



Frederick Community College

Spring 2018

# ILR

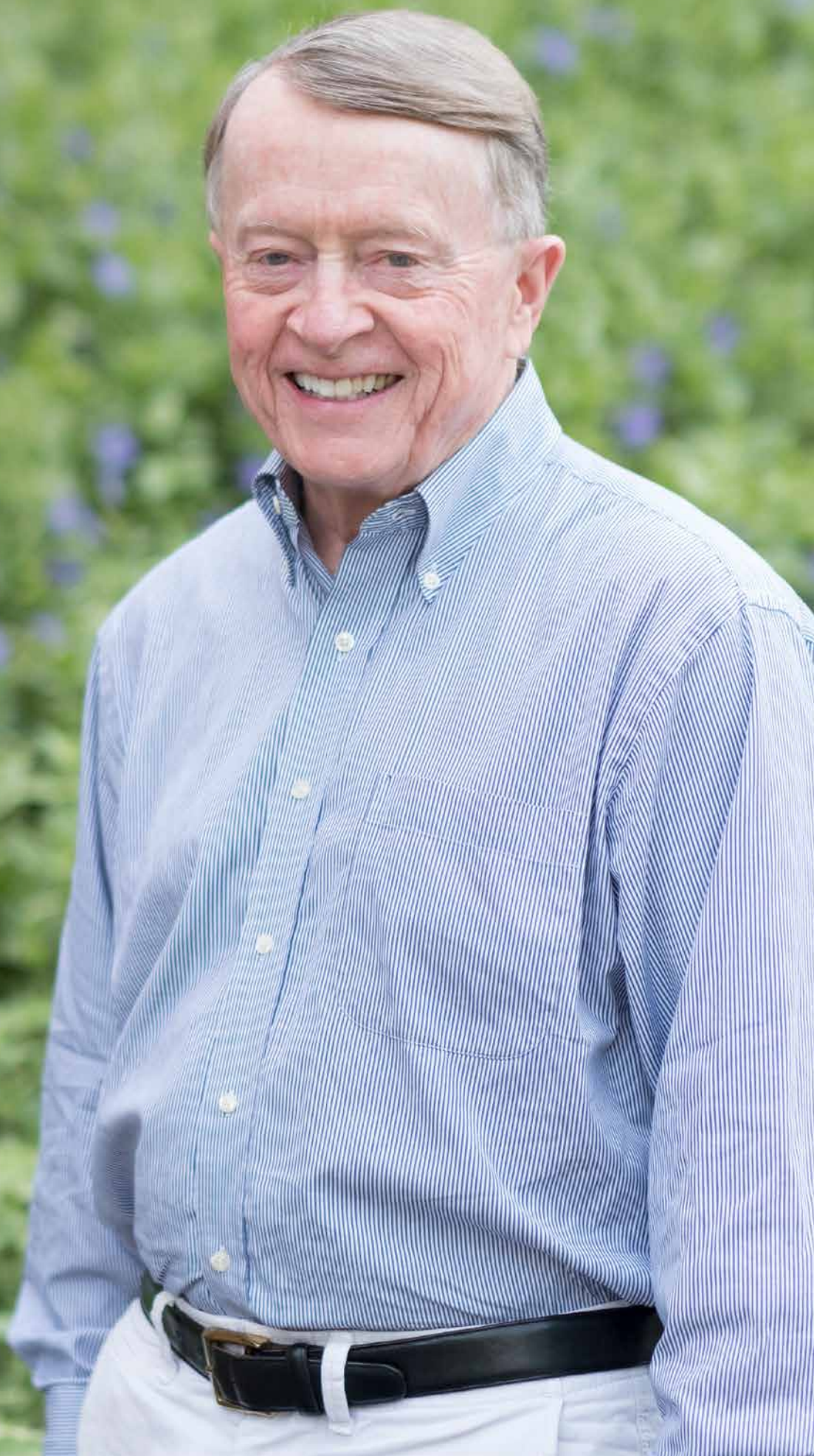
## 55+

*"ILR makes retirement exciting, and it's one of the best bargains in Frederick!"*

*William Miller*

*ILR Student*

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





# 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
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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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ILR Program Associate  
Mary Beth Liller • 301.846.2405  
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*Dear Lifelong Learner,*

When you think back to your school-aged days, what do you remember most? Your friends, the activities you were a part of, and the classes you loved – or hated – probably come to mind first. But I bet all of you can also vividly remember that special teacher or two who really had an impact on you. It's the teacher who brought learning to life, making it fun and accessible.

While we pride ourselves on offering more than 70 innovative and exciting ILR classes this spring semester, we know it's not just the course content that makes the class. It's also the instructor leading it.

We are fortunate to have so many passionate instructors ready to help you explore and learn.

Even if science wasn't your strong suit in school, consider Bob Rubock's exciting science classes. Don't worry – a math mind or formal scientific training isn't required, but a sense of humor is.

Take advantage of Dr. Carol Zehackner's 30 years of experience in physical therapy. Not only will she help ease your aches and pains, but she'll also delight your spirit with her spunky personality.

If the topics of bioethics and gene-editing technology sound a little on the complicated side to you, let Carl Gregg guide you through these and other difficult questions with his expertise and perspective.

What's a carpal tunnel and does it charge a toll? Give in to your medical curiosity with Dr. Larry Romane. He'll help you explore and understand common medical topics with his friendly and simplified approach.

Or take a class from our featured instructor this semester, historian Roger Swartz. He's described by a student as one of a kind. "His almost encyclopedic knowledge of the subject matter, wicked sense of humor, and genuine affection for his students is combined with a lovely warmth and sensibility," the student says. "The result is an immensely enjoyable and edifying learning experience. He is a treasure!"

Whichever classes you decide to take, we're confident your learning will be enhanced by the enthusiasm and experience of our wonderful instructors. Let them inspire you this spring.



Sincerely,

A handwritten signature in black ink that reads "Kelli Ackiewicz". The signature is fluid and cursive, with a period at the end.

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

# Spring 2018 ILR Courses

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## Spring 2018 Featured Instructor



### Roger Swartz

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.

Roger is owner of R.G. Swartz & Associates, offering historical services, workshop offerings, and historical products to educational institutions and historical organizations. He is the author of two nationally-acclaimed books dealing with the frontier history of Pennsylvania during the American Revolution. In 2002, he received the "Instructor of Honor" award from the Continuing Education program at Hagerstown Community College for his work with Elderhostel programs and with the Institute for Learning in Retirement. He holds two Masters degrees from Lehigh University: M.A.Ed. (1969); and M.P.A. (Master in Public Administration), 1981. He and his wife reside in Keedysville, MD.

NEW

### ILR848 James Monroe and the Era of Good & Bad Feelings

6 sessions, 12 hours

This course will cover the life and two-term presidency of James Monroe, our fifth president. We'll discuss his roles and leadership as Secretary of State and War during the War of 1812. Next, we'll analyze Monroe's role in the expansion of the nation through land acquisitions, an emerging transportation revolution, and the Monroe Doctrine. We'll also assess his political philosophy and address these questions: Was the "Era of Good Feelings" meant to bring the country together following the War of 1812? Or was it meant to subjugate all political opposition from the Federalist Party? What were the consequences to the country dominated by one political party?

4-Digit Number: 7914

Mon, 9:30am - 11:30am, 1/22 – 2/26

Location: Conference Center (E Building)/E123

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only

NEW

### ILR853 The Continental Army: A Social History

6 sessions, 12 hours

This course will cover the demographics of the Continental Army during the American Revolution. Groups discussed include women, Germans (including the Hessians), Scots-Irish, Native Americans, and Afro-Americans. We'll cover the "social contract" or "labor contract" between the army and its enlistees, and what happens when the men felt the officers violated the terms of their contract. Of the 57 known mutinies in the army, we'll concentrate on the ones involving the Pennsylvania Line, the New Jersey Line, and the Newburgh Conspiracy involving officers. In each we'll cover the causes, the events, and the impacts.

4-Digit Number: 7900

Mon, 9:30am - 11:30am, 3/26 – 4/30

Location: Conference Center (E Building)/E123

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only

### Student Reviews

*"Roger's classes are always characterized by his encyclopedic knowledge of early American history annotated with his own personal stories and experiences. If only more Americans (including politicians) could be exposed to these lessons of 'where our country came from.' Roger is terrific."*

-Nick Scudiero

*"Roger does an excellent job of covering events & persons in our early American history. These classes are very popular. We always want to know what he will be offering next semester. I have appreciated his notes & preparation."*

-Jim Grissom

*"It only takes sitting in one class of a Roger Swartz course and there will be no doubt the passion he has for sharing his wealth of knowledge, from the casual to the ardent colonial history enthusiast you will come away with facts and stories you never heard before. With his passion and wit, you will quickly become a member of the Roger Swartz fan club."*

-Kathy Murtaugh

**NEW****ILR337 Music Appreciation from a Historical Perspective**

6 sessions, 12 hours

What is that music? Have you ever wondered why different time periods have different styles of music or why you listen and enjoy certain types of music? In this course, we will have a quick overview of critical time periods and the music that resulted from (or triggered) the events of that time. You may find that your current ideas change or that beliefs about music that you have always held are correct.

**Instructor:** Lynn Fleming is currently principal bassist with the National String Symphonia, and free-lances in and around Maryland with several orchestras. Additionally, she has conducted a number of orchestras in the area, including Westminster Symphony Orchestra. A recent participant of the InterHarmony Music Festival in Italy she is currently the director and conductor of the Frederick Community College String Ensemble. A consummate educator, Ms. Fleming recently was invited to Florida State University in Tallahassee where she ran a master class for college students. A graduate of the Juilliard School of Music, Ms. Fleming spent ten years teaching and performing in Venezuela with the Maracaibo Symphony Orchestra. Upon her return to the United States, Ms. Fleming joined the faculty of the Juilliard School Music Advancement Program where she taught double bass as well as performing with some of the premier ensembles in NYC and the surrounding area.

4-Digit Number: 7884

Mon, 1pm - 3pm, 1/29 - 3/5

Location: Conference Center (E Building)/E106

Tuition: \$40.00 Fee: \$89.00

Total: \$129.00

MD residents age 60+ pay fee only

**NEW****ILR466 Dark Energy, Dark Matter: Part 2**

7 sessions, 14 hours

We used to think that if you can't see or measure something, there was nothing there. Modern thinking and great technological advances have shown that there is far more to the Universe than what we can see and measure. Vera Rubin, an astronomer associated with the Carnegie Institute, showed that galaxies rotated in a way that was at odds with the accepted laws of motion. This led to the introduction of "Dark Matter", a substance that can neither be measured or observed directly. Similarly, the observed phenomenon that the galaxies are not only rushing away from us, but are doing so at an ever increasing rate, has led to the acceptance of a new component in the Universe called Dark Energy. Learn more about this mysterious part of our Universe this spring. No technical or mathematical background necessary.

**Instructor:** Bob Rubock graduated with a BS in Electrical Engineering from Rensselaer and a Master of Science in Electrical Engineer 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.

4-Digit Number: 7997

Mon, 10am - 12pm, 1/29 - 3/12

Location: Conference Center (E Building)/E106

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only

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*"One of the best values to any curious individuals."*

~ ILR participant

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**NOTE:**

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

**ILR745 Introduction to Zentangles®**

4 sessions, 12 hours

"Anything is possible...one stroke at a time!". This is based on the Zentangle® art method developed by Rick Roberts and Maria Thomas. Discover this easy-to-learn drawing technique that inspires creativity and develops mindfulness. This method is used as a way to reduce stress, free your mind and increase focus. Combine simple, repetitive drawing strokes into "tangle" patterns to create a one of a kind works of art. Working on a 3.5 inch square paper tiles, students will learn basic tangles, how to shade to make drawings appear 3-D, and how to embellish any drawing. No art experience is necessary. Note: Supplies included in course cost. No refunds after close of business 1/29.

**Instructor:** Barb Allensworth's career as a Contract Negotiator with Electronic Data Systems (EDS) spanned 23 years. A native of upper Montgomery County, she is also experienced in various needle arts, mixed media arts, was co-owner of a stained glass company and is a certified decorative painter. Now retired, Barb earned her title of Certified Zentangle® Teacher (CZT®) in April 2015 from the founders of the Zentangle® method. She now enjoys introducing students of all ages to the Zentangle® method, watching their joy and surprise as they discover their own hidden artist from within.

4-Digit Number: 8101

Mon, 9am - 12pm, 2/5 - 2/26

Location: Conference Center (E Building)/E124A

Total: \$89.00

*Introducing Helen Stevens-Benefo ...***NEW****ILR617 What You Need to Know About Identity Theft, Hacking, and Cyber Security**

2 sessions, 4 hours

Identity theft, hacking, cyber security...how concerned should you be? In this course we will explore the different ways breaches occur, our everyday habits that makes us susceptible to hacking and identity theft, and together learn simple ways to safeguard our private information. Some topics for discussion in this course will include social engineering, phishing, password sniffing, social media, scam or hoax, data disposal and many others. Using examples of identity theft scenarios we will broaden our knowledge about hacking and different forms of breaches.

**Instructor:** Dr. Helen Stevens-Benefo has worked in the insurance industry for twenty years. Helen has spent a majority of those years analyzing risks and advising her clients on how to best mitigate risks. The world of technology presents a whole new challenge, one that is fun to explore yet intriguing to understand its emerging risks and ever changing trends and facets. Her hope is to explore these fascinating trends and risks together with her students.

4-Digit Number: 7902

Mon, 9am - 11am, 2/19 - 2/26

Location: Conference Center (E Building)/E109

Total: \$39.00

**NEW****ILR493 Photo Painting on Your iPad**

3 sessions, 9 hours

Even if you can't paint or draw, if you can take a decent photo, you can use technology to create a work of art. In this three part class, you will learn some iPad basics including finding apps and installing them. You will also learn how to take photos that you didn't capture on your phone or iPad (such as with your camera or a print copy of a photo) and transfer them into your iPad. Finally, you will learn how to use your new apps to make a photo look like a watercolor or an oil painting. At the end of this class, you will have a "painting" worthy of printing and framing, and it will be your secret that you didn't ever wet a brush. Participants must bring their own iPad and a pre-paid \$15 iTunes gift card to class. Participants should also have some computer experience and an email address that can be accessed from classroom computers.

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

4-Digit Number: 8118

Mon, 9am - 12pm, 2/26 - 3/12

Location: Conference Center (E Building)/E126C

Tuition: \$30.00 Fee: \$79.00

Total: \$109.00

MD residents age 60+ pay fee only

**NEW****ILR824 Zentangle® - Zendalas**

1 session, 3 hours

A Zendala is a mandala created with tangles. Mandalas are circular works of art that date as far back as the 4th century as a spiritual & ritual symbol in Hinduism & Buddhism, representing the microcosm of the universe. Often very geometrical, reminiscent of looking through a kaleidoscope, the results can astound even the artist. Now that you have been introduced to Zentangle® & a number of tangles, learn new techniques for Zendalas. A new Zentangle® Kit with Zendala tiles will be provided. This class is a single 3 hour session for individuals who have taken ILR745, Introduction to Zentangle®. Course pricing includes a \$5 material fee. Note: No refunds after close of business 2/26.

**Instructor:** Barb Allensworth

4-Digit Number: 8102

Mon, 9am - 12pm, 3/5

Location: Conference Center (E Building)/E123

Total: \$34.00

## ILR487 Blueprint for Successful Aging in Place Series

5 sessions, 15 hours

Aging in place is defined as the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level. This series will provide you with all of the details that you need to be successful whether its for personal planning or planning for a friend or family member. Starting the process early is key. You may take the series for a discount which includes all 4 topics or pick the topic that is most relevant to your need.

**Instructor:** Marcy Gouge, Mary Wark, and Thea Uhlig-Ruff

4-Digit Number: 7887

Mon, 9am - 12pm, 3/12 – 4/9

Location: Conference Center (E Building)/E126A

Total: \$109.00

## ILR491 Blueprint for Successful Aging in Place: General Overview

2 sessions, 6 hours

When asked, everyone quickly says “Don’t put me in a nursing home!” You want to age with dignity and remain living independently as long as you can, but what are you doing to plan for the problems that you will encounter? This two-day Survey Class will provide basic information about a variety of decisions and actions so you can safely “age in place.” Students are encouraged to take this Survey class, and then consider taking one or more of the additional three hour “Intensives” addressing key topics related to successful independent living.

**Instructor:** Marcy Gouge is a licensed elder law attorney with 20 years' litigation experience. She has a certificate in Gerontology and is the former National Director of National Legal Training Project which provided training to elder advocates on topics which impact older adults such as Elder Abuse, Guardianship, Federal Benefits, etc. She also has extensive experience providing Continuing Education training to adults.

4-Digit Number: 7901

Mon, 9am - 12pm, 3/12 – 3/19

Location: Conference Center (E Building)/E126A

Total: \$39.00

## ILR490 Blueprint for Successful Aging in Place: Legal Concerns

1 Session, 3 hours

You've made the decision that you want to remain living independently in your own home as you age, but have you created the critical documents to ensure that your wishes will be followed in the event of your physical or mental inability to manage your own health care? And what do you do if you have no family or friends to help you advocate for your desires?

**Instructor:** Marcy Gouge

4-Digit Number: 7898

Mon, 9am - 12pm, 4/2

Location: Conference Center (E Building)/E126A

Total: \$29.00

## ILR489 Blueprint for Successful Aging in Place: Staying Independent in Your Home

1 Session, 3 hours

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

**Instructor:** Mary Wark, M. Ed, CRC, CAPS is a Certified Aging in Place Specialist (CAPS), Mary has chosen Frederick as the answer to her own plan to age in place. Her blog at Ways-to-Stay.com/A Boomer's Plan to Age in Place, explores all the diverse aspects of maintaining your independence as you age. Mary has over 40 years of counseling experience in disability management and behavioral health.

4-Digit Number: 7897

Mon, 9am - 12pm, 3/26

Location: Conference Center (E Building)/E126A

Total: \$29.00

## ILR488 Blueprint for Successful Aging in Place: Maintaining Health and Wellness

1 Session, 3 hours

Successful aging in your home means planning and identifying specific aspects that are most important to you. Your health and well-being should play a major role. This three hour session will provide information about factors that affect aging, understanding normal aging versus chronic/acute conditions, health concerns that affect your ability to age in place and recognizing how your psychological wellbeing and your health are closely linked as you age.

**Instructor:** Thea Uhlig-Ruff, R.N., B.S., M.G.A. recently retired from a career in healthcare. She has spoken locally, state-wide, and nationally on health-related topics including dementia care, long-term care issues, and hospice care. Ruff brings a unique perspective as she has been a caregiver for her parents and her husband of 25 years. She serves as a member of the Frederick County Commission of Aging, chairing their committee on Aging in Place and serves on the Local Health Improvement Plan Committee on Seniors.

4-Digit Number: 7895

Mon, 9am - 12pm, 4/9

Location: Conference Center (E Building)/E126A

Total: \$29.00

**Blueprint courses now being offered during daytime hours.**



**NEW** **ILR841 Eight Nations Vital to Sub-Sahara Africa: Past & Present**

7 sessions, 14 hours

Learn about the important histories of eight African nations that helped shape the sub-Sahara continent including; Ghana, Nigeria, Sudan, Ethiopia, Kenya, Democratic Republic of the Congo, Zimbabwe and South Africa, from slavery to the present. Students will learn how their unique history is reflected in the current political-economic life of these nations.

**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 African 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.

4-Digit Number: 7912  
 Mon, 1pm - 3pm, 4/2 - 5/14  
 Location: Conference Center (E Building)/E106  
 Tuition: \$50.00    Fee: \$109.00    Total: \$159.00  
 MD residents age 60+ pay fee only



**ILR will hold classes on Monday, March 26 and Tuesday, March 27. There will be no classes Wednesday, March 28 through Friday, March 30, due to spring break.**

**NEW** **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.

4-Digit Number: 8116  
 Mon, 12pm - 2pm, 3/5 - 4/2  
 Location: Conference Center (E Building)/E123  
 Tuition: \$30.00    Fee: \$79.00    Total: \$109.00  
 MD residents age 60+ pay fee only

*Introducing Kathy Barylski ...*

**NEW** **ILR850 On Gossamer Wings: The Magic of Butterflies and Moths**

3 sessions, 6 hours

With at least 70 species of butterflies and over a 1,000 species of moths in Frederick County, we have much to explore! This introduction course will include classroom time to study lifecycles, anatomy, nomenclature and identification, and time outdoors (weather providing) to apply that knowledge.

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

4-Digit Number: 7906  
 Mon, 1:30pm - 3:30pm, 4/23 - 5/7  
 Location: Frederick Senior Center/1440 Taney Ave, Frederick  
 Total: \$59.00

# Computers & Technology

## ILR638 Using Microsoft® Windows 10

4 sessions, 8 hours

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

**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.

4-Digit Number: 8156  
Mon, 1pm - 3pm, 1/22 - 2/12  
Location: Conference Center (E Building)/E108  
Tuition: \$30.00    Fee: \$79.00    Total: \$109.00  
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

4-Digit Number: 8153  
Mon, 1pm - 3pm, 3/12 - 3/18  
Location: Conference Center (E Building)/Not Assigned  
Total: \$49.00

## 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. 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

4-Digit Number: 8157  
Mon, 1pm - 3pm, 4/9 - 4/23  
Location: Conference Center (E Building)/E107  
Tuition: \$20.00    Fee: \$39.00    Total: \$59.00  
MD residents age 60+ pay fee only

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

3 sessions, 6 hours

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

**Instructor:** Bill O'Neal

4-Digit Number: 8158  
Mon, 1pm - 3pm, 2/19 - 3/5  
Location: Conference Center (E Building)/E106  
Total: \$59.00

**NEW** ILR856 Spanish for Beginners

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 assignments based on handout exercises. This is a class for those who want to communicate in Spanish and understand Spanish culture. Perfect for the traveler!

**Instructor:** Ana María Pinzón is an Associate Professor and Program Manager of World Languages in the department of Communications Arts and Humanities. She holds an MA in Foreign Languages and an MBA from West Virginia University. Her undergraduate studies were at the Universidad Externado de Colombia, Bogotá, where she obtained a Bachelor's degree in Finances and International Relations. She has taught at West Virginia University and The Ohio State University. She currently teaches all levels of Spanish at FCC.

4-Digit Number:  
Tue, 1pm - 3pm, 1/23 - 3/13  
Location: Conference Center (E Building)/E124B  
Tuition: \$40.00 Fee: \$149.00 Total: \$189.00  
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 ([www.ted.com/](http://www.ted.com/)) at each class and share your own ideas with your fellow students in a lively discussion of the topic.

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

4-Digit Number: 7970  
Tue, 10:30am - 12pm, 1/23 - 2/20  
Location: Conference Center (E Building)/E123  
Total: \$79.00



**ILR495 Tax-Free Investing: It's Not What You Make, It's What You Keep**

1 Session, 2 hours

Do you want more control over the taxes you pay? You'll learn about tax-advantaged investments and their features, tax-free investment returns versus taxable investment returns, three different ways to purchase municipal bonds, and how tax-free investing can help you achieve your financial goals.

**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 5 and as large as fifty. In addition, Paul has delivered multiple educational workshops regarding finances in community settings.

4-Digit Number: 8120  
Tue, 6pm - 8pm, 2/6  
Location: Conference Center (E Building)/E126B  
Total: \$19.00

**SEN450 Exploring Watercolor Painting**

8 Sessions, 16 hours

If you have wanted to try your hand at watercolor painting, or expand your artistic abilities by learning new techniques in painting, this is the class for you. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about mixing colors, composition, techniques of shading, and more. Explore a rewarding activity and the satisfaction of expanding your creative talents. In addition to beginning students, students who have taken Cath's classes previously are welcome to return and will find new content. Some famous watercolor artists such as Cezanne and Klee will bring inspiration to the Spring class.

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

4-Digit Number: 7885  
Tue, 10am - 12pm, 2/6 - 3/27  
Location: Senior Center/1440 Taney Avenue, Frederick  
Total: \$109

New content each term ...

## SEN473 Current Issues in the Middle East

5 sessions, 10 hours

This popular, ongoing course offers new content each term as participants discuss and analyze the stories behind today's headlines. Focusing on the shifting landscape that defines the Middle East in the 21st century, this course will attempt to place modern issues in a historical perspective in an attempt to understand the forces that have influenced current events. Through lectures, readings, films and, occasionally, guest speakers, the instructor will share her unique insights on the region gleaned over a period of more than four decades. Subjects of current interest will include mass migrations, economic disparities, shifting borders, ethnic tensions, conflicting nationalisms, and extremism in the name of religion. U.S. policy as it relates to these issues will also be considered.

4-Digit Number: 7886

Tue, 2:30pm - 4:30pm, 2/13 - 3/13

Location: Sweadner Hall

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only

## ILR399 Beyond the Veil

5 sessions, 10 hours

This course goes beyond the popular stereotypes and western assumptions about gender relations among the world's 1.7 billion Muslims to explore the complex nature of women's role in Islam across time and space, spanning 1,400 years and six continents. Through an investigation of historical Islamic pronouncements, extensive field observations, selected readings, discussion, films, and guest speakers, participants will develop a deeper understanding of the evolution and dynamics of women's role within the greater Islamic milieu. A reading list will be provided during the first class.

4-Digit Number: 8051

Tue, 2:30pm - 4:30pm, 4/10 - 5/8

Location: Sweadner Hall

Tuition: \$40.00 Fee: \$99.00

Total: \$139.00

MD residents age 60+ pay fee only



**Instructor:** Linda Pappas Funsch is a specialist in modern Middle East studies and Islamic history. With a MA degree in Near Eastern Studies from New York University, she has studied, worked, and traveled extensively throughout the region. A freelance writer and consultant, she has taught at both Hood College and Mount Saint Mary's University. She is featured frequently at scholarly

symposia throughout the Washington, DC area, including The World Bank, the World Affairs Council, Georgetown University, and the National Council on US-Arab Relations. Ms. Funsch has led two ILR-sponsored study visits to the Middle East region, including Egypt (2008) and Morocco (2013).



## ILR849 Living with Resilience and Hope: Tools for 21st Century Eldering

5 sessions, 10 hours

The seminar is for developing 21st century tools in a time of confusion and division. Each session will cover two themes to empower people to take stock with gratitude for the life blessings they have already experienced and to anticipate with vision the possibilities which are ahead. Topics include Listening and Mirroring Skills, "Riding the Dragons", Belief Map, and Core Worldview Analysis.

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

4-Digit Number: 7903

Tue, 1pm - 3pm, 3/6 - 4/3

Location: Conference Center (E Building)/E123

Tuition: \$30.00 Fee: \$79.00

Total: \$109.00

MD residents age 60+ pay fee only



## ILR851 Our Grandchildren Redesigned: 21st Century Bioethics

6 sessions, 9 hours

Learn about the revolutionary gene-editing technology CRISPR and biotechnologies that will boost human physical and mental performance to unprecedented levels. Discuss case studies on the ethical implications of research on human beings, dividing up health care resources, paternalism & autonomy, truth-telling & confidentiality, genetic choices, reproductive technologies, and informed consent.

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

4-Digit Number: 7904

Tue, 10am - 11:30am, 3/13 - 4/17

Location: Conference Center (E Building)/E123

Tuition: \$30.00 Fee: \$69.00

Total: \$99.00

MD residents age 60+ pay fee only

**NEW**

### **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.

4-Digit Number: 7888  
Tue, 6pm - 8:30pm, 3/13 - 3/20  
Location: Conference Center (E Building)/E126BC  
Tuition: \$20.00    Fee: \$39.00    Total: \$59.00  
MD residents age 60+ pay fee only

*"Love the classes and choices. Excellent opportunity to learn and grow."*

~ ILR participant

## **Tuesday, Thursday**

### **ILR526 French for the Beginner**

10 sessions, 15 hours

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

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

4-Digit Number: 7891  
Tue, Thu, 10:30am - 12pm, 2/6 - 3/8  
Location: Conference Center (E Building)/E106  
Tuition: \$40.00    Fee: \$109.00    Total: \$149.00  
MD residents age 60+ pay fee only

**NEW**

### **ILR336 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  
4-Digit Number: 7892  
Tue, Thu, 1pm - 2:30pm, 2/6 - 3/8  
Location: Conference Center (E Building)/E106  
Tuition: \$40.00    Fee: \$109.00    Total: \$149.00  
MD residents age 60+ pay fee only

**NEW****ILR847 How Can I Help the Basic Goodness of Society**

6 sessions, 12 hours

The focus of this course is to learn to create situations of more wakefulness, compassion, and wisdom in our lives, in the world, and in human society. This includes finding the wisdom that is present in ourselves, and also in politics, economics, education systems, and our relationship with the ecosystem. Our focus will not be on abstract ideas and theories, divorced from our lives and world. Instead we will take a very experiential approach that looks at real experience and how these questions and themes apply to our everyday lives as modern people, living in very specific situations and facing global challenges. In this way, ancient contemplative wisdom can connect directly with our modern lives and questions.

**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.

4-Digit Number: 7908

Wed, 10am - 12pm, 1/17 - 2/21

Location: Conference Center (E Building)/E106

Tuition: \$40.00 Fee: \$89.00

Total: \$129.00

MD residents age 60+ pay fee only

**ILR700 Just Try It! Beginning Yoga**

5 sessions, 7.5 hours

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

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

4-Digit Number: 7877

Wed, 2pm - 3:30pm, 1/24 - 2/21

Location: Athletics Center (D Bldg)/D129

Total: \$69.00

*Now offering two sessions...***ILR765 Feldenkrais: Awareness Through Movement**

8 sessions, 12 hours

Awareness Through Movement® classes, developed by physicist and judo master Dr. Moshe Feldenkrais, improves mobility and the brain through directed attention, visualization and stress-free movement. We will focus on solutions to the challenges that older adults face, restoring functions necessary for an active and enjoyable retirement. Whether you want to improve your golf swing or need a way to ease back into exercise, this class is the perfect way to reduce pain while improving balance, flexibility, strength, vitality and focus. Participants must be able to lie on a mat. Feldenkrais requires the use of a special mat. If students do not own the proper mat, they may purchase one from the FCC bookstore.

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

4-Digit Number: 8089

Wed, 6pm - 7:30pm, 1/31 - 3/21

Location: Conference Center (E Building)/E126AB

Total: \$119.00

**OR**

4-Digit Number: 8090

Wed, 6pm - 7:30pm, 4/4 - 5/23

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

Total: \$119.00

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

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NEW

**ILR476 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 it 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.

4-Digit Number: 7967

Wed, 11am - 1pm, 2/28

Location: Conference Center (E Building)/E123

Total: \$19

**ILR757 The Duke of Wellington vs. Emperor Napoleon**

6 sessions, 12 hours

Arthur Wellesley, the Duke of Wellington is arguably one of the greatest military leaders in British history. This class focuses on how he overcame political obstructionism at home, a largely hostile English print media, disloyalty among the officer corps, incompetence among his senior colleagues, uncomfortable relationships with his allies and a disgraceful track record among his predecessors, and led his "allied" army through eight years of unbroken victories to the culmination of the Napoleonic era in Europe. Explore how Wellesley's successes quieted his critics, and how his army's performance was a source of great motivation to the monarchs of Europe dedicated to the defeat of the colossus Napoleon Bonaparte.

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

4-Digit Number: 7909

Wed, 9am - 11am, 1/24 - 2/28

Location: Conference Center (E Building)/E123

Tuition: \$40.00 Fee: \$79.00

Total: \$119.00

MD residents age 60+ pay fee only

**ILR812 World History: The Big Picture**

6 sessions, 9 hours

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

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

4-Digit Number: 7971

Wed, 1:30pm - 3pm, 2/28 - 4/11

No Class: 3/28

Location: Conference Center (E Building)/E123

Tuition: \$30.00 Fee: \$69.00

Total: \$99.00

MD residents age 60+ pay fee only

NEW

**ILR836 Painting in the Style of the Master Artists**

6 sessions, 12 hours

You don't have to spend years as an apprentice to learn how to paint your own *Starry Night*. Trade secrets of the great masters are uncovered in this class. Using acrylic paint, students will create a variety of paintings capturing the brush stroke, style and techniques of Master Artists including Van Gogh, Monet, Matisse, Seurat, Picasso, and O'Keeffe. Supplies included in your fee. Note: No refunds after close of business 2/21.

**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.

4-Digit Number: 8117

Wed, 9am - 11am, 2/28 - 4/11

No Class: 3/28

Location: Visual/Performing Arts Center (F Bldg)/F118

Total: \$139.00

## 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.

4-Digit Number: 7883

Wed, 12pm - 2pm, 3/7 - 4/25

No Class: 3/28

Location: Conference Center (E Building)/E125

Tuition: \$30.00 Fee: \$69.00

Total: \$99.00

MD residents age 60+ pay fee only



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NEW

## ILR323 Due Process, Privileges or Immunities and State Action: The Fourteenth Amendment and Beyond

6 sessions, 9 hours

Consider the uniquely American approach to State Action as it applies to the obligations of the several states to provide certain privileges and immunities and due process to their citizens. These rights are conferred on the citizenry by the Fourteenth Amendment which provides "No state shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any state deprive any person of life, liberty, or property without due process of law...". We will consider the historical, sociological and political reason surrounding the adoption of the amendment and its application over time. We will consider The State Action Doctrine, The Privileges or Immunities Clause and substantive Due Process in matters including the right to marry, family integrity, rearing of children, birth control, abortion, sexual autonomy, marriage equality, assisted suicide, education, and welfare.

**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.

4-Digit Number: 7907

Wed, 10:30am - 12pm, 3/7 - 4/18

No Class: 3/28

Location: Conference Center (E Building)/E123

Tuition: \$40.00 Fee: \$79.00

Total: \$119.00

MD residents age 60+ pay fee only



## ILR779 Downsizing Simplified, Living Smaller and Loving it!

3 sessions, 4.5 hours

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

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

4-Digit Number: 8092

Wed, 9:30am - 11am, 3/7 - 3/21

Location: Conference Center (E Building)/E126C

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

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 12 for bio)

4-Digit Number: 8159

Wed, 2pm - 3:30pm, 3/7 - 4/11

No Class: 3/28

Location: Athletics Center (D Building)/D129

Total: \$69.00

## ILR788 Nature Walks 101 - Flora and Fauna

4 sessions, 8 hours

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

**Instructor:** Bethany Dellagnello has a bachelor's 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.

4-Digit Number: 7999

Wed, 2pm - 4pm, 4/11 - 5/2

Location: Conference Center (E Building)/E125

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

MD residents age 60+ pay fee only

**NEW**

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

3 sessions, 4.5 hours

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

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

4-Digit Number: 7911

Wed, 9:30am - 11am, 4/25 - 5/9

Location: Conference Center (E Building)/E123

Tuition: \$15.00 Fee: \$35.00 Total: \$50.00

MD residents age 60+ pay fee only

## Thursday

Introducing Judy Kelly ...

**NEW**

### ILR436 Creative Writing Workshop

8 sessions, 16 hours

This creative writing course is for experienced and novice writers in any genre of creative writing they choose. They may then share, if they wish, what they have written. A safe space is maintained by participants treating all work as confidential and being allowed to only make positive comments on each other's writing.

**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.

4-Digit Number: 7882

Thu, 1pm - 3pm, 1/25 - 3/15

Location: Conference Center (E Building)/E109

Tuition: \$50.00 Fee: \$129.00

Total: \$179.00

MD residents age 60+ pay fee only

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

~ ILR participant

Register for one or all of the Symphony Orchestra sessions listed below.

Price per class: \$20

Class Location: Visual/Performing Arts Center (F Bldg)/F112

**NEW**

### ILR417 The Symphony Orchestra: An Inside Look - Poulenc and the Pines

1 Session, 2.5 hours

Follow the progress of an orchestral concert from rehearsal to performance. Participants in these unique music sessions will arrive early for a private briefing prior to attending rehearsal. During rehearsal they will have the opportunity to observe the Frederick Symphony Orchestra up close and from the players' perspective. The experience will also include presentations by the Assistant Conductor and the orchestra musicians, opportunities for conversation with the musicians, and finally, attendance at the actual concerts. Participants may then choose to attend the concert at a discounted price of \$15 per ticket; only students of this course may receive the discount.

4-Digit Number: 8113

Thu, 7pm - 9:30pm, 1/25

Concert date: Sun, 3/18 at 3pm (Hood College)

**NEW**

### An Inside Look - Eloquent Elgar

1 Session, 2.5 hours

4-Digit Number: 8114

Thu, 7pm - 9:30pm, 4/19

Concert date: Sat, 5/5 at 7:30pm (FCC, JBK Auditorium)

**NEW**

### An Inside Look - FSO Meets the Beatles

1 Session, 2.5 hours

4-Digit Number: 8115

Thu, 7pm - 9:30pm, 5/17

Concert date: Fri and Sat, 6/15 and 6/16 at 7:30pm (FCC, JBK Auditorium)

**Instructors:** Andrew Rosenfeld was appointed the Associate Music Director of the Frederick Symphony Orchestra in 2015. He has also served as conductor and music director for the International Opera Projects in Berlin, Germany, and Maryland's Hub Opera Ensemble. Andrew is a Professor of Music and chair of the Department of Visual and Performing Arts at Mount St. Mary's University.

David Howard was a member of the National Symphony Orchestra until retiring in 2011. During those 41 years he also performed with various chamber groups, including The Foggy Bottom Chamber Ensemble, the Cameron String Quartet, and Eclipse Chamber Orchestra. He holds a Masters in Music Performance from Catholic University and a Masters in Education from George Washington University.



## 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 academies, sheriff’s academy, correction academy, 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.

4-Digit Number: 7969  
 Thu, 9am - 12pm, 2/1  
 Location: Conference Center (E Building)/E106  
 Total: \$29.00



## ILR855 The Human Condition: Why I Do the Things I Do

5 sessions, 10 hours

As human beings, we are social creatures surrounded by others who influence us in multiple ways through our work, play and daily interactions. We will explore how our basic assumptions, beliefs, values, decisions, and the way we perceive ourselves is impacted by others, and how our responses and reactions in turn, influence them.

**Instructor:** Barbara Angleberger has a Master’s 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.

4-Digit Number: 8154  
 Thu, 1pm - 3pm, 2/8 – 3/8  
 Location: Conference Center (E Building)/E125  
 Tuition: \$30.00 Fee: \$84.00 Total: \$114.00  
 MD residents age 60+ pay fee only

## ILR413 Well, It’s About Time - Part I

6 sessions, 12 hours

It may come as a surprise, but “time” is the most frequently used word in the English language. From music (“Time is on My Side”- Rolling Stones; “Does Anybody Really Know What Time it Is”- Chicago) to literature (“It Was the Best of Times, It Was the Worst of Times” - Charles Dickens) to sports (“Time Out;” “Overtime”) to television (“Real Time with Bill Maher”...), you get the idea. But what is time really? Although we experience it, use it, and depend on it, we really never consider exactly what it is. This course explores the true nature of time from several viewpoints; from the Scientific, to the Cosmological, to the Human experience and point of view, time is as pervasive in our lives as breathing.

**Instructor:** Bob Rubock (see page 4 for bio)

4-Digit Number: 7996  
 Thu, 10am - 12pm, 2/8 – 3/15  
 Location: Conference Center (E Building)/E126A  
 Tuition: \$40.00 Fee: \$89.00 Total: \$129.00  
 MD residents age 60+ pay fee only

## ILR842 A Republic If You Can Keep It

6 sessions, 12 hours

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

**Instructor:** Jeffrey Steinberg 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.

4-Digit Number: 7913  
 Thu, 9:30am - 11:30am, 3/15 – 4/26  
 No Class: 3/29  
 Location: Conference Center (E Building)/E123  
 Tuition: \$49.00 Fee: \$105.00 Total: \$154.00  
 MD residents age 60+ pay fee only

## ILR838 Principles of U.S. National Security

6 sessions, 12 hours

National security issues are a hot topic these days. This course is a basic introduction to the theory and practice of national security policy by the United States in the 21st century setting, drawing upon real-world situations that are widely discussed in the national media. The course will be comprised of the following topics: 1. Principles of national security including neo-conservative, humanitarian interventionist, neo-isolationist, and some historical American national security policies. 2. The role of the military in U.S. national security policy including NATO and Constitutional provisions of how the United States government “goes to war.” 3. The role of diplomacy in national security policy versus the use of military power. 4. The role of economic policy in shaping U.S. national security policy.

**Instructor:** Jeffrey Steinberg (see page 17 for bio)

4-Digit Number: 7910

Thu, 1pm - 3pm, 3/15 - 4/26

No Class: 3/29

Location: Buckingham's Choice/3200 Baker Circle, Frederick

Tuition: \$49.00 Fee: \$105.00 Total: \$154.00

MD residents age 60+ pay fee only

## ILR670 The Ultimate Mobile Device: Meditation and Mindfulness

5 sessions, 7.5 hours

It has been said 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.

4-Digit Number: 7893

Thu, 10:30am - 12pm, 4/5 - 5/3

Location: Conference Center (E Building)/E125

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

MD residents age 60+ pay fee only

NEW

## ILR852 Survey of French History

6 sessions, 12 hours

From the prehistoric caves of Lascaux to the opulence of Versailles, this course offers a survey of French history across several thousand years. Students will interpret various written texts and works of art pertaining to French history. Significant political, social events, and institutions that have affected French history will be examined.

**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 more than thirty years.

4-Digit Number: 7972

Thu, 9am - 11am, 4/5 - 5/10

Location: Conference Center (E Building)/E106

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

MD residents age 60+ pay fee only

## WEATHER ALERTS



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NEW

**ILR834 Dementia 101**

1 Session, 3 hours

Dementia 101 will provide a basic understanding of dementia. This class will define the term and discuss the difference between normal aging and dementia. We will also investigate the difference between reversible and irreversible forms of dementia and look at the risk factors. Then we'll discuss the process for diagnosing dementias and explore the symptoms of various forms of dementia.

**Instructor:** Thea Uhlig-Ruff (see page 6 for bio)

4-Digit Number: 7894

Fri, 1pm - 4pm, 2/2

Location: Conference Center (E Building)/E104

Total: \$29.00

NEW

**ILR520 Signs of Our Times II: An Exploration of American Sign Language and Deaf Culture**

4 sessions, 6 hours

Continue learning American Sign Language (ASL) and deaf culture in this sequential course. Topics include: fingerspelling, media tools in Deaf Culture, ASL for everyday use, and signing at a social function. Prerequisite: ILR 519

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

4-Digit Number: 7890

Fri, 3pm - 4:30pm, 2/2 - 2/23

Location: Conference Center (E Building)/E106

Tuition: \$30.00 Fee: \$49.00

Total: \$79.00

MD residents age 60+ pay fee only

**SEN153 Tai Chi for Balance and Well Being**

10 sessions, 15 hours

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

**Instructor:** Toni Minkel has been teaching Tai Chi and fitness methods to seniors and others for 14 years.

4-Digit Number: 7880

Fri, 12:30pm - 2pm, 2/9 - 4/20

No Class: 3/30

Location: Athletics Center (D Building)/D129

Total: \$99.00

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

4-Digit Number: 7878

Fri, 2pm - 4pm, 3/2 - 4/13

No Class: 3/30

Location: Athletics Center (D Building)/D129

Total: \$89.00

NEW

**ILR477 Spring Floral Design**

4 sessions, 8 hours

Learn the basic process of how to do floral design by discussing art concepts, viewing examples, and using hands on experience to create cheerful arrangements of either fresh or silk flowers. For beginners or as a continuation for those who took other floral design offerings. Supplies are included in your course cost. Note: No refunds after close of business 2/23.

**Instructor:** Jeanne McDermott (see page 13 for bio)

4-Digit Number: 7889

Fri, 9am - 11am, 3/2 - 3/23

Location: Conference Center (E Building)/E123

Total: \$109.00

# Are YOU Medically Curious?

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

4 digit number for all seven sessions: 7875

Location for all classes:

Country Meadows Retirement Communities

5955 Quinn Orchard Rd, Frederick

## 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.

4-Digit Number: 7875

Fri, 1pm - 3pm, 1/26 - 3/9

Tuition: \$30.00 Fee: \$112.00

Total: \$142.00

MD residents age 60+ pay fee only

## ILR747 Cancer - Understanding the Disease

3 sessions, 6 hours

Let Dr. Romane walk you through an informative 3 topic course on cancer. Topic #1: Exactly what is “Cancer?” Topic #2: America’s “Top 4 Cancers” - Breast, Lung, Prostate, and Colon Topic #3: Cancer Treatment - Surgery, Radiation, and Chemotherapy. Upon completion of this course, you will understand exactly what cancer is and why it’s become our #2 killer. You will know more about America’s “Top 4 Cancers” - Breast, Lung, Prostate, and Colon and why different therapies including surgery, radiation, and chemotherapy are needed for different types of cancer.

4-Digit Number: 7968

Fri, 1pm - 3pm, 1/26 - 2/9

Tuition: \$20.00 Fee: \$49.00

Total: \$69.00

MD residents age 60+ pay fee only

## 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?

4-Digit Number: 7874

Fri, 1pm - 3pm, 2/16

Total: \$19.00

## ILR839 Senior Eyes and Health Tips II

1 Session, 2 hours

In this combined course, learn basic eye anatomy to better understand eye problems like cataracts, glaucoma, and detached retina. Then learn tips for wound care at home, opening soda and medicine bottles, managing daily low backaches, trying to “multi-task,” and not losing your car in the parking lot.

4-Digit Number: 7879

Fri, 1pm - 3pm, 2/23

Total: \$19.00

## ILR694 The Five Minute Physical Exam and Basic Lab Tests

1 Session, 2 hours

Why does the doctor do all that poking and prodding? Dr. Romane will demonstrate a brief head to toe physical exam (fully clothed, of course!) and review the more than 30 diseases it is designed to rule out. Learn about the new recommendations for measuring blood pressure and treating hypertension and discuss the three basic lab tests: Complete Blood Count, Metabolic Panel, and Urine Dipstick test.

4-Digit Number: 7876

Fri, 1pm - 3pm, 3/2

Total: \$19.00

## HEA207 The Diabetic Epidemic

1 Session, 2 hours

Is your blood sugar high? What does that mean? Gain a better understanding of Diabetes and why it is now in epidemic status. Learn the about the symptoms, the two types (Type I and Type II) and how they differ. Who gets pills and who needs shots? Daily finger sticks or quarterly “A1-C’s” - who needs which and why? Knowledge is power. Take charge of your health now and you can avoid being a statistic of this new epidemic.

4-Digit Number: 8000

Fri, 1pm - 3pm, 3/9

Total: \$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®.



**NEW ILR339 The History and Literature of Iceland**

4 sessions, 10 hours

Iceland has an outsized history and literature for its small size and remote location. In these PowerPoint-illustrated presentations, Dr. Gray explores the settlement, early government, era of subjugation, and startling modern emergence as a leader in literacy and publishing. Presentations include powerful selections from Icelandic writings that range from its medieval sagas to the work of its Nobel Prize winning author, Halldór Laxness. The presentations include a two-hour lecture period followed by a half hour for discussion that will be extended for those wishing to remain longer.

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

4-Digit Number: 7881

Fri, 10am - 12:30pm, 4/6 - 4/27

Location: Conference Center (E Building)/E123

Tuition: \$40.00 Fee: \$89.00

Total: \$129.00

MD residents age 60+ pay fee only

**NEW ILR845 Frederick's Architectural Heritage**

4 sessions, 8 hours

This course on American architecture will use Frederick County examples to highlight the changes from early colonial vernacular building forms through the rise of national stylistic trends. The course will start with two lectures and end with two walking tours of downtown National Register Historic Districts preserved in Emmitsburg and Frederick. Students will be responsible for providing their own transportation to the walking tours. A designated meet up location for each community will be provided by the instructor after the start of the course.

**Instructor:** William J. Sheppard is a college Anthropology and Archaeology instructor who earned his Masters Degree in Anthropology from The College of William and Mary. As a professional archaeologist for thirty years, Mr. Sheppard has directed prehistoric and historic period archaeological investigations in Massachusetts, Pennsylvania, North Carolina, and Virginia. His current research includes the analysis of cultural systems of power including ethnicity, race, gender and religion through the study of material culture in Historic Archaeology.

4-Digit Number: 7899

Fri, 12pm - 2pm, 4/6 - 4/27

Location: Conference Center (E Building)/E126C

Tuition: \$30.00 Fee: \$69.00

Total: \$99.00

MD residents age 60+ pay fee only

**Saturday****ILR294 Buying, Selling, and Consigning Antiques and Collectibles**

4 sessions, 10 hours

During this "hands-on" course, students will gain knowledge about buying and selling antiques and collectibles. They will receive handouts, resources, on-line sites, etc. During the second and third classes, there will be "show and tell" times for students to share personal/family collections. During the last (4th) class, students will visit local antiques stores where they will learn how to buy items for the "best" price, evaluate the quality of items, and understand strategies for the buying and selling process.

**Instructor:** In addition to 23 years at FCC as an English Professor and the International Education Coordinator, Peg Mauzy worked for Sloan's Auction House in Washington D.C. and has sold antiques and collectibles for over 10 years. She currently has a booth at the FoxDen Antiques Shop in Warrenton, VA.

4-Digit Number: 7973

Sat, 10am - 12pm, 4/7 - 4/21 &amp; 10am - 2pm, 4/28

Location: Conference Center (E Building)/E124A

Total: \$99.00

**UNCORKED**

Learn about the program and meet current participants

Ayse Meze • 6 North East St., Frederick, MD 21701

Thursday, March 8 • 4:00-7:00 p.m.

Come by for a casual discussion about the ILR program. This fun gathering is a chance to learn about new courses, meet active participants, and ask any questions that come to mind.

Kelli Ackiewicz • ILR Program Manager • 301.624.2732



## Learning on Location

**NEW**

### **ILR846 Frederick's Other City, Mount Olivet Cemetery Walking Tour**

3 sessions, 4.5 hours

Mount Olivet Cemetery is one of the most beautiful and distinguished burying grounds in Maryland, if not the Mid-Atlantic. It was incorporated in 1852, as part of the rural/garden cemetery movement. This genre employed a new design which took the cemetery out of the control of the church, and created an attractive park built on a grander scale. Other characteristics include using architectural design and careful planting, all inspired by the English garden movement of the early 19th century. Cemeteries of this period were enhanced by the Victorian style of sculpture and monuments which followed in the second half of the century. In addition, Mount Olivet is a virtual "mirror of Frederick history" including former politicians and business people, patriots from every war period, and state/national luminaries such as Francis Scott Key, Thomas Johnson, Jr. and Barbara Fritchie. Chris Haugh will present a 3-week, "on-location" offering on the history of this "museum without walls." Guided tours of the grounds, monuments and structures on foot will be the central focus, as Chris plans to weave some PowerPoint and on-site illustrations into his lessons. Note: Wear comfortable shoes as this class requires moderate walking.

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

4-Digit Number: 8131

Mon, 1pm - 2:30pm, 4/9 - 4/23

Location: Students will meet at Mt. Olivet Cemetery; exact location will be provided at a later date

Total: \$59.00

**NEW**

### **ILR843 Experience the Underground Railroad in Central Maryland Day Tour**

1 Session, 8.5 hours

Join us for a day long excursion exploring the history of the Underground Railroad in our area. Follow in the footsteps of freedom seekers on a guided 2.5 hour hike along the Underground Railroad Experience Trail with time to explore Woodlawn Manor Cultural Park Museum. After lunch, continue with a tour of a plantation property where Reverend Josiah Henson was enslaved. Reverend Henson's autobiography inspired Harriet Beecher Stowe's landmark novel, Uncle Tom's Cabin. Note: No refunds after close of business 4/2. This bus tour will utilize the FCC shuttle bus for transportation; not a motor coach. Seats are limited to 25.

**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).

4-Digit Number: 7896

Fri, 9am - 5:30pm, 4/6

Location: Conference Center (E Building)/ Meet in Lobby

Total: \$119.00



**All buses are motor coaches unless otherwise stated.**



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## Learning on Location (continued)

### **NEW** ILR527 The Culture of the Islamic World: Class and Tour

6 sessions, 16 hours

This course will touch upon every aspect of Islamic culture including religion, languages, art and music, science, medicine, technological, food, history and the influence of the spice trade. The last session of the course will be a Saturday day trip to the Diyanet Center of America in Lanham, Maryland where you will tour a mosque. The tour includes lunch at a Middle Eastern restaurant before you head to the Smithsonian to view Islamic Art at the Freer/Sackler Gallery. Seats are limited to 20 students. The price of lunch is included in the course fee. Note: No refunds after close of business 3/8. This tour will utilize a FCC shuttle bus; not a motor coach.

**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.

4-Digit Number: 8123

Class: Thu, 5:30pm - 7pm, 3/15 - 4/28

No Class: 3/29, 4/5

Location: Conference Center (E Building)/E124A

Tour: Sat, 8:30am - 5pm, 4/18 in Conference Center (E Building)/ Meet in Lobby

for pick up

Tuition: \$60.00 Fee: \$179.00

Total: \$239.00

MD residents age 60+ pay fee only

### **NEW** ILR844 Francis Scott Key: In the Footsteps of a Patriot Walking Tour

1 Session, 5 hours

You won't want to miss the opportunity to take a full-day look at the life, times and achievements of Frederick's most famous former resident, Francis Scott Key. The author of our Star-Spangled Banner is one of the least recognized, and known, celebrities in the universe. What were his ties to Frederick, and how did he become famous? What were his strengths and weaknesses? Award-winning researcher/documentarian Chris Haugh will guide you through Francis Scott Key's Frederick with a walking tour of significant sights, interspersed with lecture opportunities. Note: Be sure to bring your comfortable shoes for some moderate walking. A boxed lunch will be included. Meet at the Chapel in Mount Olivet cemetery. No refunds after close of business 5/4.

**Instructor:** Chris Haugh (see page 22 for bio)

4-Digit Number: 8130

Fri, 9:30am - 3pm, 5/11

Location: Meet at the Chapel in Mount Olivet Cemetery

Total: \$69.00

### **NEW** ILR618 Hero's Tour

2 sessions, 11 hours

Let's pay tribute to America's true heroes: the men and women who have served in our local and national law enforcement agencies and those who have served in the U.S. Armed Forces. We will visit some of the lesser-known memorials in Washington - the Law Enforcement Officers Memorial, the Navy and Air Force Memorials, the National Guard Memorial/Museum and the new American Veterans Disabled for Life Memorial. We'll make a stop at Union Station for lunch, where there are quick casual restaurants and a full food court. The cost of lunch is not included in the tour. Your tour includes an optional 2 hour pre-tour class one week prior to the tour to learn about the history of these memorials and the process of getting memorials approved and funded. Wear comfortable shoes as this tour does involve some walking; if you have mobility issues please contact our Registration Office to inquire about special accommodations. The cost of lunch is not included in the tour. Note: No refunds after close of business 5/10.

**Instructor:** Marsha Adelson is a retired Federal Employee who has spent the last 10+ years as a Licensed Professional Tour Guide in Washington, DC. 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.

4-Digit Number: 8129

Pre-tour class: Thu, 2pm - 4pm, 5/17

Location: Sweadner Hall

Tour: Thu, 8:30am - 6pm, 5/24 in Conference Center (E Building)/ Meet in Lobby

Total: \$109.00



### Coming Soon!

Overnight Trip to Monticello • June 1-2, 2018

Stay tuned for details.

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

# ILR Spring 2018 Schedule

January 2018

Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
1		2		3		4		5	
8		9		10		11		12	
15		16		17	10:00 Goodness of Society	18	10:00 ILR Open House	19	
22	9:30 James Monroe 1:00 Using Microsoft Windows 10	23	10:30 Mornings with TED 1:00 Spanish for Beginners	24	9:00 The Duke of Wellington 10:00 Goodness of Society 2:00 Beginning Yoga	25	1:00 Creative Writing 7:00 Poulenc and the Pines	26	1:00 Cancer 1:00 Are You Medically Curious?
29	9:30 James Monroe 10:00 Dark Energy, Dark Matter 1:00 Music Appreciation 1:00 Using Microsoft Windows 10	30	10:30 Mornings with TED 1:00 Spanish for Beginners	31	9:00 The Duke of Wellington 10:00 Goodness of Society 2:00 Beginning Yoga 6:00 Feldenkrais				

February 2018

Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
						1	9:00 Personal Self Defense 1:00 Creative Writing	2	1:00 Cancer 1:00 Are You Medically Curious? 1:00 Dementia 101 3:00 Signs of Our Times II
5	9:00 Intro to Zentangles® 9:30 James Monroe 10:00 Dark Energy, Dark Matter 1:00 Music Appreciation 1:00 Using Microsoft Windows 10	6	10:30 Mornings with TED 10:30 French for Beginners 1:00 Continuing French 1:00 Spanish for Beginners 6:00 Tax-Free Investing	7	9:00 The Duke of Wellington 10:00 Goodness of Society 2:00 Beginning Yoga 6:00 Feldenkrais	8	10:00 It's About Time, Part I 10:30 French for Beginners 1:00 Continuing French 1:00 Creative Writing 1:00 The Human Condition	9	12:30 Tai Chi 1:00 Cancer 1:00 Are You Medically Curious? 3:00 Signs of Our Times II
12	9:00 Intro to Zentangles® 9:30 James Monroe 10:00 Dark Energy, Dark Matter 1:00 Music Appreciation 1:00 Using Microsoft Windows 10	13	10:30 Mornings with TED 10:30 French for Beginners 1:00 Continuing French 1:00 Spanish for Beginners 2:30 Current Issues - Middle East	14	9:00 The Duke of Wellington 10:00 Goodness of Society 2:00 Beginning Yoga 6:00 Feldenkrais	15	10:00 It's About Time, Part I 10:30 French for Beginners 1:00 Continuing French 1:00 Creative Writing 1:00 The Human Condition	16	12:30 Tai Chi 1:00 Are You Medically Curious? 1:00 Medical Aspects of Terrorism 3:00 Signs of Our Times II
19	9:00 Intro to Zentangles® 9:00 Identity Theft, Hacking 9:30 James Monroe 10:00 Dark Energy, Dark Matter 1:00 Music Appreciation 1:00 Smart Phone for Photos	20	10:30 Mornings with TED 10:30 French for Beginners 1:00 Continuing French 1:00 Spanish for Beginners 2:30 Current Issues - Middle East	21	9:00 The Duke of Wellington 10:00 Goodness of Society 2:00 Beginning Yoga 6:00 Feldenkrais	22	10:00 It's About Time, Part I 10:30 French for Beginners 1:00 Continuing French 1:00 Creative Writing 1:00 The Human Condition	23	12:30 Tai Chi 1:00 Are You Medically Curious? 1:00 Senior Eyes and Health Tips II 3:00 Signs of Our Times II
26	9:00 Intro to Zentangles® 9:00 Photo Painting on Your iPad 9:00 Identity Theft, Hacking 9:30 James Monroe 10:00 Dark Energy, Dark Matter 1:00 Music Appreciation 1:00 Smart Phone for Photos	27	10:30 French for Beginners 1:00 Continuing French 1:00 Spanish for Beginners 2:30 Current Issues - Middle East	28	9:00 The Duke of Wellington 9:00 Master Artists 11:00 Medical Marijuana 1:30 The Big Picture 6:00 Feldenkrais				

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

March 2018

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
			<b>1</b> 10:00 It's About Time, Part I 10:30 French for Beginners 1:00 Continuing French 1:00 Creative Writing 1:00 The Human Condition	<b>2</b> 9:00 Spring Floral Design 12:30 Tai Chi <b>1:00 Five Minute Physical Exam</b> 1:00 Are You Medically Curious? <b>2:00 Personal Strength Training</b>
<b>5</b> 9:00 Photo Painting on Your iPad <b>9:00 Zentangle® - Zendalas</b> 10:00 Dark Energy, Dark Matter <b>12:00 Democracy in America Forum</b> 1:00 Music Appreciation 1:00 Smart Phone for Photos	<b>6</b> 10:30 French for Beginners <b>1:00 Living with Resilience &amp; Hope</b> 1:00 Continuing French 1:00 Spanish for Beginners 2:30 Current Issues - Middle East	<b>7</b> 9:00 Master Artists <b>9:30 Downsizing Simplified</b> <b>10:30 The 14th Amendment</b> <b>12:00 Tales for the Grandchildren</b> 1:30 The Big Picture <b>2:00 Continuing Gentle Yoga</b> 6:00 Feldenkrais	<b>8</b> 10:00 It's About Time, Part I 10:30 French for Beginners 1:00 Continuing French 1:00 Creative Writing 1:00 The Human Condition	<b>9</b> 9:00 Spring Floral Design 12:30 Tai Chi <b>1:00 The Diabetic Epidemic</b> 1:00 Are You Medically Curious? 2:00 Personal Strength Training
<b>12</b> 1:00 iPad Workshop 9:00 Successful Aging: Series 9:00 Photo Painting on Your iPad <b>9:00 Successful Aging: Series</b> <b>9:00 Successful Aging: Overview</b> 10:00 Dark Energy, Dark Matter 12:00 Democracy in America Forum	<b>13</b> 10:00 21st Century Bioethics 1:00 Living with Resilience & Hope 1:00 Spanish for Beginners 2:30 Current Issues - Middle East <b>6:00 Retire, Rewire, Reinvent</b>	<b>14</b> 9:00 Master Artists 9:30 Downsizing Simplified 10:30 The 14th Amendment 12:00 Tales for the Grandchildren 1:30 The Big Picture 2:00 Continuing Gentle Yoga 6:00 Feldenkrais	<b>15</b> 9:30 A Republic 10:00 It's About Time, Part I 1:00 Creative Writing <b>1:00 Principles of U.S. Natl. Security</b> <b>5:30 Culture of the Islamic World</b>	<b>16</b> 9:00 Spring Floral Design 12:30 Tai Chi 2:00 Personal Strength Training
<b>19</b> 1:00 iPad Workshop 9:00 Successful Aging: Series 9:00 Successful Aging: Overview 12:00 Democracy in America Forum	<b>20</b> 10:00 21st Century Bioethics 1:00 Living with Resilience & Hope <b>6:00 Retire, Rewire, Reinvent</b>	<b>21</b> 9:00 Master Artists <b>9:30 Downsizing Simplified</b> 12:00 Tales for the Grandchildren 1:30 The Big Picture 2:00 Continuing Gentle Yoga 6:00 Feldenkrais	<b>22</b> 9:30 A Republic 1:00 Principles of U.S. Natl. Security 5:30 Culture of the Islamic World	<b>23</b> 9:00 Spring Floral Design 12:30 Tai Chi 2:00 Personal Strength Training
<b>26</b> 9:00 Successful Aging: Series <b>9:00 Staying Independent</b> <b>9:30 The Continental Army</b> 12:00 Democracy in America Forum	<b>27</b> 10:00 21st Century Bioethics 1:00 Living with Resilience & Hope	<b>28</b> Spring Break	<b>29</b> Spring Break	<b>30</b> Spring Break

April 2018

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>2</b> 9:00 Legal Concerns 9:00 Successful Aging: Series 9:30 The Continental Army 12:00 Democracy in America Forum <b>1:00 8 Nations Vital to Sub-Sahara</b>	<b>3</b> 10:00 21st Century Bioethics <b>1:00 Living with Resilience &amp; Hope</b>	<b>4</b> 9:00 Master Artists 10:30 The 14th Amendment 12:00 Tales for the Grandchildren 1:30 The Big Picture 2:00 Continuing Gentle Yoga <b>6:00 Feldenkrais</b>	<b>5</b> 9:00 Survey of French History 9:30 A Republic <b>10:30 Meditation and Mindfulness</b> 1:00 Principles of U.S. Natl. Security	<b>6</b> 9:00 Underground Railroad Tour <b>10:00 The History &amp; Lit. of Iceland</b> <b>12:00 Architectural Heritage</b> 12:30 Tai Chi 2:00 Personal Strength Training
<b>9</b> 9:00 Successful Aging: Series <b>9:00 Maintaining Health &amp; Wellness</b> 9:30 The Continental Army <b>1:00 The Cloud</b> <b>1:00 Mount Olivet Cemetery Tour</b> 1:00 8 Nations Vital to Sub-Sahara	<b>10</b> 10:00 21st Century Bioethics <b>2:30 Beyond the Veil</b>	<b>11</b> 9:00 Master Artists 10:30 The 14th Amendment 12:00 Tales for the Grandchildren 1:30 The Big Picture 2:00 Continuing Gentle Yoga <b>2:00 Nature Walks 101</b> 6:00 Feldenkrais	<b>12</b> 9:00 Survey of French History 9:30 A Republic 10:30 Meditation and Mindfulness 1:00 Principles of U.S. Natl. Security 5:30 Culture of the Islamic World	<b>13</b> 10:00 The History & Lit. of Iceland 12:00 Architectural Heritage 12:30 Tai Chi 2:00 Personal Strength Training
<b>16</b> 9:30 The Continental Army 1:00 The Cloud 1:00 Mount Olivet Cemetery 1:00 8 Nations Vital to Sub-Sahara	<b>17</b> 10:00 21st Century Bioethics 2:30 Beyond the Veil	<b>18</b> 10:30 The 14th Amendment 12:00 Tales for the Grandchildren 2:00 Nature Walks 101 6:00 Feldenkrais	<b>19</b> 9:00 Survey of French History 9:30 A Republic 10:30 Meditation and Mindfulness 1:00 Principles of U.S. Natl. Security 5:30 Culture of the Islamic World <b>7:00 Eloquent Elgar</b>	<b>20</b> 10:00 The History & Lit. of Iceland 12:00 Architectural Heritage <u>12:30 Tai Chi</u>
<b>23</b> 9:30 The Continental Army 1:00 The Cloud 1:00 Mount Olivet Cemetery 1:00 8 Nations Vital to Sub-Sahara <b>1:30 On Gossamer Wings</b>	<b>24</b> 2:30 Beyond the Veil	<b>25</b> 9:30 The 1918 Spanish Flu 12:00 Tales for the Grandchildren 2:00 Nature Walks 101 6:00 Feldenkrais	<b>26</b> 9:00 Survey of French History 9:30 A Republic 10:30 Meditation and Mindfulness 1:00 Principles of U.S. Natl. Security 5:30 Culture of the Islamic World	<b>27</b> 10:00 The History & Lit. of Iceland 12:00 Architectural Heritage
<b>30</b> 9:30 The Continental Army 1:00 8 Nations Vital to Sub-Sahara 1:30 On Gossamer Wings				

May 2018

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	<b>1</b> 2:30 Beyond the Veil	<b>2</b> 9:30 The 1918 Spanish Flu 2:00 Nature Walks 101 6:00 Feldenkrais	<b>3</b> 9:00 Survey of French History 10:30 Meditation and Mindfulness	<b>4</b>
<b>7</b> 1:00 8 Nations Vital to Sub-Sahara 1:30 On Gossamer Wings	<b>8</b> 2:30 Beyond the Veil	<b>9</b> 9:30 The 1918 Spanish Flu 6:00 Feldenkrais	<b>10</b> 9:00 Survey of French History	<b>11</b> 9:30 Francis Scott Key Tour
<b>14</b> 1:00 8 Nations Vital to Sub-Sahara	<b>15</b>	<b>16</b> 6:00 Feldenkrais	<b>17</b> 2:00 Hero's Tour Pre-trip Class 7:00 FSO Meets the Beatles	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b> 6:00 Feldenkrais	<b>24</b> 8:30 Hero's Tour	<b>25</b>



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

### 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.

# How to Register for ILR55+ Classes



## Online

- Go to [Frederick.edu/ILR](http://Frederick.edu/ILR)
- Click Sign In in the left menu
- Enter username and password or choose Create New Profile. (Be sure to select Yes to email preference as class confirmations and receipts are provided via email.)
- Click Browse Courses or ILR55+ for 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 Conference Center (E-113) to complete a registration form and submit payment in full (cash, check or money order).
- A kiosk is available to accept credit card registrations.

### 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 one 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 FCC Conference Center, Building E, 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 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** David F. Bufer, Chair • Myrna R. Whitworth, Vice Chair • Debra S. Borden • Nick Diaz • Tom Lynch • Dr. John Molesworth • Roger A. Wilson  
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# ILR Spring Courses in the Community

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

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

- **C. Burr Artz Public Library** • 301.600.1630  
*Reading Mysteries Authors/Solutions/Website*  
Wednesdays, 1pm – 3pm, 5/16–5/23
- **Urbana Regional Libraries** • 301.600.7000  
*The Big Picture: Russian History*  
Mondays, 2pm – 3:30pm, 3/5–3/26
- **Senior Center on Taney Ave.** • 301.600.3525  
*National Treasures Series: Cherry Blossoms, Ford's Theater, and MLK Monument*  
Wednesdays, 1:30pm – 3pm, 1/10, 2/7, and 3/7
- **Walkersville Library** • 301.845.8880  
*Signs of Our Times I: An Exploration of American Sign Language and Deaf Culture*  
Fridays, 3pm – 4:30pm, 4/6–4/27
- **Brunswick Library** • 301.600.7250  
*The Little Prince and World War II*  
Fridays, 2pm – 4pm, 4/6–5/11

# hullabaloo!

– Special Events for Families & Friends to Enjoy Together –



## Cooking

### Valentine's Chocolatier Class

\$59 • Saturday, 2/10 • 11am – 2pm

This Valentine's Day, find out how you can satisfy your sweetheart AND your sweet tooth in our coveted chocolatier class. Enjoy creating hand-rolled chocolate truffles, decorating bon-bons, and whipping up temper chocolate just in time to celebrate the holiday.

Additional classes include:

### Knife Skills & More

\$69 • Saturday, 1/27 • 11am – 2pm

### Sauerkraut for Strength: Vegetable Fermentation

\$39 • Saturday, 2/3 • 10am – 12pm

### Celebrate the Great Saint: Cooking with Guinness

\$69 • Wednesday, 3/14 • 6pm – 9pm

## Hobbies

### Happy Little Tress: The Bob Ross Painting Class

\$79 • Saturday, 1/27 • 10am – 4pm

You've seen him before. Bob Ross is the soft spoken guy who paints happy clouds, mountains and trees in about twenty-six television minutes, using big house painting-type brushes and cooing soothing "you can do it"s to the audience. His Joy of Painting program is the most recognized, most watched TV art show in history. Join in the fun this winter at FCC!

Additional classes include:

### Beginner Drawing Workshop

\$49 • Saturday, 2/17 • 10am – 2:30pm

### On Location Portraits

\$39 • Saturday, 2/10 • 10am – 1pm

### DIY Wire Wrapped Jewelry

\$79 • Saturday, 2/24 • 9am – 2:30pm

### The Urban Farmer: Prepping & Designing Your Garden

\$39 • Saturday 3/17 • 10am – 2pm

## Food & Drink

### Aged Vinegar: Surprising Ways to Dip, Dress, and Drink

\$34 • Thursday, 3/8 • 6:30pm – 8pm

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

Additional classes include:

### 90-Min Wine Expert

\$39 • Thursday, 4/5 • 7pm – 8:30pm

### Liquid Gold: The Olive Oil Class

\$34 • Thursday, 4/12 • 6:30pm – 8pm

### Maryland Whiskey – A Beginner's Class

\$39 • Thursday, 4/19 • 7pm – 9pm

“ My wife and I took the Bob Ross painting class from Dee Sullivan. We had been wanting to take such a class for quite some time, and boy are we glad we took it. It was great. We absolutely are amazed with our painting. ”

- John Ames, Personal Enrichment Student



# Spring 2018 ILR Open House

***Thursday, January 18, 2018***  
***10am - Noon • FCC Conference Center***

## **Spring 2018 Open House**

ILR 55+ welcomes members of the community age 55 and up to the Spring 2018 Open House. Preview new courses, meet ILR instructors, and enroll in upcoming classes. Registration is not required to attend this free event.

## **Contact Us**

Kelli Ackiewicz, Program Manager  
301.624.2732  
kackiewicz@frederick.edu

***Experience ILR!***