The Lifelong Learning Institute is committed to creating intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. Adults of any age may register for these classes. Students 60+ pay fee only.
Message from the Program Director

Dear Lifelong Learning Institute Students,

The warmer weather and increased availability of vaccines are signs that we may gradually begin to get back to normal, while still maintaining proper precautions.

In that regard, our Summer Semester classes will continue to take place online to provide for the safety of our students, faculty, and staff.

From the comforts of your home, you can travel around the world with Professor Naomi Daremblum learning about history and culture of the Baltics, discussing similarities and differences between political and societal structures of North and South Korea, and exploring Venice through art and literature. There are also classes that focus on local history—“Off-the-Beaten Path in Montgomery County,” “History of Enslavement in the District of Columbia: Virtual Tour,” and “The Architecture of Washington D.C.”

For lovers of literature and film, we are offering “International Short Stories,” “Irish Short Stories,” and “American Hardboiled Detective Fiction and Film Noir.” The poet, Amanda Gorman, inspired interest in poetry with her poem, “The Hill We Climb,” during the Inauguration. In response to this interest, we are offering two courses — “Appreciating Poetry” and “Let’s Play With Words—Poetry Writing.”

Summer is also the time for blooms in your garden. Our horticulture instructors will teach you how to grow organic vegetables, annuals, perennials, decorative trees, and shrubs. You can enhance your cooking skills with our fabulous professional chef, who is teaching a class in international cuisine.

The desire to promote good health and resiliency prompted us to offer courses in memory training in partnership with Holy Cross, classes in meditation, and a wide range of fun classes in physical wellness—t’ai chi, yoga, and a new class—a combination of fitness with dance called—LaBlast® Ballroom Dance Fitness.

If you are interested in teaching or have course suggestions, please email me: Natasha.Sacks@montgomerycollege.edu.

Grow, learn, and thrive with us!

Natasha Sacks, M.S. NCC, LCPC
Program Director
Natasha.sacks@montgomerycollege.edu
240-997-2138

Virtual Face-to-Face in Real-Time!

All LLI Summer Classes are being taught online with Zoom

All LLI Summer Classes are being taught online (structured remote/synchronous or by distance learning) using live Zoom sessions. Zoom allows students to hear and see the instructor as they present their class using videos, powerpoints, and lectures. Zoom also offers students the opportunity to interact with the instructor and other students—asking questions and joining in discussions. All of this is during real-time, helping you stay connected.

It’s Easy to Zoom! Three days before your class, your instructor will send you a link to your class. You will need to have a working microphone built into your device or headphones with a microphone. If you do not, you can use the free phone conference feature. You will need to visit: https://zoom.us/download and download the Zoom application onto your computer. It only takes a few minutes. We recommend that you do this in advance to make sure all your computer components are working.

Note: We plan to run classes online until Montgomery College makes the decision to return to face-to-face classes. If this happens, those unable to attend in person will still be able to take the class online.

Registration Process During COVID-19

Due to COVID-19, face-to-face registrations are not available until the restrictions are lifted.

Registration options:

Online: Please visit the link below for Registration Information (including links to detailed online registration instructions).
www.montgomerycollege.edu/wdce/registerops.html
For assistance with online registration, please contact Customer Service 240-567-5188
Fax: Please fax completed registration form to 240-567-1877
Mail-In: Montgomery College
Workforce Development and Continuing Education
51 Mannakee Street
Campus Center Room 220
Rockville, Md 20850-1195
(Credit card is the preferred method of payment during COVID-19 due to limited access for bank deposits of checks).

Please register at least 3 days before the start of class to ensure your information is provided to your instructor. If you do not receive your class link, please contact customer service.
Archaeology and World Cultures

Exploring The National Parks
Content: National Parks of the Washington, D.C. Metro Area
The Washington, D.C. metro area hosts a complete collection of national parks that includes iconic monuments, memorials, and natural habitats. But did you know there are several lesser-known national park sites that are just a day trip away? Join your instructor, a 36-year career National Park Service employee, to discuss the history of the parks of the D.C. metro area and how they came to be part of the national park system. Examine well—and lesser—known parks of the D.C. metro area and learn the best method to plan your next visit. TWA

Course: LLI166  8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 46656  4 Sessions  W
5/12-6/2  1:30-3:30 p.m.
Instructor: TBA

The Baltics  NEW
Are you interested in learning more about the Baltic region and its international significance? Explore the geographical, historical, political, and cultural boundaries of Latvia, Lithuania, and Estonia. Discuss how their location made them a strategically desirable corner of Europe. Trace the countries’ evolution from their ninth-century tribal beginnings to their present status as three thriving and separate nation states. Discuss the region’s complex twentieth-century history, which culminated in the eventual re-establishment of national sovereignty after 1991. TWA

Course: LLI615  10 Hours
$69 + $89 fee = $158; NMR add $120

Online: Structured Remote
CRN#: 46809  5 Sessions  W
6/3-7/1  6:30-8:30 p.m.
Instructor: Michael Koren

Art

Amazing Photos With Your DSLR Camera
Explore the settings found on a modern digital camera. Discuss the different exposure, metering, autofocus, and white balance modes of a digital camera. Practice the basic methods of saving and storing your digital images. This course is for beginners in digital photography or those who acquired a camera with manual controls. TWA

Course: LLI470  10 Hours
$65 + $89 fee = $154; NMR add $120

Online: Structured Remote
CRN#: 46660  5 Sessions  R
6/3-7/1  6:30-8:30 p.m.
Instructor: Michael Koren

Amazing Photos with Your Phones and Tablets
Start with the basics of learning how to use a mobile phone camera; review the settings for optimal image capture; and explore pro tips and techniques of exposure, composition, and focus to produce the best results. Assess a select group of apps for image capture, processing, and display. Practice ways of transferring images from your mobile device to a computer. This class is designed for users of iOS and Android mobile devices. Some apps demonstrated may need to be purchased. Purchase of these apps are approximately $20. TWA

Course: LLI471  8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 16445  4 Sessions  R
7/8-7/29  6:30-8:30 p.m.
Instructor: Michael Koren

Share Your Expertise with Lifelong Learners
The Lifelong Learning Institute is seeking talented presenters and enthusiastic instructors to teach online and face-to-face: Archaeology, Astronomy, Biology, Botany, World Cultures, Philosophy, Journalism, Food/Wine History, Human Physiology and others. If interested, please contact Natasha Sacks, Program Director, at Natasha.Sacks@montgomerycollege.edu
Drawing with Pencils, Charcoal, or Pastels
This course will help you develop fundamental drawing skills. Learn basic techniques such as blocking in the composition with pencil, shading with charcoal, and using pastels to create vibrant color. Begin by drawing a still life and move onto landscape and portrait drawings from photographs. Examine these subjects using a variety of media (pencil, color pencils, charcoal, pastel, ink, and watercolor). This class is designed for students of any skill level. Supply list is available on the LLI website. TWA

Course: LLI698  12 Hours
$95 + $92 fee = $187; NMR add $120

Online: Structured Remote
CRN#: 46620  6 Sessions  M
5/17-6/28  6:30-8:30 p.m.
No class 5/31
Instructor: Tatiana Martin

CRN#: 16453  6 Sessions  W
7/7-8/11  10:30 a.m.-12:30 p.m.
Instructor: Tatiana Martin

The Art of Sketching
Whether you are an avid sketcher or new to the art, sketching allows you to record events such as a trip to a foreign land, a tour of a local garden, or a special occasion such as a birth or anniversary. Examine different types of sketches, such as, drawings, or quick paintings. Explore adding short captions, notes, parts of conversations, and observations to create a journal. Utilize sketches to plan an organic garden, create a preliminary drawing for a painting or portrait, or provide an outlet for discovering solutions to a variety of problems. Learn how to improve your observational skills while sketching with pen, pencil, or watercolor. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI970  12 Hours
$95 + $92 fee = $187; NMR add $120

Online: Structured Remote
CRN#: 46622  6 Sessions  T
6/1-7/6  10:30 a.m.-12:30 p.m.
Instructor: TBA

Watercolor Techniques I
Explore the beauty and magic of watercolor painting through a structured series of exciting classes that focus on basic watercolor techniques. Learn techniques of various washes, ‘wet-on-wet,’ and dry brush on wet and dry paper by watching the instructor demonstrate before performing the technique yourself. Basic drawing will be reviewed as needed. Practice the techniques by painting from a still life or photo. Creation of an individual style is encouraged. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI609  12 Hours
$95 + $92 fee = $187; NMR add $120

Online: Structured Remote
CRN#: 46615  6 Sessions  W
6/2-7/7  2-4 p.m.
Instructor: TBA

Art Supply List!
Material lists for LLI Art classes are available at www.montgomerycollege.edu/lifelonglearning/

TWA=Tuition Waiver Applies;  Maryland Resident Age 60+ Pay Fee Only.
NMR=Non-Maryland Resident

Online: Structured Remote
CRN#: 46620  6 Sessions  M
5/17-6/28  6:30-8:30 p.m.
No class 5/31
Instructor: Tatiana Martin

Online: Structured Remote
CRN#: 16452  6 Sessions  R
7/1-8/5  1:30-3:30 p.m.
Instructor: Tatiana Martin

How to Paint Like an Impressionist
This course will introduce you to the Impressionist movement and explain how it came about. Discuss the historical context, style, and inspiration for the movement. Explore techniques such as pointillism, impasto, use of palette-knife, layering, and Impressionist use of color. Apply these methods with individual instruction to create your own Impressionist painting with watercolor or acrylic. Supply list is available on the LLI website. TWA

Course: LLI652  12 Hours
$95 + $92 fee = $187; NMR add $120

Online: Structured Remote
CRN#: 46622  6 Sessions  T
6/1-7/6  10:30 a.m.-12:30 p.m.
Instructor: Tatiana Martin

Art Classes
Zoom allows students to hear and see the instructor as they demonstrate the class techniques, as well as allowing the instructor to see the students work in real time. Zoom also offers students the opportunity to interact with the instructor and other students—asking questions and joining in discussions.
Art History

Antoni Gaudi: Catalan Visionary
Have you seen or visited Spain’s most popular tourist site—the La Sagrada Familia—and wondered about the architect? Learn about the life and whimsical works of famed architect, Antoni Gaudi. Examine his many architectural wonders in and around Barcelona including the iconic church, La Sagrada Familia, private residences, a park, and even furniture. Explore the variety of materials he used to achieve his distinctive style including scrap iron, broken dishes, and reinforced concrete. Discuss how Gaudi looked back to the Gothic, Moorish, Islamic, and Indian styles in order to create his own unique language of architecture. TWA
Course: LLI359 4 Hours
$45 + $69 fee = $114; NMR add $120
Online: Structured Remote
CRN#: 46655 2 Sessions F
6/11-6/18 10:30 a.m.-12:30 p.m.
Instructor: Ruth Manchester

Art of the Reformation: Propaganda and the Papacy
What were the reasons behind Martin Luther’s 95 Theses that he nailed to the door of Castle Church in Wittenberg, Germany? How were the events recorded in paintings, woodcuts, and engravings? Learn about events leading up to, during, and after the Protestant Reformation. Discuss propagandistic art and its depiction of the Protestant movement and the Papacy. Examine art of the time with special emphasis on propaganda. Compare the works of leading artists of the time including Lucas Cranach the Elder, Lucas Cranach the Younger, and Albrecht Dürer. Explore two major exhibitions from 2017 that featured this art - one at the Minneapolis Institute of Art and one at the Morgan Library in New York. TWA
Course: LLI631 4 Hours
$45 + $69 fee = $114; NMR add $120
Online: Structured Remote
CRN#: 16450 3 Sessions R
7/8-7/22 1:30-3:30 p.m.
Instructor: Irina Stotland

Belle Époque: The Age of French Art, Literature, and Music
Are you interested in learning about the La Belle Époque period? Discuss the rise of artistic modernism in France’s Third Republic and Paris’ importance in art, music, and literature. Examine the works of key literary artists including Emile Zola and Guy de Maupassant. Critique the operas of Georges Bizet, Camille Saint-Saëns, and Jules Massenet, and the plays of Victorien Sardou and Edmond Rostand. Analyze the relationship between modernity and the artists of the period. TWA
Course: LLI632 8 Hours
$59 + $79 fee = $138; NMR add $120
Online: Structured Remote
CRN#: 46618 4 Sessions R
6/3-6/24 6:30-8:30 p.m.
Instructor: Naomi Daremblum

Claude Monet: The Master of Light
Claude Monet drew inspiration for his Impressionist plein-air paintings from nature – the cathedrals and parks of the cities and the haystacks, cliffs, and ponds of the countryside. Follow Monet’s artistic development by examining the evolution of his style and influences. Explore the new concepts of perception, the new importance of landscape, and the new objective of painting light. Study the style, characteristics, and techniques of French Impressionism. Analyze some of the most famous works of Monet. TWA
Course: LLI606 6 Hours
$45 + $72 fee = $117; NMR add $120
Online: Structured Remote
CRN#: 16450 3 Sessions R
7/8-7/22 1:30-3:30 p.m.
Instructor: Irina Stotland

Please register early!
Class cancellations are processed at least a week before the start date due to low enrollments.

Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. Please email all three of us, the day before your class, if you do not hear from the instructor.
tracy.ritenour@montgomerycollege.edu
lynda.schrack@montgomerycollege.edu
natasha.sacks@montgomerycollege.edu
Exploring the History of Venice Through Art and Literature

New content! Venice is a city-mystery that continues to fascinate through centuries. Explore the Venice of history, the Venice of Italians, and the Venice of travelers, artists and writers. Follow in their footsteps and discover the Venice that has beguiled so many. Learn about Venice from the Middle Ages through the flowering of the Italian Renaissance, when Italian painters, sculptors, musicians, and writers remade the world and made Italy, once again, the center of Western Civilization. Explore the history, politics, art, and culture of Venice in this interactive and engaging course. TWA

Course: LLI373 10 Hours
$65 + $89 fee = $154; NMR add $120
Online: Structured Remote
CRN#: 46807 5 Sessions T
6/1-6/29 10:30 a.m.-12:30 p.m.
Instructor: Naomi Daremblum

Fists of Fabric: Quilts as Tools of Social Justice

Despite their delicate and decorative nature, quilts can be powerful tools in the fight for social justice. Learn about the many ways textile artists have engaged in what has become known as craftivism—using arts and crafts as a tool for activism. Discuss characteristics of quilts created for this purpose including anti-war quilts, the AIDS quilt, feminism quilts, and quilts highlighting racial injustice and police brutality.

Course: LLI604 1.5 Hours
$10 + $15 fee = $25; NMR add $30
Online: Structured Remote
CRN#: 46612 1 Session F
5/14-5/14 12-1:30 p.m.
Instructor: Angela Lanier

Sandro Botticelli: The Rediscovered Renaissance Genius

Sandro Botticelli stands in the center of the artistic explosion of Renaissance Florence during the 15th century. Explore the full span of his oeuvre—from the elegant golden style of his images of mythological creatures in Primavera and The Birth of Venus to the more somber figures of martyrdom in the melancholy Lamentation. Examine the style and characteristics of the Italian Renaissance. Learn about the objective of Neoplatonism. Discuss Botticelli’s style exhibited in his paintings. TWA

Course: LLI607 6 Hours
$45 + $72 fee = $117; NMR add $120
Online: Structured Remote
CRN#: 46614 3 Sessions R
6/3-6/17 1:30-3:30 p.m.
Instructor: Irina Stotland

The Architecture of Washington, D.C.: It’s Not All Neo-Classical

Have you ever looked closely at the buildings in Washington, D.C.? Is there any pre-revolutionary or 19th century architecture left? Explore the different architectural styles of the various buildings—neo-classical, art deco, brutalist—and more. Discuss if there is any pre-revolutionary architecture left. Analyze the 20th century building boom including the need for new government buildings. Identify 21st century “avant garde” style buildings. TWA

Course: LLI077 6 Hours
$45 + $72 fee = $117; NMR add $120
Online: Structured Remote
CRN#: 46654 3 Sessions T
5/11-5/25 10:30 a.m.-12:30 p.m.
Instructor: Ruth Manchester

The Art of Ancient Greece and Rome

Explore the art of ancient Greece and Rome. Examine the development of art and sculpture from the geometric style of Greek vase painting up to the Classical and Hellenistic sculpture and architecture. Study Roman art, architecture, and sculpture from the time of the Republic to the fall of the Roman Empire. Discuss the social and historical context of Greece and Rome and analyze the most significant themes of Greco-Roman mythology. TWA

Course: LLI250 6 Hours
$45 + $72 fee = $117; NMR add $120
Online: Structured Remote
CRN#: 46657 3 Sessions M
6/14-6/28 1:30-3:30 p.m.
Instructor: Irina Stotland
The Bauhaus-102 Years Old and Still Relevant

Note the chair you sat in today? The tea pot you brewed your tea in? These prototypes may have come from Bauhaus design. Learn about the architect, Walter Gropius, who designed the actual "Bauhaus" in Dessau, Germany, and was its first director. Analyze the design philosophy of the Bauhaus and Nazi Germany’s philosophy on art. Explore the leading artists and architects of the Bauhaus including Gropius, Mies van der Rohe, and Marcel Breuer and learn what happened to them after the Bauhaus closed in 1933. Examine the successes and failures, and what designs, originating at the Bauhaus, are still in use today. TWA

Course: LLI605 6 Hours
$45 + $72 fee = $117; NMR add $120

Online: Structured Remote
CRN#: 46613 3 Sessions T
6/8-6/22 6:30-8:30 p.m.
Instructor: Ruth Manchester

Brain Fitness Institute

Embracing Imperfection through Meditation

Discover ways to quiet the judging, ruminating mind. Cultivate qualities that emerge from embracing imperfection: authenticity, self-compassion, resilience, creativity, gratitude, and joy. Whether you are brand new to meditation or have practiced for years, this course will enable you to be more fully present to the experiences of your life. Recommended reading: The Gifts of Imperfection by Brene Brown. TWA

Course: LLI613 6 Hours
$45 + $72 fee = $117; NMR add $120

Online: Structured Remote
CRN#: 46616 4 Sessions W
6/9-6/30 10 a.m.-11:30 a.m.
Instructor: Carol Moore

Meditation for Mindfulness and Stress Reduction

One of the most beneficial effects of meditation is a sense of calm and relaxation. In this course you will learn a few simple mindfulness meditation practices that can result in a more consistent sense of well-being, less reactivity to negative experiences, and an enhanced quality of sleep and brain development. This course does not require experience with meditation or sitting in any particular posture. TWA

Course: LLI249 6 Hours
$45 + $72 fee = $117; NMR add $120

Online: Structured Remote
CRN#: 46876 4 Sessions T
5/4-5/25 1-2:30 p.m.
Instructor: Phil Bender

Memory Academy: Train Your Brain to Retain!

Have you experienced ‘senior moments?’ Struggled to remember where you placed your car keys, or experienced that ‘tip of the tongue’ feeling when trying to recall someone’s name? Discuss what memory is and how it works. Learn new techniques on how to: remember what you did in the past; put names to faces; and remember lists, errands, or other things you need to do. Examine your individual learning style and the technique that works best for your style in order to improve your memory. Practice applying learned memory techniques to real life situations. This program originated with the UCLA Center on Aging and is taught by a Holy Cross Hospital memory specialist. TWA

Course: LLI396 10 Hours
$65 + $89 fee = $154; NMR add $120

Online: Structured Remote
CRN#: 46876 5 Sessions F
6/4-7/9 1-3 p.m.
No class 7/2
Instructor: Holy Cross Hospital

Registration is Open!
Register early as some classes fill quickly.

TWA=Tuition Waiver Applies; Maryland Resident Age 60+
Pay Fee Only.
NMR=Non-Maryland Resident
Secrets of Longevity: From the Blue Zones and Beyond
What is the secret to a long and healthy life? Travel virtually around the world to the countries of Blue Zone areas and other communities where people live the longest and learn from their practices and wisdom. Examine what research and studies tell us about longevity—who lives the longest and why. Learn practical strategies from super-agers and apply them to your daily life.

Course: LLI480  2 Hours
$20 + $15 fee = $35; NMR add $30

Online: Structured Remote
CRN#: 46661  1 Session  W
6/9  6:30-8:30 p.m.
Instructor: Natasha Sacks

Careers and Employment for 50+

Career Exploration Boot Camp
What are you good at? What are your natural and work-related strengths? Discover and match them with career areas in which you would be most successful. Choose to apply your skills to your career or volunteering and other life opportunities. Engage in a series of insightful individual and group exercises and conduct research into career areas of interest to you. Draft your career plan while being supported through your career exploration stage by your classmates and career coach. TWA

Course: CRP013  12 Hours
$45 + $59 fee = $104; NMR add $120

Online: Structured Remote
CRN#: 46702  6 Sessions  M W
6/7-6/23  7-9 p.m.
Instructor: Mary Pat Brennan

Employment Search Boot Camp
Learn traditional and innovative job search techniques to help you land the job you want. This class provides a comprehensive approach to employment search, including resume writing, LinkedIn, and the latest self-marketing and networking techniques. Explore how to distinguish yourself from others competing for the same jobs and try new job search strategies. Learn how to use career and job search resources, such as Career Coach, and networking and employment resources such as social media. TWA

Course: CRP014  10 Hours
$0 + $25 fee = $25; NMR add $0

Online: Structured Remote
CRN#: 46703  5 Sessions  M W
6/21-7/7  7-9 p.m.
Instructor: Nicole Cyrus

How to Be Organized and Efficient at Work and Home
How do you value your time? Learn about scheduling and task organization tools as well as software applications to help you manage your projects, big or small, avoid scope creep, and remember your schedule. Practice vision shaping activities to help you organize your priorities and apply changes, inclusive of family and professional goals. Outline a project plan, prepare and monitor a weekly schedule, and keep track of details and important data. TWA

Course: LLI032  6 Hours
$35 + $69 fee = $104; NMR add $120

Online: Structured Remote
CRN#: 46802  3 Sessions  T
6/15-6/29  7-9 p.m.
Instructor: Marcy Jackson

Update Your Email and Contact Information
Please contact customer service (240-567-5188) to update your email address or other contact information so you can receive the classroom instructions. Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. Please email all three of us, the day before your class, if you do not hear from the instructor.
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lynda.schrack@montgomerycollege.edu
natasha.sacks@montgomerycollege.edu

Consider making a donation to the emergency funds for MC students.
Visit montgomerycollege.edu/onlinegiving and click on "student emergency assistance" in the dropdown menu.
Computers and Technology

Knowing Technology: Your Computer and Devices  NEW
Home computing devices are changing the way we live daily life, work, and play. This course is for home users of computers and digital technology. Get to know what home digital devices can do for you. Learn how to save money and make the best use of these new technologies to enhance your life.

Course: LLI664  2 Hours  
$15 + $10 fee = $25; NMR add $30

Online: Structured Remote  
CRN#: 46880  1 Session  T  
6/8  1-3 p.m.  
Instructor: Carl Burnett

Knowing Technology: Your Cloud Storage Services  NEW
Cloud computing storage is used every day for productivity at home and at work. What are the critical issues concerning cloud storage? Also, cloud computing storage takes many forms and it may be confusing to figure out how to make the most of each service. From One Drive to iCloud, to Google drive, the course covers the critical cloud storage issues. Learn how to determine which apps work best for you, how to find and access them, and how to manage these apps on any device.

Course: LLI669  2 Hours  
$15 + $20 fee = $35; NMR add $30

Online: Structured Remote  
CRN#: 46881  1 Session  T  
6/15  1-3 p.m.  
Instructor: Carl Burnett

Knowing Technology: Your Digital Security  NEW
Everyone has created a digital footprint. Whether it’s your password, username, SSN, IP address, or home address everyone has a digital identity. Protecting and controlling your digital identity starts with understanding what it is, and how you control its use. This course is designed to provide you with the tools to understand and use the latest digital security measures to secure your digital assets.

Course: LLI670  2 Hours  
$15 + $20 fee = $35; NMR add $30

Online: Structured Remote  
CRN#: 46992  1 Session  T  
6/22  1-3 p.m.  
Instructor: Carl Burnett

Knowing Technology: AI in Your Smart Home  NEW
Learn the history of artificial intelligence (AI) and how machine learning is currently being used to implement AI technologies. Examine the current state of technologies used in AI like Voice Recognition, Remote Sensing, Computer Vision and Hearing, and more. Explore Smart Home technologies powered by Artificial Intelligence (AI). Discuss how artificial intelligence is changing banking, shopping, entertainment, medical assistance, home security, energy conservation, and home appliances.

Course: LLI671  4 Hours  
$20 + $49 fee = $69; NMR add $50

Online: Structured Remote  
CRN#: 46882  2 Sessions  T  
6/29-7/6  1-3 p.m.  
Instructor: Carl Burnett

History and Current Events

Black Facts Lost in History  NEW
Explore little known "Black facts." Examine how history has been written, leaving out an entire race of people, as though they never existed or contributed to human development. Discuss whether these facts were misinterpreted or simply denied, lost, stolen, strayed, or misrepresented on purpose. Analyze these facts to discover how they shaped or sustained the information from the story of human development taught in western culture and if the new information even makes a difference. Learn how to continue researching to rewrite history for yourself, as well as the story of human development. TWA

Course: LLI633  8 Hours  
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote  
CRN#: 46619  4 Sessions  M  
6/7-6/28  1:30-3:30 p.m.  
Instructor: Damaur Quander

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NMR=Non-Maryland Resident
Espionage, Cryptology, and Plots
Demystify the various methods used during World War II to disrupt, mislead, and hide from the enemy the true intentions of the combatants. Discuss the various espionage operations and the operations of individual spies, such as Cicero and Garbo. Explore the history of various codes, devices used, and how the codes were eventually broken—the most famous being the Enigma code used by the Germans. View in-class demonstrations of encryption techniques as well as images taken at Bletchley Park by the instructor. Examine plots, such as Operation Long Jump, the plot to assassinate the Big Three-Stalin, Churchill, and Roosevelt, as well as the attempted assassination of Hitler by his own officers. Discuss special operations, such as the rescue of Mussolini by Otto Skorzeny and counter-intelligence techniques, such as the broad strategic deceptions of Operation Bodyguard. TWA

Course: LLI955 12 Hours
$69 + $92 fee = $161; NMR add $120

Online: Structured Remote
CRN#: 46621 6 Sessions T
5/25-6/29 1:30-3:30 p.m.
Instructor: Harry Cawood

History of Enslavement in the District of Columbia: Virtual Tour
Examine the history of enslavement in the original Federal City (the District of Columbia). Analyze how the District of Columbia would become the center of the domestic traffic in enslaved blacks, under support of law and Constitution. Take a virtual tour of the buildings and locations, in which enslaved persons, adults and children, were penned, ahead of auction and sale. Explore the constructions—White House, Capitol, Washington Monument, the Underground Railroad, among others—that were built with enslaved Africans and indigenous peoples of the Potomac. Discuss current events related to racial inequality. TWA

Course: LLI660 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 46658 4 Sessions R
6/3-6/24 7-9 p.m.
Instructor: Edward Ingebreten

Interested in receiving the Lifelong Learning Institute e-newsletter, class updates, and free events? Just e-mail:
tracy.ritenour@montgomerycollege.edu
or visit our website to sign-up to be placed on our mailing list.

Iran in the Middle East
How the Islamic State Widens Its Reach Through Alliances
Explore the Islamic Republic of Iran’s complicated political system and its ability to widen its power projection in the region and beyond relying on the support of groups that are part of a Tehran-led alliance across the region. Examine the context for the rise of the Islamic Republic of Iran. Identify key Iranian regional allies and analyze the geopolitical and historical basis for these alliances. Discuss some of the key regional challenges and goals for Iran. TWA

Course: LLI635 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 16617 4 Sessions W
7/14-8/4 2-4 p.m.
Instructor: Naomi Daremblum

Jewish Resistance During the Holocaust
Questions of Jewish resistance against the Nazis during the Holocaust has been a topic of great interest and controversy since World War II. Examine the extent of Jewish resistance, its limitations, and its achievements. Explore Jewish resistance in the ghettos, camps, and forests. Discuss the daily life of Jews under the Nazi occupation. Learn about the formation of an all Jewish fighting unit in the British army. TWA

Course: LLI368 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 16658 4 Sessions R
6/3-6/24 7-9 p.m.
Instructor: Eric Gartman
Jews in China
Jewish Diaspora in China is a unique experience for world Jewry, as China is the only country in the Far East that has had Jews living in its society for over 1,000 years. Examine the communities dating back to the 7th and 10th centuries, as well as the 19th century, which became an essential part of the economic and social life of modern Chinese cities. Explore what brought a large number of Jews to China, where these individuals came from, and how they arrived. Discuss the longevity of these communities and how their communities connect with modern times. TWA

Course: LLI324 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 46805 4 Sessions  M 5/10-6/7 6:30-8:30 p.m.
No class 5/31
Instructor: Naomi Daremblum

Off-the-Beaten Path in Montgomery County NEW
Do you know the “Top 10” lesser-known spots in Montgomery County? Explore the historical importance or amazing natural beauty of these spots through an illustrated presentation. Learn about some famous residents’ homes and houses designed by famous architects. Discuss the spots that have connections to events of national significance, oases of natural beauty, and museums every bit as good as those on the Mall. Examine still-standing relics of Montgomery County’s past, and more. This class is taught by Ralph Buglass in partnership with Montgomery History.

Course: LLI630 2 Hours
$15 + $15 fee = $30; NMR add $30

Online: Structured Remote
CRN#: 46857 1 Session  M 5/24 10:30 a.m.-12:30 p.m.
Instructor: Ralph Buglass

Salem: Superstition, Witchcraft & the History of a Communal Panic
How and why did the accusations of the Salem Witchcraft Trials (1691-93) begin? How and why did they stop? Learn about the Puritans worldview and the socio-political milieu that shaped their reactions to the events leading up to the trials. Explore how this episode illuminates the dynamics of communal panics. Use texts from American history, literature, and popular culture to explore the many ways in which witchcraft was depicted and understood in Britain and the United States in the 17th century. Analyze personal stories found in court records and use them to gain a more human understanding of this tragedy. TWA

Course: LLI363 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 16613 4 Sessions  T 7/13-8/3 1:30-3:30 p.m.
Instructor: Naomi Daremblum

The Better Angels: Women of the Civil War NEW
Five women who changed – and were changed by—the American Civil War Learn about five remarkable women who made important contributions to the Union cause at various stages before, during, and after the critical years of the American Civil War. Explore how the singular actions of Clara Barton, Julia Ward Howe, Sarah Josepha Hale, Harriet Beecher Stowe, and Harriet Tubman led to their prominence during the war, and launched them into successful public roles following the conflict. Instructor Robert Plumb, author of The Better Angels: Five Women Who Changed Civil War America will cover highlights of the women’s contributions, their legacies, and their defining qualities such as courage, self-assurance, and persistence. This class is offered in partnership with Montgomery History.

Course: LLI634 2 Hours
$15 + $15 fee = $30; NMR add $30

Online: Structured Remote
CRN#: 46859 1 Session  W 5/19 10:30 a.m.-12:30 p.m.
Instructor: Montgomery History

Registration is Open!
Register early as some classes fill quickly.

TWA=Tuition Waiver Applies; Maryland Resident Age 60+
Pay Fee Only.
NMR=Non-Maryland Resident
The History of Political Cartooning  NEW
Political cartoons have been a part of American life for several hundred years. Trace this history and examine the nature of political cartoons up to the present day. Explore famous cartoonists including the iconic Herblock, the long-time cartoonist for the Washington Post. Examine the impact of political cartoons on society. Discuss clashes between cartoonists and newspaper publishers. TWA

Course: LLI614  8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 46617  4 Sessions  T
7/13-8/3  10:30 a.m.-12:30 p.m.
Instructor: Joel Cockrell

The Rise of the Business Titans  NEW
Explore the innovators and risk-takers that have shaped U.S. economy and society. Learn about the “Robber Barons,” businessmen in the Gilded Age. Examine the men who built the bull market during the Roaring Twenties. Discuss the innovators who helped save the world from fascism on the ashes of the Great Depression; and “Big Business” at the apex of American dominance. Evaluate the sources of these innovators’ success, the circumstances that made their success possible, and the profound impact of the business elite on our lives. This course is taught by a former U.S. Department of the Treasury historian. TWA

Course: LLI636  6 Hours
$45 + $72 fee = $117; NMR add $120

Online: Structured Remote
CRN#: 46811  3 Sessions  W
5/12-5/26  6:30-8:30 p.m.
Instructor: Jesse Stiller

The Two Koreas: 1945-Present  NEW
Are you curious about the differences and similarities between the two Koreas? Trace the domestic and international processes which resulted in a fratricidal war that divided the Korean peninsula at the 38th parallel. Examine the emergence of the Republic of Korea (South Korea) and the Democratic People’s Republic of Korea (North Korea) as competing regimes within the global context of the Cold War. Discuss the ideological, socio-economic, and cultural differences separating these two regimes. Explore the unexpected similarities experienced by the inhabitants of these mutually antagonistic nation-states as well as the challenges of any plan for re-unification. TWA

Course: LLI616  10 Hours
$65 + $89 fee = $154; NMR add $120

Online: Structured Remote
CRN#: 16638  5 Sessions  R
7/1-8/5  10:30 a.m.-12:30 p.m.
No class 7/8
Instructor: Naomi Daremblum

Warriors, Monks, and Bankers: The Real Story of the Knights Templar  NEW
Have you wondered who and what were the Knights Templar? Examine the true story of these Christian holy warriors whose heroism and alleged depravity have been shrouded in myth. Explore the historical context of medieval European crusading within which the Templars arose. Discuss the relationship between knights, religion, and the Pope. Examine the changing nature of the roles of knights as warriors by the end of the Middle Ages. Analyze the political and religious forces that brought down the Templars. TWA

Course: LLI561  10 Hours
$65 + $89 fee = $154; NMR add $120

Online: Structured Remote
CRN#: 46808  5 Sessions  M
6/7-7/12  1:30-3:30 p.m.
No class 7/5
Instructor: Naomi Daremblum

Please register in advance. Our Customer Service hours are: 8:30 a.m.–5 p.m. Monday–Friday and 8:30 a.m.–4 p.m. Saturday.
If you need assistance with registration, please call 240-567-5188.

TWA=Tuition Waiver Applies;  Maryland Resident Age 60+
Pay Fee Only.
NMR=Non-Maryland Resident
Horticulture

**Annuals and Perennials for Your Garden**
Learn how to select plants, where to purchase annuals and perennials, and plan a blooming garden for this growing zone. Explore vines and climbers—where to use them and how to maintain them. Discuss deer resistant plants, repeat blooming options, and support/structure in an annual and perennial garden. Identify which garden items to avoid, what species make viable substitutions, and compatible plants. Determine how often to divide and how to maintain annual and perennial plants. Examine shade and sun loving plants as well as tropical species that can add special interest to a garden. Discuss which annuals are viable to winter over and how to integrate annuals and perennials into a full season of blooming color and design. TWA

**Course:** LLI579 8 Hours
$59 + $79 fee = $138; NMR add $120

**Online:** Structured Remote
CRN#: 46611 4 Sessions M
5/24-6/21 6:30-8:30 p.m.
No class 5/31
Instructor: Janet Johnson

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**Easy Care Houseplants** [NEW]
Bring beauty and nature into your home. Learn how to choose the right houseplant for your home and space. Discuss pot size, watering schedules, and types of light. Determine when to divide, how to take cuttings, and how to reproduce plants in your home. Analyze nutrition levels and when to fertilize. Identify common pests and learn how to control them. TWA

**Course:** LLI618 4 Hours
$35 + $49 fee = $84; NMR add $50

**Online:** Structured Remote
CRN#: 16615 2 Sessions R
7/22-7/29 6:30-8:30 p.m.
Instructor: Janet Johnson

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**Decorative Trees and Shrubs**
Do you know which trees and shrubs are successful in Mid-Atlantic garden spaces? Learn how to select woody ornamentals and plan a Mid-Atlantic region garden. Discuss deer resistant shrubs and the challenges of bamboo and other invasive plants in the landscape. Analyze which trees and shrubs to avoid. Explore general maintenance techniques. TWA

**Course:** LLI078 4 Hours
$35 + $49 fee = $84; NMR add $50

**Online:** Structured Remote
CRN#: 46803 2 Sessions T
6/15-6/22 6:30-8:30 p.m.
Instructor: Janet Johnson

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**Floral Arrangements for Home and Office**
Learn how to purchase, process, and care for fresh flowers purchased from the supermarket, farmers market, and florist. Discuss the basic tools and containers available to create beautiful floral arrangements. Demonstration of four to six floral designs using supermarket purchases with simple tools and techniques.

**Course:** LLI028 4 Hours
$35 + $49 fee = $84; NMR add $50

**Online:** Structured Remote
CRN#: 16610 2 Sessions R
8/12-8/19 6:30-8:30 p.m.
Instructor: Janet Johnson

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**Garden Design**
Do you ever wish you could have a beautiful home garden? Garden enthusiasts and homeowners will examine the basics of garden design. Discuss current garden trends, and how to integrate the architecture of your home/buildings into the landscape for a cohesive overall design. Learn about using plants and materials that are suitable for the Mid-Atlantic region to create a garden design suitable for your own home. TWA

**Course:** LLI370 8 Hours
$59 + $79 fee = $138; NMR add $120

**Online:** Structured Remote
CRN#: 16614 4 Sessions T
7/27-8/17 6:30-8:30 p.m.
Instructor: Janet Johnson

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If you would like to see a certain course on the schedule, please send your course recommendation to Natasha Sacks, Program Director, at natasha.sacks@montgomerycollege.edu.
Introduction to Organic Vegetable Gardening

This course provides gardeners a way to produce vegetables for their household while using sustainable gardening practices. This class will cover what to plant, when to plant, and how to plant vegetable crops that are well suited to Maryland. In addition, how to organically control pests and diseases will be discussed. Furthermore, guidance will be provided on designing vegetable gardens. TWA

Course: LLI825 5 Hours
$40 + $69 fee = $109; NMR add $120

Online: Structured Remote
CRN#: 46815 2 Sessions W
5/12-5/19 6:30-9 p.m.
Instructor: Terri Valenti

Orchids: How to Grow and Bloom

Discover how to be successful with orchid selection in the home environment. Learn how to purchase, care, transplant, and water your orchids. Discuss how to rebloom your orchid, when to fertilize, and when to prune.

Course: LLI022 3 Hours
$15 + $15 fee = $30; NMR add $30

Online: Structured Remote
CRN#: 16609 1 Session T
7/20 6:30-9:30 p.m.
Instructor: Janet Johnson

Human and Natural Science

Biological Diversity in Maryland: from Oaks to Orioles

Did you know that Maryland is referred to as America in Miniature? Learn about Maryland’s over 90 species of mammals, 400 species of birds, several thousand species of plants, and its many insects, too numerous to count! Explore the organization of plant, fungal, and animal diversity, with an emphasis on organisms found in Maryland. Discuss what angiosperms are and how they are the most recently evolved plant group and the most diverse group of land plants, characterized by the production of flowers and fruit. TWA

Course: LLI648 6 Hours
$45 + $72 fee = $117; NMR add $120

Online: Structured Remote
CRN#: 16620 4 Sessions F
7/9-7/30 10:30 a.m.-12 p.m.
Instructor: Bridget De la Carrera

Forensic Psychology: Learn to Decipher Complex Behavior

When you hear the term forensics, do you think of CSI or Criminal Minds? Forensic psychology is more than just fingerprints and a quick resolution to a case. Discuss an overview of the science of psychology. Analyze complex and challenging cases to improve your logical reasoning and critical thinking skills. This course will use film and readings in the criminal justice and abnormal psychology field to encourage discussion and to debate the intersection of psychology and criminal justice. TWA

Course: LLI642 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 46813 4 Sessions F
6/4-6/25 10:30 a.m.-12:30 p.m.
Instructor: Courtney Johnson

Maryland’s Breeding Birds: An Introduction

Would you like to know the names of the beautiful birds you see outside your window? Learn the names of and how to identify a selection of the birds that breed in Maryland, including what they eat and where they reside. Identify the biological families to which the breeding birds of Maryland belong. Access the value of birds to the environment. Discuss the habitat types and physiographic regions of Maryland.

Course: LLI651 3 Hours
$15 + $15 fee = $30; NMR add $30

Online: Structured Remote
CRN#: 46853 2 Sessions T
5/18-5/25 6:30-8 p.m.
Instructor: Gary Van Velsir

Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. Please email all three of us, the day before your class, if you do not hear from the instructor.

tracy.ritenour@montgomerycollege.edu
lynda.schrack@montgomerycollege.edu
natasha.sacks@montgomerycollege.edu
Matriarchy and Survival of the African American Culture

Discuss how the practice of matriarchy, heavily practiced in Black culture, has been instrumental in the survival of the African American in America. Examine, from Dr. Quander’s dissertation research, personal stories of how matriarchs have practiced this ancient social/psychological/spiritual construct, most often unconsciously. Explore how these Black women survived, in spite of all hardships, heartbreak, pain and other elements of destruction usually intertwined within the fabric of Black life, that challenges them and theirs. View how the practice of “Lifting as We Climb” will become evident through their stories, chosen to represent the strength and self-actualization aspect of Black life experienced with its sorrows, dejection, and exclusion. TWA

Course: LLI647 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 16619 4 Sessions M
7/12-8/2 1:30-3:30 p.m.
Instructor: Damaur Quander

Sugarloaf: The Singular History of a Singular Mountain

Did you know that Sugarloaf Mountain, a private oasis of natural beauty and scenic vistas, nearly became Camp David? Learn how it was almost topped with a modernistic structure designed by one of America’s most famous architects, Frank Lloyd Wright. Discuss the wide-ranging unique cultural and natural history of Sugarloaf Mountain. Examine its connection to key figures and events in American history. Explore its geologic formation and habitat today for a range of uncommon flora and fauna.

Course: LLI141 2 Hours
$15 + $15 fee = $30; NMR add $30

Online: Structured Remote
CRN#: 46858 1 Session M
5/17 10:30 a.m.-12:30 p.m.
Instructor: Ralph Buglass

Literature and Writing

“Nobody Does It Better:” The American Film Institute, 100 Top Films

The American Film Institute’s list of the 100 Greatest American Films of All Time serves as a survey of seminal moments in America’s history. Explore common themes among AFI’s top 100 films and their importance to America’s history. Analyze sections of the texts upon which certain films are based. Compare “reel-life” vs. real life in the film industry. Discuss when films began to talk and who controlled what they could say. Examine some of the biggest cinematic treasures of the United States, such as: Citizen Kane’s Rosebud, Singin’ in the Rain’s iconic dance, All About Eve’s “bumpy night”, and Ben Hur’s chariot race. TWA

Course: LLI628 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 16639 4 Sessions R
7/15-8/5 7-9 p.m.
Instructor: Courtney Johnson

Appreciating Poetry

Do you love poetry? Would you like to better understand poetry? Read and explore sonnets by Shakespeare, Thomas Wentworth Higginson, Gwendolyn Brooks, and poems by Robert Frost, Emily Dickinson, Sylvia Plath among others. Discuss the differences between minor and major poets and poems. Analyze the political, socio-cultural, and historical contexts of poems, as well as the poet’s career, poetic fashions, poetic trends, and the reader’s response. All readings will be provided. TWA

Course: LLI086 6 Hours
$45 + $72 fee = $117; NMR add $120

Online: Structured Remote
CRN#: 16640 3 Sessions W
7/14-7/28 2-4 p.m.
Instructor: Marianne Szlyk

Virtual Face-to-Face in Real-Time!

All LLI Summer Classes are being taught online with Zoom
See page 2 for details.
International Short Stories
Read and discuss a selection of short stories from One World Two: A Second Global Anthology of Short Stories, edited by Ovo Adagha and Chris Brazier (available through online retailers like Amazon, as well as Barnes and Noble), as well as supplemental provided material. Examine the short story as an art form with some classic, as well as newer, stories by authors from around the world, including Viet Thanh Nguyen, Edwidge Danticat, Daniel Alarcon, Aminatta Forna, and others.

Course: LLI097 12 Hours
$69 + $92 fee = $161; NMR add $120

Online: Structured Remote
CRN#: 16611 6 Sessions M 6/14-8/2 10:30 a.m.-12:30 p.m.
No class 7/5, 7/12
Instructor: Pam McFarland

Irish Short Stories
Take a deep dive into the soulful, lyrical, and sometimes funny genre of Irish short stories. Read, analyze, and discuss the work of 20th century and contemporary Irish writers, such as William Trevor, Seán Ó Faoláin, Mary Lavin, Edna O’Brien, and Colm Tóbin. Learn how politics and culture in Ireland have helped shape Irish fiction. Required text is The Granta Book of the Irish Short Story, edited by Anne Enright.

Course: LLI640 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 46812 4 Sessions R 6/10-7/1 10:30 a.m.-12:30 p.m.
No class 6/17
Instructor: Pam McFarland

Let’s Play With Words—Poetry Writing
Albert Einstein said that “Creativity is the intelligence having fun.” Play often gets overlooked in discussions of poetry; and, yet, it is crucial to the creative process and can be cathartic as well. Discuss the benefits of having fun with creative writing and poetry, given the serious issues we are confronted with these days. Practice playing to reveal the fruits of play, not labor. Play with games and exercises including Charades, Runaway Opposites, Haiku/Rengas, Poems for Two Voices, and the Writer’s Bloc, to name a few, in order to see the effects play can have on our own poetry as we write.

Course: LLI656 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 46860 4 Sessions M 6/7-6/28 2-4 p.m.
Instructor: Adele Brown

Trouble Is My Business: American Hardboiled Detective Fiction and Film Noir
Do you know what hardboiled detective fiction is? Read and discuss such notable writers as Dashiell Hammett, Raymond Chandler, James M. Cain, Walter Mosley, James Ellroy, and others. Identify key elements of hardboiled detective fiction such as spare language, snappy dialogue, antiheroes, femme fatales, societal corruption, and sex and violence. Examine the influence of European existentialism and German Expressionism on the early Hollywood B movies that would later be recognized as film noir classics. Analyze the sociological and historical issues that influenced both genres such as class, gender, race, The Great Depression, the rise of European fascism, World War II, and the threat of nuclear Armageddon.

Course: LLI646 12 Hours
$69 + $92 fee = $161; NMR add $120

Online: Structured Remote
CRN#: 16618 6 Sessions T 6/22-8/3 10:30 a.m.-12:30 p.m.
No class 7/6
Instructor: Robert Jacobs

Share Your Expertise with Lifelong Learners
The Lifelong Learning Institute is seeking talented presenters and enthusiastic instructors to teach online and face-to-face: Archaeology, Astronomy, Biology, Botany, World Cultures, Philosophy, Journalism, Food/Wine History, Human Physiology and others. If interested, please contact Natasha Sacks, Program Director, at Natasha.Sacks@montgomerycollege.edu

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Pay Fee Only.
NMR=Non-Maryland Resident
Music

How to Read Music
Memory Enhancement
Have you always wanted to learn how to read music or would like to brush up on basic skills? Explore the mechanics of reading music in this, lecture only, course including: key and time signatures, pitch, tempo, rhythm, and musical notation. Increase memory skills through key and note recognition and reinforce brain training techniques. TWA

Course: LLI089 6 Hours
$45 + $72 fee = $117; NMR add $120

Online: Structured Remote
CRN#: 46804 4 Sessions W
6/2-6/23 10:30 a.m.-12 p.m.
Instructor: Jesse Parker

Personal Enrichment

Bridge: Intermediate
The game of bridge is as challenging as it is enjoyable. This course is appropriate for all players with a solid grasp of bridge basics who wish to improve their games. Lessons will focus on modern bidding techniques such as 2/1 game force and force 1nt, sound competitive judgment, in-depth hand evaluation, and cardplay strategies for declarers and defenders. Prerequisite: Bridge for Beginners or equivalent experience.

Course: LLI958 12 Hours
$37 + $82 fee = $119; NMR add $120

Online: Structured Remote
CRN#: 46816 6 Sessions T
6/1-6/16 6:30-8:30 p.m.
Instructor: David Dong

Finding Our Roots: African American Genealogy NEW
Have you been wanting to discover your African American family history and don't know where to begin? Start researching your African American family history and hit a brick wall? Learn how to begin your African American family history research. Identify resources and discover how to move beyond the brick walls that Mid-Atlantic Slavery presents. Explore how to create a research plan, document, verify, and organize information. Discuss how to glean information from your family members. TWA

Course: LLI619 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 46806 2 Sessions R
6/17-6/24 6:30-8:30 p.m.
Instructor: Celene Moorer

International Cuisine—Cooking With a Chef NEW
Do you miss enjoying the delectable cuisine offered while travelling? Now you can feel like you are on vacation from the safety and comfort of your own home. Learn how to prepare a variety of appetizers, entrees, and desserts from different countries and continents. Explore ingredients and flavor profiles from different cultures. Discuss international cooking techniques. This class is taught by a professional chef. TWA

Course: LLI629 6 Hours
$59 + $89 fee = $148; NMR add $120

Online: Structured Remote
CRN#: 46810 4 Sessions W
5/12-6/2 7-8:30 p.m.
Instructor: John Wood

Successful Aging in Place: Assistive Technology for Increasing Independence in the Home
Would you like to live at home, as you age? Assistive technology devices can help older adults with getting around, communicating, and handling routine tasks. Discuss how to implement assistive technology solutions to address accessibility needs in each room of your home. Explore smart technologies for the home as well as smartphone applications that can support maintaining independence. Learn about Montgomery County resources that promote successful aging in place. This course is also suitable for caregivers and children of aging parents. TWA

Course: LLI351 4 Hours
$15 + $30 fee = $45; NMR add $30

Online: Structured Remote
CRN#: 46806 2 Sessions R
6/17-6/24 6:30-8:30 p.m.
Instructor: Celene Moorer

Registration is Open!
Register early as some classes fill quickly.

www.montgomerycollege.edu/wdce | 17
Personal Finance Academy

Health Care Insurance for Retirement
This course will address the major components of retiree health care: Medicare, Medicare Advantage Plans, and Long-Term Care. Health care costs typically rise at twice the inflation rate, so the course will also address ways to fund this expense through tax-advantaged plans. Determine the cost of supplemental coverage, evaluate your ability to pay for health care not covered by federal or state programs, and be able to project your health care expenses. The target audience for this course are those who are newly retired and those who plan to retire within 2 years. TWA

Course: PRF139 6 Hours
$36 + $69 fee = $105; NMR add $120

Online: Structured Remote
CRN#: 46823 3 Sessions M
6/7-6/21 6:30-8:30 p.m.
Instructor: Mark Gottlieb

Increase Cash, Decrease Debt, and Protect Your Financial Future
Learn to control your personal finances with spending, saving, paying loans and expenses, and earning money. Understand when and how much you should be saving for specific goals. Topics include: banking, savings, credit loans/credit reports and insurance; protecting against financial scams and identify theft; setting financial goals; developing budgets; and creating a financial plan. Discuss how to track your money and expenses.

Course: PRF161 3 Hours
$20 + $20 fee = $40; NMR add $30

Online: Structured Remote
CRN#: 46825 1 Session R
5/13 6:30-9:30 p.m.
Instructor: Maria Antokas

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

Course: PRF173 2.5 Hours
$15 + $20 fee = $35; NMR add $30

Online: Structured Remote
CRN#: 46831 1 Session M
6/14 6:30-9 p.m.
Instructor: Alan Sorcher
CRN#: 46833 1 Session M
7/19 6:30-9 p.m.
Instructor: Alan Sorcher

Maximizing Social Security Benefits
Social Security is a cornerstone of retirement income for most Americans. Yet the nuances of how/when to receive benefits are often overlooked and can lead to missed opportunities. This course will address individual and couple’s benefits, special situations for widows and ex-spouses, reductions due to federal pensions, and taxation of benefits. The target audience for this course are those who are newly retired and who plan to retire within the next few years.

Course: PRF159 3 Hours
$20 + $20 fee = $40; NMR add $30

Online: Structured Remote
CRN#: 16625 1 Session T
7/13 6:30-9:30 p.m.
Instructor: Brian Richmond

Money Matters for Millennials
How to save and invest for things you need: home, education, retirement, and financial goals? Explore ways to pay off your loans or debts. Discuss how to save, generate revenue streams, and invest. Create a budget plan to help you achieve the financial future you want. Discuss the best way to keep track of your money.

Course: PRF028 3 Hours
$15 + $15 fee = $30; NMR add $30

Online: Structured Remote
CRN#: 46817 1 Session S
6/19 9:30 a.m.-12:30 p.m.
Instructor: Jamie Ingoe

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NMR=Non-Maryland Resident
Mutual Funds

Content: Mutual Funds and Exchange Traded Funds (ETFs) Learn how to read a mutual fund prospectus and shareholder reports, and discuss how to compare mutual funds. Examine exchange-traded funds (ETFs) and understand how they differ from mutual funds. Discuss how to research and compare mutual funds using free resources and the importance of understanding your investment objectives and risk tolerance. Learn about free resources on Investor.gov, the SEC’s online portal, and tips to avoid fraud.

Course: PRF175 2 Hours
$15 + $15 fee = $30; NMR add $30

Online: Structured Remote
CRN#: 46832 1 Session R
6/24 6:30-8:30 p.m.
Instructor: Mike Spratt/Alan Sorcher

Probate in Maryland: An Overview for Executors-To-Be
An overview of the probate process in Maryland, and more specifically in Montgomery County, including: a review of determining whether a probate is necessary; how to open a probate estate; how the estate is administered; and how the estate is closed. Explore the documents used by the Register of Wills; learn how to determine if an asset is a ‘probate asset’ or a ‘non-probate’ asset; and how to deal with claims and debts against the estate. Discuss the costs of probate, including the fees owed to the personal representative (executor) and attorneys. TWA

Course: PRF150 4 Hours
$55 + $66 fee = $121; NMR add $120

Online: Structured Remote
CRN#: 16624 2 Sessions W
7/14-7/21 6:30-8:30 p.m.
Instructor: Lindsey Sarowitz

Rejuvenate Your Retirement
How long will your retirement income last? This course provides a fresh look at important financial topics relevant to adults entering, or already enjoying, retirement. Making your money last throughout retirement has never been more challenging. People are living longer and fewer retirees have traditional pensions, while interest rates are at all-time lows. Learn about important financial topics such as reducing taxes, assessing investment risk, exploring retirement income sources and investment options, planning for health care needs, and preparing your estate. TWA

Course: PRF165 4 Hours
$25 + $57 fee = $82; NMR add $50

Online: Structured Remote
CRN#: 46828 2 Sessions W
5/5-5/12 1-3 p.m.
Instructor: Allison McCarty

CRN#: 46829 2 Sessions T
5/11-5/18 1-3 p.m.
Instructor: Allison McCarty

CRN#: 46830 2 Sessions W
6/9-6/16 1-3 p.m.
Instructor: Jamie Ingoe/Don Chomas

Retirement Planning Today
Learn about the many ways to save for retirement as well as the advantages and disadvantages of each. Discover how to save money on taxes, manage investment risks, and protect your assets from potential long-term health care expenses. Fee includes a course workbook and study aids. TWA

Course: PRF119 6 Hours
$25 + $57 fee = $82; NMR add $50

Online: Structured Remote
CRN#: 46818 2 Sessions M
5/3-5/10 6:30-9:30 p.m.
Instructor: John Gracyalny

CRN#: 46819 2 Sessions W
5/12-5/19 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 46820 2 Sessions R
5/20-5/27 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 46821 2 Sessions W
6/2-6/9 6:30-9:30 p.m.
Instructor: Allison McCarty

CRN#: 46822 2 Sessions T
6/8-6/15 6:30-9:30 p.m.
Instructor: Allison McCarty

CRN#: 46878 2 Sessions R
6/10-6/17 6:30-9:30 p.m.
Instructor: John Gracyalny

TWA=Tuition Waiver Applies; Maryland Resident Age 60+
Pay Fee Only.
NMR=Non-Maryland Resident
**Stocks, Bonds, Mutual Funds, and ETFs Explained**

Whether you manage your own investments or someone manages them for you, it is important to understand the different types of investments. In this course, an experienced investment advisor and Certified Financial Planner explains advantages and disadvantages of different investments, risks, ways to own investments, asset allocation, tax considerations, historical performance, and more. For instance, are Exchange Traded Funds (ETFs) better than mutual funds? TWA

**Course: PRF138  5 Hours**

$50 + $65 fee = $115; NMR add $120

**Online: Structured Remote**

CRN#: 46851  2 Sessions  M
6/21-6/28  6:30-9 p.m.
Instructor: TBA

- **Wellness**

**Building Bones and Muscle Strength**

Learn ways in which to strengthen your bones and muscles and keep them healthy. Explore proper posture and exercising techniques to help avoid injuries. Practice balance exercises, using low hand and leg weights, and resistance training to increase muscle strength and bone density. TWA

**Course: LLI641  5 Hours**

$30 + $65 fee = $95; NMR add $50

**Online: Structured Remote**

CRN#: 46854  5 Sessions  W
6/2-6/30  10 a.m.-11 a.m.
Instructor: Christy Erwin

- **Wills and Estates**

Take a deep dive into personal estate planning. Learn about the real differences between wills and revocable trusts; why everyone always needs a power of attorney and health care directives; and what it really means to go through Maryland probate (and how to avoid that if appropriate). Topics include the use (and misuse) of revocable living trusts, the pros, cons and dangers of joint ownership, the right way to make and receive gifts (and why there is a very wrong way), and the impact of the Federal estate tax and Maryland’s two separate death taxes on your estate. TWA

**Course: PRF160  6 Hours**

$60 + $75 fee = $135; NMR add $120

**Online: Structured Remote**

CRN#: 46824  2 Sessions  T
6/1-6/8  6:30-9:30 p.m.
Instructor: Lindsey Sarowitz

CRN#: 16626  2 Sessions  R
7/15-7/22  6:30-9:30 p.m.
Instructor: Lindsey Sarowitz

- **Registration Process During COVID-19**

Due to COVID-19, face-to-face registrations are not available until the restrictions are lifted. Each person must register in order to attend any class—including online classes.

Please register at least 3 days before the start of class to ensure your information is provided to your instructor. If you are registering less than 3 days prior to the class, please contact customer service at 240-567-5188.
Dancing for Cardio and Balance  NEW
Do you want to get your whole body moving while having fun? Experience the joy of movement and feel your spirits lift as you dance to joyful and uplifting music selections from around the world. Increase your heart rate while learning simple and fun choreography that incorporates movements from the dance arts, martial arts, and healing arts. This low-impact class is appropriate for adults of all ages, levels, and abilities. TWA

Course: LLI650  5 Hours
$45 + $72 fee = $117; NMR add $120

Online: Structured Remote
CRN#: 46861  6 Sessions  M 5/17-6/28 10 a.m.-10:50 a.m.
No class 5/31
Instructor: Smita Khatri

Gentle Yoga for Mood and Strength
Learn postures that strengthen muscles to support joints while creating stronger bones. Explore postures to balance strength with flexibility and create more energy. Practice breathing techniques to calm the nervous system and decrease anxiety. Bring awareness to alignment in the spine and body to achieve improved balance. Understand the interconnectedness of the body’s systems to treat the body as a whole. TWA

Course: LLI723  6 Hours
$35 + $65 fee = $100; NMR add $120

Online: Structured Remote
CRN#: 46814  5 Sessions  F 5/21-6/25 11 a.m.-12:15 p.m.
Last class on 6/25 meets 11 a.m.-12 p.m.
No class 5/28
Instructor: Shannon Phelan

CRN#: 16623  5 Sessions  F 7/16-8/13 11 a.m.-12:15 p.m.
Last class on 8/13 meets 11 a.m.-12 p.m.
Instructor: Shannon Phelan

LaBlast® Ballroom Dance Fitness  NEW
Do you want to work out and have fun at the same time? Dance your way to a healthier mind and body with LaBlast® Dance Fitness. Practice skills of ballroom dance with the calorie blasting properties of interval fitness. Experience carefully curated music playlists from all eras and genres to help you stay engaged and entertained while learning the Tango, Rumba, Jive, and more! The multi-level learning approach makes LaBlast® Fitness perfect for everyone, from the absolute beginner to the advanced dancer. No partner is required and adults of all ages can participate. TWA

Course: LLI659  4.2 Hours
$45 + $69 fee = $114; NMR add $120

Online: Structured Remote
CRN#: 16621  5 Sessions  M 7/12-8/9 10 a.m.-10:50 a.m.
Instructor: Giselle Merced

Tai Chi for Physical and Mental Well-being—Summer Fitness
It is common knowledge that exercise is beneficial to both physical and mental health. While there are many forms of gentle exercise practiced today, tai chi, an ancient Chinese tradition, is widely popular and beneficial. In this course, you will learn a variety of graceful, slow movements performed in a focused manner and accompanied by deep breathing. These low impact movements put minimal stress on muscles and joints. Some of tai chi benefits are: decreased stress, anxiety and depression; increased energy, stamina, flexibility, and balance; lower blood pressure; and enhanced quality of sleep.

Course: LLI277  6 Hours
$40 + $69 fee = $109; NMR add $120

Online: Structured Remote
CRN#: 46877  6 Sessions  W 5/5-6/9 10 a.m.-11 a.m.
Instructor: Ellen Kennedy

Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. Please email all three of us, the day before your class, if you do not hear from the instructor.
tracy.ritenour@montgomerycollege.edu
lynda.schrack@montgomerycollege.edu
natasha.sacks@montgomerycollege.edu

TWA=Tuition Waiver Applies; Maryland Resident Age 60+
Pay Fee Only.
NMR=Non-Maryland Resident
Residency Policy

The following are general guidelines taken from the College policy on residency for tuition purposes. A complete copy of the policy is available in the Montgomery College Catalog.

A. Students attending Montgomery College will pay tuition according to their residency classification.
   To qualify for in-state tuition, a student must be a U.S. Citizen, Permanent Resident or have a qualifying Visa status.

B. To qualify, for tuition purposes, as a resident of the state of Maryland, legal domicile must have been maintained for a period of not less than three months prior to the first regularly scheduled class for the semester, unless you are a member of the Military covered under HB935.

C. The domicile of a person registering in a noncredit course at Montgomery College shall be considered as a person’s permanent place of abode, where physical presence and possessions are maintained, and where he/she intends to remain indefinitely.

Refund Policy

Refunds are paid at 100% for classes canceled, dropped online, or in person (using a Drop Form), prior to the start date of the class. Refunds are also paid at 100% if class is dropped prior to the Refund Date printed on your registration confirmation. DO NOT drop classes online on or after the Refund Date begins; you will not receive a refund. APPE students must call 240-567-7262 for refund/withdrawal instructions. Refunds for open enrollment classes will go to the registered student of record. For the Drop Form and more information, visit www.montgomerycollege.edu/wdce/register/refundpolicy.html.

Tuition Waiver

Only noncredit courses designated “tuition waiver applies” in each publication will be available for tuition waiver. This statement appears in each applicable course description. Only tuition is waived; required fees must be paid by the student. Documents must be received at time of registration.

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Disability Tuition Waiver: Please go to montgomerycollege.edu/wdce/register/disabilitywaiver.html for information.

National Guard Tuition Waiver: If you are currently a member of the Maryland National guard and are enlisted for at least a 24-month period, you are eligible for a 50 percent tuition waiver. You must submit proof of such from the adjutant general’s office.

Day Designation

M  Monday
T  Tuesday
W  Wednesday
R  Thursday
F  Friday
S  Saturday
U  Sunday

Key to Codes

TWA=Tuition Waiver Applies;  Maryland Resident Age 60+ Pay Fee Only.
NMR=Non-Maryland Resident

Montgomery College is an academic institution that is committed to equal opportunity and fostering diversity among its student body, faculty and staff. Inquiries regarding Montgomery College’s nondiscrimination compliance policies and procedures may be directed to Dr. Brenda Williams, Director of Employee & Labor Relations, Workforce Diversity and Inclusion, 240-567-5367.

Registration Options

Registration Process During COVID-19

Due to COVID-19, face-to-face registrations are not available until the restrictions are lifted.

Registration options:

Online: Please visit the link below for Registration Information (including links to detailed online registration instructions).

www.montgomerycollege.edu/wdce/registerops.html

* If you have problems registering online, please contact 240-567-5188 and Customer Service will talk you thorough the process.

Fax: Please fax completed registration form to 240-567-1877

Mail-In: Montgomery College WDCE, 51 Mannakee St., 220 CC Rockville, MD 20850

(Credit card is the preferred method of payment during COVID-19 due to limited access for bank deposits of checks).

Please register at least 3 days before the start of class to ensure your information is provided to your instructor.
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<thead>
<tr>
<th>College ID Number:</th>
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<th>Birthdate</th>
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<th>Day</th>
<th>Year</th>
<th>Sex</th>
<th>Female</th>
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<td>Have you attended MC before?</td>
<td>Yes</td>
<td>No</td>
<td>If you have ever taken a credit class at MC and the last class (credit or non-credit) you took at MC was more than 4 years ago, you must also complete and submit a Student Reactivation form found at: <a href="http://www.montgomerycollege.edu/studentforms">http://www.montgomerycollege.edu/studentforms</a>.</td>
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<td>How did you hear about us?</td>
<td>Received brochure in mail</td>
<td>Website</td>
<td>Social media</td>
<td>Advertisement</td>
<td>On campus</td>
<td>Other</td>
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<td>MILITARY: If the military is paying for your course(s), you must submit the last 4 digits of your SSN.</td>
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<td>ETHNICITY: Choose one. (Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.)</td>
<td>Not Hispanic or Latino</td>
<td>Hispanic or Latino</td>
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<td>RACE: Choose all that apply, you may choose more than one. (Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.)</td>
<td>American Indian or Alaskan Native</td>
<td>Asian</td>
<td>Black or African American</td>
<td>Native Hawaiian and other Pacific Islander</td>
<td>White</td>
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<td>U.S. Citizen</td>
<td>Permanent Resident (Circle one: Green Card / Working Card)</td>
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<td>I have been a Maryland resident [as defined in the Montgomery College Catalog] for at least three months.</td>
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<td>I am 60 years of age or older. (Applicable to designated tuition waiver courses for Maryland residents only.)</td>
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<td>I am a Maryland National Guard member enlisted for at least a 24 month period and submitting proof of such from the adjutant general's office.</td>
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<td>I certify that the information on this registration is correct and complete. I am aware of and will adhere to College policies as published in the Student Handbook.</td>
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<td>I understand that non-attendance and/or failure to file all registration changes in writing with the Admissions and Records Office does not relieve me of responsibility for tuition and fee charges incurred. I agree to abide by the policies and procedures of the College, including without limitation, the Student Code of Conduct and any payment liabilities. I hold the College harmless for any errors I have made that may affect a request for a subsequent refund or academic appeal.</td>
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<td>Please indicate payment by:</td>
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<td>MasterCard</td>
<td>VISA</td>
<td>Discover</td>
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<td>Please do not email registration form with credit card information.</td>
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<td>Expiration date on card</td>
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<td>3 or 4 digit Security code on your card</td>
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<td>Note: Credit card information will be detached and disposed of promptly and properly after payment is approved.</td>
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Montgomery College is an Equal Opportunity Affirmative Action Title IX institution.
We are continuing to support our 50+ Learners with Online classes during COVID-19.

The Lifelong Learning Institute is committed to creating intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. Adults of any age may register for these classes. Maryland residents age 60+ pay fee only.

For more information, please visit: www.montgomerycollege.edu/lifelonglearning.