treat Your Body with L.O.V.E.**

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

Join us for an evening of pampering at Lebherz Oil & Vinegar Emporium. If you thought fresh olive oil was just for eating, think again. Come learn how to make a nourishing olive oil sugar scrub, olive oil lip balm, and a beautiful olive oil lamp, all while sipping on a bubbly balsamic spritzer. Learn the health benefits of olive oil inside and out, and why fresh is always best.

**Instructor:** Lebherz Oil & Vinegar Emporium

5-Digit Number: 31404 | Wed 5:30 - 7:00 p.m., 10/21  
 Location: Lebherz Oil & Vinegar Emporium  
 Tuition: \$10 | Fee: \$44 | Total: \$54

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

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

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

**Note: Must be 21 to register.**

**Instructor:** Tenth Ward Distilling Co.

5-Digit Number: 31407 | Wed 7:00 - 9:00 p.m., 10/7  
 Location: Tenth Ward Distilling Company  
 Tuition: \$10 | Fee: \$29 | Total: \$39

**REC142 African Cooking**

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

In the 50s most Africans were vegan, not by choice but because meat was not affordable. Using exotic herbs and spices from the rain forests and adopted spice blends like herbes de Provence, women made the food so tasty there was no real desire to add meat. Today, in Africa and here in the United States, there is a growing trend of veganism as a lifestyle. Learn how a dish is traditionally made and then learn how to adapt it to include meat, fish, chicken, and wild game, if desired. Stories will be told as the dish is made during class. This course is mostly a demonstration course with some interactive cooking.

**Instructor:** Sabina Jules

**Vegan Jollof Rice and Curry Chicken Stew**

5-Digit Number: 31405 | Wed 9:00 - 11:00 a.m., 8/12  
 Location: Conference Center/E125  
 Tuition: \$10 | Fee: \$29 | Total: \$39

**Vegan Okra Stew and Yam Fufu**

5-Digit Number: 31406 | Wed 9:00 - 11:00 a.m., 9/9  
 Location: Conference Center/E125  
 Tuition: \$10 | Fee: \$29 | Total: \$39

**NEW WINE CLASS COMING THIS FALL!**

Checke our webpage for details. [ILRFCC.org](http://ILRFCC.org)



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



## A Taste of Asia

Join us as we travel the Far East and are introduced to delicious flavors from all over Asia including Thai, Vietnamese, Japanese, and Korean. Our focus will be on saving money while you learn to cook classic take out dishes that are simple and easy to make. Chef Woo will use ingredients you can find at the local "H Mart" in Frederick. You'll learn some facts about Asian food and Chef Woo will share his experiences in the food industry and his passion for cooking. This course is mostly a demonstration course with some interactive cooking. Remember, "If Chef Woo Can, You Can Too."



### REC135 A Taste of Asia: Kung Pao Spicy Chicken and Vietnamese Spring Rolls

5-Digit Number: 31394 | Sat 11:00 a.m. - 1:00 p.m., 8/22

### REC135 A Taste of Asia: Thai Ground Pork with Basil & Chili Peppers and Sweet & Sour Chicken

5-Digit Number: 31395 | Sat 11:00 a.m. - 1:00 p.m., 9/26

### REC135 A Taste of Asia: Mongolian Beef and Shrimp Pineapple with Basil & Cashew Fried Rice

5-Digit Number: 31396 | Sat 11:00 a.m. - 1:00 p.m., 10/17

### REC135 A Taste of Asia: Shrimp with Chili Peppers & Garlic and Pan-Fried Noodles

5-Digit Number: 31397 | Sat 11:00 a.m. - 1:00 p.m., 11/21

#### For all above classes:

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

Location: Conference Center/E125

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



### REC135 A Taste of Asia: Korean Barbeque Lunch Trip

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

Enjoy the ultimate Korean Barbeque lunch with Chef Woo at the Gogi Go Korean Barbeque in Frederick. Following the lunch, Chef Woo will take you on a walk through the local H-Mart. He'll offer tips and suggestions for purchasing food for your own kitchen creations. Perhaps you'll find something new to try. This field trip includes the price of a top of line BBQ lunch. You are required to drive yourself to the restaurant and then to H-Mart which is less than one mile away.

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

**Instructor:** Chef Stuart Woo

5-Digit Number: 31398 | Wed 11:30 a.m. - 1:30 p.m., 9/9

Location: Off Campus

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



## Comfort Foods & Baking

Join us for a delightful culinary journey that merges the heartwarming world of comfort foods with the art of baking. In this engaging series, we celebrate the ultimate cozy dishes that bring joy to every table, from handmade bakery favorites to brunch classics that never go out of style. Discover how to create beloved dishes that warm the soul and satisfy your cravings with cooking demonstrations and a touch of hands-on learning. Each class focuses on a different treat. Whether you're a novice or an experienced cook, you'll gain valuable skills and recipes to share with family and friends. The class takes place in a classroom that is not a dedicated gluten-free facility.



**NEW** REC152 Comfort Foods & Baking:  
**French Onion Soup & Popovers**

5-Digit Number: 31399 | Sat 9:00 a.m. - 12:00 p.m., 9/19

**NEW** REC152 Comfort Foods & Baking:  
**Gluten Free Baking**

5-Digit Number: 31400 | Sat 9:00 a.m. - 12:00 p.m., 10/24

**NEW** REC152 Comfort Foods & Baking:  
**Tomato Basil Soup & Popovers**

5-Digit Number: 31401 | Sat 9:00 a.m. - 12:00 p.m., 11/14

**NEW** REC152 Comfort Foods & Baking:  
**Holiday Baking**

5-Digit Number: 31402 | Sat 9:00 a.m. - 12:00 p.m., 12/5

**For all classes:**

1 session, 3 hours | **16+** | **Instructor:** Caren Spungen | Location: Conference Center/E125 | Tuition: \$10 | Fee: \$44 | Total: \$44



## LIR358 Introduction to 5 Element Qi Gong

6 sessions, 9 hours

Qi Gong is a gentle movement practice that teaches you how to cultivate and direct your energy to support your body's natural healing. It works on three levels—movement, breath, and mindful intention—bringing them together to promote balance, health, and harmony throughout the whole being. In this course, you'll learn simple, foundational practices you can confidently continue at home.

**Instructor:** Claudia Olson

**Option 1:** 5-Digit Number: 31318 | Mon 2:30 - 4:00 p.m., 7/6 - 8/10

**Option 2:** 5-Digit Number: 31319 | Mon 2:30 - 4:00 p.m., 10/5 - 11/9

Location: Visual/Performing Arts Center/F141

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

## LIR315 Introduction to Ballroom Dancing

10 sessions, 10 hours

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

**Instructor:** Fred Astaire Dance Studios

5-Digit Number: 31238 | Wed 2:00 p.m. - 3:00 p.m., 9/2 - 11/11

No Class: 11/4 | Location: Fred Astaire Dance Studios

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

## SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours

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

**Instructor:** Toni Minkel

**Option 1:** 5-Digit Number: 31268 | Thu 1:00 - 2:30 p.m., 9/10 - 11/12

**Option 2:** 5-Digit Number: 31267 | Tue 1:00 - 2:30 p.m., 9/8 - 11/10

Location: Visual/Performing Arts Center/F141

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



## ILR700 Yin Yoga

6 sessions, 6 hours |

Discover a restorative, beginner-friendly Yin Yoga class that gently supports your body's long-term health and mobility. Through slow, passive poses held with the support of gravity and props like blocks, Yin safely targets deep connective tissues like fascia, ligaments, and joints helping to lubricate, lengthen, and protect them over time. This gradual approach not only increases flexibility and joint health, but also helps prevent injury and supports collagen and elastin production for lasting resilience. No experience needed—just come as you are and leave feeling looser, calmer, and more at home in your body.

**Instructor:** Gabriella Giuseppe

5-Digit Number: 31239 | Tue 5:30 - 6:30 p.m., 10/6 - 11/10

Location: Visual/Performing Arts Center/F141

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

## HEA134 Introduction to Herbalism

3 sessions, 4.5 hours | |

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

**Instructor:** Amy Boldt

5-Digit Number: 31408 | Thu 6:00 - 7:30 p.m., 9/3 - 9/17

Location: Conference Center/E134

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



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



## Medically Curious ....



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

### **ILR903 Medically Curious: Dementia or Just Forgetful?**

5-Digit Number: 31240 | Mon 10:00 - 11:00 a.m., 9/14  
Location: Conference Center/E123

### **ILR903 Medically Curious: Lower Back Pain**

5-Digit Number: 31241 | Mon 10:00 - 11:00 a.m., 10/5  
Location: Conference Center/E123

### **ILR903 Medically Curious: Senior Vision**

5-Digit Number: 31242 | Mon 10:00 - 11:00 a.m., 11/2  
Location: Conference Center/E123


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**For all above classes:**

1 session, 1 hour | **Instructor:** Dr. Larry Romane  
Tuition: \$10 | Fee: \$4 | Total: \$14



### **LIR368 Navigating Healthcare**

1 session, 1.5 hours | 

This education series helps older adults and families feel more confident navigating healthcare. Topics may include speaking up during medical visits, using online health portals, understanding care transitions, recognizing mental health needs in aging, and others.

***Instructor:*** Ashley DiMaggio

#### **Your Health, Your Voice During Medical Exams**

5-Digit Number: 31314 | Thu 6:00 p.m. - 7:30 p.m., 9/24  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$8 | Total: \$18

#### **Health Portal Education**

5-Digit Number: 31315 | Thu 6:00 p.m. - 7:30 p.m., 10/8  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$8 | Total: \$18

#### **Discharge and Transitions of Care**

5-Digit Number: 31316 | Thu 6:00 p.m. - 7:30 p.m., 10/22  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$8 | Total: \$18

#### **Mental Health in Aging and Resource Support**

5-Digit Number: 31317 | Thu 6:00 - 7:30 p.m., 11/5  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$8 | Total: \$18

### **ILR903 Hormones and Brain Health**

1 session, 2 hours

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


***Instructor:*** Lindsey McCormick

5-Digit Number: 31576 | Mon 10:00 a.m. - 12:00 p.m., 8/17  
Location: Conference Center/E136  
Tuition: \$10 | Fee: \$12 | Total: \$22



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

**ILR903 Senior Care Options: A Guide to Navigating the Journey**

1 session, 1 hour | 

Finding the right senior care solutions can feel overwhelming. This class is designed to simplify the journey, providing you with the clarity and peace of mind you deserve by using a proven 3-step process. 1. Discovery: Understand the essential questions to ask to evaluate the specific needs, preferences, and financial considerations of your loved one. 2. Explore Care Options: Get an overview of the various types of senior care including independent living, assisted living, memory care, and in-home services and how local advisors pre-screen and present the top community matches for you. 3. Care Decision: Gain practical tips to confidently evaluate options and make an informed choice, with a focus on ensuring the best fit for today and the future. This course will empower you with the knowledge and tools to ensure your loved one receives the dignified and appropriate care they deserve. This class will be taught by an expert in the field of senior-focused care.

**Instructor:** Margie McWilliams


**Option 1:** 5-Digit Number: 31264 | Thu 6:00 - 7:00 p.m., 8/20

**Option 2:** 5-Digit Number: 31265 | Thu 2:00 - 3:00 p.m., 10/29

Location: Conference Center/E123

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

**NEW LIR367 Grief and Death**

2 sessions, 3 hours | 

This course is a series of individual education sessions around grief, loss, and death planning. Students may choose to attend all sessions, or to attend just the weeks covering topics of particular interest. Individual sessions will vary each term and could include the following topics: how to speak about death, death planning, understanding grief, managing political grief, grief of memory loss and dementia.

**Instructor:** Kendra Speicher-Eisenstark

**How to Speak About Death**

5-Digit Number: 31450 | Wed 5:30 - 7:00 p.m., 9/9 - 9/16

Location: Conference Center/E123

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

**Understanding Grief**

5-Digit Number: 31451 | Wed 5:30 - 7:00 p.m., 9/23 - 9/30

Location: Conference Center/E123

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

**Managing Political Grief**


5-Digit Number: 31452 | Wed 5:30 - 7:00 p.m., 10/28 - 11/4

Location: Conference Center/E123

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



**NEW GVT100 Navigating the Maryland General Assembly**

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

This course empowers Maryland residents to understand, track, and influence the legislative process from start to finish. Participants will explore each step of how laws are made in Maryland—from the birth of an idea, through drafting, hearings, debates, and final votes—gaining insight into where and how citizens can make an impact. You'll learn to set up and use a MyMGA account to monitor bills, connect with legislators, and access key legislative information. We'll also discuss interpreting legislative materials, crafting persuasive written testimony, and delivering compelling oral statements for both virtual and in-person settings. By the end of the course, you'll have the tools and confidence to be both an informed citizen and an effective advocate in shaping Maryland's laws. This class is strictly non-partisan and informs on procedure only; political discussion on specific issues will not be allowed. It's recommended, but not required, that you bring a tablet or internet capable phone with you so you can practice utilizing the resources that will be mentioned during the class.

**Instructor:** Richard Kaplowitz

**Option 1, In-Person:** 5-Digit Number: 31420 | Wed 2:00 - 3:30 p.m., 12/2 - 12/16 | Location: Sweadner Hall

**Option 2, Online:** 5-Digit Number: 31421 | Wed 7:00 - 8:30 p.m., 12/2 - 12/16 | Location: Online


**Note: This structured remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.**

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



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

## ILR585 Current National Security Challenges (SR)

4 sessions, 8 hours | 

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

**Note:** This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

**Instructor:** Jeffrey Steinberg

5-Digit Number: 30051 | Wed 10:00 a.m. - 12:00 p.m., 7/8 - 7/29

Location: Online

Tuition: \$10 | Fee: \$94 | Total: \$104

## LIR271 The History of the United States Supreme Court: 2025-26 Term Summary

3 sessions, 4.5 hours

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

**Instructor:** James Baer

5-Digit Number: 31286 | Mon 2:00 - 3:30 p.m., 7/13 - 7/27

Location: Conference Center/E138

Tuition: \$10 | Fee: \$46 | Total: \$56

## LIR366 The South during the American Revolution

4 sessions, 6 hours | 

The early years of the American South are often glossed over in history. While you may be familiar with Revolutionary War battles such as Long Island and Saratoga, fewer people know about pivotal southern engagements like Guilford Courthouse and Cowpens. This course will explore the southern campaigns that led to the American and French victory at Yorktown and examine the Revolutionary War from the perspective of the southern states, including Maryland. Sessions will consider why the South supported independence, how southern colonies responded to the outbreak of war, how southern Americans reacted when the British moved to retake the region, and the broader impact of the American Revolution on the southern states.


**Instructor:** Tracy Lewis

5-Digit Number: 31338 | Fri 10:00 - 11:30 a.m., 8/7 - 8/28

Location: Conference Center/E123

Tuition: \$15 | Fee: \$69 | Total: \$84

## LIR295 Preserving the Past: Caring for Vintage and Antique Clothing

1 session, 1.5 hours | 

Learn the basics of the care and preservation of vintage and antique garments, from proper storage and handling to recognizing when professional care is needed. Perfect for collectors, vintage enthusiasts, or anyone looking to protect treasured textiles. Consider the following companion class and bus trip as well: LIR282 (Chanel and Dior Fashion Visionaries), LIR369 (The Rise and Fall of American Women Through the Lens of Fashion), and LIR326 (Explore the World of Claire McCardell - Lecture and Museum Exhibit).

**Instructor:** Kelly White

5-Digit Number: 31290 | Thu 11:00 a.m. - 12:30 p.m., 8/20

Location: Conference Center/E123

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



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



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



### LIR369 **The Rise and Fall of American Women Through the Lens of Fashion: 1915-1950**

3 sessions, 6 hours | **SW**

Rarely has 35 years in history made such a profound change in the lives of women. Two world wars and significant changes in education, work, and family have brought great upheaval to the experiences and cultural expectations of American women. This course will look at the history of this period through the lens of women's clothing, fashion, and popular culture to explore how women lived during this turbulent time and how broader societal shifts shaped the attitudes and experiences of future generations. Consider the following companion classes and bus trip as well: LIR282 (Chanel and Dior Fashion Visionaries), LIR295 (Preserving the Past: Caring for Vintage and Antique Clothing), and LIR326 (Explore the World of Claire McCardell - Lecture and Museum Exhibit).

**Instructor:** Marcy Gouge

5-Digit Number: 31330 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m., 8/24 - 8/28

Location: Conference Center/E138

Tuition: \$15 | Fee: \$79 | Total: \$94

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

3 sessions, 6 hours | **SW**

This course will focus on events, history, people, and expression as it relates to artistic culture around the world. Coco Chanel and Christian Dior shaped the world's understanding of a "fashionable woman" from the early 1920's throughout the turbulent 20th Century. Their unique visions of how a woman should dress for everyday activities, as well as for glamorous events, reveal much about their philosophies and life experiences. Learn about the intense rivalry between these two fashion icons and explore the magnificent clothing that each created. Consider the following companion class and bus trip as well: LIR295 (Preserving the Past: Caring for Vintage and Antique Clothing), LIR369 (The Rise and Fall of American Women Through the Lens of Fashion), and LIR326 (Explore the World of Claire McCardell - Lecture and Museum Exhibit).

**Instructor:** Marcy Gouge

5-Digit Number: 31291 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m., 9/21 - 9/25

Location: TBD-CE/TBA

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



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



## History Bites .....

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

### ILR941 **History Bites: The Controversial Legacy of Robert E. Lee – Exploring Confederate Monuments and Reconstruction**

**Instructor:** Stephen A. Goldman

5-Digit Number: 31283 | Tue 2:00 - 3:15 p.m., 8/11

Location: Sweander Hall

### ILR941 **History Bites: Benedict Arnold – A Tragic Hero**

**Instructor:** Blane Amphor

5-Digit Number: 31281 | Tue 11:00 a.m. - 12:15 p.m., 8/18

Location: Conference Center/E138

### ILR941 **History Bites: Historic Homes in Frederick County**

**Instructor:** Thomas Slater

5-Digit Number: 31285 | Mon 11:00 a.m. - 12:15 p.m., 9/28

Location: Conference Center/E123

### ILR941 **History Bites: Corporal Roderick A. Clark and the 14th New Jersey in Flesh and Stone**

**Instructor:** Stephen A. Goldman

5-Digit Number: 31284 | Fri 2:00 - 3:15 p.m., 10/9

Location: Conference Center/E138

### ILR941 **History Bites: Titanic After the Sinking**

**Instructor:** Blane Amphor

5-Digit Number: 31282 | Tue 11:00 a.m. - 12:15 p.m., 10/27

Location: Conference Center/E138

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**For all classes:**

1 session, 1.25 hours | Tuition: \$10 | Fee: \$4 | Total: \$14

## LIR340 Trials and Tribulations of International Development

5 sessions, 10 hours | **SW**

We'll critically analyze the framework of international development by looking at key concepts such as poverty, sustainability, and other development issues encountered on both a global level and in Sub-Saharan Africa. The course will also discuss ethical considerations in international development practices. Contemporary case studies of issues in international development, e.g. upheavals in overseas development assistance such as the elimination of USAID and drastic reductions in European funding will be analyzed for their impact on international development.

**Instructor:** Joseph Mugore

5-Digit Number: 31289 | Tue 11:00 a.m. - 1:00 p.m., 9/1 - 9/29

Location: Conference Center/E123

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

## **NEW** LIR361 America During Prohibition: How A Nation Kept on Drinking

6 sessions, 9 hours | **SW**

Starting with the early temperance movement and culminating in the passage of the 18th Amendment, this course examines the origins and implementation of Prohibition in the United States. It explores how Americans adjusted to laws that prohibited the production, transportation, and sale of alcohol, with particular attention to the lesser-known aspects of the era. Topics include alcohol smuggling, the rise of organized crime, the clandestine locations where people continued to drink, and the technological innovations that emerged to sustain illegal alcohol production and distribution. The course concludes with an examination of the political and social forces that led to the repeal of the 18th Amendment. This dynamic and densely packed period of history is often oversimplified as an era of prosperity, but it reveals a far more complex and compelling story.

**Instructor:** Marc Sommerville

5-Digit Number: 31329 | Tue 12:30 - 2:00 p.m., 9/1 - 10/6

Location: Conference Center/E138

Tuition: \$15 | Fee: \$94 | Total: \$109

## LIR311 The Germanic Heritage of Frederick County

4 sessions, 8 hours | **SW**

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

**Instructor:** Mary Mannix

5-Digit Number: 31292 | Tue 10:00 a.m. - 12:00 p.m., 9/8 - 9/29

Location: Conference Center/E138

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

## **NEW** LIR381 More Than the "Razor": William Occam in History and Fiction

3 sessions, 4.5 hours

This cantankerous 14th-century English friar has been described as the first postmodernist, a co-founder of modern democratic theory, arguably the first male feminist, Martin Luther's hero, and (with Sherlock Holmes) an inspiration for the protagonist of Umberto Eco's great postmodern novel *The Name of the Rose*. Known to his admirers as Doctor Invincibilis, William Occam (or Ockham) was the premier philosopher-theologian of the late Medieval era. This course examines these claims, revealing Occam's imprint on contemporary politics, religion, science, and culture as the equal of any other philosopher. Before the first class, students are required to purchase and read Michael Harmon's murder mystery novel *Invincibilis: A William Occam Mystery*, available for purchase online. The novel will be used as a companion for the historical content of the course.

**Instructor:** Michael Harmon

5-Digit Number: 31333 | Wed 2:00 p.m. - 3:30 p.m., 9/9 - 9/23

Location: Conference Center/E138

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



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



## Journey Through Aviation History .....

### LIR293 Journey Through Aviation History: Wright Brothers

Track the Wright brothers' four-year transition from bicycle mechanics to aeronautical pioneers, culminating in the invention of the 1903 Flyer which launched the aerial age.

**Instructor:** Michael Low

5-Digit Number: 31293 | Thu 2:00 - 3:30 p.m., 9/10  
Location: Conference Center/E136

### LIR293 Journey Through Aviation History: Destination Moon

Trace the 1960s space race from President Kennedy's 1961 challenge to the triumphant lunar landing of 1969.

**Instructor:** Michael Low

5-Digit Number: 31294 | Thu 2:00 - 3:30 p.m., 9/24  
Location: Conference Center/E138

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#### For all classes:

1 session, 1.5 hours | **SW**  
Tuition: \$10 | Fee: \$6 | Total: \$16

### LIR259 The War of 1812 in Maryland

3 sessions, 4.5 hours | **SW**

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

**Instructor:** Tracy Lewis

5-Digit Number: 31297 | Fri 10:00 - 11:30 a.m., 9/11 - 9/25  
Location: Conference Center/E136  
Tuition: \$14 | Fee: \$52 | Total: \$66



### LIR364 Washington Tested: From Brandywine to Monmouth 1777-1778

5 sessions, 10 hours | **SW**


During 1777, at a critical point in the American Revolution, George Washington faced severe political and military setbacks in Pennsylvania. This course examines the period from the Battle of Brandywine Creek in September 1777 through the Battle of Monmouth Court House in June 1778, analyzing how these events tested Washington's leadership and authority. Major topics include organized efforts to remove or limit Washington's role as commander-in-chief, the hardships and lasting significance of the encampment at Valley Forge, and Washington's eventual political and strategic recovery following the Battle of Monmouth.

**Instructor:** Roger Swartz

5-Digit Number: 31334 | Mon 9:30 - 11:30 a.m., 9/14 - 10/19  
No Class: 10/5 | Location: Conference Center/E138  
Tuition: \$30 | Fee: \$124 | Total: \$154



### LIR363 Christianity's North African and Ethiopian Roots

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

Explore Christianity in Africa and its complex history dating back to ancient times. Christian communities were established in Egypt in the 1st century AD by Saint Mark, one of the apostles of Jesus. The communities were made up of Jewish converts to Christianity and developed independent of European Christianity eventually spreading to Ethiopia and other parts of North Africa in the 4th century AD through the efforts of Saint Frumentius and during the colonial period in the 19th and 20th centuries. Today, Christianity is the dominant religion in many African countries, with the majority of African Christians belonging to the Catholic, Protestant, and Pentecostal denominations. The course will also examine the role of King Ezana and the Kingdom of Aksum and Ethiopia's connection to biblical history and the ancient Near East, including traditions surrounding the Ark of the Covenant and the Queen of Sheba.

**Instructor:** David Owens

5-Digit Number: 31324 | Tue 6:30 - 8:00 p.m., 9/15 - 10/20  
Location: Conference Center/E136  
Tuition: \$20 | Fee: \$89 | Total: \$109



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



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



## LIR268 Wars that Defined History: World War I

8 sessions, 12 hours | **SW**

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

**Instructor:** Matthew Borders

5-Digit Number: 31332 | Wed 12:30 - 2:00 p.m., 9/30 - 11/18

Location: Conference Center/E138

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

## **NEW** LIR371 The Law and Disability

4 sessions, 5 hours | **SW**

The legal rights of Americans with disabilities have greatly expanded in the last 50 years. Though important laws have been enacted, millions of people continue to face unemployment and isolation. This course will discuss the following: legal definition of disability, what it means to have a "reasonable accommodation", rights of students with disabilities and their parents, and why laws concerning mental disabilities are often controversial.

**Instructor:** Stephan Haimowitz

5-Digit Number: 31336 | Tue 2:00 - 3:15 p.m., 10/6 - 10/27

Location: Conference Center/E136

Tuition: \$15 | Fee: \$49 | Total: \$64

## **NEW** LIR374 A History of Heaven and Purgatory

5 sessions, 7.5 hours | **SW**

This course traces the history of heaven from the earliest records of the fertile crescent through Greece, Rome and the established religions of the eras following the rise of Christianity. This will be followed by an examination of Purgatory which developed at a later time and which is viewed differently from Heaven and Hell as a place of transition rather than a finality.

**Instructor:** James Baer

5-Digit Number: 31325 | Mon 2:00 - 3:30 p.m., 10/12 - 11/9

Location: Conference Center/E138

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




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



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



**NEW** **LIR378 Contemporary American Foreign Policy: Case Studies (SR)**

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

This six-week course examines U.S. foreign policy through the lens of its bilateral relationships with a select group of countries, ranging from longstanding allies in Europe and Asia to emerging developing states with growing economic and political influence. Each week focuses on a specific country and the evolution of its relationship with the United States, analyzing key economic, geopolitical, and cultural dimensions. The course also situates these relationships within the broader framework of U.S. foreign and national security policy. In addition, several sessions explore cross-cutting areas of U.S. global interest, including energy policy, trade and tariffs, and defense strategy.

**Note:** This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

**Instructor:** Jeffrey Steinberg

5-Digit Number: 31328 | Thu 10:00 a.m. - 12:00 p.m., 10/15 - 11/19

Location: Online

Tuition: \$25 | Fee: \$139 | Total: \$164



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



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

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

2 sessions, 5 hours

Everyone knows something about the 1828 C&O Canal which runs along the Maryland side of the Potomac River. But do you know that George Washington created a company in 1785 to make the Potomac River navigable? The purpose of the company was not to build a canal but to "get the rocks out of the way" so that the ever-increasing farm products of the Potomac River valley and its tributaries would find their way to the port at Georgetown and out to the rest of the world. All of this took place over 200 years ago but there are still ruins we can examine and, in many cases, wonder at. The field trip involves walking up to 2 miles on mostly flat, well maintained trails. Students are to provide their own transportation to the meet up location for the hike. Please note that Great Falls has a \$20 National Park admission fee per vehicle. Rain Date for hike - 11/12.

**Note:** Students are to provide their own transportation to the meet up location for the hike.

**Instructor:** Paul Kreingold

**Option 1, Lecture & Hike**

5-Digit Number: 31296

Thu 11:00 a.m. - 1:00 p.m., 10/29 | Location: Conference Center/E123

Thu 11:00 a.m. - 2:00 p.m., 11/5 | Location: Off Campus

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

**Option 2, Lecture Only**

5-Digit Number: 31295 | Thu 11:00 a.m. - 1:00 p.m., 10/29

Location: Conference Center/E123

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

**LIR365 Pirates in the Chesapeake**

4 sessions, 6 hours | **SW**

"Pirates in 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.

**Instructor:** Tracy Lewis

5-Digit Number: 31337 | Fri 10:00 - 11:30 a.m., 10/30 - 11/20

Location: Conference Center/E138

Tuition: \$15 | Fee: \$69 | Total: \$84



## ILR984 Jamestown, The First Permanent English Colony

2 sessions, 3 hours

Discover the dramatic story of Jamestown, the first permanent English settlement in North America and how close it came to failure. Explore why Jamestown was established, who founded it, and the extreme hardships faced by the settlers and those sent to rescue the struggling colony. Participants will gain a deeper understanding of what Jamestown meant to the people living in Virginia and to those watching events unfold back in England. The course also examines Jamestown's role in the early development of slavery in the New World and its lasting influence on Virginia and the foundations of American history.

**Instructor:** James Garrett

5-Digit Number: 31534 | Mon 10:00 - 11:30 a.m., 11/2 - 11/9

Location: Conference Center/E138

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



## LIR370 The Other Side of the Bridge: The History of Maryland's Eastern Shore

4 sessions, 8 hours | **SW**

Maryland is divided into several distinct regions, one of which is the Eastern Shore. European colonists settled on the Eastern Shore early and it was, of course, already home to Native peoples. American slavery had a strong presence on the shore bringing forth some of our country's most famous Black abolitionists. Located between the Atlantic Ocean and the Chesapeake Bay, the region grew slowly, almost lacking an urban identity. Today many Marylanders know it simply as a weekend summer retreat or a retirement enclave. In this course we will discuss how and why the Eastern Shore developed differently along with learning aspects of its own unique culture. Come "down the shore" and see the Eastern Shore and its communities with fresh eyes.

**Instructor:** Mary Mannix

5-Digit Number: 31331 | Tue 10:00 a.m. - 12:00 p.m., 11/3 - 12/1

No Class: 11/24 | Location: Conference Center/E138

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



## LIR372 Frederick Uncovered: Buildings of Frederick and Their Former Uses

1 session, 2 hours

Frederick Uncovered brings the city's past to life through engaging stories, historic places, and surprising facts. This entertaining lecture series reveals the moments and people that shaped Frederick, Maryland. This session explores the past of familiar buildings throughout the Frederick area, uncovering their rich and often surprising histories. Learn when these structures were built, the purposes they originally served, and the notable people connected to them. We'll also examine architectural features and styles that reflect different periods in Frederick's development. Sites discussed include historic homes, former retail spaces, and well-known landmarks such as City Hall, former markets, Opera House, Shab Row, residences around Court House Square, the Beatty-Cramer House, the Steiner House, and others.

**Instructor:** Jeanne McDermott

5-Digit Number: 31326 | Thu 2:00 - 4:00 p.m., 10/1

Location: Conference Center/E136

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



## LIR372 Frederick Uncovered: Frederick Landmarks and Symbols

1 session, 2 hours

Frederick Uncovered brings the city's past to life through engaging stories, historic places, and surprising facts. This entertaining lecture series reveals the moments and people that shaped Frederick, Maryland. Learn about significant landmarks and symbols found around the City of Frederick. We'll cover the origin and history of these landmarks including the key, cast iron dog statues, palmetto plant, and the many clustered spires found throughout the city. This fun class will include fun games as we learn about history.

**Instructor:** Jeanne McDermott

5-Digit Number: 31327 | Thu 2:00 - 4:00 p.m., 10/15

Location: Conference Center/E136

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



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



## SEN473 Current Issues in the Middle East

5 sessions, 10 hours | **SW**

One of the longest-running and most sought-after offerings in the ILR Middle East program, Current Issues in the Middle East, examines the rapidly evolving dynamics of this pivotal region. Each week, major developments in the news are presented, analyzed, and crucially placed in their proper historical context. Guided by a career educator and regional specialist, participants will move beyond headlines to understand how the past continues to shape present-day realities. The course emphasizes historical grounding as essential to interpreting current events, identifying key actors, tracing shifting alliances, and assessing regional and global implications. Weekly topics are driven by the news. Anticipated themes include U.S. foreign policy in the Middle East; the long-term implications of the U.S.–Israel war with Iran; evolving regional alliances; vulnerabilities among Arab Gulf states; competing perspectives on the Palestinian–Israeli conflict; prospects for Gaza; Israeli operations in Lebanon; and Syria’s reintegration into regional and global affairs. Additional challenges will be incorporated as they arise, including persistent authoritarianism, youth unemployment, economic diversification, water scarcity, and the impact of climate change.

**Instructor:** Linda Pappas Funsch

5-Digit Number: 31484 | Tue 1:00 - 3:00 p.m., 9/15 - 10/13

Location: Sweadner Hall

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

## ILR363 The Legacy of the Crusades

5 sessions, 10 hours | **SW**

The era of the Western “Crusades,” a series of religiously sanctioned wars, stands as one of the most consequential chapters in world history, bringing the peoples of Christian Europe and the Middle East into prolonged and often brutal conflict. Far from a distant medieval episode, the legacy of the Crusades continues to resonate, shaping cultural memory, informing perceptions, and, at times, influencing modern political discourse. This course examines the Crusades through a historical lens, moving beyond simplified and often misleading narratives. Participants will explore the religious, political, and economic forces that gave rise to these campaigns, including the Christian concept of “just war” and the Islamic understanding of jihad. Emphasis is placed on how these events—and the stories later told about them—have left a lasting imprint on both Eastern and Western societies. Key historical figures such as Eleanor of Aquitaine, Richard the Lionheart, Saladin, and St. Francis of Assisi will be considered in context, illuminating their roles not only on the battlefield but within the broader currents of their time.

**Instructor:** Linda Pappas Funsch

5-Digit Number: 31485 | Tue 1:00 - 3:00 p.m., 10/20 - 11/17

Location: Sweadner Hall

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



## LIR260 Footsteps in Frederick: Fabulous Fredericktonians – 2nd Edition

2 sessions, 4 hours

Discover the lives and legacies of Frederick's most influential citizens. This class explores the lives and lasting contributions of remarkable individuals who helped shape the community for the better. Through compelling facts and memorable stories, learn what made these men and women truly unique and admirable. Featured figures include local artist Helen Smith, Blacksmith William Moran, Inventors McClintock Young and Harry Lebhertz, the Visitation Nuns, and multi-faceted historian and educator William (Bill) O Lee. Come celebrate the spirit of Frederick through the lives of those who made a lasting difference. No need to have taken the 1st edition to enjoy this 2nd offering.

**Instructor:** Jeanne McDermott

5-Digit Number: 31287 | Thu 2:00 - 4:00 p.m., 11/12 - 11/19

Location: Conference Center/E123

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



## LIR323 Frederick History 202: 1700s & 1800s

1 session, 5 hours | **SW**

This course is a continuation of Chris Haugh's Frederick History 101 class taught in fall 2025. Chris returns with Frederick History 202, a perfect complement, and fitting follow-up encore. Frederick 202 (the 1700s & 1800s) class will be an all-day class, broke into a morning and afternoon session where discussion will center on Frederick in the latter Colonial Period of the 1700s, and Federal, Antebellum, and Gilded Age periods of the 1800s. Here, things will be slowed down a bit (from the 101 class) for more in-depth inspection and discussion of specific notable events, places and individuals that shaped the Frederick landscape we have today. This course will incorporate video clips from Haugh's 1995 documentary titled "Frederick Town." Best of all, the course will feature a few special guest historians having "one on one" talks with Chris on specific aspects of our rich history. There will be a 1-hour lunch break during this class. Please plan accordingly.

**Instructor:** Christopher Haugh

5-Digit Number: 31448 | Fri 9:30 a.m. - 3:30 p.m., 11/13

Location: Sweadner Hall

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



## LIR323 Frederick History 202: 1900s to Present Day

1 session, 5 hours | **SW**

This course is a continuation of Chris Haugh's "Frederick History 101" class taught in fall 2025. Chris returns with Frederick History 202, a perfect complement, and fitting follow-up encore. Frederick 202 (the 1900s) class will be an all-day class, broke into a morning and afternoon session where discussion will center on Frederick in the 20th Century from the progressive era of the early century to the Great Depression, World War II, and Post War through Modern eras. Here, things will be slowed down a bit (from the 101 class) for more in-depth inspection and discussion of specific notable events, places and individuals that shaped the Frederick landscape we have today. This course will incorporate video clips from Haugh's 1995 documentary titled "Frederick Town." Best of all, the course will feature a few special guest historians having "one on one" talks with Chris on specific aspects of our rich history. There will be a 1-hour lunch break during this class. Please plan accordingly.

**Instructor:** Christopher Haugh

5-Digit Number: 31449 | Fri 9:30 a.m. - 3:30 p.m., 11/20

Location: Sweadner Hall

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



## LIR162 Vintage Holiday Ornaments: Scherenschnitte and Punched Tins

1 session, 2 hours

Learn about Scherenschnitte, German paper cutting, brought to the United States by German immigrants and decorative punched tin made popular during colonial times. After a quick history lesson, you'll have an opportunity to try your own hand at creating these crafts. All supplies included.

**Instructor:** Jeanne McDermott

5-Digit Number: 31288 | Tue 2:15 - 4:15 p.m., 12/1

Location: Conference Center/E125

Tuition: \$10 | Fee: \$26 | Total: \$36



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



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

### ACR158 Introduction to Jewelry Making: Twisted Copper Bangle Bracelets

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

Master the basics of metalsmithing in this one-day workshop. The workshop will focus on cutting, shaping, twisting, and forming copper to create unique twisted bangle bracelets. Participants will learn foundational metal work including texturing, hammering, and finishing techniques. Each cuff will have its own character and students will leave the class with a minimum of three completed bracelets. All tools and materials are provided. No experience necessary. Class will take a 30-minute lunch break so be sure to bring a packed lunch.

**Instructor:** Georgina Copanzzì

5-Digit Number: 31410 | Sat 9:30 a.m. - 2:30 p.m., 9/19

Location: Monroe Center/MC147

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

### ACR158 Introduction to Jewelry Making: Wavy Copper Bangle Bracelets

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

Master the basics of metalsmithing in this one-day workshop. The workshop will focus on soldering and shaping copper wire to create elegant wavy bangle bracelets. Participants will learn foundational soldering techniques and wire-forming skills, and will leave the class with a minimum of five completed bracelets. All tools and materials are provided. No experience necessary. Class will take a 30-minute lunch break so be sure to bring a packed lunch.

**Instructor:** Georgina Copanzzì

5-Digit Number: 31411 | Sat 9:30 a.m. - 2:30 p.m., 11/7

Location: Monroe Center/MC147

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

### HOM205 Manifest Your Dreams: Vision Board Workshop

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

Design your life, set your intentions, create your future. Join us for an inspiring and creative session where you'll bring your goals, dreams, and intentions to life through a powerful vision board. In this fun, hands-on workshop, you'll create a poster-sized visual roadmap for the months ahead—whether you're focused on career, wellness, travel, relationships, or personal growth. No artistic skills needed—just a willingness to dream big. All supplies are included.


**Instructor:** Margaret Coan

5-Digit Number: 31413 | Sat 11:00 a.m. - 1:00 p.m., 9/26 - 10/3

Location: Conference Center/E140

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

### **NEW** HOM207 Digital Scrapbooking for Beginners with Canva (SR)

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

This introductory course is designed for adult learners who are new to digital scrapbooking. Using Canva's free online platform, participants will learn step-by-step how to create attractive scrapbook pages that combine photos, captions, and stories. The course emphasizes simple tools, clear instructions, and hands-on practice. No prior digital scrapbooking experience is required; only basic computer skills are needed.

**Note:** This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

**Instructor:** Geneva Blackmer

5-Digit Number: 31409 | Mon 10:00 a.m. - 12:00 p.m., 11/2 - 11/16

Location: Online

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

### **NEW** HOM208 Genealogy In Action

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

In this hands-on course, you will learn how to begin and manage genealogy research, with special emphasis on on-line resources. This class will move beyond theory to actual "work". It's perfect for beginners, as well as the more experienced who have hit "brick wall problems". This course is a genealogy lab class and will take place in a computer classroom.

**Instructor:** Mary Mannix

5-Digit Number: 31418 | Tue 10:00 a.m. - 12:00 p.m., 10/6 - 10/27

Location: Conference Center/E134

Tuition: \$15 | Fee: \$94 | Total: \$109

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

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

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

**Instructor:** Mary Mannix

5-Digit Number: 31414 | Tue 10:00 a.m. - 12:00 p.m., 8/4 - 8/18

Location: Conference Center/E136

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

**HOM250 Continuing the Fool's Journey: Taking Your Tarot Practice to a Deeper Level**

4 sessions, 8 hours | 16+

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

**Instructor:** Mary Mannix

5-Digit Number: 31416 | Thu 10:00 a.m. - 12:00 p.m., 10/22 - 11/12

Location: Conference Center/E134

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

**HOM210 Chickenology (SR)**

5 sessions, 12.5 hours | 16+ | SW | 🌙 | 🐔

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

**Note:** This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

**Instructor:** Carol Zegarski

5-Digit Number: 31425 | Tue 6:00 - 8:30 p.m., 9/22 - 10/20

Location: Online

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



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



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



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



**Sewing**



**HOM203 The Sewing Machine: Operation, Troubleshooting & Maintenance**

2 sessions, 5 hours | 16+ | SW | 🌙

Overcome your fears and challenges. Don't quit a project because your sewing machine jams and you are frustrated. This class is great for the beginner or novice who wants to learn how to properly use a sewing machine. Once you learn the how's and why's to set up, adjust and use a sewing machine, you will be stitching with confidence. You will learn how to set up, troubleshoot, correct, and maintain a sewing machine for peak performance. You will also learn how to manage a sewing machine's tension and demystify how to select the right thread and needle for a project. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included.

**Option 1, Day:** 5-Digit Number: 31430

Sat 9:00 a.m. - 2:30 p.m., 9/26

**Option 2, Evening:** 5-Digit Number: 31429

Mon, Wed 6:00 - 8:30 p.m., 9/14 - 9/16

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

## HOM171 Basic Sewing Techniques

4 sessions, 12 hours | 16+ | SW | 🌙

Take your sewing skills to the next level. In this class you will learn professional tips and short cuts as you practice over 20 practical sewing techniques found in a variety of patterns from garment, home décor, quilting patterns, bag making, and more. You will learn to use several specialty presser feet that make these techniques easier, and the results better. You will create a sampler notebook containing your stitch outs and complete worksheets for future reference. Upon completing this class, you will have the knowledge, skills and confidence to follow a sewing pattern and make something on your own. Techniques covered include seams and finishes, hems, closures, casings and decorative applications. We suggest that you either take HOM203 The Sewing Machine: Operation, Troubleshooting, & Maintenance as a pre-requisite or already have proficiency operating a sewing machine prior to taking this course. All supplies are included.

**Option 1, Day:** 5-Digit Number: 31427

Mon-Thu 12:30 - 3:30 p.m., 9/28 - 10/1

**Option 2, Evening:** 5-Digit Number: 31428

Tue, Thu 6:00 - 9:00 p.m., 11/10 - 11/19

Tuition: \$30 | Fee: \$179 | Total: \$209

## HOM204 Intro to Sewing

2 sessions, 5 hours | 16+ | SW | 🌙

This course is designed specifically for beginners but also ideal for those who want to brush up on their skills. You'll learn the fundamental skills of sewing—measure, mark, cut, press, pin, and sew—ensuring precision and accuracy. Discover the latest sewing notions that help make tasks enjoyable. Then put your new skills to the test by making a small project. Whether you've never picked up a needle and thread or just want to refresh your skills, this class will empower you with the knowledge and confidence needed to produce beautiful results. Enrollment will be limited so the instructor can provide ample attention to each student. Class will take a 30-minute lunch break so be sure to bring a packed lunch. All supplies are included.

**Option 1, Day:** 5-Digit Number: 31432

Sat 9:00 a.m. - 2:30 p.m., 10/3

**Option 2, Evening:** 5-Digit Number: 31431

Tue, Thu 6:00 - 8:30 p.m., 10/6 - 10/8

Tuition: \$15 | Fee: \$79 | Total: \$94



## **NEW** HOM209 Thread Painting for Beginners

2 sessions, 4 hours | 16+

Thread painting transforms fabric into art using free-motion sewing techniques. This beginner-friendly class teaches you to "draw" with thread, creating dimensional sketches of botanical subjects. Learn to control your sewing machine like a paintbrush as you blend colors, add texture, and bring images to life. This meditative, creative technique requires no prior free-motion experience. Students will master design transfer methods and proper stabilizer use while completing a finished thread-painted piece suitable for framing or display. Perfect for sewists looking to expand their artistic skills in a relaxed, supportive environment. No sewing experience necessary. This class is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies provided.

5-Digit Number: 31426 | Tue, Thu 12:30 - 2:30 p.m., 10/13 - 10/15

Tuition: \$10 | Fee: \$76 | Total: \$86

### For all classes:

**Instructor:** Michelle Umlauf | **Location:** Conference Center/E134

## FOR350 American Sign Language: Beginner (SR)

10 sessions, 15 hours |  |  |  | 

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

**Note:** There is an optional purchase of the digital curriculum platform True+Way. You will learn more about this platform on the first day of class including how to purchase it, how it works, and how you might use it as a supplemental curriculum. This Structured Remote Course is entirely online.

**Instructor:** Dani Graybill

5-Digit Number: 31583 | Tue, Thu 6:00 - 7:30 p.m., 9/8 - 10/8

Location: Online

Tuition: \$44 | Fee: \$145 | Total: \$189

## FOR351 American Sign Language: Intermediate (SR)

10 sessions, 15 hours |  |  |  | 

Students will continue to learn and practice conversation skills used in American Sign Language: Beginner. They will learn more about ASL grammar structure, visual gestural, descriptive, negotiation with the environment, and deaf and hard-of-hearing culture. This course may use a textbook or a digital curriculum platform.

**Note:** There is an optional purchase of the digital curriculum platform True+Way. You will learn more about this platform on the first day of class including how to purchase it, how it works, and how you might use it as a supplemental curriculum. This Structured Remote Course is entirely online.

**Instructor:** Dani Graybill

5-Digit Number: 31584 | Tue, Thu 6:00 - 7:30 p.m., 10/20 - 11/19

Location: Online

Tuition: \$44 | Fee: \$145 | Total: \$189






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



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

## FOR100 Basic Conversational Spanish

8 sessions, 16 hours |  |  | 

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

**Instructor:** Jennifer Books

5-Digit Number: 31433 | Tue, Thu 5:30 - 7:30 p.m., 8/25 - 9/17

Location: Conference Center/E140

Tuition: \$44 | Fee: \$145 | Total: \$189

## FOR101 Continuing Conversational Spanish

8 sessions, 16 hours |  |  | 

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


**Instructor:** Jennifer Books

5-Digit Number: 31434 | Tue, Thu 5:30 - 7:30 p.m., 10/20 - 11/17

No Class: 10/29 | Location: Conference Center/E125

Tuition: \$44 | Fee: \$145 | Total: \$189

## FOR423 French Basic Communication and Conversation for Beginner

8 sessions, 16 hours |  |  | 

Develop ability to communicate orally and in writing in French. Practice what you are learning by participating in class conversations and completing classroom assignments. In each class, we will also discover some aspects of the French culture such as food, music, history, movies, celebrations and more. This class is for those who have the desire or need to communicate in French as well as understand the basics of French culture. This class is designed to accommodate both true beginners and those who already have some basic skills but need first level practice. Repeat students are welcome.

**Instructor:** Erin Brooks

5-Digit Number: 31435 | Mon 5:30 - 7:30 p.m., 9/14 - 11/2



Location: Conference Center/E140

Tuition: \$44 | Fee: \$145 | Total: \$189



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

## FOR156 French Language Lab: Conversational Practice

4 sessions, 8 hours |  | 

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

**Instructor:** Erin Brooks

5-Digit Number: 31436 | Mon 5:30 - 7:30 p.m., 11/9 - 12/7

No Class: 11/23 | Location: Conference Center/E134

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

## FOR124 Introduction to the Italian Language & Culture: Part 1

8 sessions, 16 hours |  | 

Explore Italian culture by learning proper basic grammar, pronunciation, vocabulary, customary greetings, and levels of formality Italian style. The course includes insight into the customs and traditions, holidays, and cultural nuances of Italy including food and meal etiquette. Also receive sightseeing recommendations and explore the country's geography and beauty from North to South. Practice what you are learning by participating in class conversations and completing classroom and homework assignments based on textbook exercises. Students are required to have the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included). The book should be purchased prior to the class and is available for purchase both online or through the bookstore.

**Note: Students are required to have the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included).**

**Instructor:** Dora Jaar

5-Digit Number: 31437 | Wed, Fri 10:00 a.m. - 12:00 p.m., 9/16 - 10/9

Location: Braddock Hall/B215

Tuition: \$44 | Fee: \$145 | Total: \$189

## FOR224 Introduction to Italian Language & Culture: Part 2

8 sessions, 16 hours |  | 

Continue to develop your Italian language skills with practice conversations, videos, and other exercises. Practice will help with day-to-day interactions with Italian speakers. The course will also include further insight into Italian customs, traditions, food and geography from the north to the south. Italy is a very diverse country with thousands of years of history and so much to explore. You will be required to complete classroom and homework assignments based on textbook exercises. Students are required to have the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included). The book should be purchased prior to the class and is available for purchase both online or through the bookstore. This class is not considered an advanced course but is a continuation of the beginner Part 1 course that is offered. All students must take Part 1 prior to taking Part 2.

**Note: Students are required to have the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included).**

**Instructor:** Dora Jaar

5-Digit Number: 31438 | Wed, Fri 10:00 a.m. - 12:00 p.m., 10/21 - 11/13

Location: Conference Center/E123

Tuition: \$44 | Fee: \$145 | Total: \$189

## WHAT LANGUAGES WOULD YOU LIKE TO LEARN?

We are restructuring our *Learn a Language* courses. Please let us know what changes you would like to see by completing a short survey using the QR code, or visiting the survey webpage. We appreciate your participation and value your input.



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



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



## Learning on Location

### LIR167 Frederick Walking Tour: Trains, Trolleys, and Automobiles

1 session, 1.5 hours

In this easy walking tour, we will explore the history of transportation in the downtown Frederick area. Learn about Abraham Lincoln's train visit and the importance of the railroad industry. We will stop by the exteriors of former sites that reflect the automobile industry and the trolley system and listen to stories about the locations. Then we'll head to Carroll Street and learn about its former railroad depot, fertilizer companies, grain warehouse and a prominent former bakery. Facts about local history will be pointed out as we stroll among the houses and buildings. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace.

Rain Date - 10/3

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

**Instructor:** Jeanne McDermott

5-Digit Number: 31376 | Sat 10:00 - 11:30 a.m., 9/19

Location: Off Campus

Tuition: \$10 | Fee: \$10 | Total: \$20



### LIR326 Harbor of Freedom: Commerce and Black History in Baltimore

1 session, 7.75 hours

Explore Baltimore's rich maritime heritage and trace the powerful connections between Black history, trade, and commerce along the city's historic waterfront. Our journey begins with a self-guided tour at the Frederick Douglass–Isaac Myers Maritime Park and Museum, a cornerstone of African American history and industry, where you'll discover how a young Frederick Douglass honed his reading and writing skills while working as a ship caulker—skills that would later empower him to become one of America's most influential abolitionists. The museum also honors Isaac Myers, a pioneering Black businessman and labor leader who, alongside other free Black caulkers, founded one of the nation's first African American–owned shipyards. Lunch will be on your own at one of several restaurants located nearby. The tour then continues through the cobblestone streets of Fells Point, a bustling 19th-century port once

alive with shipbuilders, sailors, and merchants. As you walk, you'll discover how Baltimore became one of the country's busiest ports, and how this waterfront became a crossroads of freedom, labor, and commerce. This tour involves walking several blocks at a time on uneven pavement and cobblestone streets and standing throughout the day.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 31373 | Thu 8:30 a.m. - 4:15 p.m., 9/24

Location: Off Campus

Tuition: \$10 | Fee: \$76 | Total: \$86

### LIR167 Frederick Walking Tour: North Market Street Between 5th and 7th

1 session, 1.5 hours

This easy walking tour includes the historical background of former retail shops and restaurants including the architecture and ages of buildings between 4th to 6th Streets. We will learn the story behind the Laboring Sons Memorial Grounds for African Americans, the Junior Fire Company #2 of Frederick, the historic 7th Street fountain, and the Lord Nickens mural and his history. This tour involves walking in downtown Frederick on mostly flat sidewalks and walkways with some elevation changes for about 1.5 miles moving at a slow pace.

Rain Date - 10/3

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

**Instructor:** Jeanne McDermott

5-Digit Number: 31374 | Sat 10:00 - 11:30 a.m., 9/26

Location: Off Campus

Tuition: \$10 | Fee: \$10 | Total: \$20

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

## LIR224 Soles to Souls: Antietam's Footprints – The Cornfield, Dunker Church & West Woods

1 session, 9.5 hours

Take a new look at the battlefield as we join famed historian, Dennis Frye, for a narrated walk through the battle grounds of Antietam. We'll provide transportation via the FCC shuttle bus to meet up with your guide. Spend the morning hearing an overview of the battle and walk the Cornfield area of the grounds as Dennis narrates the event. We'll eat lunch at a local restaurant; entree and drink are included in the fee. Then we'll head back to the battlefield to walk the West Woods/Dunker Church area. We will follow established NPS trails which will give you a feel for the terrain and the ebb and flow of the battles. Bring your walking shoes as we expect to walk a total distance of 2.5 miles over irregular, but not extreme, ground.

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

**Instructor:** Dennis Frye

5-Digit Number: 31372 | Wed 8:00 a.m. - 5:30 p.m., 10/7

Location: Off Campus

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



## LIR326 Explore the World of Claire McCardell, a True Frederick Icon: Lecture and Museum Exhibit

1 session, 7.5 hours

This unique class will offer a deep dive into the life, work and cultural impact of the most famous American Fashion Designer of the mid-20th Century. The morning will feature an in-class presentation by a Vintage collector of McCardell's unique designs, providing students with the opportunity to handle and explore original examples of her clothing. The class will then travel to Baltimore for a guided tour of the newest Claire McCardell Exhibit at the Maryland Center for History and Culture, to receive a behind the scenes peek at how the exhibit was created. Along the way, students will hear about Claire's early life in Frederick, her beginning efforts to forge a unique style and reputation as a clothing designer, and the significant impact that she has had on American women for almost 75 years. A boxed lunch is included in the fee. Exploring the museum involves light walking and standing during the 2-hour tour portion of the course. Consider the following companion classes as well: LIR282 (Chanel and Dior Fashion Visionaries), LIR295 (Preserving the Past: Caring for Vintage and

Antique Clothing), and LIR369 (The Rise and Fall of American Women Through the Lens of Fashion).

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

**Instructor:** Marcy Gouge

5-Digit Number: 31380 | Wed 9:00 a.m. - 4:30 p.m., 10/14

Location: Off Campus

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



## LIR379 Morven Park Mansion and Museum Tour

1 session, 6.25 hours

Step aboard and settle in for a memorable journey to Morven Park, one of Virginia's treasured historic landscapes, where rolling countryside, elegant architecture, and peaceful trails create the perfect escape. We'll wind through the scenic roads of Leesburg, to the majestic Davis Mansion, once home to a prominent Virginia governor. You'll be welcomed by the timeless charm that defines this extraordinary estate. During our guided mansion visit, you'll explore its beautifully preserved rooms and period furnishings. You will then have an opportunity to wander freely through scenic formal gardens and nature trails. On our way home, we'll stop at a local winery where you can toast a day well spent with a glass of wine before heading back to the College. A boxed sandwich lunch is included in the fee, but all alcohol purchases will be on your own. This tour involves walking short distances at a time and standing throughout the day with the possibility of walking longer distances through the gardens and trails if you choose.

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

**Instructor:** Continuing Education Instructor

5-Digit Number: 31377 | Fri 8:45 a.m. - 3:00 p.m., 10/16

Location: Off Campus

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

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

*(Continues on page 34)*

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

## **ILR897 The Appalachian Trail Experience: A Mobility Friendly Hike**

2 sessions, 4 hours

The Appalachian Trail (AT) might be America's most famous footpath, and it travels right through Frederick County. We will explore the history of the AT and the hiking phenomenon it is today. The trail has a fun and quirky culture surrounding it and we will dive into some unique, fun facts. The first session is in the classroom, and the second session is a hike to see some iconic sights on this famous footpath. The meeting place for the hike will be Washington Monument State Park. The hike will be on a trail that is mobility friendly. Although not ADA compliant, the trail is a smooth, wide gravel path without steps and would be suitable for a person using a walking aid. Students are to provide their own transportation to the meet up location. Rain Date for the hike - 11/4

**Note: Students will be required to provide their own transportation to the meeting location.**

**Instructor:** Tara Gettig

5-Digit Number: 31379

Wed 9:30 - 11:00 a.m., 10/21 | Location: Conference Center/E134

Wed 9:30 a.m. - 12:00 p.m., 10/28 | Location: Off Campus

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



## **LIR376 Frederick County in the American Revolution: Mobile Workshop**

1 session, 7 hours | **SW**

Don't miss this opportunity to learn more about local connections to "the American Revolution" during the 250th commemoration of this legendary conflict. July 4th marks the signing of the Declaration of Independence, but the war would rage on until its final, and formal, conclusion with the Treaty of Paris in 1783. Award-winning researcher/documentarian Chris Haugh will explain the effects of the Revolutionary War on the citizenry of Frederick. He will also introduce students to some of the brave individuals who joined the fight against enemy powers. Lastly, we will examine the legacy of the Revolution on the City of Frederick and Frederick County. We will also have an opportunity to visit sites such as Catoctin Furnace, Rose Hill Manor Downtown Frederick, the Hessian Barracks, and Mount Olivet Cemetery. Lunch will be on your own at a spot that offers several choices. Participants should expect to walk on trails,

sidewalks and in a cemetery that may have uneven surfaces. We may walk up to 2 miles throughout the day.

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

**Instructor:** Christopher Haugh

5-Digit Number: 31453 | Wed 9:00 a.m. - 4:00 p.m., 11/4

Location: Off Campus

Tuition: \$10 | Fee: \$94 | Total: \$104



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

1 session, 6 hours

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

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

**Instructor:** James Garrett

5-Digit Number: 31378 | Tue 9:00 a.m. - 3:00 p.m., 11/10

Location: Off Campus

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

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

**LIR230 Mary's Monster: A Study on Frankenstein (SR)**

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

Over 200 years ago, a 20-year-old Mary Shelley anonymously published Frankenstein, or The Modern Prometheus, a story that revolutionized horror and science fiction, as well as introduced one of the western world's most iconic monsters - Frankenstein's Creature. Since then, this tale and its infamous characters have been adapted, referenced, and riffed on across fiction, stage, and screen, becoming a cultural mainstay. Learn more about the inspiration and impact of Frankenstein, as well as its fascinating creation and publication, as we explore themes such as ambition, alienation, monstrosity, and more. Let's answer one of literature's most enigmatic questions: what is the line between man and monster? We recommend reading Mary Shelley's Frankenstein, or The Modern Prometheus, prior to class. The novel is available online for free. If you want a physical copy, we recommend purchasing the 1818 text/edition of the novel.

**Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.**

**Instructor:** Kierstin Klimas

5-Digit Number: 31277 | Wed 6:30 - 7:30 p.m., 9/23 - 10/21

Location: Online

Tuition: \$12 | Fee: \$52 | Total: \$64

**NEW** **LIR373 The Four Seasons of Alfred Hitchcock**

4 sessions, 12 hours | **SW**

Step into the masterful world of suspense with legendary filmmaker Alfred Hitchcock. This course explores the four creative "seasons" of Hitchcock's career, from his early work in Great Britain to his iconic Hollywood masterpieces. Through guided discussions and screenings of select films, participants will examine Hitchcock's signature storytelling techniques, visual style, and enduring influence on cinema.

**Instructor:** Richard Fulton

5-Digit Number: 31364 | Fri 11:00 a.m. - 2:00 p.m., 10/2 - 10/23

Location: Sweadner Hall

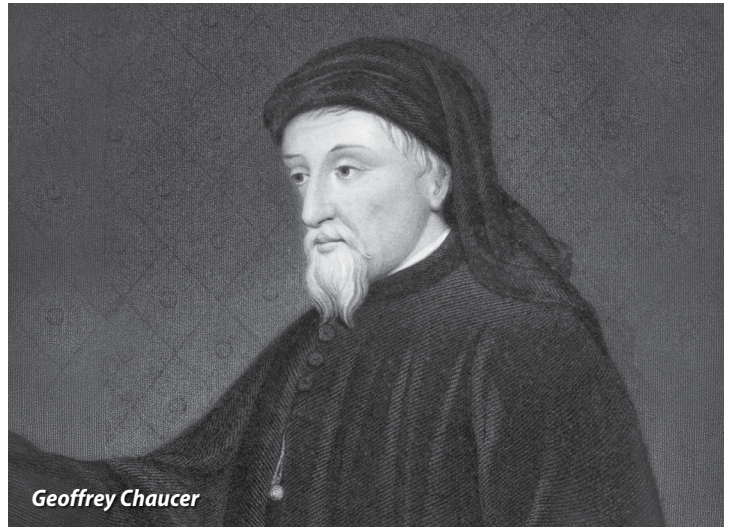
Tuition: \$25 | Fee: \$114 | Total: \$139



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



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



Geoffrey Chaucer

**NEW** **LIR377 History of the English Language**

4 sessions, 6 hours | **SW**

Explore the historical development of the English language from its origins in early Germanic dialects to its transformation in the Early Modern period. Students will examine the linguistic, cultural, and political forces that shaped English across three major stages: Old English, Middle English, and Early Modern English. We'll study the Old English of Anglo-Saxon England through selections from texts such as Beowulf, analyzing its grammar, vocabulary, and inflectional system. We'll then focus on the profound impact of the Norman Conquest on the growth of dialect diversity and the works of writers such as Geoffrey Chaucer. Finally, the course examines Early Modern English including the effects of the printing press, the standardization of spelling and grammar, and the language of writers such as William Shakespeare and the King James Bible.

**Instructor:** Lois Jarman

5-Digit Number: 31320 | Thu 2:00 - 3:30 p.m., 10/8 - 10/29

Location: Conference Center/E140

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



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



**ILR408 The Power of Being Present: The Four Foundations**

4 sessions, 8 hours | **SW**

One often hears that the purpose of meditation is to learn to relax. Relaxing is often a byproduct of meditation. Another purpose for meditation can be to be to enter one's life more fully, being present on the spot to whatever comes up, rather than being riveted about by one's hopes and fears. The practice of the Four Foundations is a developed practice to enter our everyday lives more fully. Meditation allows us to make friends with ourselves and develop compassion towards others. This is a course on mindfulness. Not about becoming a Buddhist but rather about employing techniques that Gotama Buddha employed over 3,000 years ago. It worked for him, and it has worked for many people from a variety of spiritual traditions. So this is not a religious course, but it is about working with techniques and exercises that will allow one to enter the present of our ordinary lives more fully. Meditation instruction will be an integral part of this course.

**Instructor:** Jerry Webster

5-Digit Number: 31298 | Wed 10:00 a.m. - 12:00 p.m., 8/5 - 8/26

Location: Braddock Hall/B215

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

**NEW** LIR380 **The Philosopher King: The Life, Times, and Meditations of Marcus Aurelius**

5 sessions, 10 hours | **SW**

Nearly two thousand years ago, the Roman emperor Marcus Aurelius wrote a series of private reflections that later became known as Meditations. While never intended for publication, these writings have become one of the most enduring works of philosophy and offer a rare glimpse into the mind of the last of Rome's "Five Good Emperors." This discussion-based course explores the life and times of Marcus Aurelius, the influence of Stoic philosophy on his thinking, and the ideas contained in Meditations. After an overview of the historical world in which he lived and ruled, we will read selections from the text together and explore themes such as perspective, resilience, gratitude, duty, uncertainty, and our connection to the larger human and natural world. Through contemplation, conversation, and friendly debate, we will explore how these reflections may have helped an emperor rise to the challenges of leadership, adversity, and the ordinary trials of being human, while also considering whether his ideas resonate with us personally and how they might, or might not, translate to life in the modern age. Students may purchase the primary text Meditations by Marcus Aurelius for use during class; The Gregory Hays translation is recommended. New and used printed and e-book versions are widely available including free online version. The text, however, is not a required purchase as excerpts will be shared during the class sessions.

**Instructor:** Laura DeFeo

5-Digit Number: 31365 | Fri 9:30 - 11:30 a.m., 9/11 - 10/9

Location: Conference Center/E123

Tuition: \$20 | Fee: \$94 | Total: \$114



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



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



## Psychic Development Series

In this series you'll explore psychic development, mediumship, and spiritual healing. Learn to strengthen your intuitive abilities, connect with spiritual energies, and explore various forms of psychic perception. Through lectures and guided exercises, you'll gain hands-on experience in communicating with spirit and facilitating healing. Emphasis is placed on ethical practice, personal growth, and developing trust in your inner guidance. This series provides a supportive space for spiritual expansion. Classes should be taken in sequence as they are meant to build upon each other and assist with psychic ability development however students do not need to take every class to enjoy or gain knowledge from the series. Bring a notebook to take notes during each session.



**NEW** LIR348 Psychic Development Series:  
**Crystals**

**Note:** Bring a crystal or stone to class.

5-Digit Number: 30122 | Wed 6:00 - 8:00 p.m., 7/15

**NEW** LIR348 Psychic Development Series:  
**Photo Reading**

**Note:** Bring a personal photo to class to be read by other students. However, if the subject of the photo has passed, it could be difficult to read them.

5-Digit Number: 30123 | Wed 6:00 - 8:00 p.m., 8/5

**NEW** LIR348 Psychic Development Series:  
**The Soul's Journey Back To Spirit**


5-Digit Number: 31302 | Wed 6:00 - 8:00 p.m., 8/26

**NEW** LIR348 Psychic Development Series:  
**Solving Cold Cases**

5-Digit Number: 31303 | Wed 6:00 - 8:00 p.m., 10/7

**NEW** LIR348 Psychic Development Series:  
**The Five Levels of Consciousness**

5-Digit Number: 31304 | Wed 6:00 - 8:00 p.m., 10/21

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

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



**LIR296 Ghost Hunting**

1 session, 2 hours |

This series provides a comprehensive introduction to ghost hunting as a hobby, guiding students from foundational concepts to more advanced exploration of the paranormal. Sessions will cover essential “do’s and don’ts,” safety protocols for both physical and psychological well-being, and the basic theories behind why ghosts may exist. We will explore key terminology and learn where and how investigations are typically conducted. Students will be introduced to common ghost hunting equipment, how it functions, and how to assemble a beginner’s investigation kit. Demonstrations, along with video, photographic, and audio examples will illustrate methods used to attempt to document paranormal activity. Advanced topics will address what participants might encounter during an investigation, including reported phenomena such as portals and other entities, as well as discussions surrounding personal awareness and maintaining a sense of preparedness during explorations.

**Instructor:** Rhonda Russo

**Ghost Hunting 101: Beginner Equipment and Do's and Dont's**

5-Digit Number: 31299 | Wed 6:00 - 8:00 p.m., 9/2

Location: Conference Center/E138

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

**Ghost Hunting 102: Advanced Equipment and Demonstrations**

5-Digit Number: 31300 | Wed 6:00 - 8:00 p.m., 9/16

Location: Conference Center/E138

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

**Ghost Hunting 103: Portals, Entities, and Personal Energy and Auras**

5-Digit Number: 31301 | Wed 6:00 - 8:00 p.m., 9/30

Location: Conference Center/E138

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

**FREE GHOST HUNTING PANEL PRESENTATION!**

See page 42 for details and information.

**LIR296 Ghost Hunting: The Haunted Orphanage Investigative Field Trip**

1 session, 2.25 hours |

This investigative field trip involves the use of ghost hunting equipment and takes place in the evening hours. Only students who have attended the Ghost Hunting 101 class are permitted to attend the investigation. Portions of the investigation will occur in the dark. The group size will be kept small. Students are to provide their own transportation to the Haunted Orphanage in Gettysburg, and they are also encouraged to bring ghost hunting equipment if they desire. The Orphanage will be available to us for 2 hrs. An email with additional details will be sent one week prior to the course date.

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

**Instructor:** Rhonda Russo

5-Digit Number: 31540 | Sun 12:15 - 2:30 a.m. | 10/11

Location: Off Campus

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



**LIR349 Mythical Creatures, Legends, Ghosts, and Folklore Series**

1 session, 2 hours |

Explore the enchanting world of mythical creatures, legends, and folklore from cultures around the globe. This course delves into the origins, symbolism, and cultural significance of beings like dragons, fairies, and shapeshifters, as well as legendary tales passed down through generations. We'll examine myths and folktales to uncover deeper meanings and societal values. Through lecture and discussion this series brings ancient lore to life in a modern context.

**Instructor:** Rhonda Russo

**Ghosts of the White House**

5-Digit Number: 31305 | Wed 6:00 - 8:00 p.m., 11/4

Location: Conference Center/E138

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

**Local Urban Legends**

5-Digit Number: 31307 | Wed 6:00 - 8:00 p.m., 11/18

Location: Conference Center/E138

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

**Fairies**

5-Digit Number: 31306 | Wed 6:00 - 8:00 p.m., 12/2

Location: Conference Center/E138

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



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

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

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

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

**Instructor:** Walter Calahan

5-Digit Number: 31393 | Sat 9:30 a.m. - 1:30 p.m., 8/29

Location: Conference Center/E125

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

## PHO131 Camera and Photography Basics

2 sessions, 7 hours | **16+**

Designed to help students demystify the complexity of their DSLR and mirrorless cameras so they can begin to use them with understanding and intent. Participants will be introduced to their camera's symbols, buttons, and controls while also exploring the basics of the exposure triangle (aperture, shutter speed, and ISO) which is an essential part of understanding basic photography. This course will include a combination of lecture, live demonstration, and hands-on components. Students will receive a detailed packet of notes to ensure success beyond the classroom. Students should bring a mirrorless or DSLR camera, charged battery, memory card, and camera manual to class.

**Instructor:** Walter Calahan

5-Digit Number: 31388 | Sat 9:30 a.m. - 1:00 p.m., 9/12 - 9/19

Location: Conference Center/E134

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

## PHO129 Mastering Exposure

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

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

**Instructor:** Walter Calahan

5-Digit Number: 31389 | Sat 9:30 a.m. - 1:30 p.m., 9/26

Location: Conference Center/E136

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

## PHO136 Photographic Composition

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

The course will explore the foundational building blocks for quality photographic composition. The visual grammatical rules for arranging content within the camera's viewfinder are well known and can be applied within minutes of learning them. This course will explain the importance of directional light, rule of thirds, layering the geometry of objects within the photograph, as well as many other tools for making pictures more appealing. It is recommended that students complete a camera and photography basics class before enrolling. Bring your camera to class for hands on training.

**Instructor:** Walter Calahan

5-Digit Number: 31390 | Sat 9:30 a.m. - 1:00 p.m., 10/3

Location: Conference Center/E136

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

## PHO132 Cell Phone Photography

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

Cell phones and tablets are changing the face of photography. Whether Apple or Android, beginner or experienced, this course will help you understand the breadth and limits of cell phone technology for capturing an image with light, focus, composition and meaning. We'll learn to demystify settings for panoramic, low light, and high dynamic range (HDR) photography. You'll discover alternative camera apps to increase your fun and artistic expressions. Bring your own cell phone and wear comfortable walking shoes to travel around the campus trying what you've learned.

**Instructor:** Walter Calahan

5-Digit Number: 31392 | Sat 9:30 a.m. - 12:30 p.m., 11/21 - 12/5

No Class: 11/28 | Location: Conference Center/E134

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

## PHO135 Managing & Archiving Cell Phone Photographs

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

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


**Instructor:** Walter Calahan

5-Digit Number: 31391 | Sat 9:30 a.m. - 12:30 p.m., 12/12

Location: Conference Center/E137

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

## LIR221 Preparing Important Documents for a Life Event

1 session, 2 hours | 

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

**Instructor:** Karen R Smith

5-Digit Number: 31278 | Mon 6:00 - 8:00 p.m., 8/17

Location: Conference Center/E134

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

## 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.

**Instructor:** Sharon Smith

5-Digit Number: 31280 | Wed 10:00 a.m. - 12:00 p.m., 8/19

Location: Conference Center/E134

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



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



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



## LIR360 Fundamentals of Personal Finance

4 sessions, 6 hours | 

This course on financial fundamentals is designed to equip community members with a practical understanding of key financial planning areas. Delivered over four sessions, the course provides a structured overview of these essential topics. The first session focuses on retirement planning; the second addresses family and emergency planning; the third explores estate planning; and the fourth offers a comprehensive review of core concepts, with additional depth and discussion tailored to participants' needs and interests. Students over the age of 40 will benefit the most from this class offering.

**Instructor:** Leo Sloss

5-Digit Number: 31322 | Thu 11:00 a.m. - 12:30 p.m., 9/10 - 10/1

Location: Conference Center/E138

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

## LIR347 Wills and Estates: Important Information To Know

1 session, 2 hours

Learn the functions of the Register of Wills office and the importance of having a will. The class will also explain the process of opening an estate when a loved one passes. There will be time for questions and answers during the class.

**Instructor:** Mary Rolle


5-Digit Number: 31279 | Wed 11:00 a.m. - 1:00 p.m., 10/14

Location: Conference Center/E123

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



## LIR359 Solo Aging Solutions: Empowering an Independent Future

4 sessions, 6 hours | 

In an era where more of us are embracing childfree lives, outliving partners, or navigating geographic distances from family, aging solo isn't just possible, it's a path to authentic fulfillment. But it requires intention. Solo Aging Solutions is a transformative 3-part course designed to equip you with practical, proactive strategies for thriving in your later years without relying on traditional support systems. Whether you're in your 40s plotting ahead or in your 70s refining your blueprint, this course turns potential vulnerabilities into strengths, fostering resilience, joy, and control over your narrative.

**Instructor:** Steve Gurney

5-Digit Number: 31321 | Tue 2:00 - 3:30 p.m., 10/27 - 11/17

Location: Conference Center/E134

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

**ILR968 Discover a Season: Autumn Nature Walk**

1 session, 2 hours

Early autumn is a great time for a nature walk as seasonal changes are underway. While some of the small summer songbirds may still be in the area, hawk migration may give us a chance to see less common large birds. We may even see Peregrine falcons. Pretty fall asters will be in bloom and autumn is an excellent time to study the amazing variety of trees. Our walk will be on a level path for up to 1 mile. Dress for the weather.

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

**Instructor:** Kathy Barylski

5-Digit Number: 31308 | Thu 10:00 a.m. - 12:00 p.m., 10/8

Location: Off Campus

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

**ENG243 Writing to Heal the Heart**

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

This course will teach you how to connect more intimately to yourself, to others and to your environment through writing. Writing will be the tool you use to seek the Truth as you allow it to become your guiding light and provide a means of healing. The course will incorporate exploring multiple genres such as poetry, memoir, short stories, novels, and journals. The course is a hands on experience. You will be given the opportunity to write in class and share your work. Journaling supplies are included.

**Instructor:** Margaret Coan

5-Digit Number: 31441 | Wed 11:00 a.m. - 1:00 p.m., 9/2 - 9/30

Location: Conference Center/E123

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

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

7 sessions, 14 hours | **SW**

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

**Instructor:** Dorothy O'Neal

5-Digit Number: 31276 | Wed 1:00 - 3:00 p.m., 10/7 - 11/18

Location: Conference Center/E134

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



**ENG254 Creative Writing Genre Exploration: Fiction**

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

This course will help aspiring writers turn their ideas into written works they can be proud of. We'll get in touch with our creative side and explore a specific genre of writing each term: fiction, poetry, or memoir. Writers will learn the fundamentals of the genre of focus and have the opportunity to create a short work, leaving them with a solid piece by the end of the course. This course is hands-on with regular opportunities to participate in workshops in class and connect with fellow writers.

**Instructor:** Brooke Safford

5-Digit Number: 31440 | Fri 2:00 - 4:00 p.m., 10/30 - 11/20

Location: Conference Center/E136

Tuition: \$20 | Fee: \$64 | Total: \$84

# Thrive

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

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


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# FREE Fall Courses

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

## LIR296 Meet the Krewe! Ghost Hunting Panel

1 session, 2 hours | 

Meet Frederick's very own paranormal/ghost hunting team. Actual footage, pictures, and audio of their investigations will be presented. Bring your questions and learn how you also can become a paranormal investigator.

**Instructor:** Rhonda Russo

5-Digit Number: 31369 | Sat 6:00 - 8:00 p.m., 8/1

Location: Conference Center/E138

*See pages 37-38 for more classes on the paranormal.*

## LIR350 Janus: Paradoxes of Responsibility and Freedom

3 sessions, 4.5 hours

Moral life entails a struggle to reconcile responsibility and freedom. Complicating that struggle is the Janus-like nature of these two words. Both embody opposing, contradictory meanings, which are then compounded when paired in opposition to each other. Any virtue contains the seed of a corresponding vice, and it is sometimes hard to know which is which. How can we know the difference between holding people accountable and scapegoating them? Or the difference between liberty and license or self-confidence and narcissism. The upshot of this is that moral life is inescapably paradoxical. This course provides a framework for identifying moral paradoxes, along with some hints about how to convert bad paradoxes into good (or at least manageable) ones. Jokes, puns, and the adventures of Captain Horatio Hornblower will guide this project and help us talk with, rather than past, one another.


**Instructor:** Michael Harmon

5-Digit Number: 31368 | Mon 2:00 - 3:30 p.m., 9/14 - 9/28

Location: Conference Center/E138



## LIR287 Protect Your Money (SR)

1 session, 1.5 hours | 

The U.S. Securities and Exchange Commission will provide a brief overview of the mission of the SEC and some of the free resources that can help you build wealth and avoid scams. The briefing will discuss the impact of investment scams and some of the tactics fraudsters use to exploit investors. You will also learn about common frauds like imposter scams and relationship investment scams that can begin with seemingly accidental texts or social media contacts and can lead to devastating losses and repeat victimization. The briefing will include concrete steps you can take to protect your money and online identity. Please join us and check out the SEC's free tools and resources on its webpage, [www.Investor.gov](http://www.Investor.gov).

**Note:** This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

**Instructor:** Tom Manganello


5-Digit Number: 31313 | Fri 11:00 a.m. - 12:30 p.m., 10/2

Location: Online



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

## ILR270 Being Human: Wealth & Poverty (SR)

4 sessions, 8 hours | 

Is poverty an inevitable byproduct of civilization? What are the consequences of providing unequal access to food, medicine, shelter, and economic opportunity? How much inequality are we willing to tolerate? How much actually exists in our world today? In this sixth class in the popular Being Human series, explore the paradox of today's world in which great strides have been made in eradicating dire poverty, yet many millions remain oppressed while unprecedented amounts of wealth quietly trickle up to the privileged 2%. This class explores wealth and poverty from an anthropological view: we'll uncover the roots of inequality, the effect of social stratification on societies, the reasons for the persistence of poverty, and the innovations that have succeeded in creating a more egalitarian world.

**Note:** This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

**Instructor:** Julie Castillo

5-Digit Number: 31370 | Tue 12:30 p.m. - 2:30 p.m., 10/13 - 11/3  
Location: Online

## ILR356 Essential Digital Literacy Skills: Click with Confidence

6 sessions, 9 hours

Learn the essential skills for making your computer work for you. This course builds confidence with device functions, file and photo management, internet navigation, email, online platforms, and troubleshooting common issues. Explore how to browse safely, evaluate information and communications, and recognize AI tools and scam attempts in everyday encounters. Practice using digital platforms to communicate, connect, and create while developing habits that keep you and your information secure. The goal is to make technology less frustrating and more supportive in daily life. This class is taught using a Microsoft computer lab.

**Instructor:** Molly Sherman

5-Digit Number: 31366 | Fri 12:30 - 2:00 p.m., 10/16 - 11/20  
Location: Conference Center/E137



## ILR812 World History: The Big Picture

6 sessions, 9 hours

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

**Instructor:** Ernest O'Roark

5-Digit Number: 31367 | Fri 9:00 - 10:30 a.m., 10/23 - 12/4  
No Class: 11/27 | Location: Conference Center/E134



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

# CO-LISTED CLASSES FOR ILR STUDENTS

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

**def:** a co-listed class gives the student an option to choose either credit or continuing education (noncredit) status. Each section will include both credit and noncredit students. The expectations for attendance, participation, and effort are the same for all students. Students will be required to sign into Blackboard to access instructor information, course orientation, and learning materials.

FOR419 **American Sign Language I**

FOR406 **Introductory French I**

FOR429 **American Sign Language II**

FOR412 **Introductory German I**

FOR430 **American Sign Language III**

FOR418 **Introductory Arabic I**

FOR433 **American Sign Language V**

FIT154 **Pilates**

FOR421 **Introductory Spanish I**

FIT155 **Yoga Basics**

FOR422 **Introductory Spanish II**

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

# ONLINE COURSES BY ILR COURSE TITLE

ACR172 **Voices For All**

ILR270 **Being Human: Wealth and Poverty**

FOR350 **American Sign Language: Beginner**

ILR585 **Current National Security Challenges**

FOR351 **American Sign Language: Intermediate**

LIR287 **Protect Your Money**

GVT100 **Navigating the Maryland General Assembly**

LIR320 **Mary's Monster: A Study on Frankenstein**

HOM210 **Chickenology**

LIR378 **Contemporary American Foreign Policy: Case Studies**

HOM202 **Digital Scrapbooking for Beginners with Canva**

# ILR SUMMER/FALL 2026 CALENDAR • MONDAY - FRIDAY \_\_\_\_\_

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>  INDEPENDENCE DAY (OBSERVED) NO CLASSES
<b>6</b> 2:30 Intro. to 5 Element Qi Gong	<b>7</b>	<b>8</b> 10:00 Current National Sec. Chal.	<b>9</b>	<b>10</b>
<b>13</b> 2:00 History of U.S. Supreme Court 2:30 Intro. to 5 Element Qi Gong	<b>14</b>	<b>15</b> 10:00 Current National Sec. Chal. <u>6:00 Psychic Dev.: Crystals</u>	<b>16</b>	<b>17</b>
<b>20</b> 2:00 History of U.S. Supreme Court 2:30 Intro. to 5 Element Qi Gong	<b>21</b>	<b>22</b> 10:00 Current National Sec. Chal.	<b>23</b>	<b>24</b>
<b>27</b> 2:00 History of U.S. Supreme Court 2:30 Intro. to 5 Element Qi Gong	<b>28</b>	<b>29</b> 10:00 Current National Sec. Chal. <u>5:30 Olive Oil &amp; Vinegar</u>	<b>30</b>	<b>31</b>

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

# ILR SUMMER/FALL 2026 CALENDAR • MONDAY - FRIDAY

## August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 2:30 Intro. to 5 Element Qi Gong	<b>4</b> 10:00 Fool's Journey: Tarot Cards	<b>5</b> 10:00 The Power of Being Present <u>6:00 Psychic Dev.: Photo Reading</u>	<b>6</b>	<b>7</b> 10:00 The South, American Rev.
<b>10</b> 2:30 Intro. to 5 Element Qi Gong	<b>11</b> 10:00 Fool's Journey: Tarot Cards <u>2:00 History Bites: Robert E. Lee</u>	<b>12</b> <u>9:00 Afr. Cooking: Jol. Rice &amp; Chk. Stew</u> 10:00 The Power of Being Present	<b>13</b>	<b>14</b> 10:00 The South, American Rev.
<b>17</b> <u>10:00 Hormones and Brain Health</u> <u>6:00 Prep. Imp. Docs for a Life Event</u>	<b>18</b> 10:00 Fool's Journey: Tarot Cards <u>11:00 History Bites: Benedict Arnold</u>	<b>19</b> <u>10:00 Advanced Care Planning</u> 10:00 The Power of Being Present	<b>20</b> 10:00 A.I. Dilemmas: How to Thrive <u>11:00 Pre. Past, Care Vintage Clth.</u> <u>6:00 Senior Care: Navi. the Journey</u>	<b>21</b> 10:00 The South, American Rev.
<b>24</b> 10:00 Rise & Fall Ameri. Women	<b>25</b> 5:30 Basic Conver. Spanish	<b>26</b> 10:00 Rise & Fall Ameri. Women 10:00 The Power of Being Present <u>6:00 Psychic Dev.: Soul's Journey</u>	<b>27</b> 5:30 Basic Conver. Spanish	<b>28</b> <u>9:30 Drawing for Beginner</u> <u>10:00 Rise &amp; Fall Ameri. Women</u> <u>10:00 The South, American Rev.</u>
<b>31</b> 10:00 How to Listen to Jazz				

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

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 11:00 <b>Trials &amp; Tribs. of Int. Dev.</b> 12:30 <b>America During Prohibition</b> 5:30 Basic Conver. Spanish	<b>2</b> 11:00 <b>Writing To Heal The Heart</b> 2:00 <b>Intro. to Ballroom Dancing</b> <u>6:00 <b>Ghost Hunting 101: Beg. Equip.</b></u>	<b>3</b> 5:30 Basic Conver. Spanish 6:00 <b>Intro. to Herbalism</b>	<b>4</b> 9:30 Drawing for Beginners
<b>7</b>  <b>LABOR DAY NO CLASSES</b>	<b>8</b> 9:00 <b>Watercolor Painting: Multlvl.</b> 10:00 <b>Germanic Herit. Fred. Cty.</b> 11:00 Trials & Tribs. of Int. Dev. 12:00 <b>Watercolor Painting: Adv.</b> 12:30 America During Prohibition 1:00 <b>Tai Chi for Balance &amp; Well Being</b> 5:30 Basic Conver. Spanish 6:00 <b>Ameri. Sign Lang.: Begin.</b>	<b>9</b> <u>9:00 <b>Afr. Cooking: Ok. Stew &amp; Ym. Fufu</b></u> 11:00 Writing To Heal The Heart <u>11:30 <b>A Taste of Asia: Kor. Bbq Lunch</b></u> 2:00 Intro. to Ballroom Dancing 2:00 <b>William Occam in Hist. &amp; Fict.</b> 5:30 <b>Grief &amp; Death: Spk. About Death</b>	<b>10</b> 11:00 <b>Fund. of Personal Finance</b> 1:00 <b>Tai Chi for Balance &amp; Well Being</b> <u>2:00 <b>Aviation History: Wright Bros</b></u> 5:30 Basic Conver. Spanish 6:00 Ameri. Sign Lang.: Begin. 6:00 Intro. to Herbalism	<b>11</b> 9:30 Drawing for Beginners 9:30 <b>Philosopher King, Marcus Aurelius</b> 10:00 <b>The War of 1812 in Md</b> 10:00 <b>Watercolor Painting: Begin.</b>
<b>14</b> 9:30 G. Washington Tested 10:00 How to Listen to Jazz <u>10:00 <b>Medi. Curious: Dementia</b></u> 2:00 <b>Janus, Para. of Resp. &amp; Frdm.</b> 5:30 <b>French Comm. &amp; Conver.: Begin.</b> 5:30 <b>Introduction to Watercolor</b> 6:00 <b>Sewing: Sewing Mach. Op.</b> 6:00 <b>Staying Connected, Smtph. &amp; Tab.</b>	<b>15</b> 9:00 Watercolor Painting: Multlvl. 10:00 Germanic Herit. Fred. Cty. 11:00 Trials & Tribs. of Int. Dev. 12:00 Watercolor Painting: Adv. 12:30 America During Prohibition 1:00 <b>Mid. East. Studies: Current Issues</b> 1:00 Tai Chi for Balance & Well Being 5:30 Basic Conver. Spanish 6:00 Ameri. Sign Lang.: Begin. <u>6:00 <b>Mus. &amp; His.: Baker Park Carillon</b></u> 6:30 <b>Chrty's N. Afri. &amp; Ethn. Roots</b>	<b>16</b> 10:00 <b>Intro. Ital. Lang. &amp; Cult.: Pt. 1</b> 11:00 Writing To Heal The Heart 2:00 Intro. to Ballroom Dancing 2:00 William Occam in Hist. & Fict. 5:30 <b>Grief &amp; Death: Spk. About Death</b> <u>6:00 <b>Ghost Hunting 102: Adv. Equip.</b></u> 6:00 <b>Sewing: Sewing Mach. Op.</b>	<b>17</b> 11:00 Fund. of Personal Finance 1:00 Tai Chi for Balance & Well Being <u>5:30 <b>Basic Conver. Spanish</b></u> 6:00 Ameri. Sign Lang.: Begin. <u>6:00 <b>Intro. to Herbalism</b></u>	<b>18</b> <u>9:30 <b>Drawing for Beginners</b></u> 9:30 <b>Philosopher King, Marcus Aurelius</b> 10:00 Intro. Ital. Lang. & Cult.: Pt. 1 10:00 <b>The War of 1812 in Md</b> 10:00 <b>Watercolor Painting: Begin.</b>
<b>21</b> 9:30 G. Washington Tested 10:00 <b>Arts &amp; Cult. Exp.: Chanel &amp; Dior</b> 10:00 How to Listen to Jazz 2:00 Janus, Para. of Resp. & Frdm. 5:30 French Comm. & Conver.: Begin. <u>5:30 <b>Introduction to Watercolor</b></u> 6:00 Staying Connected, Smtph. & Tab.	<b>22</b> 9:00 Watercolor Painting: Multlvl. 10:00 Germanic Herit. Fred. Cty. 11:00 Trials & Tribs. of Int. Dev. 12:00 Watercolor Painting: Adv. 12:30 America During Prohibition 1:00 Mid. East. Studies: Current Issues 1:00 Tai Chi for Balance & Well Being 6:00 Ameri. Sign Lang.: Begin. <b>6:00 <b>Chickenology</b></b> 6:30 <b>Chrty's N. Afri. &amp; Ethn. Roots</b>	<b>23</b> 10:00 Arts & Cult. Exp.: Chanel & Dior 10:00 Intro. Ital. Lang. & Cult.: Pt. 1 11:00 Writing To Heal The Heart 2:00 Intro. to Ballroom Dancing <u>2:00 <b>William Occam in Hist. &amp; Fict.</b></u> 5:30 <b>Grief &amp; Death: UnStd. Grief</b> 6:30 <b>Mary's Monster: Frankenstein</b>	<b>24</b> <u>8:30 <b>Har. Free, Com. &amp; Blk Hist. Balt.</b></u> 11:00 Fund. of Personal Finance 1:00 Tai Chi for Balance & Well Being <u>2:00 <b>Aviation History: Dest. Moon</b></u> 6:00 Ameri. Sign Lang.: Begin. <u>6:00 <b>Navi. Hlthcare, Hlth.: Voi. Medi. Ex.</b></u>	<b>25</b> 9:30 <b>Philosopher King, Marcus Aurelius</b> <u>10:00 <b>Arts &amp; Cult. Exp.: Chanel &amp; Dior</b></u> 10:00 Intro. Ital. Lang. & Cult.: Pt. 1 <u>10:00 <b>The War of 1812 in Md</b></u> 10:00 <b>Watercolor Painting: Begin.</b>
<b>28</b> 9:30 G. Washington Tested 10:00 How to Listen to Jazz <u>11:00 <b>History Bites: Hist. Homes</b></u> 12:30 <b>Sewing: Basic Sewing Tech.</b> 2:00 <b>Janus, Para. of Resp. &amp; Frdm.</b> 5:30 French Comm. & Conver.: Begin. 6:00 Staying Connected, Smtph. & Tab.	<b>29</b> 9:00 Watercolor Painting: Multlvl. <u>10:00 <b>Germanic Herit. Fred. Cty.</b></u> <u>11:00 <b>Trials &amp; Tribs. of Int. Dev.</b></u> 12:00 Watercolor Painting: Adv. 12:30 America During Prohibition 12:30 <b>Sewing: Basic Sewing Tech.</b> 1:00 Mid. East. Studies: Current Issues 1:00 Tai Chi for Balance & Well Being 6:00 Ameri. Sign Lang.: Begin. 6:00 <b>Chickenology</b> 6:30 <b>Chrty's N. Afri. &amp; Ethn. Roots</b>	<b>30</b> 10:00 Intro. Ital. Lang. & Cult.: Pt. 1 11:00 <b>Writing To Heal The Heart</b> 12:30 <b>Sewing: Basic Sewing Tech.</b> 12:30 <b>Wars Defined History: WW I</b> 2:00 Intro. to Ballroom Dancing <u>5:30 <b>Grief &amp; Death: UnStd. Grief</b></u> <u>6:00 <b>Ghost Hunting 103: P, E, E. &amp; A.</b></u> 6:30 <b>Mary's Monster: Frankenstein</b>		

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

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b> <u>11:00 Fund. of Personal Finance</u> 12:30 Sewing: <u>Basic Sewing Tech.</u> 1:00 Tai Chi for Balance &amp; Well Being <b>2:00 Bldgs of Fred. &amp; Former Uses</b> 6:00 Ameri. Sign Lang.: Begin.</p>	<p><b>2</b> <b>9:30 Beginner Pen and Ink Drawing</b> 9:30 Philosopher King, Marcus Aurelius 10:00 Intro. Ital. Lang. &amp; Cult.: Pt. 1 10:00 Watercolor Painting: Begin. <b>11:00 Four Seasons of Alfred Hitchcock</b> <b>11:00 Protect Your Money</b></p>
<p><b>5</b> 10:00 How to Listen to Jazz <b>10:00 Medi. Curious: Lw. Back Pain</b> <b>2:30 Intro. to 5 Element Qi Gong</b> 5:30 French Comm. &amp; Conver.: Begin. <b>5:30 Introduction to Oil Pastels</b> 6:00 <u>Staying Connected, Smtph. &amp; Tab.</u></p>	<p><b>6</b> 9:00 Watercolor Painting: Multlvl. <b>10:00 Genealogy In Action</b> 12:00 Watercolor Painting: Adv. <u>12:30 America During Prohibition</u> 1:00 Mid. East. Studies: Current Issues 1:00 Tai Chi for Balance &amp; Well Being <b>2:00 Beyond Drawing: Organic Textures</b> <b>2:00 The Law and Disability</b> <b>5:30 Yin Yoga</b> 6:00 Ameri. Sign Lang.: Begin. 6:00 Chickenology <b>6:00 Sewing: Intro to Sewing</b> 6:30 Chrty.'s N. Afri. &amp; Ethni. Roots</p>	<p><b>7</b> <b>8:00 Soles to Souls: Antietam's Ptprts</b> 10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 1 <b>11:00 Comp. Sec. &amp; Cyber Threats</b> <b>1:00 Writing Your Life Story</b> 2:00 Intro. to Ballroom Dancing 12:30 Wars Defined History: WW I <b>6:00 Psychic Dev.: Solving Cold Cases</b> 6:30 Mary's Monster: Frankenstein <b>7:00 Mixology: The Basics</b></p>	<p><b>8</b> <b>10:00 Dis. a Season: Aut. Nature Walk</b> <b>1:00 A.I. and Modern Tech.</b> 1:00 Tai Chi for Balance &amp; Well Being <b>2:00 History of the English Lang.</b> <u>6:00 Ameri. Sign Lang.: Begin.</u> <b>6:00 Navi. Hlthcare, Portal Edu.</b> <u>6:00 Sewing: Intro to Sewing</u></p>	<p><b>9</b> 9:30 Beginner Pen and Ink Drawing 9:30 Philosopher King, Marcus Aurelius <u>10:00 Intro. Ital. Lang. &amp; Cult.: Pt. 1</u> 10:00 Watercolor Painting: Begin. 11:00 Four Seasons of Alfred Hitchcock <b>11:00 FSO: Fall Concert</b> <b>2:00 History Bites, Roderick A. Clark</b></p>
<p><b>12</b> 9:30 G. Washington Tested <u>10:00 How to Listen to Jazz</u> <b>2:00 A History of Heaven &amp; Purgatory</b> 2:30 Intro. to 5 Element Qi Gong 5:30 French Comm. &amp; Conver.: Begin. <u>5:30 Introduction to Oil Pastels</u></p>	<p><b>13</b> 10:00 Genealogy In Action <b>12:30 Being Human, Wealth &amp; Poverty</b> <b>12:30 Sewing: Thread Painting Begin.</b> <u>1:00 Mid. East. Studies, Current Issues</u> 1:00 Tai Chi for Balance &amp; Well Being 2:00 Beyond Drawing: Organic Textures 2:00 The Law and Disability 5:30 Yin Yoga 6:00 Chickenology 6:30 Chrty.'s N. Afri. &amp; Ethni. Roots</p>	<p><b>14</b> <b>9:00 Claire McCardell, Lect. &amp; Mus. Ex.</b> <b>10:00 Craft. &amp; Sculpt. w/Paper: Intro.</b> 11:00 Comp. Sec. &amp; Cyber Threats <b>11:00 Wills and Estates: Imp. Info.</b> 12:30 Wars Defined History: WW I 1:00 Writing Your Life Story 2:00 Intro. to Ballroom Dancing 6:30 Mary's Monster: Frankenstein</p>	<p><b>15</b> <b>10:00 Contemp. Ameri. Foreign Policy</b> <b>10:00 Greeting Cards: Autumn Looks</b> <u>12:30 Sewing: Thread Painting Begin.</u> 1:00 A.I. and Modern Tech. 1:00 Tai Chi for Balance &amp; Well Being <b>2:00 Fred. Landmarks &amp; Symbols</b> 2:00 History of the English Lang. <b>2:00 Iconic Women: Port. &amp; Conv.</b></p>	<p><b>16</b> <b>8:45 Morven Park Man. &amp; Mus. Tour</b> 9:30 Beginner Pen and Ink Drawing 11:00 Four Seasons of Alfred Hitchcock <b>12:30 Essential Digital Literacy Skills</b></p>
<p><b>19</b> <u>9:30 G. Washington Tested</u> 2:00 A History of Heaven &amp; Purgatory 2:30 Intro. to 5 Element Qi Gong 5:30 French Comm. &amp; Conver.: Begin.</p>	<p><b>20</b> 9:00 Watercolor Painting: Multlvl. 10:00 Genealogy In Action 12:00 Watercolor Painting: Adv. 12:30 Being Human, Wealth &amp; Poverty <b>1:00 Mid. East. Studies: the Crusades</b> 1:00 Tai Chi for Balance &amp; Well Being <u>2:00 Beyond Drawing, Organic Textures</u> 2:00 The Law and Disability <b>5:30 Cont. Conver. Spanish</b> 5:30 Yin Yoga <b>6:00 Ameri. Sign Lang.: Inter.</b> <u>6:00 Chickenology</u> <u>6:30 Chrty.'s N. Afri. &amp; Ethni. Roots</u></p>	<p><b>21</b> <b>9:30 The Appalachian Trail Exp.</b> 10:00 Craft. &amp; Sculpt. w/Paper: Intro. <b>10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 2</b> <u>11:00 Comp. Sec. &amp; Cyber Threats</u> 12:30 Wars Defined History: WW I 1:00 Writing Your Life Story 2:00 Intro. to Ballroom Dancing <b>5:30 Treat Your Body with L.O.V.E.</b> <b>6:00 Psychic Dev.: 5 Levels of Consci.</b> <u>6:30 Mary's Monster: Frankenstein</u></p>	<p><b>22</b> 10:00 Contemp. Ameri. Foreign Policy <b>10:00 Cont. Fool's Jour.: Tarot Pract.</b> 1:00 A.I. and Modern Tech. 1:00 Tai Chi for Balance &amp; Well Being 2:00 History of the English Lang. 5:30 Cont. Conver. Spanish 6:00 Ameri. Sign Lang.: Inter. <b>6:00 Navi. Hlthcare, Disc. &amp; Trans.</b></p>	<p><b>23</b> <b>9:00 World History: The Big Picture</b> <u>9:30 Beginner Pen and Ink Drawing</u> 10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 2 10:00 Watercolor Painting: Begin. <u>11:00 Four Seasons of Alfred Hitchcock</u> 12:30 Essential Digital Literacy Skills</p>
<p><b>26</b> 2:00 A History of Heaven &amp; Purgatory 2:30 Intro. to 5 Element Qi Gong 5:30 French Comm. &amp; Conver.: Begin.</p>	<p><b>27</b> 9:00 Watercolor Painting: Multlvl. <u>10:00 Genealogy In Action</u> <b>11:00 History Bites: Titanic After Sink.</b> 12:00 Watercolor Painting: Adv. 12:30 Being Human, Wealth &amp; Poverty 1:00 Mid. East. Studies: the Crusades 1:00 Tai Chi for Balance &amp; Well Being <u>2:00 The Law and Disability</u> <b>2:00 Aging Solutions, Emp. Ind. Fut.</b> 5:30 Cont. Conver. Spanish 5:30 Yin Yoga 6:00 Ameri. Sign Lang.: Inter.</p>	<p><b>28</b> <u>9:30 The Appalachian Trail Exp.</u> 10:00 Craft. &amp; Sculpt. w/Paper: Intro. 10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 2 12:30 Wars Defined History: WW I 1:00 Writing Your Life Story 2:00 Intro. to Ballroom Dancing <b>5:30 Grief &amp; Death: Political Grief</b></p>	<p><b>29</b> 10:00 Contemp. Ameri. Foreign Policy 10:00 Cont. Fool's Jour.: Tarot Pract. <b>11:00 G. Wash.'s Dream: Potom. Co.</b> 1:00 A.I. and Modern Tech. 1:00 Tai Chi for Balance &amp; Well Being <u>2:00 History of the English Lang.</u> <b>2:00 Senior Care, Navi. the Journey</b> 6:00 Ameri. Sign Lang.: Inter.</p>	<p><b>30</b> 9:00 World History: The Big Picture 10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 2 <b>10:00 Pirates in the Chesapeake</b> 10:00 Watercolor Painting: Begin. 12:30 Essential Digital Literacy Skills <b>2:00 Creative Writing Exp.: Fiction</b></p>

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

# ILR SUMMER/FALL 2026 CALENDAR • MONDAY - FRIDAY

## November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <u>10:00 Digi. Scpbk.: Begin., Canva</u>  <b>10:00 Jamestown, First Perm. Eng. Col.</b>  <b>10:00 Medi. Curious: Senior Vision</b>                      2:00 A History of Heaven &amp; Purgatory                      2:30 Intro. to 5 Element Qi Gong  <u>5:30 French Comm. &amp; Conver.: Begin.</u></p>	<p><b>3</b> 9:00 Watercolor Painting: Multlvl.  <b>10:00 Hist. of Md's Eastern Shore</b>                      12:00 Watercolor Painting: Adv.  <u>12:30 Being Human, Wealth &amp; Poverty</u>                      1:00 Mid. East. Studies, the Crusades                      1:00 Tai Chi for Balance &amp; Well Being                      2:00 Aging Solutions, Emp. Ind. Fut.                      5:30 Cont. Conver. Spanish                      5:30 Yin Yoga                      6:00 Ameri. Sign Lang.: Inter.</p>	<p><b>4</b> <b>9:00 Fred. Co. Ameri. Rev., Mob. Wksp</b>  <u>10:00 Craft. &amp; Sculpt. w/Paper: Intro</u>                      10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 2                      12:30 Wars Defined History: WW I                      1:00 Writing Your Life Story  <u>5:30 Grief &amp; Death, Political Grief</u>  <b>6:00 Myth. Creat.: Ghosts Wh. House</b></p>	<p><b>5</b> 10:00 Contemp. Ameri. Foreign Policy                      10:00 Cont. Fool's Jour.: Tarot Pract.  <u>11:00 G. Wash.'s Dream: Potom. Co.</u>                      1:00 A.I. and Modern Tech.                      1:00 Tai Chi for Balance &amp; Well Being  <b>2:00 Stylized Painting: Exp. on Canvas</b>                      5:30 Cont. Conver. Spanish                      6:00 Ameri. Sign Lang.: Inter.  <b>6:00 Navi. Hlthcare: Mental Health</b></p>	<p><b>6</b> 9:00 World History: The Big Picture  <b>9:30 Acrylic Painting Tech. for Begin.</b>                      10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 2                      10:00 Pirates in the Chesapeake                      10:00 Watercolor Painting: Begin.                      12:30 Essential Digital Literacy Skills                      2:00 Creative Writing Exp: Fiction</p>
<p><b>9</b> <u>10:00 Digi. Scpbk.: Begin., Canva</u>  <b>10:00 Jamestown, First Perm. Eng. Col.</b>  <u>2:00 A History of Heaven &amp; Purgatory</u>                      2:30 Intro. to 5 Element Qi Gong  <b>5:30 French Lang. Lab: Conver. Pract.</b></p>	<p><b>10</b> <b>9:00 Lincoln Assa., Ford's Theatre</b>                      9:00 Watercolor Painting: Multlvl.                      10:00 Hist. of Md's Eastern Shore                      12:00 Watercolor Painting: Adv.                      1:00 Mid. East. Studies, the Crusades  <u>1:00 Tai Chi for Balance &amp; Well Being</u>                      2:00 Aging Solutions, Emp. Ind. Fut.                      5:30 Cont. Conver. Spanish  <u>5:30 Yin Yoga</u>                      6:00 Ameri. Sign Lang.: Inter.  <b>6:00 Sewing: Basic Sewing Tech.</b></p>	<p><b>11</b> 10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 2                      12:30 Wars Defined History: WW I                      1:00 Writing Your Life Story  <u>2:00 Intro. to Ballroom Dancing</u></p>	<p><b>12</b> 10:00 Contemp. Ameri. Foreign Policy  <u>10:00 Cont. Fool's Jour.: Tarot Pract.</u>  <u>1:00 A.I. and Modern Tech.</u>  <u>1:00 Tai Chi for Balance &amp; Well Being</u>  <b>2:00 Ftstps. in Fred.: Fredericktonians</b>                      5:30 Cont. Conver. Spanish                      6:00 Ameri. Sign Lang.: Inter.                      6:00 Sewing: Basic Sewing Tech.</p>	<p><b>13</b> 9:00 World History: The Big Picture                      9:30 Acrylic Painting Tech. for Begin.  <b>9:30 Fred. Hist. 202: 1700s &amp; 1800s</b>  <u>10:00 Intro. to Ital. Lang. &amp; Cult.: Pt. 2</u>                      10:00 Pirates in the Chesapeake                      10:00 Watercolor Painting: Begin.                      12:30 Essential Digital Literacy Skills                      2:00 Creative Writing Exp.: Fiction</p>
<p><b>16</b> <u>10:00 Digi. Scpbk.: Begin., Canva</u>                      5:30 French Lang. Lab: Conver. Pract.</p>	<p><b>17</b> 9:00 Watercolor Painting: Multlvl.                      10:00 Hist. of Md's Eastern Shore                      12:00 Watercolor Painting: Adv.  <u>1:00 Mid. East. Studies, the Crusades</u>  <u>2:00 Aging Solutions, Emp. Ind. Fut.</u>  <u>5:30 Cont. Conver. Spanish</u>                      6:00 Ameri. Sign Lang.: Inter.                      6:00 Sewing: Basic Sewing Tech.</p>	<p><b>18</b> <u>12:30 Wars Defined History: WW I</u>  <u>1:00 Writing Your Life Story</u>  <b>6:00 Myth. Creat.: Loc. Urban Leg.</b></p>	<p><b>19</b> <u>10:00 Contemp. Ameri. Foreign Policy</u>  <u>2:00 Ftstps. in Fred.: Fredericktonians</u>  <u>6:00 Ameri. Sign Lang.: Inter.</u>  <u>6:00 Sewing: Basic Sewing Tech.</u></p>	<p><b>20</b> 9:00 World History: The Big Picture                      9:30 Acrylic Painting Tech. for Begin.  <b>9:30 Fred. Hist. 202, 1900s: Pres. Day</b>  <u>10:00 Pirates in the Chesapeake</u>                      10:00 Watercolor Painting: Begin.  <u>12:30 Essential Digital Literacy Skills</u>  <u>2:00 Creative Writing Exp: Fiction</u></p>
<p><b>23</b></p> <p>THANKSGIVING BREAK NO CLASSES</p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>
<p><b>30</b> 5:30 French Lang. Lab: Conver. Pract.</p>				

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

# ILR SUMMER/FALL 2026 CALENDAR • MONDAY - FRIDAY \_\_\_\_\_

## December 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00 Watercolor Painting: Multlvl. 10:00 Hist. of Md's Eastern Shore 12:00 Watercolor Painting: Adv. <u>2:15 Vintage Holiday Ornaments</u>	<b>2</b> 2:00 Navi. the Md Gen. Assembly <b>6:00 Myth. Creat.: Fairies</b> 7:00 Navi. the Md Gen. Assembly	<b>3</b> 9:15 Introduction to Google Sheets <b>10:00 Greeting Cards: Winter Holidays</b> 2:00 Introduction to Google Docs	<b>4</b> <u>9:00 World History: The Big Picture</u> 9:30 Acrylic Painting Tech. for Begin. 10:00 Watercolor Painting: Begin.
<b>7</b> <u>5:30 French Lang. Lab: Conver. Pract.</u>	<b>8</b> 9:00 Watercolor Painting: Multlvl. <u>12:00 Watercolor Painting: Adv.</u>	<b>9</b> 2:00 Navi. the Md Gen. Assembly 7:00 Navi. the Md Gen. Assembly	<b>10</b> <u>9:15 Introduction to Google Sheets</u> <u>2:00 Introduction to Google Docs</u> <b>2:00 Stylized Painting: Exp. on Canvas</b>	<b>11</b> <u>9:30 Acrylic Painting Tech. for Begin.</u> <u>10:00 Watercolor Paintin: Begin.</u> <b>11:00 FSO: Holiday Concert</b>
<b>14</b>	<b>15</b>	<b>16</b> 2:00 Navi. the Md Gen. Assembly <u>7:00 Navi. the Md Gen. Assembly</u>	<b>17</b>	<b>18</b>
<b>21</b>  WINTER BREAK NO CLASSES	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

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

July 2026

SATURDAY	
<b>4</b>	INDEPENDENCE DAY WEEKEND, NO CLASSES

September 2026

SATURDAY	
<b>7</b>	LABOR DAY WEEKEND, NO CLASSES
<b>12</b>	9:30 Camera and Photography Basics
<b>19</b>	9:00 Comfort Foods & Baking: French Onion Soup & Popovers 9:30 Camera and Photography Basics 9:30 Introduction to Jewelry Making: Twisted Copper Bangle Bracelets 10:00 Frederick Walking Tour: Trains, Trolleys, and Automobiles
<b>26</b>	9:00 Sewing: The Sewing Machine: Operation, Troubleshooting & Maintenance 9:30 Mastering Exposure 10:00 Frederick Walking Tour: North Market Street Between 5th and 7th 11:00 A Taste of Asia: Thai Ground Pork with Basil & Chili Peppers and Sweet & Sour Chicken 11:00 Manifest Your Dreams: Vision Board Workshop

November 2026

SATURDAY	
<b>7</b>	9:30 Introduction to Jewelry Making: Wavy Copper Bangle Bracelets
<b>14</b>	9:00 Comfort Foods & Baking: Tomato Basil Soup & Popovers
<b>21</b>	9:30 Cell Phone Photography 11:00 A Taste of Asia: Shrimp with Chili Peppers & Garlic and Pan-Fried Noodles
<b>29</b>	THANKSGIVING DAY WEEKEND, NO CLASSES

August 2026

SATURDAY	
<b>1</b>	6:00 Meet the Krew! Ghost Hunting Panel
<b>22</b>	11:00 A Taste of Asia: Kung Pao Spicy Chicken and Vietnamese Spring Rolls
<b>29</b>	9:30 Tabletop Photography: How to Photograph Small Collectables, Family Heirlooms

October 2026

SATURDAY OR SUNDAY	
<b>3</b>	9:00 Sewing: Intro to Sewing 9:30 Photographic Composition 11:00 Manifest Your Dreams: Vision Board Workshop
<b>11</b>	12:15 a.m. Ghost Hunting: The Haunted Orphanage Investigative Field Trip
<b>17</b>	11:00 A Taste of Asia: Mongolian Beef and Shrimp Pineapple with Basil & Cashew Fried Rice
<b>24</b>	9:00 Comfort Foods & Baking: Gluten Free Baking

December 2026

SATURDAY	
<b>5</b>	9:00 Comfort Foods & Baking: Holiday Baking 9:30 Cell Phone Photography
<b>12</b>	9:30 Managing & Archiving Cell Phone Photos
<b>19</b>	WINTER BREAK, NO CLASSES

**Frederick Community College, ILR Summer/Fall 2026** – The information contained in this schedule is abbreviated for registration purposes. The provisions of this publication are not to be regarded as a contract between the student and Frederick Community College. Changes are affected from time to time in the schedule. FCC reserves the right to cancel courses due to insufficient enrollment. Full refunds will be issued for canceled courses.

Frederick Community College (FCC) prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Under the ADA and Section 504, FCC makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. For FCC employees needing accommodations, including interpreting, please email [humanresources@frederick.edu](mailto:humanresources@frederick.edu). For students and others with accommodation needs or questions, please call 301.846.2408, or to request sign language interpreter services, please email [interpreting@frederick.edu](mailto:interpreting@frederick.edu). Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. Requests must be made at least five workdays before a scheduled event to guarantee accommodations. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.

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

**Disability Access Services (DAS)** | 301.846.2408 • [DisabilityServices@frederick.edu](mailto:DisabilityServices@frederick.edu)  
**Coordinator for Interpreting Services** | 301.846.2476 or via email at [Interpreting@frederick.edu](mailto:Interpreting@frederick.edu)

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# How to Register for ILR Classes

## ONLINE

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



## NEED HELP REGISTERING?

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



- For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888 during normal business hours:  
Monday: 8:30 a.m. - 6:00 p.m.  
Tuesday - Friday: 8:30 a.m. - 4:30 p.m.
- Peak Months (January, July, and August)  
Thursdays: open until 6:00 p.m.

### Waiting List

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

### Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional \$5 fee per class. Out-of-State students (residing outside of Maryland) are charged a \$10 fee per class.
- A \$15 one-time-per-year, non-refundable registration fee is due at the time of registration. This fee is only refundable when FCC cancels a class for which the student paid the registration fee and the student has not enrolled in any other classes during this period.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents for select classes.

### Class Refund Policy

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

### Drop/Refund Request within Refund Period

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

Students have two methods to drop a class:

1. Self-drops: log into your account at frederick.edu/ILR. Navigate to Menu > Cancel. Self-drops are available up to seven (7) days prior to the class start date.
2. Email CEInfo@frederick.edu any time prior to the refund deadline. The drop/refund request must be initiated from the email address associated with the student's account.

### Refund Request Outside of Refund Period

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

### Approved Refunds

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

### Registration Fee

A \$15 one-time-per-year, non-refundable registration fee is due at the time of registration. This fee is only refundable when FCC cancels a class for which the student paid the registration fee and the student has not enrolled in any other classes during this period.

### 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.



## BUILDINGS

- 1 Annapolis Hall (A)
- 2 Athletics Center (D)
- 3 Braddock Hall (B)
- 4 Miller Center for Healthcare Training (M)
- 5 Catoctin Hall (C)
- 6 Conference Center (E)
- 7 FCPS Career & Technology Center
- 8 Gambrill Hall (G)
- 9 Jefferson Hall (J)
- 10 Linganore Hall (L)
- 11 Mercer-Akre Kiln (K)
- 12 Plant Operations (P)
- 13 Student Center (H)
- 14 Sweadner Hall (S)
- 15 Visual & Performing Arts Center (F)
- 16 Monroe Center

## ATHLETICS

- 17 Athletic Fields Facilities
- 18 Baseball Field
- 19 Practice Field
- 20 Soccer Field
- 21 Softball Field
- 22 Tennis Courts

## PARKING

- 23 Parking Lot 1
- 24 Parking Lot 2
- 25 Parking Lot 3
- 26 Parking Lot 4
- 27 Parking Lot 5
- 28 Parking Lot 6
- 29 Parking Lot 7



**Monroe Center**  
200 Monroe Avenue, Frederick, MD 21701

- 30 Parking Lot 8
- 31 Parking Lot 9
- 32 Parking Deck
- 33 Staff Parking
- 34 Visitor Parking
- 35 Monroe Center Parking

See page 2 for offsite locations.





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

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# THE CURIOUS TRAVELER CLUB

Free and open to all ILR students



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

The club will be led by travel loving ILR instructor, Marcy Gouge. Meetings will be July - December. Check online for the meeting location and format.

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



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