

A portrait of Marty Mercer-Akre, an older woman with short, light brown hair, wearing glasses and a colorful patterned scarf. She is smiling slightly and looking towards the camera. The background is a blurred indoor setting.

*Summer 2019*

# ILR

## 55+

“Thanks to the ILR Program, I have never stopped learning. The courses provide opportunities for people spanning many generations, and have helped me grow into who I am today. My life continues to be shaped by the many experiences FCC has provided me.”

*Marty Mercer-Akre, ILR Student*



# Institute for Learning in Retirement

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



## Registration now open!

[www.ILRatFCC.com](http://www.ILRatFCC.com)

.....

*Please contact us with any questions.  
We're here to help!*

301.846.2561

**Kelli Ackiewicz**, ILR Program Manager  
[kackiewicz@frederick.edu](mailto:kackiewicz@frederick.edu)

**Mary Beth Liller**, ILR Program Associate  
[mliller@frederick.edu](mailto:mliller@frederick.edu)

## Call Us

ILR Online Registration  
301.624.2888

College Information Center  
301.846.2419

Services for Students with Disabilities  
301.846.2408

 Frederick Community College

## THE ILR MISSION

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

## THANK YOU!

This course schedule was developed from suggestions made on course evaluations and with input from ILR students whose goal is to listen to the ideas and interests of the community. 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.

## Table of Contents

Summer 2019 Courses .....	1
Learning on Location .....	1
The Arts .....	2
Computers & Techonology .....	4
Food & Cooking .....	5
Health & Fitness .....	6
Prime-Time Health Series .....	7
History, Cultures & Current Issues .....	8
FREE Summer Class .....	11
Hobbies .....	11
Learn a Language .....	14
Life Planning & Finances .....	16
Philosophy, Religion & Exploration .....	17
Science & Nature .....	17
The Writer's Institute .....	18
Summer Science Series .....	19
Registration Information .....	20
Campus Map .....	21



# Learning On Location

*All trips depart from FCC; exact departure location and trip details will be provided one week prior to the trip date.*

**NEW**

## **ILR596 Experience the Wonderful World of Topiary**

1 session, 8 hours

Experience the unique beauty and charm of Ladew Topiary Gardens. It's been named one of the best topiary gardens in the world. After a guided tour of the house, explore the gardens and nature trail at your leisure. We'll enjoy lunch on site but save room for dessert because we'll finish the day at the Prigel Family Creamery where you can treat yourself to farm-fresh ice cream from grass-fed cows. **Note:** The FCC shuttle bus will be provided for transportation. Entry fee, guided house tour, and lunch is included in the cost. No refunds after close of business 5/3/19.

**Instructor:** Christine Rai is an assistant professor of English at FCC with a passion for food studies and experiential learning. An FCC alum, Professor Rai earned a Bachelor's from Towson University and her Master's from Loyola College. As an educator she is known for incorporating active learning including field trips, service learning, and cultural cooking demonstrations. Inspired by her love of travel, she designed a global scholar course and led an FCC group abroad to France in May 2016. She writes about teaching, traveling, and food at [www.christinera.com](http://www.christinera.com).

5-Digit Number: 17256 | Fri, 8:00 a.m. - 4:00 p.m., 5/31 | Location: Ladew Topiary Gardens | Fee: \$99

**NEW**

## **ILR923 Gettysburg Battlefield Tour**

1 session, 7 hours

The Battle of Gettysburg is considered one of the most important engagements of the Civil War. This visit to the Gettysburg National Military Park includes a short film that orients visitors to the battle and its place in the American Civil War. There will also be an opportunity to explore the on-site museum and view the breathtaking Cyclorama oil painting that immerses visitors into Pickett's Charge. After lunch, the tour concludes with a 3-hour bus ride through the battlefield where a licensed guide will provide a vital cornerstone to the visitor experience.

**Note:** The FCC shuttle bus will be provided for transportation. Tour includes museum entry fee, tour guide, and a boxed lunch. Be prepared for some light walking. The tour occasionally requires students to exit the bus to view monuments and features of the battlefield. No refunds after close of business 6/13/19.

**Instructor:** Steve Slaughter has been a licensed Battlefield Guide at Gettysburg since 2008. He is a former Frederick County high school teacher having taught American history and sociology. He is also a Civil War reenactor and appeared in the movie "Gettysburg" as an extra.

5-Digit Number: 18177 | Thu, 8:30 a.m. - 4:30 p.m., 6/27 | Location: Gettysburg National Military Park | Fee: \$84

**NEW**

## **ILR575 Butterflies in the Field - Moth Edition**

1 session, 4 hours

Did you know that Maryland is home to over 1500 moth species? Join us for this special nighttime adventure. With the help of a special light setup, we'll attract a variety of moths for close up looks. We'll also have time to talk about unique features of moths, new research, and differences between moths and butterflies. Transportation will be provided (using an FCC van) to Catoctin Creek Park. **Note:** Please bring your own water, a flashlight, and be prepared for some minimal walking. No refunds after close of business 7/18/19.

**Instructor:** Kathy Barylski is a leading butterfly researcher in the state and has a passion for spreading the love of butterflies. She coordinates annual butterfly counts in Frederick County, teaches classes about butterflies, and participates in research projects for the State and with other lepidopterists. She is the owner and founder of Incite Ecology, a business launched to help ignite people's passion for the environment.

5-Digit Number: 18170 | Thu, 7:15 - 11:15 p.m., 7/25 | Location: Catoctin Creek Park | Fee: \$54

## THE ARTS



### ACR163 Paper Cut Mandala Art

1 session, 2 hours

Learn the unique process of papercut design. Create unique and intricate Mandala-like patterns from simple cut shapes. Explore this beautiful and easy-to-do artform!

**Instructor:** Courtney Prah

5-Digit Number: 18182

Thu, 6:30 - 8:30 p.m., 7/11

Location: Visual & Performing Arts Center/F141

Fee: \$34



*Evening Offering*

### ACR158 Introduction to Metalsmithing

1 session, 5 hours

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

**Instructor:** Georgina Copanzz

5-Digit Number: 18025

Fri, 9:00 a.m. - 2:30 p.m., 8/16

Location: Monroe Center/MC147

Fee: \$79



### ACR162 Illustrated Recipes

1 session, 3 hours

Your favorite family recipes, re-imagined! In this class, students will put a fun spin on family favorites exploring the artful process of visual recipes. Not an artist? Not to worry! Students will have plenty of resources to help bring their recipe cards to life through art. These illustrations make the perfect gift or artwork for your home!

**Instructor:** Courtney Prah

5-Digit Number: 18181

Fri, 1:00 - 4:00 p.m., 8/23

Location: Visual & Performing Arts Center/F130

Fee: \$39



### ACR153 Introduction to Pastel 101

5 sessions, 10 hours

Do you remember the joy that you experienced as a child while drawing in your coloring book? Everything else seemed to fade away and you could escape into a world of creativity and fun. You can recapture that joy again by learning the basic techniques of pastel drawing. This drawing medium is very forgiving and it doesn't require complicated tools, drying time, or dangerous solvents. Pastel creates vibrant drawings which you can create with just a few simple tools, your fingers, pastel sticks, and paper. A list of supplies will be provided prior to class start date.

**Instructor:** Jodie Schmidt

5-Digit Number: 18097

Mon, 12:00 - 2:00 p.m., 6/3 - 7/1

Location: Visual & Performing Arts Center/F130

Fee: \$99



### ACR161 Classic Drawing

5 sessions, 10 hours

Move beyond stick figures and explore the art of drawing. Drawing in pencil is familiar and forgiving medium, it is quick to set up, easy to put away and requires no drying time or fancy equipment! Beginners are welcome. Join us to learn the building blocks of art. Art is for everyone - not just the talented few! A supply list will be provided to students prior to the first class.

**Instructor:** Jodie Schmidt

5-Digit Number: 18180

Mon, 12:00 - 2:00 p.m., 7/8 - 8/5

Location: Visual & Performing Arts Center/F130

Fee: \$99



## REGISTER FOR FCC ALERTS TODAY!

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- Sign up to receive instant notices via text, email, or phone.
- Registration is quick, simple, and free. [frederick.edu/current-students/fccalert.aspx](https://frederick.edu/current-students/fccalert.aspx)





## ACR159 Garden Mosaics

1 session, 3 hours

Create a beautiful stepping stone paver for your garden using broken ceramic tile/glass. Glass, tile, adhesive, and grout are all provided. Students are required to bring a concrete paver (12 x 12) or two regular sized bricks of their choosing to class.

**Instructor:** Pat Stein has been working with glass (stained glass, fused glass and mosaics) for over 15 years and has created many commissioned pieces. She started her glass career by taking stained glass classes at a local college working with stained glass, foiling and soldering. After attending an expo in Allentown, Pennsylvania, she found a new love and passion for glass - FUSING. To further her knowledge and skill set in fusing, she attended a fused glass symposium in Corning, New York in 2007. She has studied under nationally renowned artists, Michael Dupille, Lisa Vogt, Kerry Tanstrum and Dan Streifel. In 2012, Pat began working heavily in mosaics and has added classes in mosaic mirrors, as well as garden mosaic art using both glass and tile. She recently participated in a mosaic workshop/class with a local Maryland artist, Yulia Hanenson to study layered mosaics. Pat is currently teaching classes at: Cecil College, Frederick Community College, Harford Community College, Howard Community College and the Bowie Senior Center through Prince Georges Community College's SAGE program. Pat has also been a guest artist at The Baltimore Museum of Art and is a recurring guest mosaic artist at The Loading Dock in Baltimore teaching DIY classes in tile mosaics. Check out her Facebook Page - Pat Stein Glass Art - to see some of Pat's work as well as her students' creations.

5-Digit Number: 17598

Sat, 9:00 a.m. - 12:00 p.m., 6/1

Location: Visual & Performing Arts Center/F118

Fee: \$54

## ACR600 Happy Little Trees: The Bob Ross Painting Class

1 session, 6 hours

You've seen him before. He's the soft spoken guy who paints happy clouds, mountains and trees in about twenty-six television minutes, using big, house painting-type brushes while cooing soothing "you can do it's to the audience. His Joy of Painting program is the most recognized, most watched TV art show in history. This summer you can join in on the fun at FCC. Although Bob Ross is no longer with us, Bob Ross Certified Instructor Denise Sullivan will teach you the magic behind painting happy little trees when you recreate one of Bob's masterpieces in this 5 hour class. All materials including brushes, Bob Ross paints, and canvases will be provided. Class will take a short lunch break so please be sure to bring a packed lunch.

**Instructor:** Denise Sullivan

5-Digit Number: 18094 | Sat, 10:00 a.m. - 4:00 p.m., 6/15

OR

5-Digit Number: 18095 | Sat, 10:00 a.m. - 4:00 p.m., 7/27

OR

5-Digit Number: 18096 | Sat, 10:00 a.m. - 4:00 p.m., 8/31

Location: Visual & Performing Arts Center/F118

Fee: \$89



## ACR160 Woodburning Jewelry

1 session, 5 hours

Learn artful techniques to create your own unique jewelry. Using woodburning tools, students will create one-of-a-kind wood pieces and more! All tools and materials are provided. No experience necessary. Class will take a 30 minute lunch break so be sure to bring a packed lunch.

**Instructor:** Courtney Prah

5-Digit Number: 18179

Sat, 9:00 a.m. - 2:30 p.m., 6/29

Location: Monroe Center/MC147

Fee: \$79

## SEN450 Exploring Watercolor Painting

6 sessions, 12 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 beginning students, students who've 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:** Catherine 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.

5-Digit Number: 17606

Tue, 10:00 a.m. - 12:00 p.m., 6/4 - 7/9

Location: Frederick Senior Center

Fee: \$99



## ILR908 Art Appreciation: Early American Patriotic Art

1 session, 2.5 hours

In this course, you will explore folk art that emphasizes the glory and celebration of the young United States, found in decorative, hand made household objects popular to our culture. Please note that this course is an art appreciation course; individual art projects will not be completed.

**Instructor:** Jeanne McDermott has a master's Degree in Art Education from the College of Notre Dame of Md. and worked over 7 years as a floral designer for Radebaughs in Towson, Md. She has over 10 years teaching experience for FCPS.

5-Digit Number: 17607

Fri, 9:00 - 11:30 a.m., 6/14

Location: Conference Center/E124A

Fee: \$24

## COMPUTERS & TECHNOLOGY



### NEW ILR920 #socialmedia

4 sessions, 8 hours

Learn all about the various forms of social media including Facebook, Instagram, Snapchat, and more. We will look at the social media from a user perspective and will also discuss the societal implications of using each platform.

**Instructor:** Madhavi Reddi graduated from American University with B.A. in Film and Media Arts. She then worked as a videographer for NBC29 news and subsequently as an Instructional Multimedia Technologist at Strayer University. In 2016, she joined Georgetown University's Communication, Culture, and Technology Master's program where she conducted.

5-Digit Number: 17635

Tue, 1:00 - 3:00 p.m., 6/4 - 6/25

Location: Langanore Hall/L115

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

### ILR396 iPhone® - Advanced

3 sessions, 6 hours

Now that your iPhone is setup, let's explore the default Apps that come with the Apple operating system, or IOS, such as Calendar, Contacts, camera, iMessage, and Facetime. Learn how to share information with other iPhone users. Also, learn how to acquire popular Apps from The App Store to help you better organize your phone so that it works well for you. There will be a discussion on the various cloud services that allow you to share information with your other Apple and non-Apple devices. Finally, we will learn how to effectively manage storage on the iPhone. This class will be customized to address individual questions and use of your new smart phone.

**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.

5-Digit Number: 17632

Mon, 1:00 - 3:00 p.m., 7/1 - 7/15

Location: Catocin Hall/C119

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

### ILR397 iPhone® - Beginner

3 sessions, 6 hours

So you decided to upgrade your mobile phone to a smart phone from Apple. Now that you have this new product, what do you need to know to initially set it up? This class will take you through the use of the technology so that you can make it work for you. We will focus on the Settings to connect to the cell phone network and using WiFi and Bluetooth where available. The course will also walk you through the process of creating and using an Apple ID to acquire Apps from The App Store, music and videos from the iTunes Store as well as the initial setup of the iCloud and its advantages. There will also be a discussion about email considerations and text messaging using SMS and iMessage.

**Instructor:** Bill O'Neal (see page 4 for bio)

5-Digit Number: 17628

Mon, 1:00 - 3:00 p.m., 6/3 - 6/17

Location: Conference Center/E109

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

### ILR809 iPad® Workshop

2 sessions, 4 hours

Do you already know how to use your iPad for searching the internet and sending emails? Need to move to the next step and learn all about the many apps available through the App Store? Everyone has their own individual needs for their iPad. This workshop opens the door to customize your iPad so that it works for you. Unlike a standard class, this workshop will be more dynamic in structure, allowing the student to determine the direction of the sessions. Time will be provided for addressing individual questions and concerns. Due to the nature of this workshop, the number of attendees are limited.

**Instructor:** Bill O'Neal (see bio)

5-Digit Number: 17634

Tue, 10:00 a.m. - 12:00 p.m., 8/6 - 8/13

Location: Visual & Performing Arts Center/F105

Fee: \$49

### ILR899 Making the Most of Your Android Smart Phone

3 sessions, 6 hours

Got a new Android based smartphone and not sure about the many things that you can do with it? This course will acquaint you 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 a picture and share them as well. Come to this class with questions that you might have about your new smartphone.

**Instructor:** Bill O'Neal (see page 4 for bio)

5-Digit Number: 17633

Wed, 1:00 - 3:00 p.m., 6/5 - 6/19

Location: Conference Center/E109

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



## FOOD & COOKING

### REC121 Snacking Well: Tasty Revamps of your Favorite Munchies!

1 sessions, 1.5 hours

Come join us for an in-depth look at the importance (and tastiness!) of fresh olive oil at ([loveoliveoilvinegar.com](http://loveoliveoilvinegar.com)). Begin by learning about transparency in your groves and the health benefits of fresh, quality olive oil, before moving on to tasty food demos of homemade pesto, chips & hummus!

**Instructor:** Maggie Lebherz

5-Digit Number: 17313 | Thu, 6:30 - 8:00 p.m., 5/16

OR

5-Digit Number: 18137 | Thu, 6:30 - 8:00 p.m., 8/8

Location: Lebherz Oil & Vinegar Emporium

Fee: \$34

 *Evening Offering*

### **REC126 Liquid Gold: The Greek Olive Oil Class**

1 session, 1.5 hours

From 3500 BC to present day, olive oil has been synonymous with Greek culture. Join us for this special class with Lebherz Oil & Vinegar Emporium in Downtown Frederick as we explore all-things olive oil. Participants will learn about Greek olive oil through learning the history, mythological uses by the early Greeks, and cooking & food demonstrations. Bring your appetite! We'll be snacking!

**Instructor:** Maggie Lebherz

5-Digit Number: 18190

Thu, 6:30 - 8:00 p.m., 6/13

Location: Lebherz Oil & Vinegar Emporium

Fee: \$39

 *Evening Offering*



### **REC107 Seasonal Sips: Probiotic Ginger Beer**

1 session, 1.5 hours

Sweet, fizzy drinks never go out of season. But no matter what time of year, no one wants all the sugar and chemicals found in conventional sodas. What to do? Make your own! Rachel Armistead, co-founder of The Sweet Farm and avid soda lover, teaches you how to make your own lightly fermented ginger beer (and other sodas) with less sugar, natural ingredients and a healthy dose of probiotics too! Attendees will leave with a how-to guide, a handmade ginger bug (wild soda culture), and recipe ideas for sweet, fizzy fun, all year 'round!

**Instructor:** Rachel Armistead

5-Digit Number: 18191

Thu, 6:00 - 7:30 p.m., 6/27

Location: Monroe Center/MC118

Fee: \$39

 *Evening Offering*

### **REC122 Dressing Better: Salad Dressing Marinade Make-Over!**

1 session, 1.5 hours

Come join us as we team up with Lebherz Oil & Vinegar Emporium for an in-depth look at the joy of true, aged balsamic vinegar. The event will feature food demos including salad dressings, marinated cheese, and marinated vegetables. Take your dressings & marinades to the next level!

**Instructor:** Maggie Lebherz

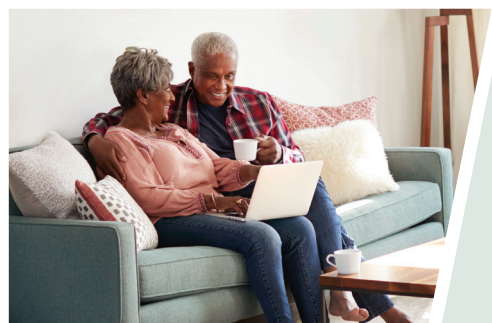
5-Digit Number: 18136

Thu, 6:30 - 8:00 p.m., 7/18

Location: Lebherz Oil & Vinegar Emporium

Fee: \$34

 *Evening Offering*



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**WEBSITE**



[ILRatFCC.com](http://ILRatFCC.com)

**FACEBOOK**



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



## REC108 Perfect Pickles: Summer Brining and Fermenting

1 session, 1.5 hours

Few things are more refreshing on a hot summer day than a cool, crunchy pickle. And it's even more satisfying (and healthier!) when you make it yourself! While cucumbers make the most popular pickles, all sorts of summer vegetables are perfect for pickling. All brining and fermenting materials provided. Attendees will leave with a how-to guide, a quart of handmade pickles, and the confidence and know-how to continue fermenting all summer long!

**Instructor:** Rachel Armistead

5-Digit Number: 18192

Thu, 6:00 - 7:30 p.m., 7/25

Location: Monroe Center/MC118

Fee: \$34



*Evening Offering*



## REC127 Fun with Fermentation: Kimchi

1 session, 1.5 hours

Thinking of kimchi may generate ideas of a super spicy, bright red mix of unusual vegetables buried in the ground. However, kimchi is actually a wonderful and varied ferment that can be customized to your unique palate. Join us as Rachel Armistead of The Sweet Farm reveals different ways to create and flavor kimchi. Discover an all new way to savor this tasty side dish made from salted and fermented vegetables and enjoy making your own batch to take home ... no burying required!

**Instructor:** Rachel Armistead

5-Digit Number: 18193

Thu, 6:00 - 8:00 p.m., 8/15

Location: Monroe Center/MC118

Fee: \$39



*Evening Offering*

### NOTE

When an instructor teaches more than one course, his or her biography can be found under their first course listed in this schedule.

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Classes will not be held on the following days due to the Independence Day holiday:

- Wednesday, July 3 – Friday, July 5

## HEALTH & FITNESS

### ILR864 Reiki 1st Degree

4 sessions, 8 hours

Usui Reiki is a Japanese technique that treats body, emotions, mind, and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well being. It can promote healing in a natural and safe way. Its use is not dependent on one's intellectual capacity or spiritual development. It has been successfully taught to thousands of people of all ages and backgrounds. Reiki is administered by a laying-on or hovering above of hands. Reiki first degree consists of three instruction classes and an attunement class. In order to receive your attunement, you must be present for all three instruction classes. This is a certification class. In order to receive your certification you must complete the attunement.

**Instructor:** Rhonda McGaha Russo has been in touch with nature, animals and spirits all of her life, which lead her to the path of Reiki. Rhonda loves teaching Reiki to others, but uses it to assist in healing of animals/humans/nature and uses it in her paranormal work. In her daytime hours, she is an animal care specialist for a local nature center and gives tours at a local historic manor house. She is also the author of the book Bump In The Night Investigations: Beginner Ghost Hunting Book. Rhonda has been on various radio shows, attends paranormal and holistic events, and gives lectures.

5-Digit Number: 17969

Wed, 1:00 - 3:00 p.m., 6/5 – 6/26

Location: Visual & Performing Arts Center/F112

Fee: \$100



### ILR916 Animal Reiki Healing

1 session, 2 hours

Animal Reiki Healing is a gentle, non-invasive alternative energy healing method that uses universal life force energy to provide healing support for your pet. It provides support for your pet's health on all levels, balancing your pet's energy, reducing stress and anxiety, and healing physical and emotional pain. You can perform effective Reiki sessions using hands on methods or from a distance. Must be a Reiki 1st Degree practitioner to take this class.

**Instructor:** Rhonda Russo

5-Digit Number: 17615

Tue, 10:00 a.m. - 12:00 p.m., 7/16

Location: Visual & Performing Arts Center/F112

Fee: \$30.00



*Evening Offering*

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





### **ILR914 Prime-Time Health Series**

4 sessions, 6 hours

This series is for those in the health prevention and/or repair mindset. Each class is appropriate for those in “prime-time” years of their life (40+). Maximum benefit is gained from taking the entire series as the topics feed into each other.

5-Digit Number: 17610 | Mon, 10:00 - 11:30 a.m., 5/13 – 6/10

Location: Conference Center/E124A

Tuition: \$10 | Fee: \$49 | Total: \$59 | *MD residents age 60+ pay fee only*

### **ILR915 Prime-Time Health: Open Your Internal Pharmacy**

1 session, 1.5 hours

Learn about the keys, and the science behind your body’s internal pharmacy. You can help your body produce these custom-made medicines and be in charge of your health.

5-Digit Number: 17611 | Mon, 10:00 - 11:30 a.m., 5/13

Location: Conference Center/E124A | Fee: \$15

### **ILR915 Prime-Time Health: Make Health Your Hobby**

1 session, 1.5 hours

Understand how the body works and focus on making good choices for great health every day.

5-Digit Number: 17612 | Mon, 10:00 - 11:30 a.m., 5/20

Location: Conference Center/E124A | Fee: \$15

### **ILR915 Prime-Time Health: Move Waste From Your Waist**

1 session, 1.5 hours

Waist size is a strong indicator of our overall health. Find out how to remove toxic waste and eliminate the health-harming chemicals that are produced by belly fat.

5-Digit Number: 17613 | Mon, 10:00 - 11:30 a.m., 6/3

Location: Conference Center/E124A | Fee: \$15

### **ILR915 Prime-Time Health: Live Without Pain and Inflammation**

1 session, 1.5 hours

Inflammation literally means the body’s immune system is on fire. Learn the primary causes, and ways to reduce inflammation throughout the body.

5-Digit Number: 17614 | Mon, 10:00 - 11:30 a.m., 6/10

Location: Conference Center/E124A | Fee: \$15

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**Register for all four Prime-Time Health Series sessions by registering for ILR914 OR pick and choose individual sessions.**

5-Digit Number for all four sessions: 17610

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



## ILR917 Crystal Reiki Healing

1 session, 3 hours

Crystal Reiki is a form of Reiki combining the use of crystals with universal life force energy. This form of healing allows practitioners to tailor each session with specific intentions and includes the use of symbol incorporation which further refines and amplifies the Crystal Reiki energy. Must be a Reiki 1st and 2nd Degree practitioner to take this class; however no previous experience with crystals is needed.

**Instructor:** Rhonda Russo

5-Digit Number: 17616

Tue, 1:00 - 4:00 p.m., 7/23

Location: Visual & Performing Arts Center/F112

Fee: \$40

## ILR837 Personal Self Defensive Tactics

1 session, 3 hours

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

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

5-Digit Number: 17608 | Thu, 6:00 - 9:00 p.m., 6/20

Location: Conference Center/E106

Fee: \$29

OR

5-Digit Number: 17609 | Tue, 1:00 - 4:00 p.m., 8/6

Location: Visual & Performing Arts Center/F112

Fee: \$29

 *Evening Offering*

## HISTORY, CULTURES & CURRENT ISSUES



*Travel to Greece with ILR!*

## ILR904 How Constitutions Failed in Athens, the Roman Republic, and 17th Century Britain

3 sessions, 7.5 hours

Dr. Karen Gray explores constitutional and democratic failures in Hellenistic Athens, Republican Rome, and 17th Century Great Britain, drawing heavily on new scholarship. Each class includes an extensive PowerPoint presentation in the first two hours, with a ten minute break at midway, concluding with a half-hour 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.

5-Digit Number: 17617

Fri, 10:00 a.m. - 12:30 p.m., 7/12 - 7/26

Location: Langanore Hall/L109

Tuition: \$25 | Fee: \$74 | Total: \$99 | MD residents age 60+ pay fee only



## ILR906 Native American Slavery

3 sessions, 6 hours

Learn why and how Indians were used by American colonists as slaves. Some Indian nations were slavers, meaning they raided other nations for slaves. We'll examine why they did this. Finally, we'll see how southern colonial slave wars influenced Indian migration to and through Maryland.

**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.

5-Digit Number: 17621

Mon, 9:30 - 11:30 a.m., 7/8 - 7/22

Location: Langanore Hall/L109

Tuition: \$20 | Fee: \$49 | Total: \$69 | MD residents age 60+ pay fee only





## ILR907 The Emergence of Lincoln

3 sessions, 6 hours

Discover why Lincoln commenced his political career in the late 1850s. Major topics covered include: Lincoln's "House Divided" speech, the Lincoln-Douglas Illinois debates of 1858, the Cooper Union speech in New York, and his election in 1860. Lincoln's views on slavery will also be covered.

**Instructor:** Roger Swartz (*see page 8 for bio*)

5-Digit Number: 17625

Mon, 9:30 - 11:30 a.m., 8/5 - 8/19

Location: Linganore Hall/L109

Tuition: \$20 | Fee: \$49 | Total: \$69 | *MD residents age 60+ pay fee only*



## ILR911 The Future is Fluid: Understanding Gender & Sexuality from Different Generational Perspectives

3 sessions, 6 hours

Language and ideas around diverse populations has changed a lot over the past 20 years. This can sometimes feel especially true around issues of gender and sexuality/sexual orientation. Sometimes it is hard keeping up! Lesbian, Gay, Bisexual, Transgender, Gender Non-Conforming, Gender Creative Parenting, LGBT, LGBTQIA+, and the list goes on! This is even more complex when interacting with members of our families and communities who might be of a different generation than us or identity than us. This course will talk about how understandings of gender and sexuality have shifted, how to interrupt the biases in ourselves and others, and how to connect across differences.

**Instructor:** Beth Douthirt-Cohen, PhD is currently the Executive Director of Diversity, Equity, and Inclusion at Frederick Community College in Frederick, Maryland. Beth teaches graduate courses on social justice and cultural issues in education. She is Next Generation Faculty for the Social Justice Training Institute (SJTI), a national intensive race experience for social justice educators. Beth has her undergraduate degree in English Literature and Creative Writing from Barnard College of Columbia University, MEd from Harvard University, and her PhD from UMD. Her research examines how relatively privileged populations come to enact solidarity across identity differences.

5-Digit Number: 17629

Mon, Wed, Fri, 1:00 - 3:00 p.m., 7/8 - 7/12

Location: Visual & Performing Arts Center/F112

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



## ILR539 Ireland: Small Island - Big History

4 sessions, 6 hours

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

**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.

5-Digit Number: 17624

Tue, 6:00 - 7:30 p.m., 6/4 - 6/25

Location: Conference Center/E123

Total: \$20 | Fee: \$49 | Total: \$69 | *MD residents age 60+ pay fee only*



Evening Offering

## 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 (ted.com) at each class and share your own ideas with your fellow students in a lively discussion of the topic.

**Instructor:** K. "Yosef" Webb, MDiv. is an educator committed to supporting individuals and communities in their journeys for personal, social, and cultural change. Yosef received his Masters of Divinity from Wesley Theological Seminary in Washington, DC where he focused on interfaith dialogue. He earned a BA in Anthropology with a focus on Archaeology from California State University. He is trained as an interfaith and mental health chaplain. Yosef is the Senior Educator of the Calico Hill Collective, developing experiences to support individuals and communities who are seeking to strengthen their capacity to communicate effectively, ethically, and authentically across identity differences.

5-Digit Number: 17983

Wed, 10:30 a.m. - 12:00 p.m., 5/29 - 6/26

Location: Conference Center/E123

Fee: \$79

## ILR770 National Security Current Events

4 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 Jeff's previous course to enjoy this fascinating offering.

**Instructor:** 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.

5-Digit Number: 17626

Wed, 10:00 a.m. - 12:30 p.m., 7/10 - 7/31

Location: Linganore Hall/L109

Tuition: \$40 | Fee: \$94 | Total: \$134 | *MD residents age 60+ pay fee only*

## ILR910 The American Revolutionary War in the North

6 sessions, 12 hours

This is a companion to the American Revolutionary War in the South course also offered by James Hubbard. The focus of the course will be on General George Washington and the challenges he faced as the commander of a citizens army facing the might of the most militarily advanced nation on earth. In addition, Benedict Arnold's role in the war including both his patriotic successes and ultimate treason will be discussed. The course will conclude with the role of England's "mercenary" German troops and Native American Indian tribes in the war.

**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. 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.

5-Digit Number: 17622

Wed, 1:00 - 3:00 p.m., 7/17 - 8/21

Location: Linganore Hall/L109

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



## ILR806 Frederick Town History Series - The 1700's

3 sessions, 4.5 hours

This series is based on the award winning documentary series Frederick Town. Selections of the documentary are embedded into the course along with additional content, "show and tell" and discussion. This documentary was produced to commemorate the 1745 founding of Frederick in the backlands of the Maryland colony. Featuring more than a dozen on-camera historians and commentators, Frederick's story is presented through vintage artwork, photographs and artifacts, scenic mood footage and quotes and diary passages. The documentary covers the 1700s through the present day to include Native American and colonist history including early trade and the pursuit of riches.

**Note:** The summer session series will focus solely on the 1700s.

**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.

5-Digit Number: 18023

Thu, 3:00 - 4:30 p.m., 7/11 - 7/25

Location: Sweadner Hall

Tuition: \$10 | Fee: \$54 | Total: \$64 | *MD residents age 60+ pay fee only*

## ILR840 The 1918 Spanish Flu Pandemic, The World's Deadliest Killer

3 sessions, 4.5 hours

In 1918, the Spanish Flu killed 60 million people worldwide, including hundreds in Frederick County. Find out where it came from, where it went, and how communities tried to fight it. Learn about some of the people that it affected and how it changed the county and the world.

**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.

5-Digit Number: 17623

Fri, 10:30 a.m. - 12:00 p.m., 6/14 - 6/28

Location: Conference Center/E123

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



# ILR Summer Classes in the Community

ILR is proud to present a **free class** in the community this summer. Join us for an engaging discussion about the history of NASA and the Space Program.

*The class is made possible by a generous donation from the **Shirley Cruickshank Wolfe Fund**.*

## Registration

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



**NEW**

## ILR922 History of NASA and the Space Program

3 sessions, 4.5 hours

Join us for an overview of the history of NASA from its inception under President Eisenhower, to its present projects, and plans for the future. The course will focus on the beginnings of the program, the era of manned spaceflights, and current and future projects, including telescopes and mars exploration.

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

5-Digit Number: 17855 | Thu, 1:00 - 2:30 p.m., 8/15 - 8/29

Location: Frederick Senior Center | Contact 301.600.3525

## HOBBIES

*Travel to Greece with ILR!*

### ILR889 Raise Your Wine IQ - Special Greek Wine Edition

1 session, 1.5 hours

Greek wine and culture are two concepts inextricably linked to each other. In ancient Greece, wine was lauded by poets, historians, and artists. Wine was drunk to praise the gods and expand the mind. Learn the roots of many of our wine traditions while enjoying a tasting of modern-day and ancient wines, including Greece's oldest wine, 2000 year old Retsina. Wine tastings included.

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

5-Digit Number: 17246

Wed, 1:00 - 2:30 p.m., 6/5

Location: Spin the Bottle Wine Company • 9 W. Patrick Street • Frederick  
Fee: \$25

**NEW**

*Travel to Greece with ILR!*

### ILR870 Travel Light, Travel Easy

1 session, 2.5 hours

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

**Instructor:** Kathy Barylski (see page 1 for bio)

5-Digit Number: 17630

Thu, 1:00 - 3:30 p.m., 6/6

Location: Conference Center/E123

Fee: \$25

*New Extended Class Length!*

## **ILR919 The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun**

2 sessions, 4 hours

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

**Instructor:** Mary Mannix is currently the Maryland Room Manager of the C. Burr Artz Public Library of the Frederick County Public Libraries. She is very active in MARAC (the Mid-Atlantic Regional Archives Conference). She has been involved in the History Section of RUSA and was the 2011 winner of the Genealogical Publishing Company Award. In 2015, she was given the Martha Washington Medal from the Sergeant Lawrence Everhart Chapter of the Maryland Society of Sons of the American Revolution. She has taught genealogy librarianship at the University of Maryland and public history courses at Hood College.

5-Digit Number: 17620

Thu, 9:00 - 11:00 a.m., 6/6 - 6/13

Location: Conference Center/E123

Fee: \$64



## **ILR918 Searching Not Asking: Mastering Online Genealogy**

3 sessions, 6 hours

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

**Instructor:** Mary Mannix (*see above for bio*)

5-Digit Number: 17619

Thu, 9:00 - 11:00 a.m., 8/1 - 8/15

Location: Linganore Hall/L109

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

## **ILR552 Floral Design: Mossy Summer Country Baskets**

1 session, 3 hours

Create a mossy summer country basket using a variety of both potted and cut flowers. Learn the basics of floral design by discussing art concepts, viewing examples, and using hands on experience to create cheerful arrangements of either fresh, dried, or artificial flowers. This course is for beginners or as a continuation for those who took other floral design offerings. Supplies are included in your course cost. No refunds 3 business days prior to class start.

**Instructor:** Jeanne McDermott has a master's Degree in Art Education from the College of Notre Dame of Md. and worked over 7 years as a floral designer for Radebaughs in Towson, Md. She has over 10 years teaching experience for FCPS.

5-Digit Number: 17618

Fri, 9:00 a.m. - 12:00 p.m., 6/7

Location: Visual & Performing Arts Center/F141

Fee: \$70



## **HOM128 Beginner Knitting**

2 sessions, 4 hours

In this class, we team up with The Knot House in downtown Frederick where you'll learn to cast on, knit, purl, and read a pattern. Explore a new hobby as you learn to knit a cozy waffle scarf. Students will be sent a supply list prior to class and are welcome to come early to class to purchase supplies!

**Instructor:** Continuing Education Instructor

5-Digit Number: 18185

Wed, 6:00 - 8:00 p.m., 6/5 - 6/12

Location: The Knot House • 129 E. Patrick Street • Frederick

Fee: \$59



*Evening Offering*



## **HOM129 Crochet for Beginners**

2 sessions, 4 hours

There's something magical about being able to take some yarn and create something beautiful. Crochet provides an excellent method to create almost endlessly - and it's highly portable, relaxing and fun! Come learn how with these beginner lessons. Students will be sent a supply list prior to class.

**Instructor:** Kathy Barylski (*see page 1 for bio*)

5-Digit Number: 18184

Thu, 6:30 - 8:30 p.m., 5/30 - 6/6

Location: Conference Center/E104

Fee: \$59



*Evening Offering*

## HOM102 Iris Paper Folding

1 session, 2 hours

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

**Instructor:** Kathy Barylski (*see page 1 for bio*)

5-Digit Number: 18098

Thu, 6:30 - 8:30 p.m., 6/13

Location: Conference Center/E104

Fee: \$29



Evening Offering

## HOM126 Beginning Calligraphy: Italic

6 sessions, 12 hours

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

**Instructor:** Jodie Lide

5-Digit Number: 18102

Fri, 10:00 a.m. - 12:00 p.m., 6/7 – 7/19 (*no class 7/5/19*)

Location: Visual & Performing Arts Center/F130

Fee: \$119

## HOM162 Exploring Printmaking

1 session, 3 hours

Printmaking is the artistic process of transferring images from one matrix to another to transform still images into works of art. Learn the basic principles of carving linoleum plates and hand-pulled prints and discover how to use found objects to create collagraph and relief prints. These unique pieces can be used for artwork, handmade cards, and more!

**Instructor:** Courtney Prah

5-Digit Number: 18183

Fri, 1:00 - 4:00 p.m., 7/19

Location: Visual & Performing Arts Center/F130

Fee: \$49

## ACR326 Glass Fusing Jewelry: Pendants, Bracelets and Pins

1 session, 3 hours

Create gorgeous, one-of-a-kind pendants, wine bottle stoppers, bracelets, and pins for yourself or as gifts for family and friends. Using fusible glass, dichroic glass, frit, and mosaic pieces, learn the basics of fusing, how to cut and grind glass, clean pieces, and assemble pieces. Create multiple unique, stunning pieces during this three hour session. Finished items are then fused in a kiln and returned the following week for pick up. A \$25 supply fee, due on the first day of class payable to the instructor, includes glass and jewelry findings. Glass cutting experience is not required.

**Instructor:** Patricia Stein (*see page 3 for bio*)

5-Digit Number: 17077

Sat, 1:00 - 4:00 p.m., 6/1

Location: Visual & Performing Arts Center/F118

Fee: \$74

## HOM127 DIY Home Maintenance for Beginners

1 session, 5 hours

If you live under a roof and four walls, this class is a must! Join us to learn the DIY maintenance skills everyone should master! Learn how to do simple drywall repair, hang a perfectly straight picture, mount a TV, locate a stud, fix leaky faucets, toilets, and drains, master the use of common tools, and SO much more! Class will take a short lunch break so please be sure to bring a packed lunch.

**Instructor:** Nick Pace has been an HVAC adjunct instructor for the building trades program at FCC since fall 2001. He is currently employed as an HVAC/Plumbing teacher with the Frederick County Public School system. Prior to that, Nick worked as an HVAC Maintenance/Service technician for Frederick County Public Schools. Before working for the school system, Nick did residential and light commercial HVAC service work for several companies throughout the Washington D.C. metropolitan area starting in 1982. Nick Pace holds an Unrestricted HVAC Masters License with the State of Maryland. He also holds a third Grade Stationary Engineers License in Maryland. He has an Advanced Professional Teaching Certification with the State of Maryland.

5-Digit Number: 18195

Sat, 9:00 a.m. - 2:30 p.m., 6/15

Location: Monroe Center/MC144

Fee: \$99



# Learn a Language

## FOR100 Basic Conversational Spanish

8 sessions, 16 hours

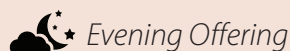
Develop skills needed to communicate orally and in writing using basic Spanish. Practice what you are learning by participating in class conversations and completing classroom and homework assignments based on the textbook exercises. This is a class for those who need to communicate in Spanish and understand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

**Instructor:** Angelina Garcia

5-Digit Number: 18127 | Tue, Thu, 6:00 - 8:00 p.m., 6/4 - 6/27

Location: Braddock Hall/B102

Tuition: \$50 | Fee: \$119 | Total: \$169 | *MD residents age 60+ pay fee only*



Evening Offering

## FOR101 Continuing Conversational Spanish

8 sessions, 16 hours

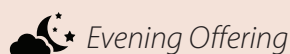
Continue to develop skills needed to communicate with your Spanish-speaking audience. Emphasis is placed on more advanced listening comprehension, speaking skills, pronunciation, and vocabulary acquisition. Prerequisite: Spanish Conversation I or basic knowledge of Spanish.

**Instructor:** Angelina Garcia

5-Digit Number: 18128 | Tue, Thu, 6:00 - 8:00 p.m., 7/9 - 8/1

Location: Braddock Hall/B102

Tuition: \$40 | Fee: \$129 | Total: \$169 | *MD residents age 60+ pay fee only*



Evening Offering

## FOR116 Spanish for Travelers

8 sessions, 16 hours

Before you jet off to Spain, Mexico, Argentina, the Dominican Republic, or another Spanish-speaking destination, master the most important words and phrases for an enjoyable vacation. Understanding differences of language and culture across countries will enrich your experience while saving you from embarrassing or offending social faux pas. Join us to explore the vibrant and diverse world of Spanish language and culture!

**Instructor:** Sabina Roma Barrera

5-Digit Number: 18169 | Mon, Wed, 1:00 - 3:00 p.m., 7/15 - 8/7

Location: Braddock Hall/B102 | Fee: \$159

## FOR117 Italian for Travelers

8 sessions, 16 hours

Ciao! Planning a trip to Italy? Enhance your Italian vacation by learning conversational Italian and gaining insight into the cultural nuances of Italy. Get exclusive sightseeing recommendations from an experienced traveler, explore the country's geography and history, and become familiar with practical phrases and local customs that will benefit your time abroad!

**Instructor:** Sabina Roma Barrera

5-Digit Number: 18168 | Mon, Wed, 1:00 - 3:00 p.m., 6/3 - 6/26

Location: Braddock Hall/B215 | Fee: \$159

## FOR300 American Sign Language I

6 sessions, 15 hours

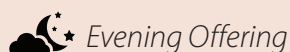
Learn the basic conversational skills used in American Sign Language. Topics include basic grammar structure related to the exchange of personal information, introductions, negotiation with the environment, calendar, and commands. Learn basic survival signs through demonstration. Students practice what is covered in class. This course uses a textbook: A Basic Course in American Sign Language (ISBN 978-0932666420) which will be available for purchase in the FCC bookstore. This textbook is good for FOR300 and FOR303.

**Instructor:** Martha B. Pugh holds a master's degree in Secondary Deaf Education from Gallaudet University and a bachelor's degree in English Education from Boston University. She has over 20 years of experience in teaching Introductory ASL classes. Martha has also been working as an ASL interpreter for elementary, secondary, and post-secondary schools for the past 22 years. She enjoys sharing her love of ASL with all ages.

5-Digit Number: 18118 | Mon, 6:00 - 8:30 p.m., 6/24 - 7/29

Location: Conference Center/E123

Tuition: \$40 | Fee: \$129 | Total: \$169 | *MD residents age 60+ pay fee only*



Evening Offering

## FOR303 American Sign Language II - Intermediate

6 sessions, 15 hours

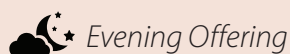
Students will continue to learn and practice conversation skills used in ASL I. They will learn more about ASL grammar structure, visual gestural, descriptive, negotiation with the environment, and deaf and hard-of-hearing culture. This course uses a textbook: A Basic Course in American Sign Language (ISBN 978-0932666420) which will be available for purchase in the FCC bookstore. This textbook is good for FOR300 and FOR303.

**Instructor:** Martha Pugh (*see above for bio*)

5-Digit Number: 18126 | Mon, 6:00 - 8:30 p.m., 8/5 - 9/16 (*no class 9/2/19*)

Location: Conference Center/E123

Tuition: \$40 | Fee: \$129 | Total: \$169 | *MD residents age 60+ pay fee only*



Evening Offering

## FOR403 Beginner French

10 sessions, 15 hours

Parlez-vous français? If you have never studied the French language or if you have not used your previous knowledge of French for some time, this is the course for you. You will build a solid foundation for conversational French through a visual and immersion technique used by the military. This is an excellent course if you have an upcoming trip to a French speaking country.

**Instructor:** For over 17 years, Richard Bender has been teaching courses at the Rockville Senior Center in Maryland. He has taught French after living and working in France for 7 years. He has also taught numerous photography courses including Photoshop. He was the founder of the Washington School of Photography and the owner of RT Omega Industries, a company that manufactured photographic enlargers and photographic chemistry. He also specializes in teaching the proper methods of earning weekly income through options investments.

5-Digit Number: 18109 | Tue, Thu, 1:30 - 3:00 p.m., 6/20 – 7/25

Location: Conference Center/E106

Tuition: \$40 | Fee: \$129 | Total: \$169 | *MD residents age 60+ pay fee only*

## FOR404 Continuing French

10 sessions, 15 hours

Améliorez vos compétences en français. Have you taken French for the Beginner and are impressed with what you now know? Or, do you have a working knowledge of French and wish to improve grammar, vocabulary, and communication skills? Continue your journey within this elegant language by taking Continuing French.

**Instructor:** Richard Bender (see above for bio)

5-Digit Number: 17036 | Tue, Thu, 1:30 - 3:00 p.m., 5/14 – 6/13

Location: Braddock Hall/B111

OR

5-Digit Number: 18110 | Tue, Thu, 1:30 - 3:00 p.m., 7/30 – 8/29

Location: Conference Center/E106

Tuition: \$40 | Fee: \$129 | Total: \$169 | *MD residents age 60+ pay fee only*

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**Visit [frederick.edu/learnalanguage](http://frederick.edu/learnalanguage) to see additional language offerings.**

## HUL157 DIY: Plumbing

1 session, 5 hours

Knowing what to do in a plumbing emergency can save time and money, and there are things that you can learn to do yourself safely. In this class we'll focus on common plumbing problems like unclogging a toilet or garbage disposal, fixing a leaky faucet, shutting off water at the main valve, installing new plumbing fixtures, or soldering pipes. This class will help you figure out when you should call a plumber and when you really can Do-It-Yourself. Class will take a short lunch break so please be sure to bring a packed lunch.

**Instructor:** Nick Pace (see page 13 for bio)

5-Digit Number: 18104

Sat, 9:00 a.m. - 2:30 p.m., 6/22

Location: Monroe Center/MC144

Fee: \$119

## HUL155 DIY: Electrical Wiring

1 session, 5 hours

Still trying to figure out how to make that 2-way switch work in your hallway? This Do-It-Yourself class will teach homeowners electrical wiring basics to tackle projects around the home. Course will cover the methods for safely installing outlets, switches and fixtures. This workshop is the perfect gift for new homeowners! No experience necessary. All materials provided. Class will take a short lunch break so please be sure to bring a packed lunch.

**Instructor:** Nick Pace (see page 13 for bio)

5-Digit Number: 18105

Sat, 9:00 a.m. - 2:30 p.m., 7/20

Location: Monroe Center/MC144

Fee: \$99

## ACR154 Jewelry Soldering Workshop

1 session, 5 hours

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

**Safety Requirements (no exceptions):** Closed-toed, low-heeled or no-heeled shoes • Comfortable "play-clothes". No flowing sleeves or bulky fabrics • Long hair must be worn in a bun or ponytail • Protective eyewear must be worn

**Instructor:** Georgina Copanzzi

5-Digit Number: 18024

Sat, 9:00 a.m. - 2:30 p.m., 8/17

Location: Monroe Center/MC147

Fee: \$79

## PHO102 Get To Know Your Nikon DSLR

1 session, 6 hours

Have you been using your Nikon DSLR like a point-and-shoot and long to move out of your comfort zone? Start by learning what all those buttons and dials can do to improve your photographs. Then, learn about the different lenses and when to use them. Explore the features and get the most out of your Nikon camera. Please bring your camera and a fully charged battery, a clean memory card, your camera's manual, and a bagged lunch to 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](http://www.camscamerashots.com).

5-Digit Number: 18106 | Sat, 9:00 a.m. - 3:30 p.m., 6/1

OR

5-Digit Number: 18107 | Sat, 9:00 a.m. - 3:30 p.m., 8/10

Location: Braddock Hall/B105 | Fee: \$89

## PHO112 Nikon Field Session

1 session, 3 hours

Explore your Nikon in action! Class location will be at the Gambrill Mill, part of the Monocacy Battlefield. Topics include getting sharp focus, using Live View, composing the shot, controlling depth of field, and using a tripod and the remote and/or timer function. Students will have a chance to try out different lenses. A tripod is recommended. Student must provide their own transportation.

**Instructor:** Cam Miller (*see above for bio*)

5-Digit Number: 17059 | Sat, 9:00 a.m. - 12:00 p.m., 5/4

OR

5-Digit Number: 18107 | Sat, 9:00 a.m. - 12:00 p.m., 8/1

Location: Off Campus | Fee: \$39

## PHO113 Creating Vision in Photography

1 session, 6 hours

Transform your photographs! Express your ideas, interests, passion, and uniqueness through creative vision. In this class, students will discuss and illustrate good composition, critically examine photographs, explore the elements of a photographer's "toolbox," and examine different exercises to stimulate creativity.

**Instructor:** Continuing Education Instructor

5-Digit Number: 18186

Sat, 9:00 a.m. - 12:00 p.m., 6/8

Location: Braddock Hall/B102

Fee: \$89

## LIFE PLANNING & FINANCES

### ILR869 Don't Be a Victim of Frauds and Scams

1 session, 3 hours

We all know by now not to send money to the prince who needs our help to transfer his fortune to America but what are some of the other frauds and scams that thieves use to steal our money and property from us? What type of people are the most vulnerable to scammers, and how do they get us to fall for their tricks? Most importantly, how can we protect our own information and assets so that we will not be the next victim of a cunning thief? Learn how to be a "Fraud Fighter" for yourself and for your loved ones, and to shut down potential scams before they hit you.

**Instructor:** Marcy Gouge is a retired attorney with a specialization in issues that impact elder Americans. After twenty years as a litigator in Colorado, she moved to Washington DC to work at the AARP Foundation as the Director of the National Legal Training Project. She later worked with programs that helped "scam proof" older Americans, including managing a federal grant that encouraged seniors to become "Fraud Fighters" to protect themselves and educate others about how to prevent scammers from stealing their assets.

5-Digit Number: 17849

Mon, 1:00 - 4:00 p.m., 8/12

Location: Visual & Performing Arts Center/F105

Fee: \$34

### ILR909 Planning Your Great Adventure

1 session, 2 hours

Do you dream of taking a trip to an amazing location? Want to take your own trip and not be limited by a tour group? Whether for a week, a few weeks, or even longer, this course will help you plan and prepare for your adventure.

**Instructor:** Kathy Barylski (*see page 1 for bio*)

5-Digit Number: 17636

Thu, 1:00 - 3:30 p.m., 5/30

Location: Conference Center/E123

Fee: \$25





## ILR905 Civic Academy: Is it Time to Make Your Voice Heard?

4 sessions, 10 hours

Do you watch the news and wonder why “someone” doesn’t do something? Could that “someone” be you? Seniors can be a powerful voice to create change in their neighborhoods, communities, and state. This practical course will help you find your voice, sharpen your passions, and create an action plan to create lasting change in your community. Each class will provide opportunity for education, reflection, and discussion as to how you can become a super hero for change.

**Instructor:** Marcy Gouge (*see previous page for bio*)

5-Digit Number: 17850

Fri, 9:30 a.m. - 12:00 p.m., 8/2 – 8/23

Location: Visual & Performing Arts Center/F105

Fee: \$99

## PHILOSOPHY, RELIGION & EXPLORATION

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

4 sessions, 8 hours

One often hears that one meditates to learn to relax. Although relaxing is often a byproduct of meditation, the true purpose is to be present in one’s life more fully; being present on the spot rather than being riveted about according to one’s hopes and fears. The practice of the four foundations is an everyday practice to enter the now more fully. Meditation is making friends with oneself and developing compassion towards others. This is a course on mindfulness. It is not about becoming a Buddhist but about employing techniques which Gotama Buddha employed over 3,000 years ago. It worked for him, and it has worked for many people since him in a variety of spiritual traditions. This is not a religious course, but it is about working with techniques and exercises that will allow one to enter the now of everyday life more fully.

**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 Corps in Afghanistan. He currently teaches this course and others at Johns Hopkins University.

5-Digit Number: 17627

Tue, 12:30 - 2:30 p.m., 7/2 – 7/23

Location: Langanore Hall/L109

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

## SCIENCE & NATURE

### 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 bachelors degree 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.

5-Digit Number: 17135

Mon, 9:00 - 11:00 a.m., 5/13 – 6/10 (*no class 5/27/19*)

Location: First class may meet at FCC at a TBD location

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



## Lifelong LEARNING

Events and experiences for inquisitive minds.



Lifelong Learning at Frederick Community College offers courses of all types for all ages. From whiskey tastings to watercolor, the 2019 course lineup is an opportunity for you to discover something new, revisit a favorite hobby, or share a memorable experience with friends and family members. All courses are delivered by expert instructors who provide hands-on learning, doing, and growing opportunities for every participant.

Learn more and sign up at [frederick.edu/lifelong](https://frederick.edu/lifelong). Space is limited.  
hullabaloo@frederick.edu | 301.624.2727

## ENG218 Beginner's Guide to Freelance Writing

3 sessions, 6 hours

Take your writing to the next level. This class will show you how to get started as a freelance writer taking on web and magazine articles, press releases, advertising copy and more. Find out how to identify the clients who need writers and approach them in a way that will increase your chances. Learn the differences between articles, press releases and advertisements and which type best fits your writing styles. Learn tips to get editors to come to you with work and increase the number of projects you get. This is a great way to practice your writing and possibly get published.

**Instructor:** Jim Rada (see page 10 for bio)

5-Digit Number: 18159

Mon, 2:30 - 4:30 p.m., 6/10 - 6/24

Location: Braddock Hall/B102

Tuition: \$20 | Fee: \$49 | Total: \$69 | MD residents age 60+ pay fee only

## ENG225 Blogging: Maximizing Your Blogging Efforts

3 sessions, 6 hours

Are you getting the most out of your blog? Are people even reading it? Students will learn the advantages of the popular blogging platforms, how to choose a subject, whether or not to monetize your blog, techniques to make your posts attractive, using key words, getting followers, and using a variety of media. If you love your blog or just want to learn more about better blogging, than this class will help you.

**Instructor:** Jim Rada (see page 10 for bio)

5-Digit Number: 18161

Mon, 6:00 - 8:00 p.m., 7/29 - 8/12

Location: Braddock Hall/B103

Tuition: \$20 | Fee: \$49 | Total: \$69 | MD residents age 60+ pay fee only



## ENG253 Creative Writing Workshop

8 sessions, 8 hours

In this eight-week course, participants will explore the origins, function and format of storytelling. Elements such as plot structure, character development, and conflict and resolution will be discussed in an open environment with in-class exercises and group participation. The course will conclude with a brief discussion of the writer's market, and the opportunity for participants to have a sample of their personal project critiqued by the group.

**Instructor:** Jason Sloan

5-Digit Number: 18194

Tues, 1:00 - 3:00 p.m., 7/9 - 8/27

Location: Langanore Hall/L116

Tuition: \$50 | Fee: \$129 | Total: \$179 | MD residents age 60+ pay fee only

## ENG226 Self-Publishing Your Book

4 sessions, 8 hours

Learn how to get your book published and available for sale in bookstores and online. Learn the pros and cons of self-publishing and whether it is appropriate for your work. You will also explore the differences between self-publishing, vanity publishing and lightning press. Find out how to make your book indistinguishable from a title published by a large press.

**Instructor:** Jim Rada (see page 10 for bio)

5-Digit Number: 18160

Wed, 6:00 - 8:00 p.m., 6/5 - 6/26

Location: Conference Center/E124A

Tuition: \$30 | Fee: \$59 | Total: \$89 | MD residents age 60+ pay fee only

## ENG236 Writing Your Short Story or Novel

8 sessions, 16 hours

Learn the elements of storytelling and how they work together to form a cohesive, well-written and meaningful story. Each session will analyze samples of one of a group of elements to determine their individual purposes and their relationship to the story.

**Instructor:** Judy Kelly is an award winning published author. Her novel, *That Ever Died So Young*, was a finalist in the Somerset Literary and Contemporary Fiction Award 2014. Her newest novel, *Blessings and Curses*, came out in December 2017. She has presented at the Fiction Writers Institute in Hagerstown and at Montgomery College. Judy taught writing through the continuing education program at George Mason University. She facilitates three writing groups and spends time as a Beta reader for a wide variety of writers and genres. She is also an instructor at Montgomery College where she teaches speech, reading, and English.

5-Digit Number: 18129

Thu, 1:00 - 3:00 p.m., 7/11 - 8/29

Location: Langanore Hall/L116

Tuition: \$50 | Fee: \$129 | Total: \$179 | MD residents age 60+ pay fee only



# Summer Science Series

*Back by Popular Demand!*

## ILR423 Summer Science Series

4 sessions, 8 hours

Keep calm and love science! Science helps people understand the world around them using evidence and observations. Help your brain grow this summer with the Summer Science Series. Each topic begins with a video and ends with a lively discussion. Pick just one of these intriguing topics or be super smart and take the entire series for a discount.

5-Digit Number: 17864 | Tue, 10:00 a.m. - 12:00 p.m., 7/2 – 7/23

Location: Visual & Performing Arts Center/F105

Tuition: \$12 | Fee: \$69 | Total: \$81 | MD residents age 60+ pay fee only

## ILR921 Summer Science Series - Growing Batteries and Other Fun Projects

1 session, 2 hours

Batteries, biology, and bacteria come together to show spectacular results from the ultimate “thinking outside the box” project. We’ll also glimpse into the future of a working system for levitating cars, trains, and airplanes without moving parts.

**Note:** This class is a lecture/discussion; actual projects are not completed.

5-Digit Number: 17866 | Tue, 10:00 a.m. - 12:00 p.m., 7/2

Location: Visual & Performing Arts Center/F105 | Fee: \$22

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

## ILR921 Summer Science Series - Does Quantum Mechanics Hold the Secret to the Evolution of Life?

1 session, 2 hours

Is it possible to create life out of inanimate material? Scientists say “yes”. What are the moral implications?

5-Digit Number: 17869 | Tue, 10:00 a.m. - 12:00 p.m., 7/9

Location: Visual & Performing Arts Center/F105 | Fee: \$22

## ILR921 Summer Science Series - Quantum Computing Explained

1 session, 2 hours

Learn what a quantum computer is and how they are different from our desktop computers including how they will help us discover an amazing array of applications and new ideas.

5-Digit Number: 17871 | Tue, 10:00 a.m. - 12:00 p.m., 7/16

Location: Visual & Performing Arts Center/F105 | Fee: \$22

## ILR921 Summer Science Series - Mars: To Colonize or Not?

1 session, 2 hours

To go or not to go? Scientists argue the benefits and drawbacks of colonizing Mars.

5-Digit Number: 17874 | Tue, 10:00 a.m. - 12:00 p.m., 7/23

Location: Visual & Performing Arts Center/F105 | Fee: \$22

Register for all four Summer Science Series sessions by registering for ILR423 OR pick and choose individual sessions.

5-Digit Number for all four sessions: 17864



# How to Register for ILR55+ Classes



## ONLINE

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



## IN PERSON

- Visit us in the Registration Office located in Jefferson Hall to complete a registration form and submit payment in full (cash, check, money order or credit card).

### Waiting List

Please note - if the class in which you wish to participate is full, please contact us at 301.846.2405. We may be able to make arrangements to accommodate additional students and we also offer wait lists for individual sessions.

### Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional \$5 fee per class. Out-of-State students (residing outside of Maryland) are charged a \$10 fee per class.
- An \$8 one-time-per-year, non-refundable registration fee is due at the time of registration. This fee is only refundable when FCC cancels a class for which the student paid the registration fee and the student has not enrolled in any other classes during the period.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents for select classes.

### Drop a Class

- Students who choose to drop a class will receive a full refund, excluding registration fee, provided that they initiate the drop at least two business days before the beginning date of the class. Trips and some classes may have a different refund policy; please refer to the class information for specific details. Students electing to drop a class can do so by completing the CEWD Drop/Transfer form available at [Frederick.edu/QuickEnroll](https://Frederick.edu/QuickEnroll) under the Registration Office link. This form must be submitted to the CEWD Registration Office (located on the first floor of Jefferson Hall), or by email at [CERequest@frederick.edu](mailto:CERequest@frederick.edu). Please note, refunds are determined based on the date a request is received. Exceptions to this policy must be requested in writing to the Associate Vice President of CEWD and are made on a case-by-case basis. Contact us with questions at 301.624.2888.
- If FCC cancels a class, all applicable tuition and fees are refunded to students.

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

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7819 or 301.846.2408 (Voice) or email [Interpreting@frederick.edu](mailto: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** – Debra S. Borden, *Chair* • Dr. John Molesworth, *Vice Chair* • Ellis Barber • Nick Diaz • Gary Fearnow • Carolyn Kimberlin • Tom Lynch  
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## Frederick Community College

FCC Main Campus

7932 Opossumtown Pike • Frederick, MD 21702

### 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.

### Main Campus Locations

<b>A</b> – Annapolis Hall	<b>J</b> – Jefferson Hall
<b>B</b> – Braddock Hall	<b>L</b> – Linganore Hall
<b>C</b> – Catoctin Hall	<b>M</b> – The Carl and Norma Miller Children's Center
<b>D</b> – Athletics Center	<b>P</b> – Plant Operations
<b>E</b> – Conference Center	<b>S</b> – Sweadner Hall
<b>F</b> – Visual & Performing Arts Center	<b>K</b> – Mercer-Akre Kiln
<b>G</b> – Gambrill Hall	
<b>H</b> – Student Center	

Visit [frederick.edu](http://frederick.edu) for complete directions.

# Discover Greece

Featuring Classical Greece, Mykonos & Santorini • October 3 – 17, 2019

Experience Greece with ILR and let an expert guide take care of all the details. Marvel at must-see sights, sample regional cuisine, stay in centrally located hotels and connect with new and captivating cultures. Call Collette, our tour provider, at 1.800.581.8942 (Booking #901354) to learn more and reserve your space.

### PRICE\*

Double \$5,049 • Single \$6,049 • Triple \$4,999

*Included in Price: Round Trip Air from Dulles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers.*

*\*All Rates are Per Person and are subject to change, based on air inclusive package from IAD.*

### Marcy Gouge, Trip Leader

Marcy is an ILR Instructor and an active traveler for almost 20 years. In 2014, she spent a month in Greece and wrote an article for the *Washington Post* travel section. Marcy has arranged and led groups travel being sensitive to the energy level and physical limitations of the 55+ demographic.



**Frederick Community College**

**Institute for Learning in Retirement**

7932 Opossumtown Pike

Frederick, Maryland 21702

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# Youth Programs at FCC this Summer!

## **Kids & Teens on Campus | June 24 - August 16**

Perform amazing science experiments, cook up cool new recipes, challenge the laws of physics, join our new Spy Academy, and more! Morning and afternoon classes for ages 6 and up. Lunch Bunch options available.

[frederick.edu/Youth](http://frederick.edu/Youth)

## **NEW! Spark Your Curiosity | July 8 - August 2**

Middle and high school teens are invited to explore future career interests in morning programs at the Monroe Center. From mastering 3-D design to gaining real-world vocational skills, classes are now enrolling.

[frederick.edu/Spark](http://frederick.edu/Spark)



**Register online today! • [kidsoncampus@frederick.edu](mailto:kidsoncampus@frederick.edu) • 301.846.2661**