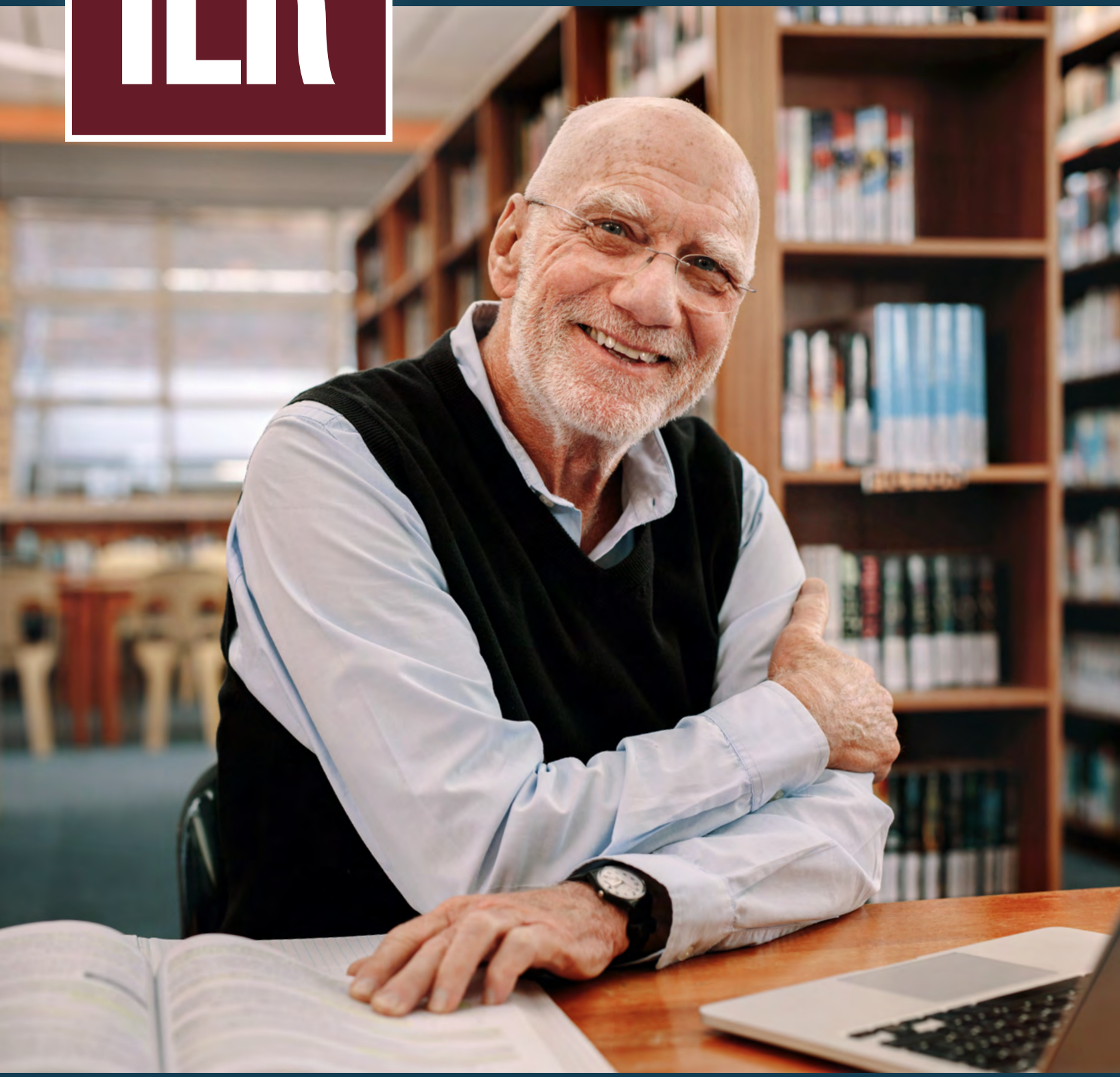
ILR

Frederick Community College

INSTITUTE FOR LEARNING IN RETIREMENT



Retired and Inspired

Winter/Spring 2027 registration opens December 7.





Registration opens Monday, December 7

ILRFCC.org

FAQs are on page 2.

Kelli Ackiewicz
Community Education Program Manager
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Community Education Program Associate
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Institute for Learning in Retirement

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

THE ILR MISSION

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

THANK YOU!

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

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Contact Us

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

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

Frederick Community College

11/2026



PERSONAL Enrichment

Courses and *experiences* for inquisitive minds.

Personal Enrichment classes at Frederick Community College offer unique opportunities and experiences for inquisitive minds with a focus on lifelong learning, artistic growth, and self-discovery.

Subjects for winter/spring 2027 include:

- Arts & Crafts (Drawing & Painting)
- Food & Drink (Master Chef Demonstrations)
- Government (Maryland General Assembly)
- Health & Wellness (Herbalism)
- Home & Hobby (Sewing and Genealogy)
- Learn a Language (Italian, French, and Spanish)
- Personal Growth & Development (Discover Your Purpose)
- Photography (Basic Photography)
- The Writer's Institute (Memoir Writing)

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

Learn more at **frederick.edu/PersonalEnrichment**
Space is limited.

personalenrichment@frederick.edu • 301.624.2727

WEBSITE

ILR

ILRFCC.org

FACEBOOK

facebook.com/ILRFCC

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

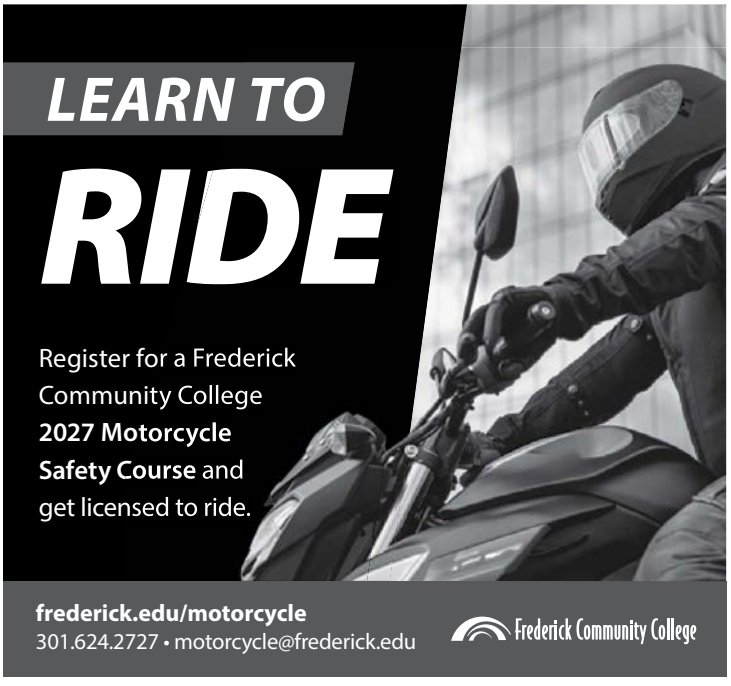
REGISTER FOR FCC ALERTS TODAY!

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

NEW! CAMPUS PUBLIC SAFETY OMNILERT APP

Download the Campus Safety App to contact FCC Security immediately to share safety concerns and access College Safety Resources. The app also serves as a panic button, crime tip line, and more.

frederick.edu/FCCAlert



Questions? We're here to help!

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

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

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

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

No Class Dates

Classes will not be held on the following days:

- **Mon., January 18** (MLK Day)
- **Sat., April 3 - Sun., April 11** (Spring Break)
- **Sat., May 29 - Mon., May 31** (Memorial Day)
- **Fri., June 18 - Sun., June 20** (Juneteenth)

Offsite Locations

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

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

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

FAQs

Who is eligible to take ILR Classes?

ILR classes (ILR, LIR, SEN) are geared towards retirees; however, anyone 16+ is welcome to join us for a fabulous learning experience through both the ILR and the FCC Personal Enrichment courses (ACR, ENG, FOR, GVT, HEA, HOM, PGD, PHO, REC).

Can ILR benefit me?

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

What kinds of classes does ILR offer?

We offer casual classes with engaging curriculum. Our classes are designed to help you explore a range of subjects like History, Health & Wellness, Arts & Music, and Nature.

How do ILR classes differ from other college courses?

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

Who teaches ILR classes?

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

How can I learn more about becoming an ILR instructor?

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

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

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



NEW ILR MERCHANDISE AVAILABLE!

View clothing choices at **www.business.landsend.com**

Email the **FCC Bookstore (bookstore@frederick.edu)** with your selection and note that it is for ILR. Include item name, number, size, and color.

Evening Classes

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

Structured Remote Courses (SR)

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

Instructor Bios

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

16+
18+
21+

Age Requirement

This schedule contains courses not only from the ILR program but also courses from the Personal Enrichment program. Not retired yet? Good news! Anyone can take courses from either program as long as you are at least 16 years of age.

SW

Senior Citizen Tuition Waiver

Tuition on select eligible courses is waived for Maryland residents 60 years of age and older. Associated course fees may still apply and are due at the time of registration. Eligible courses are identified by the "SW" icon and the final reduced pricing is listed following the course descriptions. Please contact us at 301.624.2888 for assistance or additional information.

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NEW

LIR383 Exploring the Piano Repertoire

6 sessions, 12 hours | SW

Join pianist, archivist, and educator Sara Gautier for an exciting deep dive into the world of piano music. Together, we will listen to and discuss piano pieces, from the well-known and beloved to the obscure and often forgotten. You will learn about the composers behind the masterpieces, as well as the various time periods in which they were writing, to provide important context for the works themselves. Through this process, you will get to know various great pianists as you compare and contrast different performances of pieces. Long-time piano lovers and newcomers are welcome.

Instructor: Sara Gautier

5-Digit Number: 32416 | Tue 9:00 - 11:00 a.m., 2/2 - 3/9
Location: Visual & Performing Arts Center/F145
Total: $149 | Maryland Senior aged 60+: $119

ILR966 The Music of the Frederick Symphony Orchestra

1 session, 1.5 hours

Examine the music of an upcoming Frederick Symphony Orchestra (FSO) concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s) and take time to ask questions and engage in a conversation about the music. Then if you choose, attend the actual FSO concert. Tickets can be purchased directly through the FSO.

Instructor: David Howard

Tchaikovsky: Light and Shadow
5-Digit Number: 32008 | Fri 11:00 a.m. - 12:30 p.m., 3/5
Location: Visual & Performing Arts Center/F132
Total: $19

Scheherazade
5-Digit Number: 32009 | Fri 11:00 a.m. - 12:30 p.m., 6/4
Location: Visual & Performing Arts Center/F132
Total: $19

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

ILR966 The Music and History of the Baker Park Carillon

1 session, 1 hour |

Explore the inside of Baker Park's Joseph Dill Baker Memorial Carillon in Frederick. The class will be led by City Carillonneur John Widmann, who will give you a history of the carillon as an instrument and how it came to be in Baker Park. Widmann will also show playing techniques including welcoming you to try playing a bell or two. There is also a practice keyboard at the base of the tower, which will be part of the tour. The carillon is located a short distance off North Bentz Street within Baker Park. There is a 50-step spiral staircase that participants will need to climb to the playing chamber. Once in the chamber there is no seating available. Participants will be required to stand during the class.

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

Instructor: John Widmann

5-Digit Number: 32010 | Tue 6:00 - 7:00 p.m., 4/27
Location: Off Campus
Total: $16

NEW

LIR405 Exploring Music Genres and History: European and African Influence on American Music

4 sessions, 6 hours | SW

American music is shaped by two major influences: European folk traditions and the musical heritage from Africa brought to America by the enslaved people. Early European settlers brought songs that entertained, shared news, expressed social commentary (sometimes in the form of nursery rhymes), and reflected daily life. At the same time, enslaved Africans created powerful communal music that blended African traditions, Christian themes, and European harmonies. After Emancipation, Black musicians continued to tell their stories through music, giving rise to genres such as Blues, Jazz, Rock & Roll, Hip Hop, and Rap. We'll explore how these musical traditions influenced the development of American popular song and led to the rise of Vaudeville, when theaters, pianos, and sheet music were central to American life. Musical examples during class will illustrate the diverse influences that shaped America's musical identity.

Instructor: Sara Towe

5-Digit Number: 32177 | Mon 12:30 - 2:00 p.m., 2/1 - 2/22
Location: Conference Center/E126A
Total: $74 | Maryland Senior aged 60+: $59

ACR172 **Introduction to Voiceovers (SR)**

1 session, 1.5 hours | 18+ |

Have you ever listened to commercial, animation, or audiobook and thought "I wonder if I could do that? If you're interested in using your voice to earn income from home, voice acting could be a strong fit. It's natural to have questions. Is the industry too competitive? Do you need expensive equipment? How do you find work? And what about AI? This introductory class addresses these concerns honestly, giving you a clear and realistic view of how to begin. You'll explore different types of voiceover work, including commercials, narration, and animation, while learning practical tools and techniques. Your instructor will also share real experiences so you understand how jobs are booked and what clients expect. You'll read a script, receive coaching, and get feedback. A follow-up evaluation will help guide your next steps. In this personalized 90-minute, one-on-one session, you'll meet a professional voice actor through live video chat. You'll learn about current trends and how affordable it can be to build a simple home setup. Learn more: http://www.voicesforall.com/ooo. Upon registration you will be contacted by VFA to schedule class. Participants must be 18 or older.

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

Instructor: Voices For All

5-Digit Number: 32176 | Schedule at your convenience
Location: Online
Total: $49

ACR614 **Beginner Pen and Ink Drawing**

4 sessions, 8 hours | 16+

Learn how to use pen and ink to create drawings. Explore different techniques and understand that different drawing tips, or nibs, create a variety of effects. Tips and suggestions will be provided. This course is meant for true beginners, or it can be a refresher for those with some experience. It is a skills-based course, whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

Instructor: Jeanne McDermott

5-Digit Number: 32076 | Sat 10:00 a.m. - 12:00 p.m., 2/6 - 2/27
Location: Visual & Performing Arts Center/F118
Total: $114

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

NEW

ACR191 **Simple Steps to Portraits: A Beginner Portrait Drawing Course**

4 sessions, 8 hours | 16+

Unlock your creative potential in this friendly, no-pressure course that will take you from "I don't know where to start" to crafting a simple pencil portrait. You will learn to master basic, repeatable techniques for proportions, light and shadow, and edge control. We will start with big and simple shapes and build step by step. By the end, you will have a clear understanding of portrait drawing and have the confidence to keep going. This course is meant for beginners and is a skills-based course. Whether or not you complete the portrait will depend on your level of skill. Bring reference photos or a small mirror for a self-portrait. Students will be emailed a list of supplies needed before the course. Supply costs average $20-$25 but supplies are reusable.

Instructor: Yuganti Shirodkar

Option 1: 5-Digit Number: 32125 | Fri 12:30 - 2:30 p.m., 2/26 - 3/19

Option 2: 5-Digit Number: 32126 | Fri 10:30 a.m. - 12:30 p.m., 4/30 - 5/21
Location: Visual & Performing Arts Center/F131
Total: $99

Frederick Community College
FCC Music
Youth | College | Community



Lessons, Classes, and Ensembles for Ages 6+
frederick.edu/fccmusic
fccmusic@frederick.edu

ACR618 **Crafting and Sculpting with Paper**

4 sessions, 8 hours | 16+

Papier Maché is a very versatile medium with many unexpected possibilities. Using basic techniques, brown paper bags, and paste, you can make very strong, lightweight objects. You'll learn how to create functional pieces like mirrors, picture frames, furniture, or a self-supporting and imaginative sculpture. Begin with a small teacher-led project, followed by the opportunity to construct a piece using your own imagination. Beginner students are welcome and returning students will discover new content and instruction. Whether or not you complete an entire project during the class will depend on your project choice and your level of skill. All supplies are included.

Instructor: Lynn Braff

5-Digit Number: 32077 | Mon 9:30 - 11:30 a.m., 4/12 - 5/3
Location: Conference Center/E125
Total: $99

ACR170 **Drawing For Beginners: Abstract Designs**

2 sessions, 4 hours | 16+

In this short course, discover how to turn simple shapes into striking abstract art using black ink and colored pencils. This beginner friendly course breaks down composition, color, and mark making into clear, bite size steps. Through quick studies and guided projects, you'll learn to build confident ink linework, layer expressive pencil textures, and design balanced, modern compositions inspired by Bauhaus and Swiss modernist principles. This course is meant for beginners and is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

Instructor: Yuganti Shirodkar

5-Digit Number: 32079 | Fri 11:00 a.m. - 1:00 p.m., 2/5 - 2/12
Location: Visual & Performing Arts Center/F131
Total: $54

ACR170 **Drawing for Beginners**

4 sessions, 8 hours | 16+

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

Instructor: Jeanne McDermott

5-Digit Number: 32073 | Fri 9:30 - 11:30 a.m., 3/5 - 3/26
Location: Conference Center/E125
Total: $119

ACR189 **Beyond Basic Drawing Series: Trees and Clouds**

3 sessions, 6 hours | 16+

Now that you have some core fundamentals, expand your drawing skills. This course is meant as a follow-up to Drawing for Beginners or for those who already have some basic drawing skills. It will allow you to continue to practice what you have already learned while teaching you new techniques. Each offering of this course will focus on a specific skill. The series explores composition, depth and perspective, shading, blending, textures, forms, and patterns. This course is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included. This offering will be inspired by landscapes and will focus on how to paint trees and clouds.

Instructor: Jeanne McDermott

5-Digit Number: 32074 | Thu 2:00 - 4:00 p.m., 4/22 - 5/6
Location: Conference Center/E125
Total: $99

LIR104 **Exploring Watercolor Painting: Advanced**

12 sessions, 24 hours

Artist Cath Howard invites you to grow your confidence in watercolor painting. She will encourage your unique style and niche. Her syllabus reflects the interests of the class. Students are welcome to substitute personal projects they are working on. An enlarged pallet is encouraged. It is a class where we enjoy each other's work and learn from each other. Prerequisite: Exploring Watercolor Painting - Multilevel , including Beginners Watercolor Class.

Instructor: Catherine Howard

5-Digit Number: 32006 | Tue 12:00 - 2:00 p.m., 2/2 - 4/27
No Class: 4/6 | Location: Monroe Center/MC126
Total: $199

SEN450 **Exploring Watercolor Painting: Multilevel**

12 sessions, 24 hours

Artist Cath Howard invites you into a relaxing environment to learn the medium of watercolor and to improve your confidence. Learn about composition, mixing colors, values, saving white, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover new content and instruction. Students will be emailed a list of supplies needed before the course. Supply costs are $75- $100. Most of the supplies are reusable.

Instructor: Catherine Howard

5-Digit Number: 32005 | Tue 9:00 - 11:00 a.m., 2/2 - 4/27
No Class: 4/6 | Location: Monroe Center/MC126
Total: $199

SEN450 **Exploring Watercolor Painting: Beginners**

12 sessions, 24 hours

Artist Cath Howard invites you into a relaxing environment to gain confidence using the medium of watercolor. Drawing instruction is available for the projects. Learn about your supplies, composition, mixing colors, painting washes, values, saving white, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Students will be emailed a list of supplies needed before the course. Supply costs are $75- $100. Most of the supplies are reusable.

Instructor: Catherine Howard

5-Digit Number: 32241 | Fri 9:00 - 11:00 a.m., 2/5 - 5/7
No Class: 2/19, 4/9 | Location: Monroe Center/MC129
Total: $199

LIR104 **Summer Watercolor Open Studio: Intermediate and Advanced Painters**

8 sessions, 24 hours

Cath Howard is offering a summer "Open Studio" for intermediate and advanced watercolor students. Students can bring new inspirations to work on or a pile of unfinished paintings to complete. Come and enjoy painting together. Prerequisites: Two 10-week sessions with Cath or similar experience.

Instructor: Catherine Howard

5-Digit Number: 32007 | Tue 9:00 a.m. - 12:00 p.m., 7/6 - 8/24
Location: Monroe Center/MC126
Total: $199

ACR182 **Introduction to Watercolor**

2 sessions, 5 hours | 16+ |

Students will explore watercolor through experimenting with Prang watercolors. At the end of this course, students will know the importance of watercolor paper and two watercolor techniques, by creating a sunset, tree, and flower. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

Instructor: Samantha Snyder

5-Digit Number: 32078 | Mon 5:30 - 8:00 p.m., 4/19 - 4/26
Location: Visual & Performing Arts Center/F131
Total: $89

NEW

ACR190 **Beyond Beginner Watercolor: Edges, Depth, and Finish**

2 sessions, 4 hours | 16+

Level up your watercolor control and finish. In these focused, hands-on sessions, you'll master timing, edges, clean glazing, and negative painting to build luminous depth. Then you'll pull it all together in a polished final piece with confident accents and purposeful texture. You will learn how to paint hard, soft, and lost edges, timing and water control. Some beginner watercolor technique knowledge required. This course is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. Students will be emailed a list of supplies needed before the course. Supply costs average over $100 but all supplies are reusable and many students may already have the supplies if they are avid painters.

Instructor: Yuganti Shirodkar

5-Digit Number: 32320 | Fri 9:30 - 11:30 a.m., 5/28 - 6/4
Location: Visual & Performing Arts Center/F131
Total: $69

ACR166 **Acrylic Painting Techniques for Beginners: Landscapes and Still Lives**

4 sessions, 8 hours | 16+

Learn the basics of painting in this affordable and versatile art medium. Through the use of various techniques, brushstrokes, demonstrations, and practice, we will complete at least one finished piece on canvas. We'll explore topics pertaining to acrylics such as painting texture, mixing colors, and overall tips and suggestions. Works by master artists will be shown as a source of inspiration. This course is meant for true beginners and is a project-based course. Whether or not you fully complete the project during class will depend on your skill development during class. This Spring '27 offering will focus on landscapes. All supplies are included.

Instructor: Jeanne McDermott

5-Digit Number: 32075 | Fri 9:30 - 11:30 a.m., 5/28 - 6/25
No Class: 6/18 | Location: Visual & Performing Arts Center/F130
Total: $139

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

NEW

LIR401 **The Internet Made Easy**

6 sessions, 12 hours | SW

This introduction course is designed for anyone who wants to feel more comfortable and confident using the internet. Whether you've never gone online before or just want to expand your knowledge, this class will walk you through the basics at a relaxed pace, with plenty of time for questions and hands-on practice. You'll learn to search the internet effectively, evaluate sources, set up and use email, stay in touch through video and messaging apps, protect your personal information, and manage everyday tasks like banking, reading the news, and looking up health information. No prior computer experience necessary. The class takes place in a computer lab.

Instructor: Thomas Dawson

5-Digit Number: 32197 | Tue, Thu 2:00 - 4:00 p.m., 1/19 - 2/4
Location: Conference Center/E137
Total: $144 | Maryland Senior aged 60+: $119

NEW

LIR402 **AI Made Easy for Everyone**

4 sessions, 6 hours | SW

This course is designed as an introduction to artificial intelligence (AI) for learners who may feel intimidated or unfamiliar with the technology. The course takes a practical, hands-on approach by introducing you to different AI platforms, including ones that can help you manage repetitive and time-consuming tasks. Each week builds toward a specific goal to understand and use AI in everyday life. You will also learn how to distinguish real content from fake in order to build trust and reduce fear or over-reliance. The class takes place in a computer lab so you can test your newly learned skills during the class.

Instructor: Thomas Dawson

5-Digit Number: 32198 | Tue, Thu 2:00 - 3:30 p.m., 2/9 - 2/18
Location: Conference Center/E139
Total: $74 | Maryland Senior aged 60+: $59

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

LIR263 **Introduction to Google Docs**

2 sessions, 4 hours

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 32098 | Thu 9:30 - 11:30 a.m., 2/18 - 2/25
Location: Conference Center/E139
Total: $54

FREE OFFERING OF INTRODUCTION TO GOOGLE SHEETS!

See page 40 for details and information.

NEW

LIR393 **EchoBot: Building an Interactive Family Legacy through AI**

7 sessions, 14 hours | SW

Bring the idea of writing stories for your family into the technological age. Using a generative AI platform, we will interactively create a way for you to pass your presence and knowledge to future generations of your family. You will find personal fulfillment and joy as you build your personal EchoBot which will provide support and insight for your family just as easily as if they were having a conversation with you. Consider this an introduction to creative AI use. A free subscription to an instructor-chosen AI platform will be set up during the first-class session. You don't need to know anything about AI, but you should be comfortable using a computer or device. All students are encouraged to bring a personal device that they use on a daily basis (laptop, iPad, or tablet) to each class session however the class will be held in a computer lab for those that prefer to use campus computers.

Instructor: Desiree DiFabio

5-Digit Number: 32203 | Mon 4:00 - 6:00 p.m., 4/12 - 5/24
Location: Conference Center/E137
Total: $169 | Maryland Senior aged 60+: $139

ILR942 **Going Paperless**

3 sessions, 6 hours | SW

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

Instructor: Leah Arnold

5-Digit Number: 32099 | Wed 11:00 a.m. - 1:00 p.m., 4/14 - 4/28
Location: Braddock Hall/B114
Total: $76 | Maryland Senior aged 60+: $64

NEW

LIR410 **Tech Made Simple: Stay Smart, Safe & Confident in an AI World**

1 session, 1.5 hours

Technology changes fast and there is always something new to learn. This series is designed to provide short classes designed to help you discover useful technology tools, tips, and trends. Each session will explore a different topic, from everyday computer skills and digital tools to emerging technologies like artificial intelligence (AI). You'll learn practical ways to use technology and stay current in an increasingly digital world. No advanced technical knowledge is required.

Instructor: Alexandra Afari

5-Digit Number: 32330 | Tue 10:00 - 11:30 a.m., 4/20
Location: Conference Center/E130
Total: $26



LIR280 **Artificial Intelligence Dilemmas: How to Thrive and Be at Peace in an AI-Enabled World During Retirement**

1 session, 1.5 hours

From smart devices to digital assistants, AI is reshaping everyday life, even for those who don't actively use it. In this session we explore how to stay grounded, confident, and connected in a world that's increasingly AI-enabled. Learn how to think critically about AI, make intentional choices about its place in your life, and protect your sense of purpose, identity, and connection as the world around us changes. No technical skills required -this is a class about people, not machines. This class is a lecture; no computers will be used during class. Consider the following companion class: LIR333 Topics on AI and Other Modern Technologies.

Instructor: Maru Willson

5-Digit Number: 32014 | Sat 11:00 a.m. - 12:30 p.m., 5/22
Location: Conference Center/E138
Total: $22

SW **Senior Tuition Eligible |** Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

REC152 **Comfort Foods & Baking**

1 session, 3 hours | 16+

Join us for a delightful culinary journey that merges the heartwarming world of comfort foods with the art of baking. In this engaging series, we celebrate the ultimate cozy dishes that bring joy to every table, from handmade bakery favorites to brunch classics that never go out of style. Discover how to create beloved dishes that warm the soul and satisfy your cravings with cooking demonstrations and a touch of hands-on learning. Each class focuses on a different treat. Whether you're a novice or an experienced cook, you'll gain valuable skills and recipes to share with family and friends. The class takes place in a classroom that is not a dedicated gluten-free facility.

Instructor: Caren Spungen

Valentine's Dessert Charcuterie Board
5-Digit Number: 32120 | Sat 9:00 a.m. - 12:00 p.m., 2/6
Location: Conference Center/E125
Total: $59

Savory and Sweet Spring Brunch
5-Digit Number: 32122 | Sat 9:00 a.m. - 12:00 p.m., 3/13
Location: Conference Center/E125
Total: $59

Spring Breads and Flavored Butters
5-Digit Number: 32123 | Sat 9:00 a.m. - 12:00 p.m., 4/17
Location: Conference Center/E125
Total: $59

REC142 **African Cooking: Vegan Jollof Rice and Curry Chicken Stew**

1 session, 2 hours | 16+

In the 50's most Africans were vegan, not by choice but because meat was not affordable. Using exotic herbs and spices from the rain forests and adopted spice blends like herbes de Provence, women made the food so tasty there was no real desire to add meat. Today, in Africa and the here in the United States, there is a growing trend of veganism as a lifestyle. Learn how a dish is traditionally made and then learn how to adapt it to include meat, fish, chicken, and wild game if desired. Stories will be told as the dish is made during class. This course is mostly a demonstration course with some interactive cooking.

Instructor: Sabina Jules

5-Digit Number: 32127 | Wed 9:00 - 11:00 a.m., 3/24
Location: Conference Center/E125
Total: $39

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

A Taste of Asia



Join us as we travel the Far East and are introduced to delicious flavors from all over Asia including Thai, Vietnamese, Japanese, and Korean. Our focus will be on saving money while you learn to cook classic take out dishes that are simple and easy to make. Chef Woo will use ingredients you can find at the local "H Mart" in Frederick. You'll learn some facts about Asian food and Chef Woo will share his experiences in the food industry and his passion for cooking. This course is mostly a demonstration course with some interactive cooking. Remember, "If Chef Woo Can, You Can Too."

REC135 **A Taste of Asia: Hot & Sour Soup and Beef with Tomatoes**
5-Digit Number: 32115 | Sat 11:00 a.m. - 1:00 p.m., 2/13

REC135 **A Taste of Asia: Pad Thai Noodles and Chicken Panang Curry**
5-Digit Number: 32116 | Sat 11:00 a.m. - 1:00 p.m., 3/27

REC135 **A Taste of Asia: Thai Basil Chicken and Lo Mein**
5-Digit Number: 32117 | Sat 11:00 a.m. - 1:00 p.m., 5/1

For all above classes:

1 session, 2 hours | 16+ | *Instructor:* Chef Stuart Woo
Location: Conference Center/E125
Total: $54

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

1 session, 2 hours | 21+ |

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

Note: Must be 21 to register.

Instructor: Tenth Ward Distilling Co.

5-Digit Number: 32108 | Wed 7:00 - 9:00 p.m., 2/24
Location: Tenth Ward Distilling Company
Total: $39

New! Health meets Food: Community Adult Series

Join FCC's Hospitality, Culinary & Tourism Institute to learn about healthy cooking and how to make terrific, delicious food that just happens to be good for you!

HCT122 **Health meets Food: Community Adult Beginner Series**
In-Person • Saturdays, January 9 - 30
9:00 a.m. - 12:00 p.m.

HCT123 **Health meets Food: Community Adult Advanced Series**
In-Person • Saturdays, February 20- March 13
9:00 a.m. - 12:00 p.m.

HEALTH meets FOOD | The American College of Culinary Medicine™

Learn more and register: **frederick.edu/HCTICommunityEd**

LIR396 **A Wine Journey to the South of France**

1 session, 1.5 hours | 21+ |

Join us as we explore the wine regions of southern France including the famous Rhône Valley, Provence, Languedoc-Roussillon and the beautiful island of Corsica. We will explore the factors that are critical to successful wine production in this region, including the geographically diverse terroir, the Mediterranean climate and centuries-old winemaking techniques still followed today. Participants will have the opportunity to enjoy tasting a selection of wines from the region, focusing on aromas, flavors and the influence of terroir. No previous wine knowledge is required.

Note: Must be 21 to register.

Instructor: Deborah Reitz

5-Digit Number: 32384 | Tue 1:00 - 2:30 p.m., 4/13
Location: Spin the Bottle Wine Company
Total: $59

REC150 **Olive Oil & Vinegar: The Perfect Pair**

1 session, 1.5 hours | 16+ |

Come enjoy our double feature class presenting the health and taste benefits of the perfect pair - olive oil & vinegar. Enjoy learning in-depth knowledge of both of these delicious condiments, while watching food demonstrations and tasting along the way. Bring your appetite and leave with the recipes to try at home.

Instructor: Lebherz Oil & Vinegar Emporium

5-Digit Number: 32109 | Wed 5:30 - 7:00 p.m., 4/21
Location: Lebherz Oil & Vinegar Emporium
Total: $54

REC246 **Treat Your Body with L.O.V.E.**

1 session, 1.5 hours | 16+ |

Join us for an evening of pampering at Lebherz Oil & Vinegar Emporium. If you thought fresh olive oil was just for eating, think again. Come learn how to make a nourishing olive oil sugar scrub, olive oil lip balm, and a beautiful olive oil lamp, all while sipping on a bubbly balsamic spritzer. Learn the health benefits of olive oil inside and out, and why fresh is always best.

Instructor: Lebherz Oil & Vinegar Emporium

5-Digit Number: 32110 | Wed 5:30 - 7:00 p.m., 5/26
Location: Lebherz Oil & Vinegar Emporium
Total: $54

GOVERNMENT

GVT100 **Manage Your Maryland General Assembly Bill Tracking (SR)**

1 session, 1.5 hours | 16+ | | |

Once you know how to write and submit testimony on bills in the Maryland General Assembly, the next step is staying organized. This session will show you how to track the bills you are following, including those you plan to support or oppose through testimony. You will learn a spreadsheet-based system designed to make your Annapolis advocacy more manageable and effective. This proven approach helps you keep track of bills, hearings, deadlines, and testimony positions; organize your advocacy work in one clear, reliable place; focus your efforts so your activism supports your goals. It's recommended, but not required, that you bring a tablet or internet capable phone with you so you can practice utilizing the resources that will be taught during the class.

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: Richard KAP Kaplowitz

5-Digit Number: 31982 | Mon 7:00 - 8:30 p.m., 1/11
Location: Online
Total: $14

HEALTH & WELLNESS

NEW

HEA135 **Hormonal Chaos! The Menopause Journey Explained (SR)**

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

Millions of women are navigating one of the most significant biological transitions of their lives without a roadmap. Symptoms arrive uninvited, overlapping and hard to name. Real, science-based answers are hard to find. You're in Hormonal Chaos: The Menopause Journey Explained is a four-week live online course. Designed for women ages 40 plus, you will get the science, strategies, and confidence to understand what's happening in your body, feel better, and advocate for yourself in every healthcare setting. The format is education first, but humor infused. Each 90-minute session includes 60 minutes of instructor-led content, a 15-minute guided workbook activity, and a 15-minute live Q&A. Students receive a companion workbook at the start of the course that builds session by session into a personalized menopause journey strategy they get to keep.

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: LaVaugn Seepersad-Fayson

5-Digit Number: 32153 | Wed 6:00 - 7:30 p.m., 1/27 - 2/17
Location: Online
Total: $84 | Maryland Senior aged 60+: $69

HEALTH & WELLNESS

LIR367 **Grief and Death**

2 sessions, 3 hours

This course is a series of individual education sessions around grief, loss, and death planning. Students may choose to attend all sessions, or to attend just the weeks covering topics of particular interest. Individual sessions will vary each term and could include the following topics: how to speak about death, death planning, understanding grief, managing political grief, grief of memory loss and dementia.

Instructor: Kendra Speicher-Eisenstark

Understanding Grief
5-Digit Number: 32087 | Thu 12:30 - 2:00 p.m., 1/28 - 2/4
Location: Conference Center/E138
Total: $29

Managing Political Grief
5-Digit Number: 32088 | Wed 2:00 - 3:30 p.m., 3/17 - 3/24
Location: Conference Center/E138
Total: $29

LIR368 **Navigating Healthcare**

1 session, 1.5 hours | |

This education series helps older adults and families feel more confident navigating healthcare. Topics may include speaking up during medical visits, using online health portals, understanding care transitions, recognizing mental health needs in aging, and others.

Instructor: Ashley DiMaggio

Your Health, Your Voice During Medical Exams
5-Digit Number: 32011 | Wed 6:00 - 7:30 p.m., 2/10
Location: Conference Center/E138
Total: $18

Discharge, Rehab, and Medicare
5-Digit Number: 32012 | Wed 6:00 - 7:30 p.m., 3/17
Location: Conference Center/E138
Total: $18

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

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

ILR834 **Dementia 101**

3 sessions, 4.5 hours | SW

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

Instructor: Lynda Janet

5-Digit Number: 32015 | Tue 10:00 - 11:30 a.m., 3/2 - 3/16
Location: Conference Center/E130
Total: $49 | Maryland Senior aged 60+: $39

NEW HEA137 **Herbs for Home Health**

3 sessions, 6 hours | 16+ | SW |

Discover natural ways to support everyday health through herbalism and holistic practices. Learn how the body responds to herbs, which ones help with specific issues, and how to prepare them at home. Topics include herbal first aid, allergy support, and digestive health. Perfect for beginners and enthusiasts alike.

Instructor: Amy Boldt

5-Digit Number: 32128 | Thu 6:00 - 8:00 p.m., 3/11 - 3/25
Location: Conference Center/E123
Total: $59 | Maryland Senior aged 60+: $49

ILR903 **Senior Care Options: A Guide to Navigating the Journey**

1 session, 1 hour

Finding the right senior care solutions can feel overwhelming. This class is designed to simplify the journey, providing you with the clarity and peace of mind you deserve by using a proven 3-step process. 1. Discovery: Understand the essential questions to ask 2. Explore Care Options: Get an overview of the various types of senior care 3. Care Decision: Gain practical tips to confidently evaluate options and make an informed choice. This course will empower you with the knowledge and tools to ensure your loved one receives the dignified and appropriate care they deserve. This class will be taught by an expert in the field of senior-focused care.

Instructor: Bonnie Elliott

Option 1: 5-Digit Number: 32013 | Wed 12:30 - 1:30 p.m., 3/31
Location: Conference Center/E138

Option 2: 5-Digit Number: 32072 | Thu 11:00 a.m. - 12:00 p.m., 5/13
Location: Conference Center/E134
Total: $14

LIR120 **Are You Medically Curious: Cardiovascular Health**

3 sessions, 3 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.

Instructor: Larry Romane

5-Digit Number: 32178 | Mon 10:00 - 11:00 a.m., 3/15 - 3/29
Location: Conference Center/E123
Total: $34

LIR256 **Brain Health Breakthroughs**

4 sessions, 6 hours | SW

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

Instructor: Lindsey McCormick

5-Digit Number: 32179 | Mon 9:00 - 10:30 a.m., 4/12 - 5/3
Location: Conference Center/E138
Total: $69 | Maryland Senior aged 60+: $54

LIR358 **Introduction to 5 Element Qi Gong**

6 sessions, 9 hours

Qi Gong is a gentle movement practice that teaches you how to cultivate and direct your energy to support your body's natural healing. It works on three levels—movement, breath, and mindful intention—bringing them together to promote balance, health, and harmony throughout the whole being. In this course, you'll learn simple, foundational practices you can confidently continue at home.

Instructor: Claudia Olson

5-Digit Number: 32417 | Mon, 12:30 - 2:00 p.m., 2/22 - 3/29
Location: Visual & Performing Arts Center/F145
Total: $99

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

LIR339 **The American Experience in Vietnam: 1945-1975**

6 sessions, 9 hours | SW

The overriding reason for America's involvement in the Vietnam War was to contain communism and its threat to the American way of life. Each subsequent step deepened American engagement and made it harder to admit failure and reverse direction. This course will explore the American ethos using the Vietnam War as a case study. By examining the events that led to the U.S. involvement in Vietnam, we hope to gain an introspective on how America behaves on the world stage. We will cover how America entered the war, the subsequent escalation, and the eventual disengagement. The focus will be on the key events and resultant choices that America made. The descent into the struggle for Vietnam is a direct reflection of what it is to be American.

Instructor: Christian Cunningham

5-Digit Number: 32030 | Wed 1:00 - 2:30 p.m., 1/20 - 2/24
Location: Conference Center/E138
Total: $104 | Maryland Senior aged 60+: $84

NEW

LIR403 **July 1863: The Month That Ended the Hopes of the Confederacy**

6 sessions, 9 hours | SW

Gettysburg was the site of one of the most defining battles of the Civil War, but it was only half of a devastating one-two punch that dealt a crippling blow to the Confederacy. The nearly simultaneous Union victories at Gettysburg and Vicksburg shattered Confederate hopes of securing independence and gaining recognition from European powers. In this course, we will explore the significance of these two pivotal battles, examine their impact on the Confederate war effort, and discuss why the Confederacy was ultimately unable to recover from these devastating losses.

Instructor: James Garrett

5-Digit Number: 32133 | Tue 9:00 - 10:30 a.m., 2/2 - 3/9
Location: Conference Center/E138
Total: $109 | Maryland Senior aged 60+: $89

NEW

LIR398 **Immigration in the United States: 1830-Present**

4 sessions, 6 hours | SW

This course will provide a history of immigration in the United States since 1830. Specific groups will be studied including German, Irish, Italian, Eastern European, and Central American immigrants. The course will analyze the motives of the immigrants, the reception and challenges they faced, and their efforts to assimilate into American society.

Instructor: Gerard Walsh

5-Digit Number: 32131 | Tue 1:15 - 2:45 p.m., 2/2 - 2/23
Location: Conference Center/E138
Total: $74 | Maryland Senior aged 60+: $59

LIR341 **Prelude to a Revolution: The French and Indian War**

4 sessions, 6 hours | SW

Europeans call it the Seven-Years' War, but the conflict we know as the French and Indian War had an impact in North America long after the Treaty of Paris was signed in 1763. This course will examine the causes and events of the war, with a detailed look at what occurred in Maryland. It will focus on the American colonists' role in the conflict and how the war led to the unification of the colonies against Great Britain.

Instructor: Tracy Lewis

5-Digit Number: 32057 | Fri 10:00 - 11:30 a.m., 2/5 - 2/26
Location: Conference Center/E140
Total: $84 | Maryland Senior aged 60+: $69

SW **Senior Tuition Eligible |** Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

LIR247 **Armchair Escape Series: Shakespeare and Company, A Parisian Bookstore**

3 sessions, 6 hours

Through this series, you'll discover the world without having to deal with the hassles of travel. We will bring the locations to you. Our escapes are inspired by interesting locales and popular culture. Let's now head to Shakespeare and Company and open the store's archives to learn about those who have frequented this famous shop. This iconic Parisian bookstore is a mecca for tourists and has been a gathering place for literary greats, artists, and tourists for decades. Originally opened in 1919 on the Left Bank, the store saw authors such as Hemingway, Joyce, and Fitzgerald join weekly literary salons, creating an exciting era depicted in the 2011 movie "Midnight in Paris." It has provided an unconventional hide-away for aspiring authors, called Tumbleweeds, who stay without cost for a night, or a year, to help run the bookstore while they write and experience the special light of Paris.

Instructor: Marcy Gouge

5-Digit Number: 32052 | Mon, Wed, Fri 9:00 - 11:00 a.m., 2/8 - 2/12
Location: Conference Center/E138
Total: $89

LIR293 **Journey Through Aviation History: Airmail**

1 session, 1.5 hours | SW

Examine the development of airmail in the United States, tracing its evolution from an experimental postal service to a vital network that transformed communication, commerce, and transportation. Participants will explore how airmail accelerated advances in aviation technology, helped establish the nation's commercial airline industry, and reshaped the movement of people and goods across the country.

Instructor: Michael Low

5-Digit Number: 32054 | Thu 2:00 - 3:30 p.m., 2/11
Location: Conference Center/E138
Total: $16 | Maryland Senior aged 60+: $6

LIR293 **Journey Through Aviation History: Miracle on the Hudson**

1 session, 1.5 hours | SW

Explore the "Miracle on the Hudson", examining the events of US Airways Flight 1549, the split-second decisions made by Captain Chesley "Sully" Sullenberger and the flight crew, and the successful emergency landing on the Hudson River that saved all 155 people on board. We will also discuss the roles of crew resource management, aviation safety, human factors, and emergency response, highlighting the lessons this remarkable accident continues to provide for leadership, teamwork, and crisis decision-making.

Instructor: Michael Low

5-Digit Number: 32055 | Thu 2:00 - 3:30 p.m., 2/18
Location: Conference Center/E138
Total: $16 | Maryland Senior aged 60+: $6



LIR389 **Digging Through Pre-historic Remains in Present Day Scotland**

2 sessions, 6 hours | SW

The mists of time swirl through pre-historic Scotland, lending an air of ancient mystery. Come and explore the many pre-historic sites of Scotland, including the Calanais Standing Stones in the Outer Hebrides and the Ring of Brodgar of the Orkney Islands. We will explore long-lost religions and beliefs of these ancient cultures as well as peek inside their homes at Skara Brae. Along the way we will get a glimpse of what pre-historic life was like in this area. Would you have been able to survive living 5,000 years ago?

Instructor: Marcy Gouge

5-Digit Number: 32188 | Tue, Thu 9:00 a.m. - 12:00 p.m., 2/16 - 2/18
Location: Conference Center/E126B
Total: $99 | Maryland Senior aged 60+: $79

SW **Senior Tuition Eligible |** Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

NEW

LIR391 **Little-Known Facets of the American Revolution**

3 sessions, 6 hours | SW

Explore the critical role of propaganda, alliances, and historical interpretation during the American Revolution. We'll examine how Patriot leaders used persuasive communication between 1770 and 1776 to influence public opinion and build support for independence, culminating in the Declaration of independence as both a political and propaganda document. The course also investigates the complex military alliance between Great Britain and Native American nations, focusing on the strategic interests and motivations that shaped their cooperation during the Revolutionary War. A major case study is the 1778 Wyoming Valley campaign in Pennsylvania, which serves as an example of the British–Native American alliance in action and as patriot propaganda.

Instructor: Roger Swartz

5-Digit Number: 32191 | Mon 9:30 - 11:30 a.m., 2/22 - 3/8
Location: Conference Center/E123
Total: $99 | Maryland Senior aged 60+: $79

NEW

LIR399 **Western Architecture: Prehistoric to 20th Century**

6 sessions, 12 hours | SW

Examine the arc of Western Architecture, from prehistoric structures to grand cathedrals, castles and transportation centers. Enrich your travels by learning about the defining features of specific eras and architectural styles as well as the social, religious and political factors that shaped how architecture developed and defined the communities of yesterday and today.

Instructor: Kate McDermott

5-Digit Number: 32184 | Tue 9:00 - 11:00 a.m., 2/23 - 3/30
Location: TBD-CE/TBA
Total: $149 | Maryland Senior aged 60+: $119

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

NEW

LIR400 **Generations Explained: Understanding the People Around You**

4 sessions, 6 hours | SW |

Generational differences influence communication, workplaces, families, politics, and communities. This course explores the historical events, technology, cultural values, and economic conditions that shaped the Silent Generation, Baby Boomers, Generation X, Millennials, Generation Z, and Generation Alpha. Participants will discover how stereotypes develop, where they fall short, and how greater understanding can strengthen relationships across generations.

Instructor: Madison Welder

5-Digit Number: 32187 | Mon 6:00 - 7:30 p.m., 3/1 - 3/22
Location: Conference Center/E138
Total: $74 | Maryland Senior aged 60+: $59

LIR294 **Law and Racism**

5 sessions, 6.25 hours | SW

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

Instructor: Stephan Haimowitz

5-Digit Number: 32056 | Tue 11:00 a.m. - 12:15 p.m., 3/2 - 3/30
Location: Conference Center/E138
Total: $79 | Maryland Senior aged 60+: $64

ILR539 **Ireland: Small Island: Big History**

4 sessions, 6 hours | SW

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

Instructor: Ernest O'Roark

5-Digit Number: 32044 | Wed 9:00 - 10:30 a.m., 3/3 - 3/24
Location: Conference Center/E123
Total: $94 | Maryland Senior aged 60+: $74

LIR188 **American History as Seen Through Female Eyes: Part 1**

4 sessions, 8 hours | SW

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

Instructor: Mary Mannix

5-Digit Number: 32091 | Thu 10:00 a.m. - 12:00 p.m., 3/4 - 3/25
Location: Conference Center/E138
Total: $129 | Maryland Senior aged 60+: $104

NEW

LIR390 **Armchair Travel and Exploration: Le Dolce Vita" Italy"**

3 sessions, 6 hours | SW

Who doesn't love to travel and explore new locations and experiences? Let's learn about different destinations and cultures and how they developed from their early days to modern times. Part travel guide and part history lesson, this class will prepare you to travel to a select city or region with a greater understanding of what it means to live and enjoy life there. In this class, we'll focus on how Italian culture and attitude developed from the Renaissance through modern day with an emphasis on Rome, Florence, Bologna, and Venice.

Instructor: Marcy Gouge

5-Digit Number: 32189 | Mon, Wed, Fri 9:00 - 11:00 a.m., 3/8 - 3/12
Location: Conference Center/E138
Total: $94 | Maryland Senior aged 60+: $79

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

History Bites

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

ILR941 **History Bites: Historic Homes in Frederick County**

Instructor: Thomas Slater

5-Digit Number: 32028 | Wed 11:00 a.m. - 12:15 p.m., 2/17

ILR941 **History Bites: Behind the Headstones - Amazing Stories of Heroes Buried at Arlington National Cemetery Part 3**

Instructor: Blane Ampthor

5-Digit Number: 32027 | Thu 11:00 a.m. - 12:15 p.m., 4/29

ILR941 **History Bites: Kent State - Before and After 13 Seconds in O-HI-O**

Instructor: Kate McDermott

5-Digit Number: 32029 | Tue 11:00 a.m. - 12:15 p.m., 5/4

For all classes above: 1 session, 1.25 hours | Total: $14
Location: Conference Center/E138

ILR941 **History Bites: The Battle of Monocacy and the B & O Railroad - How John W. Garrett's and General Lew Wallace's Relationship Helped in Saving Washington**

Instructor: Stephan Goldman

5-Digit Number: 32089 | Thu 2:00 - 3:30 p.m., 3/11
Location: Conference Center/E123

ILR941 **History Bites: The Brownsville Affray - A White Union Veteran's Lonely Fight for Justice for Black Soldiers Summarily Cashiered by President Theodore Roosevelt**

Instructor: Stephan Goldman

5-Digit Number: 32090 | Thu 2:00 - 3:30 p.m., 5/6
Location: Conference Center/E138

For classes above: 1 session, 1.5 hours | Total: $14

NEW

LIR388 **Global Power in a Changing World: Is the Atlantic Era Over? (SR)**

6 sessions, 12 hours | SW |

From the end of World War II through the Cold War and into the early twenty-first century, the trans-Atlantic region served as the center of global political, military, and economic power. The United States and Western Europe dominated the international system, while NATO evolved from a Cold War alliance into a broader guarantor of security and stability. Today, however, that Atlantic-centered order faces significant challenges. Growing uncertainty about the future of NATO, concerns about the reliability of U.S. security commitments, and discussions of a more independent European defense architecture have raised questions about the future of the trans-Atlantic partnership. At the same time, China's rise as a global power and the expansion of institutions such as BRICS+, the Shanghai Cooperation Organization, the Asian Infrastructure Investment Bank, and the Belt and Road Initiative have created alternative centers of influence. Coupled with a deepening Russia-China partnership and Russia's accelerated pivot toward Asia, these developments suggest that the international system may be entering a new era in which power is increasingly distributed beyond the Atlantic world.

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: Jeffrey Steinberg

5-Digit Number: 32183 | Wed 10:00 a.m. - 12:00 p.m., 3/10 - 4/21
No Class: 4/7 | Location: Online
Total: $164 | Maryland Senior aged 60+: $139

LIR381 **More Than the "Razor": William Occam in History and Fiction**

3 sessions, 4.5 hours

This cantankerous 14th-century English friar has been described as the first postmodernist, a co-founder of modern democratic theory, arguably the first male feminist, Martin Luther's hero, and (with Sherlock Holmes) an inspiration for the protagonist of Umberto Eco's great postmodern novel The Name of the Rose. Known to his admirers as Doctor Invincibilis, William Occam (or Ockham) was the premier philosopher-theologian of the late Medieval era. This course examines these claims, revealing Occam's imprint on contemporary politics, religion, science, and culture as the equal of any other philosopher. Before the first class, students are required to purchase and read Michael Harmon's murder mystery novel Invincibilis: A William Occam Mystery, available for purchase online. The novel will be used as a companion for the historical content of the course.

Instructor: Michael Harmon

5-Digit Number: 32053 | Tue 2:00 - 3:30 p.m., 3/16 - 3/30
Location: Conference Center/E138
Total: $49

LIR354 **The Kennedy Assassination: What We Know, What We Think We Know & What We Will Never Know**

6 sessions, 9 hours | SW

The assassination of our 35th president has left an indelible scar on the history of the 1960's. We'll examine the events from the lead up to the current release of information held at the National Archives. We'll review the official report, the theories, and the many side stories and rabbit holes that have grown out of the most shocking event of that decade.

Instructor: James Garrett

5-Digit Number: 32045 | Thu 10:00 - 11:30 a.m., 3/18 - 4/29
No Class: 4/8 | Location: Student Center/H263
Total: $109 | Maryland Senior aged 60+: $89

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

NEW

LIR386 **The History of the Constitution**

5 sessions, 7.5 hours | SW

This course traces the development of the Constitution of the United States from its beginning to its present-day applications. We'll also examine the principles underlying the comprehensive impact of the Constitution.

Instructor: James Baer

5-Digit Number: 32181 | Mon 2:00 - 3:30 p.m., 3/29 - 5/3
No Class: 4/5 | Location: Conference Center/E138
Total: $104 | Maryland Senior aged 60+: $89

LIR372 **Frederick Uncovered: Fabulous 1950s of Frederick**

1 session, 2 hours

Frederick Uncovered brings the city's past to life through engaging stories, historic places, and surprising facts. This entertaining lecture series reveals the moments and people that shaped Frederick, Maryland. This session celebrates the fabulous fifties in Frederick where we learn about the culture and way of life, including diners and food, desegregation, suburbanization, retail, recreation, fashion and other interesting things about this charming time period.

Instructor: Jeanne McDermott

5-Digit Number: 32050 | Fri 9:30 - 11:30 a.m., 4/2
Location: Conference Center/E138
Total: $26

LIR328 **History of the Army of the Potomac**

5 sessions, 5 hours | SW

The primary Federal army in the eastern theater of the American Civil War, the Army of the Potomac, was built from scratch and underwent significant changes as well as multiple commanders throughout the war. From George McClellan to George Meade, and several commanders in between, the Army of the Potomac was constantly in the public eye and thus constantly under scrutiny by Washington DC. How the army was developed, the men who fought in its ranks, and its commanders will be discussed in this course. We will also look at some of its most famous engagements during the war and how it fought against its primary adversary, the Confederate Army of Northern Virginia.

Instructor: Matthew Borders

5-Digit Number: 32306 | Tue 12:30 - 1:30 p.m., 4/13 - 5/11
Location: Conference Center/E138
Total: $64 | Maryland Senior aged 60+: $54

NEW

LIR397 **Indian Tribes, Explorers, and Fur Traders in the Monocacy Valley**

3 sessions, 6 hours | SW

Based on a video documentary entitled "Sugarloaf: The Quest for Riches and Redemption in the Monocacy Valley," this course features a historical journey into the once, "howling wilderness" of today's Frederick County as it existed between three and four centuries ago. This period encompasses the European Contact and Colonial periods (1600s and early 1700s) and nicely bridges the pre-history of the region to the point of Maryland's 1634 founding and European habitation over the next century. The course will explore the American Indian tribes who lived here in the Monocacy and Middletown Valleys, along with European explorers and fur traders who once travelled the area that would later become Frederick County in 1748.

Instructor: Christopher Haugh

5-Digit Number: 32130 | Fri 9:30 - 11:30 a.m., 4/16 - 4/30
Location: Sweadner Hall
Total: $84 | Maryland Senior aged 60+: $69

LIR298 **Murals of Frederick County: More Murals**

1 session, 2 hours

Discover and discuss the beloved murals of Frederick County. We'll learn about the artists' intentions and their lives, supplies used, and how the artwork was created. We'll cover inspiring, exciting, and sometimes controversial murals by Yemi, Rafael Blanco, Wendell Poindexter, Karen Pollard, Jack Pabis, and Anthony Owens. This class will have all new content not covered in the Spring 2025 offering.

Instructor: Jeanne McDermott

5-Digit Number: 32051 | Fri 9:30 - 11:30 a.m., 4/16
Location: Conference Center/E138
Total: $29

SW **Senior Tuition Eligible |** Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

NEW

LIR404 **The Lincoln Assassination: The Whole Story**

6 sessions, 9 hours | SW

Most people know only the basic story: actor John Wilkes Booth assassinated President Abraham Lincoln in the final days of the Civil War. But the truth is far more complex. Months before the assassination, Booth and a group of conspirators developed an ambitious plan to kidnap the President, take him south, and hold him hostage. In this course, discover the fascinating story of the Lincoln abduction plot and how it evolved into one of the most infamous assassinations in American history. Follow the conspiracy from its earliest planning stages through the attempt to destabilize the federal government and the dramatic aftermath, including the trial of the conspirators and their ultimate fate.

Instructor: James Garrett

5-Digit Number: 32136 | Thu 10:00 - 11:30 a.m., 5/6 - 6/10
Location: Conference Center/E138
Total: $109 | Maryland Senior aged 60+: $89

NEW

LIR392 **From Colonies to Country: How Americans Drew the Map of the United States**

4 sessions, 6 hours | SW

Explore how the United States grew from thirteen colonies of the British empire to fifty states of an independent nation that stretches across North America into the Pacific Ocean and Arctic. Students will learn about the origins of states, the states that never came to be, and the people who created this country's borders.

Instructor: Tracy Lewis

5-Digit Number: 32193 | Fri 10:00 - 11:30 a.m., 5/7 - 5/28
Location: Conference Center/E138
Total: $84 | Maryland Senior aged 60+: $69

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

NEW

LIR387 **The Supreme Court Today**

5 sessions, 7.5 hours | SW

This course analyzes the Supreme Court of the past five years and today. In that time a super-majority of Justices with a conservative judicial philosophy has been created. We will explore the effects of this new composition of Justices, whether it is in fact 6-3, and the ever-expanding use of the emergency docket.

Instructor: James Baer

5-Digit Number: 32182 | Mon 2:00 - 3:30 p.m., 5/10 - 6/14
No Class: 5/31 | Location: Conference Center/E138
Total: $104 | Maryland Senior aged 60+: $89

NEW

LIR282 **Arts and Culture Exploration: Fashion in Film**

3 sessions, 4.5 hours

Explore the role of costume design in shaping how audiences understand history and culture through film and television. We'll examine a range of popular films and TV series known for their distinctive period costuming, analyzing how wardrobe choices reflect (or sometimes distort) historical realities. We'll also investigate the balance between artistic expression and historical accuracy, learning how designers use clothing to communicate character and enhance storytelling. Using case studies, visual analysis, and discussion to develop a critical eye for costume design and a deeper appreciation for the role of fashion history in popular media.

Instructor: Kelly White

5-Digit Number: 32185 | Tue 11:00 a.m. - 12:30 p.m., 6/8 - 6/22
Location: Conference Center/E138
Total: $54

LIR271 **The History of the United States Supreme Court: 2026-27 Term Summary**

3 sessions, 4.5 hours

This series will cover the history of the Supreme Court of the United States from its creation in 1789 to today. In addition to the historical aspect of this branch of government, the series will also analyze the political, sociological, and economic forces that concern the Court. Each segment will cover specific eras and will be free standing. There is no prerequisite requirement; students may enjoy the entire series or separate courses.

Instructor: James Baer

5-Digit Number: 32049 | Mon 2:00 - 3:30 p.m., 7/19 - 8/2
Location: Conference Center/E138
Total: $59

Middle Eastern Studies *Revised and Updated*





ILR378 **Palestine and Israel, Twice-Promised Land: An Exploration Through Film**

5 sessions, 12.5 hours | SW

Few places evoke such powerful attachments—or such profoundly competing claims—as the land Palestinians and Israelis call home. Revered by followers of three great religious traditions, this small territory lies at the heart of a conflict whose consequences extend far beyond the Middle East. Through carefully selected documentaries, dramatic films, firsthand testimony, and guided discussion, participants will explore the historical roots of the conflict, competing national aspirations, and differing narratives of history, identity, and belonging. Through individual stories, the films will illuminate the human experience of loss, fear and hope, resistance and resilience. Along the way, longstanding assumptions about the land's inhabitants and development, the history of Arab–Jewish relations, and questions of democracy and political rights will be thoughtfully reconsidered. The discussion will also draw on diverse perspectives within Palestinian and Israeli societies and consider the roles of religion, historical memory, and U.S. policy, including Christian Zionism. This course will also examine occupation, settlements, the protection of civilians, violations of international law, and questions of accountability. Throughout, participants will be encouraged to distinguish historical evidence from popular myth, challenge familiar assumptions, and consider difficult questions of justice, self-determination, and the prospects for a lasting peace that offers security, dignity, and opportunity for all who call the Holy Land home.

Instructor: Linda Pappas Funsch

5-Digit Number: 32383 | Wed 2:00 - 4:30 p.m., 2/3 - 3/3
Location: Sweadner Hall
Total: $136 | Maryland Senior aged 60+: $112

LIR411 **Current Issues in the Middle East**

5 sessions, 10 hours | SW

New Content Every Term! What lies ahead for a turbulent Middle East? Against a backdrop of ongoing conflicts, shifting alliances, and challenges to longstanding regional arrangements, fundamental questions about security, sovereignty, political stability, and the prospects for peace have taken on renewed urgency. This course invites participants to examine these developments through the lens of history, exploring the competing interests, regional dynamics, and international forces shaping events. Particular attention will be given to distinguishing immediate crises from deeper historical patterns and considering their implications for the region and the wider world. Anticipated topics include U.S. foreign policy in the Middle East; the consequences of the U.S.–Israel confrontation with Iran; shifting regional alliances and security challenges in the Persian Gulf; the future of Gaza and Palestinian national aspirations; Israeli policies in the West Bank and Lebanon; Syria's uncertain political trajectory; and continuing instability in Yemen and the Red Sea. Longer-term challenges—including economic diversification, demographic pressures, authoritarian governance, and environmental concerns—will also be considered as circumstances warrant. When available, guest specialists will contribute additional perspectives, while lively class discussion will encourage participants to consider the difficult choices confronting the Middle East—and their consequences for the wider world.

Instructor: Linda Pappas Funsch

5-Digit Number: 32428 | Wed 2:00 - 4:00 p.m., 4/14 - 5/12
Location: Sweadner Hall
Total: $109 | Maryland Senior aged 60+: $89

HOM181 **Genealogy Basics: A Deeper Appreciation**

4 sessions, 8 hours | 16+ | SW

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

Instructor: Mary Mannix

5-Digit Number: 32086 | Tue 10:00 a.m. - 12:00 p.m., 4/13 - 5/4
Location: Student Center/H239
Total: $129 | Maryland Senior aged 60+: $104

HOM198 **Introduction to Podcasting**

10 sessions, 20 hours | 16+ | SW |

Learn the building blocks of how to create your own podcast whether it be just for your own personal enjoyment or for publication on popular streaming platforms online. This course will focus on the consistent, themed, and multi-episode style podcast with a consistent audio brand. Production, recording, editing, and software will be covered. This class requires that you have at least basic computer skills. Practice equipment will be provided to all students for the duration of the class.

Instructor: Charles Pham

5-Digit Number: 32129 | Tue 6:00 - 8:00 p.m., 1/26 - 3/30
Location: Conference Center/E137
Total: $369 | Maryland Senior aged 60+: $299

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



NEW

HOM165 **DIY Basic Vehicle Maintenance**

1 session, 3 hours | 16+

Learn the basics of vehicle maintenance including why it is so important. You'll learn how to check your vehicle's fluids, check and determine proper tire pressure, locate and identify a burnt fuse, change wipers blades, and other basic maintenance tasks. We'll also teach you how to correctly jump start a vehicle. Bring the owner's manual to your gas or diesel vehicle and your questions.

Instructor: Joshua Logan

5-Digit Number: 32298 | Sat 9:00 a.m. - 12:00 p.m., 3/6
Location: Monroe Center/MC144
Total: $49

NEW

HOM307 **DIY Walls for Homeowners: Repair & Hanging Essentials**

1 session, 3 hours | 16+

If you live under a roof and have walls, knowing how to maintain them is an invaluable skill. Join us to learn the DIY techniques every homeowner should master for keeping walls looking their best. Learn how to repair dents, holes, and cracks in drywall; hang pictures and artwork perfectly straight; install shelving securely; locate wall studs; and confidently tackle common wall and mounting projects around the home.

Instructor: Brian DeCesare

5-Digit Number: 32132 | Fri 11:00 a.m. - 2:00 p.m., 5/7
Location: Monroe Center/MC126
Total: $49

NEW

HOM308 **DIY Electrical Basics for Homeowners**

1 session, 3 hours | 16+

Electrical projects can seem intimidating, but many common upgrades are well within reach when you understand the basics. Join us to learn safe and practical electrical skills for homeowners. Learn how to replace outlets and switches; install light fixtures and ceiling fans; upgrade your home with smart switches, doorbells, and thermostats; understand basic electrical safety practices; troubleshoot common electrical issues; and recognize when a project requires the expertise of a licensed electrician.

Instructor: Brian DeCesare

5-Digit Number: 32134 | Fri 11:00 a.m. - 2:00 p.m., 4/30
Location: Monroe Center/MC126
Total: $49

NEW

HOM309 **DIY HVAC Essentials for Homeowners**

1 session, 2 hours | 16+

Routine maintenance can prevent costly repairs and keep your home operating smoothly. Join us to learn the essential repair and maintenance skills every homeowner should know. Learn all about common HVAC components and how to change air filters, clear outdoor condenser fins, flush drain lines, clean vents and registers, and check your thermostat with confidence.

Instructor: Brian DeCesare

5-Digit Number: 32135 | Fri 11:00 a.m. - 1:00 p.m., 4/23
Location: Monroe Center/MC147
Total: $39



NEW

HOM211 **Introduction to Ravelry: Finding and Organizing Knitting & Crochet Patterns Online (SR)**

3 sessions, 6 hours | 16+ | SW |

This beginner-friendly course introduces learners to Ravelry, a free website used worldwide by knitters and crocheters to find, save, and organize patterns. Participants will learn how to create a free Ravelry account, search for both free and paid patterns, read pattern pages, and save favorites for later use. The course focuses on computer skills and website navigation, not on teaching knitting or crochet techniques. No prior Ravelry experience is required; basic computer and internet skills are helpful.

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: Geneva Blackmer

5-Digit Number: 32172 | Fri 10:00 a.m. - 12:00 p.m., 2/19 - 3/5
Location: Online
Total: $79 | Maryland Senior aged 60+: $64

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

Sewing



HOM203 The Sewing Machine: Operation, Troubleshooting & Maintenance

2 sessions, 5 hours | 16+ | SW |

Overcome your fears and challenges. Don't quit a project because your sewing machine jams and you are frustrated. This class is great for the beginner or novice who wants to learn how to properly use a sewing machine. Once you learn the how's and why's to set up, adjust and use a sewing machine, you will be stitching with confidence. You will learn how to set up, troubleshoot, correct, and maintain a sewing machine for peak performance. You will also learn how to manage a sewing machine's tension and demystify how to select the right thread and needle for a project. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included.

5-Digit Number: 32303 | Mon, Wed 5:30 - 8:00 p.m., 2/8 - 2/10
Location: Conference Center/E134
Total: $104 | Maryland Senior aged 60+: $89

NEW

HOM212 Customized Sewing Instruction

1 session, 2 hours | 16+

Learn to sew at your own pace with individualized, one-on-one instruction tailored to your experience level, interests, and goals. Whether you're learning the basics, improving your skills, or working on a specific project, each session is customized to meet your needs. Receive personalized guidance, hands-on practice, and expert tips to build confidence and develop practical sewing skills. Upon registration, you will be contacted by the instructor to discuss goals and schedule your session.

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

5-Digit Number: 32305 | Schedule at your convenience.
Location: TBD-CE/TBA
Total: $120

HOM204 Intro to Sewing

2 sessions, 5 hours | 16+ | SW

This course is designed specifically for beginners but also ideal for those who want to brush up on their skills. You'll learn the fundamental skills of sewing—measure, mark, cut, press, pin, and sew—ensuring precision and accuracy. Discover the latest sewing notions that help make tasks enjoyable. Then put your new skills to the test. You'll amaze yourself by making a charming 4-patch quilted pillow. Whether you've never picked up a needle and thread or just want to refresh your skills, this class will empower you with the knowledge and confidence needed to produce beautiful results. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included.

5-Digit Number: 32304 | Tue, Thu 12:30 - 3:00 p.m., 3/9 - 3/11
Location: Conference Center/E134
Total: $94 | Maryland Senior aged 60+: $79

For all Sewing classes:

Instructor: **Michelle Umlauf | Location: Conference Center/E134**

HOM171 **Basic Sewing Techniques**

4 sessions, 12 hours | 16+ | SW |

Take your sewing skills to the next level. In this class you will learn professional tips and shortcuts as you practice over 20 practical sewing techniques found in a variety of patterns from garment, home décor, quilting patterns, bag making, and more. You will learn to use several specialty presser feet that make these techniques easier, and the results better. You will create a sampler notebook containing your stitch outs and complete worksheets for future reference. Upon completing this class, you will have the knowledge, skills and confidence to follow a sewing pattern and make something on your own. Techniques covered include seams and finishes, hems, closures, casings and decorative applications. We suggest that you either take Intro to Sewing or The Sewing Machine: Operation, Troubleshooting & Maintenance as a pre-requisite or already have proficiency operating a sewing machine prior to taking this course. All supplies are included.

5-Digit Number: 32302 | Mon, Tue, Wed, Thu 6:00 - 9:00 p.m., 4/19 - 4/22
Location: Conference Center/E134
Total: $209 | Maryland Senior aged 60+: $179

HOM209 **Thread Painting for Beginners**

2 sessions, 4 hours | 16+

Thread painting transforms fabric into art using free-motion sewing techniques. This beginner-friendly class teaches you to "draw" with thread, creating dimensional sketches of botanical subjects. Learn to control your sewing machine like a paintbrush as you blend colors, add texture, and bring images to life. This meditative, creative technique requires no prior free-motion experience. Students will master design transfer methods and proper stabilizer use while completing a finished thread-painted piece suitable for framing or display. Perfect for sewists looking to expand their artistic skills in a relaxed, supportive environment. No sewing experience necessary. This class is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies provided.

5-Digit Number: 32419 | Tue, Thu 1:00 - 3:00 p.m., 4/20 - 4/22
Location: Conference Center/E134
Total: $86



HOM210 **Chickenology (SR)**

5 sessions, 12.5 hours | 16+ | SW | |

This course provides an in-depth exploration of the essential aspects of poultry management, from understanding breed characteristics to fostering sustainable practices. Students will develop a comprehensive understanding of poultry breeds, their backgrounds, and intended uses. The course will also cover critical considerations in poultry housing, protection, and predator management. Food sources for poultry including feed ingredients will be discussed. Practical care strategies will be emphasized to help students recognize and prevent common injuries, illnesses, and diseases in their flock. Students will also learn how to generate income through poultry management, including harvesting as a food source. This course is ideal for both beginner and experienced poultry keepers looking to enhance their knowledge and ensure the success and sustainability of their flock.

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: Carol Zegarski

5-Digit Number: 32158 | Tue 6:00 - 8:30 p.m., 4/27 - 5/25
Location: Online
Total: $119 | Maryland Senior aged 60+: $99

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

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

Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

NEW

FOR157 **Foundations of Conversational French**

12 sessions, 24 hours | 16+ | SW |

Develop the language skills needed to communicate in everyday situations using French. Through interactive activities, conversations, and guided practice, students will build beginning proficiency in listening, speaking, reading, and writing while expanding vocabulary, pronunciation, and essential grammar. Cultural topics including customs, traditions, food, holidays, and everyday life are integrated throughout the course to provide a meaningful understanding of the language and the people who speak it. This course is intended for beginners and introduces some high-beginner communication skills to support continued language learning.

Instructor: Erin Brooks

5-Digit Number: 32322 | Mon, Wed 5:30 - 7:30 p.m., 1/25 - 3/3
Location: Conference Center/E136
Total: $289 | Maryland Senior aged 60+: $229

FOR100 **Basic Conversational Spanish**

8 sessions, 16 hours | 16+ | SW |

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

Instructor: Jennifer Books

5-Digit Number: 32186 | Tue, Thu 5:30 - 7:30 p.m., 3/2 - 3/25
Location: Student Center/H205
Total: $189 | Maryland Senior aged 60+: $145

FOR101 **Continuing Conversational Spanish**

8 sessions, 16 hours | 16+ | SW |

Continue to develop skills needed to communicate with your Spanish-speaking audience. Emphasis is placed on more advanced listening comprehension, speaking skills, pronunciation, and vocabulary acquisition. Prerequisite: Basic knowledge of Spanish or FOR100-Basic Conversational Spanish.

Instructor: Jennifer Books

5-Digit Number: 32192 | Tue, Thu 5:30 - 7:30 p.m., 4/13 - 5/6
Location: Student Center/H205
Total: $189 | Maryland Senior aged 60+: $145

NEW

FOR157 **Foundations of Conversational Spanish**

12 sessions, 24 hours | 16+ | SW

Develop the language skills needed to communicate in everyday situations using Spanish. Through interactive activities, conversations, and guided practice, students will build beginning proficiency in listening, speaking, reading, and writing while expanding vocabulary, pronunciation, and essential grammar. Cultural topics including customs, traditions, food, holidays, and everyday life are integrated throughout the course to provide a meaningful understanding of the language and the people who speak it. This course is intended for beginners but students who have already taken a beginner level class are welcome as this class introduces some high-beginner communication skills to support continued language learning in order to expand existing skills while developing confidant speaking skills. Students will engage in dialogue every session.

Instructor: Continuing Education Instructor

5-Digit Number: 32321 | Tue, Thu 2:00 - 4:00 p.m., 2/2 - 3/11
Location: Conference Center/E136
Total: $289 | Maryland Senior aged 60+: $229

NEW

FOR157 **Foundations of Conversational Italian**

12 sessions, 24 hours | 16+ | SW

Develop the language skills needed to communicate in everyday situations using Italian. Through interactive activities, conversations, and guided practice, students will build beginning proficiency in listening, speaking, reading, and writing while expanding vocabulary, pronunciation, and essential grammar. Cultural topics including customs, traditions, food, holidays, and everyday life are integrated throughout the course to provide a meaningful understanding of the language and the people who speak it. This course is intended for beginners and introduces some high-beginner communication skills to support continued language learning.

Instructor: Dora Jaar

5-Digit Number: 32323 | Wed, Fri 10:00 a.m. - 12:00 p.m., 3/3 - 4/16
No Class: 4/7 | Location: Conference Center/E139
Total: $289 | Maryland Senior aged 60+: $229

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

NEW

FOR159 Let's Talk: Spanish

4 sessions, 8 hours | 16+ | SW

Practice and expand your language skills through guided conversations and interactive activities in a relaxed, supportive environment. Each class section focuses on a single language and explores a unique theme or topic. Designed for students with basic knowledge of the target language, this course reinforces vocabulary, improves listening comprehension, and builds confidence communicating in real-life situations. Because each section features a different topic, students may enroll in multiple sections to continue developing their language and communication skills. Appropriate for learners at all levels with foundational language skills. Fluency is not required.

Instructor: Continuing Education Instructor

Travel
5-Digit Number: 32324 | Tue 11:00 a.m. - 1:00 p.m., 2/2 - 2/23
Location: Braddock Hall/B104
Total: $99 | Maryland Senior aged 60+: $79

Dining Out
5-Digit Number: 32325 | Thu 11:00 a.m. - 1:00 p.m., 2/4 - 2/25
Location: Conference Center/E123
Total: $99 | Maryland Senior aged 60+: $79

NEW

FOR159 Let's Talk: French

4 sessions, 8 hours | 16+ | SW |

Practice and expand your language skills through guided conversations and interactive activities in a relaxed, supportive environment. Each class section focuses on a single language and explores a unique theme or topic. Designed for students with basic knowledge of the target language, this course reinforces vocabulary, improves listening comprehension, and builds confidence communicating in real-life situations. Because each section features a different topic, students may enroll in multiple sections to continue developing their language and communication skills. Appropriate for learners at all levels with foundational language skills. Fluency is not required.

Instructor: Erin Brooks

Travel
5-Digit Number: 32326 | Mon, Wed 5:30 - 7:30 p.m., 3/15 - 3/24
Location: Student Center/H209
Total: $99 | Maryland Senior aged 60+: $79

Dining Out
5-Digit Number: 32327 | Mon, Wed 5:30 - 7:30 p.m., 4/12 - 4/21
Location: Student Center/H209
Total: $99 | Maryland Senior aged 60+: $79

NEW

FOR159 Let's Talk: Italian

4 sessions, 8 hours | 16+ | SW

Practice and expand your language skills through guided conversations and interactive activities in a relaxed, supportive environment. Each class section focuses on a single language and explores a unique theme or topic. Designed for students with basic knowledge of the target language, this course reinforces vocabulary, improves listening comprehension, and builds confidence communicating in real-life situations. Because each section features a different topic, students may enroll in multiple sections to continue developing their language and communication skills. Appropriate for learners at all levels with foundational language skills. Fluency is not required.

Instructor: Dora Jaar

Travel
5-Digit Number: 32328 | Wed, Fri 10:00 a.m. - 12:00 p.m., 4/28 - 5/7
Location: Conference Center/E137
Total: $99 | Maryland Senior aged 60+: $79

AMERICAN SIGN LANGUAGE CLASSES COMING!

Check our webpage for details. **ILRFCC.org**

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

Learning on Location

ILR741 **Monsters of Rock Geology Mobile Workshop**

1 session, 8 hours | SW

You won't want to miss this Learning on Location opportunity as we set out on an exploration of Frederick County's geologic history with Chris Haugh. This is the perfect complement to Chris' June, 2015 ILR class offering entitled "The Prehistory of Frederick County," based on his earlier 1999 video documentary Monocacy. The award-winning researcher/documentarian will employ a light approach in helping students understand geologic events of our past through the context and environs of Frederick County. Participants will explore present-day examples and traces of earth-shaping events that occurred millions of years ago. Be sure to bring your walking shoes for some easy to manage mini-hikes off the bus. This particular trip will include a collection of site stops in Frederick County. We are keeping these exciting stops a surprise but if you can't stand the suspense just give us a call and we'll whisper the stop list in your ear. Coach departs FCC Conference Center (Building E) in the lobby at 9 a.m. returning about 5:00 p.m. A boxed lunch is included.

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

Instructor: Christopher Haugh

5-Digit Number: 32107 | Thu 9:00 a.m. - 5:00 p.m., 3/25
Location: Off Campus
Total: $109 | Maryland Senior aged 60+: $99

ILR968 **Discover a Season: Wildflower Walk at the C&O Canal Noland's Ferry**

1 session, 2 hours

Experience the magic of spring as nature comes alive all around us. This guided walk invites you to witness the beauty of vibrant blooms emerging from the freshly thawed earth. With each step, you'll enjoy the sights and sounds of the season. This leisurely walk will cover up to 1 mile on mostly level or gravel paths—perfect for nature lovers of all experience levels. Dress for the weather.

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

Instructor: Kathy Barylski

5-Digit Number: 32105 | Tue 10:00 a.m. - 12:00 p.m., 4/13
Location: Off Campus
Total: $24

ILR968 **Discover a Season: Spring Bird Walk at Point of Rocks**

1 session, 2 hours

Warblers travel north from wintering grounds in Central and South America to Maryland in the spring. These tiny songbirds spend their days fueling up on insects, displaying brilliant breeding plumage, singing to attract mates, and establishing nesting sites. With each step, you'll enjoy the sights and sounds of the season. Bring binoculars if you have them to get a closer look at our feathered visitors. This leisurely walk will cover up to 1 mile on mostly level or gravel paths—perfect for nature lovers of all experience levels. Dress for the weather.

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

Instructor: Kathy Barylski

5-Digit Number: 32106 | Tue 10:00 a.m. - 12:00 p.m., 5/11
Location: Off Campus
Total: $24

ILR923 **Gettysburg Battlefield Tour**

1 session, 7.5 hours

Experience one of the most significant Civil War sites on this memorable trip to the iconic Gettysburg Battlefield. Explore the events surrounding the pivotal battle and gain a deeper understanding of the people, strategies, and sacrifices that shaped the outcome of the Civil War. The day will include a self-guided visit to the Gettysburg National Military Park Visitor Center that includes a museum, cyclorama, and film that provides historical context for the battle. We will also visit the site of Pickett's Charge, one of the most dramatic and defining moments of the three-day battle. A lunch buffet at a local restaurant is included in your fee. Moderate walking is expected both inside the museum and outside for up to 2 miles.

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

Instructor: James Garrett

5-Digit Number: 32156 | Tue 9:00 a.m. - 4:30 p.m., 4/13
Location: Off Campus
Total: $119

FCC Shuttle Bus: Shuttle bus with air conditioning; no lavatory or Wi-Fi.



ILR598 **Walking Antietam: Bloody Lane and the Mumma and Roulette Farms**

1 session, 9.5 hours | SW

Gain a new perspective when we join famed historian, Dennis Frye, for a narrated walk through the battle grounds of Antietam. Transportation via the FCC shuttle bus is provided so you can meet up with your guide. Spend the morning walking in the footsteps of the soldiers, both blue and gray, and see Bloody Lane from different vantage points. During a mid-day break, we'll have lunch at a local restaurant and then head back to the battlefield. An afternoon stroll of the Mumma and Roulette farms in the center of the battlefield will illustrate how the war brought disaster to innocent civilians. Hear Dennis' griping and personal story of the discovery of soldiers' remains in an unmarked grave site and "feel" the tragedy of our Civil War. Following established NPS trails, this experience will provide you with an understanding of the terrain as well as the ebb and flow of the battles. Bring your walking shoes as we expect to walk a total distance of 3 miles, spread throughout the day, over gentle undulating terrain. Lunch at the Bavarian Inn is included in your fee.

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

Instructor: Dennis Frye

5-Digit Number: 32139 | Wed 8:00 a.m. - 5:30 p.m., 4/21
Location: Off Campus
Total: $119 | Maryland Senior aged 60+: $109

LIR379 **Ladew Topiary Gardens and Manor House**

1 session, 7.25 hours

Experience the unique beauty and charm of Ladew Topiary Gardens located in Monkton, Maryland. The Ladew Gardens estate is a living testament to the vision and creativity of Harvey S. Ladew and is considered one of the most outstanding topiary gardens in America. After a guided tour of the house, you will explore the 22-acre gardens and mile-long nature trail at your leisure. We'll enjoy a boxed lunch on site. Entry fee, guided house tour, and lunch are included in the cost. The manor house tour is 30 minutes and involves steps and standing while the surrounding gardens can be toured at your own pace with areas for sitting and resting.

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

Instructor: Kelli Ackiewicz

5-Digit Number: 32157 | Wed 8:00 a.m. - 3:15 p.m., 5/5
Location: Off Campus
Total: $94

LIR326 **Maritime and Industrial History of Baltimore**

1 session, 7.75 hours

Explore and learn about the maritime history of Baltimore and why it is a significant city for trade. Our day includes the fascinating Baltimore Museum of Industry for an indoor tour of the trades that made the city prosperous, from the oyster canning industry to the garment factories. Enjoy exhibits of vintage signs and photos, portrayals of Baltimore occupations, and a recreated pharmacy and cannery. We will also enjoy an easy walking tour of the Locust Point neighborhood, a historic area located along the city's southern waterfront known for its mix of rowhouses, industrial heritage, and modern redevelopment. From the mid-1800s to the early 1900s, this area was known as "Baltimore's Ellis Island". Enjoy lunch on your own at the Cross Street Market located in Federal Hill.

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

Instructor: Jeanne McDermott

5-Digit Number: 32145 | Thu 8:30 a.m. - 4:15 p.m., 5/13
Location: Off Campus
Total: $89

(Continues on page 32)

Learning on Location *(Continued from page 31)*



LIR167 **Frederick Walking Tour: Ice Street, All Saints, and West South Street**

1 session, 1.5 hours

This easy walking tour includes the historical background of former retail shops and buildings including the architecture around Ice Street, All Saints, and West South Street (different section than previously walked in other tours). We will learn about the South Street School, the history of brewing in Frederick, and some African American history as we walk this section of town. This tour involves walking in downtown Frederick on mostly flat sidewalks and walkways with some elevation changes for about 1.5 miles moving at a slow pace.

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

Instructor: Jeanne McDermott

Option 1: 5-Digit Number: 32154
Sat 10:00 - 11:30 a.m., 5/15

Option 2: 5-Digit Number: 32155
Sat 10:00 - 11:30 a.m., 6/12
Location: Off Campus
Total: $20

NEW

LIR408 **Fashion Archives and Museum of Shippensburg University**

1 session, 7.75 hours

Experience a unique and inspiring day at the Shippensburg University Fashion Archives and Museum where we'll explore a 15,000-item collection consisting of clothing and accessories worn by men, women and children, dating from the eighteenth to the twentieth century. Enjoy history and cultural storytelling as we explore how clothing and design reflect identity, social change, and the evolving role of fashion across time. Your day will include a guided visit to the Shippensburg University Fashion Archives and Museum, with time to view curated collections and learn from the stories behind the garments and artifacts. During the return to campus, students will get lunch on their own in Gettysburg with time to also explore the downtown. Moderate walking, with opportunities to sit, is expected during the museum visit and associated activities, including walking throughout exhibit spaces, campus areas, and in downtown Gettysburg.

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

Instructor: Marcy Gouge

5-Digit Number: 32159 | Tue 8:45 a.m. - 4:30 p.m., 5/18
Location: Off Campus
Total: $99

FCC Shuttle Bus: Shuttle bus with air conditioning; no lavatory or Wi-Fi.

NEW

LIR384 **Haunted Souths: Literature, History, and the American Past**

7 sessions, 10.5 hours | SW

Southern Gothic literature explores the powerful stories, hidden histories, and cultural tensions that continue to shape the American South and the nation as a whole. Through accessible and thought-provoking works by writers such as William Faulkner, Eudora Welty, Toni Morrison, Flannery O'Connor, Kate Chopin, and Alice Walker, students will examine themes of memory, race, family, identity, religion, and social change. Designed for adult learners and discussion-based rather than lecture-heavy, this course invites students to connect literature to history, contemporary culture, and personal experience while exploring why Southern Gothic literature remains deeply relevant today. Students must purchase Beloved by Toni Morrison, available in both print and e-reader forms. The course will focus on this piece of literature and will be read during the course.

Instructor: Barry Fleming

5-Digit Number: 32180 | Sat 11:00 a.m. - 12:30 p.m., 2/6 - 3/20
Location: Conference Center/E136
Total: $134 | Maryland Senior aged 60+: $104

ILR639 **The Little Prince and World War II**

6 sessions, 12 hours | SW

Examine the French Resistance during World War II through the text of Antoine de St. Exupery's "The Little Prince." Students will read St. Exupery's world renowned literary work and examine the events in the author's life that preceded his work. The novel is filled with philosophical ideas, such as the wisdom from the fox, "that which is essential is invisible to the eyes." These and other ideas will be explored and discussed as students learn how the author's reaction to the invasion of his beloved France became the impetus for his literary work. Student must bring a copy of the book to class; book can be purchased on-line or from most bookstores.

Instructor: Lois Jarman

5-Digit Number: 32024 | Fri 12:30 - 2:30 p.m., 3/5 - 4/16
No Class: 4/9 | Location: Conference Center/E138
Total: $139 | Maryland Senior aged 60+: $119

NEW

LIR406 **Movie Genres Studies: Comedy Films: Early 1930's Style**

4 sessions, 10 hours | SW

This program explores major film genres and their cultural, historical, artistic, and technical significance. Comedy has always been one of the most popular genres in motion pictures. After ruling the box office in the days of the silent film in the roaring 20's, comedies now had to change with the times. We will explore how comedies adapted to the addition of sound (spoken dialog), not to mention the effect of the Great Depression. Come laugh with us as we view some of the best films of the early 1930's.

Instructor: Richard Fulton

5-Digit Number: 32297 | Fri 11:00 a.m. - 1:30 p.m., 3/12 - 4/2
Location: Sweadner Hall
Total: $119 | Maryland Senior aged 60+: $99

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

7 sessions, 14 hours | SW

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

5-Digit Number: 32023 | Wed 1:00 - 3:00 p.m., 4/14 - 5/26
Location: Conference Center/E134
Total: $134 | Maryland Senior aged 60+: $104

SW **Senior Tuition Eligible |** Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



NEW

PGD103 The Spirit Program: Empower Yourself, Enrich Your Everyday Life (SR)

12 sessions, 12 hours | 16+ | SW | | |

Step into a program designed to help you feel more confident, connected, and in control of your life. The Spirit Program gives you practical tools to strengthen your relationships, build healthier habits, and navigate challenges with clarity and resilience. Whether you're looking to grow personally, communicate more effectively, or create a more balanced daily routine, this experience supports you in becoming the best version of yourself one step at a time.

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: Sharon Price

5-Digit Number: 32174 | Tue 7:00 - 8:00 p.m., 2/2 - 4/27
No Class: 4/6 | Location: Online
Total: $119 | Maryland Senior aged 60+: $99

NEW

PGD101 Her Next Move: From College to Career & Beyond

1 session, 3 hours | 16+ |

Tell Your Grandchildren About This Class! Moving from college into the professional world is an exciting transition filled with decisions, opportunities, and change. Designed for women preparing to graduate and enter the next stage of their lives, this interactive course provides space to recognize personal strengths, explore career direction, and build confidence for what comes next. Through guided activities, group discussion, self-reflection, and practical career-planning exercises, participants will explore how their experiences, values, skills, and interests connect to their professional goals. Students will develop strategies for communicating their value, navigating the transition from student to professional, and creating a personalized action plan for their next move. Participants will leave with greater clarity, confidence, and practical next steps for moving from college into career and beyond.

Instructor: Karen White

5-Digit Number: 32299 | Thu 5:00 - 8:00 p.m., 4/1
Location: Conference Center/E138
Total: $75

NEW

PGD102 What's Next? Discover Your Purpose, Passions & Possibilities

1 session, 3 hours | 16+ |

Life's transitions can open the door to new possibilities, passions, and purpose. This interactive course invites you to explore what your next chapter could look like through engaging activities, guided reflection, group conversation, and creative vision mapping. Discover strengths and interests you may have overlooked, explore ways to turn hobbies and ideas into meaningful opportunities, and connect with others who are also navigating change. Whether you are approaching retirement, entering a new season of life, considering a career shift, or simply ready for something new, you will leave with greater clarity, fresh possibilities, and a personalized plan for what comes next.

Instructor: Karen White

5-Digit Number: 32300 | Mon 5:00 - 8:00 p.m., 5/3
Location: Conference Center/E138
Total: $75

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

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

LIR300 **Is Religion Going Extinct? (SR)**

1 session, 2 hours |

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

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: Julie Castillo

5-Digit Number: 32093 | Thu 12:30 - 2:30 p.m., 2/18
Location: Online
Total: $22

NEW

LIR288 **Past Life Memories: Stories, Patterns, and Possibilities**

2 sessions, 4 hours |

Past life memories may surface in many ways through hypnosis, spontaneous recollections, striking coincidences, recurring life patterns, or a deep sense of connection to a particular historical time or place. This course will explore intriguing accounts of people who believe they have memories of past lives, including individuals who may have been famous public figures, and history reenactors who are drawn to the culture and customs of earlier eras. We will examine the details and credibility of these accounts, review the signs and patterns that some believe may point to reincarnation even without memories, and consider how perceived past-life experiences might influence present-day interests and life choices. Students will be invited to share their own thoughts and perspectives on reincarnation, as well as any experiences or impressions they may have regarding possible past lives. No belief in reincarnation is required but curiosity and an open mind are encouraged.

Instructor: Brenda Thew

5-Digit Number: 32092 | Wed 6:00 - 8:00 p.m., 3/24 - 3/31
Location: Conference Center/E134
Total: $44

NEW

LIR407 **Your Body Knows the Answer: Experimental Analysis of David Rome's Book on the Body/Mind Connection**

4 sessions, 8 hours | SW

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

Instructor: Jerry Webster

5-Digit Number: 32194 | Mon 10:00 a.m. - 12:00 p.m., 4/12 - 5/3
Location: Conference Center/E126A
Total: $104 | Maryland Senior aged 60+: $89

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

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

NEW

LIR409 **Ideas Worth Exploring Series: The Hidden Mind**

4 sessions, 6 hours | SW

TED Talks style class! Bring your curiosity and join us for this series as we explore concepts and ideas presented by leading thinkers across a variety of topics including science, culture, and philosophy. Our senses capture only a fraction of the information around us. Our brain then creates the rich experience we call reality. But what if the world your brain constructs isn't quite the world as it is? In this four-part discussion series, we'll explore the hidden workings of the mind through engaging videos from leading thinkers in neuroscience and psychology, including David Eagleman, Anil Seth, Elizabeth Loftus, and Daniel Kahneman. We'll examine the limits of our senses, how the brain constructs perception and reconstructs memory, and how mental shortcuts and biases influence our judgments and decisions. Each class will feature a short, hand-picked video or video excerpts followed by lively discussion.

Instructor: Laura DeFeo

5-Digit Number: 32195 | Thu 9:00 - 10:30 a.m., 4/15 - 5/6
Location: Braddock Hall/B223
Total: $74 | Maryland Senior aged 60+: $59

LIR296 **Ghost Hunting 101: Mt. Olivet Cemetery Investigative Field Trip**

1 session, 3 hours |

This investigative field trip involves the use of ghost hunting equipment and takes place in the evening hours. Only students who have attended the Ghost Hunting 101 class are permitted to attend the investigation. Ghost Hunting 101 will be offered every fall. Portions of the investigation will occur in the dark. The group size will be kept small. Students are to provide their own transportation to the cemetery in Frederick, and they are also encouraged to bring ghost hunting equipment if they desire.

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

Instructor: Rhonda Russo

5-Digit Number: 32058 | Sat 9:00 - 11:59 p.m., 5/15
Location: Off Campus
Total: $59

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

Psychic, Mediumship, and Spiritual Healer Development Series

In this series you'll explore psychic development, mediumship, and spiritual healing. Learn to strengthen their intuitive abilities, connect with spiritual energies, and explore various forms of psychic perception. Through lectures and guided exercises, you'll gain hands-on experience in communicating with spirit and facilitating healing. Emphasis is placed on ethical practice, personal growth, and developing trust in your inner guidance. This series provides a supportive space for spiritual expansion. Classes should be taken in sequence as they are meant to build upon each other and assist with psychic ability development however students do not need to take every class to enjoy or gain knowledge from the series. Bring a notebook to take notes during each session.

LIR348 **Psychic, Mediumship, and Spiritual Healer Development Series: Remote Viewing**

5-Digit Number: 32094 | Wed 6:00 - 8:00 p.m., 3/10

LIR348 **Psychic, Mediumship, and Spiritual Healer Development Series: Physical Mediumship**

5-Digit Number: 32095 | Wed 6:00 - 8:00 p.m., 4/14

LIR348 **Psychic, Mediumship, and Spiritual Healer Development Series: Scrying**

5-Digit Number: 32096 | Wed 6:00 - 8:00 p.m., 5/12

LIR348 **Psychic, Mediumship, and Spiritual Healer Development Series: The Spark of Life - Spirit Creating the Soul**

5-Digit Number: 32097 | Wed 6:00 - 8:00 p.m., 6/23

For above classes: 1 session, 2 hours |
Instructor: **Rhonda Russo**
Location: Conference Center/E138 | Total: $24

PHO131 **Camera and Photography Basics**

2 sessions, 7 hours | 16+

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

Instructor: Walter Calahan

Option 1: 5-Digit Number: 32080 | Sat 9:30 a.m. - 1:00 p.m., 2/20 - 2/27

Option 2: 5-Digit Number: 32081 | Sat 9:30 a.m. - 1:00 p.m., 6/5 - 6/12
Location: Conference Center/E138
Total: $79

PHO129 **Mastering Exposure**

1 session, 4 hours | 16+

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

Instructor: Walter Calahan

5-Digit Number: 32082 | Sat 9:30 a.m. - 1:30 p.m., 3/13
Location: Conference Center/E134
Total: $49

PHO132 **Cell Phone Photography**

2 sessions, 6 hours | 16+

Cell phones and tablets are changing the face of photography. Whether Apple or Android, beginner or experienced, this course will help you understand the breadth and limits of cell phone technology for capturing an image with light, focus, composition and meaning. We'll learn to demystify settings for panoramic, low light, and high dynamic range (HDR) photography. You'll discover alternative camera apps to increase your fun and artistic expressions. Bring your own cell phone and wear comfortable walking shoes to travel around the campus trying what you've learned.

Instructor: Walter Calahan

5-Digit Number: 32085 | Sat 9:30 a.m. - 12:30 p.m., 3/20 - 3/27
Location: Conference Center/E134
Total: $64

PHO136 **Photographic Composition**

1 session, 3.5 hours | 16+

The course will explore the foundational building blocks for quality photographic composition. The visual grammatical rules for arranging content within the camera's viewfinder are well known and can be applied within minutes of learning them. This course will explain the importance of directional light, rule of thirds, layering the geometry of objects within the photograph, as well as many other tools for making pictures more appealing. It is recommended that students complete a camera and photography basics class before enrolling. Bring your camera to class for hands on training.

Instructor: Walter Calahan

5-Digit Number: 32083 | Sat 9:30 a.m. - 1:00 p.m., 4/17
Location: Conference Center/E134
Total: $49

PHO135 **Managing & Archiving Cell Phone Photographs**

1 session, 3 hours | 16+

A review of best practices for managing and archiving your cell phone's photography collection. Computer software for Windows OS and MacOS will be demonstrated. We'll also explore methods to connect iPhone and Android cell phones to a computer.

Instructor: Walter Calahan

5-Digit Number: 32084 | Sat 9:30 a.m. - 12:30 p.m., 5/8
Location: Conference Center/E139
Total: $39

PLANNING & FINANCES

LIR272 **Downsizing Simplified: Living Smaller and Loving it**

2 sessions, 3 hours

Don't be 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

5-Digit Number: 32026 | Wed 2:00 - 3:30 p.m., 3/3 - 3/10
Location: Conference Center/E138
Total: $34

ILR969 **Advance Care Planning: Your Life, Your Plan**

1 session, 2 hours

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

Instructor: Sharon Smith

5-Digit Number: 32025 | Wed 10:00 a.m. - 12:00 p.m., 3/17
Location: Conference Center/E138
Total: $24

LIR347 **Wills and Estates: Important Information to Know**

1 session, 2 hours

Learn the functions of the Register of Wills office and the importance of having a will. The class will also explain the process of opening an estate when a loved one passes. There will be time for questions and answers during the class.

Instructor: Mary Rolle

5-Digit Number: 32329 | Wed 10:00 a.m. - 12:00 p.m., 4/28
Location: Conference Center/E138
Total: $19

SCIENCE & NATURE

NEW

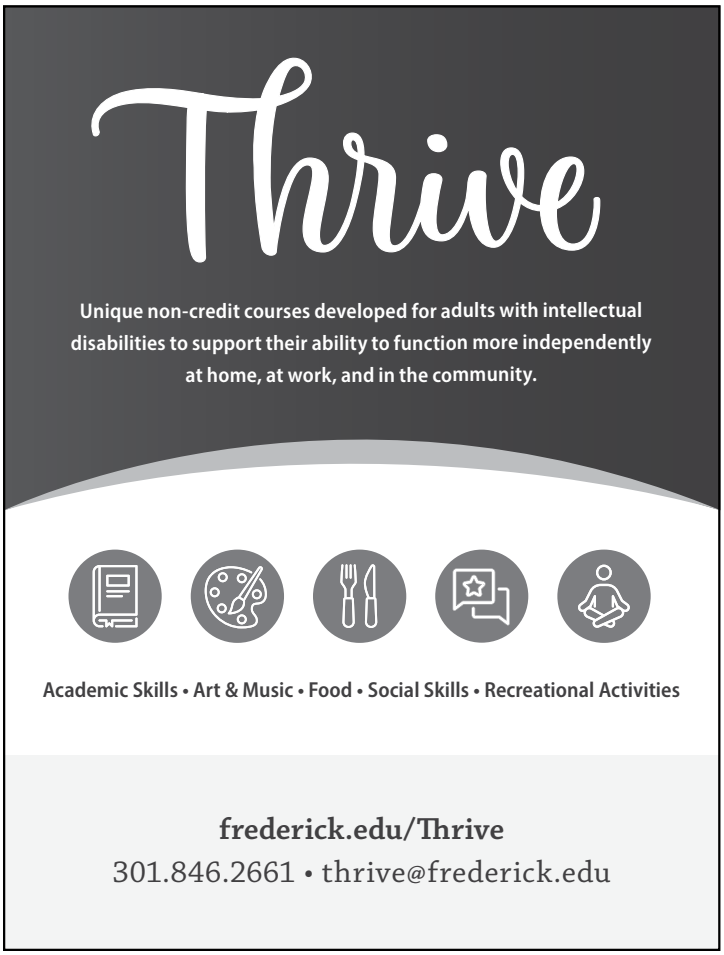
LIR385 **Sustainable Technologies: Promise, Progress, and Challenges**

4 sessions, 5 hours | SW

From renewable energy and electric vehicles to artificial intelligence and smart cities, new technologies are reshaping how we address some of the world's most pressing environmental challenges. This course offers a non-technical introduction to the innovations driving a more sustainable future. Simple explanations of how these technologies work, accompanied by real-world examples, will be used to explore the problems they aim to solve, and the opportunities and challenges they present. No technical background is required.

Instructor: Guillermo Warley

5-Digit Number: 32196 | Thu 1:00 - 2:15 p.m., 1/28 - 2/18
Location: Conference Center/E134
Total: $59 | Maryland Senior aged 60+: $49



NEW

ENG245 **Ekphrastic Writing (SR)**

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

Explore the possibilities of ekphrastic writing, which is a practice that starts with observing art (visual art or photographic) and then engages with the art through writing. We will practice different approaches to this kind of writing and may discuss character, setting, dialogue, description, themes, as well as other elements often present in many genres of writing. All levels of writing experiences are welcome, and no art-related experience is necessary.

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: Andrea D

5-Digit Number: 32301 | Wed 6:00 - 8:00 p.m., 1/27 - 2/17
Location: Online
Total: $89 | Maryland Senior aged 60+: $69

ENG243 **Writing To Heal The Heart**

5 sessions, 10 hours | 16+ | SW

This course will teach you how to connect more intimately to yourself, to others and to your environment through writing. Writing will be the tool you use to seek the Truth as you allow it to become your guiding light and provide a means of healing. The course will incorporate exploring multiple genres such as poetry, memoir, short stories, novels, and journals. The course is a hands on experience. You will be given the opportunity to write in class and share your work. Please bring a journal with you to class.

Instructor: Margaret Coan

5-Digit Number: 32175 | Thu 11:00 a.m. - 1:00 p.m., 1/28 - 2/25
Location: Braddock Hall/B104
Total: $104 | Maryland Senior aged 60+: $84

ENG244 **Amherst Writers and Artists Workshop**

6 sessions, 12 hours | 16+ | SW

This workshop follows the Amherst Writers and Artists (AWA) format; each participant is recognized as a writer with a unique voice. The facilitator offers writing prompts, participants write for a specific time period, and then share their writing. Group feedback focuses only on what is strong, memorable and working in the piece shared. Providing feedback on others' work is an integral part of the class; the facilitator will model how to do this and will provide examples of helpful responses to written work. Participants will have the opportunity to experiment with simple poetic forms, short fiction, personal essay and memoir. Writers always have the option to write in any form they choose, regardless of prompts provided by the instructor. The AWA method requires deep listening and the ability to enter the writer's world.

Instructor: Sherri Philpott

5-Digit Number: 32150 | Tue 1:00 - 3:00 p.m., 3/2 - 4/13
No Class: 4/6 | Location: Braddock Hall/B104
Total: $124 | Maryland Senior aged 60+: $99

ENG254 **Creative Writing Genre Exploration - Fiction**

4 sessions, 8 hours | 16+ | SW

This course will help aspiring writers turn their ideas into written works they can be proud of. We'll get in touch with our creative side and explore a specific genre of writing each term: fiction, poetry, or memoir. Writers will learn the fundamentals of the genre of focus and have the opportunity to create a short work, leaving them with a solid piece by the end of the course. This course is hands-on with regular opportunities to participate in workshops in class and connect with fellow writers.

Instructor: Brooke Gebhardt-Safford

5-Digit Number: 32148 | Fri 2:00 - 4:00 p.m., 3/5 - 3/26
Location: Braddock Hall/B104
Total: $89 | Maryland Senior aged 60+: $69

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

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

SW Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

FREE Spring Courses

The following programs are made possible with financial support from the FCC Foundation, a nonprofit organization established to receive private gifts from individuals and organizations. Programs supported include complimentary courses, the Curious Traveler's Club programming, honorariums, group meetings, and event sponsorships. The FCC Foundation is a nonprofit, 501 c 3 organization. Tax id no 52-1231768. www.frederick.edu/foundation. Please consider making a donation.

LIR263 **Introduction to Google Sheets**

2 sessions, 3 hours

Google Sheets is similar to Microsoft Excel; but without subscription fees. This class will present the basics of using Google Sheets to keep records, prepare a budget, organize information, take inventory, and do simple math. The class will also go over formatting the sheet so it looks the way you would like it to look. All students must create and be able to access a Google/Gmail account before class begins.

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 32102 | Thu 9:30 - 11:00 a.m., 2/4 - 2/11
Location: Conference Center/E139

NEW

LIR394 **Financing International Development: Institutions, Instruments, and Impact**

6 sessions, 12 hours

This engaging, discussion-based course introduces participants to the world of international development finance and how resources are mobilized, allocated, and used to address global challenges such as asymmetric country development levels, poverty, inequality, and climate change. Drawing on real-world examples and accessible insights, the course explores the roles of major institutions like the World Bank, International Monetary Fund, other multilateral and bilateral agencies, as well as emerging actors and private investors, in shaping development outcomes. Participants will examine key issues including foreign aid effectiveness, sovereign debt crises, private sector investment, and climate finance, while engaging in lively discussions that connect global trends to ethical and practical questions. Designed for intellectually curious adult learners, the course requires no prior background in economics and emphasizes critical thinking, real-world relevance, and shared learning.

Instructor: Joseph Mugore

5-Digit Number: 32307 | Thu 11:00 a.m. - 1:00 p.m., 2/4 - 3/11
Location: Braddock Hall/B114



LIR361 **America During Prohibition: How A Nation Kept on Drinking**

6 sessions, 9 hours

Starting with the early temperance movement and culminating in the passage of the 18th Amendment, this course examines the origins and implementation of Prohibition in the United States. It explores how Americans adjusted to laws that prohibited the production, transportation, and sale of alcohol, with particular attention to the lesser-known aspects of the era. Topics include alcohol smuggling, the rise of organized crime, the clandestine locations where people continued to drink, and the technological innovations that emerged to sustain illegal alcohol production and distribution. The course concludes with an examination of the political and social forces that led to the repeal of the 18th Amendment. This dynamic and densely packed period of history is often oversimplified as an era of prosperity, but it reveals a far more complex and compelling story.

Instructor: Marc Sommerville

5-Digit Number: 32104 | Wed 12:30 - 2:00 p.m., 2/10 - 3/17
Location: Conference Center/E134

LIR287 **Protect Your Money (SR)**

1 session, 1.5 hours |

The U.S. Securities and Exchange Commission will provide a brief overview of the mission of the SEC and some of the free resources that can help you build wealth and avoid scams. The briefing will discuss the impact of investment scams and some of the tactics fraudsters use to exploit investors. You will also learn about common frauds like imposter scams and relationship investment scams that can begin with seemingly accidental texts or social media contacts and can lead to devastating losses and repeat victimization. The briefing will include concrete steps you can take to protect your money and online identity. Please join us and check out the SEC's free tools and resources on its webpage, www.Investor.gov.

Note: This Structured Remote course is delivered entirely online and includes real-time sessions held during the scheduled class time.

Instructor: Tom Manganello

5-Digit Number: 32100 | Tue 11:00 a.m. - 12:30 p.m., 2/16
Location: Online

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

4 sessions, 8 hours

This course will focus on the basic principles of learning, memory and cognition, with a special emphasis on the neurological and cognitive changes that occur from mid-life throughout older adulthood. We will also explore strategies and techniques that could potentially improve cognitive processing, identify factors and lifestyle behaviors that have been shown to accelerate the aging process, and also those that may facilitate healthier brain functioning in our later years.

Instructor: Barbara Angleberger

5-Digit Number: 32101 | Thu 1:00 - 3:00 p.m., 3/4 - 3/25
Location: Conference Center/E140

LIR312 **Exploring Music Genres and History: A Cultural Mirror**

4 sessions, 8 hours

Music acts as both a mirror for society as well as a driver for societal change. We will trace the history of music from the highly structured genres of the 1700s including operas and concerti to the diverse, technology shaped music styles we hear today. Reviewing these genres will allow us to understand the history of how music captures cultural, political, and philosophical values of the time.

Instructor: Lynn Fleming

5-Digit Number: 32103 | Mon 1:00 - 3:00 p.m., 3/8 - 3/29
Location: Conference Center/E123

NEW

LIR395 **Retirement 101: Achieving Peace of Mind in Retirement**

1 session, 2 hours |

This course equips participants with a foundational understanding of the most significant factors that influence retirement readiness. Through a clear, structured overview of Social Security, Medicare, tax planning, withdrawal strategies, risk management, legacy considerations, among many other topics, attendees will learn how the pieces fit together, and how to approach retirement decisions with greater confidence. This class is meant for anyone nearing retirement age or currently in early retirement. No need to already be retired to join this insightful session.

Instructor: Justin Yoo

Option 1: 5-Digit Number: 32137
Tue 6:00 - 8:00 p.m., 4/20

Option 2: 5-Digit Number: 32138
Sat 10:00 a.m. - 12:00 p.m., 4/24
Location: Sweadner Hall

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

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

CO-LISTED CLASSES FOR ILR STUDENTS

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

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

FOR419 **American Sign Language I**

FOR429 **American Sign Language II**

FOR432 **American Sign Language IV**

FOR406 **Introductory French I**

FOR408 **Introductory French II**

FOR421 **Introductory Spanish I**

FOR422 **Introductory Spanish II**

FOR424 **Spanish for Heritage and Fluent Speakers**

FIT154 **Pilates**

FIT155 **Yoga Basics**

To learn more about the courses, visit **frederick.edu/colisted** for details and registration information.

Students will be required to sign into Blackboard to access instructor information, course orientation, and learning materials.

ONLINE COURSES BY ILR COURSE TITLE

LIR388 **Global Power in a Changing World**

LIR300 **Is Religion Going Extinct?**

LIR287 **Protect Your Money**

HEA135 **The Menopause Journey Explained**

HOM210 **Chickenology**

HOM211 **Introduction to Ravelry**

PGD103 **The Spirit Program**

GVT100 **Manage Your Maryland General Assembly Bill Tracking**

ACR172 **Voices For All**

ENG245 **Ekphrastic Writing**

January 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 **NEW YEAR'S DAY** **NO CLASSES**
4	**5**	**6** .	**7**	**8**
11 **7:00 Manage Your Md. General Assembly Bill Tracking**	**12**	**13**	**14**	**15**
18 **MLK DAY** **NO CLASSES**	**19** **2:00 The Internet Made Easy**	**20** **1:00 Amer. Exp. in Viet.: 1945-1975**	**21** 2:00 The Internet Made Easy	**22**
25 **5:30 Fnd. of Conversational French**	**26** 2:00 The Internet Made Easy **6:00 Introduction to Podcasting**	**27** 1:00 Amer. Exp. in Viet.: 1945-1975 5:30 Fnd. of Conversational French **6:00 Ekphrastic Writing** **6:00 Hormonal Chaos! Meno. Jour. Exp.**	**28** **11:00 Writing To Heal The Heart** **12:30 Grief and Death: Undstnd Grief** **1:00 Sustainable Technologies** 2:00 The Internet Made Easy	**29**

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

February 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **12:30 Exp. Music Gen: Eur. & Afr. Infl.** 5:30 Fnd. of Conversational French	**2** **9:00 July 1863: Ended Hopes Confed.** **9:00 Piano Repertoire** **9:00 Watercolor Painting: Multlvl.** **11:00 Let's Talk: Spanish: Travel** **12:00 Watercolor Painting: Adv.** **1:15 Immigrat. U.S.: 1830-Present** **2:00 Fnd. of Conversational Spanish** 2:00 The Internet Made Easy 6:00 Introduction to Podcasting **7:00 Spirit Prog.: Emp. Yrslf, Enrich Life**	**3** 1:00 Amer. Exp. in Viet.: 1945-1975 **2:00 Mid. East Studies: Pal. and Isr.** 5:30 Fnd. of Conversational French 6:00 Ekphrastic Writing 6:00 Hormonal Chaos! Meno. Jour. Exp.	**4** **9:30 Introduction to Google Sheets** **11:00 Let's Talk: Spanish: Dining Out** **11:00 Financing International Dev.** 11:00 Writing To Heal The Heart 12:30 Grief and Death: Undstnd Grief 1:00 Sustainable Technologies 2:00 Fnd. of Conversational Spanish 2:00 The Internet Made Easy	**5** **9:00 Watercolor Painting: Begin.** **10:00 The French and Indian War** **11:00 Drawing Begin.: Abstr. Designs**
8 **9:00 Arm. Escape Series: Shkspre & Co.** 12:30 Exp. Music Gen: Eur. & Afr. Infl. 5:30 Fnd. of Conversational French **5:30 Sewing Mach.: Op., Trbsht & Main.**	**9** 9:00 July 1863: Ended Hopes Confed. 9:00 Piano Repertoire 9:00 Watercolor Painting: Multlvl. 11:00 Let's Talk: Spanish: Travel 12:00 Watercolor Painting: Adv. 1:15 Immigrat. U.S.: 1830-Present **2:00 AI Made Easy for Everyone** 2:00 Fnd. of Conversational Spanish 6:00 Introduction to Podcasting 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**10** 9:00 Arm. Escape Series: Shkspre & Co. **12:30 America During Prohibition** 1:00 Amer. Exp. in Viet.: 1945-1975 2:00 Mid. East Studies: Pal. and Isr. 5:30 Fnd. of Conversational French 5:30 Sewing Mach.: Op., Trbsht & Main. 6:00 Ekphrastic Writing 6:00 Hormonal Chaos! Meno. Jour. Exp. **6:00 Nav. Healthcare: Medical Exams**	**11** 9:30 Introduction to Google Sheets 11:00 Financing International Dev. 11:00 Let's Talk: Spanish: Dining Out 11:00 Writing To Heal The Heart 1:00 Sustainable Technologies 2:00 AI Made Easy for Everyone **2:00 Aviation History: Airmail** 2:00 Fnd. of Conversational Spanish	**12** 9:00 Arm. Escape Series: Shkspre & Co. 9:00 Watercolor Painting: Begin. 10:00 The French and Indian War 11:00 Drawing Begin.: Abstr. Designs
15 12:30 Exp. Music Gen: Eur. & Afr. Infl. 5:30 Fnd. of Conversational French	**16** 9:00 July 1863: Ended Hopes Confed. 9:00 Piano Repertoire **9:00 Pre-hist. Rems., Pres. Day Scotland** 9:00 Watercolor Painting: Multlvl. 11:00 Let's Talk: Spanish: Travel **11:00 Protect Your Money** 12:00 Watercolor Painting: Adv. 1:15 Immigrat. U.S.: 1830-Present 2:00 AI Made Easy for Everyone 2:00 Fnd. of Conversational Spanish 6:00 Introduction to Podcasting 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**17** **11:00 Hist. Bites: Hist. Homes in Fred Co.** 12:30 America During Prohibition 1:00 Amer. Exp. in Viet.: 1945-1975 2:00 Mid. East Studies: Pal. and Isr. 5:30 Fnd. of Conversational French 6:00 Ekphrastic Writing 6:00 Hormonal Chaos! Meno. Jour. Exp.	**18** 9:00 Pre-hist. Rems., Pres. Day Scotland **9:30 Intro. to Google Docs** 11:00 Financing International Dev. 11:00 Let's Talk: Spanish: Dining Out 11:00 Writing To Heal The Heart **12:30 Is Religion Going Extinct?** 1:00 Sustainable Technologies 2:00 AI Made Easy for Everyone **2:00 Aviation History: Mir. on Hudson** 2:00 Fnd. of Conversational Spanish	**19** **10:00 Intro. to Ravelry: Online** 10:00 The French and Indian War
22 **9:30 Facets of the Ameri. Revolution** 12:30 Exp. Music Gen: Eur. & Afr. Infl. **12:30 Intro to 5 Element Qi Gong** 5:30 Fnd. of Conversational French	**23** 9:00 July 1863: Ended Hopes Confed. 9:00 Piano Repertoire 9:00 Watercolor Painting: Multlvl. **9:00 West. Archi.: Prehist.-20th Cent.** 11:00 Let's Talk: Spanish: Travel 12:00 Watercolor Painting: Adv. 1:15 Immigrat. U.S.: 1830-Present 2:00 Fnd. of Conversational Spanish 6:00 Introduction to Podcasting 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**24** 12:30 America During Prohibition 1:00 Amer. Exp. in Viet.: 1945-1975 2:00 Mid. East Studies: Pal. and Isr. 5:30 Fnd. of Conversational French **7:00 Mixology: Basic Cocktails**	**25** 9:30 Intro. to Google Docs 11:00 Financing International Dev. 11:00 Writing To Heal The Heart 11:00 Let's Talk: Spanish: Dining Out 2:00 Fnd. of Conversational Spanish	**26** 9:00 Watercolor Painting: Begin. 10:00 Intro. to Ravelry: Online 10:00 The French and Indian War **12:30 Simple Steps to Portraits: Opt. 1**

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

March 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Facets of the Ameri. Revolution 12:30 Intro to 5 Element Qi Gong 5:30 Fnd. of Conversational French **6:00 Gen. Exp.: Unrstd Peop.**	**2** 9:00 July 1863: Ended Hopes Confed. 9:00 Piano Repertoire 9:00 Watercolor Painting: Multlvl. 9:00 West. Archi.: Prehist.-20th Cent. **10:00 Dementia 101** **11:00 Law and Racism** 12:00 Watercolor Painting: Adv. **1:00 Amherst Wri. and Art. Wkshp** 2:00 Fnd. of Conversational Spanish **5:30 Basic Conversational Spanish** 6:00 Introduction to Podcasting 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**3** **9:00 Ireland: Small Island: Big History** **10:00 Fnd. of Conversational Italian** 12:30 America During Prohibition **2:00 Downsizing Simplified** 2:00 Mid. East Studies: Pal. and Isr. 5:30 Fnd. of Conversational French	**4** **10:00 Amer. History Female Eyes** 11:00 Financing International Dev. **1:00 The Aging Brain** 2:00 Fnd. of Conversational Spanish 5:30 Basic Conversational Spanish	**5** 9:00 Watercolor Painting: Begin. **9:30 Drawing for Begin.** 10:00 Fnd. of Conversational Italian 10:00 Intro. to Ravelry: Online **11:00 FSO: Tchaikovsky** 12:30 Simple Steps to Portraits: Opt. 1 **12:30 The Little Prince & World War II** **2:00 Creative Writing Exp.: Fiction**
8 **9:00 Armchair Travel & Exp.: Italy** 9:30 Facets of the Ameri. Revolution 12:30 Intro to 5 Element Qi Gong **1:00 Exploring Music Genres & History** 6:00 Gen. Exp.: Unrstd Peop.	**9** 9:00 July 1863: Ended Hopes Confed. 9:00 Piano Repertoire 9:00 Watercolor Painting: Multlvl. 9:00 West. Archi.: Prehist.-20th Cent. 10:00 Dementia 101 11:00 Law and Racism 12:00 Watercolor Painting: Adv. **12:30 Intro to Sewing** 1:00 Amherst Wri. and Art. Wkshp 2:00 Fnd. of Conversational Spanish 5:30 Basic Conversational Spanish 6:00 Introduction to Podcasting 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**10** 9:00 Armchair Travel & Exp.: Italy 9:00 Ireland: Small Island: Big History 10:00 Fnd. of Conversational Italian **10:00 Global Power in a Changing World** 12:30 America During Prohibition 2:00 Downsizing Simplified **6:00 Psy. Dev. Series: Remote Viewing**	**11** 10:00 Amer. History Female Eyes 11:00 Financing International Dev. 12:30 Intro to Sewing 1:00 The Aging Brain 2:00 Fnd. of Conversational Spanish **2:00 Hist. Bites: Battle of Mon., B&O Rlrd.** 5:30 Basic Conversational Spanish **6:00 Herbs for Home Health**	**12** 9:00 Armchair Travel & Exp.: Italy 9:00 Watercolor Painting: Begin. 9:30 Drawing for Begin. 10:00 Fnd. of Conversational Italian **11:00 Movie Genre: Comedy 1930's** 12:30 Simple Steps to Portraits: Opt. 1 12:30 The Little Prince & World War II 2:00 Creative Writing Exp.: Fiction
15 **10:00 Medically Curious: Cardio. Health** 12:30 Intro to 5 Element Qi Gong 1:00 Exploring Music Genres & History **5:30 Let's Talk: French: Travel** 6:00 Gen. Exp.: Unrstd Peop.	**16** 9:00 Watercolor Painting: Multlvl. 9:00 West. Archi.: Prehist.-20th Cent. 10:00 Dementia 101 11:00 Law and Racism 12:00 Watercolor Painting: Adv. 1:00 Amherst Wri. and Art. Wkshp **2:00 William Occam in Hist. & Fict.** 5:30 Basic Conversational Spanish 6:00 Introduction to Podcasting 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**17** 9:00 Ireland: Small Island: Big History **10:00 Advance Care Planning** 10:00 Fnd. of Conversational Italian 10:00 Global Power in a Changing World 12:30 America During Prohibition **2:00 Grief and Death: Political Grief** 5:30 Let's Talk: French: Travel **6:00 Nav. Healthcare: Dis., Reh., Med.**	**18** 10:00 Amer. History Female Eyes **10:00 The Kennedy Assassination** 1:00 The Aging Brain 5:30 Basic Conversational Spanish 6:00 Herbs for Home Health	**19** 9:00 Watercolor Painting: Begin. 9:30 Drawing for Begin. 10:00 Fnd. of Conversational Italian 11:00 Movie Genre: Comedy 1930's 12:30 Simple Steps to Portraits: Opt. 1 12:30 The Little Prince & World War II 2:00 Creative Writing Exp.: Fiction
22 10:00 Medically Curious: Cardio. Health 12:30 Intro to 5 Element Qi Gong 1:00 Exploring Music Genres & History 5:30 Let's Talk: French: Travel 6:00 Gen. Exp.: Unrstd Peop.	**23** 9:00 Watercolor Painting: Multlvl. 9:00 West. Archi.: Prehist.-20th Cent. 11:00 Law and Racism 12:00 Watercolor Painting: Adv. 1:00 Amherst Wri. and Art. Wkshp 2:00 William Occam in Hist. & Fict 5:30 Basic Conversational Spanish 6:00 Introduction to Podcasting 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life.	**24** **9:00 Afri. Cooking: Rice & Ch. Stew** 9:00 Ireland: Small Island: Big History 10:00 Fnd. of Conversational Italian 10:00 Global Power in a Changing World 2:00 Grief and Death: Political Grief 5:30 Let's Talk: French: Travel **6:00 Past Life Memories**	**25** **9:00 Rock Geology Mobile Workshop** 10:00 Amer. History Female Eyes 10:00 The Kennedy Assassination 1:00 The Aging Brain 5:30 Basic Conversational Spanish 6:00 Herbs for Home Health	**26** 9:00 Watercolor Painting: Begin. 9:30 Drawing for Begin. 10:00 Fnd. of Conversational Italian 11:00 Movie Genre: Comedy 1930's 12:30 The Little Prince & World War II 2:00 Creative Writing Exp.: Fiction
29 10:00 Medically Curious: Cardio. Health 12:30 Intro to 5 Element Qi Gong 1:00 Exploring Music Genres & History **2:00 The History of the Constitution**	**30** 9:00 Watercolor Painting: Multlvl. 9:00 West. Archi.: Prehist.-20th Cent. 11:00 Law and Racism 12:00 Watercolor Painting: Adv. 1:00 Amherst Wri. and Art. Wkshp 2:00 William Occam in Hist. & Fict. 6:00 Introduction to Podcasting 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**31** 10:00 Fnd. of Conversational Italian 10:00 Global Power in a Changing World **12:30 Sen. Care Opts.: Guide to Jour.** 6:00 Past Life Memories		

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

April 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 The Kennedy Assassination **5:00 Her Next Move: From College to Career & Beyond**	**2** 9:00 Watercolor Painting: Begin. **9:30 Fred. Uncovered: 1950s of Fred.** 10:00 Fnd. of Conversational Italian 11:00 Movie Genre: Comedy 1930's 12:30 The Little Prince & World War II
5 **SPRING BREAK NO CLASSES**	**6**	**7**	**8**	**9**
12 **9:00 Brain Health Breakthroughs** **9:30 Crafting and Sculpting with Paper** **10:00 Your Body Knows the Answer** 2:00 The History of the Constitution **4:00 EchoBot: Family Legacy AI** **5:30 Let's Talk: French: Dining Out**	**13** **9:00 Gettysburg Battlefield Tour** 9:00 Watercolor Painting: Multlvl. **10:00 Dis. a Season: Wldflwr Walk** **10:00 Genealogy Basics** 12:00 Watercolor Painting: Adv. **12:30 Hist. of the Army of the Poto.** **1:00 A Wine Journey, South of France** 1:00 Amherst Wri. and Art. Wkshp **5:30 Cont. Conversational Spanish** 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**14** 10:00 Fnd. of Conversational Italian 10:00 Global Power in a Changing World **11:00 Going Paperless** **1:00 Writing Life Story: Tales Grdchdn** **2:00 Mid. East Studies: Current Issues** 5:30 Let's Talk: French: Dining Out **6:00 Psy. Dev. Series: Phy. Mediumship**	**15** **9:00 Ideas Worth Exploring Series** 10:00 The Kennedy Assassination 5:30 Cont. Conversational Spanish	**16** 9:00 Watercolor Painting: Begin. **9:30 Ind. Tri., Exp., and Fur Trdrs Mon. Val.** **9:30 Murals of Frederick County** 10:00 Fnd. of Conversational Italian 12:30 The Little Prince & World War II
19 9:00 Brain Health Breakthroughs 9:30 Crafting and Sculpting with Paper 10:00 Your Body Knows the Answer 2:00 The History of the Constitution 4:00 EchoBot: Family Legacy AI **5:30 Intro. to Watercolor** 5:30 Let's Talk: French: Dining Out **6:00 Basic Sewing Techniques**	**20** 9:00 Watercolor Painting: Multlvl. 10:00 Genealogy Basics **10:00 Tech Made Simple: AI World** 12:00 Watercolor Painting: Adv. 12:30 Hist. of the Army of the Poto. **1:00 Thread Painting for Beginners** 5:30 Cont. Conversational Spanish 6:00 Basic Sewing Techniques **6:00 Retirement 101: Achieving POM** 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**21** **8:00 Walking Antietam** 10:00 Global Power in a Changing World 11:00 Going Paperless 1:00 Writing Life Story: Tales Grdchdn 2:00 Mid. East Studies: Current Issues 5:30 Let's Talk: French: Dining Out **5:30 Olive Oil & Vinegar: Perfect Pair** 6:00 Basic Sewing Techniques	**22** 9:00 Ideas Worth Exploring Series 10:00 The Kennedy Assassination 1:00 Thread Painting for Beginners **2:00 Beyond Basic Drawing Series** 5:30 Cont. Conversational Spanish 6:00 Basic Sewing Techniques	**23** 9:00 Watercolor Painting: Begin. 9:30 Ind. Tri., Exp., and Fur Trdrs Mon. Val. **11:00 DIY HVAC for Homeowners**
26 9:00 Brain Health Breakthroughs 9:30 Crafting and Sculpting with Paper 10:00 Your Body Knows the Answer 2:00 The History of the Constitution 4:00 EchoBot: Family Legacy AI 5:30 Intro. to Watercolor	**27** 9:00 Watercolor Painting: Multlvl. 10:00 Genealogy Basics 12:00 Watercolor Painting: Adv. 12:30 Hist. of the Army of the Poto. 5:30 Cont. Conversational Spanish **6:00 Chickenology** **6:00 Mus. & His. Baker Park Carillon** 7:00 Spirit Prog.: Emp. Yrslf, Enrich Life	**28** **10:00 Let's Talk: Italian: Travel** **10:00 Wills and Estates** 11:00 Going Paperless 1:00 Writing Life Story: Tales Grdchdn 2:00 Mid. East Studies: Current Issues	**29** 9:00 Ideas Worth Exploring Series 10:00 The Kennedy Assassination **11:00 Hist. Bites: Headstones Pt. 3** 2:00 Beyond Basic Drawing Series 5:30 Cont. Conversational Spanish	**30** 9:00 Watercolor Painting: Begin. 9:30 Ind. Tri., Exp., and Fur Trdrs Mon. Val. 10:00 Let's Talk: Italian: Travel **10:30 Simple Steps to Portraits: Opt. 2** **11:00 DIY Elect. Basics for Homeowners**

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

May 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Brain Health Breakthroughs 9:30 Crafting and Sculpting with Paper 10:00 Your Body Knows the Answer 2:00 The History of the Constitution 4:00 EchoBot: Family Legacy AI **5:00 What's Next? Discover Your Purpose, Passions & Possibilities**	**4** 10:00 Genealogy Basics **11:00 Hist. Bites: Kent State** 12:30 Hist. of the Army of the Poto. 5:30 Cont. Conversational Spanish 6:00 Chickenology	**5** **8:00 Ladew Topiary Gardens and Manor House** 10:00 Let's Talk: Italian: Travel 1:00 Writing Life Story: Tales Grdchdn 2:00 Mid. East Studies: Current Issues	**6** 9:00 Ideas Worth Exploring Series **10:00 Lincoln Assa: The Whole Story** **2:00 Hist. Bites : Brownsville Affray** 2:00 Beyond Basic Drawing Series 5:30 Cont. Conversational Spanish	**7** 9:00 Watercolor Painting: Begin. **10:00 From Colonies to Country** 10:00 Let's Talk: Italian: Travel 10:30 Simple Steps to Portraits: Opt. 2 **11:00 DIY Walls for Homeowners**
10 **2:00 The Supreme Court Today** 4:00 EchoBot: Family Legacy AI	**11** **10:00 Discover a Season: Bird Walk at Point of Rocks** 12:30 Hist. of the Army of the Poto. 6:00 Chickenology	**12** 1:00 Writing Life Story: Tales Grdchdn 2:00 Mid. East Studies: Current Issues **6:00 Psy. Dev. Series: Scrying**	**13** **8:30 Maritime and Industrial History of Baltimore** 10:00 Lincoln Assa: The Whole Story **11:00 Sen. Care Opts.: Guide to Jour.**	**14** 10:00 From Colonies to Country 10:30 Simple Steps to Portraits: Opt. 2
17 2:00 The Supreme Court Today 4:00 EchoBot: Family Legacy AI	**18** **8:45 Fashion Archives and Museum of Shippensburg University and Lunch at Gettysburg** 6:00 Chickenology	**19** 1:00 Writing Life Story: Tales Grdchdn	**20** 10:00 Lincoln Assa: The Whole Story	**21** 10:00 From Colonies to Country 10:30 Simple Steps to Portraits: Opt. 2
24 2:00 The Supreme Court Today 4:00 EchoBot: Family Legacy AI	**25** 6:00 Chickenology	**26** 1:00 Writing Life Story: Tales Grdchdn **5:30 Treat Your Body with L.O.V.E.**	**27** 10:00 Lincoln Assa: The Whole Story	**28** **9:30 Acrylic Painting Tech. for Begin.** **9:30 Beyond Beginner Watercolor** 10:00 From Colonies to Country
31 **MEMORIAL DAY** **NO CLASSES**				

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

June 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	**2**	**3** 10:00 Lincoln Assa: The Whole Story	**4** 9:30 Acrylic Painting Tech. for Begin. 9:30 Beyond Beginner Watercolor **11:00 FSO: Scheherazade**
7 2:00 The Supreme Court Today	**8** **11:00 Arts & Cult. Exp.: Fashion in Film**	**9**	**10** 10:00 Lincoln Assa: The Whole Story	**11** 9:30 Acrylic Painting Tech. for Begin.
14 2:00 The Supreme Court Today	**15** 11:00 Arts & Cult. Exp.: Fashion in Film	**16**	**17**	**18** **JUNETEENTH (OBSERVED)** **NO CLASSES**
21	**22** 11:00 Arts & Cult. Exp.: Fashion in Film	**23** **6:00 Psy. Dev. Series: The Spark of Life**	**24**	**25** 9:30 Acrylic Painting Tech. for Begin.
28	**29**	**30**		

More summer classes will be added when we develop the Summer/Fall '27 courses

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

July 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	**2**
5	**6** **9:00 Summer Watercolor Open Studio: Intermediate and Advanced Painters**	**7**	**8**	**9**
12	**13** 9:00 Summer Watercolor Open Studio: Intermediate and Advanced Painters	**14**	**15**	**16**
19 **2:00 The History of the United States Supreme Court: 2026-27 Term Summary**	**20** 9:00 Summer Watercolor Open Studio: Intermediate and Advanced Painters	**21**	**22**	**23**
26 2:00 The History of the United States Supreme Court: 2026-27 Term Summary	**27** 9:00 Summer Watercolor Open Studio: Intermediate and Advanced Painters	**28**	**29**	**30**

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

February 2027

SATURDAY
6 **9:00 Comfort Foods & Baking: Valentine's Dessert Charcuterie Board** **10:00 Beginner Pen and Ink Drawing** **11:00 Haunted Souths: Literature, History, and the American Past**
13 10:00 Beginner Pen and Ink Drawing **11:00 A Taste of Asia: Hot & Sour Soup and Beef with Tomatoes** 11:00 Haunted Souths: Literature, History, and the American Past
20 **9:30 Camera and Photography Basics** 10:00 Beginner Pen and Ink Drawing 11:00 Haunted Souths: Literature, History, and the American Past
27 9:30 Camera and Photography Basics 10:00 Beginner Pen and Ink Drawing 11:00 Haunted Souths: Literature, History, and the American Past

March 2027

SATURDAY
6 **9:00 DIY Basic Vehicle Maintenance** 11:00 Haunted Souths: Literature, History, and the American Past
13 **9:00 Comfort Foods & Baking: Savory and Sweet Spring Brunch** **9:30 Mastering Exposure** 11:00 Haunted Souths: Literature, History, and the American Past
20 **9:30 Cell Phone Photography** 11:00 Haunted Souths: Literature, History, and the American Past
27 9:30 Cell Phone Photography **11:00 A Taste of Asia: Pad Thai Noodles and Chicken Panang Curry**

April 2027

SATURDAY
3 **SPRING BREAK, NO CLASSES**
10 **SPRING BREAK, NO CLASSES**
17 **9:00 Comfort Foods & Baking: Spring Breads and Flavored Butters** **9:30 Photographic Composition**
24 **10:00 Retirement 101: Achieving Peace of Mind in Retirement**

May 2027

SATURDAY
1 **11:00 A Taste of Asia: Thai Basil Chicken and Lo Mein**
8 **9:30 Managing & Archiving Cell Phone Photographs**
15 **10:00 Frederick Walking Tour: Ice Street, All Saints, and West South Street** **9:00 Ghost Hunting 101: Mt. Olivet Cemetery Investigative Field Trip**
22 **11:00 Artificial Intelligence Dilemmas: How to Thrive in an AI-Enabled World During Retirement**

June 2027

SATURDAY
5 **9:30 Camera and Photography Basics**
12 9:30 Camera and Photography Basics **10:00 Frederick Walking Tour: Ice Street, All Saints, and West South Street**
19 **JUNETEENTH, NO CLASSES**

Frederick Community College, ILR Winter/Spring 2027 – 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 affected from time to time in the schedule. FCC reserves the right to cancel courses due to insufficient enrollment. Full refunds will be issued for canceled courses.

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

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

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

Board of Trustees (11/13/26) – Dr. William Reid, *Chair* • Dr. Carmen R. Hernandez, *Vice Chair* • Jan H. Gardner • Carolyn Kimberlin • Theodore M. Luck • Tracey McPherson • Stephen G. Slater
Dr. Annesa Payne Cheek, *FCC President/Secretary-Treasurer* • Janice Spiegel, *Special Projects Manager/Budget Office Frederick County Government*

How to Register for ILR Classes

ONLINE



- Go to Frederick.edu/ILR
- Click Login/Create Account in the green menu bar below the FCC logo.
- 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 ILR Programs to view available classes.
- On a class page, click Add to Cart to begin and then View Cart to continue the registration process.
- Check Agree to Refund Policy.
- Click Check Out to submit payment and complete your registration.

NEED HELP REGISTERING?



CEWD Registration Office – Jefferson Hall
For in-person registration.

- For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888 during normal business hours:
  Monday: 8:30 a.m. - 6:00 p.m.
  Tuesday - Friday: 8:30 a.m. - 4:30 p.m.
- Peak Months (January, July, and August)
  Thursdays: open until 6:00 p.m.

Waiting List

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

Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional $5 fee per class. Out-of-State students (residing outside of Maryland) are charged a $10 fee per class.
- A $15 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 this period.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents for select classes.

Class Refund Policy

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

Drop/Refund Request within Refund Period

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

Students have two methods to drop a class:

1. Self-drops: log into your account at frederick.edu/ILR. Navigate to Menu > Cancel. Self-drops are available up to seven (7) days prior to the class start date.
2. Email CEInfo@frederick.edu any time prior to the refund deadline. The drop/refund request must be initiated from the email address associated with the student's account.

Refund Request Outside of Refund Period

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

Approved Refunds

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

Registration Fee

A $15 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 this period.

Age Requirements

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

College Policies & Procedures

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

Family Educational Rights & Privacy Act of 1974 (FERPA)

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

ILR Registration Worksheet

DO NOT MAIL

Use this table to organize the classes you wish to take, including the course number, 5-digit class ID, class title, start date, and total cost. Having this information ready will make registration easier, whether online at **www.frederick.edu/CEWDlogin** or in person at Jefferson Hall. For help contact us at CEinfo@frederick.edu or 301.624.2888.

Course #	5-Digit #	Title	Start Date	Total Cost*

*** A $15.00 one-time non-refundable annual registration fee will be charged when applicable. If applicable, additional $5 out of county and $10 out of state fees will apply.**

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



BUILDINGS

1. Annapolis Hall (A)
2. Athletics Center (D)
3. Braddock Hall (B)
4. Catoctin Hall (C)
5. Conference Center (E)
6. FCPS Career & Technology Center
7. Gambrill Hall (G)
8. Jefferson Hall (J)
9. Linganore Hall (L)
10. Mercer-Akre Kiln (K)
11. Miller Center for Healthcare Training (M)
12. Plant Operations (P)
13. Student Center (H)
14. Sweadner Hall (S)
15. Visual & Performing Arts Center (F)
16. Monroe Center

ATHLETICS

17. Athletic Fields Facilities
18. Baseball Field
19. Practice Field
20. Soccer Field
21. Softball Field
22. Tennis Courts



Monroe Center
200 Monroe Avenue, Frederick, MD 21701

PARKING

23. Parking Lot 1
24. Parking Lot 2
25. Parking Lot 3
26. Parking Lot 4
27. Parking Lot 5
28. Parking Lot 6
29. Parking Lot 7
30. Parking Lot 8
31. Parking Lot 9
32. Parking Deck
33. Staff Parking
34. Visitor Parking
35. Monroe Center Parking

Frederick Community College

7932 Opossumtown Pike, Frederick, MD 21702

Visit maps.frederick.edu or scan the QR code to view our interactive map and get directions.

Frederick Community College
Institute for Learning in Retirement (ILR)
7932 Opossumtown Pike
Frederick, Maryland 21702

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THE CURIOUS TRAVELER CLUB

Free and open to all ILR students



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

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

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

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

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