



Frederick Community College

Fall 2018

# ILR

## 55+

*"We really value the quality and variety of classes that are offered, the opportunities to extend our knowledge, and the chance to meet wonderful people."*

*Laura Hart &  
John Antonishak  
ILR Students*

**More than 30 new courses this Fall!**





# Institute for Learning in Retirement

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

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## Call Us

ILR Online Registration Help Line .....	301.624.2888
College Information Center.....	301.846.2419
Services for Students with Disabilities.....	301.846.2408

## The ILR Mission

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

## Thank you!

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

**Registration now open.**

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

Please contact us with any questions.

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*Dear Lifelong Learner,*

Writer and activist Frances Lear once said, "I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it."

How are you enjoying this time in your life? Where does your enjoyment come from?

For many of us, the first half of our life is spent growing up and gaining responsibilities. Along the way, we learn about ourselves, what matters to us in life, and what brings us joy.

New experiences allow us to continue to learn about ourselves and the world around us.

There are many opportunities for new experiences at ILR this fall, including writing and literature classes.

You'll surely learn about yourself and the life lessons you wish to impart onto your loved ones through Dottie O'Neal's popular and long-running course, "Writing Your Life Story: Tales for the Grandchildren."

If it's someone else's life you want to write about, check out the course, "Writing Your Short Story or Novel," taught by award-winning author Judy Kelly.

If you're more interested in reading instead of writing, Erik Anderson's new course, "Medieval Literature & Culture: England from the 800s through the 1300s," will explore the literature of Old English and Middle English, and the cultural, technological, historical, and economic forces that shaped early English literature and paved the way for modern English.

In addition to writing and literature courses, ILR has courses in almost every subject, taught by passionate, experienced, and thoughtful professors like Dr. Karen Gray.

Dr. Gray, who holds a bachelor's degree in Sacred Theology from Harvard Divinity School and a Ph.D. from the University of Edinburgh, is a recent retiree herself. After 20 years of designing adult study tours for the Smithsonian Associates, her expertise in world religions and education make her an ideal instructor for our fall course, "Ethical Explorations: From the Ancient Greeks to the Present." The course will delve into the history and sources of diverse human codes. Dr. Gray will encourage students to consider their own moral codes and the ways in which they interact with those whose codes are sometimes not just different, but in conflict with their own.

Wherever your interests lie, let ILR ignite your curiosity through our many course offerings.

This fall, take time to enjoy life, follow your passion, and learn something new. We know you'll be glad you did.



Sincerely,

A handwritten signature in black ink that reads "Kelli Ackiewicz". The signature is fluid and cursive, with a prominent initial "K".

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

# Fall 2018 ILR Courses

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## Fall 2018 Featured Instructor

### Karen Gray

Karen Gray, Ph.D., received her S.T.B. degree from Harvard Divinity School and her Ph.D. from the University of Edinburgh where her thesis was on "Religious Atheism in Contemporary Western Thought: A Christian Problem and a Buddhist Perspective." She recently retired after 20 years with the Smithsonian Associates designing adult study tours. She has had a lifelong fascination with the world's religions which she approaches with openness and from a scholarly perspective. Karen has taught over 30 ILR courses.



NEW

### ILR551 Ethical Explorations: From the Ancient Greeks to the Present

4 sessions, 10 hours

Without a doubt, our moral code, or lack thereof, is at the heart of our lives, affecting our finances, politics, legal situation, associations and relationships, and even our most life-changing, intimate personal decisions. In this series of lectures, Dr. Karen Gray considers the history and sources of diverse human codes. She'll explore moral philosophy in a way that is intended to assist the students in the understanding and nature of their own moral codes, and the ways in which they interact with those whose codes are sometimes not just different, but in conflict with their own. Dr. Gray's heavily illustrated PowerPoint presentations are two hours long with a 10 minutes break in the middle and half an hour for discussion at the end.

5-Digit Number: 16263

Fri, 10 a.m. - 12:30 p.m., 10/12 - 11/2

Location: Conference Center/E-123

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only

### Student Reviews

*"Dr. Karen Gray is a phenomenal scholar and an entertaining lecturer. Her excellent visual presentations are an integral part of every course. I thoroughly enjoy her classes. I look forward to taking her next one."*

-Robin Rolph

*"Dr. Karen Gray is a scholar. Scholars are few and far between in our world but because of ILR I have been privileged to spend many hours with one. Beyond scholarship, Karen is a whiz at visual presentation too. Wherever does she find those pictures, those documents? Overall, her classes are illuminating!"*

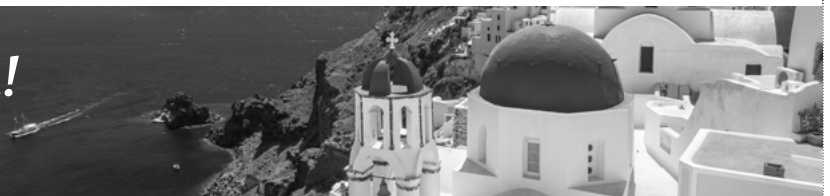
-Elizabeth Middleton

*"I've taken many of Dr. Gray's classes over the 9 years since I retired on a wide variety of subjects. When I get my ILR schedule, I check to see what she's teaching. Then I say 'I didn't know I was interested in that but I guess I am.'"*

-Nancy Ahr

## Travel to Greece with ILR!

See page 29 for details.



## Monday

NEW

### ILR555 The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun

1 session, 3 hours

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

**Instructor:** Mary Mannix has been a professional tarot educator and reader for over five years. She read and held classes at The Owl Nest, Frederick's former premier metaphysical store. She has taught "101 courses" and hosted "meet-ups." Mary now regularly participates at Illuminate Festivals in Maryland. A librarian and historian in her other life, Mary strives to not only interpret the cards during a reading, but to also help her querents understand the history and symbolism of the cards they are dealt.

5-Digit Number: 16291

Mon, 9 a.m. - 12 p.m., 9/10

Location: Conference Center/E-123

Tuition: \$10.00 Fee: \$32.00

Total: \$42.00

MD residents age 60+ pay fee only

NEW

### ILR865 Writing Your Short Story or Novel

8 sessions, 16 hours

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

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

5-Digit Number: 16258

Mon, 1:30 p.m. - 3:30 p.m., 9/10 - 10/29

Location: Conference Center/E-106

Tuition: \$50.00 Fee: \$129.00

Total: \$179.00

MD residents age 60+ pay fee only

### ILR796 Making the Most of Your Android or Windows Smart Phone

2 sessions, 4 hours

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

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

5-Digit Number: 16369

Mon, 1 p.m. - 3 p.m., 9/10 - 9/17

Location: Conference Center/E-109

Tuition: \$14.00 Fee: \$39.00

Total: \$53.00

MD residents age 60+ pay fee only

### ILR788 Nature Walks 101 - Flora and Fauna

4 sessions, 8 hours

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

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

5-Digit Number: 16342

Mon, 10 a.m. - 12 p.m., 9/10 - 10/1

Location: Conference Center/E-106

Tuition: \$30.00 Fee: \$69.00

Total: \$99.00

MD residents age 60+ pay fee only

NEW

**ILR546 The Defiant Requiem**

6 sessions, 12 hours

This course tells the little known story of the Nazi concentration camp, Terezin. Led by imprisoned conductor Rafael Schächter, the inmates of Terezín fought back...with art and music. This course will involve viewing a film followed by an in-class discussion. We will also explore other music and artists that reflected social change.

**Instructor:** Lynn Fleming is currently principal bassist with the National String Symphonia. Additionally, she has conducted a number of orchestras and has participated in the InterHarmony Music Festival in Italy. She is currently the director and conductor of the Frederick Community College String Ensemble. A graduate of the Juilliard School of Music, Ms. Fleming spent ten years teaching and performing in Venezuela with the Maracaibo Symphony Orchestra. Ms. Fleming eventually joined the faculty of the Juilliard School Music Advancement Program where she taught double bass and performed with some of the premier ensembles in NYC and the surrounding area.

5-Digit Number: 16262

Mon, 1 p.m. - 3 p.m., 9/10 – 10/15

Location: Conference Center/E-124B

Tuition: \$24.00 Fee: \$99.00

Total: \$123.00

MD residents age 60+ pay fee only

NEW

**ILR559 The Pugilist: Andrew Jackson and His Presidency**

6 sessions, 12 hours

This course will cover Jackson's background, including his controversial marriage, personal traits and political philosophy. We'll explore major events of his two-term presidency including the Eaton Affair, the 1832 South Carolina nullification crisis, the Bank of the United States, the "spoils system" and "kitchen cabinet," Indian removal, and the creation of the modern Democratic Party. We'll finish the course with a discussion of the legacy of the "Age of Jackson."

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

5-Digit Number: 16264

Mon, 9:30 a.m. - 11:30 a.m., 9/17 – 10/22

Location: Conference Center/E-123

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only

NEW

**ILR563 Equal Protection: The 14th Amendment**

6 sessions, 9 hours

This course considers the uniquely American approach to "state action" as it applies to the obligations of the states to provide equal protection to citizens of the United States. These rights are conferred on the citizenry by the Fourteenth Amendment to the Constitution which provides "No State shall make or enforce any law.... (which would) deny to any person within its jurisdiction the equal protection of the laws." We will consider the historical, sociological and political reasons surrounding the adoption of the 14th Amendment and its application over time. We will also consider matters of race, economic and social regulations, age, disability, sexual orientation, gender, marriage, voting, access to courts, and the right to travel.

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

5-Digit Number: 16265

Mon, 1 p.m. - 2:30 p.m., 9/24 – 10/29

Location: Conference Center/E-123

Tuition: \$40.00 Fee: \$79.00

Total: \$119.00

MD residents age 60+ pay fee only

NEW

**ILR577 The Aging Brain: It's Not All Bad News!**

6 sessions, 12 hours

This course will focus on the basic principles of learning, memory and cognition, with a special emphasis on the changes that occur from mid-life through older adulthood. We will also explore specific factors and lifestyle behaviors that could potentially accelerate the aging process, as well as those that may facilitate healthier brain functioning in our later years.

**Instructor:** Barbara Angleberger has a Master in Counseling Psychology, with 42 years experience in education. She was a counselor with FCPS and served as an adjunct faculty member and Foreign Language Coordinator at FCC before transitioning to a full-time psychology position for 27 yrs. During that time, she chaired the Social Sciences Department. The courses she taught include: General Psychology, Abnormal Psych., Social Psych, Human Growth and Development, and Psych of Adolescence.

5-Digit Number: 16356

Mon, 2 p.m. - 4 p.m., 10/15 – 11/19

Location: Braddock Hall/B-215

Tuition: \$30.00 Fee: \$99.00

Total: \$129.00

MD residents age 60+ pay fee only

## ILR581 Quantum Mechanics

6 sessions, 12 hours

Explore the world of the very small. Once thought to be the smallest of all particles, we find levels of details in protons and neutrons that we never dreamed could exist. Dark matter, black holes and other crazy stuff will challenge our very notions of reality. We will concentrate on the concepts rather than PhD level math. If you are willing to abandon preconceived notions of reality, these ideas start to make sense. Why is warped space-time a better explanation of the phenomenon we call gravity than that of Newton? Come and discuss.

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

5-Digit Number: 16344

Mon, 10 a.m. - 12 p.m., 10/29 - 12/10

No Class: 11/26

Location: Braddock Hall/B-223

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only



## ILR564 Federalism: Limitations on Federal Power Which Protect the People and the States: The Tenth Amendment

6 sessions, 9 hours

This course considers the uniquely American approach to the balance between the power of the Federal government and the governments of the respective States. This balance is dictated by the provisions of the Tenth Amendment to the Constitution which provides "The powers not delegated to the United States by the Constitution, nor prohibited by it to the States are reserved to the States respectively, or to the people." We will consider the historical, sociological and political reasons surrounding the inclusion of the Tenth Amendment in the Bill of Rights and its application over time. We will also consider the division of authority between the federal government and the States, and whether the federal government may adequately address the needs of the people, is the concept of State's rights a basic truth, and the role of the judiciary in balancing the powers granted to the federal government and the States.

**Instructor:** Jim Baer (see page 5 for bio)

5-Digit Number: 16266

Mon, 1 p.m. - 2:30 p.m., 11/5 - 12/17

No Class: 11/19

Location: Conference Center/E-123

Tuition: \$40.00 Fee: \$79.00

Total: \$119.00

MD residents age 60+ pay fee only

## ILR857 The Cloud - Removing the Mystery: iPad/iPhone version only

3 sessions, 6 hours

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

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

5-Digit Number: 16366

Mon, 1 p.m. - 3 p.m., 11/19 - 12/3

Location: Conference Center/E-109

Tuition: \$20.00 Fee: \$49.00

Total: \$69.00

MD residents age 60+ pay fee only

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

1 session, 3 hours

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

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

5-Digit Number: 16293

Mon, 9 a.m. - 12 p.m., 12/10

Location: Conference Center/E-106

Fee: \$34.00

## NOTE:

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



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**Monday/Wednesday**

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**NEW****ILR871 Investment Strategies for Seniors Through Options**

4 sessions, 8 hours

Ever wonder how options trading works? In this fun and interactive course you will learn the skills you need to become your own options trader. Options can help you develop a weekly stream of income with little risk, double or triple the dividends on stock you already own, turn a loss into a gain when the market goes against you, and reduce the cost basis on stock you already own. You will work live on an actual paper trading account during class. Don't worry, no money involved as you put your new skills to work. Legal Disclaimer offered to students by instructor at beginning of course: This options training program is strictly offered as an educational presentation. Please see full disclaimer at [www.frederick.edu/ILR](http://www.frederick.edu/ILR).

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

5-Digit Number: 16391

Mon/Wed, 6 p.m. - 8 p.m., 12/3 - 12/12

Location: Conference Center/E-106

Fee: \$99.00

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*"ILR is fantastic and the best bargain out there."*

– ILR participant

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**Tuesday**

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**SEN450 Exploring Watercolor Painting**

8 sessions, 16 hours

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

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

5-Digit Number: 16325

Tue, 10 a.m. - 12 p.m., 9/11 - 10/30

Location: Frederick Senior Center Room

Fee: \$114.00

**NEW****ILR568 A Survey of Medieval History**

6 sessions, 12 hours

From the middle ages and the arrival of the monastic systems to the literature and paintings of the early Renaissance period, students in this class will examine events, movements, and historical figures of the medieval period. Every day life in the peasantry and the nobility will be reviewed.

**Instructor:** Dr. Lois Jarman has been a world language educator for more than seventeen years. She has taught English, French, Spanish, and Latin on a secondary and post-secondary level. Lois received her doctoral degree in second language acquisition and currently is the Director of the Intensive English Language Program at Shepherd University. Lois has been a Frederick Memorial Hospital Auxiliary member and volunteer for more than seventeen years. She is a mentor with Woman to Woman Mentoring and is pleased to be a member of the Frederick County Commission for Women. Lois has been a resident of Frederick County for more than thirty years.

5-Digit Number: 16333

Tue, 9 a.m. - 11 a.m., 9/11 - 10/16

Location: Memorial Hall, Church of the Transfiguration, Braddock Heights

Tuition: \$25.00      Fee: \$99.00

Total: \$124.00

MD residents age 60+ pay fee only

**NEW****ILR572 What Did Jesus Actually Say & Do?**

6 sessions, 9 hours

Forty years passed from Jesus's death to when the first surviving Christian Gospel was written. Moving chapter-by-chapter, starting with the Gospel of Mark, learn how scholars determine the historical Jesus's authentic words and deeds from those which are categorized as "possible," "unlikely," or "implausible."

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

5-Digit Number: 16339

Tue, 10 a.m. - 11:30 a.m., 9/18 - 10/23

Location: Linganore Hall/L-210

Tuition: \$30.00 Fee: \$74.00

Total: \$104.00

MD residents age 60+ pay fee only

**NEW****ILR557 Outlook and Opportunities: Fuel for Your Investment Journey**

1 session, 2 hours

Long-term investing is like a journey. Whether you are traveling or investing, you want to avoid wasting time and money along the way. In this short course, we will examine the economy, interest rates and outlook, current market trends, and ways to prepare for volatility and opportunities in today's market.

**Instructor:** Paul Buck is a Certified Financial Planner with 11 years of experience in the industry. He currently works through Edward Jones. He has held several leadership roles in the company including mentor, recruiter and level coach. In those functions, Paul has presented on a variety of topics to groups as small as five and as large as fifty. In addition, Paul has delivered multiple educational workshops regarding finances in community settings.

5-Digit Number: 16295

Tue, 1 p.m. - 3 p.m., 9/25

Location: Conference Center/E-106

Fee: \$19.00

**NEW****ILR864 Reiki 1st Degree**

4 sessions, 8 hours

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

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

5-Digit Number: 16257

Tue, 1 p.m. - 3 p.m., 10/9 - 10/30

Location: Conference Center/E-126AB

Fee: \$100.00



## Learn to Play Handbell

Four 30-Minute Handbell Lessons: \$130

Four 45-Minute Handbell Lessons: \$192

Four 60-Minute Handbell Lessons: \$252

13-Week Handbell Ensemble: \$155

New sessions begin every month.

Learn more at [frederick.edu/cadence](http://frederick.edu/cadence)

## ILR338 Retire, Rewire, Reinvent

2 sessions, 5 hours

This course will provide participants with information about current facts regarding the Aging Workforce (age 50+). Participants will learn about current workplace dynamics, including generational differences, technology and workplace culture and the key role that the Aging Workforce plays in organizations. For those considering returning to the workforce or making a change in their current workplace role, participants will be provided with tools and recommendations for creating effective resumes and honing interview skills. We will discuss the variety of ways that workers can adjust their workplace role such as reduced work schedules, consulting, or job sharing as they look towards retirement. We will also discuss practical considerations such as liability insurance, taxes and health insurance as workers consider consulting or part-time work arrangements. Participants will receive a list of local resources to assist them in their employment transition, whether it is re-entering the workforce, changing roles or "stepping down" their work commitments as they move towards retirement.

**Instructor:** Instructors for this class will include Meg Timmons, Sukanya Bora, Lisa Shuster, Dr. Robert Hotes, Peg McGreevey and John Mauck of Frederick County SHRM. Frederick County SHRM is the local chapter of the Society for Human Resources Management. They have been active in the Frederick Community for over 40 years. SHRM strives to promote the development, improvement, and application of human resources, employee relations, and human resource administration policies and practices for our members. Our membership includes 140 HR professional representing over 90 Frederick area businesses.

5-Digit Number: 16259

Tue, 6 p.m. - 8:30 p.m., 10/16 - 10/23

Location: Conference Center/E-106

Tuition: \$20.00 Fee: \$39.00

Total: \$59.00

MD residents age 60+ pay fee only

*"Well organized – wide variety of topics – excellent instructors."*

– ILR participant



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**NEW**

## ILR872 Math for 55+

4 sessions, 8 hours

This course will re-introduce you to basic mathematical principles including algebra. The goal of this course is to simplify matters so you can again feel confident using math in your everyday life. Principles you will learn include number theory, rules of divisibility, mental computation, and most importantly, why things work the way they do. You may even find yourself able to help your children or grandchildren with the modern math concepts taught in schools today that seem so unusual to many of us who were taught math decades ago.

**Instructor:** Nick Diaz taught mathematics for 30 years in the Frederick County Public School system. He currently serves as Mathematics and Enrichment Consultant, and coordinates the middle school mathematics competition and high school Academic Tournament for the county. He also conducts informal sessions and seminars with elementary school teachers to enhance their knowledge and understanding of mathematics. He has been recognized with numerous awards including the Washington Post Agnes Meyer Outstanding Teacher Award. Nick currently serves on the Frederick Community College Board of Trustees.

5-Digit Number: 16328

Tue, 9:30 a.m. - 11:30 a.m., 10/30 - 11/20

Location: Conference Center/E-106

Tuition: \$20.00 Fee: \$49.00

Total: \$69.00

MD residents age 60+ pay fee only

**NEW**

## ILR886 Secret to Aging with Less Aches and Pain

6 sessions, 12 hours

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

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

5-Digit Number: 16287

Tue, 12 p.m. - 2 p.m., 11/6 - 12/11

Location: Conference Center/E-123

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only

## ILR584 Crossroads of Culture: The Enduring Legacy of the Moors

5 sessions, 10 hours

Join us as we journey back in time to Moorish Spain, a society where Christians, Jews, and Muslims coexisted for more than seven centuries. While much of medieval Europe was besieged by famine, wars, and pestilence in the “Dark Ages,” the cities of Seville, Cordoba, and Granada flourished in an atmosphere of relative wealth and unprecedented tolerance. Inspired by the wisdom of the ancients, scholars and artisans of Andalusia produced a substantial body of philosophy, science, literature, and art... a priceless intellectual and cultural legacy that would inspire the European Renaissance. This course will examine not only the unprecedented multiculturalism and interfaith cooperation that gave rise to such creativity but also the “counterculture” of the Reconquista that introduced a narrative of religious exclusivity that prevails to this day. From Spain, participants will cross the Strait of Gibraltar, if only vicariously, to Morocco, a bridge between Europe and Africa and a land that shares a common heritage with its Iberian neighbor to the north. Through commentary, films, and travel anecdotes, the history, geography, art, architecture, and culture of the Moors and their descendants on both continents will be explored.

5-Digit Number: 16337

Tue, 2:30 p.m. - 4:30 p.m., 10/2 - 10/30

Location: Sweadner Hall

Tuition: \$40.00 Fee: \$109.00

Total: \$149.00

MD residents age 60+ pay fee only

## SEN473 Current Issues in the Middle East

5 sessions, 10 hours

**New content each term.** One of the longest-running and most popular courses in ILR's 55+ program, this ongoing series, featuring new content each term, presents and analyzes the latest news from the Middle East. Each week the instructor will highlight current issues as they unfold, framing them in a historical context, identifying key players, exploring the tangled web of interrelationships, and analyzing their impact on regional dynamics and world order. Among the issues under consideration for the fall term are the implications of U.S. withdrawal from the Iran nuclear agreement, the dismantling of the Gulf Cooperation Council, leadership within the House of Sa`ud, the disintegration of the Yemeni state, the future of Syria, and the 100-year-old conflict between competing nationalisms in the Holy Land. In each, the role of the United States in the Middle East, both historically and currently, will be considered. Through lectures, selected readings, films, guest speakers, and group discussion, it is expected that participants will be better equipped to understand and address, with a greater level of confidence, some of the most important issues of our time.

5-Digit Number: 16270

Tue, 2:30 p.m. - 4:30 p.m., 11/6 - 12/4

Location: Sweadner Hall

Tuition: \$40.00 Fee: \$109.00

Total: \$149.00

MD residents age 60+ pay fee only



**Instructor:** Linda Pappas Funsch is a career specialist in modern Middle Eastern history and Islamic studies. With an MA in Near Eastern Studies from New York University, she has studied, worked, and traveled extensively throughout the region. A freelance writer, consultant, and author, Ms. Funsch's latest book, "Oman Reborn: Balancing Tradition and Modernization," was published 2015 and has been translated into Arabic. She has taught at both Hood College and Mount Saint Mary's University. She is a frequent speaker at scholarly symposia across the U. S., including Georgetown University, the World Bank, the National Council on US-Arab Relations, the National Defense University, and the Council on Foreign Relations, Santa Fe, NM, as well as the World Affairs Councils of Washington, DC, Albuquerque, NM, and Brookings, SD. Ms. Funsch has escorted several small-group study visits to the Middle East, including Egypt, Lebanon, Morocco, and Oman.



*Do you enjoy getting out and learning about the world around you? Check out page 24 for our **Learning on Location** programs.*

NEW

## ILR565 The Effects of 500 Years of Slavery and Colonialism on Africa

7 sessions, 14 hours

Africa is the poorest continent with hundreds of millions of people living on \$2 per day. African nations have the greatest deficit in basic infrastructure like roads, rail, and energy. It's the only continent where cholera is endemic. African nations are also spending billions of dollars importing food when they have an abundant amount of fertile land. Learn about the causes for Africa's current condition due to it's unique history of slavery and colonialism.

**Instructor:** Lawrence Freeman has been involved in Africa for almost 25 years and has made over two dozen visits to the nations of Sudan, Nigeria, Mali, Chad, and Ethiopia. He has studied the history and political economy of several Africa nations. Lawrence has attended weekly seminars and forums on Africa in Washington DC including Congressional hearings on Africa. As a result, Lawrence has attained an in-depth knowledge of both historical and current developments of Africa. He has written dozens of articles analyzing the political economies of Africa nations including Sudan, South Sudan, Nigeria, Kenya, Mali, Ethiopia, Zimbabwe, and the Democratic Republic of the Congo. He specializes in promoting policies for physical economic development, and has presented his ideas to government and non-government circles alike in both Africa and the United States.

5-Digit Number: 16290

Tue, 1 p.m. - 3 p.m., 11/6 - 12/18

Location: Conference Center/E-106

Tuition: \$50.00 Fee: \$114.00

MD residents age 60+ pay fee only

Total: \$164.00

## WEATHER ALERTS



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NEW

## ILR573 World Religion Series: Ethical Insights of the World's Major Religions

5 sessions, 10 hours

This course is a journey that reflects on the ethical systems of Judaism, Christianity, Islam, indigenous traditions, and Taoism. We will look at general viewpoints and how each tradition's core values affect behavior and priorities in the contemporary world. We'll study issues of identity, authority, personal and family life, equality, right and wrong, conflict, violence, and global issues which impact everyone. This is a nonsectarian, respectful, and brief overview of the variety and shared moral foundations of these five world traditions.

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

5-Digit Number: 16382

Tue, 1:30 p.m. - 3:30 p.m., 11/13 - 12/18

No Class: 11/20

Location: Frederick Senior Center Room

Tuition: \$30.00 Fee: \$84.00

Total: \$114.00

MD residents age 60+ pay fee only

## ILR766 Trips and Tips for Women Traveling Solo in Retirement

2 sessions, 6 hours

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

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

5-Digit Number: 16294

Tue, 9 a.m. - 12 p.m., 12/11 - 12/18

Location: Conference Center/E-106

Tuition: \$19.00 Fee: \$49.00

Total: \$68.00

MD residents age 60+ pay fee only

## Wednesday

NEW

### ILR570 Joy in Everyday Life

5 sessions, 10 hours

In taking a meditation course, in addition to relaxation, we may look for inspiration, energy, and the confidence to create a more joyful and less fearful human life. The Joy in Everyday Life Course is an exploration of the genuine, joyful energy of living a life of bravery and celebration. The course contents follow the teachings and meditation practices of Shambhala Buddhism.

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

5-Digit Number: 16364

Wed, 10 a.m. - 12 p.m., 8/29 - 9/26

Location: Conference Center/E-106

Tuition: \$30.00 Fee: \$84.00

Total: \$114.00

MD residents age 60+ pay fee only

# TED

### ILR431 Mornings With TED

5 sessions, 7.5 hours

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

**Instructor:** Tera Kijek

5-Digit Number: 16269

Wed, 10:30 a.m. - 12 p.m., 9/5 - 10/3

Location: Conference Center/E-123

Fee: \$79.00

Introducing Erik Anderson ...

NEW

### ILR 588 Medieval Literature & Culture: England from the 800s through the 1300s

3 sessions, 6 hours

This course will explore the literature of Old English and Middle English including the cultural, technological, historical, and economic forces that shaped early English literature and paved the way for modern English. While the English language today holds a prominent place on the world stage, it had humble and uncertain beginnings. This course will unpack the developments that caused the language to be rejected by England's own kings for centuries and the forces that eventually led English to the pen of William Shakespeare. Along the way we will work past the linguistic and cultural barriers that keep modern English speakers from fully appreciating the foundational medieval texts of their language.

**Instructor:** Erik Anderson has a Bachelor of Arts in English from Bucknell University and a Master of Arts in Medieval Literature & Culture from the University of Dublin. He has previously taught English 101 at Frederick Community College.

5-Digit Number: 16477

Wed, 10 a.m. - 12 p.m., 9/12 - 9/26

Location: Conference Center/E-125

Tuition: \$20.00 Fee: \$49.00

Total: \$69.00

MD residents age 60+ pay fee only

NEW

### ILR567 Horatio Nelson's Navy

6 sessions, 12 hours

Admiral Horatio Lord Nelson was a British naval commander and national hero, famous for his naval victories against the French during the Napoleonic Wars. The charismatic Nelson controlled the oceans of the world and protected Britain's commercial interests while defeating all foes. This course covers the period from 1780-1815 when the British Royal Navy was under the leadership of John Jervis, William Cornwallis, and the Admiralty Board of London.

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

5-Digit Number: 16271

Wed, 1 p.m. - 3 p.m., 9/12 - 10/17

Location: Conference Center/E-123

Tuition: \$22.00 Fee: \$99.00

Total: \$121.00

MD residents age 60+ pay fee only

**ILR397 iPhone - Beginner**

3 sessions, 6 hours

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

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

5-Digit Number: 16367

Wed, 1 p.m. - 3 p.m., 9/12 - 9/26

Location: Conference Center/E-109

Tuition: \$20.00 Fee: \$59.00

Total: \$79.00

MD residents age 60+ pay fee only

NEW

**ILR549 Feldenkrais for Better Balance**

8 sessions, 12 hours

Fear of falling is one of the greatest concerns for us as we age. Dr. Moshe Feldenkrais, a physicist, judo master and pioneer in neuroplasticity, developed a system of heightening self-awareness through extraordinarily gentle and subtle movement. Research demonstrates that Feldenkrais® is an easy, effective way to improve balance and mobility, and an added benefit is improved cognition. Participants report feeling taller, younger and more steady on their feet. This class requires the use of a special mat that allows for sliding (no yoga mats). If participants do not own the proper mat, they can purchase one from the FCC bookstore.

**Instructor:** Hannah Vo-Dinh is a Guild Certified Feldenkrais Practitioner, having completed 4 years of training in the Feldenkrais Method®. She has taught classes at All Saints' Episcopal, Unitarian Universalist Congregation of Frederick, Common Market and the Frederick County Public Libraries. In addition, she organized the Frederick Feldenkrais Festivals, and has been a guest instructor at the Baltimore and DC Feldenkrais festivals. She is the owner of Mind Body Sense, LLC and works privately with clients to improve posture, balance and mobility.

5-Digit Number: 16326

Wed, 6 p.m. - 7:30 p.m., 9/19 - 11/7

Location: /KC-100

Fee: \$119.00

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

7 sessions, 14 hours

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

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

5-Digit Number: 16327

Wed, 1 p.m. - 3 p.m., 10/3 - 11/14

Location: Conference Center/E-106

Tuition: \$30.00 Fee: \$74.00

Total: \$104.00

MD residents age 60+ pay fee only

**ILR700 Just Try It! Beginning Yoga**

5 sessions, 7.5 hours

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

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

5-Digit Number: 16254

Wed, 2 p.m. - 3:30 p.m., 10/3 - 10/31

Location: Athletics Center/D-129

Fee: \$69.00

## ILR396 iPhone - Advanced

3 sessions, 6 hours

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

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

5-Digit Number: 16368

Wed, 1 p.m. - 3 p.m., 10/10 - 10/24

Location: Conference Center/E-109

Tuition: \$20.00 Fee: \$59.00

Total: \$79.00

MD residents age 60+ pay fee only

## ILR585 National Security Current Events

6 sessions, 12 hours

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

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

5-Digit Number: 16394

Wed, 1 p.m. - 3 p.m., 10/31 - 12/12

No Class: 11/21

Location: Conference Center/E-123

Tuition: \$50.00 Fee: \$105.00

Total: \$155.00

MD residents age 60+ pay fee only

## ILR833 The Making of Modern China

6 sessions, 12 hours

**New content each term.** China is an expansive country with thousands of years of history. This history has shaped China into the highly diverse and complex country that it is today. Let Jeff Steinberg present to you a picture of the current Chinese government, economy, culture, military posture and global goals. Discuss some of the leading figures of China beginning with the 20th century including the transition from Emperor to Republic. Understand how China was brought into the global economy and what their current economic challenges are as it plans its future in the 21st century. Jeff Steinberg has traveled to China 2-3 times a year since 2010 and through an academic dialogue he has developed a unique perspective of this fascinating country.

**Instructor:** Jeffrey Steinberg (see page 13 for bio)

5-Digit Number: 16267

Wed, 9 a.m. - 11 a.m., 10/31 - 12/12

No Class: 11/21

Location: Conference Center/E-123

Tuition: \$50.00 Fee: \$105.00

Total: \$155.00

MD residents age 60+ pay fee only

## ILR798 Continuing Gentle Yoga

5 sessions, 7.5 hours

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

**Instructor:** Linda Franklin (see page 14 for bio)

5-Digit Number: 16255

Wed, 2 p.m. - 3:30 p.m., 11/7 - 12/12

No Class: 11/21

Location: Athletics Center/D-129

Fee: \$69.00



**ILR571 Meditation in Everyday Life**

3 sessions, 6 hours

Meditation is about making friends with oneself and developing compassion towards others. Although relaxing is often one of the byproducts of Buddhist meditation, the deeper purpose of meditation is to be more fully present to one's life, being present on the spot rather than being riveted about according to one's hopes and fears, open to whatever comes up. This course follows the teachings and meditative techniques of Shambhala Buddhism.

**Instructor:** Dr. Jerry Webster (see page 12 for bio)

5-Digit Number: 16338

Wed, 10 a.m. - 12 p.m., 11/28 - 12/12

Location: Conference Center/E-106

Tuition: \$20.00 Fee: \$49.00

Total: \$69.00

MD residents age 60+ pay fee only

**ILR809 iPad Workshop**

2 sessions, 4 hours

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

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

5-Digit Number: 16365

Wed, 1 p.m. - 3 p.m., 12/5 - 12/12

Location: Conference Center/E-106

Fee: \$49.00



**Note: Classes are generally not held on Wednesday-Sunday of Thanksgiving week. Please check with your instructor.**

**Thursday****ILR476 Medical Marijuana: Getting into the Weeds**

1 session, 2 hours

Medical Marijuana is now legal in Maryland and people are flocking to the dispensaries to make their first legal purchase. More than 111 million Americans over the age of 50 use marijuana with an expected rise of another 7% by 2022. Cannabis is used for pain, muscles spasms, seizures, glaucoma, anxiety, stress, insomnia and more. Learn about our own internal cannabinoid system and the receptors its affects.

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

5-Digit Number: 16252

Thu, 11 a.m. - 1 p.m., 9/13

Location: Conference Center/E-123

Fee: \$19.00

**ILR670 The Ultimate Mobile Device: Meditation and Mindfulness**

5 sessions, 7.5 hours

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

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

5-Digit Number: 16340

Thu, 10:30 a.m. - 12 p.m., 9/13 - 10/11

Location: Conference Center/E-106

Tuition: \$30.00 Fee: \$69.00

Total: \$99.00

MD residents age 60+ pay fee only

## ILR837 Personal Self Defensive Tactics

1 session, 3 hours

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

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

5-Digit Number: 16286  
Thu, 4 p.m. - 7 p.m., 9/13  
Location: Conference Center/E-106  
Fee: \$29.00

**NEW** *Introducing Jennifer Littleton . . .*

## ILR583 Foundations Of Watercolor

6 sessions, 15 hours

Have you always enjoyed the appearance of a realistic transparent watercolor but wondered how to achieve it? In this course students will learn through a systematic process how to execute a detailed line drawing, transfer it to the watercolor paper, and practice flat washes with round and flat brushes. In addition, students will learn through discussion and demonstration how to create tints, complementary colors, and the use of color theory. Students can anticipate utilizing numerous practice sheets to gain mastery of techniques to render one monochromatic and one full color painting. A supply list will be given to the students during the first class. Students will be inspired and revitalized by attending.

**Instructor:** Jennifer Littleton is a graduate of the Maryland Institute College of Art. She exhibits and has won awards at International competitions. She has taught watercolor workshops throughout the United States including the San Diego Watercolor Society, Hilton Head Art League, and Rhode Island Watercolor Society. Ms. Littleton is a Signature member of the Baltimore Watercolor Society and she founded the Littleton School of Art in Towson, MD. She has exhibited with the American Watercolor Society and the National Watercolor Society. Ms. Littleton teaches in a “realistic watercolor” style.

5-Digit Number: 16377  
Thu, 3:30 p.m. - 6 p.m., 9/13 – 10/18  
Location: Visual & Performing Arts Center/F-118  
Fee: \$149.00

**NEW**

## ILR554 Genealogy Basics: A Deeper Appreciation

4 sessions, 8 hours

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 on-line resources, and also discuss the “real” places that should be visited and why.

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

5-Digit Number: 16362  
Thu, 9 a.m. - 11 a.m., 9/13 – 10/4  
Location: Conference Center/E-123  
Tuition: \$24.00    Fee: \$69.00    Total: \$93.00  
MD residents age 60+ pay fee only

**NEW**

## ILR560 The Secrets of the C&O Canal

4 sessions, 6 hours

The Chesapeake and Ohio Canal runs along the Potomac River from Cumberland, Md., to Georgetown in the District of Columbia. It is a 184 mile-long engineering marvel that has 11 aqueducts, 86 locks, and one tunnel. It’s history spans the 19th century and is filled with mishaps, crimes, secrets, and drama. Learn the stories of the people and locations on the C&O Canal including it’s connection with the creation of U.S. Constitution, the solution to a legendary murder on the canal that happened far differently than we are told, and the connection between the canal and the JFK assassination.

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

5-Digit Number: 16363  
Thu, 9:30 a.m. - 11 a.m., 10/4 – 10/25  
Location: Country Meadows  
Tuition: \$20.00    Fee: \$49.00    Total: \$69.00  
MD residents age 60+ pay fee only

**NEW ILR566 Langley & The Wright Brothers, The Race to Invent the t**

4 sessions, 6 hours

By the late 1880's Samuel P. Langley, the Secretary of the Smithsonian Institution, and Wilbur and Orville Wright were actively seeking to solve the problems involving man carrying, heavier-than-air flying machines. By 1903 success was in sight. Find out why the Wright brothers won the race.

**Instructor:** Gerard L. Blake was the Program Manager/ Associate Professor in the Aircraft Maintenance Technician Program at Frederick Community College from June 1974 until retirement in 1998. His other lives include experience as a Commercial Pilot, Flight Engineer, and Aircraft Mechanic.

5-Digit Number: 16330  
 Thu, 11 a.m. - 12:30 p.m., 10/18 – 11/8  
 Location: Conference Center/E-123  
 Tuition: \$12.00      Fee: \$49.00      Total: \$61.00  
 MD residents age 60+ pay fee only

**ILR616 Introduction to Computers**

6 sessions, 12 hours

This class is a comprehensive course for beginners that will lead to comfortable efficient users. You will no longer have to ask your grandkids how to perform basic computer tasks like cutting and pasting. We will learn how computers work and how to keep all of your documents organized. We will master how to personalize your computer and begin creating word processing documents. The class ends with an introduction to the internet.

**Instructor:** Mr. John Zeminski, BA, M.A. Ed. has been teaching older adults to comfortably and efficiently use computers since his retirement from public education in 2014. He has been an educator for 40 years. Many of these years were devoted entirely to instructing others how to make the best use of the technology available to them. He has worked in an educational technical capacity for Carroll County Public Schools, Carroll County Community College, McDaniel College and the National Security Agency.

5-Digit Number: 16357  
 Thu, 10 a.m. - 12 p.m., 10/25 – 12/6  
 No Class: 11/22  
 Location: Conference Center/E-109  
 Tuition: \$40.00      Fee: \$109.00      Total: \$149.00  
 MD residents age 60+ pay fee only

**NEW ILR553 The Haunted View's Paranormal Roadshow Series**

3 sessions, 9 hours

The Haunted View team, with their abilities to connect with spirits, ghosts, angels and the use of divination and electronic ghost hunting equipment, is taking it on the road offering a discussion forum of the paranormal. This is a learning event as the team will discuss their abilities and techniques on how they connect with spirits. This is also a "ghost show and tell" for people who have had experiences that they can't explain and would like to share so that they may seek advice. Each session will feature a different topic. Students may register for the series or separate sessions.

5-Digit Number: 16387  
 Thu, 1 p.m. - 4 p.m., 10/4 – 10/25  
 No Class: 10/18  
 Location: Conference Center/E-123  
 Fee: \$89.00

**NEW ILR574 The Haunted View's Paranormal Roadshow: Investigations**

1 session, 3 hours

5-Digit Number: 16383  
 Thu, 1 p.m. - 4 p.m., 10/4  
 Location: Conference Center/E-123  
 Fee: \$32.00

**NEW ILR574 The Haunted View's Paranormal: Thoughtography Class**

1 session, 3 hours

5-Digit Number: 16385  
 Thu, 1 p.m. - 4 p.m., 10/11  
 Location: Conference Center/E-123  
 Fee: \$34.00

**NEW ILR574 The Haunted View's Paranormal Roadshow: Mediumship**

1 session, 3 hours

5-Digit Number: 16386  
 Thu, 1 p.m. - 4 p.m., 10/25  
 Location: Conference Center/E-123  
 Fee: \$32.00

**Instructor:** Rhonda McGaha Russo has been a paranormal investigator for over 20 years and is founder of "Bump In The Night Investigations" paranormal investigation group. Born a Sensitive/Empath/Intuitive, she has been seeing, hearing and sensing spirits/ghosts all of her life. Rhonda partners with two other Mediums in the area to form an online paranormal talk show and investigative team called "The Haunted View." Rhonda also puts her empathy and intuitive skills to work as a Reiki Master/Teacher. She is also the author of the book Bump In The Night Investigations: Beginner Ghost Hunting Book.

# Are You Medically Curious?

Register for all five sessions by registering for  
ILR448 OR pick and choose individual sessions.

5 digit number for all five sessions: 16278

## ILR448 Are You Medically Curious?

7 sessions, 14 hours

Are you ever skeptical of internet medical advice and TV drug company ads? Do you search for “Evidence Based Medicine,” presented so a layman can understand it? Welcome to “Are You Medically Curious?” The sessions are interactive, highlighted with Dr. R’s learning “toys,” and aimed at understanding your amazing body – when it works, and when it doesn’t.

5-Digit Number: 16278  
Thu, 1 p.m. - 3 p.m., 10/4 – 11/15  
Location: Conference Center/E-106  
Fee: \$112.00

## HEA205 Orthopedics: The Framework That Holds You Together

1 session, 2 hours

Strains, sprains, fractures, and breaks - what’s the difference? Low back pain and disc disease – our #1 doctor visit. Does the Carpal Tunnel charge a toll? Get to know mallet fingers, hammer toes, rotator cuffs, shoulder dislocations, arthritis, bursitis, tendonitis, and the entire “itis” family.

5-Digit Number: 16279  
Thu, 1 p.m. - 3 p.m., 10/4 – 10/4  
Location: Conference Center/E-106  
Fee: \$19.00

## ILR440 Medical Aspects of Terrorism

1 session, 2 hours

Together America and Russia have 15,000 nuclear weapons. What happens if one goes off? Remember when school kids hid under desks for bomb drills? What’s a dirty bomb and bioterrorism? How about germ warfare? Don’t we already have shots and treatments for all that stuff?

5-Digit Number: 16280  
Thu, 1 p.m. - 3 p.m., 10/11 – 10/11  
Location: Conference Center/E-106  
Fee: \$19.00

## ILR582 Cardiovascular Disease: Blood and Oxygen, Heart Attack and Stroke

3 sessions, 6 hours

Learn how to separate the myths from the facts and discover ways to keep your heart strong in this three topic cardiovascular course. Learn about blood and oxygen and why they are important to your heart. Then learn about heart attacks and heart disease and why it is taking so long for a cure. Finally, learn about strokes, a huge cause of death and disability.

5-Digit Number: 16361  
Thu, 1 p.m. - 3 p.m., 10/18 – 11/1  
Location: Conference Center/E-106  
Tuition: \$20.00 Fee: \$49.00 Total: \$69.00  
MD residents age 60+ pay fee only

## ILR679 Trauma: Crashes, Falls, and Bullets in Everyday Life

1 session, 2 hours

What’s the #1 cause of death in Americans under 45? Trauma! What kills 3 times as many Americans as breast cancer? Trauma! Falling from this height has a 50% death rate? how high? “Good Guys” shot on TV do just fine. Are GSW’s (Gun Shot Wounds) really that bad? Driving with cell phones or texting – lots of silly laws or worse than drunk driving? Seatbelts? Helmets? Why all the fuss?

5-Digit Number: 16284  
Thu, 1 p.m. - 3 p.m., 11/8 – 11/8  
Location: Conference Center/E-106  
Fee: \$19.00

## ILR684 Your Lungs: Just Take Some Nice Deep Breaths

1 session, 2 hours

How do we inhale & exhale? Why do we inhale and what do we exhale? What are the differences between URI/ Bronchitis/ Pneumonia & which one needs antibiotics? Learn how your lungs work; the value of a chest x-ray (and its limitations); that little “clip” nurses put on your finger; basic definitions of common lung problems; and what this doctor thinks about the tobacco industry.

5-Digit Number: 16285  
Thu, 1 p.m. - 3 p.m., 11/15 – 11/15  
Location: Conference Center/E-106  
Fee: \$19.00



**Instructor:** Dr. Larry Romane is board certified in Emergency Medicine and spent 35 years as an ER doctor. After retiring, he served as a physician volunteer at a free clinic for the uninsured. He’s the author of two medical books and loves teaching. His courses give current medical information at a high school reading level. Look for Dr. Romane’s book, R U Medically Curious? Common Topics – Simply Explained, online and on Kindle.



## ILR556 Iris Paper Folding - Thanksgiving Theme

1 session, 2 hours

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

**Instructor:** Kathy Barylski is a lifelong crafter, having learned many techniques with yarns, fabrics, paper and more. She is the owner and designer of handcrafted items under the business name of KB Creates. And Kathy is a Girl Scout Trainer, teaching both crafts and outdoor skills.

5-Digit Number: 16292  
 Thu, 1 p.m. - 3 p.m., 11/1  
 Location: Conference Center/E-123  
 Fee: \$29.00

## ILR576 It's All Relative: Relativity and Einstein's Theories

6 sessions, 12 hours

Newton almost got it right, but Einstein's theories revolutionized the way we look at the universe we live in. Quantum Mechanics shows us that in the world of the infinitely small, anything is possible, including being in two places at the same time. Really!! Amazingly, this course requires no math or science background. This does not mean, however, that you will not be challenged and asked to look at conventional situations in totally new and unconventional ways. An open and inquisitive mind is a must for this course.

**Instructor:** Bob Rubock (see page 5 for bio)

5-Digit Number: 16343  
 Thu, 10 a.m. - 12 p.m., 11/1 - 12/13  
 No Class: 11/22  
 Location: Conference Center/E-106  
 Tuition: \$40.00    Fee: \$99.00    Total: \$139.00  
 MD residents age 60+ pay fee only

## Friday



## ILR580 The Culture of the Islamic World

Global Learning Offering

5 sessions, 7.5 hours

This course will give an overview of Islamic history and the culture of the Islamic world. Topics may include religion, languages, art, music, science, medicine, technology, food, and history and the influence of the spice trade.

**Instructor:** Erum Marfani is a full-time professor of Mathematics at FCC. She has bachelor degrees in political science and mathematics as well as a Masters in statistics. She has lived in Maryland most of her life and is a proud Frederick resident. She loves to learn about different cultures and is learning her 6th and 7th languages. In her spare time, Erum likes to cook, read, and watch old movies.

5-Digit Number: 16332  
 Fri, 9:30 a.m. - 11 a.m., 9/7 - 10/5  
 Location: Conference Center/E-106  
 Tuition: \$15.00    Fee: \$64.00    Total: \$79.00

## ILR547 Painting in the Style of the Master Artists: American Artists

4 sessions, 8 hours

You don't have to spend years as an apprentice to learn how to paint your own masterpiece. Trade secrets of the great masters are uncovered in this class. Using acrylic paint, students will create up to 3 paintings capturing the brush stroke, style, and techniques of Master Artists. Beginners welcome but some painting experience is preferred. The artists we cover will vary each term. Supplies are included with your fee. American artists to include 2 or more of the following artists: Grandma Moses, Edward Hopper, Andrew Wyeth, Winslow Homer, or Mary Cassatt.

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

5-Digit Number: 16354  
 Fri, 9 a.m. - 11 a.m., 9/14 - 10/5  
 Location: Visual & Performing Arts Center/F-118  
 Fee: \$94.00

## ILR547 Painting in the Style of the Master Artists: European Artists

4 sessions, 8 hours

European artists to include 2 or more of the following artists: Jan Vermeer, Giuseppe Arcimboldo, Edgar Degas, Edvard Munch.

**Instructor:** Jeanne McDermott

5-Digit Number: 16355  
 Fri, 9 a.m. - 11 a.m., 10/19 - 11/9  
 Location: Visual & Performing Arts Center/F-118  
 Fee: \$94.00

### Global Learning Offering

Explore the interconnections between people and places around the world

## SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours

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

**Instructor:** Toni Minkel has been teaching Tai Chi and fitness methods to seniors and others since 2000.

5-Digit Number: 16256

Fri, 12:30 p.m. - 2 p.m., 9/28 - 12/7

No Class: 11/23

Location: Athletics Center/D129

Fee: \$99.00

**NEW**

## ILR561 International Food and Film Series

 Global Learning Offering

1 session, 3 hours

Expand your horizons by exploring other cultures through their films and food. Each session will open with a cultural overview, including a film screening, and end with a discussion of the film paired with a snack from that culture. A fun opportunity to see, taste, and discuss something new.

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

### Japan: Tampopo

5-Digit Number: 16297

Fri, 9:30 a.m. - 12:30 p.m., 10/12

Location: Student Center/H-210

Fee: \$29.00

OR

### France: Haute Cuisine

1 session, 3 hours

5-Digit Number: 16329

Fri, 9:30 a.m. - 12:30 p.m., 11/2

Location: Student Center/H-210

Fee: \$29.00

## ILR707 Developing a Personal Strength Training Plan

6 sessions, 12 hours

Improve your balance, increase your strength, and become more flexible. Learn from a licensed physical therapist and certified personal trainer to safely and effectively use the Swiss Ball, dumbbells, and Theraband. Dr. Zehnacker's instruction includes the rationale to lessen the effects of postural change that often accompanies the aging process. All students must have mobility to move between standing and floor positions without assistance. Course is limited to 10 students.

**Instructor:** Dr. Carol Hamilton Zehnacker (see page 10 for bio)

5-Digit Number: 16253

Fri, 2 p.m. - 4 p.m., 10/12 - 11/16

Location: Athletics Center/D-129

Fee: \$89.00

**NEW**

## ILR569 Healthy Spirit

6 sessions, 12 hours

Cover the concept of spiritual health and discuss the components of this human dimension. We'll cover self-centeredness including its meaning and importance to healing. Learn skills for centering like guided imagery, music, and other creative techniques to enhance relaxation. We'll also cover fear-based and love-based belief systems. And finally the important components of spiritual health.

**Instructors:** Roger G. Swartz is the author of Accelerated Learning: How You Learn Determines What You Learn and co-author of Your Dollar\$, Your Health: Healing Strategies and Skills. Roger's healthcare sponsors have included the American Society for Healthcare Education and Training, Eastern Carolina Healthcare Systems, Lancaster County (PA) MH MR, Western PA Hospital Council, and the Veterans Administration Centers via VA Northeast Regional Training Center (Erie, PA).

Louise E. Lynch is a former member of the Maryland Commission on Aging and Frederick County Commission on Aging. She is currently a member of the Frederick Mental Health Management Board, Frederick Community Action Agency Board of Directors, and the American Music Therapy Association. She has 30+ years of experience with various populations using creative arts (especially music) in changing behavior to assist in self-discovery.

5-Digit Number: 16334

Fri, 9:30 a.m. - 11:30 a.m., 10/26 - 12/7

No Class: 11/23

Location: Conference Center/E-106

Tuition: \$20.00      Fee: \$99.00

Total: \$119.00

MD residents age 60+ pay fee only



### ILR562 Rasta and Reggae: Jamaican History and Caribbean Culture

Global Learning Offering

5 sessions, 10 hours

In this course, students will gain an understanding of Jamaican history, with special emphasis on the complex ways in which Rastafarian philosophy and reggae music influences the Caribbean region and African Diaspora. The course will include films, music, images, and anthropological case studies to further your understanding of Caribbean culture.

**Instructor:** Ivy Chevers, PhD is an Assistant Professor at FCC. She received her degree from the Ohio State University where her dissertation was "Rasta and Reggae: A Study of Rastafarian Culture in Columbus, Ohio." Ivy is a former Peace Corps Volunteer. She spent five years in Kingston, Jamaica as a volunteer. She spent an additional thirteen years in Jamaica, teaching arts and crafts at a high school in the rural parish of St. Ann.

5-Digit Number: 16298  
Fri, 1 p.m. - 3 p.m., 11/2 - 12/7  
No Class: 11/23  
Location: Conference Center/E-106  
Tuition: \$25.00 Fee: \$84.00 Total: \$109.00  
MD residents age 60+ pay fee only



### ILR552 Floral Design

1 session, 3 hours

Learn the basics of floral design by discussing art concepts, viewing examples, and using hands on experience to create cheerful arrangements of either fresh, dried, or artificial flowers. This course is for beginners or as a continuation for those who took other floral design offerings. Each offering will feature a different design. Supplies are included in your course cost.

**Instructor:** Jeanne McDermott (see page 10 for bio)

#### Fall Centerpiece

5-Digit Number: 16336  
Fri, 9 a.m. - 12 p.m., 11/16  
Location: Visual & Performing Arts Center/F-118  
Fee: \$65.00

OR

#### Festive Holiday Greens Centerpiece

5-Digit Number: 16289  
Fri, 9 a.m. - 12 p.m., 12/14  
Location: Visual & Performing Arts Center/F-118  
Fee: \$65.00

## Saturday

### ILR424 Democracy in America Forum

5 sessions, 10 hours

This interactive lecture and discussion forum examines aspects of democracy in contemporary American society. We'll examine constitutional principles in the light of such issues as equality, diversity, immigration, terrorism, partisanship, political ideologies, education, interpreting history, science and critical thinking, health care, the social safety net, civic responsibility, and the future of American democracy. We will review the statistics, present a breadth of viewpoints, and discuss ways to educate the public about civic involvement.

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

5-Digit Number: 16331  
Sat, 10 a.m. - 12 p.m., 10/13 - 11/10  
Location: Conference Center/E-123  
Tuition: \$30.00 Fee: \$84.00 Total: \$114.00  
MD residents age 60+ pay fee only



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# Language Offerings

## FOR300 American Sign Language I

6 sessions, 15 hours

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

**Instructor:** Martha Pugh

5-Digit Number: 15864

Mon, 6 p.m. - 8:30 p.m., 9/17 - 10/22

Location: Braddock Hall/B-222

Tuition: \$40.00 Fee: \$129.00

Total: \$169.00

MD residents age 60+ pay fee only

## FOR303 American Sign Language II - Intermediate

6 sessions, 15 hours

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

**Instructor:** Martha Pugh

5-Digit Number: 15869

Mon, 6 p.m. - 8:30 p.m., 11/5 - 12/10

Location: Braddock Hall/B-222

Tuition: \$40.00 Fee: \$129.00

Total: \$169.00

MD residents age 60+ pay fee only

## FOR403 Beginner French

10 sessions, 15 hours

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

**Instructor:** Richard Bender

5-Digit Number: 16510

Tue/Thu, 10:30 a.m. - 12:00 p.m., 9/11 - 10/11

Location: Conference Center/E-106

Tuition: \$40.00 Fee: \$129.00

Total: \$169.00

MD residents age 60+ pay fee only

## FOR404 Continuing French

10 sessions, 15 hours

Améliorez vos compétences en français. Have you taken French for the Beginner (ILR526) and are impressed with what you now know? Or, do you have a working knowledge of French and wish to improve grammar, vocabulary, and communication skills? Continue your journey within this elegant language by taking Continuing French.

**Instructor:** Richard Bender

5-Digit Number: 16511

Tue/Thu, 1:30 p.m. - 3:00 p.m., 10/16 - 11/15

Location: Linganore Hall/L-202

Tuition: \$40.00 Fee: \$129.00

Total: \$169.00

MD residents age 60+ pay fee only



## FOR116 Spanish for Travelers

8 sessions, 16 hours

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

**Instructor:** Sabina Roma

5-Digit Number: 16445

Mon/Wed, 6:30 p.m. - 8:30 p.m., 9/10 - 10/3

Location: Conference Center/E-106

Fee: \$159.00

OR

5-Digit Number: 16446

Mon/Wed, 6:30 p.m. - 8:30 p.m., 10/15 - 11/7

Location: Conference Center/E-106

Fee: \$159.00



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



## FOR100 Basic Conversational Spanish

8 sessions, 16 hours

Develop skills needed to communicate orally and in writing using basic Spanish. Practice what you are learning by participating in class conversations and completing classroom and homework assignments based on the textbook exercises. This is a class for those who need to communicate in Spanish and understand Spanish culture. Please note – this class uses a textbook which is available for purchase in the bookstore. Learn Spanish the Fast and Fun Way (4th Edition). 978-1438074979

**Instructor:** Josefa Hoch

5-Digit Number: 15874

Tue/Thu, 6:00 p.m. - 8:00 p.m., 9/11 – 10/4

Location: Student Center/H-208

Tuition: \$40.00      Fee: \$129.00      Total: \$169.00

OR

5-Digit Number: 15877

Tue/Thu, 6:00 p.m. - 8:00 p.m., 11/27 – 12/20

Location: Student Center/H-208

Tuition: \$50.00      Fee: \$119.00      Total: \$169.00

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. Please note – this class uses a textbook which is available for purchase in the bookstore. Learn Spanish the Fast and Fun Way (4th Edition). 978-1438074979

**Instructor:** Josefa Hoch

5-Digit Number: 15876

Tue/Thu, 10/9 – 11/1

Location: Student Center/H-208

Tuition: \$40.00      Fee: \$129.00      Total: \$169.00

MD residents age 60+ pay fee only



## FOR117 Italian for Travelers

8 sessions, 16 hours

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

**Instructor:** Sabina Roma

5-Digit Number: 16447

Mon/Wed, 6:00 p.m. - 8:00 p.m., 11/12 – 12/10

No Class: 11/21

Location: Braddock Hall/B-110

Fee: \$159.00

301.624.2888

# ILR Fall Courses in the Community

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

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

**We look forward to seeing you there!**

### Registration

To register, please contact the individual facility where you would like to attend a class.

The staff at your chosen location will provide details and confirm your participation.

**Thurmont Public Library • 301.600.7200**

*Queen Victoria's Little Wars*

Instructor: James Hubbard

Mondays, 10 a.m. – 12 p.m., 9/10–10/22

**C. Burr Artz Public Library • 301.600.1630**

*Frederick's Architectural Heritage*

Instructor: William Sheppard

Wednesdays, 1 p.m. – 3 p.m., 9/12–10/3

**Daybreak Adult Day Services • 301.696.0808**

*A Walk Through the National Mall and Memorial Parks*

Instructor: National Park Ranger

Fridays, 10:30 a.m. – 12 p.m., 9/28, 10/5, 10/12

**Walkersville Library • 301.845.8880**

*Signs of Our Times I: An Exploration of American Sign Language and Deaf Culture*

Instructor: Martha Pugh

Fridays, 3 p.m. – 4:30 p.m., 10/5–10/26

**Brunswick Library • 301.600.7250**

*Personal Self Defense Tactics*

Instructor: Kirby Maybush

Fridays, 1 p.m. – 4 p.m., 10/12

**Frederick Senior Center Room • 301.600.3525**

*From Eternity to Here: The Big Bang to Today*

Instructor: Robert Rubock

Wednesdays, 10 a.m. – 12 p.m., 11/28–12/5

# Learning on Location

NEW

## ILR575 Butterflies in the Field

1 session, 4 hours

Enjoy the magic of butterflies in the field! Early fall is still a great time to see butterflies in Maryland. With cooperative weather, we may see a dozen or more species including several only seen in the autumn season. Expect up close viewing and plan to take plenty of pictures. We'll provide transportation (using an FCC van) to a locale in the Montgomery-Frederick-Washington County area. The exact location will be determined at a later date. Please bring your own lunch and be prepared for some moderate walking. No refunds after close of business on 9/13.

**Instructor:** Kathy Barylski (see page 17 for bio)

5-Digit Number: 16341  
Thu, 11 a.m. - 3 p.m., 9/20  
Location: Off Campus Location/TBA  
Fee: \$54.00

NEW

## ILR579 Monuments by Moonlight

1 session, 8 hours

Enjoy the D.C. monuments when they look their most beautiful – lit up at night. We'll stop at the FDR, WWII, Lincoln, Korean, and Vietnam Memorials on the National Mall including the Jefferson and Martin Luther King, Jr. Memorials along the Tidal Basin. We'll also drive by the U.S. Capitol, Washington Monument, and White House. Not only will we view the monuments but we'll learn about the design, architecture, and historical significance of each monument. This tour includes a dinner stop (purchased on your own) at the Ronald Reagan Building and International Trade Center food court. No refunds after close of business 9/27.

**Instructor:** Marsha Adelson is a retired Federal Employee who has spent the last 10+ years as a Licensed Professional Tour Guide in Washington, D.C. She has over 20 years of experience teaching first aid, music and leadership skills as a volunteer for various organizations. She has lived in the Washington Metropolitan Area her whole life and enjoys sharing the beauty, history and uniqueness of our Nation's Capital with others through tours and lectures.

5-Digit Number: 16359  
Thu, 3 p.m. - 11 p.m., 10/11  
Location: Off Campus Location/TBA  
Fee: \$94.00

NEW

## ILR578 Experience Edgar Allen Poe

1 session, 7.5 hours

Join us on an exploration of Edgar Allen Poe's Baltimore. Our day will begin with a tour of his former residence. Next, we will head over to Westminster Hall for a guided tour of the church, graveyard, and catacombs. We'll hear about the mysterious "Poe Toaster", someone in disguise who leaves cognac and roses for the author on his birthday. Finally, we will enjoy a guided tour of the historic Lexington Market and enjoy a lunch of your choosing. The cost of lunch is not included in the fee. No refunds after close of business on 10/12. We will provide transportation using the FCC shuttle bus.

**Instructor:** Christine Rai (see page 20 for bio)

5-Digit Number: 16390  
Fri, 8 a.m. - 3:30 p.m., 10/19  
Location: Off Campus Location/TBA  
Fee: \$79.00

NEW

## ILR581 World War I and Frederick

1 session, 5 hours

November 11, 2018 will mark the 100<sup>th</sup> anniversary of Armistice Day, the official end of World War I. Learn more about Frederick's connection to "the Great War" through award-winning researcher/documentarian Chris Haugh as he explains the effects and legacy this legendary conflict had on Frederick and Frederick County. He will also showcase some of the brave men and women who joined the fight against enemy powers. Note: Be sure to bring your walking shoes as this class includes some walking in and around Frederick; carpooling to certain spots may be an option. Exact itinerary and class meeting location is TBA. A boxed lunch will be provided. No refunds after close of business 11/6.

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

5-Digit Number: 16393  
Fri, 9:30-2:30pm, 11/9  
Location: Off Campus Location/TBA  
Fee: \$69.00

# How to Register for ILR55+ Classes



## Online

- Go to [Frederick.edu/ILR](http://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.
- Click Add to cart
- On a class page, click Add to Cart to begin and then View Cart to continue the registration process.
- Check Agree to Refund Policy.
- Click Check Out to submit payment and Process Payment to complete your registration



## In Person

- Visit us in the Student Center (H-105) to complete a registration form and submit payment in full (cash, check or money order).

### Waiting List

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

### Important Notes

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

### Drop a Class

- Student who choose to drop a class will receive a full refund, excluding registration fee, provided that they initiate the drop at least two business day before the beginning date of the class. Trips and some classes may have a different refund policy; please refer to the class information for specific details. Students electing to drop a class can do so by completing the CEWD Drop/Transfer form available at [frederick.edu/QuickEnroll](http://frederick.edu/QuickEnroll) under the Registration Office link. This form must be submitted to the CEWD Registration Office located in the Student Center (H-105), or by email at [CERequest@frederick.edu](mailto:CERequest@frederick.edu). Please note, refunds are determined based on the date a request is received. Exceptions to this policy must be requested in writing to the Associate Vice President of CEWD and are made on a case-by-case basis. Contact us with questions at 301.624.2888.
- If FCC cancels a class, all applicable tuition and fees are refunded to students.

### Frederick Community College

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

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7819 or 301.846.2408 (Voice) or email [Interpreting@frederick.edu](mailto:Interpreting@frederick.edu). Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least two weeks in advance. Requests made less than two weeks in advance may not be able to be provided.

**Board of Trustees** Debra S. Borden, Chair • Dr. John Molesworth, Vice Chair • Ellis Barber • Nick Diaz • Carolyn Kimberlin • Tom Lynch  
Elizabeth Burmaster, Secretary/Treasurer • Janice Spiegel, Education Liaison/Office of the County Executive

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>3</b>	<b>4</b>	<b>5</b> 10:00 Joy in Every Day Life 10:30 Mornings With Ted	<b>6</b> 2:00 ILR Social	<b>7</b> 9:30 The Culture of the Islamic World
<b>10</b> 9:00 <u>The Fool's Journey</u> 10:00 Nature Walks 101 1:00 Making the Most of Your Android 1:00 The Defiant Requiem 1:30 Writing Your Short Story 6:30 Spanish For Travelers	<b>11</b> 9:00 A Survey of Medieval History 10:00 Exploring Watercolor Painting 10:30 Beginner French 6:00 Basic Conversational Spanish	<b>12</b> 10:00 Medieval Literature & Culture 10:00 Joy in Every Day Life 10:30 Mornings With Ted 1:00 Horatio Nelson's Navy 1:00 iPhone - Beginner 6:30 Spanish For Travelers	<b>13</b> 9:00 Genealogy Basics 10:30 The Ultimate Mobile Device 10:30 Beginner French 11:00 <u>Medical Marijuana</u> 3:30 Foundations of Watercolor 4:00 <u>Personal Self Defensive Tactics</u> 6:00 Basic Conversational Spanish	<b>14</b> 9:00 Painting in the Style of the Master Artists 9:30 The Culture of the Islamic World
<b>17</b> 9:30 The Pugilist 10:00 Nature Walks 101 1:00 Making the Most of Your Android 1:00 The Defiant Requiem 1:30 Writing Your Short Story 6:00 American Sign Language I 6:30 Spanish For Travelers	<b>18</b> 9:00 A Survey of Medieval History 10:00 What Did Jesus Actually Say & Do? 10:00 Exploring Watercolor Painting 10:30 Beginner French 6:00 Basic Conversational Spanish	<b>19</b> 10:00 Medieval Literature & Culture 10:00 Joy in Every Day Life 10:30 Mornings With Ted 1:00 Horatio Nelson's Navy 1:00 iPhone - Beginner 6:00 Feldenkrais for Better Balance 6:30 Spanish For Travelers	<b>20</b> 9:00 Genealogy Basics 10:30 The Ultimate Mobile Device 10:30 Beginner French 11:00 <u>Butterflies in the Field</u> 3:30 Foundations of Watercolor 6:00 Basic Conversational Spanish	<b>21</b> 9:00 Painting in the Style of the Master Artists 9:30 The Culture of the Islamic World
<b>24</b> 9:30 The Pugilist 10:00 Nature Walks 101 1:00 Equal Protection 1:00 The Defiant Requiem 1:30 Writing Your Short Story 6:00 American Sign Language I 6:30 Spanish For Travelers	<b>25</b> 9:00 A Survey of Medieval History 10:00 What Did Jesus Actually Say & Do? 10:00 Exploring Watercolor Painting 10:30 Beginner French 1:00 <u>Outlook and Opportunities</u> 6:00 Basic Conversational Spanish	<b>26</b> 10:00 Medieval Literature & Culture 10:00 Joy in Every Day Life 10:30 Mornings With Ted 1:00 Horatio Nelson's Navy 1:00 iPhone - Beginner 6:00 Feldenkrais for Better Balance 6:30 Spanish For Travelers	<b>27</b> 9:00 Genealogy Basics 10:30 The Ultimate Mobile Device 10:30 Beginner French 3:30 Foundations of Watercolor 6:00 Basic Conversational Spanish	<b>28</b> 9:00 Painting in the Style of the Master Artists 9:30 The Culture of the Islamic World 12:30 <u>Tai Chi for Balance and Well Being</u>

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>1</b> 9:30 The Pugilist 10:00 Nature Walks 101 1:00 Equal Protection 1:00 The Defiant Requiem 1:30 Writing Your Short Story 6:00 American Sign Language I 6:30 Spanish For Travelers	<b>2</b> 9:00 A Survey of Medieval History 10:00 What Did Jesus Actually Say & Do? 10:00 Exploring Watercolor Painting 10:30 Beginner French 2:30 <u>Crossroads of Culture</u> 6:00 Basic Conversational Spanish	<b>3</b> 10:30 Mornings With Ted 1:00 Horatio Nelson's Navy 1:00 <u>Writing Your Life Story</u> 2:00 <u>Beginning Yoga</u> 6:00 Feldenkrais for Better Balance 6:30 Spanish For Travelers	<b>4</b> 9:00 Genealogy Basics 9:30 <u>The Secrets of the C&amp;O Canal</u> 10:30 The Ultimate Mobile Device 10:30 Beginner French 1:00 <u>Paranormal Roadshow Series</u> 1:00 <u>Investigations</u> 1:00 <u>Are Your Medically Curious?</u> 1:00 <u>Orthopedics</u> 3:30 Foundations of Watercolor 6:00 Basic Conversational Spanish	<b>5</b> 9:00 Painting in the Style of the Master Artists 9:30 The Culture of the Islamic World 12:30 Tai Chi for Balance and Well Being
<b>8</b> 9:30 The Pugilist 1:00 Equal Protection 1:00 The Defiant Requiem 1:30 Writing Your Short Story 6:00 American Sign Language I	<b>9</b> 9:00 A Survey of Medieval History 10:00 What Did Jesus Actually Say & Do? 10:00 Exploring Watercolor Painting 10:30 Beginner French 1:00 <u>Reiki 1st Degree</u> 2:30 Crossroads of Culture 6:00 Continuing Conversational Spanish	<b>10</b> 1:00 Horatio Nelson's Navy 1:00 Writing Your Life Story 1:00 <u>iPhone - Advanced</u> 2:00 Beginning Yoga 6:00 Feldenkrais for Better Balance	<b>11</b> 9:30 The Secrets of the C&O Canal 10:30 The Ultimate Mobile Device 10:30 Beginner French 1:00 Paranormal Roadshow Series 1:00 <u>Thoughtography Class</u> 1:00 Are Your Medically Curious? 1:00 <u>Medical Aspects of Terrorism</u> 3:00 <u>Monuments by Moonlight</u> 3:30 Foundations of Watercolor 6:00 Continuing Conversational Spanish	<b>12</b> 9:30 <u>Japan: Tampopo</u> 10:00 <u>Ethical Explorations: Ancient Greeks to Present</u> 12:30 Tai Chi for Balance and Well Being 2:00 <u>Developing a Personal Strength Training Plan</u>
<b>15</b> 9:30 The Pugilist 1:00 Equal Protection 1:00 The Defiant Requiem 1:30 Writing Your Short Story 2:00 <u>The Aging Brain</u> 6:00 American Sign Language I 6:30 Spanish for Travelers	<b>16</b> 9:00 A Survey of Medieval History 10:00 What Did Jesus Actually Say & Do? 10:00 Exploring Watercolor Painting 1:00 Reiki 1st Degree 1:30 <u>Continuing French</u> 2:30 Crossroads of Culture 6:00 <u>Retire, Rewire, Reinvent</u> 6:00 Continuing Conversational Spanish	<b>17</b> 1:00 Horatio Nelson's Navy 1:00 Writing Your Life Story 1:00 iPhone - Advanced 2:00 Beginning Yoga 6:00 Feldenkrais for Better Balance 6:30 Spanish for Travelers	<b>18</b> 9:30 The Secrets of the C&O Canal 11:00 <u>Langley &amp; The Wright Brothers</u> 1:00 Are Your Medically Curious? 1:00 <u>Cardiovascular Disease</u> 1:30 Continuing French 3:30 <u>Foundations of Watercolor</u> 6:00 Continuing Conversational Spanish	<b>19</b> 8:00 <u>Experience Edgar Allen Poe</u> 9:00 <u>European Artists</u> 10:00 Ethical Explorations: Ancient Greeks to Present 12:30 Tai Chi for Balance and Well Being 2:00 Developing a Personal Strength Training Plan
<b>22</b> 9:30 The Pugilist 1:00 Equal Protection 1:30 Writing Your Short Story 2:00 The Aging Brain 6:00 <u>American Sign Language I</u> 6:30 Spanish for Travelers	<b>23</b> 10:00 What Did Jesus Actually Say & Do? 10:00 Exploring Watercolor Painting 1:00 Reiki 1st Degree 1:30 Continuing French 2:30 Crossroads of Culture 6:00 <u>Retire, Rewire, Reinvent</u> 6:00 Continuing Conversational Spanish	<b>24</b> 11:00 <u>Greek Trip Info Session</u> 1:00 Writing Your Life Story 1:00 <u>iPhone - Advanced</u> 2:00 Beginning Yoga 6:00 Feldenkrais for Better Balance 6:30 Spanish for Travelers	<b>25</b> 9:30 The Secrets of the C&O Canal 10:00 <u>Introduction to Computers</u> 11:00 Langley & The Wright Brothers 1:00 Paranormal Roadshow Series 1:00 Are Your Medically Curious? 1:00 Cardiovascular Disease 1:00 <u>Mediumship</u> 1:30 Continuing French 6:00 Continuing Conversational Spanish	<b>26</b> 9:00 European Artists 9:30 <u>Healthy Spirit</u> 10:00 Ethical Explorations: Ancient Greeks to Present 12:30 Tai Chi for Balance and Well Being 2:00 Developing a Personal Strength Training Plan
<b>29</b> 10:00 <u>Quantum Mechanics</u> 1:00 Equal Protection 1:30 Writing Your Short Story 2:00 The Aging Brain 6:30 Spanish for Travelers	<b>30</b> 9:30 <u>Math for 55+</u> 10:00 Exploring Watercolor Painting 1:00 Reiki 1st Degree 1:30 Continuing French 2:30 <u>Crossroads of Culture</u> 6:00 Continuing Conversational Spanish	<b>31</b> 9:00 <u>The Making of Modern China</u> 1:00 Writing Your Life Story 1:00 <u>National Security Current Events</u> 2:00 <u>Beginning Yoga</u> 6:00 Feldenkrais for Better Balance 6:30 Spanish for Travelers		

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
			<p><b>1 10:00 It's All Relative</b>            10:00 Introduction to Computers            11:00 Langley &amp; The Wright Brothers            1:00 Are Your Medically Curious?  <u>1:00 Cardiovascular Disease</u>  <b>1:00 Iris Paper Folding</b>            6:00 Continuing Conversational Spanish</p>	<p><b>2 9:00 European Artists</b>  <b>9:30 France: Haute Cuisine</b>            9:30 Healthy Spirit            10:00 Ethical Explorations: Ancient Greeks to Present            12:30 Tai Chi for Balance and Well Being  <b>1:00 Rasta and Reggae</b>            2:00 Developing a Personal Strength Training Plan</p>
<p><b>5 10:00 Quantum Mechanics</b>  <b>1:00 Federalism</b>            2:00 The Aging Brain  <b>6:00 American Sign Language II - Intermediate</b>            6:30 Spanish for Travelers</p>	<p><b>6 9:30 Math for 55+</b>  <b>12:00 Secret to Aging with Less Aches</b>  <b>1:00 The Effects of 500 Years of Slavery</b>            1:30 Continuing French  <b>2:30 Current Issues in the Middle East</b></p>	<p><b>7 9:00 The Making of Modern China</b>            1:00 Writing Your Life Story            1:00 National Security Current Events  <b>2:00 Continuing Gentle Yoga</b>  <u>6:00 Feldenkrais for Better Balance</u>  <u>6:30 Spanish for Travelers</u></p>	<p><b>8 10:00 It's All Relative</b>            10:00 Introduction to Computers            11:00 Langley &amp; The Wright Brothers            1:00 Are Your Medically Curious?  <b>1:00 Trauma</b>            1:30 Continuing French</p>	<p><b>9 9:00 European Artists</b>            9:30 Healthy Spirit  <b>9:30 World War I and Frederick</b>            12:30 Tai Chi for Balance and Well Being            1:00 Rasta and Reggae            2:00 Developing a Personal Strength Training Plan</p>
<p><b>12 10:00 Quantum Mechanics</b>            1:00 Federalism            2:00 The Aging Brain            6:00 American Sign Language II - Intermediate  <b>6:30 Italian for Travelers</b></p>	<p><b>13 9:30 Math for 55+</b>            12:00 Secret to Aging with Less Aches            1:00 The Effects of 500 Years of Slavery  <b>1:30 World Religion Series</b>            1:30 Continuing French            2:30 Current Issues in the Middle East</p>	<p><b>14 9:00 The Making of Modern China</b>  <u>1:00 Writing Your Life Story</u>            1:00 National Security Current Events            2:00 Continuing Gentle Yoga            6:30 Italian for Travelers</p>	<p><b>15 10:00 It's All Relative</b>            10:00 Introduction to Computers            1:00 Are Your Medically Curious?  <b>1:00 Your Lungs</b>  <u>1:30 Continuing French</u></p>	<p><b>16 9:00 Floral Design: Fall Centerpiece</b>            9:30 Healthy Spirit            12:30 Tai Chi for Balance and Well Being            1:00 Rasta and Reggae            2:00 Developing a Personal Strength Training Plan</p>
<p><b>19 10:00 Quantum Mechanics</b>  <b>1:00 The Cloud: iPad/iPhone only</b>  <u>2:00 The Aging Brain</u>            6:00 American Sign Language II - Intermediate            6:30 Italian for Travelers</p>	<p><b>20 9:30 Math for 55+</b>            12:00 Secret to Aging with Less Aches            1:00 The Effects of 500 Years of Slavery            2:30 Current Issues in the Middle East</p>	<p><b>21 Thanksgiving Break</b></p>	<p><b>22 Thanksgiving Break</b></p>	<p><b>23 Thanksgiving Break</b></p>
<p><b>26 1:00 Federalism</b>            1:00 The Cloud: iPad/iPhone only            6:00 American Sign Language II - Intermediate            6:30 Italian for Travelers</p>	<p><b>27 12:00 Secret to Aging with Less Aches</b>            1:00 The Effects of 500 Years of Slavery            1:30 World Religion Series            2:30 Current Issues in the Middle East  <b>6:00 Basic Conversational Spanish</b></p>	<p><b>28 9:00 The Making of Modern China</b>  <b>10:00 Meditation in Everyday Life</b>            1:00 National Security Current Events            2:00 Continuing Gentle Yoga            6:30 Italian for Travelers</p>	<p><b>29 10:00 It's All Relative</b>            10:00 Introduction to Computers            6:00 Basic Conversational Spanish</p>	<p><b>30 9:30 Healthy Spirit</b>            12:30 Tai Chi for Balance and Well Being            1:00 Rasta and Reggae</p>

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>3 10:00 Quantum Mechanics</b>            1:00 Federalism  <u>1:00 The Cloud: iPad/iPhone only</u>  <b>6:00 Investment Strategies</b>            6:00 American Sign Language II - Intermediate            6:30 Italian for Travelers</p>	<p><b>4 12:00 Secret to Aging with Less Aches</b>            1:00 The Effects of 500 Years of Slavery            1:30 World Religion Series  <b>2:30 Current Issues in the Middle East</b>            6:00 Basic Conversational Spanish</p>	<p><b>5 9:00 The Making of Modern China</b>            10:00 Meditation in Everyday Life            1:00 National Security Current Events  <b>1:00 iPad Workshop</b>            2:00 Continuing Gentle Yoga            6:00 Investment Strategies            6:30 Italian for Travelers</p>	<p><b>6 10:00 It's All Relative</b>            10:00 Introduction to Computers            6:00 Basic Conversational Spanish</p>	<p><b>7 9:30 Healthy Spirit</b>            12:30 Tai Chi for Balance and Well Being  <u>1:00 Rasta and Reggae</u></p>
<p><b>10 9:00 Don't Be a Victim of Frauds</b>  <u>10:00 Quantum Mechanics</u>            1:00 Federalism            6:00 Investment Strategies  <u>6:00 American Sign Language II - Intermediate</u>            6:30 Italian for Travelers</p>	<p><b>11 9:00 Women Traveling Solo</b>            12:00 Secret to Aging with Less Aches            1:00 The Effects of 500 Years of Slavery            1:30 World Religion Series            6:00 Basic Conversational Spanish</p>	<p><b>12 9:00 The Making of Modern China</b>            10:00 Meditation in Everyday Life            1:00 National Security Current Events  <u>1:00 iPad Workshop</u>  <u>2:00 Continuing Gentle Yoga</u>  <u>6:00 Investment Strategies</u></p>	<p><b>13 10:00 It's All Relative</b>            6:00 Basic Conversational Spanish</p>	<p><b>14 9:00 Festive Holiday Greens Centerpiece</b></p>
<p><b>17 1:00 Federalism</b></p>	<p><b>18 9:00 Women Traveling Solo</b>            1:00 The Effects of 500 Years of Slavery            1:30 World Religion Series            6:00 Basic Conversational Spanish</p>	<p><b>19</b></p>	<p><b>20 6:00 Basic Conversational Spanish</b></p>	<p><b>21 Winter Break</b></p>
<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>31</b></p>				

• **Bold indicates first session of class** • Underline indicates last session of class • Saturday classes not reflected in this weekday calendar



## Location Key

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

### Campus Locations

- FCC/A–Annapolis Hall
- FCC/B–Braddock Hall
- FCC/C–Catoctin Hall
- FCC/D–Athletics Center
- FCC/E–Conference Center
- FCC/F–Visual & Performing Arts Center
- FCC/G–Gambrill Hall
- FCC/H–Student Center
- FCC/J–Jefferson Hall
- FCC/L–Linganore Hall
- FCC/P–Plant Operations
- FCC/S–Sweadner Hall
- FCC/K–Mercer-Akre Kiln

### Off Campus Locations

- Buckingham's Choice Retirement Community**  
3200 Baker Circle, Adamstown, MD 21710
- Walkersville Branch Library**  
57 W. Frederick St, Walkersville, MD 21793
- Brunswick Branch Library**  
915 N. Maple Ave, Brunswick, MD 21716
- C. Burr Artz Public Library**  
110 E. Patrick St, Frederick, MD 21701
- Country Meadows Retirement Community**  
5955 Quinn Orchard Road, Frederick, MD 21704
- Frederick Senior Center**  
1440 Taney Ave, Frederick, MD 21702
- Urbana Regional Library**  
9020 Amelung St, Frederick, MD 21704

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



# Discover Greece

Featuring Classical Greece, Mykonos & Santorini • October 10-24, 2019

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

Price: Double \$4,999\* • Single \$5,999 • Triple \$4,949

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

*\*All Rates are Per Person and are subject to change, based on air inclusive package from BWI. Prices listed include a \$150 early booking discount for individuals who book before April 11, 2019.*

Q&A Info Session With Collette

October 24, 2018 11:00 a.m.  
Conference Center (E-123)

*Mediterranean snacks will be provided.*



**Frederick Community College**

**Institute for Learning in Retirement**

7932 Opossumtown Pike  
Frederick, Maryland 21702

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# ILR SOCIAL

Mingle with instructors and students while learning about the program. Heavy hors d'oeuvres will be served and a cash bar will be available.

Ayse Meze • Thursday, September 6 • 2:00-4:00 p.m.