

Spring 2017

ILR

55+

35 *New Courses!*

History

World Cultures

Social Issues

Health

Technology

The Arts

Science



Frederick Community College



Institute for Learning in Retirement

Discover New Interests & Revisit Favorites

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Call Us

ILR Online Registration Help Line 301.624.2888

Student Accounts (Cashier)..... 301.846.2658

College Information Center..... 301.846.2419

Services for Students
with Disabilities..... 301.846.2408

The ILR Mission

The mission of the Institute for Learning in Retirement (ILR55+) is to provide quality, accessible, innovative opportunities for intellectual stimulation and personal enrichment to adults 55 and over in Frederick County. The ILR recognizes the intellectual, social, spiritual, and physical interests of mature adults.

We hear you!

This course schedule was developed by a team of ILR students whose goal is to listen to the ideas and interests of the community and to learn from evaluations of previous students. The ILR staff and curriculum team are pleased to present this exciting schedule, which we hope offers something for virtually everyone. Your comments and suggestions are always welcome.

Registration for ILR classes begins January 9.

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ILR Program Associate
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On the cover: ILR student Gary Kallevang

Dear Lifelong Learner,

What brings you joy?

When this question was asked during a recent group meeting, the answers I heard around the room made me realize that joy comes in many forms. You can get joy from big things and small things, long awaited results or unexpected happenings. Some joys are very personal, while others are universal. Like the answers I heard during the meeting, my joy comes in many forms. I find a fulfilled joy in accomplishing long sought goals, or an appreciation joy when I take a moment to enjoy a sunny day or a beautiful snowfall. Good company is sure to make me feel a sense of belonging joy, but it is watching my children discover their own joy that seems to fill my heart the most.

This spring is a wonderful time to discover a new source of joy in one of our ILR classes. Do you feel inspired after a good discussion? We have instructors who will engage your intellect and broaden your mind. Learn about and discuss the constitution with James Baer or Jeff Steinberg or be engaged by our history and current world events classes.

Maybe awakening your creative side brings you joy. Try Zentangle®, Creative Ways with Photography, or Writing Your Life Story: Tales for the Grandchildren.

Find happiness in healthful ways? We have classes that will strengthen your body and your mind. Learn to accept uncertainty and live in the present with Jerry Webster's Living Beautifully class.

Perhaps you find that bringing happiness to others is what fills you with the greatest sense of joy. Our What You've Always Wanted to Know About Mentoring class might be the perfect opportunity to connect with and help others in your community.

ILR classes are meant to spark your curiosity; learn something new about the world or yourself. Maybe this will be the year you have fun making new friends while learning about The History of Rock and Roll or Frederick's Connections to the Old "Wild West".

If you cannot commit to a full course, try one of our day trips. We make it easy to gain new experiences and meet those willing to embark on the same journey. Hop on a bus at FCC and head off on a day long adventure. Our guides will keep you fascinated as we explore local areas of interest, and remember, lunch is always included! Now that's a simple joy.

Come find your joy with the ILR Program this spring. We offer 65 classes this spring with over half of them new. There are no tests, no grades, and never any pressure. We can't wait to watch you find your joy!



Sincerely,

A handwritten signature in black ink that reads "Kelli Ackiewicz". The signature is fluid and cursive.

Kelli Ackiewicz
ILR Program Manager
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Spring 2017 ILR Courses by Subject Area

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Spring 2017 Courses

Mondays

ILR454 Quantum Mechanics and Relativity II

6 sessions, 12 hours

Explore the world of the very small. Once thought to be the smallest of all particles, we find levels of details in protons and neutrons that we never dreamed could exist. Dark Matter, Black Holes and other crazy stuff will challenge our very notions of reality. Mastering the mathematics behind Relativity and Quantum Mechanics is attained with PHD's. We will not go that route. Instead, we will concentrate on the concepts. If you are willing to abandon preconceived notions of reality, these ideas start to make sense. Why is warped space-time a better explanation of the phenomenon we call gravity than that of Newton? Come and discuss. No prerequisites.

Instructor: ILR's space cowboy, Robert (Bob) Rubock, MS, has taught physics, astronomy and engineering at FCC. An engineer by profession, he holds a BS in Electrical Engineering from Rensselaer Polytechnic and a MS from University of Connecticut. Bob has been fascinated by astronomy and physics since childhood and was inspired by the first photos from the Hubble Telescope. In Bob's words: "I love this stuff!"

4-Digit Number: 3622

Monday, 10:00 a.m. - 12:00 p.m., Feb. 13 – Mar. 20

Location: Conference Center (E Building) /E123

Tuition: \$39.00 Fee: \$90.00 Total: \$129.00

MD residents age 60+ pay fee only

ILR700 Just Try It! Beginning Yoga

5 sessions, 7.5 hours

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

Instructor: Linda Franklin, RYT200, began practicing yoga in 2008 as a way to reduce stress and improve focus, while increasing fitness. She was so taken by the inclusive, gentle approach of her teacher, that she pursued and received her own teaching certification from the Kripalu Center for Yoga and Health in Lenox, Massachusetts, and Divine Sleep Yoga Nidra training from Jennifer Reis. Linda's classes have a gentle touch, and focus on listening to and respecting the body's messages - making yoga an experience that welcomes everybody.

4-Digit Number: 3579

Monday, 2:15 p.m. - 3:45 p.m., Feb. 20 – Mar. 20

Location: Athletics Center (D Bldg) /D129

Fee: \$69.00

"Great Program – I'm lucky to live in the Frederick community and enjoy ILR!" ~ ILR participant

 "Like" us on our new Facebook page: www.facebook.com/ILRFCC

Visit our WordPress site: www.ilratfcc.com

SEN186 Great Decisions

8 sessions, 12 hours

The world of foreign policy is made easier to understand in this course which provides background on some of the most pressing international issues of our time. Topics drawn from the 2017 Foreign Policy Association Briefing Book include: • The Future of Europe • Trade and Politics • Conflict in the South China Sea • Saudi Arabia in Transition • U.S. Foreign Policy and Petroleum • Latin America's Political Pendulum • Prospects for Afghanistan and Pakistan • Nuclear Security. Course fee covers cost of book. To learn more about this program, visit www.fpa.org/great_decisions/.

Instructor: Jim French earned a degree in physics and philosophy from Vanderbilt University and spent his career in association management through which he developed an abiding interest in both U.S. and international politics.

4-Digit Number: 3597

Monday, 9:30 a.m. - 11:00 a.m., Feb. 20 – Apr. 10

Location: Conference Center (E Building) /E123

Fee: \$25.00

ILR401 Play and Learn Bridge II: Opening Bids and Responses

8 sessions, 20 hours

This is a course in contract bridge for those have played some bridge or have taken some basic bridge instruction. It is a follow-up to the absolute beginner's course, Play and Learn Bridge I. All lessons concentrate on bidding and play of the cards by the students. The first portion of the class addresses play techniques for maximizing trick taking followed by a bidding system for the full range of hands. Additionally, the course covers competitive bidding, opening leads and defensive signals. Students will be provided with handouts for use in class and for study at home. A shorter version of this class has been offered in previous terms, this longer class was developed in recognition of student preferences.

Instructor: Robert M. Freed has three passions; music, bridge, and teaching. He double majored in piano performance and mathematics secondary education at Towson University and has since done post-graduate studies in piano performance. Robert was the owner of the Frederick Bridge Center from 1988 to 1995. He is certified as a Bridge teacher and a club director by the American Contract Bridge League and currently teaches and directs games for the Frederick Bridge Club and Dorothy T. Freed Memorial Library and Laboratory. He holds the rank of Gold Life Master in the American Contract Bridge League.

4-Digit Number: 3608

Monday, 9:30 a.m. - 12:00 p.m., Feb. 20 – Apr. 10

Location: Frederick Senior Center /TBA

Fee: \$119.00

NEW

ILR791 Eruption and Balance: The Presidency of John Adams

6 sessions, 12 hours

John Adams' 4-year tenure as president was a highly contentious period in American history. The evolution of the newly-formed political parties, the partisanship of the press, and the rejection of President Adams by Vice-President Jefferson impacted the presidency greatly. The war, and peace, with France as well as the war within the Federalist Party will be explored. The course will also touch upon the Alien & Sedition Acts and Fries Rebellion of German settlers in southeastern Pennsylvania. It will end with the eventual election of Jefferson and the emergence of John Marshall, Chief Justice of the Supreme Court. Throughout the course, we'll discover how the personal traits of John Adams impacted his policies and the history of the early republic.

Instructor: Colonial historian Roger G. Swartz received national acclaim for his two books covering the frontiers of the American Revolution. In 2004, he was chosen, along with 2 others, to be the educational coordinator for the 13-day bus tour sponsored by then National Elderhostel program for the 250th anniversary commemoration of the French & Indian War, 1754 – 1763.

4-Digit Number: 3595

Monday, 1:15 p.m. - 3:15 p.m., Mar. 6 – Apr. 10

Location: Conference Center (E Building) /E123

Tuition: \$39.00 Fee: \$90.00 Total: \$129.00

MD residents age 60+ pay fee only

ILR270 Being Human: Wealth & Poverty

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 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.

Instructor: Julie Castillo is a college anthropology instructor, children's enrichment instructor, writing instructor, enrichment curriculum designer, entrepreneur, writer, and futurist. She holds an MA in sociocultural anthropology from Catholic University with a specialty in gender studies and ethnopsychology. Her current interests include development anthropology, human ecology, and poverty and affluence. She is fascinated by concepts of self and identity and frequently taps into literature, film, philosophy, and psychology in order to enhance her understanding. She loves books, movies, wildlife, adventure travel, and kayaking.

4-Digit Number: 3589

Monday, 2:00 p.m. - 4:00 p.m., Mar. 6 – Mar. 27

Location: Conference Center (E Building) /E106

Tuition: \$40.00 Fee: \$69.00 Total: \$109.00

MD residents age 60+ pay fee only

NEW**ILR792 200 or More Practical Ways to Take Care of Your SELF**

5 sessions, 10 hours

Spring time is a time to take a break and refresh our perspective on all that really gives life its breadth, expanse and depth. You might enjoy sharing some insights and stories from your personal experiences, your reading, your travels, your post-retirement discoveries. We all do some kind of spring cleaning. So why not pause among people whose company you appreciate and try some spring cleaning of your spirit as you prepare for all the possibilities and adventures of a new year? So what is your SELF? What can you do with it and how can you take good care of it? What do our various traditions and experiences tell us about ourselves, where we have come from and where we may choose to go? Let's get together for some laughter, some reflection, and some deep Spring cleaning.

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

4-Digit Number: 3616

Monday, 10:00 a.m. - 12:00 p.m., Mar. 13 – Apr. 10

Location: Catoctin Hall (C Building) /C212

Tuition: \$29.00 Fee: \$70.00 Total: \$99.00

MD residents age 60+ pay fee only

NEW*Introducing Cam Miller ...***ILR780 Creative Ways with Photography**

5 sessions, 10 hours

In this five week session, you will work on a different photography project each week. Projects include macro photography with water bubbles, adding photographs to tumbled marble tiles and wood, exploring various online photo editors to create new and different looks, doing a basic photo restoration with old family photos, and a photo walk in downtown Frederick. No special cameras are needed - anything will work, including phone cameras. Basic photo editing skills will also be covered using Photoshop Elements. You will be required to provide your own transportation to the downtown Frederick meeting location for the last class.

Instructor: Cam Miller is a retired educator turned professional fine art photographer who lives in New Market, Maryland. After living and teaching on the Eastern Shore of Maryland, she moved to Central Maryland, where she is fully engaged in the arts community. She is a member of several museums, arts councils, and photography organizations. Cam has won many awards for her photographs, the subjects of which include light paintings, still lifes, landscapes, and nature. Her work has been accepted into numerous juried exhibits and competitions. She teaches photography classes at Frederick Community College, as well as does private tutoring. To see more of her work, visit Cam's website: www.camscamerashots.com.

4-Digit Number: 3606

Monday, 2:00 p.m. - 4:00 p.m., Mar. 13 – Apr. 10

Location: TBA

Tuition: \$29.00 Fee: \$80.00 Total: \$109.00

MD residents age 60+ pay fee only

NEW**ILR798 Continuing Gentle Yoga**

5 sessions, 7.5 hours

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

Instructor: Linda Franklin

4-Digit Number: 3573

Monday, 2:15 p.m. - 3:45 p.m., Apr. 3 – May 1

Location: Athletics Center (D Bldg) /D129

Fee: \$69.00

NEW*Introducing Jacob Sylvester ...***ILR777 The History of Rock and Roll**

3 sessions, 6 hours

Explore the history of Rock and Roll! Yes! You heard that right. Rock and Roll had an enormous impact on the world. Experience very lively sessions as we discuss and listen to the music of the people who shook up the world. Some of the artists we will discuss include the Beatles, Chuck Berry, Elvis Presley, Jerry Lee Lewis, Buddy Holly, Richie Valens, and many more. Don't forget the record labels that helped make those artists famous; labels like: Sun Records, Decca, Motown, Vee-Jay, and so many more. Also, don't be surprised if your instructor pulls out his guitar for an impromptu sing-a-long of some of the most memorable hits. Come join the fun!

Instructor: Jacob Sylvester is a musician, writer, speaker, and educator. He holds an A.A.S. in Accounting (UDC), a B.A. in English, and a M.S. in Management (UMUC). He is an Adjunct Professor at FCC in Business Studies. Additionally, he teaches and tutors via his company Jakesong Learning Center (JLC). As a musician, Jacob has performed in and around the DC-MD-VA area for many years. He is the author of two poetry collections: *My World In Variables* (2014), and *Reflections* (2016). Jacob loves learning new things and exchanging ideas with his students. In fact, he believes to teach is to learn! His motto: Let us learn new things together.

4-Digit Number: 3603

Monday, 10:00 a.m. - 12:00 p.m., Apr. 17 – May 1

Location: Conference Center (E Building) /E123

Tuition: \$29.00 Fee: \$50.00 Total: \$79.00

MD residents age 60+ pay fee only

NEW**ILR793 "Oh Poop!" The Science and the History**

4 sessions, 8 hours

Yes we did! This is a medical, epidemiological, and historical discussion about the lower gastrointestinal tract, including the small and large intestine, and what the GI finally produces in all of us...poop. The course will examine why excrement has been, and continues to be, so important in human history. Look at recent research on what it is and why it is so significant from a human health point of view today. The instructor will spend time discussing various common ailments of the lower bowel and the multi billion dollar business of trying to treat these ailments with a host of unproven cures and diets.

Instructor: Dr. Joseph I. Berman is a retired physician (MD), Tufts Medical School, Boston, MA who also has Masters Degrees (MPH, MLA) from the Johns Hopkins School of Public Health and The Krieger School at Johns Hopkins University. He taught the popular ILR Disease and Literature and Who's Minding the Loo courses.

4-Digit Number: 3620

Monday, 2:00 p.m. - 4:00 p.m., Apr. 17 – May 8

Location: Conference Center (E Building) /E106

Tuition: \$29.00 Fee: \$70.00 Total: \$99.00

MD residents age 60+ pay fee only

ILR671 Feeding Yourself After 50

1 session, 2 hours

Folks over fifty have unique nutritional requirements: we need more of certain nutrients, even as we're facing dwindling appetites, decreased activity levels, and the challenge of cooking for one or two. It's imperative to pack as much nutrition into our meals as possible. Come find out which foods give you the biggest nutritional bang for your buck, why freshness and soil health matter, why "grass time" makes for superior animal products, where to find this nutrient-dense bounty, how to buy it for less, and how to fit cooking into a busy lifestyle. Look for Julie's book, www.eatlocalforlessbook.com/index.php, and at your local bookstore.

Instructor: Julie Castillo

4-Digit Number: 3575

Monday, 2:00 p.m. - 4:00 p.m., Apr. 24

Location: Conference Center (E Building) /E123

Fee: \$20.00

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The ILR Program is developing two possible international trips. Please look for more information regarding exact itinerary and costs soon.

NEW

Introducing Tonya Hatosy-Stier & Amy Savitt ...

ILR787 What You've Always Wanted to Know About Mentoring

3 sessions, 4.5 hours

There's lots of great information about the benefits of mentoring. Maybe you've been wondering about how it actually works and whether you could and should be a mentor. In this class we'll use exercises and group discussions to explore what the role of a mentor is with a mentee and within the community, characteristics of good mentors, who mentees are and what they're looking for, and what you personally bring to a mentoring relationship. This course is meant to help connect residents, especially retired residents, to mentoring and volunteering opportunities within the Frederick County community. It is made possible by a generous donation from the Shirley Cruickshank Wolfe Fund which provides program support to the ILR Program. ILR is excited to bring you this course which will be the first of a series of offerings about mentoring and volunteering in local communities.

Instructor: Tonya Hatosy-Stier is the Executive Director for Woman to Woman Mentoring, Inc. (W2WM), a non-profit that offers free mentoring programs to women in Frederick Maryland. Additionally, for the past 12 years, Tonya has built an international business in the network marketing industry with Arbonne, a wellness company. Prior to W2WM, Tonya served as a leader for 18 years in banking, investments, training and leadership development. Tonya is a 2016 graduate of Leadership Frederick County.

Amy Savitt is the Program Manager for Woman to Woman Mentoring, Inc. Amy has a Masters in Student Affairs in Higher Education and has worked in leadership development and with women's organizations.

4-Digit Number: 3619

Monday, 9:30 a.m. - 11:00 a.m., May 1 – May 15

Location: Conference Center (E Building) /E106

Tuition: \$19.00

Course is free to MD residents age 60+

"Love the program. I tell everyone I know about it." ~
ILR participant

NEW

ILR761 How I Lost 75 Pounds - A History's Mysteries Special Event

1 session, 1.5 hours

From our History's Mysteries series...comes a very different mystery. Weight loss! Successful weight loss is still a mystery for most of us, right? How our History's Mysteries instructor, Warren Gray, lost weight permanently is the topic of this course. He did it without any crazy "dieting" or starving himself. 10 very simple rules made all the difference. Come hear how he solved this mystery. Look for our usual History's Mysteries topics to re-appear this summer.

Instructor: Warren Gray is a retired Air Force intelligence officer with experience in special operations and counterterrorism, and an avid interest in historical mysteries. He earned twenty military medals and four college degrees, including a Master of Aeronautical Science, and has authored seven published historical novels. He has instructed fighter pilots, military commanders, civilian dignitaries, senior NATO officers, students of all ages, and various public audiences on a wide range of topics. Warren's engaging teaching style and visually rich presentations offer unique insights and shed light into the dim corners of history.

4-Digit Number: 3576

Monday, 11:30 a.m. - 1:00 p.m., May 8

Location: Conference Center (E Building) /E123

Fee: \$19.00

Not yet retired or can't take a class during the daytime hours?



The FCC Personal Enrichment Schedule now offers a selection of past ILR courses during the evening hours to better suit your schedule.

The Constitution

NEW

ILR771 Dangerous Ideas, Prior Restraints and False Statements: The First Amendment and Beyond Part I

5 sessions, 7.5 hours

What did Crusoe and Friday really say about each other and the government? Consider the uniquely American approach to Freedom of Expression. We will begin with the First Amendment which provides "Congress shall pass no law...abridging the freedom of speech, or of the press." Consider the historical, sociological and political reasons surrounding the adoption of the Amendment. Focus on content based restrictions including dangerous ideas, expressions that invoke unlawful conduct and a hostile audience reaction, speech that threatens, and disclosure of confidential information. Then, proceed to false statements of facts, non-newsworthy disclosure of private information and commercial advertising.

Instructor: Jim Baer

4-Digit Number: 3592

Thursday, 9:30 a.m. - 11:00 a.m., 2/23/17 - 3/23/17

Location: Conference Center (E Building) /E123

Tuition: \$29.00 Fee: \$70.00 Total: \$99.00

MD residents age 60+ pay fee only

NEW

ILR778 Without Just Compensation - Private and Public Property: The Fifth Amendment and Beyond

5 sessions, 7.5 hours

What happened when the government arrived on Crusoe's island? Consider the uniquely American approach to the concept of public "control" of private property. We begin with the Fifth Amendment which provides "nor shall private property be taken for public use, without just compensation." Consider the inherent conflict between the Constitution's protection of private property and the perceived governmental need to exercise authority. Trace the development of public taking, eminent domain, just compensation, taking by Trespass, and taking by Regulation including Historic Preservation. We will then proceed to public control of land use and zoning and conclude with public regulation of community living.

Instructor: Jim Baer

4-Digit Number: 3605

Tuesday, 2:00 p.m. - 3:30 p.m., Apr. 4 - May 2

Location: Conference Center (E Building) /E123

Tuition: \$29.00 Fee: \$70.00 Total: \$99.00

MD residents age 60+ pay fee only

NEW

ILR768 A Republic If You Can Keep It

5 sessions, 10 hours

What were the keys ideas that were debated and adopted at the Constitutional Convention and how did they shape the policies of the United States in the intervening 230 years? Learn about the Constitutional Convention and ratification process, and the economic system devised by the Founders including the first Treasury Secretary, Alexander Hamilton..."Learn to think continentally". Why did Washington and John Quincy Adams warn against foreign entanglements? Explore the erosion of some of the core principles during the post-World War II, Cold War, and post-Cold War periods and efforts taken to reverse the degradation of these principles. The Constitution was created in 1787...is it still valid in the 21st century?

Instructor: Jeffrey Steinberg

4-Digit Number: 3586

Friday, 9:30 a.m. - 11:30 a.m., Feb. 17 - Mar. 17

Location: Conference Center (E Building) /E123

Tuition: \$39.00 Fee: \$90.00 Total: \$129.00

MD residents age 60+ pay fee only



Jeffrey Steinberg is both an analyst and practitioner of U.S. national security policy. He has been an investigative journalist for more than 40 years, serving since 1986 on the editorial board of a weekly publication, Executive Intelligence Review, and writing for a range of international newsletters and magazines; and has also participated in various advisory capacities for U.S. government officials on a wide range of national security issues, from strategic defense policy, to the war on terrorism, to the war on illegal narcotics, to the economic dimensions of national security. He has lectured internationally on issues related to national security. Steinberg is the author and/or co-author of hundreds of articles and special reports on a wide range of national security issues, current affairs, and history.



Jim Baer's former students at Ursinus College called him "intelligent, motivating, friendly, very funny, very experienced," and said he was, "the best teacher ever hired." A graduate of The University of Virginia School of Law, Jim is a forty five year member of the Maryland Bar and was also a member of the Bar of the District of Columbia and the Bar of the Supreme Court of the United States of America. He was a trial lawyer in private practice until 2001 when he returned to his alma mater, Ursinus College, where he created the college's Center for Legal Studies and taught a variety of courses utilizing a unique blend of Socratic Method and open class discussion.

Tuesdays

SEN450 Exploring Watercolor Painting

8 sessions, 16 hours

If you have always wanted to try your hand (or brush) at watercolor painting, or expand your artistic abilities by learning new techniques in painting, this is the class for you. Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about mixing colors, composition, techniques of shading, reflections, and more. Explore a rewarding activity and the satisfaction of expanding your creative talents. In addition to beginner students, students who have taken Cath's classes previously are welcome to return and will find new content this term. A list of supplies will be provided prior to class start date.

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

4-Digit Number: 3624

Tuesday, 10:00 a.m. - 12:00 p.m., Feb. 7 – Mar. 28

Location: Frederick Senior Center /TBA

Fee: \$95.00

NEW

ILR785 Building Your Own Ethics

6 sessions, 9 hours

Dr. Gregg will facilitate a course where you consider your beliefs, values, and convictions in light of ethical dilemmas in dialogue with your classmates. Are you consistent in your ethical framework? Why or why not? Is consistency a virtue or vice? Is there a pattern, logic, reason, and emotion underneath your reactions/decisions? Do you find yourself changing from your initial "gut" reaction through the discussion process? The course will help you explore your own ethics.

Instructor: The Rev. Dr. Carl Gregg is the minister of the Unitarian Universalist Congregation of Frederick. A native of Florence, South Carolina, Carl is a Phi Beta Kappa graduate of Furman University in Greenville, South Carolina, where he received a Bachelor of Arts degree in Religion and Philosophy in 2000. He has also earned a Master's of Divinity from Brite Divinity School in Fort Worth, Texas, and a Doctor of Ministry from San Francisco Theological Seminary. He has previously taught Introduction to the Hebrew Bible as an adjunct professor at the University of Louisiana at Monroe.

4-Digit Number: 3617

Tuesday, 9:30 a.m. - 11:00 a.m., Feb. 21 – Mar. 28

Location: Conference Center (E Building) /E106

Tuition: \$30.00 Fee: \$69.00 Total: \$99.00

MD residents age 60+ pay fee only

"Many wonderful course experiences for a wide range of interests." ~ ILR participant

ILR267 Canalling through History on the C&O

5 sessions, 7.5 hours

Award-winning writer and teacher Jim Rada is your guide for this journey through time down the C & O Canal. Did you ever wonder why the long canal from Cumberland to Georgetown is important enough to be a National Park? Learn how the Chesapeake and Ohio Canal on the Potomac River was conceived, built and functioned. Hear the stories of lockkeepers, canallers and construction workers on the canal. Find out how one Supreme Court judge saved the canal from being turned into a scenic parkway.

Instructor: Jim Rada has written many works of historical fiction and non-fiction history, including three novels about the C&O Canal. He has also written a number of articles about the history of and events on the canal. Jim is a full-time freelance writer who has received numerous awards from the Maryland-Delaware-DC Press Association, Associated Press, Maryland State Teachers Association, Society of Professional Journalists, and Community Newspapers Holdings, Inc. for newspaper writing.

4-Digit Number: 3590

Tuesday, 10:30 a.m. - 12:00 p.m., Feb. 28 – Mar. 28

Location: Conference Center (E Building) /E123

Tuition: \$30.00 Fee: \$69.00 Total: \$99.00

MD residents age 60+ pay fee only

NEW

Introducing Curtis Baird ...

ILR760 Complementary & Alternative Medicine (CAM) - What Works, What Doesn't, and Why

8 sessions, 16 hours

Complementary and Alternative Medicine (CAM) is increasingly touted in the media and on the internet while conventional medical care seems to focus on lab tests, procedures, prescriptions, and referrals to specialists. Patient education is almost nonexistent; so people typically turn to TV talk shows or popular magazines (which are dependent on their advertisers) for advice on issues like weight management, fitness, pain, etc. In this class you will learn how to determine what is reliable, what is not, and where to look for good advice.

Instructor: Curtis Baird is a retired MD & Ph.D. with 20+ years of teaching experience (full and part-time) at community colleges, 4-year colleges & universities.

4-Digit Number: 3572

Tuesday, 1:30 p.m. - 3:30 p.m., Mar. 7 – Apr. 25

Location: Conference Center (E Building) /E125

Tuition: \$59.00 Fee: \$90.00 Total: \$149.00

MD residents age 60+ pay fee only

The ILR Program is developing two possible international trips. Please look for more information regarding exact itinerary and costs soon.

ILR's longest running course returns!

SEN491 Writing Your Life Story: Tales for the Grandchildren

7 sessions, 14 hours

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

Instructor: Dottie O'Neal was hand-picked by the creator and long-time teacher of this course, Shirley Sandage, as the facilitator of one of ILR's most popular courses. She was a student of Shirley's in this course for many years and continues to write her own life story.

4-Digit Number: 3614

Tuesday, 10:00 a.m. - 12:00 p.m., or 1:00 p.m. - 3:00 p.m., Apr. 4 - May 16

Location: Conference Center (E Building) /E106

Tuition: \$29.00 Fee: \$60.00 Total: \$89.00

MD residents age 60+ pay fee only

NEW

ILR790 Baseball's Golden Age: 1920's through the 1950's

4 sessions, 8 hours

"Baseball is a habit. The slowly rising crescendo of each game, the rhythm of the long season - these are the essentials and they are remarkably unchanged over nearly a century and a half. Of how many American institutions can that be said?" - George Will, 1999. Is it rare to find a historian who does not love baseball. Together they are intertwined. But when we look at the history of the game, it is arguable as to what the greatest age of baseball has been. This course explores that question as it chronicles the highlights of baseball history from the time of Babe Ruth and the Yankees' Murderer's Row in the 1920's, through the post-war ear of the late 1940's and early 1950's to today. One of the great things about baseball is that the game is not stagnant. It changes along with America. Come and discuss how we have changed along with the game.

Instructor: Jack Topchik had a forty-year career as an editor with the New York Times in its News Service division, which selects, edits, and transmits stories, photos and graphics to hundreds of newspapers and government agencies around the world. He served at various times as European editor, Latin American editor, Special Sections editor and day editor.

4-Digit Number: 3588

Tuesday, 10:00 a.m. - 12:00 p.m., Apr. 4 - Apr. 25

Location: Conference Center (E Building) /E104

Tuition: \$29.00 Fee: \$70.00 Total: \$99.00

MD residents age 60+ pay fee only

NEW

Introducing Paul Buck ...

ILR781 What Happens After the Paychecks Stop?

3 sessions, 6 hours

As retirement nears many get anxious rather than joyful about this next stage in their life. Entering retirement can create lots of unnecessary anxiety. Choosing what retirement looks like by addressing key risks to retirement income can help lessen this anxiety. Allow Paul Buck, a licensed financial advisor with 10 years experience, help you learn how to prepare for retirement. He'll show you the tools you need to make retirement a reality. What happens if the market declines and inflation and healthcare impact your financial goals? This course will help you prepare for unexpected events so this stage in your life can be a welcome one rather than an anxious one.

Instructor: Paul Buck is a licensed financial advisor with 10 years of experience in the industry. He currently works through Edward Jones. He has several leadership roles in the company including mentor, recruiter and level coach. In those functions, Paul has presented on a variety of topics to groups as small as 5 and as large as fifty. In addition, Paul has delivered multiple educational workshops regarding finances in community settings.

4-Digit Number: 3609

Tuesday, 7:00 p.m. - 9:00 p.m., Apr. 4 - Apr. 18

Location: Conference Center (E Building) /E104

Tuition: \$19.00 Fee: \$40.00 Total: \$59.00

MD residents age 60+ pay fee only

TED

ILR431 Mornings With TED

5 sessions, 7.5 hours

Grab a cup of coffee and wake up with TED. Don't know TED? Allow ILR to introduce you: TED short videos, pulled from the highly respected TED conferences, feature some of the world's most fascinating thinkers and doers who are challenged to give the "talk of their lives" in 18 minutes or less. The subjects of TED talks range from technology, entertainment, and design to science, global issues, humanity and more. Their mission? Spreading Ideas. The series invites you to watch a short, hand-picked TED video (<http://www.ted.com/>) at each class and share your own ideas with your fellow students in a lively discussion of the topic.

Instructor: Matthew Bernota has a Masters degree in history from the University of Maryland and for 40 years has taught both high school and adult education courses in history, economics, and law education. His favorite TED talks are those that stimulate insights and offer new perspectives into contemporary issues...one of his favorite TED talks is Karen Orestes' "Why We Should Trust the Scientists."

4-Digit Number: 3598

Tuesday, 10:30 a.m. - 12:00 p.m., Apr. 4 - May 2

Location: Conference Center (E Building) /E123

Fee: \$79.00



Learning on Location

NEW

ILR767 "The Native Peoples of Frederick" Mobile Workshop Tour

1 session, 8 hours

Join us to learn about Frederick County's first human inhabitants. Discover and study the movements of aboriginals and historic era American Indian tribes in today's Frederick County. Explore present-day examples and evidence of Native American peoples that roamed the Monocacy (Frederick) and Middletown valleys for thousands of years prior to the arrival of 17th century European settlers. This day trip includes lunch. Plan for light walking during short visits throughout the county.

Instructor: Chris Haugh is an Emmy award-winning documentary film maker and regional historian. Mr. Haugh has spent 25 years researching, producing and publishing numerous presentations on Frederick County history. He has also served as a video production and public history instructor for FCC, Hood College and Towson University.

4-Digit Number: 3585

Friday, 9:00 a.m. - 5:00 p.m., Mar. 24

Location: Meet in lobby of Building E

Tuition: \$39.00 Fee: \$100.00 Total: \$139.00

MD residents age 60+ pay fee only

NEW

ILR775 Pre-Trip Class - Off the Beaten Path: Lincoln's Cottage

1 session, 2 hours

Maximize your experience at Lincoln's Cottage by understanding the settings of the Cottage and nearby National Military Cemetery. Discover why these locations were so important to Lincoln's Presidency, learn what to expect on the trip and check out our list of resources to learn more before we go. (Please note, the Day Trip requires separate registration.)

Instructor: Peg Mauzy is a former FCC English Professor and International Education Coordinator, is a passionate mystery fan! Join Peg to analyze and solve English mystery short stories and have fun using your "little grey" brain cells.

4-Digit Number: 3601

Monday, 1:00 p.m. - 3:00 p.m., May 15

Location: Sweadner Hall

Fee: \$10.00

NEW

Introducing Marsha Adelson ...

ILR774 National Cathedral & Dupont Circle Area Day Tour

1 session, 9 hours

First tour the Washington National Cathedral, the 6th largest cathedral in the world serving as a beautiful example of Gothic architecture, to see where national events have been celebrated... national tragedies mourned... and great leaders preached. Travel down Embassy Row to Dupont Circle and visit the historic Mansion on O Street. Designed in 1892 by a U.S. Capitol architect, the mansion features more than 100 rooms of varying architectural, artistic and design periods to showcase one of the most eclectic art collections in the world. (Most everything is available for purchase, so bring your checkbook!) Then step into a National Historic Landmark - the Anderson House. Completed in 1905, it has been The Society of the Cincinnati headquarters since 1938. Discover the Society's rich and long history while exploring the lives and collections of the home's first owners, a wealthy couple devoted to public service, travel, philanthropy and more. Join us for this memorable tour! A boxed lunch and all admissions are included. Return to FCC at approximately 5:00 p.m.

Instructor: Marsha Adelson is a retired Federal Employee, Ms. Adelson has been a Washington, D.C. Licensed Professional Tour Guide for more than 10 years. Volunteering with various organizations teaching first aid, music and leadership skills, she has lived in the Washington Metropolitan Area her entire life and truly enjoys sharing the beauty and history of our Nation's Capital.

4-Digit Number: 3599

Thursday, 8:00 a.m. - 5:00 p.m., Apr. 27

Location: Meet in lobby of Building E

Tuition: \$49.00 Fee: \$100.00 Total: \$149.00

MD residents age 60+ pay fee only

NEW

ILR772 Day Trip - Off the Beaten Path: Lincoln's Cottage

1 session, 8 hours

Lincoln's Cottage, a little-known National Trust Historic Site in Washington, DC, was only 3 miles from the White House, yet it had a major influence on Lincoln's Presidency for 18 months. Visit the cottage and explore the nearby United States Soldiers' and Airmen's Home National Cemetery as well, a site containing 5,000 Union Soldier graves. This information-packed trip includes lunch. (Please note, the Pre-Trip class requires separate registration and is optional.)

Instructor: Peg Mauzy

4-Digit Number: 3593

Thursday, 9:00 a.m. - 5:00 p.m., May 18

Location: Meet in lobby of Building E

Tuition: \$39.00 Fee: \$90.00 Total: \$129.00

MD residents age 60+ pay fee only

Wednesdays

NEW

ILR782 Enjoyment of Poetry

6 sessions, 12 hours

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

Instructor: Jacob Sylvester

4-Digit Number: 3610

Wednesday, 10:00 a.m. - 12:00 p.m., Feb. 15 – Mar. 22

Location: Conference Center (E Building) /E106

Tuition: \$39.00 Fee: \$100.00 Total: \$139.00

MD residents age 60+ pay fee only

Do you want to be CPR, First Aid, or AED certified? Sign up for one of the four Frederick Community College Heartsaver CPR/First Aid/AED sessions available this spring.

Heartsaver CPR/First Aid/AED

This Heartsaver, First Aid and AED course includes adult CPR and is designed for the lay person and first responder. The first aid section includes first aid basics, medical emergencies, injury emergencies and environmental emergencies applicable to all age categories. The CPR section presents basic techniques of Adult CPR, use of barrier devices during rescue breathing, and how to use an automated external defibrillator (AED).

SAF156 | 7 hours | \$85 (\$40 tuition + \$45 fees)

INSTRUCTOR: CE Instructor

3252 S 8:30 a.m. - 4 p.m. 2/11 FCC/E124B

3253 S 8:30 a.m. - 4 p.m. 3/11 FCC/E124A

3254 S 8:30 a.m. - 4 p.m. 4/15 FCC/E125

3255 F 8:30 a.m. - 4 p.m. 5/19 FCC/TBA

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to AHA.

ILR677 Less Aches, Less Pains

6 sessions, 12 hours

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

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

4-Digit Number: 3580

Wednesday, 11:00 a.m. - 1:00 p.m., Feb. 22 – Apr. 5

No Class: Mar. 29

Location: Conference Center (E Building) /E123

Tuition: \$50.00 Fee: \$79.00 Total: \$129.00

MD residents age 60+ pay fee only

NEW

Introducing Stacy Reno & Sharon Scarborough ...

ILR779 Downsizing Simplified: Living Smaller and Loving it!

3 sessions, 6 hours

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

Instructor: Stacy Reno and Sharon Scarborough created and opened Frederick's Premier Home Staging Company, Limelight Staged Homes, in 2010. As Accredited Staging Professionals, they have helped homeowners prepare their homes to appeal to a wide range of buyers and to get the best price possible. We have also completed the Sellers Representative Specialist Designation, as well as the Senior Real Estate Specialist designation as another way to service our clients to the highest degree. They specialize in giving homeowners steps and plans to make the downsizing process as stress-free as possible.

4-Digit Number: 3607

Wednesday, 9:30 a.m. - 11:30 a.m., Mar. 8 – Mar. 22

Location: Conference Center (E Building) /E123

Tuition: \$19.00 Fee: \$40.00 Total: \$59.00

MD residents age 60+ pay fee only



Introducing Hannah Vo-Dinh ...

ILR765 Reverse Aging: The Mind-Body Connection

8 sessions, 12 hours

Physical activity protects areas of the aging brain that involve memory and focus, yet older adults often have mobility and pain issues. Awareness Through Movement® classes, developed by physicist and judo master Dr. Moshe Feldenkrais, improve mobility and the mental sharpness through directed attention, visualization and stress-free movement. Whether you want to improve your golf swing or need a way to ease back into exercise, this class is open to all as the perfect way to reduce pain while improving balance, flexibility, strength, vitality and focus.

Instructor: Hannah Vo-Dinh, GCFP, has been authorized by the North American Feldenkrais Guild to teach Awareness Through Movement® classes. She has taught classes at All Saints' Episcopal, Unitarian Universalist Congregation of Frederick and Common Market. In addition, she organized the first Frederick Feldenkrais (r) Festival in 2015 and has twice been a guest instructor at the DC Feldenkrais Festivals. A 2016 graduate of the Feldenkrais Method Training Program of Baltimore, she has completed 4 years and over 950 hours of training. She is the owner of Mind Body Sense, LLC and in addition to teaching group classes, she works perfectly with individuals who have neurological, mobility, balance and pain issues as well as those who wish to improve athletic and artistic performance.

4-Digit Number: 3582

Wednesday, 1:00 p.m. - 2:30 p.m., Mar. 15 – May 10

No Class: Mar. 29

Location: Conference Center (E Building) /E106

Fee: \$119.00



Introducing Bethany Dellagnello ...

ILR788 Nature Walks 101 - Flora and Fauna

4 sessions, 8 hours

If you think you would enjoy knowing the names and stories behind some of our common flora and fauna, you'll enjoy this course. In this field-based course, we will learn to identify common plants and flowers on sight, plants based on similar characteristics, and local birds by appearance and song. We will discuss complex relationships between plants, animals, and the environment. During the class we will take nature walks around campus and meet off-campus twice at the Monocacy Battlefield to enjoy some of the trails located within the park. Wear proper shoes and dress for the weather please. All walks are considered easy and gentle. Students are required to provide their own transportation to the trail walk site.

Instructor: Bethany Dellagnello has a bachelor's in zoology and has been a Frederick County Public School science teacher for 23 years, teaching both life and physical sciences in both middle and high school. She has been certified as a Master Gardener and also has a small business creating and selling her one-of-a-kind jewelry.

4-Digit Number: 3621

Wednesday, 10:00 a.m. - 12:00 p.m., Apr. 19 – May 17

No Class: May 3

Location: Catocin Hall (C Building) /C212

Tuition: \$30.00 Fee: \$69.00 Total: \$99.00

MD residents age 60+ pay fee only

ILR670 The Ultimate Mobile Device: Meditation and Mindfulness

5 sessions, 7.5 hours

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

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

4-Digit Number: 3583

Wednesday, 10:30 a.m. - 12:00 p.m., Apr. 26 – May 24

Location: Conference Center (E Building) /E106

Tuition: \$30.00 Fee: \$69.00 Total: \$99.00

MD residents age 60+ pay fee only



Introducing Marlene Welch ...

ILR762 How to Succeed at Being Elderly Without Really Trying

2 sessions, 4 hours

What happened? I went to bed one night and woke up a senior citizen! Who am I now? This light hearted and fun course will help you re-evaluate your self-image by seeing your abilities and not your disabilities. Learn to stay active and engaged in life. Getting older, like any other time of life, is a time for discovery, potential and new possibilities.

Instructor: Marlene Welch is a retired Professor in Teacher Education. She taught at Anne Arundel Community College and Carol Community College. Since retirement she has taught as an Adjunct Faculty at Carroll Community College, also in Frederick at Family Plus and Family Partnership. She has over 40 years teaching adults and understands growing old and the new normal.

4-Digit Number: 3577

Wednesday, 1:00 p.m. - 3:00 p.m., May 17 – May 24

Location: Conference Center (E Building) /E106

Tuition: \$19.00 Fee: \$30.00 Total: \$49.00

MD residents age 60+ pay fee only



"Like" us on our new Facebook page: www.facebook.com/ILRFCC

Visit our WordPress site: www.ilratfcc.com

The ILR Program is developing two possible international trips. Please look for more information regarding exact itinerary and costs soon.



Middle Eastern Studies: History, Culture, Current Events



In this popular ongoing series of short, discussion-oriented courses, Middle East scholar and author Linda Pappas Funsch offers a greater understanding of the region and its people. Explore the history and culture of the Middle East beyond the headlines and sound-bites through lectures, readings, and guest speakers. Without tests, grades, or homework, participants are expected only to bring an intellectual curiosity to the classroom for the purpose of unraveling the mysteries and complexities of this dynamic region.

ILR363 The Legacy of the Crusades

5 sessions, 10 hours

The “Crusades” — a series of declared “holy wars,” drawing the peoples of Christian Europe and the Middle East into an unprecedented series of bloody, and ultimately inconclusive, conflicts — stands out as one of the most pivotal chapters in the history of the modern world. The legacy of Western incursions into the Holy Land during Europe’s Middle Ages resonates with both cultures to this day. It is embedded into group perceptions and woven into popular folklore. Basic to an understanding of modern Middle Eastern history and current politics is an appreciation of this protracted series of campaigns referred to as “one of the most misunderstood events in western history” (Thomas Madden, *A Concise History of the Crusades*).

This course will offer a departure from similar discussions on the subject, as it introduces a variety of first-personal sources from both the East and West conflict. Through film, audio-visual materials, and class discussion, this course will challenge many widely-held assumptions as it examines the complex series of factors that precipitated the Crusades, the chronology of major events, the principle historical figures involved, and, ultimately, the indelible imprint left by this transformative period in both Eastern and Western history. Popular assumptions that have been inspired by this legendary era, including the currently-fashionable theory of an inherent and irrevocable cross-cultural impasse between East and West, will be explored and discussed.

4-Digit Number: 3604

Wednesday, 1:30 p.m. - 3:30 p.m., Feb. 22 – Mar. 22

Location: Student Center (H Building) /H202/203

Tuition: \$40.00 Fee: \$99.00 Total: \$139.00

MD residents age 60+ pay fee only

New content each term ...

SEN473 Current Issues in the Middle East

5 sessions, 10 hours

The Middle East today is at a crossroads, battered by a degree of uncertainty not seen since the fall of the Ottoman Empire one hundred years ago. As a new US Administration assumes control of both domestic and external affairs, the uncertainty grows. What will be the likely course of US foreign policy in the region and how will possible changes in established policy effect the strategic alliances that have long underscored political/economic/and military multilateral relationships?

Focusing on the shifting landscape that characterizes the region in the 21st century, this course will attempt to bring clarity to some of the most intractable issues of our time. While the objective of “Current Issues” is to focus on breaking news and recent events as they unfold in the Middle East, among the topics considered for the new term are the continued disintegration and massive humanitarian consequences in the failed states of Syria, Yemen, and Libya, the shifting of political alliances (including the re-emergence of Russian influence in the region), growing authoritarianism in the Turkish republic, the future of Kurdish nationalism, prospects for a Palestinian-Israeli modus vivendi, and the continued battle for regional hegemony between Iran and Saudi Arabia.

During these five, short sessions we will endeavor to shed light on a variety of select themes and issues confronting the peoples of this beleaguered, but all-important, region through historical perspective, personal anecdotes, and expert analysis. Incorporating traditional classroom techniques, selected readings, films, guest speakers, and group discussion, the instructor will attempt to bring some degree of clarity to the back stories behind today’s headlines in an area of the world that continues to mystify even the most astute observer.

4-Digit Number: 3591

Wednesday, 1:30 p.m. - 3:30 p.m., Apr. 5 – May 10

No Class: Apr. 26

Location: Student Center - H Building /H202/203

Tuition: \$40.00 Fee: \$99.00 Total: \$139.00

MD residents age 60+ pay fee only



Instructor: Linda Pappas Funsch is a specialist in modern Middle East studies and Islamic history. With a MA degree in Near Eastern Studies from New York University, she has studied, worked, and traveled extensively throughout the region. A freelance writer and consultant, she has taught at both Hood College and Mount Saint Mary’s University. She is featured frequently at scholarly symposia throughout the Washington, DC area, including The World Bank, the World Affairs Council, Georgetown University, and the National Council on US-Arab Relations. Ms. Funsch has led two ILR-sponsored study visits to the Middle East region, including Egypt (2008) and Morocco (2013).

Thursdays

ILR416 Well, It's About Time - Part II

6 sessions, 12 hours

What is time? Although we experience it, use it, and depend on it, we rarely consider exactly what it is. This course explores the true nature of time from the scientific, cosmological, and human point of view. Time is as pervasive in our lives as breathing. This course picks up where Bob left off in Part One of this series last fall. While part one of this course is not a prerequisite, it will be helpful in discussing the topics raised in this continuation class.

Instructor: Robert (Bob) Rubock

4-Digit Number: 3623

Thursday, 10:00 a.m. - 12:00 p.m., Jan. 19 – Feb. 23

Location: Conference Center (E Building) /E106

Tuition: \$39.00 Fee: \$90.00 Total: \$129.00

MD residents age 60+ pay fee only

NEW

ILR783 Getting Your Book Published

5 sessions, 10 hours

Get your book published and available for sale in bookstores and online. Learn the pros and cons of independent publishing and whether it is appropriate for you. Explore the difference between self-publishing, vanity publishing and lightning press. Find out how to make your book attractive to readers.

Instructor: Jim Rada

4-Digit Number: 3611

Thursday, 1:00 p.m. - 3:00 p.m., Feb. 23 – Mar. 23

Location: Conference Center (E Building) /E106

Tuition: \$39.00 Fee: \$80.00 Total: \$119.00

MD residents age 60+ pay fee only

NEW

Introducing Helen Kerr ...

ILR763 Inside Your Medicine Chest

5 sessions, 10 hours

Do you ever feel like you need your own personal pharmacist? Do you wonder why you need all these medicines? Or, does medicine just interest and fascinate you? Come learn about the most prescribed medications, over-the-counter products, drug interactions and which drugs are inappropriate for older adults. We will also cover the cost to the American patient due to Big Pharma. This course will look at each topic from both a therapeutic as well as financial view point.

Instructor: Helen Rozsics Kerr, BA, BSP, Pharm.D, has spent over twenty years working in the hospital setting as a pharmacist. She is Board Certified in geriatric pharmacy and a clinical anti-coagulation specialist. Dr. Kerr has been an adjunct professor at both the Univ. of West Virginia and the Univ of Colorado. She has supervised and mentored many pharmacy students and interns in their clinical rotations. Recently she has taught basic pharmacology at FCC.

4-Digit Number: 3578

Thursday, 9:30 a.m. - 11:30 a.m., Feb. 23 – Mar. 23

Location: Conference Center (E Building) /E106

Tuition: \$39.00 Fee: \$80.00 Total: \$119.00

MD residents age 60+ pay fee only

NEW

Introducing Marcy Gouge ...

ILR766 Trips and Tips for Women Traveling Solo in Retirement

3 sessions, 6 hours

There's a big world out there—but if you don't have a travel companion, what do you do? This class will teach you the benefits (and concerns) about traveling solo in a post 9/11 world. This course will cover how to plan a great trip, pay for it, and then share it with others. Along the way we will talk about concerns such as safety, eating alone, and how to meet local people on your travels. You will even get some tips on great itineraries for older women. Don't miss out on the great experience of traveling just because you have no one to travel with!

Instructor: Marcy Gouge, a retired trial lawyer, is the daughter of a "traveling man" who inspired her love of travel. She has traveled extensively around the U.S. and the world by herself for the past fifteen years, and has learned how to plan and enjoy trips even when traveling solo in some of the most romantic cities of the world. She blogs regularly about traveling as a solo older woman, and contributes articles to online and print magazines about the joys of solo travel for women. She is currently writing about a recent trip to Italy where she took a pasta-making class, as well as a special "behind the scenes" tour of the history of Medici perfume in Florence.

4-Digit Number: 3584

Thursday, 2:00 p.m. - 4:00 p.m., Mar. 9 – Mar. 23

Location: Conference Center (E Building) /E123

Tuition: \$19.00 Fee: \$30.00 Total: \$49.00

MD residents age 60+ pay fee only

ILR290 Relaxing With Readers Theater

5 sessions, 7.5 hours

Have you ever seen yourself as Emily or George in the soda fountain scene from *Our Town*? Perhaps you imagined yourself as one of the dueling adversaries in *Inherit the Wind*. Does the frightening thought of memorizing all of those lines and delivering them before a theater full of people bring on a severe case of stage fright? If that is the case then this course is for you... We will discuss the basics for being an effective readers' theater actor, explore some of your favorite theatrical scenes and do readings with others in the class. If you have a favorite scene you'd like to share, please bring it along and we will try to incorporate it into the class.

Instructor: Jana Moberly was a teacher for more than thirty years in the Frederick County Public School System. In addition to her teaching, Jana has always found time for drama both in her classroom and with the Fredericktowne Players (FTP). She has directed numerous productions for FTP, including several which won regional awards.

4-Digit Number: 3613

Thursday, 9:30 a.m. - 11:00 a.m., Apr. 6 – May 4

Location: Conference Center (E Building) /E106

Tuition: \$20.00 Fee: \$39.00 Total: \$59.00

MD residents age 60+ pay fee only



ILR776 Russian History: The Big Picture

3 sessions, 4.5 hours

In many ways, Russia is unique in both geography and history. A study in contrasts, the story of Russia's people is one of great achievements set against unbearable tragedies. This "Big Picture" survey of Russia's long history brings to light the patterns, trends, and key events that have brought us to the Russia of today and the world view of its people.

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

4-Digit Number: 3602

Thursday, 1:30 p.m. - 3:00 p.m., Apr. 13 – Apr. 27

Location: Conference Center (E Building) /E123

Tuition: \$19.00 Fee: \$40.00 Total: \$59.00

MD residents age 60+ pay fee only



Introducing James Hubbard ... **ILR769 American Revolutionary War in the South**

6 sessions, 12 hours

The course explores the most interesting part of the American Revolutionary War and its culmination in the British surrender at Yorktown. The loyalist-rebel relations were particularly hateful and were inter-woven with the more formal military campaigns. Learn how the American Army was able to wear down the British and sustain the rebellion to its victorious conclusion.

Instructor: James H. "Jim" Hubbard has had an enduring interest in military history for more than sixty years and enjoys sharing his passion with students who have an interest in history. Jim is a retired Federal employee who, after service in the United States Army, spent his entire civilian career in the field of National Intelligence. He has moved to Frederick County from Anne Arundel County where he was active in the Peer Learning Partnership of the community college there.

4-Digit Number: 3587

Thursday, 10:00 a.m. - 12:00 p.m., Apr. 20 – May 25

Location: Conference Center (E Building) /E106

Tuition: \$39.00 Fee: \$80.00 Total: \$119.00

MD residents age 60+ pay fee only

ILR745 Introduction to Zentangle®

4 sessions, 12 hours

"Anything is possible...one stroke at a time!" This is based on the Zentangle® art method developed by Rick Roberts and Maria Thomas. Discover this easy-to-learn drawing technique that inspires creativity and develops mindfulness. This method is used as a way to reduce stress, free your mind and increase focus. Combine simple, repetitive drawing strokes into "tangle" patterns to create one of a kind works of art. Working on 3.5 inch square paper tiles, students will learn basic tangles, how to shade to make drawings appear 3-D, and how to embellish any drawing. No art experience is necessary.

Instructor: Barb Allensworth's career with Electronic Data Systems (EDS) spanned 23 years during which she trained and mentored peers as a Contract Negotiator, Subcontract Manager and a Systems Engineer. She also was responsible for the development and documentation of new systems and procedures. Training was naturally the next step in implementing the systems and procedures. A native of upper Montgomery County, she is also experienced in various needle arts, mixed media arts, was co-owner of a stained glass company and is a certified decorative painter. Now retired, Barb earned her title of Certified Zentangle® Teacher (CZT®) in April 2015, Class #18, from the founders of the Zentangle® method, Rick Roberts and Maria Thomas, along with 105 other students representing 16 countries worldwide. She now enjoys introducing students of all ages to the Zentangle® method, watching their joy and surprise as they discover their own hidden artist within.

4-Digit Number: 3625

Thursday, 9:30 a.m. - 12:30 p.m., May 4 – May 25

Location: Conference Center (E Building) /E123

Fee: \$59.00

"I am delighted to have ILR in my life." ~ ILR participant

The ILR Program is developing two possible international trips. Please look for more information regarding exact itinerary and costs soon.

Fridays

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 has been teaching Tai Chi and fitness methods to seniors and others for 14 years.

4-Digit Number: 3566

Friday, 12:30 p.m. - 2:00 p.m., Feb. 17 – Apr. 28

No Class: Mar. 31, May 5

Location: Athletics Center (D Bldg) /D129

Fee: \$89.00

NEW

Introducing Lauren Lippiello ...

ILR795 Egyptian Religion Through the Ages

5 sessions, 10 hours

The ancient Egyptian religion has always fascinated the mind. How did it develop and what connection does it have to the politics, economics, and landscape of Egypt? During this lively class you will explore the religion and religious architecture of ancient Egypt, from the Predynastic Period through the New Kingdom including the Amarna interlude and the heretic pharaoh Akenaton. Come ready to learn and to engage in discussion.

Instructor: Dr. Lauren Lippiello completed her Ph.D. in 2012 at Yale University, Near Eastern Languages and Civilizations Department, with a concentration in Egyptology and specialization in the development of Predynastic and Early Dynastic politico-religious systems. Prior to coming to Frederick Community College, Lauren was a visiting lecturer and resident fellow at Rice University. Dr. Lippiello has taught courses in archaeology, cultural anthropology, the history of ancient Egypt and the Near East, ancient Egyptian religion, hieroglyphics, and digital humanities. Her research interests are focused on the comparative study of religious and symbolic systems developing in conjunction with political and social structures as evidenced by artistic, architectural and textual remains related to prehistoric Saharan and sub-Saharan cultural groups.

4-Digit Number: 3594

Friday, 1:00 p.m. - 3:00 p.m., Feb. 24 – Mar. 24

Location: Conference Center (E Building) /E123

Tuition: \$30.00 Fee: \$69.00 Total: \$99.00

MD residents age 60+ pay fee only

NEW

ILR786 Living Beautifully with Uncertainty and Change - Based on the Book by Pema Chodron

4 sessions, 6 hours

We live in difficult times with uncertainty. Why shouldn't we cling to familiar patterns and habits if they provide us some degree of certainty? Because, as Pema Chodron teaches, that kind of fear-based clinging keeps us from the infinitely more satisfying experience of being completely alive. The teachings presented in this course, known as the three commitments, which are based on the original teachings of the Buddha, provide a path to enter more fully into one's life through meditation exercises. The true purpose of meditation is to be present in one's life more fully, being present on the dot rather than being riveted to one's hopes and fears. It is about being open to whatever arises in one's life. It is only by fully being in the present that one can truly live. Each week during the class students will have the opportunity to introduce a new commitment in their life. Meditation practice between classes is highly encouraged.

Instructor: Dr. Jerry Webster presently serves as the Shastri, or head teacher, with the Shambhala Buddhist Meditation Center in Washington, D.C. He obtained his Ph.D. in Curriculum and Instruction from the University of Maryland and has taught literature there and multiculturalism for Montgomery County Public Schools. Dr. Webster's 40 years of teaching experience began with the Peace Corp in Afghanistan. He currently teaches this course and others at Johns Hopkins University.

4-Digit Number: 3618

Friday, 10:30 a.m. - 12:00 p.m., Feb. 24 – Mar. 17

Location: Conference Center (E Building) /E106

Tuition: \$19.00 Fee: \$50.00 Total: \$69.00

MD residents age 60+ pay fee only

ILR707 Developing a Personal Strength Training Plan

6 sessions, 12 hours

Improve your balance, increase your strength, and become more flexible. Learn from a licensed physical therapist and certified personal trainer to safely and effectively use the Swiss Ball, dumbbells, and Theraband. Dr. Zehnacker's instruction includes the rationale to lessen the effects of postural change that often accompanies the aging process. Course is limited to 10 students.

Instructor: Dr. Carol Hamilton Zehnacker, D.P.T., ("Dr. Z")

4-Digit Number: 3574

Friday, 2:00 p.m. - 4:00 p.m., Feb. 24 – Apr. 7

No Class: Mar. 31

Location: Athletics Center (D Bldg) /D129

Fee: \$79.00

NEW**ILR784 Literary Fraud and Celtic Romanticism in Britain 1750-1850**

4 sessions, 10 hours

In the late 18th and early 19th century, literary Brits found themselves drawn into the romance of Celtic traditional materials and the Scottish highlands—and if they didn't exist, they created them. Claiming they came from ancient highland sources, they opened the door for a century of diverse writings that reveal the powerful attraction of all things Gaelic. Writers that will be explored during this course include Scotsman James Macpherson and his cycle of epic poems based on Oisín, son of the legendary Irish hero Fionn mac Cumhaill, the Welsh Iolo Morganwg, Robert Burns, and Sir Walter Scott. Dr. Gray's PowerPoint-illustrated lectures include many images and selections from the writings and each class includes a half-hour at the end for discussion.

Instructor: Karen Gray, Ph.D., received her S.T.B. degree from Harvard Divinity School and her Ph.D. from the University of Edinburgh where her thesis was on "Religious Atheism in Contemporary Western Thought: A Christian Problem and a Buddhist Perspective." She recently retired after 20 years with the Smithsonian Associates designing adult study tours. She has had a lifelong fascination with the world's religions which she approaches with openness and from a scholarly perspective.

4-Digit Number: 3612

Friday, 10:00 a.m. - 12:30 p.m., Apr. 14 – May 5

Location: Conference Center (E Building) /E106

Tuition: \$39.00 Fee: \$90.00 Total: \$129.00

MD residents age 60+ pay fee only

NEW**ILR770 National Security Current Events**

5 sessions, 10 hours

Take an in-depth look at some of the ideas and issues covered in Jeff's previous course, Principles of National Security. Examine how U.S. National Security decision-making is taking place today in all of the major conflict regions around the globe. You'll discuss current situations especially where the United States has a deep national security engagement. No need to have attended the Fall 2016 course to enjoy this fascinating offering.

Instructor: Jeffrey Steinberg

4-Digit Number: 3600

Friday, 9:30 a.m. - 11:30 a.m., Apr. 14 – May 12

Location: Conference Center (E Building) /E123

Tuition: \$39.00 Fee: \$90.00 Total: \$129.00

MD residents age 60+ pay fee only

NEW**ILR764 Maximizing Your "SAFE" International and Domestic Travel**

2 sessions, 4 hours

Love to travel in and out of the United States, but concerned about safety? Topics include passports/visas, health concerns, safety issues, specialized web sites, potential scams, tour options, currency conversions, travel tips, mobile phones, security checks, emergency contact forms, embassy registration, use of ATM's and credit cards, etc. The course will help you to locate hard copy (books/maps/travel supplies/catalogs/etc) and on-line resources. Come have fun while learning to travel smarter and safer!

Instructor: Peg Mauzy

4-Digit Number: 3581

Friday, 1:00 p.m. - 3:00 p.m., Apr. 21 – Apr. 28

Location: Conference Center (E Building) /E106

Tuition: \$19.00 Fee: \$50.00 Total: \$69.00

MD residents age 60+ pay fee only

NEW**ILR773 Frederick's Connections to the old "Wild West"**

3 sessions, 4.5 hours

At the time of its creation in 1745, Frederick Town was on the western frontier of Maryland and American European settlement. Over the next century and a half, westward expansion would reach across the continent to the Pacific Ocean. Frederick has several ties to this important story through past residents, subtle roles in notable events and visits to town by legendary "Wild West" icons. I guess you could call it "Frederick's Manifest Destiny." As he has done with past ILR offerings, Chris will combine lecture, PowerPoint presentation, video and a touch of humor in this story of how Frederick, Maryland had a small hand in "winning the West."

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

4-Digit Number: 3596

Friday, 1:30 p.m. - 3:00 p.m., May 5 – May 19

Location: Sweadner Hall

Tuition: \$20.00 Fee: \$49.00 Total: \$69.00

MD residents age 60+ pay fee only

"A great asset to our community. Keep it going for the benefit of those retired who still need and want engagement." ~ ILR participant

"Like" us on our new Facebook page: www.facebook.com/ILRFCCVisit our WordPress site: www.ilratfcc.com



Computers and Technology



Instructor: Bill O'Neal has been teaching with ILR and designing its computer curriculum since 1998. He has thirty plus years' experience at FCC where he has taught in various credit and continuing education programs. Prior to FCC, he was an adjunct in the Hood College Graduate program. Bill is retired from a 34-year career with the Federal Government in Information Management, where most recently he was a manager in the Directorate of Information Management at Fort Detrick.

Now extended to three sessions!

ILR797 Making the Most of Your Apple iPhone

3 sessions, 6 hours

Got a new iPhone smartphone and not sure about the many things that you can do with it? This course will acquaint you with the features that come standard with your new phone. You will learn that it is much more than just for phone calls. It is a full communications device that includes texting, emailing and FaceTime communication. Organize your life by using a smartphone calendar. Become familiar with how to configure the settings on your phone to make it work better for you. Setup your iPhone to use the iCloud and its advantages. Customize your device by adding additional "apps" (applications) to make your life easier. Configure your email to keep in touch with your friends and family. Take a picture and share them as well. Come to this class with questions that you might have about your new smartphone.

4-Digit Number: 3564

Monday, 1:00 p.m. - 3:00 p.m., Feb. 20 – Mar. 6

Location: Conference Center (E Building) /E109

Tuition: \$19.00 Fee: \$40.00 Total: \$59.00

MD residents age 60+ pay fee only

OR

4-Digit Number: 3564

Thursday, 1:00 p.m. - 3:00 p.m., Apr. 13 – Apr. 27

Location: Conference Center (E Building) /E106

Tuition: \$19.00 Fee: \$40.00 Total: \$59.00

MD residents age 60+ pay fee only

ILR638 Using Microsoft Windows 10

4 sessions, 8 hours

If you have an existing computer with Windows 7 or 8 and you are thinking of upgrading to Windows 10, this course will teach you everything you need to get the free upgrade and get started using the new features of Microsoft's latest operating system. Learn how to configure your computer, install new apps, and organize items on your computer so that you can easily find them. This course will cover the features that are common to Windows 7, 8 and 10 plus the new features of Windows 10. Recommended textbook (not required) will be available at the FCC Bookstore prior to the start of class.

4-Digit Number: 3569

Tuesday, 1:00 p.m. - 3:00 p.m., Feb. 21 – Mar. 14

Location: Conference Center (E Building) /E109

Tuition: \$50.00 Fee: \$79.00 Total: \$129.00

MD residents age 60+ pay fee only

OR

4-Digit Number: 3570

Friday, 1:00 p.m. - 3:00 p.m., Apr. 7 – Apr. 28

Location: Conference Center (E Building) /E109

Tuition: \$50.00 Fee: \$79.00 Total: \$129.00

MD residents age 60+ pay fee only

ILR649 Apple's Incredible iPad: What's in it for You?

4 sessions, 8 hours

Apple's multi-functional iPad is revolutionizing personal computing and making information, communications, photographs, and music readily accessible to everyday folks whether they are on the go or on the sofa. And it's so easy to use! This course introduces you to the iPad's touch screen technology that lets you expand and contract images and text on the screen (great for those of us with vision problems) and teaches you to easily navigate the product's many functionalities. Learn to access the Internet, take and store high quality photos, use GPS maps, keep contact lists, manage music files and so much more. You will also learn to access the Apple Store to download music and any of thousands of "apps" for use on the iPad, many of them for free. Whether you are considering purchasing an iPad, have already purchased one, or just want to know what all the hoopla is about, this class will be well worthwhile.

4-Digit Number: 3561

Thursday, 1:00 p.m. - 3:00 p.m., Feb. 23 – Mar. 16

Location: Conference Center (E Building) /E109

Tuition: \$33.00 Fee: \$69.00 Total: \$102.00

MD residents age 60+ pay fee only

OR

4-Digit Number: 3562

Monday, 1:00 p.m. - 3:00 p.m., Apr. 3 – Apr. 24

Location: Conference Center (E Building) /E109

Tuition: \$33.00 Fee: \$69.00 Total: \$102.00

MD residents age 60+ pay fee only

ILR796 Making the Most of Your Android or Windows Smart Phone

2 sessions, 4 hours

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

4-Digit Number: 3563

Monday, 1:00 p.m. - 3:00 p.m., Mar. 20 – Mar. 27

Location: Conference Center (E Building) /E109

Tuition: \$9.00 Fee: \$30.00 Total: \$39.00

MD residents age 60+ pay fee only

ILR794 Microsoft Excel for Home Use

4 sessions, 8 hours

Are you a person who likes to make lists? Why not consider putting your list in Excel and see the many benefits? This course teaches you to use this versatile spreadsheet program to organize your medical bills, make mailing lists, set up your budget, track expenses, or anything you might want to put in a tabular form. Learn simple ways to make columns or rows, add numbers so you can track investment performance, maintain inventories of collectibles, or similar tasks. It's easy to produce graphs or charts and import them into other Microsoft products like Word or PowerPoint. This course is based on Excel but skills taught may be applied to any spreadsheet product. You must have a basic understanding of the Windows Operating System to benefit from this course.

4-Digit Number: 3567

Tuesday, 1:00 p.m. - 3:00 p.m., May 2 – May 23

Location: Conference Center (E Building) /E109

Tuition: \$29.00 Fee: \$60.00 Total: \$89.00

MD residents age 60+ pay fee only

ILR666 The Cloud - Removing the Mystery: iPad/iPhone version only

3 sessions, 6 hours

Wouldn't it be great to be able to find your emails, photographs, appointments and contact lists on all your Apple® devices instead of just one? With "the cloud" you can! Information you save on one device (computer, laptop, tablet, smart phone) can be viewed on all of them. Learn what iCloud® is and how to safely interface between your devices. Make a change on one device and have it show up on other Apple® devices. Optionally, share your calendar and contacts with other family members. Learn how you can bring it all together with the iCloud®. Prerequisite: Basic understanding of each device that you want to share information on.

4-Digit Number: 3568

Thursday, 1:00 p.m. - 3:00 p.m., May 4 – May 18

Location: Conference Center (E Building) /E106

Tuition: \$10.00 Fee: \$29.00 Total: \$39.00

MD residents age 60+ pay fee only

ILR730 Using Your Smart Phone for Digital Photography - Tips and Tricks

3 sessions, 6 hours

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

4-Digit Number: 3571

Thursday, 1:00 p.m. - 3:00 p.m., May 25 – June 8

Location: Conference Center (E Building) /E106

Fee: \$39.00

You're Invited!

RUSSIAN SCHOLAR PRESENTATION

*Tuesday, January 17
7:00 to 9:00 p.m.
Student Center, H-249*



American Exceptionalism

*Dr. Anna Eduardovna Adamova
Lecturer Modern History Department
St. Petersburg State University*

Drawing upon the imagery of John Winthrop's "City upon a Hill," Dr. Adamova will discuss the roots of American Exceptionalism and its significance to New England Puritans. Her presentation will also explore how this ideology has evolved throughout American history.

The Siege of Leningrad of 1941-1944 as Viewed by an English Journalist

*Professor Vladimir Nikolayevich Baryshnikov
Lecturer Department of Modern and Contemporary History
St. Petersburg State University*

Managing to visit Leningrad during World War II when foreigners were not permitted to enter the besieged city, a western journalist documented his experience, yet it remained unpublished for political reasons. Recently preparing a Russian translation of the author's impressions, Professor Baryshnikov discusses this historical event.

Join us as FCC continues its Russia Abroad outreach program during this special event hosted by the Social Sciences' Department and the Office of Student Engagement. This event is free of charge and registration is not required.

Michael A. Powell, Ph.D., J.D., Professor of History • 301.846.2571 • mpowell@frederick.edu • frederick.edu



Location Key

FCC classes are held on the college's main campus, at the Monroe Center, online and offsite at various locations throughout the county.

Campus Locations

- FCC/A–Annapolis Hall
- FCC/B–Braddock Hall
- FCC/C–Catoctin Hall
- FCC/D–Athletics Center
- FCC/E–Conference Center
- FCC/F–Visual & Performing Arts Center
- FCC/G–Gambrill Hall

- FCC/H–Student Center
- FCC/J–Jefferson Hall
- FCC/L–Linganore Hall
- FCC/P–Plant Operations
- FCC/SH–Sweadner Hall
- FCC/K–Mercer-Akre Kiln
- FCC/Con. Room–Conference Center

Off Campus Locations

Frederick Senior Center–1440 Taney Avenue
Frederick, MD 21702 • 301.600.3525

Visit www.frederick.edu for complete directions.



Be an ILR Insider!

Three Quick Ways to Stay Connected

Join us online to see what's happening, what's new, and keep up with the latest ILR news and so much more!



To receive the **ILR ENewsletter**, register at www.Frederick.edu/ENews, or browse our classes and register online at www.Frederick.edu/QuickEnroll.

ILR Spring 2017 Schedule

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19 10:00 Well It's About Time	20
23	24	25	26 10:00 Well It's About Time	27

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 10:00 Well It's About Time	3
6	7 10:00 Watercolor Painting	8	9 10:00 Well It's About Time	10 9:30 ILR Open House
13 10:00 Quantum Mechanics	14 10:00 Watercolor Painting	15 10:00 Enjoyment of Poetry	16 10:00 Well It's About Time	17 9:30 A Republic 12:30 Tai Chi
20 9:30 Bridge II 9:30 Great Decisions 10:00 Quantum Mechanics 1:00 Making the Most - iPhone 2:15 Just Try It Yoga	21 9:30 Building Your Own Ethics 10:00 Watercolor Painting 1:00 Microsoft Windows 10	22 10:00 Enjoyment of Poetry 11:00 Less Aches, Less Pains 1:30 The Crusades	23 9:30 Dangerous Ideas 9:30 Inside Your Medicine Chest 10:00 Well It's About Time 1:00 Getting Your Book Published 1:00 Apple's Incredible iPad	24 9:30 A Republic 10:30 Living Beautifully 12:30 Tai Chi 1:00 Egyptian Religion 2:00 Developing a Personal Strength
27 9:30 Bridge II 9:30 Great Decisions 10:00 Quantum Mechanics 1:00 Making the Most - iPhone 2:15 Just Try It Yoga	28 9:30 Building Your Own Ethics 10:00 Watercolor Painting 10:30 C&O Canal 1:00 Microsoft Windows 10			

March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Enjoyment of Poetry 11:00 Less Aches, Less Pains 1:30 The Crusades	2 9:30 Dangerous Ideas 9:30 Inside Your Medicine Chest 1:00 Getting Your Book Published 1:00 Apple's Incredible iPad	3 9:30 A Republic 10:30 Living Beautifully 12:30 Tai Chi 1:00 Egyptian Religion 2:00 Developing a Personal Strength
6 9:30 Bridge II 9:30 Great Decisions 10:00 Quantum Mechanics 1:00 Making the Most - iPhone 1:15 John Adams 2:00 Being Human 2:15 Just Try It Yoga	7 9:30 Building Your Own Ethics 10:00 Watercolor Painting 10:30 C&O Canal 1:00 Microsoft Windows 10 1:30 Complementary & Alternative Medicines (CAM)	8 9:30 Downsizing Simplified 10:00 Enjoyment of Poetry 11:00 Less Aches, Less Pains 1:30 The Crusades	9 9:30 Dangerous Ideas 9:30 Inside Your Medicine Chest 1:00 Getting Your Book Published 1:00 Apple's Incredible iPad 2:00 Trips and Tips for Women	10 9:30 A Republic 10:30 Living Beautifully 12:30 Tai Chi 1:00 Egyptian Religion 2:00 Developing a Personal Strength
13 9:30 Bridge II 9:30 Great Decisions 10:00 Quantum Mechanics 10:00 Take Care of Your SELF 1:15 John Adams 2:00 Being Human 2:00 Creative Ways w/ Photography 2:15 Just Try It Yoga	14 9:30 Building Your Own Ethics 10:00 Watercolor Painting 10:30 C&O Canal 1:00 Microsoft Windows 10 1:30 Complementary & Alternative Medicines (CAM)	15 9:30 Downsizing Simplified 10:00 Enjoyment of Poetry 11:00 Less Aches, Less Pains 1:00 Reverse Aging 1:30 The Crusades	16 9:30 Dangerous Ideas 9:30 Inside Your Medicine Chest 1:00 Getting Your Book Published 1:00 Apple's Incredible iPad 2:00 Trips and Tips for Women	17 9:30 A Republic 10:30 Living Beautifully 12:30 Tai Chi 1:00 Egyptian Religion 2:00 Developing a Personal Strength
20 9:30 Bridge II 9:30 Great Decisions 10:00 Quantum Mechanics 10:00 Take Care of Your SELF 1:00 Making the Most - Android 1:15 John Adams 2:00 Being Human 2:00 Creative Ways w/ Photography 2:15 Just Try It Yoga	21 9:30 Building Your Own Ethics 10:00 Watercolor Painting 10:30 C&O Canal 1:30 Complementary & Alternative Medicines (CAM)	22 9:30 Downsizing Simplified 10:00 Enjoyment of Poetry 11:00 Less Aches, Less Pains 1:00 Reverse Aging 1:30 The Crusades	23 9:30 Dangerous Ideas 9:30 Inside Your Medicine Chest 1:00 Getting Your Book Published 2:00 Trips and Tips for Women	24 9:00 The Native People of Frederick 12:30 Tai Chi 1:00 Egyptian Religion 2:00 Developing a Personal Strength
27 9:30 Bridge II 9:30 Great Decisions 10:00 Take Care of Your SELF 1:00 Making the Most - Android 1:15 John Adams 2:00 Being Human 2:00 Creative Ways w/ Photography	28 9:30 Building Your Own Ethics 10:00 Watercolor Painting 10:30 C&O Canal 1:30 Complementary & Alternative Medicines (CAM)	29	30	31
		Spring Break College Closed	Spring Break College Closed	Spring Break College Closed

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Bridge II 9:30 Great Decisions 10:00 Take Care of Your SELF 1:00 Apple's Incredible iPad 1:15 John Adams 2:00 Creative Ways w/ Photography 2:15 Continuing Gentle Yoga	4 10:00 Baseball's Golden Age 10:00 Write Your Life Story 10:30 Mornings with Ted 1:00 Write Your Life Story 1:30 Complementary & Alternative Medicines (CAM) 2:00 Fifth Amendment 7:00 After the Paychecks Stop	5 11:00 <u>Less Aches, Less Pains</u> 1:00 Reverse Aging 1:30 Middle East	6 9:30 Relaxing w/ Reader's Theater 7 12:30 Tai Chi 1:00 Using Microsoft Windows 10 2:00 Developing a Personal Strength	
10 9:30 Bridge II 9:30 Great Decisions <u>10:00 Take Care of Your SELF</u> 1:00 Apple's Incredible iPad 1:15 John Adams <u>2:00 Creative Ways w/ Photography</u> 2:15 Continuing Gentle Yoga	11 10:00 Baseball's Golden Age 10:00 Write Your Life Story 10:30 Mornings with Ted 1:00 Write Your Life Story 1:30 Complementary & Alt. Meds. 2:00 Fifth Amendment 7:00 After the Paychecks Stop	12 1:00 Reverse Aging 1:30 Middle East	13 9:30 Relaxing w/ Reader's Theater 1:00 Making the Most - iPhone 1:30 Russian History	14 9:30 National Security 10:00 Literary Fraud 12:30 Tai Chi 1:00 Using Microsoft Windows 10
17 10:00 The History of Rock & Roll 1:00 Apple's Incredible iPad 2:00 Oh Poop! 2:15 Continuing Gentle Yoga	18 10:00 Baseball's Golden Age 10:00 Write Your Life Story 10:30 Mornings with Ted 1:00 Write Your Life Story 1:30 Complementary & Alt. Meds. 2:00 Fifth Amendment 7:00 After the Paychecks Stop	19 10:00 Nature Walks 101 1:00 Reverse Aging 1:30 Middle East	20 9:30 Relaxing w/ Reader's Theater 10:00 American Revolutionary War 1:00 Making the Most - iPhone 1:30 Russian History	21 9:30 National Security 10:00 Literary Fraud 12:30 Tai Chi 1:00 Using Microsoft Windows 10 1:00 Maximizing your SAFE
24 10:00 The History of Rock & Roll <u>1:00 Apple's Incredible iPad</u> 2:00 Oh Poop! 2:00 Feeding Yourself After 50 2:15 Continuing Gentle Yoga	25 10:00 Baseball's Golden Age 10:00 Write Your Life Story 10:30 Mornings with Ted 1:00 Write Your Life Story 1:30 Complementary & Alt. Meds. 2:00 Fifth Amendment	26 10:00 Nature Walks 101 10:30 The Ultimate Mobile Device 1:00 Reverse Aging 1:30 Middle East (skip)	27 8:00 Dupont Circle Day Tour 9:30 Relaxing w/ Reader's Theater 10:00 American Revolutionary War 1:00 Making the Most - iPhone 1:30 Russian History	28 9:30 National Security 10:00 Literary Fraud 12:30 Tai Chi <u>1:00 Using Microsoft Windows 10</u> 1:00 Maximizing your SAFE

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Mentoring <u>10:00 The History of Rock & Roll</u> 2:00 Oh Poop! <u>2:15 Continuing Gentle Yoga</u>	2 10:00 Write Your Life Story <u>10:30 Mornings with Ted</u> 1:00 Write Your Life Story 1:00 Microsoft Excel for Home <u>2:00 Fifth Amendment</u>	3 10:00 Nature Walks 101 10:30 The Ultimate Mobile Device 1:00 Reverse Aging 1:30 Middle East	4 9:30 Relaxing w/ Reader's Theater 9:30 Zentangles® 10:00 American Revolutionary War 1:00 The Cloud	5 9:30 National Security <u>10:00 Literary Fraud</u> 1:30 Frederick's Connections to the old "Wild West"
8 9:30 Mentoring 11:30 How I Lost 75 Pounds <u>2:00 Oh Poop!</u>	9 10:00 Write Your Life Story 1:00 Write Your Life Story 1:00 Microsoft Excel for Home	10 10:00 Nature Walks 101 10:30 The Ultimate Mobile Device 1:00 Reverse Aging <u>1:30 Middle East</u>	11 9:30 Zentangles® 10:00 American Revolutionary War 1:00 The Cloud	12 9:30 National Security 1:30 Frederick's Connections to the old "Wild West"
15 9:30 Mentoring 1:00 Lincoln's Cottage Pre-class	16 10:00 Write Your Life Story <u>1:00 Write Your Life Story</u> 1:00 Microsoft Excel for Home	17 10:30 The Ultimate Mobile Device 1:00 How to Succeed at Being Elderly	18 9:00 Lincoln's Cottage Day Tour 9:30 Zentangles® 10:00 American Revolutionary War <u>1:00 The Cloud</u>	19 1:30 Frederick's Connections to the old "Wild West"
22	23 1:00 Microsoft Excel for Home	24 10:30 The Ultimate Mobile Device <u>1:00 How to Succeed at Being Elderly</u>	25 9:30 Zentangles® 10:00 American Revolutionary War 1:00 Using Your Smart Phone for Digital Media	26

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1:00 Using Your Smart Phone for Digital Media	2
5	6	7	8 1:00 Using Your Smart Phone for Digital Media	9



ILR Spring Registration

OPENS JANUARY 9

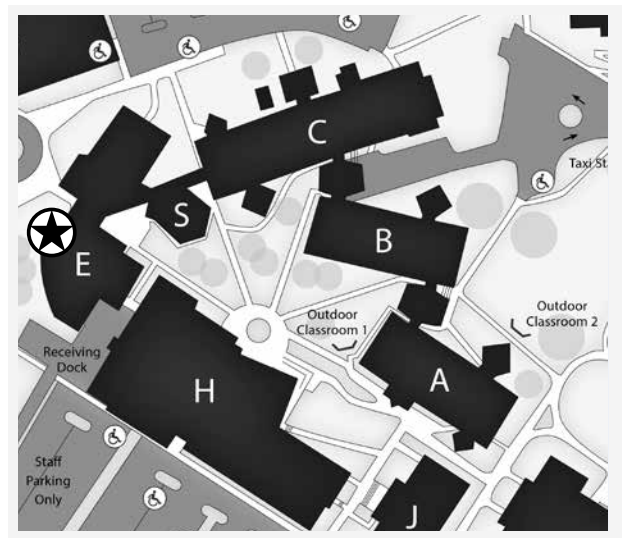
The Continuing Education & Workforce Development (CEWD) registration office serves ILR students in the FCC Conference Center (E).

M-Th 8:30 a.m. – 7:00 p.m.

F 8:30 a.m. – 4:30 p.m.

Phone: 301.624.2888

Email: CEInfo@Frederick.edu



Browse Classes and Register Online: Frederick.edu/QuickEnroll

Register for ILR55+ Classes

Thank you for your interest in ILR55+ programs at Frederick Community College.

Register Online

- Go to **www.Frederick.edu/QuickEnroll**
- In the left menu, click **Sign In**
- Enter your username and password or choose **Create New Profile**
 - **IMPORTANT: If you have registered for a class since June 2014, an online profile is reserved in your name. Please do not create a new account. Call (301) 624-2888 for assistance to complete this set-up process. Thank you!**
 - On the next page, be sure to select **Yes** to email preference (class confirmation and payment receipts are provided via email.)
- Click **Browse Courses** or **ILR55+** to see 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 **Process Payment** to complete your registration.
- Two emails will be sent to the email address on file – one to confirm registration and a second is receipt of payment. If you register for an online class, a third email will contain information to access the online classroom.

Register in Person

- Visit us in the Conference Center (E-113) to complete a registration form and submit payment in full (cash, check or money order).
- A kiosk is available to accept credit card registrations.

Register by Mail

Mail your completed registration form and payment in full (check or money order) to:

Frederick Community College • Attn: ILR Registration, E-113 • 7932 Opossumtown Pike • Frederick, MD 21702

Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional \$5 fee per term. Out-of-State students (residing outside of Maryland) are charged a \$10 fee per term.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents.

Drop a Class

- Students who choose to drop a CEWD class will receive a full refund, excluding registration fee, provided that they initiate the drop at least one business day before the beginning date of the class. Students electing to drop a class can do so by complete the CEWD Drop/Transfer Form available at www.frederick.edu/QuickEnroll under the Registration Office link. This form must be submitted to the CEWD Registration Office located in the FCC Conference Center, Building E, by email to CERequest@frederick.edu, or by fax at 301.624.2749. Students may also obtain the Drop/Transfer form in the CEWD Registration Office.
- Requests to drop a class after the start date may be submitted to the CERequest@frederick.edu.

Frederick Community College

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment.

Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7819 or 301.846.2408 (Voice) or email Interpreting@frederick.edu. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services.

To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least two weeks in advance. Requests made less than two weeks in advance may not be able to be provided.

Board of Trustees Myrna Whitworth, Chair • David Bufter, Vice Chair • Debra Borden • Nick Diaz • Gary Fearnow • Roger Wilson
Elizabeth Burmaster, Secretary/Treasurer • Janice Spiegel, Education Liaison/Office of the County Executive

PERSONAL INFORMATION (please print clearly)

Name: _____ (_____)
Last First (Maiden if applicable) MI

Home Address: _____
Street Address Apt #

_____ City State Zip Code County

MD resident past 3 months
 Yes No

_____ / _____ / _____ Date of Birth: Month/Day/Year (REQUIRED to process)
 _____ - _____ - _____ SSN (optional)

(_____) _____ Home Phone
 (_____) _____ Work Phone
 (_____) _____ Cell Phone

Email Address _____
 Male Female

Ethnic Group: (check one)
 (Colleges and universities are asked by many, including federal and State governments and national surveys to describe the racial and ethnic backgrounds of our students and employees.)
 Are you of Hispanic or Latino Origin? Yes No
 What is your race? Select one or more of the following categories:
 White Native Hawaiian/Other Pacific Island American Indian or Alaska Native
 Asian Black/African American

REGISTRATION INFORMATION
 (please print clearly)

ONLINE
 frederick.edu/QuickEnroll
 Sign in or create an account to browse courses, register with a credit debit card and receive email confirmations.

BY MAIL with check or money order
Send Completed Form & Full Payment to:
 Attn: Continuing Education,
 Frederick Community College
 7932 Opossumtown Pike, Frederick, MD 21702

IN PERSON
Frederick Community College • Conference Center (E-113)
 Complete the section below and visit us to pay by cash, check or money order. A kiosk is available for credit and debit cards.

Index #	Course # / Section #	Title	Days	Time	Start Date	Tuition	Fees	Out-of-County add \$5/course	Out-of-State add \$10/course	Total

*** One-time per year nonrefundable registration fee \$8.**
If the registration fee has been PAID within the last 365 days, no registration fee is due.

Registration fee*	\$8
Total Due	

Refund Policy: To receive a 100% refund, excluding the registration fee, a drop/transfer request form must be received by the CEWD Registration Office one business day prior to the class start date.

By signing, I understand that without full payment I may not be enrolled and I accept and agree to abide by the policies and regulations of Frederick Community College, including those concerning drug and alcohol abuse, weapons on campus, student conduct, classroom behavior, discrimination, grievance, and other policies and procedures. I understand that not abiding by these policies and procedures will subject me to the penalties stated within. See www.frederick.edu for student policies and procedures. I furthermore certify that the information provided on this form is correct.

Reg	Date
Finance	Date
Check Amt.	Check #



Student signature (REQUIRED for processing) Date

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New! **ILR** Spring Courses in the community

ILR is proud to present select courses in the community this spring. Join us for engaging classes focusing on history, literature, creative arts, and health and wellness in convenient locations across Frederick County.

Made possible by a generous donation from the **Shirley Cruickshank Wolfe Fund**, participants are invited to enjoy these off-campus ILR programs free of charge.

We look forward to seeing you there!

Registration

To register, please contact the individual facility where you would like to attend a class. The staff at your chosen location will provide details and confirm your participation.

- **C. Burr Artz Public Library** • 301.846.2400
110 E Patrick Street • Frederick, MD 21701
- **Urbana Regional Libraries** • 301.846.2400
9020 Amelung Street • Frederick, MD 21704
- **Thurmont Regional Library** • 301.600.7200
76 East Moser Road • Thurmont, MD 21788
- **Frederick Senior Center** • 301.600.3525
1440 Taney Avenue • Frederick, MD 21702



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

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
FREDERICK, MD
PERMIT NO. 172



Spring 2017 ILR Open House

Friday, February 10, 2017 • 9:30 a.m. - Noon

FCC Conference Center (E-Building)

2017 Spring Open House

ILR 55+ welcomes members of the community age 55 and up to the 2017 Spring Open House. Preview new programs, meet ILR instructors, and register for upcoming classes.

Contact Us

Kelli Ackiewicz, Program Manager
301.624.2732 • kackiewicz@frederick.edu

Invite a friend! *No reservations required.*