



*Spring 2019*

ILR

55+

With such interesting, knowledgeable teachers as well as classmates bringing their own lifetime experiences and perspectives, each class becomes a community of learners. Plus the variety of courses insures opportunities to keep minds and bodies active. What's not to like?

*Lynne Harris, ILR Student*





# Institute for Learning in Retirement

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

## THE ILR MISSION

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

## THANK YOU!

This course schedule was developed from suggestions 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.  
We're here to help!*

301.846.2561

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[kackiewicz@frederick.edu](mailto:kackiewicz@frederick.edu)

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

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## Call Us

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

## A LETTER FROM THE ILR PROGRAM MANAGER

Dear Lifelong Learner,

We hope this new year has brought you new hope, energy, and reflection. At FCC, a new year means a plethora of new opportunities for all our community members.

If you're looking for new travel and learning experiences this year, join ILR this spring. You're sure to find a variety of opportunities to challenge, engage, and inspire you.

It's not hard to get lost dreaming about a trip to Greece – with its rich history and culture and breathtaking mountains and coastline. Why not join us as we travel together to the popular peninsula in October? Before our trip, we'll take classes to introduce us to everything from early Greek democracy to Greek wine. It will also be a good time to get to know instructor Marcy Gouge who will serve as the trip leader. Marcy has been an active traveler for 20 years and is an expert on Greece after previously spending a month there and writing about her experiences for the Washington Post. She maintains a travel blog ([www.inspiredsolotravel.com](http://www.inspiredsolotravel.com)) and has led trips specifically for travelers 55 years and older.



We all know you don't have to leave the country, much less the region, to enjoy new and rich learning experiences. Other ILR Learning on Location offerings this spring include trips to the National Cathedral and the quirky O St. Mansion in D.C., a walking Antietam Series with famed historian Dennis Frye, and a visit to Ladew Topiary Gardens in Monkton, MD with FCC faculty member Christine Rai.

If classroom learning experiences are more your style, you'll find plenty of options for that as well this spring. Be an armchair traveler through these history classes and more:

- **Ireland: Small Island, Big History,**  
taught by Ernie O'Roark
- **History of the Middle East Part I & II,**  
taught by Linda Funsch
- **The American West, 1864-1890,**  
taught by Roger Swartz
- **Secrets of Allegheny County,**  
taught by Jim Rada

Wherever your interests lie, we're confident ILR has something for you. Join our ILR community of active learners who support each other as we follow our interests, gain knowledge, and find new passions in all areas of life.

Sincerely,

A handwritten signature in black ink, appearing to read "Kari Cing".

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## Featured Instructor, **James Baer**

Jim Baer's former students at Ursinus College called him "intelligent, motivating, friendly, funny, experienced," and said he was, "the best teacher ever hired." A graduate of The University of Virginia School of Law, Jim has been a member of the Maryland Bar since 1969 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.

### Spring 2019 Courses



#### **ILR537 Search and Seizure – The 4th Amendment**

5 sessions, 7.5 hours

This course considers the underlying reason for the adoption of the 4th Amendment premise of an inalienable right of citizens to be protected from unreasonable searches and seizures and its reliance on probable cause and warrants. In this course, we'll trace together the adaptations that have been fashioned to continue those protections from changes in technology.

5-Digit Number: 17241 | Mon, 1:00 - 2:30 p.m., 1/28 – 2/25

Location: Conference Center/E123

Tuition: \$40.00 Fee: \$79.00 Total: \$119.00

MD residents age 60+ pay fee only



#### **ILR538 The Rights Retained by the People – The 9th Amendment**

6 sessions, 9 hours

This course considers the underlying reasons for the adoption of the 9th Amendment. The premise of the 9th Amendment is that after a grant of power to the National Government certain powers are reserved for the States. All other rights of the citizens are retained by the citizens and not delegated to a governmental unit.

5-Digit Number: 17240 | Mon, 2:00 - 3:30 p.m., 3/11 – 4/15

Location: Conference Center/E123

Tuition: \$40.00 Fee: \$79.00 Total: \$119.00

MD residents age 60+ pay fee only

### Student Reviews

*"I have enjoyed several of Jim's classes and always check the schedule to see what new courses he will be teaching. His classes are well organized, provide a good syllabus, and his teaching style is enlightening to better understand the intricacies of law."*

– Jim Grisson

*"Jim Baer presents class material in a very interesting and interactive manner. History and Constitutional Law covered can be closely related to current events and it keeps me coming back for more!"*

– Judy Greaver

*"Jim is a wonderful teacher, very knowledgeable on the law and Constitution. You will learn, you will be entertained, and you will be rewarded for your time. What more could you ask for in a teacher?"*

– Jack Murphy

*"Jim Baer has the talent, knowledge, and personality to make a dry and dense topic interesting and relatable. Who ever thought the law could be so fascinating? I always look forward to his classes."*

– Anonymous Student

## ILR899 Making the Most of Your Android Smart Phone

3 sessions, 6 hours

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

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

5-Digit Number: 17138  
 Mon, 1:00 - 3:00 p.m., 1/28 - 2/11  
 Location: Conference Center/E109  
 Tuition: \$20.00      Fee: \$59.00      Total: \$79.00  
 MD residents age 60+ pay fee only

## ILR874 Ben Franklin: Scientist, Soldier, Spiritualist

3 sessions, 6 hours

Examine Franklin's contributions to the improvement of colonial life, including his adopted home, Philadelphia. Next, we'll follow Franklin from Frederick, Maryland to Pennsylvania as he aides a British army in 1755; establishes a militia for Pennsylvania and appropriations for forts; and leads a force to build four of these forts on the frontiers of Pennsylvania. Finally, we'll discuss Franklin's religious beliefs - a mix of Puritanism and Deism, as well as his components of virtue.

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

5-Digit Number: 17266  
 Mon, 1:00 - 3:00 p.m., 1/28 - 2/11  
 Location: Country Meadows  
 Tuition: \$20.00      Fee: \$49.00      Total: \$69.00  
 MD residents age 60+ pay fee only

## ENG218 Beginner's Guide to Freelance Writing

3 sessions, 6 hours

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

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

5-Digit Number: 17084  
 Mon, 2:30 - 4:30 p.m., 2/4 - 2/18  
 Location: Student Center/H261  
 Tuition: \$20.00      Fee: \$49.00      Total: \$69.00  
 MD residents age 60+ pay fee only



## ILR292 The Roots of Rock: Music from the Early 1900s through the 1950s

6 sessions, 12 hours

Music has been changing dramatically since 1920. In this course we will explore how historical, societal, and cultural changes have impacted our music. We'll examine different time periods leading up the age of modern rock in the 1950s.

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

5-Digit Number: 17109  
 Mon, 1:00 - 3:00 p.m., 2/18 - 3/25  
 Location: Conference Center/E126C  
 Tuition: \$24.00      Fee: \$99.00      Total: \$123.00  
 MD residents age 60+ pay fee only



**ACR153 Introduction to Pastel 101**

5 sessions, 10 hours

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

**Instructor:** Jodie Schmidt

5-Digit Number: 17066

Mon, 12:00 - 2:00 p.m., 3/4 - 4/1

Location: Visual &amp; Performing Arts Center/F130

Fee: \$99.00

**ILR534 Paper Embroidery**

1 session, 2 hours

Paper embroidery uses design elements from string art and traditional embroidery for fresh, unique designs. In this workshop, everyone will design and create a beautiful greeting card and take home additional designs for future projects. All supplies included in course price.

**Instructor:** Kathy Barylski is a life-long crafter, beginning at age five with cross-stitch and expanding to crochet, sewing, string art, and many more crafts. Kathy loves to teach crafts to adults and youth, as a Girl Scout Trainer and continuing education instructor.

5-Digit Number: 17247

Mon, 2:00 - 4:00 p.m., 3/4

Location: Conference Center/E106

Fee: \$22.00

**ILR891 Maryland in the French & Indian War, 1754-1763**

6 sessions, 12 hours

Cumberland, MD was our nation's first gateway to the west. Learn all about its role in the French & Indian War including Maryland's support of the Braddock and Forbes military campaigns. We'll discuss fort-building and Maryland's defense of her frontiers. Finally we'll touch upon the removal of Acadians to Maryland and their experiences in Maryland.

**Instructor:** Roger G. Swartz (see page 4 for bio)

5-Digit Number: 17237

Mon, 9:30 - 11:30 a.m., 3/4 - 4/8

Location: Conference Center/E123

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

MD residents age 60+ pay fee only

**ILR837 Personal Self Defensive Tactics**

1 session, 3 hours

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

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

5-Digit Number: 17104

Mon, 2:00 - 5:00 p.m., 3/25

Location: Conference Center/E106

Fee: \$29.00

**ENG225 Blogging: Maximizing Your Blogging Efforts**

3 sessions, 6 hours

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

**Instructor:** Jim Rada (see page 4 for bio)

5-Digit Number: 17086

Mon, 6:00 - 8:00 p.m., 4/1 - 4/15

Location: Catoclin Hall/C208

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

MD residents age 60+ pay fee only

**NOTE**

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



## ILR595 In Search of Happiness: The Most Sought-After Human Emotion

6 sessions, 12 hours

Aristotle purposed that everything we do in life stems from our motivation to attain happiness. The Dalai Lama believed that happiness is contingent upon our actions toward others and how we live our life on a day-to-day basis. Psychologists have studied this state of being for centuries, only to conclude that happiness ranks as one of our most sought-after goals. In this course, we will examine the multi-faceted aspects of happiness including the need for sadness in our lives.

**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.

5-Digit Number: 17252

Mon, 1:00 - 3:00 p.m., 4/8 - 5/13

Location: Conference Center/E106

Tuition: \$30.00 Fee: \$99.00 Total: \$129.00

MD residents age 60+ pay fee only



## ILR594 Seven Brief Lessons on Physics

7 sessions, 14 hours

Based on Carlo Rovelli's book, *Seven Brief Lessons on Physics*, this course will introduce you to single physics concepts one concept at a time. Relativity and quantum mechanics are just two of the seven areas we will examine. Explore what man is and how we fit into the Universe. We will use the book in a chapter by chapter manner to kindle discussion. Rovelli writes in a style strongly reminiscent of Carl Sagan. No equations or formulas; simply an easy to understand narrative that presents complex issues on an intuitive and personable level.

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

5-Digit Number: 17263

Mon, 10:00 a.m. - 12:00 p.m., 4/15 - 6/3

No Class: 5/27

Location: Conference Center/E106

Tuition: \$40.00 Fee: \$119.00 Total: \$159.00

MD residents age 60+ pay fee only

**Note:** Carlo Rovelli's book is included in the course cost and will be handed out on the first day of class.

\*Please call if you would like to receive the book earlier.

## 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 (see page 4 for bio)

5-Digit Number: 17140

Mon, 1:00 - 3:00 p.m., 4/22 - 5/13

Location: Conference Center/E108

Tuition: \$30.00 Fee: \$79.00 Total: \$109.00

MD residents age 60+ pay fee only



## ILR892 The American West, 1864-1890

6 sessions, 12 hours

Learn all about the climate and topography of the American West including the many lessons of the explorer and geologist, John Wesley Powell. In this course, you'll also learn the realities of settlement and prairie schooner travel, including what caused the demise of the buffalo and rise of cattle. The influence of corporations on railroads and ranches will be explored. Finally, we'll learn more about the Indian Wars and Custer.

**Instructor:** Roger G. Swartz (see page 4 for bio)

5-Digit Number: 17238

Mon, 9:30 - 11:30 a.m., 5/6 - 6/17

No Class: 5/27

Location: Conference Center/E123

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

MD residents age 60+ pay fee only

*The ILR Program is a wonderful treasure for this community. We are so fortunate to have it!*

*— Barbara Rickman*



**ILR788 Nature Walks 101 – Flora and Fauna**

4 sessions, 8 hours

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

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

5-Digit Number: 17135

Mon, 9:00 - 11:00 a.m., 5/13 – 6/10

No Class: 5/27

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

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

MD residents age 60+ pay fee only

**MON/WED****ILR871 Investment Strategies for Seniors Through Options**

4 sessions, 8 hours

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

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

5-Digit Number: 17124

Mon/Wed, 6:00 - 8:00 p.m., 4/22 – 5/1

Location: Conference Center/E106

Fee: \$99.00

**Note:** This options training program is strictly offered as an educational presentation. No claim is made that the options trading explanations and/or strategies presented in this workshop will result in profits and will not result in losses. Option trading may not be suitable for all participants of this program. All comments, trading strategies, techniques, concepts and methods shown within this class presentation are not and should not be construed as an offer to buy or sell stocks and/or options - they are opinions based upon market observation and personal experience. Therefore, the thoughts expressed are not guaranteed to produce profits in any way. All opinions are subject to change without notice. Each option trader/investor is responsible for his or her own actions, if any. You affirm that your attendance in this Options class presentation constitutes your agreement to this disclaimer and that you hold harmless the presenter and host facility from any liability or litigation of any form emanating from market trading on your part.

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- Registration is quick, simple, and free.

[frederick.edu/current-students/fccalert.aspx](http://frederick.edu/current-students/fccalert.aspx)

## ILR864 Reiki 1st Degree

4 sessions, 8 hours

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

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

5-Digit Number: 17108

Tue, 1:00 - 3:00 p.m., 1/29 - 2/19

Location: Conference Center/E126C

Fee: \$100.00

*2nd Session Now Available! See page 21.*

## SEN450 Exploring Watercolor Painting

8 sessions, 16 hours

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

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

5-Digit Number: 17235

Tue, 10:00 a.m. - 12:00 p.m., 2/5 - 3/26

Location: Frederick Senior Center

Fee: \$114.00



## ILR893 Secrets of Allegany County

4 sessions, 6 hours

Allegany County is home to Maryland's Queen City, Cumberland, and Frostburg University. But that is just the tip of the iceberg. Learn the stories of the people of Allegany County, including the frontiersmen and a young George Washington who helped settle the county. From this county, the National Road started, the C&O Canal ended, and the B&O Railroad raced to reach it. From the 1700's to the 1960's, these stories will unveil the secrets of Allegany County.

**Instructor:** Jim Rada (see page 4 for bio)

5-Digit Number: 17239

Tue, 11:00 a.m. - 12:30 p.m., 2/5 - 2/26

Location: Conference Center/E123

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

MD residents age 60+ pay fee only



## ILR898 Tell Me Another ... A Guide To Conducting Meaningful Oral History Studies

2 sessions, 4 hours

This course will address the method of historical research known as Oral History. Learn the value of capturing the memories and personal reflections of those who have experienced history whether it be a family tradition, civil rights struggle, or a veteran experience. Along with a discussion and overview of Oral History Studies, which will include a case study, the students will be instructed on how to approach, prepare, and effectively conduct their own oral history studies.

**Instructor:** Terry Johnsen retired after 28 years of service from the Central Intelligence Agency where he served in numerous positions. Most recently he was part of the Intel Scholar for the Center for the Study of Intelligence, Oral History Program, conducting in-depth interviews that document the experiences of Agency employees for purposes of valuable knowledge capture and lessons learned examples. His course is designed to provide guidance on conducting insightful and meaningful interviews for oral history research and study.

5-Digit Number: 17120

Tue, 6:00 - 8:00 p.m., 2/19 - 2/26

Location: Conference Center/E126A

Tuition: \$10.00 Fee: \$34.00 Total: \$44.00

MD residents age 60+ pay fee only



**ILR802 Reiki 2nd Degree**

4 sessions, 8 hours

In your continued journey in Usui Reiki Second Degree, healers will move further into the deeper dimensions of healing with Reiki. Students will learn about distance healing, checking and balancing the Chakra and Aura and additional Reiki sacred symbols, their form, their sound, and their meaning which will enable them to consciously direct Reiki energy through their minds to achieve specific results. The practice of healing through the second degree can be profound, as it is considered a quantum leap forward on one's spiritual path indicating a soul's desire to be of service to others. Reiki second degree consists of three instruction classes and an attunement class. In order to receive your attunement, you must be present for all three instruction classes. This is a certification class. In order to receive your certification you must complete the attunement. Students who received their First Degree through a different master and wish to take this class must bring either their closing certificate or a letter from the Reiki Master who attuned them.

**Instructor:** Rhonda McGaha Russo (*see page 9 for bio*)

5-Digit Number: 17115

Tue, 1:00 - 3:00 p.m., 2/26 - 3/19

Location: Conference Center/E126C

Fee: \$200.00

**PHO109 Exploring Adobe Creative Cloud®**

4 sessions, 12 hours

Discover how to easily edit, organize, store, and share your photos from anywhere using Adobe Creative Cloud for Photographers. In an iMac computer lab, our expert instructor will introduce you to this powerful software featuring the latest versions of Lightroom and Photoshop. Learn how to create an efficient and effective workflow for editing photos while having the opportunity to explore features and ask questions.

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

5-Digit Number: 17032

Tue, 6:00 - 9:00 p.m., 3/5 - 3/26

Location: Visual & Performing Arts Center/F108

Fee: \$159.00

**Global Learning Offering**

Explore the interconnections between people and places around the world.

**ILR591 What Did Jesus Really Say & Do – According to Whom?**

6 sessions, 9 hours

Each Gospel has the interesting phrase “according to” in its title. Through the Gospel According to Matthew, learn how scholars determine the historical Jesus’s authentic words and deeds from those categorized as “possible,” “unlikely,” or “implausible.” And how is the story different according to Matthew, Mark, Luke, and John?

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

5-Digit Number: 17248

Tue, 10:00 - 11:30 a.m., 3/12 - 4/16

Location: Conference Center/E123

Tuition: \$30.00      Fee: \$74.00      Total: \$104.00

MD residents age 60+ pay fee only

**ILR592 World Religion Series: Scriptural Texts of the World's Major Religions**

5 sessions, 10 hours

Most religious traditions in the West have a very long-standing practice of writing, studying, and meditating on written scriptures. Judaism, Christianity and Islam have deep commitments to the role of authoritative texts in revealing who the Divine is and what ultimate reality communicates and requires of their respective adherents. In what we could call the East, Asia, and Southeast Asia, there are many written scriptures in use but often their use and function are very different from the West. So what are the official written scriptures, how did they come about, what role do they play in the lives of those who profess faith in them, and what is the wisdom they offer to both adherents and non-believers? We'll examine five world religions in this course including Judaism, Christianity, Islam, Indigenous Traditions, and Taoism.

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

5-Digit Number: 17264

Tue, 1:30 - 3:30 p.m., 4/2 - 4/30

Location: Frederick Senior Center

Tuition: \$30.00      Fee: \$84.00      Total: \$114.00

MD residents age 60+ pay fee only

**Global Learning Offering**



## PHO110 Photos in the Field

1 session, 5 hours

Although you may have walked a location numerous times, you'll suddenly notice new details about your surroundings when you're on a photo-walk with a camera (or phone) in your hand. In this class, we'll walk together first, finding patterns, textures, reflections, shadows, architectural details, and more. We will then split up into small groups to finish the walk and meet back at the classroom after lunch (on your own). You'll view your photos on the computer, select a few favorites, and watch a slide show of what your fellow photo-walkers captured. You'll be amazed at the variety of subjects that everyone found! The location for each walk will be determined by the instructor about a week before the scheduled walk, but might include downtown Frederick, a park, an Audubon sanctuary, or a battlefield. An email will be sent out one week prior to indicate meet up location. Any type of camera is suitable for this walk, including phone cameras. Students are responsible for providing their own transportation.

**Instructor:** Cam Miller (see page 9 for bio)

5-Digit Number: 17062

Tue, 9:00 a.m. - 3:00 p.m., 4/9

Location: Conference Center/E107

Fee: \$69.00



*Travel to Greece with ILR!*

## ILR535 Greek Travel: A Glimpse Into the Past, a Look at the Present

3 sessions, 9 hours

This course offers educational information and travel tips for students who are considering travel to Greece or who may simply want to learn more about the country. The course will focus on the art, history and religions that filled the world of ancient Greece. Then learn about modern history, including the 2009 economic collapse, and present day cultural, political, and economical life of the average Greek citizen. The last class will focus on tips for planning for travel to the region, including recommendations for books and movies that will enhance the travel experience.

**Instructor:** Marcy Gouge is an ILR Instructor and has been an active traveler for almost 20 years. She maintains a travel blog ([www.inspiredsolotravel.com](http://www.inspiredsolotravel.com)) and has written articles for other online sites. In 2014, she spent a month in Greece and wrote an article for the Washington Post travel section about her experiences in the country. She has arranged and led group travel being sensitive to the energy level and physical limitations of the 55+ demographic. She currently teaches a travel class for community colleges throughout the area including FCC. Marcy is the Trip Leader for the ILR 2019 Greece Trip.

5-Digit Number: 17269

Tue, 9:00 a.m. - 12:00 p.m., 4/23 - 5/7

Location: Conference Center/E123

Tuition: \$20.00 Fee: \$74.00 Total: \$94.00

MD residents age 60+ pay fee only



Global Learning Offering

## WEDNESDAY

### 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.

**Instructor:** Tera Kijek holds a bachelor's degree in Information Science from the University of North Carolina, Chapel Hill. As a lifelong student, she is currently studying Gerontology at Hood College. She has served in a number of capacities within ILR, was the originator of the Mornings with TED series, and created our own [ilratfcc.com](http://ilratfcc.com) website. Having grown up all over the world, Tera brings a unique perspective to her courses. Her passionate curiosity about technology, human nature and society is infectious!

5-Digit Number: 17131

Wed, 10:30 a.m. - 12:00 p.m., 1/23 - 2/20

Location: Conference Center/E123

Fee: \$79.00

### ILR397 iPhone - Beginner

3 sessions, 6 hours

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

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

5-Digit Number: 17136

Wed, 1:00 - 3:00 p.m., 1/30 - 2/13

Location: Conference Center/E109

Tuition: \$20.00 Fee: \$59.00 Total: \$79.00

MD residents age 60+ pay fee only



## ILR886 Secret to Aging with Less Aches and Pains

6 sessions, 12 hours

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

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

5-Digit Number: 17105

Wed, 12:00 - 2:00 p.m., 1/30 - 3/6

Location: Conference Center/E123

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

MD residents age 60+ pay fee only

## ILR769 American Revolutionary War in the South

6 sessions, 12 hours

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

**Instructor:** James H. "Jim" Hubbard has had an enduring interest in military history for more than sixty years and enjoys sharing his passion with students. Jim is a retired Federal employee who, after service in the United States Army, spent his entire civilian career in the field of National Intelligence.

5-Digit Number: 17132

Wed, 1:00 - 3:00 p.m., 2/6 - 3/13

Location: Conference Center/E106

Tuition: \$30.00      Fee: \$99.00      Total: \$129.00

MD residents age 60+ pay fee only

## ILR590 Living Beautifully with Uncertainty and Change

4 sessions, 8 hours

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

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

5-Digit Number: 17255

Wed, 10:00 a.m. - 12:00 p.m., 2/6 - 2/27

Location: Conference Center/E106

Tuition: \$20.00      Fee: \$69.00      Total: \$89.00

MD residents age 60+ pay fee only



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WEBSITE



FACEBOOK



## ILR700 Just Try It! Beginning Yoga

5 sessions, 7.5 hours

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

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

5-Digit Number: 17259

Wed, 2:00 - 3:30 p.m., 2/13 - 3/13

Location: Athletics Center/D129

Fee: \$69.00

## ILR396 iPhone – Advanced

3 sessions, 6 hours

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

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

5-Digit Number: 17137

Wed, 1:00 - 3:00 p.m., 2/27 - 3/13

Location: Conference Center/E109

Tuition: \$20.00      Fee: \$59.00      Total: \$79.00

MD residents age 60+ pay fee only

## ENG226 Self-Publishing Your Book

4 sessions, 8 hours

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

**Instructor:** Jim Rada (see page 4 for bio)

5-Digit Number: 17085

Wed, 6:00 - 8:00 p.m., 2/27 - 3/20

Location: Student Center/H217

Tuition: \$30.00      Fee: \$59.00      Total: \$89.00

MD residents age 60+ pay fee only



*Evening Offering*



## ILR531 Patrick O'Brian's Famed British Navy Fiction

4 sessions, 6 hours

Explore the incredible exploits of the British Navy during the Napoleonic Wars. In this course you will read and discuss the first four books of the Patrick O'Brian novels that feature Jack Aubrey and Stephen Maturin. These novels, in order, are *Master and Commander*, *Post Captain*, *H.M.S Surprise* and *The Mauritius Command*. These books are not provided and should be purchased by the student.

**Instructor:** Eric Reickel taught high school English in Frederick County for 34 years. He has taught classes at FCC and McDaniel College. He is a lifelong reader of great literature, and is eager to discuss great books with like-minded students.

5-Digit Number: 17118

Wed, 9:00 - 10:30 a.m., 2/27 - 3/20

Location: Conference Center/E123

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

MD residents age 60+ pay fee only



### *Evening Offering*

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

## History of the Modern Middle East: Part I & II • *New Content Added!*

### ILR348 History of the Modern Middle East – Part I

5 sessions, 10 hours

The first of this two-part course introduces students to the history and culture of the modern Middle East from the dawn of Islam in the 7th century to the eve of World War I in the early 20th century. Participants will come to appreciate the diversity of a region that is often dismissed as monolithic by examining both contrasts in the physical landscape and distribution of resources as well as the intricate mosaic of ethnicities, religions, and languages. Part I will trace the rise of Islam and its impact on the peoples and cultures of the Middle East, including an unprecedented expansion that resulted in a multicultural and intellectually robust empire spanning three continents. We will explore the rise and fall of the Ottoman Empire and Safavid Persia and examine the legacies of successive incursions from the West, beginning with the European Crusades and continuing under the imperial banners of Britain and France. This series will end with an exploration of competing 19th and 20th century nationalism, leading to fallen empires, broken promises, and current hostilities.

5-Digit Number: 17262 | Wed, 2:30 - 4:30 p.m., 2/20 – 3/20

Location: Sweadner Hall | Tuition: \$40.00, Fee: \$109.00, Total: \$149.00  
MD residents age 60+ pay fee only

### ILR349 History of the Modern Middle East – Part II

5 sessions, 10 hours

Our journey through the history and culture of the modern Middle East resumes at the end of the First World War. The collapse of the Ottoman Empire and the partitioning of the region into European spheres of influence will provide historic context for many current conflicts. From vague post-war treaties to the creation of new states to British-mandated Palestine, the seeds of discontent, experienced today, were sown. Participants will trace the emergence of the United States as a political force in the Middle East, the rise of Arab nationalism, the sequence of Arab-Israeli conflicts/treaties/and accords, the oil crisis of the 70's, and the return to political Islam in its many manifestations. The development and modernization of the Persian Gulf states, sub-regional schisms within the Gulf Cooperation Council, the competition for hegemony between Iran and Saudi Arabia, the return of Russian influence, and the legacy of U.S. intervention in Iraq and Afghanistan are among the topics to be explored in an effort to better understand this fascinating, if volatile, region.

5-Digit Number: 17270 | Wed, 2:30 - 4:30 p.m., 4/10 – 5/8

Location: Sweadner Hall | Tuition: \$40.00, Fee: \$109.00, Total: \$149.00  
MD residents age 60+ pay fee only

**Note for ILR348 and ILR349:** Though optional, students are encouraged to purchase a companion text titled *A Concise History of the Middle East*, 12 edition, Routledge, [www.routledge.com](http://www.routledge.com). The book will provide participants with a foundation upon which to understand today's rapidly unfolding events in the region with greater understanding and clarity.



**Instructor:** Linda Pappas Funsch, a 16-year veteran instructor in the ILR 55+ community, is a career specialist in modern Middle Eastern history and Islamic studies. With an MA in Near Eastern Studies from New York University, she has studied, worked, and traveled extensively throughout the region. A freelance writer, consultant, and author, Ms. Funsch's latest book, "Oman Reborn: Balancing Tradition and Modernization," was published 2015. She has taught at both Hood College and Mount Saint Mary's University. She is a frequent speaker at scholarly symposia across the U.S. including Georgetown University, the World Bank, and the Council on Foreign Relations. Ms. Funsch has escorted several small-group study visits to the Middle East, including Egypt, Lebanon, Morocco, and Oman.

## In Memoriam, **Matt Bernota** .....

March 2, 1942 - July 5, 2018

Matt Bernota worked as a high school educator for 30+ years. In retirement, he taught continuing education classes at FCC, including the popular Mornings with TED series in the ILR Program. He was known for his great sense of unique humor, his enjoyment of golf, and love for his family and friends. He will be greatly missed by his students.

*"I took many of Matt's classes. He was wonderful leader for discussion in our TED talks but I especially enjoyed his classes on past criminal cases. He was a special teacher and I will really miss him." – Diane Kantner*



Picture of Matt Bernota (right)



## ILR860 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 our clients to the highest degree. They specialize in giving homeowners steps and plans to make the downsizing process as stress-free as possible.

5-Digit Number: 17116

Wed, 10:00 - 11:30 a.m., 3/6 - 3/20

Location: Conference Center/E106

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

MD residents age 60+ pay fee only



## ILR530 Improve Your Posture with the Feldenkrais Method®

8 sessions, 12 hours

Everyone wants good posture, but how do we achieve it? The conventional directives like "sit up straight", "shoulders back and down", "chest high and chin up" add layer upon layer of tension to a system that already knows how to be upright. In this Feldenkrais® series you will be guided through developmental movement patterns that you did as an infant and experience how swiftly your system can spontaneously re-align for being upright with pleasure and ease. Participants must be able to lie on a mat. This class requires the use of a special mat that allows for sliding (no yoga mats). If participants do not own the proper mat, they can purchase one from the FCC bookstore.

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

5-Digit Number: 17113

Wed, 6:00 - 7:30 p.m., 3/6 - 5/1

No Class: 3/27

Location: Conference Center/E126AB

Fee: \$119.00

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

3 sessions, 6 hours

Today's smart phone 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 smart phone, 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 (see page 4 for bio)

5-Digit Number: 17139

Wed, 1:00 - 3:00 p.m., 4/3 - 4/17

Location: Conference Center/E109

Fee: \$59.00

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

7 sessions, 14 hours

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

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

5-Digit Number: 17112

Wed, 1:00 - 3:00 p.m., 4/3 - 5/15

Location: Conference Center/E106

Tuition: \$30.00      Fee: \$74.00      Total: \$104.00

MD residents age 60+ pay fee only



## ILR894 World War II – Part I: The Rise and Fall of Nazi Germany

6 sessions, 12 hours

This course will offer learners the opportunity to explore a broad overview of Germany's turbulent political history from 1918 to 1945. This offering is part one of a two part series beginning with the origins of totalitarianism in Europe and Germany, the trauma of German military defeat and economic ruin from the aftermath of World War I. Also discussed is the rise of Adolph Hitler and the political context of the early Nazi party, which includes the Beerhall Putsch and its aftermath as well as the cracks in the Weimar Republic. Finally, an investigation into the breakdown of Germany's Parliamentary democracy and the consolidation of power will be discussed. Part II of this series will be offered in a future semester, which will include topics such as life in Nazi Germany, Hitler's foreign policy, the invasion of Poland, Blitzkrieg: the expansion of Nazi power, a new racial order in Europe, and the defeat of Nazi Germany.

**Instructor:** Mr. L. Scott Port holds a Master of Education degree in Teaching and Learning (History) with high distinction from Liberty University. His interest in history began at a young age, and has taken him to hundreds of U.S. National Historical Landmarks from all periods of American history throughout U.S. Mr. Port served in the U.S. Army for 33 years including military service in Iraq and Afghanistan. His passion for teaching began early and has continued throughout his life by presenting at conferences throughout the mid-Atlantic region. After retiring, Mr. Port taught Adult Basic Education (English, math and reading) classes at Hagerstown Community College and Anne Arundel Community College.

5-Digit Number: 17242

Wed, 10:00 a.m. - 12:00 p.m., 4/3 – 5/8

Location: Conference Center/E106

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

MD residents age 60+ pay fee only



## ILR533 Becoming a Genealogy Power Researcher

4 sessions, 8 hours

Genealogy research can take a lifetime. The basic sources open only a small window to the past. Develop a greater appreciation for family history research, and a broader understanding of your ancestors' lives, by learning to utilize a variety of record types, including courthouse, military, church, and immigration records.

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

5-Digit Number: 17268

Wed, 10:00 a.m. - 12:00 p.m., 4/3 – 4/24

Location: Conference Center/E123

Tuition: \$25.00 Fee: \$69.00 Total: \$94.00

MD residents age 60+ pay fee only

## ILR798 Continuing Gentle Yoga

5 sessions, 7.5 hours

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

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

5-Digit Number: 17260

Wed, 2:00 - 3:30 p.m., 4/3 – 5/1

Location: Athletics Center/D129

Fee: \$69.00

## Online Registration Tutorials

We will be conducting two online reistration tutorial sessions to teach ILR students how to register for classes online. The sessions will be held:

**Tuesday, January 8, 2019 | 10:00 a.m., E108**

**Monday, January 14, 2019 | 12:00 p.m., E108**

For more information about the registration tutorials, please call 301.624.2888.

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*Great program! I am so lucky to live in the  
Frederick Community and enjoy ILR.*

– ILR Student  
.....



## ILR890 Balancing Your Expenses Now Can Help You Reach Your Financial Goals Later

1 session, 2 hours

Take control of your financial future by sharpening your spending and saving strategy. In this course, you'll learn more about setting personal finance goals and balancing saving, spending, and borrowing to achieve your goals. You'll also learn strategies for controlling debt and improving credit scores. And if not yet retired, learn some practical savings options for now through retirement.

**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.

5-Digit Number: 17128

Wed, 6:00 - 8:00 p.m., 4/3

Location: Conference Center/E123

Fee: \$19.00



*Evening Offering*

## ILR794 Microsoft® Excel for Home Use

4 sessions, 8 hours

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

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

5-Digit Number: 17141

Wed, 1:00 - 3:00 p.m., 4/24 - 5/15

Location: Conference Center/E109

Tuition: \$30.00      Fee: \$79.00      Total: \$109.00

MD residents age 60+ pay fee only



## ILR897 The Appalachian Trail: 10 Things You May Not Know

2 sessions, 5 hours

The Appalachian Trail (AT) might be America's most famous footpath and it travels right through Frederick County. We will explore the history of the AT and the hiking phenomenon it is today. The trail has a fun and quirky culture surrounding it and we will dive into some unique, fun facts. The first session is in the classroom and the second session is a hike to see some iconic sights on this famous footpath. Hike is about 1 mile with a small climb. Prepare to walk on rocky, uneven surfaces. FCC will provide transportation to the trail head via a van. We will depart from FCC. Plan about 4 hours for the 2nd class from departure to return.

**Instructor:** Tara worked as an educator for Pennsylvania State Parks where she developed and facilitated programs and she also taught geography at Shippensburg University. Sharing her love of outdoor recreation is a passion. In her free time, she has organized hikes for women, families and kids. Tara is particularly passionate about the Appalachian Trail and has hiked 900 miles of it. You can find her on the trails of Frederick County with her husband and 2 children.

5-Digit Number: 17253

Wed, 9:30 a.m. - 12:00 p.m., 5/1 - 5/8

Location: Conference Center/E125

Fee: \$59.00



*Travel to Greece with ILR!*

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

1 session, 1.5 hours

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

**Note:** ILR888 Raise Your Wine IQ (basic wine course) located on next page

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

5-Digit Number: 17246

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

Location: Spin the Bottle in downtown Frederick

Fee: \$25.00



## THURSDAY

**ENG236 Writing Your Short Story or Novel**

8 sessions, 16 hours

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

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

5-Digit Number: 17083

Thu, 1:00 - 3:00 p.m., 1/31 - 3/21

Location: Student Center/H261

Tuition: \$50.00    Fee: \$129.00    Total: \$179.00

MD residents age 60+ pay fee only

**HOM102 Iris Paper Folding**

1 session, 2 hours

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

**Instructor:** Kathy Barylski is a life-long crafter, beginning at age five with cross-stitch and expanding to crochet, sewing, string art, and many more crafts. Kathy loves to teach crafts to adults and youth, as a Girl Scout Trainer and continuing education instructor.

5-Digit Number: 17075

Thu, 6:00 - 8:00 p.m., 2/7

Location: Visual &amp; Performing Arts Center/F118

Fee: \$29.00

 Evening Offering
**ILR888 Raise Your Wine IQ**

3 sessions, 4.5 hours

Ever wonder why someone “swirls and sniffs,” or what wines to serve at your dinner or cocktail party? This course is designed to help you enhance your knowledge and enjoyment of wine. After a brief history of wine, you will learn how wine is made today. Learn how to taste wine and how to identify what it is about a wine that you like. Through tastings, you will learn to identify the characteristic components of fine wine. Putting your wine knowledge to work will include the basic principles of wine and food pairing, buying, storing, serving and evaluating wine. Optional homework assignments will be suggested. Please Note: As the sense of smell is a major factor in tasting wine, please refrain from wearing any scented lotions, perfumes, aftershaves, etc.

**Instructor:** Jackie Rogers (see page 16 for bio)

5-Digit Number: 17126

Thu, 1:00 - 2:30 p.m., 4/4 - 4/18

Location: Spin the Bottle in downtown Frederick

Fee: \$62.00

**ILR593 Meditating with the Masters: Their Lives, Their Practices, Their Impacts**

4 sessions, 6 hours

Ever wonder about meditation and some of its leading teachers? How did their lives influence their practices and impact our culture? Explore and experience diverse meditation practices via Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, and Thich Nhat Hahn. Evaluate which practice relates best to your needs and goals.

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

5-Digit Number: 17250

Thu, 10:30 a.m. - 12:00 p.m., 4/4 - 4/25

Location: Conference Center/E106

Tuition: \$20.00    Fee: \$54.00    Total: \$74.00

MD residents age 60+ pay fee only


**Travel to Greece with ILR!**

See page 33 for details.

# Are You Medically Curious?

Register for all seven Medically Curious sessions by registering for ILR448 OR pick and choose individual sessions.

5-Digit Number for all seven sessions: 17292

## ILR448 Are You Medically Curious?

7 sessions, 14 hours

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

5-Digit Number: 17292 | Tue, 1:00 - 3:00 p.m., 2/5 – 4/2 | No Class: 2/12 & 3/12 | Location: Buckingham's Choice | Tuition: \$30.00, Fee: \$112.00, Total: \$142.00, MD residents age 60+ pay fee only

## ILR903 Medically Curious – Health Tips #1

1 session, 2 hours

This session's topic is Health Tips #1. In this class you will learn about the following: ear wax, exercise, cell phones, bite wounds, and taking blood pressure.

5-Digit Number: 17293 | Tue, 1:00 - 3:00 p.m., 2/5  
Location: Buckingham's Choice | Fee: \$19.00

## ILR903 Medically Curious – Medical Myths and Simple Infections

1 session, 2 hours

This session's topic is Medical Myths and Simple Infections. In this class you will learn about the following: Does salt cause high blood pressure, did the flu shot give me the flu, what's the difference bacteria and viruses, lice and scabies, and an URI and a UTI?

5-Digit Number: 17294 | Tue, 1:00 - 3:00 p.m., 2/19  
Location: Buckingham's Choice | Fee: \$19.00

## ILR903 Medically Curious – America's Weight Problem

1 session, 2 hours

This session's topic is America's Weight Problem. In this class you will learn about the following: how we became overweight, which diets work best, are diet pills safe, and what is bariatric surgery.

5-Digit Number: 17297 | Tue, 1:00 - 3:00 p.m., 2/26  
Location: Buckingham's Choice | Fee: \$19.00

## ILR903 Medically Curious – Translating Medicalese

1 session, 2 hours

This session's topic is Translating Medicalese. In this class you will learn about the following: how to understand your diagnosis, medical short hand terms, learning to speak doctor's language.

5-Digit Number: 17299 | Tue, 1:00 - 3:00 p.m., 3/5  
Location: Buckingham's Choice | Fee: \$19.00

## ILR903 Medically Curious – Supplements and Medicine vs. The Media

1 session, 2 hours

This session's topic is Supplements and Medicine vs. The Media. In this class you will learn about the following: Do supplements work, are they safe, do we really need them? Are brand name drugs safer and more effective than generics, what should we take for a fever, and what's MRSA and why is VRSA even worse?

5-Digit Number: 17295 | Tue, 1:00 - 3:00 p.m., 3/19  
Location: Buckingham's Choice | Fee: \$19.00

## ILR903 Medically Curious – Psychiatry

1 session, 2 hours

This session's topic is Psychiatry. In this class you will learn about the following: anxiety, depression, schizophrenics, psychotics, PTSD, and bipolar disorder.

5-Digit Number: 17296 | Tue, 1:00 - 3:00 p.m., 3/26  
Location: Buckingham's Choice | Fee: \$19.00

## ILR903 Medically Curious – Our Opiate Epidemic

1 session, 2 hours

This session's topic is Our Opiate Epidemic. In this class you will learn about the following: Is there really an epidemic, could it happen to you, who's responsible for the problem, and what's Narcan?

5-Digit Number: 17298 | Tue, 1:00 - 3:00 p.m., 4/2  
Location: Buckingham's Choice | Fee: \$19.00



**Instructor:** Dr. Larry Romane is board certified in Emergency Medicine and spent 35 years as an ER doctor. After retiring, he served as a physician volunteer at a free clinic for the uninsured. He's the author of two medical books and loves teaching.

His courses give current medical information at a high school reading level. Look for Dr. Romane's book, *R U Medically Curious? Common Topics – Simply Explained*, online and on Kindle.

## ACR418 Foundations Of Watercolor

6 sessions, 15 hours

This course is created to provide a strong foundation of knowledge of realistic watercolor theory and practice through discussion, demonstration and practice. Students will learn how to select an appropriate image to paint from and how to do an accurate preliminary drawing. In addition, they will execute extensive test sheets of flat washes with flat and round brushes. While utilizing these skills, students will complete one monochromatic painting. Returning students will continue to learn and develop their color theory skills through demonstrations and exercises while completing a full color painting.

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

5-Digit Number: 17281

Thu, 3:30 - 6:00 p.m., 4/4 - 5/9

Location: Visual & Performing Arts Center/F118

Fee: \$149.00

## ILR850 On Gossamer Wings: The Magic of Butterflies and Moths

3 sessions, 6 hours

With at least 70 species of butterflies and over a 1000 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 Baryliski (see page 17 for bio)

5-Digit Number: 17134

Thu, 1:00 - 3:00 p.m., 4/25 - 5/9

Location: Conference Center/E123

Fee: \$59.00



## ILR597 Navigating the Internet

6 sessions, 12 hours

The course begins with a short introduction to how computers work and how to keep your work organized on a computer. Learn what the internet is and how to use browsers, search engines, email applications, and social media. You'll also learn methods to keep safe while browsing, communicating, and shopping online.

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

5-Digit Number: 17251

Thu, 1:30 - 3:30 p.m., 4/25 - 5/30

Location: Conference Center/E107

Tuition: \$40.00 Fee: \$109.00 Total: \$149.00

MD residents age 60+ pay fee only

## ILR616 Introduction to Computers

6 sessions, 12 hours

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

**Instructor:** John Zeminski (see above for bio)

5-Digit Number: 17249

Thu, 10:00 a.m. - 12:00 p.m., 4/25 - 5/30

Location: Conference Center/E108

Tuition: \$40.00 Fee: \$109.00 Total: \$149.00

MD residents age 60+ pay fee only

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*Thank you! It's such a joy - and privilege - to teach people who are truly interested and who intellectually connect with the material. When that happens, one can see how special programs like yours are. Thanks for all the work you and Mary Beth put into this exceptionally well-run and diverse program.*

*– Karen Gray, ILR Instructor*

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## ILR272 Ethnicity on the Landscape of the Cumberland Valley

4 sessions, 8 hours

Cumberland Valley is in the northern area of the Great Appalachian Valley within Pennsylvania and Maryland. Many artifacts and buildings still found in the region reflect the ethnic heritage of the people who created them. This is especially true for the Pennsylvania German tradition of the Valley. Let William Sheppard, an anthropologist and archaeologist, guide you on an exploration of the identity, folklore, generational factors, and degrees of assimilation of this regional group within American society.

**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.

5-Digit Number: 17130

Fri, 9:00 - 11:00 a.m., 2/1 - 2/22

Location: Conference Center/E106

Tuition: \$30.00 Fee: \$69.00

Total: \$99.00

MD residents age 60+ pay fee only



## ILR528 Art Appreciation: Early American Folk Art and Functional Decorative Objects

3 sessions, 6 hours

In this course, you will learn to identify and appreciate functional folk art including common household objects. You'll come to understand how and why early American life produced this distinctive art and what its role was in society. Please note that this course is an art appreciation course; individual art projects will not be completed.

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

5-Digit Number: 17110

Fri, 9:00 - 11:00 a.m., 2/1 - 2/15

Location: Conference Center/E123

Tuition: \$20.00 Fee: \$54.00

Total: \$74.00

MD residents age 60+ pay fee only



## HOM126 Beginning Calligraphy: Italic

6 sessions, 12 hours

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

**Instructor:** Jodie Lide

5-Digit Number: 17287

Fri, 10:00 a.m. - 12:00 p.m., 2/8 - 3/15

Location: Visual & Performing Arts Center/F141

Fee: \$119.00

## SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours

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

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

5-Digit Number: 17107

Fri, 12:30 - 2:00 p.m., 2/8 - 4/19

No Class: 3/29

Location: Athletics Center/D129

Fee: \$99.00



## ACR158 Introduction to Metalsmithing

1 session, 5 hours

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

**Instructor:** Gina Copanzz

5-Digit Number: 17082

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

Location: Monroe Center/MC147

Fee: \$79.00

*Travel to Greece with ILR!***ILR887 Early Greek Democracy from Solon to Aristotle with Bonus Greek Mythology Session**

5 sessions, 11.5 hours

Democracy as we know it began to emerge in 6th century BCE Greece and evolved with changes in the culture, economics, and increasing population, among other things. In this course Dr. Karen Gray tells the story of the ups and downs of early Greek democracy and some of the people who dramatically advanced or changed it. In the process she evaluates the ancient Greek understanding of liberty, equality, power, and their democratic ideals. The course will also compare Greek democracy and constitutions with the Magna Carta, a foundation document for our own Constitutional democracy. The course will conclude with a bonus 1.5 hour lecture on Greek mythology. Dr. Gray's lectures are based on PowerPoint presentations and include a brief break midway and a half hour discussion afterwards.

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

5-Digit Number: 17125

Fri, 10:00 a.m. - 12:30 p.m., 3/1 - 4/5

No Class: 3/29

Location: Conference Center/E123

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

MD residents age 60+ pay fee only

**ILR707 Developing a Personal Strength Training Plan**

6 sessions, 12 hours

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

**Instructor:** Dr. Carol Hamilton Zehnacker (see page 11 for bio)

5-Digit Number: 17106

Fri, 2:00 - 4:00 p.m., 3/1 - 4/12

No Class: 3/29

Location: Athletics Center/D129

Fee: \$89.00

**ILR547 Painting in the Style of the Master Artists: American Favorites**

4 sessions, 8 hours

You don't have to spend years as an apprentice to learn how to paint your own masterpiece. Trade secrets of the great masters are uncovered in this class. Using acrylic paint, students will create up to 3 paintings capturing the brush stroke, style, and techniques of Master Artists. Beginners welcome but some painting experience is preferred. The artists we cover will vary each term. Supplies are included with your fee. This class, we will capture the style of two or more of the following artists: Norman Rockwell, Andy Warhol, Mary Engelbrecht, Grant Wood, Helen Frankenthaler.

**Instructor:** Jeanne McDermott (see page 20 for bio)

5-Digit Number: 17245

Fri, 9:00 - 11:00 a.m., 3/1 - 3/22

Location: Visual &amp; Performing Arts Center/F118

Fee: \$96.00

See page 8 for additional session

**SEN450 Exploring Watercolor Painting**

8 sessions, 16 hours

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

**Instructor:** Cath Howard (see page 8 for bio)

5-Digit Number: 17236

Fri, 10:00 a.m. - 12:00 p.m., 4/5 - 5/31

No Class: 5/24

Location: Visual &amp; Performing Arts Center/F118

Fee: \$114.00

**NOTE**

Classes will not be held on the following days due to holidays or spring break:

- Monday, January 21
- Wednesday-Friday, March 27-29
- Monday, May 27

# Language Offerings

## FOR300 American Sign Language I

6 sessions, 15 hours

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

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

5-Digit Number: 17050

Mon, 6:00 - 8:30 p.m., 2/11 - 3/18

Location: Student Center/H217

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



Evening Offering

## FOR303 American Sign Language II – Intermediate

6 sessions, 15 hours

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

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

5-Digit Number: 17051

Mon, 6:00 - 8:30 p.m., 4/1 - 5/6

Location: Student Center/H217

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

MD residents age 60+ pay fee only



Evening Offering



## FOR117 Italian for Travelers

8 sessions, 16 hours

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

**Instructor:** Sabina Roma

5-Digit Number: 17057 | Mon/Thu, 1:00 - 3:00 p.m., 1/28 - 2/21

Location: Langanore Hall/L112 | Fee: \$159.00

OR

5-Digit Number: 17058 | Mon/Thu, 1:00 - 3:00 p.m., 4/29 - 5/23

Location: Student Center/H217 | Fee: \$159.00



## FOR116 Spanish for Travelers

8 sessions, 16 hours

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

**Instructor:** Sabina Roma

5-Digit Number: 17037

Mon/Thu, 1:00 - 3:00 p.m., 2/25 - 3/21

Location: Catocin Hall/C212

Fee: \$159.00

## FOR403 Beginner French

10 sessions, 15 hours

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

**Instructor:** Richard Bender (see page 7 for bio)

5-Digit Number: 17035

Tue/Thu, 1:30 - 3:00 p.m., 1/29 - 2/28

Location: Conference Center/E106

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

MD residents age 60+ pay fee only



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



**FOR404 Continuing French**

10 session, 15 hours

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

**Instructor:** Richard Bender (see page 7 for bio)

5-Digit Number: 17036

Tue/Thu, 1:30 - 3:00 p.m., 3/12 - 4/18

No Class: 3/26 & 3/28

Location: Conference Center/E106

Tuition: \$50.00      Fee: \$129.00      Total: \$179.00

MD residents age 60+ pay fee only

**FOR100 Basic Conversational Spanish**

8 sessions, 16 hours

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

**Instructor:** Angelina Garcia

5-Digit Number: 17052 | Tue/Thu, 6:00 - 8:00 p.m., 1/29 - 2/21

Location: Student Center/H210

OR

5-Digit Number: 17053 | Tue/Thu, 6:00 - 8:00 p.m., 4/2 - 4/25

Location: Conference Center/E124A

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

MD residents age 60+ pay fee only

**FOR101 Continuing Conversational Spanish**

8 sessions, 16 hours

Continue to develop skills needed to communicate with your Spanish-speaking audience. Emphasis is placed on more advanced listening comprehension, speaking skills, pronunciation, and vocabulary acquisition.

**Instructor:** Angelina Garcia

**Prerequisite:** Spanish Conversation I or basic knowledge of Spanish.

5-Digit Number: 17054

Tue/Thu, 6:00 - 8:00 p.m., 2/26 - 3/21

Location: Student Center/H210

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

MD residents age 60+ pay fee only



# 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.

**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.

Walkersville Public Library, 301.845.8880

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

**Instructor:** Martha B. Pugh | Fri, 3:00 - 4:30 p.m., 1/4 - 1/25

Urbana Public Library, 301.600.7000

**ILR812 World History: The Big Picture**

**Instructor:** Ernest O'Roark | Thu, 2:00 - 3:30 p.m., 1/10 - 2/14

Frederick C. Burr Artz Public Library, 301.600.1630

**ILR568 A Survey of Medieval History**

**Instructor:** Dr. Lois Jarman | Mon, 1:00 - 3:00 p.m., 4/1 - 4/22

Brunswick Public Library, 301.600.7250

**ILR902 The Defiant Requiem**

**Instructor:** Lynn Fleming | Mon, 1:00 - 3:00 p.m., 4/1 - 4/22



Daybreak Adult Day Services, 301.696.0808

**ILR901 Beauty Takes Flight Series: Butterflies in Our Backyard**

**Instructor:** Kathy Barylski | Thu, 10:15 - 11:45 a.m., 4/18



Daybreak Adult Day Services, 301.696.0808

**ILR901 Beauty Takes Flight Series: Metamorphosis**

**Instructor:** Kathy Barylski | Thu, 10:15 - 11:45 a.m., 4/25



Daybreak Adult Day Services, 301.696.0808

**ILR901 Beauty Takes Flight Series: Surprising Moths**

**Instructor:** Kathy Barylski | Thu, 10:15 - 11:45 a.m., 5/2



## ILR532 Theologians of the 20th Century Crises

5 sessions, 12.5 hours

The 20th Century was a time of theological upheaval and great popular interest in theologians who were responding to the Great Depression, the World Wars, the Cold War, and the discovery of hominid evolution. This class considers five of the most diverse and widely read: Reinhold Niebuhr, Karl Barth, Paul Tillich, Pierre Teilhard de Chardin, and Dietrich Bonhoeffer. Each class includes a 2-hour PowerPoint presentation with a 10 minute break midway and a discussion period of half an hour afterwards. A handout includes recommendations for further study and additional relevant reading or reference material.

**Instructor:** Karen Gray, Ph.D. (see page 21 for bio)

5-Digit Number: 17123

Fri, 10:00 a.m. - 12:30 p.m., 4/12 - 5/10

Location: Conference Center/E123

Tuition: \$50.00 Fee: \$109.00 Total: \$159.00

MD residents age 60+ pay fee only

## ILR552 Floral Design: Fresh Spring Blooms

1 session, 3 hours

Create a bouquet of fresh spring blooms. Learn the basics of floral design by discussing art concepts, viewing examples, and using hands on experience to create cheerful arrangement. This course is for beginners or as a continuation for this who took other floral design offerings. Supplies are included in your course cost. No refunds 3 business days prior to class start.

**Instructor:** Jeanne McDermott (see page 20 for bio)

5-Digit Number: 17127

Fri, 9:00 a.m. - 12:00 p.m., 4/12

Location: Conference Center/E106

Fee: \$70.00



## ILR539 Ireland: Small Island, Big History

4 sessions, 6 hours

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

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

5-Digit Number: 17244

Fri, 9:30 - 11:00 a.m., 4/19 - 5/10

Location: Sweadner Hall

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

MD residents age 60+ pay fee only

*Travel to Greece with ILR!*

## ILR536 Maximize Your Safe International Travels

2 sessions, 5 hours

Love to travel internationally, but concerned about your safety? To maximize your safe travels, this course will provide multiple hard copies (books/maps/supplies) and online resources. Topics include passports, health issues, scams, currency, mobile phones, purchasing items, embassy registration, ATM/credit cards, etc. Come have fun while learning to travel smarter and safer! Please note that this class will provide specific information for the ILR trip to Greece.

**Instructor:** Peg Mauzy retired after 23 years as an English Professor and the International Education Coordinator for the London Work Study Abroad Program. In 2005, she founded the Maryland Community College International Education Consortium (MCCIEC), which includes all 16 Maryland community colleges working together to provide safe travel opportunities for their students. For herself and her students, safe travel has always been a major priority along with doing research before traveling. Travel is exciting and safe travel is the best way to experience the world.

5-Digit Number: 17129

Fri, 1:00 - 3:30 p.m., 5/3 - 5/10

Location: Conference Center/E123

Tuition: \$20.00 Fee: \$44.00 Total: \$64.00

MD residents age 60+ pay fee only



## ILR900 The Fairest of Them All: History of the Great Frederick Fair

3 sessions, 4.5 hours

The Great Frederick Fair (GFF) is the largest county fair in Maryland and among the most successful in the entire country. Thousands partake in the annual fall time spectacle which boasts livestock and agricultural product exhibitions, craft, hobby and baking competitions, amusements, entertainment, and sinful foods of every variety. With a two-fold mission of promoting agriculture and educating youth about the industry of agriculture, the Great Frederick Fair Inc is a leading business endeavor, operated by an experienced collection of shareholders with many representing generations of farming in the Frederick community. This course will cover the history of this storied event with local origins dating back to the 1820s as a humble cattle and livestock show.

**Special Note:** One session will be held on-location at the Fairgrounds with special guests from the GFF's management team.

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

5-Digit Number: 17261

Fri, 2:00 - 3:30 p.m., 5/3 - 5/17

Location: Conference Center/E126AB

Tuition: \$10.00 Fee: \$54.00 Total: \$64.00

MD residents age 60+ pay fee only

## SATURDAY

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

1 session, 3 hours

Create gorgeous, one-of-a-kind pendants, wine bottle stoppers, bracelets, and pins for yourself or as gifts for family and friends. Using fusible glass, dichroic glass, frit, and mosaic pieces, learn the basics of fusing, how to cut and grind glass, clean pieces, and assemble pieces. Create multiple unique, stunning pieces during this three hour session. Finished items are then fused in a kiln and returned the following week for pick up.

**Instructor:** Pat Stein has been working with glass for over 15 years and has created many commissioned pieces. She started her career by taking stained glass classes at a local college working with stained glass. After attending an expo in Allentown, Pennsylvania, she found a new love and passion for glass - FUSING. To further her knowledge and skill set in fusing, she attended a fused glass symposium in Corning, New York in 2007. In 2012, Pat began working heavily in mosaics and has added classes in mosaic mirrors, as well as garden mosaic art using both glass and tile. Pat has also been a guest artist at The Baltimore Museum of Art and is a recurring guest mosaic artist at The Loading Dock in Baltimore teaching DIY classes in tile mosaics. Check out her Facebook Page - Pat Stein Glass Art - to see some of Pat's work as well as her students' creations.

5-Digit Number: 17280 | Sat, 9:00 a.m. - 12:00 p.m., 2/2

OR

5-Digit Number: 17077 | Sat, 1:00 - 4:00 p.m., 6/1

Location: Visual & Performing Arts Center/F118 | Fee: \$74.00

### PHO100 Explore Your EOS Canon DSLR

1 session, 6 hours

Unleash your creativity by mastering the technical aspects of your Canon EOS Digital SLR. This class will help you get to know your camera system and go beyond the "automatic" setting! Move from the "Basic Zone" to the "Creative Zone." Acquire a clear understanding of all the buttons and menu items on your camera. Learn how to creatively use exposure, composition, flash, and a variety of lenses. This is a hands-on class. We will take a short lunch break (lunch not included). Bring your camera, manual, battery and a tripod if you have one.

**Instructor:** Robert McMillian

5-Digit Number: 17030 | Sat, 9:00 a.m. - 3:30 p.m., 2/2

OR

5-Digit Number: 17031 | Sat, 9:00 a.m. - 3:30 p.m., 4/27

Location: Braddock Hall/B105 | Fee: \$89.00

### PHO102 Get To Know Your Nikon DSLR

1 session, 6 hours

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

**Instructor:** Cam Miller (see page 9 for bio)

5-Digit Number: 17033 | Sat, 9:00 a.m. - 3:30 p.m., 2/2/19

OR

5-Digit Number: 17034 | Sat, 9:00 a.m. - 3:00 p.m., 4/27

Location: Braddock Hall/B104 | Fee: \$89.00

### PHO111 iPhone Photography

3 sessions, 9 hours

In this class, you will learn more than the basics of how to use that amazing little camera that travels with you all the time. The iPhone camera is capable of so much more than selfies and photos of your food! In each session of this class, you will learn about and practice a few of features of the camera, as well as how to manage your photos in the Camera Roll and how to edit them for maximum impact with various editing apps. For the best experience, students should have an iPhone 6 or later.

**Instructor:** Cam Miller (see page 9 for bio)

5-Digit Number: 17060

Sat, 9:00 a.m. - 12:00 p.m., 2/16 - 3/2

Location: Visual & Performing Arts Center/F108

Fee: \$89.00

**Class full?**

**Call to be placed on the Wait List.**

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

1 session, 6 hours

You've seen him before. He's the soft spoken guy who paints happy clouds, mountains and trees in about twenty-six television minutes, using big, house painting-type brushes while cooing soothing "you can do it's to the audience. His Joy of Painting program is the most recognized, most watched TV art show in history. Although Bob Ross is no longer with us, a Bob Ross Certified Instructor will teach you the magic behind painting happy little trees when you recreate one of Bob's masterpieces in this 6 hour class. All materials including brushes, Bob Ross paints, and canvases will be provided. Class will take a 30 minute lunch break so please bring a packed lunch.

**Instructor:** Denise Sullivan

5-Digit Number: 17078 | Sat, 10:00 a.m. - 4:00 p.m., 2/23

OR

5-Digit Number: 17079 | Sat, 10:00 a.m. - 4:00 p.m., 3/23

OR

5-Digit Number: 17080 | Sat, 10:00 a.m. - 4:00 p.m., 5/4

Location: Visual & Performing Arts Center/F118 | Fee: \$89.00



## ACR154 Jewelry Soldering Workshop

1 session, 5 hours

Ready to tackle a new skill or take your current jewelry arts to the next level? This class was created so students may become comfortable with a torch. The curriculum covers the "how" and "why" of jewelry soldering by combining an overview of the tools, techniques and process + hands-on practice. Each student will fabricate textured stacking rings or bangles. Class will take a 30 min lunch break so be sure to bring a packed lunch.

**Instructor:** Georgina Copanzzì

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

5-Digit Number: 17074 | Sat, 9:00 a.m. - 2:30 p.m., 3/2

Location: Monroe Center/MC147 | Fee: \$79.00



## ACR158 Introduction to Metalsmithing

1 session, 5 hours

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

**Instructor:** Georgina Copanzzì

5-Digit Number: 17081 | Sat, 9:00 a.m. - 2:30 p.m., 4/6

Location: Monroe Center/MC147 | Fee: \$79.00



## HOM103 Fleeting Fancies: Spring's Ephemeral Flowers

1 session, 2 hours

What do Squirrel Corn, Bloodroot, Trout Lily, and Virginia Bluebells have in common? They are all spring ephemeral flowers, blooming for just a few weeks in early spring, then quickly fading. Frederick County has several great locations for these beauties, so join us for a field trip to find these treasures. Students must provide their own transportation.

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

5-Digit Number: 17081

Sat, 12:00 - 2:00 p.m., 4/13

Location: Student Center/H205 | Fee: \$29.00



## PHO112 Nikon Field Session

1 session, 3 hours

If you have taken the "Get to Know Your Nikon Class," here is an opportunity to get out into the field with the instructor! Topics include getting sharp focus, using Live View, composing the shot, controlling depth of field, and using a tripod and the remote and/or timer function. Students will have a chance to try out different lenses. A tripod is recommended. Class location will be at the Gambrill Mill, part of the Monocacy Battlefield. Students must provide their own transportation.

**Instructor:** Cam Miller (see page 9 for bio)

5-Digit Number: 17059

Sat, 9:00 a.m. - 12:00 p.m., 5/4

Location: Gambrill Mill, Monocacy Battlefield | Fee: \$39.00



## PHO110 Photos in the Field

1 session, 5 hours

Although you may have walked a location numerous times, you'll suddenly notice new details about your surroundings when you're on a photo-walk with a camera (or phone) in your hand. In this class, we'll walk together at first, finding patterns, textures, reflections, shadows, architectural details, and more. Then we'll split up into small groups to finish the walk and meet back at the classroom after lunch. You'll view your photos on the computer, select a few favorites, and watch a slide show of what your fellow photo-walkers captured. You'll be amazed at the variety of subjects that everyone found! The location for each walk will be determined by the instructor about a week before the scheduled walk, but might include downtown Frederick, a park, an Audubon sanctuary, or a battlefield. Please add an email will be sent out a week prior to the class on location details. Any type of camera is suitable for this walk, including phone cameras. Students are responsible for providing their own transportation. Class will take a 30 minute lunch break so be sure to bring a packed lunch.

**Instructor:** Cam Miller (see page 9 for bio)

5-Digit Number: 17061

Sat, 9:00 a.m. - 3:00 p.m., 5/11

Location: Conference Center/E107 | Fee: \$69.00



# Blueprint for Successful Aging in Place

## 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.

5-Digit Number: 17114 | Thu, 1:00 - 4:00 p.m., 5/2 - 5/30  
Location: Conference Center/E106 | Fee: \$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 2 day Survey Class will provide basic information about a variety of decisions and actions that you will need to make in order to safely “age in place”. You will learn about options and programs in Frederick County that can assist you, and there will be opportunities for discussion and self-evaluation of readiness for extended independent living. 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 (*see page 10 for bio*)

5-Digit Number: 17117 | Thu, 1:00 - 4:00 p.m., 5/2 - 5/9  
Location: Conference Center/E106 | Fee: \$39.00

## 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). She chose Frederick as the answer to her own plan to age in place. Her blog [WaysToStay.org](http://WaysToStay.org) /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.

5-Digit Number: 17119 | Thu, 1:00 - 4:00 p.m., 5/16  
Location: Conference Center/E106 | Fee: \$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 an extensive career in the health care industry. She specializes in mental health issues and gerontology including dementia care, issues in long-term care, and hospice care. Ms. Ruff brings a unique perspective as she has also been a family caregiver for her parents and husband of 25 years. She serves as a member of the Frederick County Commission of Aging, chairing their committee on Aging in Place as well as serving on the Local Health Improvement Plan Committee on Seniors.

5-Digit Number: 17122 | Thu, 1:00 - 4:00 p.m., 5/23  
Location: Conference Center/E106 | Fee: \$29.00

## 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 (*see page 10 for bio*)

5-Digit Number: 17121 | Thu, 1:00 - 4:00 p.m., 5/30  
Location: Conference Center/E106 | Fee: \$29.00

# Learning On Location

## ILR774 National Cathedral & Dupont Circle

1 session, 8.5 hours

Depart FCC and head south to our Nation's Capital, Washington, DC. Our first stop will be at the Washington National Cathedral - a beautiful example of Gothic architecture. It is the 6th largest cathedral in the world and took 87 years to build! Then head down Embassy Row to Dupont Circle and the quirky O Street Mansion. Today, the property consists of more than 100 rooms of varying architectural, artistic and design periods. Be sure to bring your checkbook because all of the art you'll see is available for sale. Finally, stop by the Anderson House, a National Historic Landmark, completed in 1905. Our docent-led tour reveals the history of the Society, the significance of the American Revolution, and the lives and collections of the home's first owners.

**Note:** A boxed lunch and all admissions are included in the price of the tour. No refunds after close of business on 3/25.

**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 lived in the Washington Metropolitan Area her whole life and enjoys sharing the beauty, history and uniqueness of our Nation's Capital with others through tours and lectures.

5-Digit Number: 17258 | Thu, 8:00 a.m. - 5:30 p.m., 4/11

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

MD residents age 60+ pay fee only



## ILR598 Walking Antietam: Part 1 – The Cornfield, Dunker Church & The West Woods

1 session, 9 hours

Take a new look at the battlefield for a narrated walk through the battle grounds of Antietam. We'll provide transportation from FCC via our shuttle bus to meet up with your guide. Spend the morning hearing an overview of the battle and walk the Cornfield area of the grounds. We'll eat lunch at a local restaurant; entree and drink are included in the fee. Then we'll head back to the battlefield to walk the West Woods/Dunker Church area. We will follow established NPS trails which will give you a feel for the terrain and the battles.

**Note:** Bring your walking shoes as we expect to walk a total distance of 2.5 miles over irregular, but not extreme, ground. No refunds after close of business on 4/9.

**Instructor:** Dennis E. Frye has spent nearly 50 years studying and writing about Antietam. As a native of the battlefield region and an actual "Dunker," his distant relatives owned much of the ground where the battle occurred. Dennis retired from the National Park Service after more than a three-decade career, including 20 years as Chief Historian at Harpers Ferry National Historical Park. Dennis has written ten books and is a nationally recognized preservationist.

5-Digit Number: 17265 | Tue, 8:00 a.m. - 5:30 p.m., 4/23 | Fee: \$89.00

## ILR575 Butterflies in the Field

1 session, 4 hours

Enjoy the magic of butterflies in the field! Late spring is still a great time to see butterflies in Maryland. With cooperative weather, we may see a dozen or more species including several only seen in the autumn season. Expect up close viewing and plan to take plenty of pictures. We'll provide transportation (using an FCC van) to a locale in the Montgomery-Frederick-Washington County area. The exact location will be determined at a later date. Please bring your own water and snacks or lunch and be prepared for some moderate walking.

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

5-Digit Number: 17257 | Thu, 11:00 a.m. - 3:00 p.m., 5/16 | Fee: \$54.00



## ILR596 Experience the Wonderful World of Topiary

1 session, 8 hours

Experience the unique beauty and charm of Ladew Topiary Gardens. It's been named one of the best topiary gardens in the world. After a guided tour of the house, explore the gardens and nature trail at your leisure. We'll enjoy lunch on site but save room for dessert because we'll finish the day at the Prigel Family Creamery where you can treat yourself to farm-fresh ice cream from grass-fed cows.

**Note:** Entry fee, guided house tour, and lunch is included in the cost. No refunds after close of business on 5/3. We will provide transportation using the FCC shuttle bus.

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

5-Digit Number: 17256 | Fri, 8:00 a.m. - 4:00 p.m., 5/31 | Fee: \$99.00

All buses/vans depart from Frederick Community College; exact location and trip details will be provided one week prior to the trip date.

# How to Register for ILR55+ Classes



## ONLINE

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

## IN PERSON

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



Upon completion of renovations in February 2019, the Registration Office will move to Jefferson Hall.

## Waiting List

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

## Important Notes

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

## Drop a Class

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

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 3:00 Signs of Our Times II
<b>7</b>	<b>8</b> 10:00 ILR On-line Registration Session	<b>9</b>	<b>10</b> 2:00 World History	<b>11</b> 3:00 Signs of Our Times II
<b>14</b> 12:00 ILR On-line Registration Session	<b>15</b> 2:00 ILR Social	<b>16</b>	<b>17</b> 2:00 World History	<b>18</b> 3:00 Signs of Our Times II
<b>21</b>	<b>22</b> 2:00 ILR Social - Snow Date	<b>23</b> 10:30 TED	<b>24</b> 2:00 World History	<b>25</b> 3:00 Signs of Our Times II
<b>28</b> 1:00 Android Smart Phone 1:00 Ben Franklin 1:00 Italian for Travelers 1:00 Search and Seizure	<b>29</b> 1:00 Reiki 1st Degree 1:30 Beginner French 6:00 Basic Conv. Spanish	<b>30</b> 10:30 Mornings With TED 12:00 Secret to Aging 1:00 iPhone - Beginner	<b>31</b> 1:00 Writing Short Story/Novel 1:00 Italian for Travelers 1:30 Beginning French 2:00 World History 6:00 Basic Conv. Spanish	<b>FEB. 1</b> 9:00 Ethnicity on the Landscape 9:00 American Folk Art

## FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> 1:00 Android Smart Phone 1:00 Ben Franklin 1:00 Italian for Travelers 1:00 Search and Seizure 2:30 Beginner Freelance Writing	<b>5</b> 10:00 Exploring Watercolor 11:00 Secrets of Allegany County 1:00 Are You Medically Curious? 1:00 Health Tips 1:00 Reiki 1st Degree 1:30 Beginner French 6:00 Basic Conv. Spanish	<b>6</b> 10:00 Living Beautifully 10:30 TED 12:00 Secret to Aging 1:00 iPhone - Beginner 1:00 American Revolution, South	<b>7</b> 1:00 Writing Short Story/Novel 1:00 Italian for Travelers 1:30 Beginning French 2:00 World History 6:00 Basic Conv. Spanish 6:00 Iris Paper Folding	<b>8</b> 9:00 Ethnicity on the Landscape 9:00 American Folk Art 10:00 Beginning Calligraphy: Italic 12:30 Tai Chi
<b>11</b> 1:00 Android Smart Phone 1:00 Ben Franklin 1:00 Italian for Travelers 1:00 Search and Seizure 2:30 Beginner Freelance Writing 6:00 American Sign Language I	<b>12</b> 10:00 Exploring Watercolor 11:00 Secrets of Allegany County 1:00 Reiki 1st Degree 1:30 Beginner French 6:00 Basic Conv. Spanish	<b>13</b> 10:00 Living Beautifully 10:30 TED 12:00 Secret to Aging 1:00 iPhone - Beginner 1:00 American Revolution, South 2:00 Just Try It! Beginning Yoga	<b>14</b> 1:00 Writing Short Story/Novel 1:00 Italian for Travelers 1:30 Beginning French 2:00 World History 6:00 Basic Conv. Spanish	<b>15</b> 9:00 Ethnicity on the Landscape 9:00 American Folk Art 10:00 Beginning Calligraphy: Italic 12:30 Tai Chi
<b>18</b> 1:00 Italian for Travelers 1:00 Search and Seizure 1:00 The Roots of Rock 2:30 Beginner Freelance Writing 6:00 American Sign Language I	<b>19</b> 10:00 Exploring Watercolor 11:00 Secrets of Allegany County 1:00 Reiki 1st Degree 1:00 Are You Medically Curious? 1:00 Medical Myths 1:30 Beginner French 6:00 Basic Conv. Spanish 6:00 Tell Me Another...	<b>20</b> 10:00 Living Beautifully 10:30 TED 12:00 Secret to Aging 1:00 American Revolution, South 2:00 Just Try It! Beginning Yoga 2:30 History, Middle East I	<b>21</b> 1:00 Writing Short Story/Novel 1:00 Italian for Travelers 1:30 Beginning French 6:00 Basic Conv. Spanish	<b>22</b> 9:00 Introduction to Metalsmithing 9:00 Ethnicity on the Landscape 10:00 Beginning Calligraphy: Italic 12:30 Tai Chi
<b>25</b> 1:00 Search and Seizure 1:00 The Roots of Rock 1:00 Spanish for Travelers 6:00 American Sign Language I	<b>26</b> 10:00 Exploring Watercolor 11:00 Secrets of Allegany County 1:00 Are You Medically Curious? 1:00 Reiki 2nd Degree 1:00 America's Weight Prob. 1:30 Beginner French 6:00 Tell Me Another... 6:00 Continuing Conv. Spanish	<b>27</b> 9:00 Patrick O'Brian, Brit Fiction 10:00 Living Beautifully 12:00 Secret to Aging 1:00 iPhone - Advanced 1:00 American Revolution, South 2:00 Just Try It! Beginning Yoga 2:30 History, Middle East I 6:00 Self-Publishing Your Book	<b>28</b> 1:00 Writing Short Story/Novel 1:00 Spanish for Travelers 1:30 Beginning French 6:00 Continuing Conv. Spanish	<b>MAR. 1</b> 9:00 Master Artists: US Favorites 10:00 Early Greek Democracy 10:00 Beginning Calligraphy: Italic 12:30 Tai Chi 2:00 Developing Personal Strength

## MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> 9:30 MD, French & Indian War 12:00 Introduction to Pastel 101 1:00 The Roots of Rock 1:00 Spanish for Travelers 2:00 Paper Embroidery 6:00 American Sign Language I	<b>5</b> 10:00 Exploring Watercolor 1:00 Are You Medically Curious? 1:00 Translate Medicaese 1:00 Reiki 2nd Degree 6:00 Continuing Conv. Spanish 6:00 Exploring the Creative Cloud	<b>6</b> 9:00 Patrick O'Brian, Brit Fiction 10:00 Downsizing Simplified 12:00 Secret to Aging 1:00 American Revolution, South 1:00 iPhone - Advanced 2:00 Just Try It! Beginning Yoga 2:30 History, Modern Middle East I 6:00 Self-Publishing Your Book 6:00 Feldenkrais	<b>7</b> 1:00 Writing Short Story/Novel 1:00 Spanish for Travelers 6:00 Continuing Conv. Spanish	<b>8</b> 9:00 Master Artists: US Favorites 10:00 Early Greek Democracy 10:00 Beginning Calligraphy: Italic 12:30 Tai Chi 2:00 Developing Personal Strength
<b>11</b> 9:30 MD, French & Indian War 12:00 Introduction to Pastel 101 1:00 The Roots of Rock 1:00 Spanish for Travelers 2:00 Rights Retained, People 6:00 American Sign Language I	<b>12</b> 10:00 Exploring Watercolor 10:00 What Did Jesus Say? 1:00 Reiki 2nd Degree 1:30 Continuing French 6:00 Continuing Conv. Spanish 6:00 Exploring the Creative Cloud	<b>13</b> 9:00 Patrick O'Brian, Brit Fiction 10:00 Downsizing Simplified 1:00 American Revolution, South 1:00 iPhone - Advanced 2:00 Just Try It! Beginning Yoga 2:30 History, Modern Middle East I 6:00 Self-Publishing Your Book 6:00 Feldenkrais	<b>14</b> 1:00 Writing Short Story/Novel 1:00 Spanish for Travelers 1:30 Continuing French 6:00 Continuing Conv. Spanish	<b>15</b> 9:00 Master Artists: US Favorites 10:00 Early Greek Democracy 10:00 Beginning Calligraphy: Italic 12:30 Tai Chi 2:00 Developing Personal Strength



Monday	Tuesday	Wednesday	Thursday	Friday
<b>18</b> 9:30 MD, French & Indian War 12:00 Introduction to Pastel 101 1:00 The Roots of Rock 2:00 Rights Retained, People <u>6:00 American Sign Language I</u>	<b>19</b> 10:00 Exploring Watercolor 10:00 What Did Jesus Say 1:00 Are You Medically Curious? <b><u>1:00 Medicine vs. Media</u></b> <u>1:00 Reiki 2nd Degree</u> 1:30 Continuing French 6:00 Continuing Conv. Spanish 6:00 Exploring the Creative Cloud	<b>20</b> 9:00 Patrick O'Brian, Brit Fiction <u>10:00 Downsizing Simplified</u> <u>2:30 History, Modern Middle East I</u> <u>6:00 Self-Publishing Your Book</u> 6:00 Feldenkrais	<b>21</b> 1:00 Writing Short Story/Novel <u>1:00 Spanish for Travelers</u> 1:30 Continuing French <u>6:00 Continuing Conv. Spanish</u>	<b>22</b> 9:00 Master Artists: US Favorites 10:00 Early Greek Democracy 12:30 Tai Chi 2:00 Developing Personal Strength
<b>25</b> 9:30 MD, French & Indian War 12:00 Introduction to Pastel 101 <u>1:00 The Roots of Rock</u> 2:00 Rights Retained, People <b><u>2:00 Pers. Self Defensive Tactics</u></b>	<b>26</b> 10:00 Exploring Watercolor 10:00 What Did Jesus Say 1:00 Are You Medically Curious? <b><u>1:00 Psychiatry</u></b> <u>6:00 Exploring the Creative Cloud</u>	<b>27</b> <b>Spring Break</b>	<b>28</b> <b>Spring Break</b>	<b>29</b> <b>Spring Break</b>

## APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30 MD, French & Indian War 12:00 Introduction to Pastel 101 <b><u>1:00 A Survey of Medieval History</u></b> <b><u>1:00 The Defiant Requiem</u></b> 2:00 Rights Retained, People <b><u>6:00 Blogging</u></b> <b><u>6:00 American Sign Language II</u></b>	<b>2</b> 10:00 What Did Jesus Say? 1:00 Are You Medically Curious? <b><u>1:00 Opiate Epidemic</u></b> <b><u>1:30 World Religion Series</u></b> 1:30 Continuing French <b><u>6:00 Basic Conv. Spanish</u></b>	<b>3</b> 10:00 World War II – Part I <b><u>10:00 Genealogy Power</u></b> <b><u>1:00 Smart Phone, Photography</u></b> <b><u>1:00 Writing Your Life Story</u></b> <b><u>2:00 Continuing Gentle Yoga</u></b> 6:00 Feldenkrais <b><u>6:00 Balancing Your Expenses</u></b>	<b>4</b> 10:30 Meditating Masters <b><u>1:00 Raise Your Wine IQ</u></b> 1:30 Continuing French <b><u>3:30 Foundations Of Watercolor</u></b> 6:00 Basic Conv. Spanish	<b>5</b> 10:00 Exploring Watercolor Painting <u>10:00 Early Greek Democracy</u> 12:30 Tai Chi 2:00 Developing Personal Strength
<b>8</b> 9:30 MD, French & Indian War 1:00 A Survey of Medieval History 1:00 The Defiant Requiem <b><u>1:00 In Search of Happiness</u></b> 2:00 Rights Retained, People 6:00 Blogging 6:00 American Sign Language II	<b>9</b> 9:00 Photos in the Field 10:00 What Did Jesus Say? 1:30 World Religion Series 1:30 Continuing French 6:00 Basic Conv. Spanish	<b>10</b> 10:00 World War II – Part I 10:00 Genealogy Power 1:00 Smart Phone, Photography 1:00 Writing Your Life Story 2:00 Continuing Gentle Yoga <b><u>2:30 History, Middle East II</u></b> 6:00 Feldenkrais	<b>11</b> 8:00 Nat. Cathedral/Dupont Circle 10:30 Meditating Masters 1:00 Raise Your Wine IQ 1:30 Continuing French 3:30 Foundations Of Watercolor 6:00 Basic Conv. Spanish	<b>12</b> 9:00 Floral Design: Spring Blooms 10:00 Exploring Watercolor Painting <b><u>10:00 Theologians of the 20th Cen.</u></b> 12:30 Tai Chi <u>2:00 Developing Personal Strength</u>
<b>15</b> 10:00 Seven Brief Lessons, Physics 1:00 A Survey of Medieval History 1:00 The Defiant Requiem 1:00 In Search of Happiness 2:00 Rights Retained, People <u>6:00 Blogging</u> 6:00 American Sign Language II	<b>16</b> 10:00 What Did Jesus Say? 1:30 World Religion Series 1:30 Continuing French 6:00 Basic Conv. Spanish	<b>17</b> 10:00 World War II – Part I 10:00 Genealogy Power 1:00 Smart Phone, Photography 1:00 Writing Your Life Story 2:00 Continuing Gentle Yoga 2:30 History, Middle East II 6:00 Feldenkrais	<b>18</b> 10:15 Butterflies in Backyard 10:30 Meditating Masters 1:00 Raise Your Wine IQ <u>1:30 Continuing French</u> 3:30 Foundations Of Watercolor 6:00 Basic Conv. Spanish	<b>19</b> 9:30 Ireland 10:00 Exploring Watercolor Painting 10:00 Theologians of the 20th Cen. <u>12:30 Tai Chi</u>
<b>22</b> 10:00 Seven Brief Lessons, Physics <u>1:00 A Survey of Medieval History</u> <u>1:00 The Defiant Requiem</u> 1:00 In Search of Happiness <b><u>1:00 Using Microsoft Windows 10</u></b> 6:00 American Sign Language II <b><u>6:00 Investment Strategies</u></b>	<b>23</b> 8:00 Walking Antietam: Part 1 <b><u>9:00 Greek Travel</u></b> 1:30 World Religion Series 6:00 Basic Conv. Spanish	<b>24</b> 10:00 World War II – Part I 10:00 Genealogy Power 1:00 Writing Your Life Story <b><u>1:00 Microsoft Excel, Home Use</u></b> 2:00 Continuing Gentle Yoga 2:30 History, Middle East II 6:00 Feldenkrais	<b>25</b> 10:00 Introduction to Computers <b><u>10:15 Metamorphosis</u></b> <u>10:30 Meditating Masters</u> <b><u>1:00 On Gossamer Wings</u></b> <b><u>1:30 Navigating the Internet</u></b> 3:30 Foundations Of Watercolor <u>6:00 Basic Conv. Spanish</u>	<b>26</b> 9:30 Ireland 10:00 Exploring Watercolor Painting 10:00 Theologians of the 20th Cen.
<b>29</b> 10:00 Seven Brief Lessons, Physics 1:00 In Search of Happiness 1:00 Using Microsoft Windows 10 <b><u>1:00 Italian for Travelers</u></b> 6:00 American Sign Language II 6:00 Investment Strategies	<b>30</b> 1:30 World Religion Series 9:00 Greek Travel			

**Bold indicates first session of class**

Underline indicates last session of class

*Saturday classes not reflected in this weekday calendar*

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:30 The Appalachian Trail 10:00 World War II — Part I 1:00 Writing Your Life Story 1:00 Microsoft Excel, Home Use 2:00 Continuing Gentle Yoga 2:30 History, Middle East II 6:00 Feldenkrais	<b>2</b> 10:00 Introduction to Computers <b>10:15 Surprising Moths</b> 1:00 On Gossamer Wings <b>1:00 Blueprint, Successful Aging</b> <b>1:00 Successful Aging, Overview</b> 1:00 Italian for Travelers 1:30 Navigating the Internet 3:30 Foundations Of Watercolor	<b>3</b> 9:30 Ireland 10:00 Exploring Watercolor Painting 10:00 Theologians of the 20th Cen. <b>1:00 Safe International Travels</b> <b>2:00 The Fairest of Them All</b>
<b>6</b> 9:30 The American West 10:00 Seven Brief Lessons, Physics 1:00 In Search of Happiness 1:00 Using Microsoft Windows 10 1:00 Italian for Travelers 6:00 American Sign Language II 6:00 Investment Strategies	<b>7</b> 9:00 Greek Travel	<b>8</b> 9:30 The Appalachian Trail 10:00 World War II — Part I 1:00 Writing Your Life Story 1:00 Microsoft Excel, Home Use 2:30 History, Modern Middle East II	<b>9</b> 10:00 Introduction to Computers 1:00 On Gossamer Wings 1:00 Italian for Travelers 1:00 Blueprint, Successful Aging 1:00 Successful Aging, Overview 1:30 Navigating the Internet 3:30 Foundations Of Watercolor	<b>10</b> 9:30 Ireland 10:00 Exploring Watercolor Painting 10:00 Theologians of the 20th Cen. 1:00 Safe International Travels 2:00 The Fairest of Them All
<b>13</b> 9:00 Nature Walks 101 9:30 The American West 10:00 Seven Brief Lessons, Physics 1:00 In Search of Happiness 1:00 Using Microsoft Windows 10 1:00 Italian for Travelers 6:00 Investment Strategies	<b>14</b>	<b>15</b> 1:00 Writing Your Life Story 1:00 Microsoft Excel, Home Use	<b>16</b> 10:00 Introduction to Computers <b>11:00 Butterflies in the Field</b> 1:00 Italian for Travelers 1:00 Blueprint, Successful Aging <b>1:00 Staying Independent</b> 1:30 Navigating the Internet	<b>17</b> 10:00 Exploring Watercolor Painting 2:00 The Fairest of Them All
<b>20</b> 9:00 Nature Walks 101 9:30 The American West 10:00 Seven Brief Lessons, Physics 1:00 Italian for Travelers	<b>21</b>	<b>22</b>	<b>23</b> 10:00 Introduction to Computers 1:00 Italian for Travelers 1:00 Blueprint, Successful Aging <b>1:00 Health and Wellness</b> 1:30 Navigating the Internet	<b>24</b>
<b>27</b> <b>Memorial Day</b>	<b>28</b>	<b>29</b>	<b>30</b> 10:00 Introduction to Computers 1:00 Blueprint, Successful Aging <b>1:00 Legal Concerns</b> 1:30 Navigating the Internet	<b>31</b> 8:00 Wonderful World of Topiary 10:00 Exploring Watercolor Painting

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:00 Nature Walks 101 9:30 The American West 10:00 Seven Brief Lessons, Physics	<b>4</b>	<b>5</b> 1:00 Raise Your Wine IQ - Greek	<b>6</b>	<b>7</b>
<b>10</b> 9:00 Nature Walks 101 9:30 The American West	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>17</b> 9:30 The American West	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>

## Off Campus Locations

### Brunswick Branch Library

915 N. Maple Avenue  
Brunswick, MD 21716

### Buckingham's Choice Retirement Community

3200 Baker Circle  
Adamstown, MD 21710

### C. Burr Artz Public Library

110 E. Patrick Street  
Frederick, MD 21701

### Country Meadows Retirement Community

5955 Quinn Orchard Road  
Frederick, MD 21704

### Frederick Senior Center

1440 Taney Avenue  
Frederick, MD 21702

### Spin the Bottle Wine Company

9 W. Patrick Street  
Frederick, MD 21701

### Urbana Regional Library

9020 Amelung Street  
Frederick, MD 21704

### Walkersville Branch Library

57 W. Frederick Street  
Walkersville, MD 21793



## Frederick Community College

FCC Main Campus

7932 Opossumtown Pike • Frederick, MD 21702

### LOCATION KEY

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

### Main Campus Locations

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

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

# Discover Greece

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

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

### PRICE

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

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

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

### Marcy Gouge, Trip Leader

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





# ILR SOCIAL

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

Oscar's Alehouse • Tuesday, January 15 • 2:00-4:00 p.m.

906 N. East Street, Frederick, MD 21701