

ILR ⁵⁵⁺

INSTITUTE FOR LEARNING IN RETIREMENT

SUMMER/FALL 2024

*Retired
and
Inspired*





**Registration opens
Monday, June 10**

ILRFCC.org

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FAQs are on page 2.

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Institute for Learning in Retirement

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

THE ILR MISSION

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

THANK YOU!

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

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Contact Us

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

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



Lifelong LEARNING

Courses and experiences for inquisitive minds.

.....

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

Subjects for summer/fall 2024 include:

- Arts & Crafts (Drawing & Painting)
- Food & Drink (Asian Cuisine and Cocktails & Whiskey)
- Health & Wellness (Vance Stance)
- Home & Hobby (Sewing and Calligraphy)
- Learn a Language (Italian, French, and Spanish)
- Photography (Basic Photography)
- The Writer's Institute (Fiction Writing)

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

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

lifelonglearning@frederick.edu • 301.624.2727

WEBSITE

ILR 55+

ILRFCC.org

FACEBOOK



facebook.com/ILRFCC

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



REGISTER FOR FCC ALERTS TODAY!

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

frederick.edu/FCCAlert

Frederick Community College
**LEARN TO
RIDE**
- 2024 CLASSES -

FREDERICK.EDU/MOTORCYCLE
301.624.2727 • motorcycle@frederick.edu

BEFORE YOU BEGIN ...

Questions?

We're here to help!

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

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

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

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



No Class Dates

Classes will not be held on the following days:

- **Thur., July 4** (Independence Day)
- **Mon., September 2** (Labor Day)
- **Thur.-Sun., November 28 - December 1** (Thanksgiving)
- **Fri., December 20 - Tue., January 1** (Winter Closure)

FAQs

Who is eligible to take ILR Classes?

ILR 55+ classes (ILR, LIR, SEN) are geared towards the 55 and over crowd; however, anyone 16+ is welcome to join us for a fabulous learning experience through both the ILR 55+ and the FCC Lifelong Learning courses (ACR, HEA, HOM, REC, FOR, PHO).

Can ILR benefit me?

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

What kinds of classes does ILR offer?

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

How do ILR classes differ from other college courses?

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

Who teaches ILR classes?

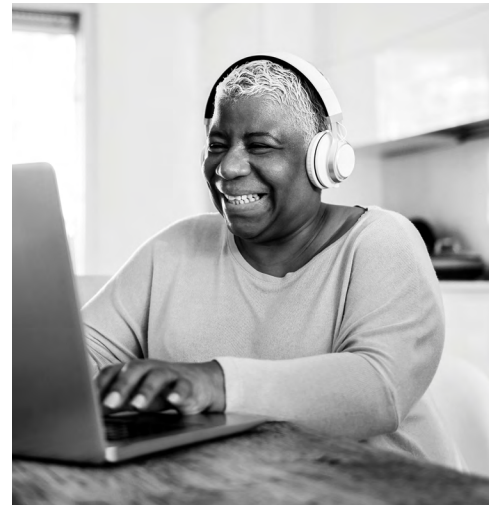
ILR programs are taught by passionate experts with a lifetime experience as well as a specific talent for facilitating the learning process among adults.

How can I learn more about becoming an ILR instructor?

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

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

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



In-Person Courses

In-Person Courses meet face-to-face and are taught at designated locations during scheduled times.



Structured Remote Courses (SR)

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



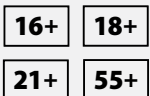
Evening Classes

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



Instructor Bios

Instructor bios are now online! Learn more about our incredible ILR instructors and view their bios at ILRFCC.org.



Age Requirement

This schedule contains courses not only from the ILR program but also courses from the Lifelong Learning program. Do you have a friend who is not aged 55+ yet? Good news! They can take the courses from either program as long as they are at least 16 years of age.

ILR Courses **Summer/Fall 2024**

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ACR172 Introduction to Voiceovers

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

“Wow, you have a great voice!” Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, “I could do that!” Want to earn income using your talents from the comfort of your home? If so, then you could have what it takes to begin working as a professional voiceover artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized video chat setting. Discover the current trends in the industry and how easy and affordable it can be to learn, set up, and work from home. In this one-time, 90-minute, introductory class, you’ll also learn about the different types of voiceovers and the tools you’ll need to find success. Your instructor will record you as you read a real script, and then offer you some coaching so you can improve your delivery. Your instructor will take notes on your performance and create a professional voiceover evaluation delivered to you in a follow-up call. After the class, you will have the knowledge necessary to help you decide if this is something you’d like to pursue. You owe it to yourself to finally explore the possibilities of this fun and rewarding field. Upon registration, you will be contacted by VFA to schedule your class for a day and time of your convenience. Students must be at least 18 years old to register for this class.

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

Instructor: Voices For All

5-Digit Number: 27311 | Schedule at your convenience
Location: Online
Tuition: \$10 | Fee: \$39 | Total: \$49

ACR170 Drawing for Beginners: Still Lifes and Landscapes Inspired by Fall

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

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

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

Instructor: Jeanne McDermott

5-Digit Number: 27230 | Fri 9:30 - 11:30 a.m., 9/6 - 9/27
Location: Visual & Performing Arts Center/F132
Tuition: \$10 | Fee: \$74 | Total: \$84

ACR184 Intermediate Drawing: Inspired by Fall

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

Expand your drawing skills in the form of landscapes, still lifes, and flora and fauna. We will explore depth and perspective, shading, value, and pattern. Also we will discover the effects of different pencil types and erasers, and the use of blending techniques. This course is meant as a follow-up to Drawing for Beginners or for those who already have some basic drawing skills. This course is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

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

Instructor: Jeanne McDermott

5-Digit Number: 27231 | Fri 9:30 - 11:30 a.m., 11/1 - 11/22
Location: Conference Center/E125
Tuition: \$10 | Fee: \$92 | Total: \$102

ACR614 Intermediate Pen and Ink Drawing with Mixed Media

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

Learn how to use pen and ink to create drawings. Explore different techniques and understand that different drawing tips, or nibs, create a variety of effects. Tips and suggestions will be provided. This course is meant for the intermediate student who has already taken a beginner's course but is looking to refine their skills and learn additional techniques. This is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

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

Instructor: Jeanne McDermott

5-Digit Number: 27232 | Mon 9:30 - 11:00 a.m., 8/19 - 9/9
No Class: 9/2 | Location: Conference Center/E125
Tuition: \$10 | Fee: \$64 | Total: \$74



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



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

ACR180 Designer Greeting Cards: Giftable Designer Greeting Cards for Christmas and Winter

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

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

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


Instructor: Kathy Barylski

5-Digit Number: 27233 | Thu 10:00 a.m - 12:00 p.m., 11/21

Location: Visual & Performing Arts Center/F131

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

ACR182 Introduction to Watercolor

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

Students will explore the world of watercolor through experimenting with various watercolor mediums. At the end of this course, students will walk away feeling confident in their ability to create a sunset, tree, and some flowers. This course is meant for true beginners and is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

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

Instructor: Samantha Snyder

5-Digit Number: 27352 | Mon 5:30 - 7:30 p.m., 11/4 - 11/25

Location: Visual & Performing Arts Center/F118

Tuition: \$10 | Fee: \$86 | Total: \$96

ACR185 Introduction to Oil Pastels

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

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

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

Instructor: Samantha Snyder

5-Digit Number: 27353 | Mon 5:30 - 7:30 p.m., 12/2 - 12/9

Location: Visual & Performing Arts Center/F118

Tuition: \$10 | Fee: \$49 | Total: \$59

LIR104 Exploring Watercolor Painting - Open Studio for Intermediate and Advanced Painters

8 sessions, 24 hours | **55+**

Cath Howard is offering a summer "Open Studio" for intermediate and advanced watercolor students. Students can bring new inspirations to work on or a pile of unfinished paintings to complete. Come and enjoy painting together. If the class reaches the maximum capacity, the zoom option is available if you contact the program office.

Prerequisites: Two 12-week sessions with Cath or similar experience.

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

Instructor: Catherine Howard

5-Digit Number: 27284 | Tue 9:00 a.m. - 12:00 p.m., 7/9 - 8/27

Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$169 | Total: \$179

SEN450 Exploring Watercolor Painting - Beginner/Intermediate

12 sessions, 24 hours | **55+**

Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover all-new content and instruction. Students will be emailed a list of supplies needed prior to the course. Supply costs vary from \$25 to \$100 depending on the quality and number of supplies purchased.

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

Instructor: Catherine Howard

5-Digit Number: 27142 | Tue 9:00 - 11:00 a.m., 9/3 - 11/26

No Class: 9/17 | Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$169 | Total: \$179



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



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

LIR104 Exploring Watercolor Painting - Advanced

12 sessions, 24 hours | **55+**

Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Students will be emailed a list of supplies prior to the course. Supply costs vary from \$25 to \$100 depending on the quality and number of supplies purchased. Prerequisite: Exploring Watercolor Painting, SEN450. For the Advanced class, some students may be able to attend the class online with permission from the instructor. Please contact the program office for more information.

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

Instructor: Catherine Howard

5-Digit Number: 27143 | Tue 12:00 - 2:00 p.m., 9/3 - 11/26

No Class: 9/17 | Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$169 | Total: \$179

ILR908 Art Appreciation: Expressionism

2 sessions, 4 hours | **55+** | 🌙

Explore the art style of Expressionism, which originated in the 20th century as a modern movement depicting emotions and unique perspectives from the individual. We will discuss, analyze, and interpret both European and American paintings from this time period focusing on works by Edvard Munch, Franz Marc, Willem de Kooning, Robert Motherwell, and Grace Hartigan. We will explore the origins of this art movement from the different schools, influences, and historical inspirations that brought about this fascinating art period.

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

Instructor: Jeanne McDermott

5-Digit Number: 27144 | Mon 5:00 - 7:00 p.m., 7/1 - 7/8

Location: Conference Center/E138

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

LIR255 How to Listen to Jazz

6 sessions, 9 hours | **55+**

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

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

Instructor: Howard Burns

5-Digit Number: 27145 | Mon 10:00 - 11:30 a.m., 8/5 - 9/16

No Class: 9/2 | Location: Conference Center/E126A

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

MD residents age 60+ pay fee only

ILR966 The Music and History of the Baker Park Carillon

1 session, 1 hour | **55+** | 🌙

Explore the inside of Baker Park's Joseph Dill Baker Memorial Carillon in Frederick. The class will be led by City Carillonneur John Widmann, who will give you a history of the carillon as an instrument and how it came to be in Baker Park. Widmann will also show playing techniques including welcoming you to try playing a bell or two. There is also a practice keyboard at the base of the tower, which will be part of the tour. The carillon is located a short distance off North Bentz Street within Baker Park. There is a 50-step spiral staircase that participants will need to climb to the playing chamber.

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

Instructor: John Widmann

5-Digit Number: 27240 | Tue 6:00 - 7:00 p.m., 10/1

Location: Off Campus

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



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



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



LIR303 Music in Advertising

3 sessions, 6 hours | 55+

Music has the power to evoke emotions and create a mood. Learn how advertisers often use this to their advantage by selecting music that aligns with their desired message or target audience. We'll listen to catchy jingles and well-known songs from advertisements. These songs stick in people's minds and help increase brand recognition and recall. We'll learn how the choice of music can also influence the viewer's perception of the product, making it more appealing and memorable.

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

Instructor: Lynn Fleming

5-Digit Number: 27255 | Mon 1:00 - 3:00 p.m., 10/21 - 11/4

Location: Conference Center/E125

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

MD residents age 60+ pay fee only



LIR290 Composers in Their Time

6 sessions, 9 hours | 55+

Composers do not live in a vacuum. Their music reflects the time in which they live: the attitudes, the customs, and particularly, the events. In this course we will explore known composers and specific historic events that inspired them to write one or more of their compositions. This will be a course about connections.

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

Instructor: David Howard

5-Digit Number: 27436 | Mon 11:00 a.m. - 12:30 p.m., 10/7 - 11/11

Location: Catoctin Hall/C133

Tuition: \$20 | Fee: \$82 | Total: \$102

MD residents age 60+ pay fee only

ILR966 The Music of the Frederick Symphony Orchestra

1 session, 1.5 hours | 55+

Examine the music of an upcoming Frederick Symphony Orchestra (FSO) concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s) and take time to ask questions and engage in a conversation about the music. Then if you choose, attend the actual FSO concert. Tickets can be purchased directly through the FSO. Please check our webpage for the exact concert dates and themes as they were not yet available when registration opened.

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

Instructor: David Howard

Theme 1: 5-Digit Number: 27434 | Fri 11:00 a.m. - 12:30 p.m., 10/11

Theme 2: 5-Digit Number: 27435 | Fri 11:00 a.m. - 12:30 p.m., 12/6

Location: Visual & Performing Arts Center/F112

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

Check ILRFCC.org for symphony themes

FCC Music
Youth | College | Community

Lessons, Classes, and Ensembles for ages 6+

frederick.edu/fccmusic
301.624.2727 • fccmusic@frederick.edu

LIR184 Computers for Scaredy Cats

3 sessions, 4.5 hours | **55+**

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

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 27215 | Wed 9:30 - 11:00 a.m., 8/7 - 8/21

Location: Conference Center/E137

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

MD residents age 60+ pay fee only

LIR237 Windows to Word

3 sessions, 6 hours | **55+**

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

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 27216 | Thu 9:30 - 11:30 a.m., 8/15 - 8/29

Location: Conference Center/E137

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

MD residents age 60+ pay fee only



LIR264 Internet and Email for Beginners

2 sessions, 4 hours | **55+**

Feel like the internet parade has passed you by? Do you struggle with email? Learn how to navigate the World Wide Web when searching for information, including moving from one website to another. Also learn how to safely receive, send, and manage email. You'll learn in language you understand, from a patient instructor who remembers what it was like to learn these skills.

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 27218 | Wed 9:30 - 11:30 a.m., 8/28 - 9/4

Location: Conference Center/E139

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



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



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

LIR263 Introduction to Google Docs

2 sessions, 4 hours | **55+**

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

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 27217 | Wed 1:30 - 3:30 p.m., 8/28 - 9/4

Location: Conference Center/E139

Tuition: \$10 | Fee: \$38 | Total: \$48

LIR234 Understanding Wireless Technology

4 sessions, 6 hours | **55+**

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

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

Instructor: Guillermo Warley

5-Digit Number: 27219 | Tue 1:00 - 2:30 p.m., 10/1 - 10/22

Location: Conference Center/E123

Tuition: \$15 | Fee: \$54 | Total: \$69

MD residents age 60+ pay fee only

ILR942 Going Paperless

3 sessions, 6 hours | **55+** | 

Papers. We've all got them. Small stacks and large stacks of tax, car, school, and family records, including photos. In addition, we also receive monthly utility bills, bank statements, and other documents in our email and through the post office. Let's get rid of this mountain of paper and go paperless. In this class, we'll discuss the pros and cons of paperless filing. We'll talk about scanning existing documents and accessing documents you might not have realized are available online. We'll discuss putting your documents into an online cloud system and keeping the important originals at your disposal. Finally, we'll explore various tools to make these tasks easy. By the end of this course, you will have developed a plan and have started on your mission to paperless management.

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

Instructor: Leah Arnold

5-Digit Number: 27242 | Wed 4:30 - 6:30 p.m., 10/9 - 10/23


Location: Conference Center/E139

Tuition: \$10 | Fee: \$49 | Total: \$59

MD residents age 60+ pay fee only

Thrive

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REC142 African Cooking - Chef's Choice Vegan Dishes

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

In the '50s most Africans were vegan, not by choice but because meat was not affordable. Women made the food so tasty there was no real desire to add meat. Today, in Africa, there is a growing trend of veganism as a lifestyle. French speaking Africa has adopted the herbes de Provence and made seasoning blends with exotic herbs and spices from the rain forests. These local spices are unknown to the rest of the world. The spice blends have been adapted by this new African vegan movement. African vegan dishes are the new food trend thanks to social media. All of the dishes in this course can be adapted to add meat, fish, chicken, and wild game. Let me tell you a story and let me show you how to make these dishes. This course is mostly a demonstration course with some interactive cooking.

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

Instructor: Sabina Jules

5-Digit Number: 27438 | Wed 10:00 a.m. - 12:00 p.m., 8/21 - 9/4
 Location: Conference Center/E125
 Tuition: \$10 | Fee: \$89 | Total: \$99

REC120 Maryland Whiskey 101

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

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

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

Instructor: McClintock Distilling

5-Digit Number: 27390 | Thu 7:00 - 9:00 p.m., 9/19
 Location: McClintock Distilling
 Tuition: \$10 | Fee: \$24 | Total: \$34



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



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

REC137 Gin 101

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

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

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

Instructor: McClintock Distilling

5-Digit Number: 27391 | Thu 7:00 - 9:00 p.m., 11/7
 Location: McClintock Distilling
 Tuition: \$10 | Fee: \$24 | Total: \$34

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

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

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

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

Instructor: Lebherz Oil & Vinegar Emporium

5-Digit Number: 27237 | Wed 5:30 - 7:00 p.m., 7/31
 Location: Lebherz Oil & Vinegar Emporium
 Tuition: \$10 | Fee: \$36 | Total: \$46

REC126 Liquid Gold: The Olive Oil Class

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

Come join us for an in-depth look at the importance of fresh olive oil at Lebherz Oil & Vinegar Emporium. From learning about transparency in your groves to the health benefits of fresh, quality olive oil, enjoy a fun-filled evening in beautiful, historic downtown Frederick. Participants will enjoy a comparative olive oil tasting, while also learning new ways to snack, dip, and dress.

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

Instructor: Lebherz Oil & Vinegar Emporium

5-Digit Number: 27238 | Wed 5:30 - 7:00 p.m., 10/23
 Location: Lebherz Oil & Vinegar Emporium
 Tuition: \$10 | Fee: \$36 | Total: \$46

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

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

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

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

Instructor: Tenth Ward Distilling Co.

5-Digit Number: 27239 | Wed 7:00 - 9:00 p.m., 10/16

Location: Tenth Ward Distilling Company

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

ILR889 Raise Your Wine IQ - Wines of Northern Spain

1 session, 1.5 hours | **21+**

Located on the Iberian Peninsula, Spain is the most widely planted wine producing region in the world, producing wine for over 5,000 years. It is the second largest producer, after Italy and before France and the United States. Spain has an abundance of native grapes with over 400 varieties planted throughout its many diverse wine regions. We will be tasting wines of Northern Spain, predominantly the Rioja and Navarra regions near the Pyrenees, areas enjoyed by Cervantes, Hemingway, and Gehry. Learn about modern wine facilities that share the land with centuries-old castles and chapels. Today it is one of the great bargains of the wine world waiting for you to discover.

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

Instructor: Jacqueline Rogers

5-Digit Number: 27146 | Wed 1:30 - 3:00 p.m., 11/6

Location: Spin the Bottle

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

CHECK BACK SOON!

Additional food & drink classes to be added this fall.



A Taste of Asia

Join us as we travel the Far East and are introduced to various Asian cuisines from China, Japan, Thailand, Malaysia, and Vietnam. The focus will be on traditional dishes with new flavors but using standard sauce ingredients. Chef Woo Can will demonstrate how easy and simple these Asian dishes are to make. Hearty meals that taste good using ingredients from your local markets, specifically "H Mart" in Frederick. We'll venture into new types of vegetables, frozen goodies, learn about stir frying, what goes into making hot chili oil sauces, and cutting and slicing techniques. And we'll learn some facts about Asian food. Chef Woo Can will share his experiences in the food industry and his passion for cooking. Each session will include the recipe being made including all ingredients and sauces used for your future reference. This course is mostly a demonstration course with some interactive cooking. Remember, "If Chef Woo Can, You Can Too."

REC135 A Taste of Asia - Honey Garlic Crispy Pork Chops and Clams with Black Bean Sauce

5-Digit Number: 27234 | Sat 11:00 a.m. - 1:00 p.m., 8/17

REC135 A Taste of Asia - Hot & Sour Soup and Spicy Shrimp

5-Digit Number: 27235 | Sat 11:00 a.m. - 1:00 p.m., 9/28

REC135 A Taste of Asia - Beef with Snow Peas and Egg Foo Young

5-Digit Number: 27236 | Sat 11:00 a.m. - 1:00 p.m., 11/9

All Taste of Asia classes will meet on campus in an in-person environment.

For all classes:

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

Location: Conference Center/E125

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

HEA211 The Vance Stance: Continuing The Process6 sessions, 12 hours | **16+**

Continue the process of strengthening your posture and flexibility. Eliminate chronic pain and learn the root of misalignment and stiffness that can cause scoliosis, bunions, sciatica, back and neck pain, pre-mature aging, and more. Learn the Vance Stance with its originator, Vance Bonner, PhD. In this course, you'll continue to work on movements that allow you to stand, walk, sit, sleep, and drive in harmony with gravity. Students should wear comfortable clothing and be prepared to participate bare footed on a carpeted surface. Bring a towel to class. It's recommended but not necessary that you purchase The Vance Stance by Vance Bonner, PhD as a companion to the course. The instructor will provide details on how to purchase the book. It's suggested that you take The Vance Stance: Posture, Awareness, and Flexibility course prior to enrolling in this course but not necessary as all levels, including Beginner, are welcome into either course.

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

Instructor: Vance Bonner

5-Digit Number: 27244 | Wed 12:00 - 2:00 p.m., 7/10 - 8/21

No Class: 7/31 | Location: Student Center/H209

Tuition: \$24 | Fee: \$96 | Total: \$120

MD residents age 60+ pay fee only

ILR837 Personal Self Defensive Tactics1 session, 3 hours | **55+**

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

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

Instructor: Kirby Maybush

5-Digit Number: 27152 | Tue 1:00 - 4:00 p.m., 8/6

Location: Conference Center/E140


Tuition: \$10 | Fee: \$22 | Total: \$32



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



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

HEA132 Usui Reiki 1st Degree4 sessions, 8 hours | **16+** | 

Usui Reiki is a Japanese technique that treats body, emotion, 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. This is a certification class. In order to receive your attunement and certification, you must attend all four class sessions.

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

Instructor: Rhonda Russo

5-Digit Number: 27243 | Wed 6:00 - 8:00 p.m., 9/4 - 9/25

Location: Conference Center/E138

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

ILR700 Just Try It - Beginner Gentle Yoga5 sessions, 7.5 hours | **55+**

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

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

Instructor: Linda Franklin

5-Digit Number: 27288 | Tue 1:30 - 3:00 p.m., 9/17 - 10/15

Location: Visual/Performing Arts Center/F141

Tuition: \$10 | Fee: \$66 | Total: \$76

SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours | **55+**

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

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

Instructor: Toni Minkel

5-Digit Number: 27289 | Thu 1:00 - 2:30 p.m., 9/12 - 11/14

Location: Visual/Performing Arts Center/F141

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



LIR304 Shinrin-yoku - Forest Therapy

2 sessions, 4 hours | Walk Only, 1 session, 2 hours | **55+**

Shinrin-yoku, coined by the Japanese, can be defined as "forest bathing" or "taking in the forest atmosphere." It is part of a holistic approach to health that emphasizes the therapeutic benefits of connecting with the natural world. Shinrin-yoku can lower cortisol levels, boost the immune system, and enhance mental clarity. During this course, participants will be invited to connect with all of their senses, the forest & surroundings, and the more than human world. This guided outdoor healing practice is unlike a guided nature walk or hike, forest therapy deliberately sets a slow pace and invites people to experience the pleasures of nature through all of their senses. Each walk ends with an offering of light refreshments including snacks and a tea service (wild foraged when possible). One option includes a classroom lecture about forest therapy and an outdoor walk in Baker Park during the 2nd session. The other option includes only a walk that takes place on the FCC campus. The walk will be less than 1 mile.

Note: The classroom and walk option will meet on campus for the first session and at Baker Park for the second session. The walk only options will meet and walk on campus.

Instructor: Jamie Burton

Classroom Session and Walk Option: 5-Digit Number: 27287

Wed, Thu 10:00 a.m. - 12:00 p.m., 9/4 - 9/5

Location: Conference Center/E138, Off Campus

Tuition: \$10 | Fee: \$36 | Total: \$46

Walk Only Option 1: 5-Digit Number: 27285

Sat 10:00 a.m. - 12:00 p.m., 8/24

Walk Only Option 2: 5-Digit Number: 27286

Sat 2:00 - 4:00 p.m., 10/19

Location: Conference Center/E125

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



Medically Curious

Are you ever skeptical of internet medical advice and drug company ads? Do you search for evidence-based medicine presented so a layman can understand it? Welcome to Medically Curious. The sessions are interactive, highlighted with learning props, and aimed at understanding your amazing body - when it works, and when it doesn't. Each session will focus on a different topic with a 1-hour lecture followed by a Q&A session.

ILR903 Medically Curious - What is Cancer?

5-Digit Number: 27153 | Tue 10:00 - 11:30 a.m., 7/23

Location: Conference Center/E138

ILR903 Medically Curious - The Four Big Cancers

5-Digit Number: 27154 | Tue 10:00 - 11:30 a.m., 8/6

Location: Conference Center/E140

ILR903 Medically Curious - Cancer Treatments

5-Digit Number: 27155 | Wed 10:00 - 11:30 a.m., 9/25

Location: Conference Center/E138

ILR903 Medically Curious - Is a Physical Exam Really Necessary?

5-Digit Number: 27156 | Wed 10:00 - 11:30 a.m., 10/16

Location: Conference Center/E138

ILR903 Medically Curious - Weight and Nutrition

5-Digit Number: 27157 | Tue 10:00 - 11:30 a.m., 11/12

Location: Conference Center/E125

Note: All Medically Curious courses will meet on campus in an in-person environment.

For all classes:

1 session, 1.5 hours | **55+** | **Instructor:** Dr. Larry Romane

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

LIR256 Brain Health Breakthroughs4 sessions, 6 hours | **55+**

This class will discuss the latest in brain health research. In the past 10 years, the pace of brain research has sped up in all areas, from understanding cognitive decline to identifying steps we can take to reduce our risk of dementia to developing new treatments for Alzheimer's. We will discuss epigenetic factors that affect brain health including nutrition, exercise, sleep, stress and gut health, and how optimizing these factors can assist in the prevention and potential reversal of cognitive decline.

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

Instructor: Lindsey McCormick

5-Digit Number: 27332 | Mon 1:30 - 3:00 p.m., 8/5 - 8/26

Location: Conference Center/E138

Tuition: \$15 | Fee: \$54 | Total: \$69

MD residents age 60+ pay fee only

ILR834 Dementia 1013 sessions, 4.5 hours | **55+**

Dementia 101 will provide a basic understanding of dementia. This class will define the term dementia and discuss the difference between normal aging and dementia. We will investigate the difference between reversible and irreversible forms of dementias, as well as examining dementia risk factors. We will explore the symptoms of various types of dementia, the dementia diagnostic process, and current research.

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

Instructor: Lynda Janet

5-Digit Number: 27158 | Thu 10:00 - 11:30 a.m., 10/3 - 10/17

Location: Conference Center/E123

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

MD residents age 60+ pay fee only

LIR166 Sleep Your Way to Better Brain Health5 sessions, 7.5 hours | **55+**

Based on the New York Times bestseller, *Why We Sleep*, by Matthew Walker, PhD, we will examine the critical need for sleep and the essential role it plays in brain health and functioning. As a professor of neuroscience and psychology at UC Berkeley, and the director of the Center for Human Sleep Science, Walker's groundbreaking research demonstrates how sleep impacts every aspect of our lives from decision-making to emotional regulation, immune system functioning, regulating our appetite, and more.

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

Instructor: Barbara Angleberger

5-Digit Number: 27212 | Tue 1:30 - 3:00 p.m., 10/22 - 11/19

Location: Conference Center/E138

Tuition: \$15 | Fee: \$64 | Total: \$79

MD residents age 60+ pay fee only

ILR489 Blueprint for Successful Aging in Place: Staying Independent in Your Home2 sessions, 3 hours | **55+**

Do I stay in my current home or go elsewhere post retirement? Planning to age in place requires making a series of decisions for this important do it yourself project. Learn to evaluate the level of safety and adaptability of your home. Find the age friendly rating of your current neighborhood. Compare the costs of staying in place or moving. Learn to critically review all of the emerging housing options for maintaining your independence. This course will focus on making informed choices and developing an action plan regarding housing.

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

Instructor: Terri Lemere

5-Digit Number: 27159 | Wed 10:00 - 11:30 a.m., 10/23 - 10/30

Location: Conference Center/E126B

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



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



LIR295 Threads Through Time: Exploring Early American History Through Textiles

3 sessions, 4.5 hours | **55+**

Clothing, towels, blankets, and bed linens. We take advantage of the textiles that we use in our daily lives. However, woven into the cloth are the stories of our time. This course will explore the stories of early Americans through the textiles they created from the beautifully embroidered tie-on pockets women wore under their petticoats to the brightly colored handwoven coverlets that graced beds in antebellum homes.

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

Instructor: Tracy Lewis

5-Digit Number: 27266 | Fri 10:00 - 11:30 a.m., 7/12 - 7/26

Location: Conference Center/E138

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

ILR585 National Security Current Events (SR)

4 sessions, 8 hours | **55+** |

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. New material each term.

Note: This Structured Remote Course is entirely online.

Instructor: Jeffrey Steinberg

5-Digit Number: 27196 | Wed 10:00 a.m. - 12:00 p.m., 7/17 - 8/7

Location: Online

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



LIR298 Murals of Frederick County

1 session, 1.5 hours | **55+**

Discover and discuss the beloved murals of Frederick County. We'll learn about the artists' intentions and their lives, supplies used, and how the artwork was created. We'll cover over twelve murals including William Cochran's Angels in Architecture series, the famous community bridge, and the Brunswick Mural.

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

Instructor: Jeanne McDermott

5-Digit Number: 27258 | Fri 9:30 - 11:00 a.m., 7/19

Location: Student Center/H205

Tuition: \$10 | Fee: \$8 | Total: \$18

LIR259 The War of 1812 in Maryland

3 sessions, 4.5 hours | **55+**

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

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

Instructor: Tracy Lewis

5-Digit Number: 27202 | Fri 10:00 AM - 11:30 AM, 8/9 - 8/23

Location: Conference Center/E138

Tuition: \$12 | Fee: \$44 | Total: \$56

MD residents age 60+ pay fee only



LIR260 Footsteps in Frederick: Claire McCardell - Frederick's Own Fashion Icon

3 sessions, 7.5 hours | **55+**

Claire McCardell was an American fashion designer who grew up in Frederick, Maryland and rose to international prominence in the world of fashion design. She is credited with the development of American sportswear and pockets in casual dresses. Learn how her designs radically altered how women dressed for casual daily activities. During the last class students will take a field trip to the Historical Society of Frederick County to have an exclusive peak at McCardell's personal papers and designs.

Note: Students will be required to provide their own transportation to the meeting location. Trip details will be shared during the first class session.

Instructor: Marcy Gouge

5-Digit Number: 27261 | Mon, Wed, Fri 10:00 a.m. - 12:30 p.m., 8/12 - 8/16

Location: Conference Center/E138, Off Campus

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



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



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



LIR291 From Roger's Rangers to Merrill's Marauders: The History of US Special Operations from the French & Indian War through World War II

5 sessions, 7.5 hours | **55+**

While special operations have been used extensively since 9/11 in the war on terror, U.S. special operations have a long history in American wars and conflicts. This course will focus on the history of special units and tactics through WW II and will explore the successes and failures of these operations throughout US military history including the Barbary Pirates, Mexican-American War, and the Indian and Philippine – American Wars.

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

Instructor: Howard Cox

5-Digit Number: 27256 | Fri 10:00 - 11:30 a.m., 9/6 - 10/4

Location: Conference Center/E138

Tuition: \$20 | Fee: \$72 | Total: \$92

MD residents age 60+ pay fee only



LIR305 George Washington's Little Known Life

4 sessions, 8 hours | **55+**

Celebrate the American Revolution's 250th anniversary by learning about little known areas of George Washington's life. George Washington was the commander-in-chief during the war. We'll learn about his Indian name, his time in Maryland, and influential and impactful women in his life.

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

Instructor: Roger Swartz

5-Digit Number: 27264 | Mon 9:30 - 11:30 a.m., 9/9 - 9/30

Location: Conference Center/E138

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

MD residents age 60+ pay fee only



LIR293 Journey Through Aviation History

6 sessions, 9 hours | **55+**

Embark on a captivating exploration of aviation history. Uncover the fascinating story of how the Wright brothers defied gravity and gave wings to human ambition with the invention of the flying machine. Delve into the intricate web of events that transformed a simple airmail stamp into the foundation of modern-day airlines, shaping the way we connect and traverse the globe. Gain an understanding of the principles of flight and peek behind the curtain of airline travel including logistics, safety protocols, and technology that orchestrates seamless journeys for millions each day. Relive the riveting saga of America's race to the moon and the extraordinary efforts that culminated in the historic moment. Finally, we will discuss "The Miracle on the Hudson" when Flight 1549 safely landed in the river, saving everyone on board.

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

Instructor: Mike Low

5-Digit Number: 27262 | Tue 2:00 - 3:30 p.m., 9/10 - 10/15

Location: Conference Center/E138

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

MD residents age 60+ pay fee only

ILR424 Democracy in America Forum

5 sessions, 10 hours | **55+**

In 2015, the Economist Intelligence Unit downgraded the US from "full democracy" to "flawed democracy." How healthy is American democracy today? In this interactive forum, we'll assess potential threats to American democracy as well as potential safeguards and solutions. We'll examine capitalism, neoliberalism, dark money, the social safety net, wokeness, cultural diversity, the role of religion in politics, American exceptionalism, and more. We'll discuss a few of the tools that keep democracy running smoothly: civic engagement, education, critical thinking, information literacy, inclusiveness, and quality conversation. This class is open to people of all political persuasions and works best when a variety of perspectives are represented. Respect and consideration will be required from all students at all times. All are welcome and all will be heard.

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

Instructor: Julie Castillo

5-Digit Number: 27197 | Fri 2:00 - 4:00 p.m., 9/13 - 10/11

Location: Conference Center/E138

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

MD residents age 60+ pay fee only



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

History Bites

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

ILR941 History Bites - Behind the Headstones: Amazing Stories of Heroes at Arlington National Cemetery

Instructor: Blane Ampthor

5-Digit Number: 27162 | Fri 11:00 a.m. - 12:15 p.m., 7/26

Location: Student Center/H205

ILR941 History Bites - Between Pearl Harbor and Midway: Turning Defeat Into Victory in the Pacific Theater During World War II

Instructor: Blane Ampthor

5-Digit Number: 27163 | Tue 11:00 a.m. - 12:15 p.m., 8/27

Location: Student Center/E138

ILR941 History Bites - The American Revolution: More to the Story Than You Learned in School

Instructor: Blane Ampthor

5-Digit Number: 27191 | Tue 11:00 a.m. - 12:15 p.m., 9/17

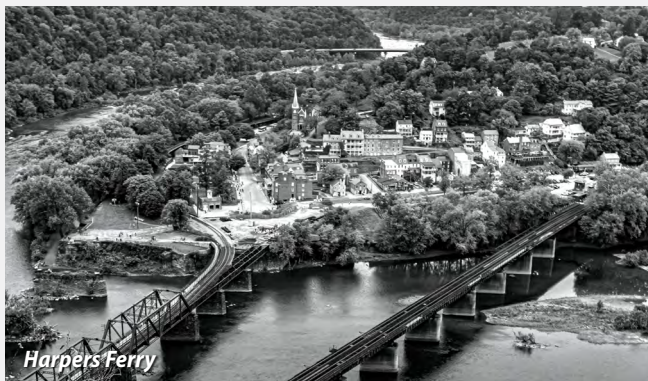
Location: Student Center/E138

ILR941 History Bites - Harpers Ferry in the Civil War

Instructor: Matthew Borders

5-Digit Number: 27290 | Wed 12:00 - 1:15 p.m., 10/2

Location: Student Center/E138



ILR941 History Bites - The 1862 Maryland Campaign

Instructor: Matthew Borders

5-Digit Number: 27291 | Wed 12:00 - 1:15 p.m., 10/9

Location: Student Center/E138

ILR941 History Bites - McClellan's Last Campaign: The Loudoun Valley Campaign of 1862

Instructor: Matthew Borders

5-Digit Number: 27292 | Wed 12:00 - 1:15 p.m., 10/16

Location: Student Center/E138

ILR941 History Bites - The Spy Game in Maryland

Instructor: Matthew Borders

5-Digit Number: 27293 | Wed 12:00 - 1:15 p.m., 10/23

Location: Student Center/E138

ILR941 History Bites - A Last Roll of the Dice: The Monocacy Campaign of 1864

Instructor: Matthew Borders

5-Digit Number: 27294 | Wed 12:00 - 1:15 p.m., 10/30

Location: Student Center/E138

ILR941 History Bites - After Monocacy: Chasing the Bad Old Man

Instructor: Matthew Borders

5-Digit Number: 27295 | Wed 12:00 - 1:15 p.m., 11/6

Location: Student Center/E138

Note: All History Bites courses will meet on campus in an in-person environment.

For all classes: 1 session, 1.25 hours | 55+

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



LIR294 Law and Racism

5 sessions, 6.25 hours | **55+**

The U.S. continues to struggle with racial controversies concerning education, employment, voting, law enforcement, and other matters which impact daily life. In this course we will consider how U.S. law imbedded anti-Black racism in the nation's birth and growth, then examine how the legal system has sought to ban racial discrimination. We will discuss today's issues in terms of two conflicting legal principles - strict colorblindness and diversity/equity.

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

Instructor: Stephan Haimowitz

5-Digit Number: 27265 | Thu 1:00 - 2:15 p.m., 9/26 - 10/24

Location: Conference Center/E138

Tuition: \$15 | Fee: \$54 | Total: \$69

MD residents age 60+ pay fee only

LIR278 Local African American History of All Saints Street

4 sessions, 6 hours | **55+** |

All Saints Street in Frederick City was the mecca of Black American life post Emancipation. Learn the history of this important community by exploring what life was like as an African American on All Saints Street and come to appreciate the struggle, tenacity, and work of its residents.

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

Instructor: Sonja Brown-Jenkins

5-Digit Number: 27200 | Wed 6:30 - 8:00 p.m., 10/2 - 10/23

Location: Conference Center/E138

Tuition: \$12 | Fee: \$54 | Total: \$66

MD residents age 60+ pay fee only



LIR299 Origin of Familiar Sayings and Expressions

1 session, 2 hours | **55+**

There are many expressions we use today that stem from colonial days to the late 1800's which became part of our everyday language. Upper crust, cut and dried, dyed in the wool---there are so many phrases to explore including references to cooking, spinning, farm life, industries, travel, and household items. We'll explain these everyday expressions as we learn intriguing American history about our way of life.

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

Instructor: Jeanne McDermott

5-Digit Number: 27259 | Fri 9:30 - 11:30 a.m., 10/4

Location: Conference Center/E123

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

Armchair Escape Series

Through this series, you'll discover the world without having to deal with the hassles of travel. We will bring the locations to you. Our escapes are inspired by interesting locales and popular culture.

LIR247 Armchair Escape Series: Alaska, the Last Frontier

The story of Alaska is as grand, wild, and beautiful as the scenery of this great state. We'll travel up from the "lower 49" and go deep into the interior to Denali Park, Talkeetna, and then onto Fairbanks via the Alaska Railroad.

Instructor: Marcy Gouge

5-Digit Number: 27224

Tue 10:00 a.m. - 12:00 p.m., 10/15 - 10/29

Location: Conference Center/E123

LIR247 Armchair Escape Series: Discovering Colorado

Colorado is more than just tall mountain peaks and the Mile High City. Come explore the history and people who have created this wonderful state. Hear stories of the pioneers, gold seekers, and the other interesting characters who flocked to Colorado over the past 200 years.

Instructor: Marcy Gouge

5-Digit Number: 27225

Mon 10:00 a.m. - 12:00 p.m., 11/4 - 11/18

Location: Conference Center/E126A

Note: All Armchair Escape Series courses will meet on campus in an in-person environment.

For all classes:

3 sessions, 6 hours | **55+**

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



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



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



LIR308 Free Speech

5 sessions, 7.5 hours | 55+

A history of the discussion of the propriety of free speech in Western thought and action. The course will cover the discussion of free speech from the Greeks through the Romans, to European thinking, the British common law and the American First Amendment culminating in a discussion of the impact of the internet on the regulation of Free Speech.

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

Instructor: James Baer

5-Digit Number: 27257 | Mon 2:00 - 3:30 p.m., 10/7 - 11/4

Location: Conference Center/E138

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

MD residents age 60+ pay fee only



LIR260 Footsteps in Frederick: The Diary Writers of Frederick

1 session, 1.5 hours | 55+

This series focuses on a famous person who has visited or lived in Frederick. We'll learn interesting facts and trivia about the person and their time in Frederick. This lecture will focus on Frederick history as seen through the eyes of two diary writers, Jacob Englebrecht and Catherine Susannah Thomas Markell. Jacob Englebrecht was a beloved mayor who kept records of informative and notable events happening in Frederick from 1819 to 1878. He gave us a picture of life in Frederick with his colorful and sometimes humorous entries. Catherine Susannah Thomas Markell; entries teach us about her experience as a woman during the Civil War.

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

Instructor: Jeanne McDermott

5-Digit Number: 27193 | Fri 9:30 - 11:00 a.m., 10/11

Location: Conference Center/E138

Tuition: \$10 | Fee: \$8 | Total: \$18

ILR884 Russian History: The Big Picture

4 sessions, 6 hours | 55+

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.

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

Instructor: Ernest O'Roark

5-Digit Number: 27192 | Wed 9:00 - 10:30 a.m., 10/30 - 11/20

Location: Conference Center/E138

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

MD residents age 60+ pay fee only

LIR188 American History as Seen Through Female Eyes - Part 1

4 sessions, 8 hours | 55+

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

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

Instructor: Mary Mannix

5-Digit Number: 27333 | Thu 10:00 a.m. - 12:00 p.m., 10/17 - 11/7

Location: Conference Center/E138

Tuition: \$20 | Fee: \$69 | Total: \$89

MD residents age 60+ pay fee only

LIR274 Rebuilding the Capitol After the Fires of 1814: Benjamin Latrobe & Potomac Marble

3 sessions, 6 hours | 55+

The destruction of Washington in 1814 by the invading British challenged President Monroe and Benjamin Latrobe with the task of rebuilding the edifices which had been destroyed. They understood that the principal buildings of the government were not mere offices but symbols of the aspirations of the Republic. They had to be functional but also classically beautiful. The preferred building material was marble. Potomac marble, which exists in abundance on both sides of the Potomac River, was used as the building material. In this course, we will also learn about the invasion of 1814 and the methods the British used to burn stone buildings. And then, during the last session of the course, we will visit the actual quarry used by Latrobe and lost to history for years until rediscovered by Kreingold. Rain Date - 11/21

Note: This hike totals 4 miles and mostly takes place on a flat C&O Canal trail however there is one steep decline and another incline to enter the quarry site. Students are to provide their own transportation to the meet up location for the hike.

Instructor: Paul Kreingold

Lecture & Hike: 5-Digit Number: 27198

Tue 11:00 a.m. - 12:30 p.m. & Tue 11:00 a.m. - 2:00 p.m., 11/5 - 11/19

Location: Conference Center/E138, Off campus

Tuition: \$14 | Fee: \$52 | Total: \$66

MD residents age 60+ pay fee only

Lecture Only: 5-Digit Number: 27199

Tue 11:00 a.m. - 12:30 p.m., 11/5 - 11/12

Location: Conference Center/E138

Tuition: \$8 | Fee: \$26 | Total: \$34

MD residents age 60+ pay fee only

LIR175 Pirates in the Chesapeake Bay

3 sessions, 4.5 hours | **55+**

“Pirates of the Chesapeake” tells the stories of the pirates and privateers who cruised the waters of the Chesapeake Bay during the early history of the United States. The course begins by relating the history of colonial British America, then continues to the history of piracy. Specific topics include the Golden Age of Piracy and the use of privateers during wartime. The class discusses the pirates who roamed the bay and their impact on the Chesapeake region.

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

Instructor: Tracy Lewis


5-Digit Number: 27201 | Fri 10:00 - 11:30 a.m., 11/8 - 11/22

Location: Conference Center/E138

Tuition: \$12 | Fee: \$44 | Total: \$56

MD residents age 60+ pay fee only

NEW LIR292 The Rise and Fall and Reinvention of Globalization (SR)

4 sessions, 8 hours | **55+** | 

Explore the transformative journey of globalization, delving into its roots from the 1990s and examining the distinctive role China played in the 90s through the first decade of the 21st century. Analyze the shifts triggered by the pandemic and the Russia-Ukraine war, investigating their reverberations through supply chains, the subsequent inflationary pressures, and the heightened apprehensions surrounding China's assertive foreign policy. Witness the emergence of a redefined globalization, now encompassing concerns beyond mere economic ties to encompass issues of national security. This paradigm shift compels a reassessment of global norms governing supply chains, trade, and security, setting the stage for a dynamic evolution in the coming decade. Spotlighting the pivotal influence of cutting-edge technologies, delve into the realms of the digital revolution, innovative transportation modes, and their transformative impact on the outsourcing landscape for parts production.

Note: This Structured Remote Course is entirely online.

Instructor: Jeffrey Steinberg

5-Digit Number: 27260 | Wed 10:00 a.m. - 12:00 p.m., 11/6 - 11/27

Location: Online

Tuition: \$20 | Fee: \$96 | Total: \$116

MD residents age 60+ pay fee only



LIR162 Vintage Christmas Celebrations: Merry Old England Inspired Christmas Customs

1 session, 2 hours | **55+**

Early English settlers to Frederick brought with them Christmas celebration customs including the yule log, wassail, and carols. We'll develop an appreciation for Old England as we examine how Victorian customs impacted Christmas celebrations and decorations in the United States. We will also look at the writer Charles Dickens and his notable work, A Christmas Carol, and the impact it made both here and abroad.

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

Instructor: Jeanne McDermott

5-Digit Number: 27194 | Fri 9:30 - 11:30 a.m., 12/6

Location: Conference Center/E138

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

CHECK BACK SOON!

Additional history classes to be added this fall.



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



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

Middle Eastern Studies



SEN473 Current Issues in the Middle East

5 sessions, 10 hours | **55+**

NEW CONTENT EACH TERM!

“Current Issues in the Middle East,” one of the most popular ongoing courses in the ILR’s Middle East program, is designed to explore and explain the shifting dynamics of this historic region. Each week, the latest news from the region will be presented and contextualized. Based on current events as they unfold, the instructor, a career educator and area specialist, will draw upon myriad resources to explain breaking developments in a historical context, identifying key players, exploring interrelationships, and analyzing their impact regionally and globally.

Weekly topics are driven by the news. Among those being considered in the fall term are: the impact of the war in Gaza and the future of the Palestinian people, prospects of a just and durable peace in the Holy Land, the viability of a two-state solution, the role and image of the United States in the Middle East, non-state actors and shifting regional alliances, the direction of “normalization” agreements, freedom of navigation in vital waterways, tensions between Israel and Iran, and the shifting dynamics of relations among Middle Eastern countries, China, and Russia. With a focus on the 2024 U.S. presidential election, the candidates’ past and current records, statements, and actions concerning the Middle East will be analyzed.

Through lectures, selected readings, films, guest speakers, and group discussion, it is expected that after taking this course participants will be better equipped to understand and address some of the most critical issues of our time with a greater level of confidence.

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

Instructor: Linda Funsch

5-Digit Number: 27505 | Tue 1:00 - 3:00 p.m., 9/17 - 10/15

Location: Conference Center/E126AB

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

MD residents age 60+ pay fee only

ILR351 Islam: Historical Perspective

5 sessions, 10 hours | **55+**

Designed for veteran students and newcomers alike, “Islam: A Historical Perspective” will provide a context from which to understand a faith tradition embraced by almost two billion people around the globe. Despite its success as the fastest-growing religion on earth, Islam remains largely misunderstood, particularly in the west, where stereotypes and fears, fueled in large part by misinformation, Orientalist constructs, and politically motivated agendas perpetuate a narrative of a “clash of civilizations.”

Through the lens of history, this course examines the origins of Islam, its basic tenets, and its unprecedented expansion. It will explore the meaning of shari’a law as well as Muslims’ record of relations with Jews and Christians. As we journey through successive empires, major events, and famous personalities in history, Islam’s cultural, scientific, and creative legacy to the world – the product of a diverse and multi-ethnic community – will be discussed; so, too, will today’s divisive cultural and political forces vying to win the hearts of the adherents of the world’s last major monotheistic religion.

Upon completion of this exploration, it is hoped that participants will gain an appreciation of the fundamentals of Islam, its growth, its complexities, and its place among the family of Abrahamic traditions.

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

Instructor: Linda Funsch

5-Digit Number: 27506 | Tue 1:00 - 3:00 p.m., 10/29 - 11/26

Location: Conference Center/E126AB

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

MD residents age 60+ pay fee only



ACR158 Introduction to Metalsmithing1 session, 5 hours | **16+**

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

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

Instructor: Georgina Copanzzi

Option 1: 5-Digit Number: 27274 | Sat 9:30 a.m. - 2:30 p.m., 9/7

Option 2: 5-Digit Number: 27275 | Sat 9:30 a.m. - 2:30 p.m., 11/2

Location: Monroe Center/MC147

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

ACR154 Jewelry Soldering Workshop1 session, 5 hours | **16+**

Ready to tackle a new skill or take your current jewelry arts to the next level? This class was created so students may become comfortable with a torch. The curriculum covers the "how" and "why" of jewelry soldering by combining an overview of the tools, techniques, and process + hands-on practice. Each student will fabricate textured stacking rings or bangles. Safety Requirements include: closed-toes, low or no-heeled shoes, comfortable "play clothes" without flowing sleeves and no bulky fabrics, long hair must be worn in a bun or ponytail, and protective eyewear will be provided and must be worn. No exceptions.

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

Instructor: Georgina Copanzzi

5-Digit Number: 27273 | Sat 9:30 a.m. - 2:30 p.m., 10/5

Location: Monroe Center/MC147

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

HOM175 Ikebana: Living with Flowers3 sessions, 4.5 hours | **16+**

Learn the three basic forms of Ohara style Ikebana (flower arranging). The Ohara style of flower arranging focuses on promoting the natural beauty of the flower materials and creating a realistic scene. Through the lessons you will learn about the history, culture, and techniques used in the art form and be able to take your flower materials home with you, giving you a chance to appreciate the beauty of living with flowers. Students will complete three flower arrangements during the course. All supplies are included.

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

Instructor: Emma Thompson

5-Digit Number: 27305 | Sat 10:00 - 11:30 a.m., 7/13 - 7/27

Location: Visual & Performing Arts Center/F118

Tuition: \$10 | Fee: \$249 | Total: \$259

HOM126 Beginning Calligraphy: Italic8 sessions, 16 hours | **16+**

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 supply list will be provided to the students at least one week prior to the start of the course. Supplies costs vary but average \$65.

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

Instructor: Jodie Lide

5-Digit Number: 27245 | Fri 10:00 a.m. - 12:00 p.m., 8/2 - 9/27

No Class: 8/16 | Location: Visual & Performing Arts Center/F130

Tuition: \$10 | Fee: \$149 | Total: \$159

HOM132 Continuing Calligraphy8 sessions, 16 hours | **16+**

Take your calligraphy skills to the next level! In this class, students will learn how to mix and apply colors, italic style variations, and experiment with different writing tools to create colorful and expressionistic masterpieces. Students taking this course must take Beginner Calligraphy: Italics as a pre-requisite or request permission to register for the course. A supply list will be provided to the students at least one week prior to the start of the course. Supplies costs vary but average \$90.

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

Instructor: Jodie Lide

5-Digit Number: 27246 | Fri 10:00 a.m. - 12:00 p.m., 10/11 - 12/6

No Class: 11/29 | Location: Visual & Performing Arts Center/F130

Tuition: \$10 | Fee: \$149 | Total: \$159



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



HOM186 Hand Embroidery for Beginners

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

Enhance your hand embroidery skills whether you are a beginner or just want to learn more. This class teaches you useful techniques to develop muscle memory before you even start stitching. It's a colorful, systematic approach that guides you through the creation of embroidery stitches. This technique will help shorten the learning curve and you will feel more prepared to tackle more advanced embroidery stitches. This hands-on class gives you time to practice while listening to the instructor explain the important differences between thread, needles, thimbles, hoops and threaders. You will also learn how to create your own embroidery designs, implement the systematic approach, and discover options you have to transfer the design. You'll walk away from class feeling refreshed, inspired, and confident in knowing what you need for your project. All supplies are included.

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

Instructor: Michelle Umlauf

5-Digit Number: 27280 | Mon 1:00 - 4:00 p.m., 9/16

Location: Conference Center/E138

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



HOM188 Learn How to Use Your Sewing Machine - BYOSM

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

BYOSM - This class is all about learning to operate your own sewing machine. Sewing is a lifelong learning skill. We'll cover the fundamentals so you can operate your sewing machine with confidence. You will learn how to select the right needle and thread; wind a bobbin; thread a machine; set stitch settings; adjust tension; and trouble shoot common problems. Best practices will be discussed as we practice common sewing techniques. This class will prepare you to make your own craft, quilt, garment, or home décor projects. This course is meant for the true beginner with little or no sewing experience. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included but you must bring your own sewing machine with everything that came with it including power cord, foot pedal, and owner's manual.

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

Instructor: Michelle Umlauf

5-Digit Number: 27282 | Tue, Thu 6:00 - 9:00 p.m., 10/1 - 10/3

Location: Conference Center/E134

Tuition: \$10 | Fee: \$74 | Total: \$84

HOM166 Start Sewing in a Nutshell

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

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

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

Instructor: Michelle Umlauf

Option 1: 5-Digit Number: 27278 | Tue, Thu 6:00 - 8:00 p.m., 9/17 - 9/19

Option 2: 5-Digit Number: 27279 | Mon, Wed 1:00 - 3:00 p.m., 11/18 - 11/20

Location: Conference Center/E138

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

HOM129 Crochet for Beginners

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

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

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

Instructor: Kathy Barylski

5-Digit Number: 27247 | Thu 6:30 - 8:30 p.m., 10/24 - 11/7

Location: Conference Center/E125


Tuition: \$10 | Fee: \$79 | Total: \$89



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



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

HOM129 Crochet for Beginners: The Next Step2 sessions, 4 hours | 16+ | 

This class is for students who have basic crocheting skills but may be struggling with a crochet project. Common issues might be having trouble getting started on a project, continuing a project, or finishing a project. Our expert crocheter will help you through these issues and provide ideas and inspiration for your project. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$10. Enrollment will be limited so the instructor can provide ample attention to each student.

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

Instructor: Kathy Barylski

5-Digit Number: 27248 | Thu 6:30 - 8:30 p.m., 11/14 - 11/21

Location: Conference Center/E125

Tuition: \$10 | Fee: \$49 | Total: \$59

NEW HOM187 The Ultimate Binding Class

3 sessions, 9 hours | 16+

Binding can be intimidating, but in this class, we'll break it down step-by-step and take away the fear. This class covers it all: straight of grain binding vs. bias binding, how to calculate for the right amount, ways to make and use it. Discover different techniques to sew binding onto garment seams, home décor, and quilts. Master perfect mitered corners and learn how to incorporate an easy "pocket." We'll tackle the trickiest part of binding - joining the ends together. By the end of this class, you will have a sense of accomplishment having conquered one of the most perceived difficult tasks in sewing. All supplies are included.

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

Instructor: Michelle Umlauf

5-Digit Number: 27281 | Mon, Tue, Wed 1:00 - 4:00 p.m., 12/9 - 12/11

Location: Conference Center/E123

Tuition: \$10 | Fee: \$149 | Total: \$159

ILR870 Travel Light, Travel Easy1 session, 2 hours | 55+ | 

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.

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

Instructor: Kathy Barylski

5-Digit Number: 27161 | Tue 6:30 - 8:30 p.m., 10/29

Location: Conference Center/E138

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

NEW HOM180 Breaking Down Your Genealogy Brick Walls: Family History Troubleshooting

4 sessions, 8 hours | 16+

Using both documents and DNA analysis, students will learn to develop useful methodologies for solving their genealogy research problems. This will be a hands-on class with group interaction. The instructors are experts in genealogy research and are looking forward to working with you as you plan the next steps of your family history journey.

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

Instructor: Mary Mannix & Linda Frydl

5-Digit Number: 27277 | Wed 10:00 a.m. - 12:00 p.m., 10/23 - 11/13

Location: Conference Center/E126A

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

MD residents age 60+ pay fee only

NEW HOM181 Genealogy Basics: A Deeper Appreciation

4 sessions, 8 hours | 16+

This course will cover the in depth basic records that all genealogists should investigate as cornerstones of their life-time of research. Learn how to best utilize the census, vital records, newspapers, and published histories. You'll look deeply at online resources, and also discuss the "real" places that should be visited and why.

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

Instructor: Mary Mannix

5-Digit Number: 27310 | Tue 10:00 a.m. - 12:00 p.m., 7/16 - 8/6

Location: Student Center/H239

Tuition: \$14 | Fee: \$69 | Total: \$83

MD residents age 60+ pay fee only

HOM182 How to Use Your DNA Matches for your Genealogy Research

2 sessions, 4 hours | 16+

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

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

Instructor: Linda Frydl

5-Digit Number: 27276 | Wed 1:00 - 3:00 p.m., 9/11 - 9/18

Location: Conference Center/E140

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

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

3 sessions, 6 hours | 16+

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

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

Instructor: Mary Mannix

5-Digit Number: 27309 | Thu 10:00 a.m. - 12:00 p.m., 9/5 - 9/19

Location: Conference Center/E138

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



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

4 sessions, 8 hours | 16+

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

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

Instructor: Mary Mannix

5-Digit Number: 27342 | Tue 10:00 a.m. - 12:00 p.m., 11/19 - 12/17

No Class: 11/26 | Location: Conference Center/E125

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



Bee Keeping



HOM183 Beeconomics

1 session, 2 hours | 16+ | 🐝

A cost benefit analysis of beekeeping. This course will help you decide if you should make the investment or just buy honey. We will go through a year with the bees and the expenses associated with them. The instructor recommends that you purchase Honey Bee Biology and Beekeeping by Larry Connor and Dewey Caron. Price is \$90. It is not a required purchase. More information about the book will be provided by the instructor during class.

5-Digit Number: 27306 | Thu 6:00 - 8:00 p.m., 9/26

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



HOM185 Advanced Apicology - Beekeeping

7 sessions, 14 hours | 16+ | 🐝

Learn more about beekeeping and turn your hobby into a part-time or full-time business. Learn what it takes to keep your bees happy and producing while your develop the business basics to convert your hoppy into a potential revenue-generating side hustle. The instructor recommends that you purchase Honey Bee Biology and Beekeeping by Larry Connor and Dewey Caron. Price is \$90. It is not a required purchase. More information about the book will be provided by the instructor during class.

5-Digit Number: 27308 | Wed 6:00 - 8:00 p.m., 10/30 - 12/11

Tuition: \$20 | Fee: \$119 | Total: \$139

MD residents age 60+ pay fee only



HOM184 Introduction to Apicology: BEEginner Beekeeping

6 sessions, 12 hours | 16+ | 🐝

Return to the roots of homesteading and savor the sweet, natural taste of honey. Beginning beekeeping will help you learn the basics. Explore the world of beekeeping from equipment to the rules and regulations that "swarm" around starting and managing a colony. You'll learn about honey production and processing; and floral sources for healthy bees. There is potential for a field trip. The instructor recommends that you purchase Honey Bee Biology and Beekeeping by Larry Connor and Dewey Caron. Price is \$90. It is not a required purchase. More information about the book will be provided by the instructor during class.

5-Digit Number: 27307 | Wed 6:00 - 8:00 p.m., 9/11 - 10/16

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

MD residents age 60+ pay fee only

Note: All Bee Keeping courses will meet on campus in an in-person environment.

For all classes:

Instructor: John Klapac

Location: Conference Center/E125



FOR155 Korean Language - Beginner

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

In this introductory Korean language course, students will learn the basics of reading and writing the Korean written language, common phrases in Korean and elements of Korean culture. Practice what you are learning by participating in class conversations.

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

Instructor: Sa-Im Park

5-Digit Number: 27302 | Wed, Fri 3:00 - 5:00 p.m., 7/24 - 8/16

Location: Braddock Hall/B215

Tuition: \$42 | Fee: \$138 | Total: \$180

MD residents age 60+ pay fee only

FOR124 Introduction to Italian Language & Culture - Part 1

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

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

Note: Students are required to purchase the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners by Lingo Mastery available online or in bookstores. This course will meet on campus in an in-person environment.

Instructor: Dora Jaar

5-Digit Number: 27298 | Fri 10:00 a.m. - 12:00 p.m., 10/11 - 12/6

No Class: 11/29 | Location: Conference Center/E140

Tuition: \$42 | Fee: \$138 | Total: \$180

MD residents age 60+ pay fee only

FOR224 Introduction to Italian Language & Culture - Part 2

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

Continue to develop your Italian language skills with practice conversations, videos, etc. which will help with day-to-day interactions with Italian speakers. The course will also include further insight into Italian customs, traditions, food and geography from the north to the south. Italy is a very diverse country with thousands of years of history and so much to explore. Completion of homework assignments from textbook is highly recommended.

Note: Students are required to purchase the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners by Lingo Mastery available online or in bookstores. This course will meet on campus in an in-person environment.

Instructor: Dora Jaar

5-Digit Number: 27299 | Wed 10:00 a.m. - 12:00 p.m., 10/9 - 11/27

Location: Braddock Hall/B215

Tuition: \$42 | Fee: \$138 | Total: \$180

MD residents age 60+ pay fee only

FOR423 French Conversation and Basic Communication

8 sessions, 16 hours | **16+** | 🐾

Develop ability to communicate orally and in writing in French. Practice what you are learning by participating in class conversations and completing classroom assignments. In each class, we will also discover some aspects of the French culture such as food, music, history, movies, celebrations and more. This class is for those who have the desire or need to communicate in French as well as understand the basics of French culture.

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

Instructor: Jessica McClain

5-Digit Number: 27283 | Mon 6:00 - 8:00 p.m., 9/30 - 11/18

Location: Conference Center/E134

Tuition: \$42 | Fee: \$138 | Total: \$180

MD residents age 60+ pay fee only





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



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

FOR300 American Sign Language For Beginners

10 sessions, 15 hours |  | 

Learn the basic conversational skills used in American Sign Language. Topics include basic grammar structure related to the exchange of personal information, introductions, negotiation with the environment, calendar, and commands. Learn basic survival signs through demonstration. Students practice what is covered in class. There is an optional purchase of the digital curriculum platform True+Way. You will learn more about this platform on the first day of class including how to purchase it, how it works, and how you might use it as a supplemental curriculum.

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

Instructor: Gloria Dunham


5-Digit Number: 27300 | Tue, Thu 6:00 - 7:30 p.m., 9/10 - 10/10

Location: Conference Center/E126A

Tuition: \$42 | Fee: \$138 | Total: \$180

MD residents age 60+ pay fee only

FOR303 American Sign Language II - Intermediate

10 sessions, 15 hours |  | 

Students will continue to learn and practice conversation skills used in American Sign Language I. They will learn more about ASL grammar structure, visual gestural, descriptive, negotiation with the environment, and deaf and hard-of-hearing culture. Students practice what is covered in class. There is an optional purchase of the digital curriculum platform True+Way. You will learn more about this platform on the first day of class including how to purchase it, how it works, and how you might use it as a supplemental curriculum.

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

Instructor: Gloria Dunham


5-Digit Number: 27301 | Tue, Thu 6:00 - 7:30 p.m., 10/15 - 11/14

Location: Conference Center/E126A

Tuition: \$42 | Fee: \$138 | Total: \$180

MD residents age 60+ pay fee only

FOR100 Basic Conversational Spanish

8 sessions, 16 hours |  | 

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

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

Instructor: Jennifer Books

5-Digit Number: 27249 | Tue, Thu 5:00 - 7:00 p.m., 10/8 - 10/31

Location: Conference Center/E140

Tuition: \$42 | Fee: \$138 | Total: \$180

MD residents age 60+ pay fee only

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.

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

Instructor: Jennifer Books

5-Digit Number: 27341 | Tue, Thu 5:00 - 7:00 p.m., 11/5 - 12/5

No Class: 11/26, 11/28 | Location: Conference Center/E140

Tuition: \$42 | Fee: \$138 | Total: \$180

MD residents age 60+ pay fee only



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



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

Learning on Location

LIR167 Glimpses of the Past Walking Tour: South Market Street

1 session, 1.5 hours | 55+

This easy walking tour includes retail history of former stores and restaurants along the route including notable architecture. We'll learn about the former B&O railroad station, the Maryland School for the Deaf, some Civil War history including Hessian soldiers, and Mt Olivet Cemetery (from the outside). This tour involves walking in downtown Frederick on mostly flat sidewalks and walkways with some elevation changes for about 1.5 miles moving at a slow pace. Rain Date - 9/21

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

Instructor: Jeanne McDermott

5-Digit Number: 27222 | Sat 10:00 - 11:30 a.m., 9/7

Location: Off Campus

Tuition: \$10 | Fee: \$8 | Total: \$18



LIR302 Tree Tour of Baker Park

1 session, 2 hours | 55+

Baker Park boasts a wide variety of trees, including some particularly big, impressive specimens and even several "champion" trees. During this walking tour we'll visit a variety of trees, explain what makes for a champion tree, and offer some tips on identifying different tree species. This walking tour involves walking on mostly flat walkways over 1.5 - 2 miles at a slow pace. Rain Date - 9/30

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

Instructor: Ralph Buglass

5-Digit Number: 27297 | Mon 10:00 a.m. - 12:00 p.m., 9/23

Location: Off Campus

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

FCC Shuttle Bus: Shuttle bus with air conditioning; no lavatory or WiFi.

ILR938 Capitol Hill Highlights

1 session, 8.5 hours | 55+

Capitol Hill is one of the most storied and visited sites in Washington DC. Our tour includes a docent lead tour of the U.S. Capitol Building to see the Crypt, Rotunda, and National Statuary Hall. We will also tour the Library of Congress for a guided walking tour of the historic Thomas Jefferson Building, where you'll marvel at the symbolic art and architecture. Finally, we head to the Supreme Court for a first and second floor tour to view the John Marshall statue, portraits and busts, and self-supporting marble staircases. This part of the tour is self-guided. Lunch is on your own at the U.S. Capitol Cafeteria. Please note that this tour does not include visiting the Senate and House Galleries and the Supreme Court courtroom. This tour involves moderate walking and standing.

Note: Transportation will be provided by the FCC Shuttle Bus. All bus trips depart from FCC. An email will be sent with trip details one week prior to the course date. This tour involves moderate walking and standing.

Instructor: Marsha Adelson

5-Digit Number: 27228 | Tue 8:00 a.m. - 5:30 p.m., 9/24

Location: Off Campus

Tuition: \$10 | Fee: \$72 | Total: \$82

LIR167 Glimpses of the Past Walking Tour: North Market Street Between 5th and 7th

1 session, 1.5 hours | 55+

This easy walking tour includes the historical background of former retail shops and restaurants including the architecture and ages of buildings. We will learn the story behind the Laboring Sons Memorial Grounds for African Americans, the Junior Fire Company #2 of Frederick, the historic 7th Street fountain, and the Lord Nickens mural and his history. This tour involves walking in downtown Frederick on mostly flat sidewalks and walkways with some elevation changes for about 1.5 miles moving at a slow pace. Rain Date - 10/4

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

Instructor: Jeanne McDermott

5-Digit Number: 27223 | Sat 10:00 - 11:30 a.m., 9/28

Location: Off Campus

Tuition: \$10 | Fee: \$8 | Total: \$18



LIR307 Lee's Predicament: The Battle(s) of South Mountain

1 session, 7 hours | 55+

South Mountain stands as the first battlefield loss of General Robert E. Lee. Lee did not expect to fight here; he did not intend to defend the mountain's gaps. He did not anticipate a retreat - nearly terminating the first invasion of the North. Something went wrong with the Confederate chieftain's plans. We will visit where it happened. We will explain why it happened. We will explore Maryland's first full-scale Civil War battlefield - right in our backyard. This tour involves moderate walking and standing on mostly flat surfaces. Expect to walk up to a distance of 1 mile spread throughout the day. A sit down lunch at a local restaurant is included in the fee.

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

Instructor: Dennis Frye

5-Digit Number: 27271 | Wed 7:30 a.m. - 4:30 p.m., 10/23

Location: Off Campus

Tuition: \$15 | Fee: \$119 | Total: \$134

MD residents age 60+ pay fee only



ILR882 National Museum of African American History Bus Tour

1 session, 6.5 hours | 55+

Spend a day exploring The National Museum of African American History and Culture, the only national museum devoted exclusively to the documentation of African American life, history, and culture. It was established by an Act of Congress in 2003, following decades of efforts to promote and highlight the contributions of African Americans. This tour is a drop and go tour. Though a trip leader will be present, there will be no ILR tour guide offering commentary while on the bus. Touring the museum will be at your own pace. Lunch will also be on your own at the Sweet Home Café located within the museum. This café showcases the rich culture and history of the African American people with traditional, authentic offerings as well as present-day food traditions. This tour involves moderate walking and standing up to one mile inside the museum.

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

Instructor: Continuing Education Instructor

5-Digit Number: 27272 | Thu 9:00 a.m. - 3:30 p.m., 11/7

Location: Off Campus

Tuition: \$10 | Fee: \$32 | Total: \$42



LIR220 C&O Canal: History and Nature - Dickerson Featuring Champion Trees

2 sessions, 3 hours | 55+

The Chesapeake and Ohio Canal--built as a commercial waterway through Frederick County alongside the unnavigable Potomac River when the nation was young--was doomed almost from the start by the railroad, and then put out of business altogether by river floods. Now a National Park, it is a cherished outdoor spot by cyclists, hikers, and others. This lecture and walking class examines the canal's history, especially the varied engineering marvels of its time, and as a place of both recreation and natural beauty today. The 2nd session walk will take place along the Dickerson section of the canal and will feature two very special trees. The walk is less than 2 miles with some elevation changes along dirt and gravel pathways. Students are to provide their own transportation to the meet up location for the walk. Rain Date for the walk - 12/2

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

Instructor: Ralph Buglass

5-Digit Number: 27226

Mon 1:00 - 2:30 p.m., 11/18 - 11/25

Location: Conference Center/E138, and Off campus

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

ILR871 Investment Strategies for Seniors Through Options (SR)

4 sessions, 8 hours |  |  | 



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

Note: This Structured Remote Course is entirely online.

Instructor: Richard Bender

5-Digit Number: 27150 | Mon, Wed 6:00 - 8:00 p.m., 9/9 - 9/18
Location: Online
Tuition: \$10 | Fee: \$79 | Total: \$89

LIR221 Preparing Important Documents for a Life Event

1 session, 2 hours |  | 



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

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

Instructor: Karen R Smith

Option 1: 5-Digit Number: 27147 | Thu 5:00 - 7:00 p.m., 7/11
Option 2: 5-Digit Number: 27148 | Thu 10:00 a.m. - 12:00 p.m., 11/21
Location: Conference Center/E138
Tuition: \$10 | Fee: \$12 | Total: \$22

ILR965 The Role of the Executor in Maryland

2 sessions, 5 hours |  | 


Learn how to be an executor for a loved one or designate the responsibilities as part of your own estate plan. Understand the legal responsibilities of the role and discuss required general competencies, including personal traits, while understanding the potential consequences for incorrect performance. Learn to organize tasks in advance, minimize errors, be compensated for the work, reduce stress, and recognize when to engage a professional.

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

Instructor: Marcy Gouge

5-Digit Number: 27149 | Mon, Wed 6:30 - 9:00 p.m., 10/14 - 10/16
Location: Braddock Hall/B111
Tuition: \$10 | Fee: \$49 | Total: \$59
MD residents age 60+ pay fee only

LIR212 Introduction to Social Security

2 sessions, 4 hours |  | 

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

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

Instructor: Kathy Barylski

5-Digit Number: 27160 | Wed 6:30 - 8:30 p.m., 11/6 - 11/13
Location: Conference Center/E138
Tuition: \$12 | Fee: \$42 | Total: \$54
MD residents age 60+ pay fee only



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



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



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

LIR288 Discover Your Past Lives

2 sessions, 3 hours | **55+**

Discuss theories on reincarnation, choices before birth that guide your life, soul mates, patterns in past lives and the time between lives. Explore ways to uncover past lives through hints in your everyday routine, dreams and meditation. Class will include an exercise to recall several past lives and the opportunity to share impressions.

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

Instructor: Brenda Thew

5-Digit Number: 27203 | Wed 2:00 - 3:30 p.m., 9/18 - 9/25

Location: Conference Center/E138

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

LIR246 Mindfulness and Meditation Literary Series: The Secular As Sacred - David I. Rome and the Body/Mind Connection

4 sessions, 6 hours | **55+**

David I. Rome details how we can use the wisdom of the body as a tool to embrace our lives more completely. Rome explains techniques such as focusing, developed by psychologist Eugene Gendlin, as well as his own mindfulness/awareness Buddhist practices, that help us access the body's felt sense. This felt sense can help us integrate both personal and shared experiences that we encounter in our lives. As part of the class, we will have a deep reading of Rome's work combined with experimentation with some of his varied techniques. With a true mind-body connection, an embodied presence, we become more capable of navigating the ups and downs of life. Meditation techniques will be explored and practiced during the course. We highly recommend that you purchase *Your Body Knows the Answer: Using Your Felt Sense To Solve Problems, Effect Change & Liberate Creativity* by David I. Rome, available in both print and e-reader forms. The book will be read during the course.

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

Instructor: Jerry Webster

5-Digit Number: 27204 | Mon 10:00 - 11:30 a.m., 11/18 - 12/9

Location: Conference Center/E138

Tuition: \$16 | Fee: \$56 | Total: \$72

MD residents age 60+ pay fee only



LIR300 Is Religion Going Extinct?

1 session, 2 hours | **55+**

Church membership has been declining in recent decades. Younger generations are more likely to be secular, agnostic, or atheist than their parents. Sigmund Freud and other notable scientists have claimed that humanity would eventually outgrow the need for religion as scientific knowledge, literacy, and critical thinking become widespread. But is this really the case? We'll explore how and why humans are religious, the role religion plays in human life, and the question of whether we're outgrowing our need for faith.

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

Instructor: Julie Castillo

5-Digit Number: 27267 | Fri 2:00 - 4:00 p.m., 10/18

Location: Conference Center/E138

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

LIR261 Understanding Spiritual Experiences and Phenomena, Part III

4 sessions, 6 hours | **55+**

Spiritual experiences are not well understood or discussed, but studies indicate that 70 percent of the population have one or more experience. Experiencers often fear being misunderstood or judged. Spiritual experiences happen in religious settings and in non-religious settings. This course will examine some of the enclaves of spiritual experiences in non-traditional religious settings such as shamanism, wicca and the occult. The course will also examine some of the descriptions of the world beyond, most notably from the writings of Swedenborg and Anthony Borgee. Finally, the course will look at healing and the relationship between spiritual phenomena and health. The emphasis will be on understanding experiences and finding common characteristics. This is not a class about beliefs or dogma. We will discuss recent research and the various organizations devoted to studying the various enclaves. And of course, sharing experiences is an important part of the course. Part III may be taken without having taken Part I or Part II.

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

Instructor: Sara Towe

5-Digit Number: 27211 | Mon 11:00 a.m. - 12:30 p.m., 10/7 - 10/28

Location: Conference Center/E138

Tuition: \$12 | Fee: \$54 | Total: \$66

MD residents age 60+ pay fee only



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



LIR296 Ghost Hunting 101

1 session, 2 hours | 55+ |

Learn how to become a ghost hunter. This is a beginner class that will teach you how to find ghosts, obtain physical evidence, and/or have a personal experience. You'll learn how to safely ghost hunt both physically and psychically. This class will prep you for real ghost hunting trips.

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

Instructor: Rhonda Russo

5-Digit Number: 27268 | Wed 6:00 - 8:00 p.m., 8/28

Location: Conference Center/E138

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



LIR296 Paranormal Investigator 101

1 session, 2 hours | 55+ |

Take this class after you take Ghost Hunting 101. You will learn how to conduct a proper paranormal activity investigation that goes beyond ghost hunting. Enhance your knowledge of investigation equipment. Then learn why and how to research your evidence. Your knowledge will help you distinguish between a ghost and other types of entities.

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

Instructor: Rhonda Russo

5-Digit Number: 27269 | Wed 6:00 - 8:00 p.m., 10/9

Location: Conference Center/E123

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



Lifting the Veil: Paranormal and Ghost Hunting

The supernatural is embedded in our culture. We celebrate Halloween. We watch scary movies. We hold superstitions and use crystals. Many are curious about the unexplained and seek out information that helps us make sense of it all. Each session will focus on a different topic. This course is presented as a roundtable discussion facilitated by instructors with experience in the topics. Students will be encouraged to participate. Bring your experiences and questions. We hope we can "lift the veil" for you and satisfy your curiosity about the paranormal.

Check back soon for an exciting ghost investigation opportunity.

LIR195 Lifting the Veil with Terri - Getting the Life You Want by Understanding Universal Law

Instructor: Terri Rodabaugh

5-Digit Number: 27208 | Wed 1:00 - 3:00 p.m., 7/17

Location: Conference Center/E138

LIR195 Lifting the Veil with Terri - Introduction to Your Protector Guide Through Meditation

Instructor: Terri Rodabaugh

5-Digit Number: 27209 | Wed 1:00 - 3:00 p.m., 9/11

Location: Conference Center/E138

LIR195 Lifting the Veil with Terri - Negative Energy Clearing

Note: This session requires that you bring a pendulum of your choice to class.

Instructor: Terri Rodabaugh

5-Digit Number: 27210 | Wed 1:00 - 3:00 p.m., 10/16

Location: Student Center/H262

LIR195 Lifting the Veil with Rhonda - Portals

Instructor: Rhonda Russo

5-Digit Number: 27205 | Wed 6:00 - 8:00 p.m., 10/23

Location: Conference Center/E136

LIR195 Lifting the Veil with Rhonda - Crossing Over

Instructor: Rhonda Russo

5-Digit Number: 27206 | Wed 6:00 - 8:00 p.m., 11/6

Location: Conference Center/E123

LIR195 Lifting the Veil with Rhonda - Techniques for Spirit Communication

Note: Plan to bring or share your favorite form of divination (dowsing rod, pendulum, etc) if you have one.

Instructor: Rhonda Russo


5-Digit Number: 27207 | Wed 6:00 - 8:00 p.m., 11/20

Location: Conference Center/E138

Note: All Lifting the Veil courses will meet on campus in an in-person environment.

For all classes: 1 session, 2 hours | 55+ | | Tuition: \$10 | Fee: \$14 | Total: \$24

PHO120 Lightroom Classic

4 sessions, 12 hours | 

Learn to edit your digital photos using the powerful Lightroom Classic from Adobe Creative Suite. In this four-part class, you will learn how to organize and manage your photos by creating a master photo file, import your organized photos into the Lightroom Library module, apply key words, flag favorites, etc. In the Develop Module, you will learn how to make not only basic edits, such as cropping and adjusting the exposure, but more advanced edits to your images, including changing to photos to black and white, fixing camera distortions, adding texture and clarity, creating virtual copies, and more. You will create Collections in Lightroom, another tool to help you quickly locate topics and favorites. Finally, you will use the tools in Lightroom to export your edited photos for various purposes, including printing and posting on social media. There will be time to work on editing your own photos as well as ones provided by the instructor. For this class, all students will need their own laptops, because you will be customizing the software in each class and saving changes and settings to your own workspace. It is also highly recommended that students have an external drive, 1tb or larger, on which to save their work and build their photo file. Prior to the first class, students will be contacted with information about how to download and install Lightroom Classic on their own computer.

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

Instructor: Walter Calahan



5-Digit Number: 27357 | Sat 9:30 a.m. - 12:30 p.m., 8/24 - 9/21

No Class: 8/31 | Location: Conference Center/E138

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



PHO134 Tabletop Photography - How to Photograph Small Collectables, Family Heirlooms

1 session, 4 hours |  | 

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

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

Instructor: Walter Calahan



5-Digit Number: 27359 | Tue 5:30 - 9:30 p.m., 9/17

Location: Conference Center/E125

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



PHO133 Contemplative Photography

4 sessions, 8 hours |  | 

Embark on a transformative journey specifically designed for individuals who are seeking creative expression and a sense of connection to place. Led by the seasoned mentor and professional photographer, John Canan, this immersive experience goes beyond traditional photography, inviting you to explore nature with a heightened sense of awareness, expression, and connection. One or more of the classes will take place outside and involve both standing and easy walking on uneven terrain. Please wear appropriate shoes and clothing for the outdoors. Meet up location will be provided at a later date. Students will be required to bring a camera to each class. A cell phone camera is suitable for this course. Also bring a notebook to use as a learning journal. Interested in a free introductory on-line session? Join John Canan for an overview of what the course covers and how it will work on Tuesday, August 20 at 7:00 PM. Contact the Program Office at 301.624.2727 or LifelongLearning@frederick.edu to obtain a link to the preview.

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

Instructor: John Canan

5-Digit Number: 27440 | Tue 7:00 - 9:00 p.m., 9/3 - 9/24

Location: Student Center/H251

Tuition: \$10 | Fee: \$62 | Total: \$72




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



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

PHO125 Image Management for Photographers

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

Designed to help those in need of developing a system for managing and storing digital image files. Participants will be instructed on one solid way to organize their files but will be offered multiple considerations so that everyone can make choices that best suit their sensibilities. Concepts covered will include file organization, external vs. internal hard drives, key wording, image rating, understanding metadata and file extensions (jpeg, NEF, CR2, Tiff, etc.), and a very brief introduction to Adobe Creative Suite as it relates to cataloguing.

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

Instructor: Walter Calahan

5-Digit Number: 27358 | Thu 6:00 - 9:00 p.m., 9/12

Location: Conference Center/E125

Tuition: \$10 | Fee: \$22 | Total: \$32

PHO131 Camera and Photography Basics

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

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

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

Instructor: Walter Calahan

Option 1: 5-Digit Number: 27354 | Sat 9:30 a.m. - 1:00 p.m., 10/12 - 10/19

Option 2: 5-Digit Number: 27355 | Sat 9:30 a.m. - 1:00 p.m., 12/7 - 12/14

Location: Conference Center/E125

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

PHO129 Mastering Exposure

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

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

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

Instructor: Walter Calahan

5-Digit Number: 27356 | Sat 9:30 a.m. - 1:30 p.m., 11/23

Location: Conference Center/E138

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



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



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

LIR118 Sustainability: Pursuing an Energy and Environmental Balance

3 sessions, 4.5 hours | **55+**

Sustainability is a buzzword capturing much attention these days. But "It's not easy being green!"- thank you Kermit. Ongoing concerns over natural disasters and the climate are stirring up passions and action groups. What are the real issues and what can we do? Since the industrial revolution, we have been dealing with the social and environmental ramifications of the growth of technology. We will look at the role of industry, government, and private citizens in communication and cooperation. We will also delve into the social, economic, and environmental impacts of our standard of living and energy dependence. Important issues such as the impact of datacenters, alternative energy sources fuel, and solid waste management will be discussed. The issues are both global and local. During the last session of the course, we will visit a waste management facility and take a tour. The facility will be within a 45-minute drive of the campus.

Note: This course will meet on campus and on location in an in-person environment. Students will be required to provide their own transportation to the meeting location.

Instructor: Mark Sankey

5-Digit Number: 27214 | Wed 2:00 - 3:30 p.m., 7/31 - 8/14
 Location: Conference Center/E138, and Off Campus
 Tuition: \$10 | Fee: \$42 | Total: \$52
MD residents age 60+ pay fee only

NEW ILR897 The Appalachian Trail Experience

2 sessions, 4 hours | **55+**

The Appalachian Trail (AT) might be America's most famous footpath and it travels right through Frederick County. We will explore the history of the AT and the hiking phenomenon it is today. The trail has a fun and quirky culture surrounding it and we will dive into some unique, fun facts. The first session is in the classroom and the second session is a hike to see some iconic sights on this famous footpath. Students are to provide their own transportation to the meet up location. Hike Rain Date - 10/31

Note: Students will be required to provide their own transportation to the meeting location. This course will meet on campus and on location in an in-person environment.

Instructor: Tara Gettig

5-Digit Number: 27229
 Tue 9:30 - 11:00 a.m., 10/22 & Tue 9:30 a.m. - 12:00 p.m., 10/29
 Location: Conference Center/E138, and Off Campus
 Tuition: \$10 | Fee: \$34 | Total: \$44

ILR968 Discover a Season - Autumn Nature Walk

1 session, 2 hours | **55+**


There's nothing like a mid-autumn stroll. The changing leaves will let us admire the diverse shapes and barks of many tree species. October is also an active season for birds as the last of our summer birds move south and the earliest of the winter birds arrive. Bald Eagles are year-round residents but October is our most likely time to observe them. We'll also keep our eyes out for native mammals like muskrat, beaver, and even the elusive fisher. There's plenty to see on a nature walk. Be prepared for moderate walking up to 1 mile. Dress for the weather.

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

Instructor: Kathy Barylski

5-Digit Number: 27213 | Thu 10:00 a.m. - 12:00 p.m., 10/24
 Location: Off Campus
 Tuition: \$10 | Fee: \$12 | Total: \$22

NEW REC143 Nature Connection and the Ecology of Place (SR)

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

Explore ecological principles, unravel the intricate web of biotic communities, and strengthen your knowledge of the natural world. Engage in hands-on activities to identify plant species and gain insights into local ecosystems. Participants will not only expand their ecological knowledge but also develop deeper roots in their local environment, creating meaningful connections to nature, to each other, and to themselves. Embark on a transformative exploration of the vibrant ecosystem that surrounds us all. The classes will be recorded and available to view via a secure website. Interested in a free introductory on-line session? Join John Canan for an overview of what the course covers and how it will work on Tuesday, July 23 at 7:00 PM. Contact the Program Office at 301.624.2727 or LifelongLearning@frederick.edu to obtain a link to the preview.

Note: This Structured Remote Course is entirely online.

Instructor: John Canan

5-Digit Number: 27457 | Tue 7:30 - 9:00 p.m., 8/6 - 8/27
 Location: Online
 Tuition: \$10 | Fee: \$54 | Total: \$64



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



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



ENG241 Telling It Short: Short Story Writing

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

Designed for those interested in writing short stories, this course explores the many aspects of storytelling. We will delve into the fundamentals of story writing by examining what works in stories already out in the world so that when you put pen to paper you can develop engaging characters, build compelling plots, and create immersive settings. Through constructive feedback sessions and peer review, you will refine your writing style and receive guidance on how to captivate your readers. In addition, sessions on editing and revision will help you polish your work and develop a keen editorial eye. The goal is to help you continue along your writing journey with confidence. A blank page can be intimidating; there will be writing prompts and practical exercises to help jump start your imagination.

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

Instructor: Ellen Weeren

5-Digit Number: 27303 | Wed 10:00 a.m. - 12:00 p.m., 7/24 - 9/11

Location: Braddock Hall/B215

Tuition: \$30 | Fee: \$169 | Total: \$199

MD residents age 60+ pay fee only

ENG240 Writing Memoir Using the Amherst Writers and Artists Method

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

This workshop follows the Amherst Writers and Artists (AWA) format; each participant is recognized as a writer with a unique voice. The facilitator offers the group writing prompts, participants write for a specific period of time and then share their writing. Group feedback focuses only on what is strong, memorable and working in the piece shared. Participants have the option to choose an alternate topic if the prompt offered does not appeal. The AWA method requires deep listening and the ability to enter the writer's world (amherstwriters.org). Participants will practice writing exercises developed by writers Natalie Goldberg, Mary Karr, and Anne LaMott, among others, to craft pieces of writing. In the last week or two of the class, writers will be invited to submit work for a manuscript review. This is an opportunity to receive feedback on one's work.

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

Instructor: Sherri Philpott

5-Digit Number: 27439 | Mon 1:00 - 3:00 p.m., 9/30 - 11/18

Location: Braddock Hall/B102

Tuition: \$30 | Fee: \$169 | Total: \$199

MD residents age 60+ pay fee only



ENG242 Digital Life Chronicles: Crafting Your Legacy in the Digital Age

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

This course equips participants with digital storytelling and legacy creation skills based on their life stories. Learners will explore digital writing, entry to multimedia production, and online publishing to create a personal digital story or legacy piece, effectively bridging traditional storytelling with modern technology. The course is designed to be interactive and engaging, focusing on collaborative learning and personal expression.

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

Instructor: Maru Willson

5-Digit Number: 27304 | Sat 1:00 - 3:00 p.m., 10/5 - 10/19

Location: Conference Center/E138

Tuition: \$10 | Fee: \$49 | Total: \$59

MD residents age 60+ pay fee only

SEN491 Writing Your Life Story: Tales for the Grandchildren

7 sessions, 14 hours | **55+**

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

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

Instructor: Dorothy O'Neal

5-Digit Number: 27241 | Wed 1:00 - 3:00 p.m., 10/2 - 11/13

Location: Braddock Hall/B102

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

MD residents age 60+ pay fee only



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

CO-LISTED CLASSES FOR ILR STUDENTS

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

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

FOR419 American Sign Language I

FOR406 Introductory French I

FOR429 American Sign Language II

FOR421 Introductory Spanish I

FOR412 Introductory German I

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

ONLINE COURSES BY ILR COURSE TITLE

ILR871 Investment Strategies for Seniors Through Options

ILR585 National Security Current Events

LIR266 Terrifying & Terrific: Unmasking the Monsters of Literature

ILR292 The Rise and Fall and Reinvention of Globalization

LIR287 Making Smart Investment Decisions

REC143 Nature Connection and the Ecology of Place

ACR172 Voices For All

FREE Summer/Fall Courses

ILR is proud to present **six free courses this summer/fall**. Join us for engaging classes focusing on planning, history, and psychology. The courses in this section were made possible by a generous donation from the Shirley Cruickshank Wolfe Fund.

LIR280 Artificial Intelligence Overview, Applications and Ethical Dilemmas

4 sessions, 6 hours | **55+**

Explore artificial intelligence (AI) from a historical perspective. This introduction course will discuss the technologies behind the tremendous advances of AI in recent years. We'll also examine AI potential applications, including advantages, disadvantages, limitations, and challenges. Our overview will include a brief look at applications like ChatGPT, Google Image Net, and others for image generation. Finally, we'll discuss ethical considerations that should guide AI research, development, and legislation. Is AI a boom or a bust for human creativity, education, and the job market? Similar questions will be addressed and framed within a realistic context without marketing embellishments.

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

Instructor: Guillermo Warley

5-Digit Number: 27221 | Thu 1:00 - 2:30 p.m., 8/1 - 8/22

Location: Student Center/H207

Tuition: \$0 | Fee: \$0 | Total: \$0



LIR969 Advance Care Planning: Your Life, Your Plan

1 session, 2 hours | **55+**

Advance Care Planning is making decisions about the type of care you would like if you are ever unable to speak for yourself. This course provides information and answers questions about how to make a deliberate plan to think about and complete your advance care planning decisions, sharing those decisions with those who will be in the position of making determinations for you, explaining what's important to you and why, and initiating this decision-making conversation with your parents or other family members/friends for whom you may be the one making the determinations. It also introduces the Frederick Health Advance Care Planning Initiative. It always seems too early, until it's too late. Do it for yourself and your family.

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

Instructor: Sharon Smith

5-Digit Number: 27227 | Wed 10:00 a.m. - 12:00 p.m., 8/21

Location: Conference Center/E138

Tuition: \$0 | Fee: \$0 | Total: \$0

LIR266 Monsters of Literature: A Short Study on Bram Stoker's Dracula, the Victorian Vampire (SR)

3 sessions, 3 hours | **55+** | 🧛‍♂️ | 📖

Originally published over 120 years ago, Dracula by Bram Stoker has remained as relevant, inspiring, and popular as ever. From gracing everything between novels to the silver screen to cereal boxes, Dracula has been memorialized, reinterpreted, spoofed, and otherwise remained a mainstay of horror since 1898. Join us in examining what lies behind the iconic red eyes and sharp teeth. We'll explore themes of science and modernity, Victorian culture and literary movements, good versus evil, love and death, and much more.

Note: This Structured Remote Course is entirely online.


Instructor: Kierstin Klimas

5-Digit Number: 27220 | Thu 6:00 - 7:00 p.m., 10/3 - 10/17

Location: Online

Tuition: \$0 | Fee: \$0 | Total: \$0

LIR287 Making Smart Investment Decisions (SR)

1 session, 1.5 hours | **55+** | 

Making smart investment decisions can make a big difference over your life-time and especially what you save for your retirement. With some basic understanding of investment products and risk and return, you can take steps to grow your nest egg. Discuss investment products, risk and return, volatility, and how fees can impact your portfolio. Learn the questions to ask before you invest, the red flags of fraud, and how to use the free resources on Investor.gov, the SEC's online portal for individual investors.

Note: This Structured Remote Course is entirely online.

Instructor: Securities & Exchange Commission

5-Digit Number: 27437 | Wed 10:00 - 11:30 a.m., 10/9

Location: Online

Tuition: \$0 | Fee: \$0 | Total: \$0



LIR297 The Unimaginable Journey of Peter Ertel - Film Screening and Director Discussion

1 session, 3 hours | **55+**

In the midst of great evil, it is the courageous man or woman who refuses to succumb, and Peter Ertel was one such man. Forced to serve in the German army despite his open contempt for the Nazis and his refusal to kill the enemy, Ertel would not only miraculously survive World War II but would also be regarded as family by his Jewish employers. *The Unimaginable Journey Of Peter Ertel* is a riveting, award-winning account of the life of a man who defied insurmountable odds in an unforgiving environment and who later found peace in America. This film combines archive footage – much of which has never before been shown – with Ertel's own brave telling of his extraordinary odyssey. A true story so bold, brave, and beautiful it will restore your faith that humanity can survive even the darkest of days. Winner of the "David Ponce Best of the Fest Award" at the 2017 Chagrin Documentary Film Festival, the "Founders' Choice Award" at the 2016 G.I. Film Festival, and the "Local Heroes Competition" at the 2017 Cleveland International Film Festival. Students will first screen the 104-minute film. Following a short break, students will then have an opportunity to have a conversation with the director via Zoom.

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

Instructor: Joe Cahn

5-Digit Number: 27334 | Fri 9:30 a.m. - 12:30 p.m., 11/1

Location: Sweadner Hall

Tuition: \$0 | Fee: \$0 | Total: \$0



LIR301 From Hot Tubs to Hygge: How to Relax Nordic-Style

4 sessions, 6 hours | **55+**

Nordic folks have some of the most chill lifestyles on the planet, and their remarkably robust health statistics prove the benefits of their commitment to low stress living. In this class, we'll discover mindsets and practices like hygge, saunas, hot tubs, beer spas, wild swimming, the Law of Jante, and Iceland's unofficial motto, Petta Reddast. Explore relaxing Nordic holidays such as Jolabokflod, Vappu, and Blót. This class is for globe-trekkers and armchair travelers alike, with tips on visiting these relaxing locales as well as creating beer spas, Nordic minimalism, hygge, and more right in your own home.

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

Instructor: Julie Castillo

5-Digit Number: 27270 | Fri 2:00 - 3:30 p.m., 11/15 - 12/13

No Class: 11/29 | Location: Conference Center/E138

Tuition: \$0 | Fee: \$0 | Total: \$0



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



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



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

ILR SUMMER/FALL 2024 CALENDAR • MONDAY - FRIDAY

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 5:00 Art Appreciation: Expressionism	2	3	4 INDEPENDENCE DAY NO CLASSES	5
8 <u>5:00 Art Appreciation: Expressionism</u>	9 9:00 Watercolor Painting - Studio	10 12:00 The Vance Stance	11 5:00 Prep. Important Docs	12 10:00 Early American History Textiles
15	16 9:00 Watercolor Painting - Studio 10:00 Genealogy Basics	17 10:00 Nat. Security 12:00 The Vance Stance 1:00 <u>Lifting the Veil with Terri - Theme 1</u>	18	19 9:30 Murals of Fred. Co. 10:00 Early American History Textiles
22	23 9:00 Watercolor Painting - Studio 10:00 Genealogy Basics 10:00 <u>Med. Curious - Theme 1</u>	24 10:00 Nat. Security 10:00 Short Story Writing 12:00 The Vance Stance 3:00 Korean Language - Beginner	25	26 10:00 Early Ameri. Hist. Textiles 11:00 History Bites - Headstones 3:00 Korean Language - Beginner
29	30 9:00 Watercolor Painting - Studio 10:00 Genealogy Basics	31 10:00 Nat. Security 10:00 Short Story Writing 2:00 Sustainability 3:00 Korean Language - Beginner 5:30 <u>Aged Vinegar</u>		

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

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 1:00 Artificial Intelligence	2 10:00 Beginning Calligraphy 3:00 Korean Language - Beginner
5 10:00 How to Listen to Jazz 1:30 Brain Health Breakthroughs 2:00 Sustainability	6 9:00 Watercolor Painting - Studio <u>10:00 Genealogy Basics</u> 10:00 Med. Curious - Theme 2 1:00 Self Defensive Tactics 7:30 Nature Connection	7 9:30 Computers for Scaredy Cats <u>10:00 Nat. Security</u> 10:00 Short Story Writing 12:00 The Vance Stance 2:00 Sustainability 3:00 Korean Language - Beginner	8 1:00 Artificial Intelligence	9 10:00 Beginning Calligraphy 10:00 War of 1812, Md. 3:00 Korean Language - Beginner
12 10:00 Claire McCardell 10:00 How to Listen to Jazz 1:30 Brain Health Breakthroughs 2:00 Sustainability	13 9:00 Watercolor Painting - Studio 7:30 Nature Connection	14 9:30 Computers for Scaredy Cats 10:00 Claire McCardell 10:00 Short Story Writing 12:00 The Vance Stance <u>2:00 Sustainability</u> 3:00 Korean Language - Beginner	15 9:30 Windows to Word 1:00 Artificial Intelligence	16 10:00 Beginning Calligraphy <u>10:00 Claire McCardell</u> 10:00 War of 1812, Md. <u>3:00 Korean Language - Beginner</u>
19 9:30 Intermediate Pen/Ink Drawing 10:00 How to Listen to Jazz 1:30 Brain Health Breakthroughs	20 9:00 Watercolor Painting - Studio 7:30 Nature Connection	21 9:30 Computers for Scaredy Cats <u>10:00 Adv. Care Planning</u> 10:00 African Cooking 10:00 Short Story Writing <u>12:00 The Vance Stance</u>	22 9:30 Windows to Word <u>1:00 Artificial Intelligence</u>	23 10:00 Beginning Calligraphy <u>10:00 War of 1812, Md.</u>
26 9:30 Intermediate Pen/Ink Drawing 10:00 How to Listen to Jazz <u>1:30 Brain Health Breakthroughs</u>	27 <u>9:00 Watercolor Painting - Studio</u> 11:00 History Bites, Pacific Theater <u>7:30 Nature Connection</u>	28 9:30 Internet & Email, Beginners 10:00 African Cooking 10:00 Short Story Writing 1:30 Introduction to Google Docs 6:00 Ghost Hunting 101	29 <u>9:30 Windows to Word</u>	30 10:00 Beginning Calligraphy

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

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR DAY NO CLASSES</p>	<p>3 9:00 Watercolor Painting, Beg/Inter 12:00 Watercolor Painting, Adv. 7:00 Contemplative Photography</p>	<p>4 9:30 Internet & Email, Beginners 10:00 African Cooking 10:00 Shinrin-yoku, Forest Therapy, Class & Walk 10:00 Short Story Writing 1:30 Introduction to Google Docs 6:00 Usui Reiki 1st Degree</p>	<p>5 10:00 Shinrin-yoku, Forest Therapy, Class & Walk 10:00 The Fool's Journey: Tarot Cards</p>	<p>6 9:30 Drawing for Beginners 10:00 Beginning Calligraphy 10:00 Hist., US Spec. Ops</p>
<p>9 9:30 George Washington 9:30 Intermediate Pen/Ink Drawing 10:00 How to Listen to Jazz 6:00 Investment Strategies, Seniors</p>	<p>10 9:00 Watercolor Painting, Beg/Inter 12:00 Watercolor Painting, Adv. 2:00 Aviation History 6:00 ASL, Beginners 7:00 Contemplative Photography</p>	<p>11 10:00 Short Story Writing 1:00 DNA Matches, Genealogy 1:00 Lifting the Veil with Terri - Theme 2 6:00 Investment Strategies, Seniors 6:00 Intro. Beekeeping 6:00 Usui Reiki 1st Degree</p>	<p>12 10:00 The Fool's Journey: Tarot Cards 1:00 Tai Chi 6:00 ASL, Beginners 6:00 Image Management, Photographers</p>	<p>13 9:30 Drawing for Beginners 10:00 Beginning Calligraphy 10:00 Hist., US Spec. Ops 2:00 Democracy in America</p>
<p>16 9:30 George Washington 10:00 How to Listen to Jazz 1:00 Hand Embroidery, Beginners 6:00 Investment Strategies, Seniors</p>	<p>17 11:00 History Bites - Ameri. Rev. 1:00 Mid. East. Studies, Current Issues 1:30 Beginner Gentle Yoga 2:00 Aviation History 5:30 Tabletop Photography 6:00 ASL, Beginners 6:00 Sewing in a Nutshell 7:00 Contemplative Photography</p>	<p>18 1:00 DNA Matches, Genealogy 2:00 Discover Your Past Lives 6:00 Investment Strategies, Seniors 6:00 Intro. Beekeeping 6:00 Usui Reiki 1st Degree</p>	<p>19 10:00 The Fool's Journey: Tarot Cards 1:00 Tai Chi 6:00 ASL, Beginners 6:00 Sewing in a Nutshell 7:00 Maryland Whiskey 101</p>	<p>20 9:30 Drawing for Beginners 10:00 Beginning Calligraphy 10:00 Hist., US Spec. Ops 2:00 Democracy in America</p>
<p>23 9:30 George Washington 10:00 Tree Tour of Baker Park</p>	<p>24 8:00 Capitol Hill Highlights 9:00 Watercolor Painting, Beg/Inter 12:00 Watercolor Painting, Adv. 1:00 Mid. East. Studies, Current Issues 1:30 Beginner Gentle Yoga 2:00 Aviation History 6:00 ASL, Beginners 7:00 Contemplative Photography</p>	<p>25 10:00 Med. Curious - Theme 3 2:00 Discover Your Past Lives 6:00 Intro. Beekeeping 6:00 Usui Reiki 1st Degree</p>	<p>26 1:00 Law and Racism 1:00 Tai Chi 6:00 ASL, Beginners 6:00 Beeconomics</p>	<p>27 9:30 Drawing for Beginners 10:00 Hist., US Spec. Ops 2:00 Democracy in America</p>
<p>30 9:30 George Washington 1:00 Writing Memoir 6:00 French Communication</p>				

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

ILR SUMMER/FALL 2024 CALENDAR • MONDAY - FRIDAY

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Watercolor Painting, Beg/Inter 12:00 Watercolor Painting, Adv. 1:00 Mid. East. Studies, Current Issues 1:00 Wireless Technology 1:30 Beginner Gentle Yoga 2:00 Aviation History 6:00 ASL, Beginners 6:00 Music & History Baker Park Carillon 6:00 Sewing Machine - BYOSM	2 <u>12:00 History Bites, Harpers Ferry</u> 1:00 Writing Your Life Story 6:00 Intro. Beekeeping 6:30 Loc. African Ameri. Hist.	3 10:00 Dementia 101 1:00 Law and Racism 1:00 Tai Chi 6:00 ASL, Beginners 6:00 Monsters of Literature <u>6:00 Sewing Machine - BYOSM</u>	4 9:30 Sayings & Expressions <u>10:00 Hist., US Spec. Ops</u> 2:00 Democracy in America
7 11:00 Composers in Their Time 11:00 Spiritual Experiences, Part III 1:00 Writing Memoir 2:00 Free Speech 6:00 French Communication	8 9:00 Watercolor Painting, Beg/Inter 12:00 Watercolor Painting, Adv. 1:00 Mid. East. Studies, Current Issues 1:00 Wireless Technology 1:30 Beginner Gentle Yoga 2:00 Aviation History 5:00 Basic Spanish 6:00 ASL, Beginners	9 10:00 Intro. Italian Lang. & Cult., Pt. 2 10:00 Smart Invest. Dec. 12:00 History Bites - 1862 Md. 1:00 Writing Your Life Story 4:30 Going Paperless 6:00 Intro. Beekeeping 6:00 Paranormal Investigator 101 6:30 Loc. African Ameri. Hist.	10 10:00 Dementia 101 1:00 Law and Racism 1:00 Tai Chi 5:00 Basic Spanish <u>6:00 ASL, Beginners</u> 6:00 Monsters of Literature	11 9:30 Diary Writers of Fred. 10:00 Continuing Calligraphy 10:00 Intro. Italian Lang. & Cult., Pt. 1 11:00 Music, FSO - Theme 1 <u>2:00 Democracy in America</u>
14 11:00 Composers in Their Time 11:00 Spiritual Experiences, Part III 1:00 Writing Memoir 2:00 Free Speech 6:00 French Communication 6:30 Role of the Executor Md.	15 9:00 Watercolor Painting, Beg/Inter 10:00 Armchair Escape Series: Alaska 12:00 Watercolor Painting, Adv. <u>1:00 Mid. East. Studies, Current Issues</u> 1:00 Wireless Technology <u>1:30 Beginner Gentle Yoga</u> <u>2:00 Aviation History</u> 5:00 Basic Spanish 6:00 ASL II, Intermediate	16 10:00 Intro. Italian Lang. & Cult., Pt. 2 10:00 Med. Curious - Theme 4 <u>12:00 History Bites - McClellan</u> 1:00 Lifting the Veil with Terri - Theme 3 1:00 Writing Your Life Story 4:30 Going Paperless <u>6:00 Intro. Beekeeping</u> 6:30 Loc. African Ameri. Hist. <u>6:30 Role of the Executor Md.</u> 7:00 Mixology: The Basics	17 10:00 Ameri. Hist. Female Eyes, Pt. 1 <u>10:00 Dementia 101</u> 1:00 Law and Racism 1:00 Tai Chi 5:00 Basic Spanish 6:00 ASL II, Intermediate <u>6:00 Monsters of Literature</u>	18 10:00 Continuing Calligraphy 10:00 Intro. Italian Lang. & Cult., Pt. 1 2:00 Is Religion Extinct?
21 11:00 Composers in Their Time 11:00 Spiritual Experiences, Part III 1:00 Music in Advertising 1:00 Writing Memoir 2:00 Free Speech 6:00 French Communication	22 9:00 Watercolor Painting, Beg/Inter 9:30 Appalachian Trail Exp. 10:00 Armchair Escape Series: Alaska 12:00 Watercolor Painting, Adv. <u>1:00 Wireless Technology</u> 1:30 Sleep, Brain Health 5:00 Basic Spanish 6:00 ASL II, Intermediate	23 7:30 Lee's Predicament 10:00 Aging in Place 10:00 Intro. Italian Lang. & Cult., Pt. 2 10:00 Genealogy Family Hist. 12:00 History Bites - Spy Game, Md. 1:00 Writing Your Life Story 4:30 Going Paperless 5:30 Liquid Gold: The Olive Oil Class 6:00 Lifting the Veil with Rhonda - Theme 1 <u>6:30 Local African American History</u>	24 10:00 Ameri. Hist. Female Eyes, Pt. 1 10:00 Discover a Season, Nature Walk <u>1:00 Law and Racism</u> 1:00 Tai Chi 5:00 Basic Spanish 6:00 ASL II, Intermediate 6:30 Crochet for Beginners	25 10:00 Continuing Calligraphy 10:00 Intro. Italian Lang. & Cult. - Pt. 1
28 11:00 Composers in Their Time 11:00 Spiritual Experiences, Part III 1:00 Music in Advertising 1:00 Writing Memoir 2:00 Free Speech 6:00 French Communication	29 9:00 Watercolor Painting, Beg/Inter <u>9:30 Appalachian Trail Exp.</u> <u>10:00 Armchair Escape Series: Alaska</u> 12:00 Watercolor Painting, Adv. 1:00 Mid. East. Studies, Islam History 1:30 Sleep, Brain Health 5:00 Basic Spanish 6:00 ASL II, Intermediate 6:30 Travel Light, Travel Easy	30 9:00 Russian History <u>10:00 Aging in Place</u> 10:00 Genealogy Family Hist. 10:00 Intro. Italian Lang. & Cult., Pt. 2 12:00 History Bites, Monocacy Camp. 1:00 Writing Your Life Story 6:00 Advanced Beekeeping	31 10:00 Ameri. Hist. Female Eyes, Pt. 1 1:00 Tai Chi <u>5:00 Basic Spanish</u> 6:00 ASL II, Intermediate 6:30 Crochet for Beginners	

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

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Intermediate Drawing 9:30 Peter Ertel Discussion 10:00 Continuing Calligraphy 10:00 Intro. Italian Lang. & Cult.- Pt. 1
4 10:00 Armchair Escape Series: Colorado 11:00 Composers in Their Time <u>1:00 Music in Advertising</u> 1:00 Writing Memoir <u>2:00 Free Speech</u> 5:30 Introduction to Watercolor 6:00 French Communication	5 9:00 Watercolor Painting, Beg/Inter 11:00 Rebuilding the Capitol - Lecture 12:00 Watercolor Painting, Adv. 1:00 Mid. East. Studies, Islam History 1:30 Sleep, Brain Health 5:00 Continuing Spanish 6:00 ASL II, Intermediate	6 9:00 Russian History 10:00 Genealogy Family Hist. 10:00 Globalization 10:00 Intro. Italian Lang. & Cult., Pt. 2 12:00 History Bites - After Monocacy 1:00 Writing Your Life Story 1:30 Raise Your Wine IQ 6:00 Advanced Beekeeping 6:30 Intro. to Social Security 6:00 Lifting the Veil with Rhonda - Theme 2	7 9:00 National Museum of African American History <u>10:00 Ameri. Hist. Female Eyes, Pt. 1</u> 1:00 Tai Chi 5:00 Continuing Spanish 6:00 ASL II, Intermediate <u>6:30 Crochet for Beginners</u> 7:00 Gin 101	8 9:30 Intermediate Drawing 10:00 Continuing Calligraphy 10:00 Intro. Italian Lang. & Cult.- Pt. 1 10:00 Pirates Ches. Bay
11 10:00 Armchair Escape Series: Colorado <u>11:00 Composers in Their Time</u> 1:00 Writing Memoir 5:30 Introduction to Watercolor 6:00 French Communication	12 9:00 Watercolor Painting, Beg/Inter 10:00 Med. Curious - Theme 5 <u>11:00 Rebuilding the Capitol - Lecture</u> 12:00 Watercolor Painting, Adv. 1:00 Mid. East. Studies, Islam History 1:30 Sleep, Brain Health 5:00 Continuing Spanish 6:00 ASL II, Intermediate	13 9:00 Russian History <u>10:00 Genealogy Family Hist.</u> 10:00 Globalization 10:00 Intro. Italian Lang. & Cult., Pt. 2 <u>1:00 Writing Your Life Story</u> 6:00 Advanced Beekeeping <u>6:30 Intro. to Social Security</u>	14 <u>1:00 Tai Chi</u> 5:00 Continuing Spanish <u>6:00 ASL II, Intermediate</u> 6:30 Crochet for Beginners, Next Step	15 9:30 Intermediate Drawing 10:00 Continuing Calligraphy 10:00 Intro. Italian Lang. & Cult.- Pt. 1 10:00 Pirates Ches. Bay 2:00 Relax Nordic-Style
18 <u>10:00 Armchair Escape Series: Colorado</u> 10:00 Mind and Medi. Lit. Series 5:30 Introduction to Watercolor 1:00 C&O Canal: History and Nature 1:00 Sewing in a Nutshell <u>1:00 Writing Memoir</u> 6:00 French Communication	19 9:00 Watercolor Painting, Beg/Inter 10:00 Fool's Journey: Tarot Cards 2 <u>11:00 Rebuilding the Capitol - Hike</u> 12:00 Watercolor Painting, Adv. 1:00 Mid. East. Studies, Islam History <u>1:30 Sleep, Brain Health</u> 5:00 Continuing Spanish	20 9:00 Russian History 10:00 Globalization 10:00 Intro. Italian Lang. & Cult., Pt. 2 1:00 Sewing in a Nutshell 6:00 Advanced Beekeeping 6:00 Lifting the Veil with Rhonda - Theme 3	21 10:00 Designer Greeting Cards 10:00 Prep. Important Documents 5:00 Continuing Spanish <u>6:30 Crochet for Beginners, Next Step</u>	22 9:30 Intermediate Drawing 10:00 Continuing Calligraphy 10:00 Intro. Italian Lang. & Cult.- Pt. 1 <u>10:00 Pirates Ches. Bay</u> 2:00 Relax Nordic-Style
25 10:00 Mind and Medi. Lit. Series <u>1:00 C&O Canal: History and Nature</u> <u>5:30 Introduction to Watercolor</u>	26 9:00 Watercolor Painting, Beg/Inter <u>12:00 Watercolor Painting, Adv.</u> <u>1:00 Mid. East. Studies, Islam History</u>	27 <u>10:00 Globalization</u> <u>10:00 Intro. Italian Lang. & Cult., Pt. 2</u> 6:00 Advanced Beekeeping	28 THANKSGIVING BREAK NO CLASSES	29

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

ILR SUMMER/FALL 2024 CALENDAR • MONDAY - FRIDAY

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Mind and Medi. Lit. Series 5:30 Introduction to Oil Pastels	3 10:00 Fool's Journey: Tarot Cards 2 5:00 Continuing Spanish	4 6:00 Advanced Beekeeping	5 <u>5:00 Continuing Spanish</u>	6 9:30 Vintage Christmas Celebrations 10:00 Continuing Calligraphy 10:00 Intro. Italian Lang. & Cult. - Pt. 1 11:00 Music, FS0 - Theme 2 2:00 Relax Nordic-Style
9 10:00 Mind and Medi. Lit. Series 1:00 Ultimate Binding Class 5:30 Introduction to Oil Pastels	10 10:00 Fool's Journey: Tarot Cards 2 1:00 Ultimate Binding Class	11 <u>1:00 Ultimate Binding Class</u> <u>6:00 Advanced Beekeeping</u>	12	13 <u>2:00 Relax Nordic-Style</u>
16	17 <u>10:00 Fool's Journey: Tarot Cards 2</u>	18	19	20

ILR SUMMER/FALL 2024 CALENDAR • SATURDAY

July 2024

SATURDAY
13 10:00 Ikebana: Living with Flowers
20 10:00 Ikebana: Living with Flowers
27 <u>10:00 Ikebana: Living with Flowers</u>

September 2024

SATURDAY
7 9:30 Lightroom Classic 9:30 Introduction to Metalsmithing <u>10:00 Glimpses of the Past Walking Tour: South Market Street</u>
21 <u>9:30 Lightroom Classic</u> <u>11:00 A Taste of Asia - Theme 2</u>
28 <u>10:00 Glimpses of the Past Walking Tour: North Market Street Between 5th and 7th</u> <u>11:00 A Taste of Asia - Theme 2</u>

November 2024

SATURDAY
2 <u>9:30 Introduction to Metalsmithing</u>
9 <u>11:00 A Taste of Asia - Theme 3</u>
23 <u>9:30 Mastering Exposure</u>

August 2024

SATURDAY
17 <u>11:00 A Taste of Asia - Theme 1</u>
24 9:30 Lightroom Classic <u>10:00 Shinrin-yoku - Forest Therapy, Walk Only</u>
31 LABOR DAY WEEKEND, NO CLASSES

October 2024


SATURDAY
5 9:30 Jewelry Soldering Workshop 1:00 Digital Life Chronicles
12 9:30 Camera and Photography Basics 1:00 Digital Life Chronicles
19 <u>9:30 Camera and Photography Basics</u> <u>1:00 Digital Life Chronicles</u> <u>2:00 Shinrin-yoku - Forest Therapy, Walk Only</u>

December 2024

SATURDAY
7 9:30 Camera and Photography Basics
14 <u>9:30 Camera and Photography Basics</u>

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

How to Register for ILR55+ Classes

ONLINE	NEED HELP REGISTERING?
<ul style="list-style-type: none">• Go to Frederick.edu/ILR.• Click Login/Create Account in the left menu.• Enter username and password or choose Create Account. (Be sure to select Yes to email preference, as class confirmations and receipts are provided via email.)• Click Browse, then ILR55+ Programs to view available classes.• On a class page, click Add to Cart to begin and then View Cart to continue the registration process.• Check Agree to Refund Policy.• Click Check Out to submit payment and complete your registration.	 <p>CEWD Registration Office – Jefferson Hall For in-person registration.</p>  <ul style="list-style-type: none">• For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888 during normal business hours: Monday: 8:30 a.m. - 6:00 p.m. Tuesday - Friday: 8:30 a.m. - 4:30 p.m.• Peak Months (January, July, and August) Thursdays: open until 6:00 p.m.

Waiting List

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

Important Notes

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

Class Refund Policy

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

Drop/Refund Request within Refund Period

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

Students have two methods to drop a class:

1. Log into <https://frederick.edu/QuickEnroll> and following the directions under How to Drop a Class on the Payments & Refund page. Self-drops are available up to seven (7) days prior to the class start date.
2. Email CEInfo@frederick.edu any time prior to the refund deadline. The drop/refund request must be initiated from the email address associated with the student's account.

Refund Request Outside of Refund Period

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

Approved Refunds

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

Registration Fee

The annual registration fee of \$9 is only refundable when FCC cancels a course and the student has not enrolled in any other classes during the period.

Age Requirements

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

College Policies & Procedures

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

Family Educational Rights & Privacy Act of 1974 (FERPA)

FERPA, commonly known as the Buckley Amendment, was issued by the Department of Health, Education and Welfare in the 1976 Federal Register. The regulations were transferred to the Department of Education when it was established and codified in Part 99 of Title 34 of the Code of Federal Regulations. The purpose of FERPA is to afford certain rights to students concerning their educational records. FERPA applies to all schools that receive funding under most programs administered by the Secretary of Education. Most post-secondary institutions, both public and private, generally receive such funding and must, therefore, comply with FERPA. FERPA applies to all education records maintained by a post-secondary institution, or by any party acting for the institution, which are directly related to the student. These include but are not limited to assessment test scores, academic standing, rosters, class schedule, or any information must contact the Enrollment Center (located on the first floor of Jefferson Hall) in writing with their request. Contact the Welcome Center for additional information.

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

FCC Main Campus

7932 Opossumtown Pike
Frederick, MD 21702

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

The Monroe Center (MC)

200 Monroe Avenue
Frederick, MD 21701

Offsite Locations

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

McClintock Distilling
35 S. Carroll Street
Frederick, MD 21701

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

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

Visit frederick.edu for directions and hours of operation.



- Evacuation Locations
- Accessible Parking
- Electric Car Charging

Frederick Community College, ILR Summer/Fall 2024 – 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 (FCC) prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Under the ADA and Section 504, FCC makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. For FCC employees needing accommodations, including interpreting, please email humanresources@frederick.edu. For students and others with accommodation needs or questions, please call 301.846.2408, or to request sign language interpreter services, please email interpreting@frederick.edu. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. Requests must be made at least five workdays before a scheduled event to guarantee accommodations. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.

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

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

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

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THE CURIOUS TRAVELER CLUB

Free and open to all ILR students

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

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

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



Register today! Scan the QR code or visit ILRFCC.org