

MONTGOMERY COLLEGE

LIFELONG LEARNING INSTITUTE

Course Schedule | Spring 2024



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 class: Students 60+ pay fee only.

Workforce Development and Continuing Education

montgomerycollege.edu/wdce | 240-567-5188



Dear Students and Community Members,

Wishing a Happy and Healthy 2024 to all! May one of your new resolutions be to grow with knowledge, new social connections, and healthy living!

This is where the Lifelong Learning Institute can help with a broad range of fascinating courses and learning opportunities. For instance, challenge yourself with our new classes in drawing cartoons and caricatures, painting with watercolors and acrylics, and taking photographs with a camera and/or iPhone/iPad.

Other classes in the Spring Semester allow you to travel in time to the world of Vikings, explore the wonders of political and cultural systems of ancient Greeks and Romans, and delve into the Spanish Golden Age. Or you may want to keep current on the most pressing issues of the day by taking these classes—An Insight into Politics and Current Events, Gun Control and the Second Amendment; Decisions of the Supreme Court; and The Changing World of Alliances. Be enriched by the expertise of brilliant instructors like Professor Naomi Daremblum, Professor Joel Cockrell, Professor Candice Groudine and many others. For example, one of the students had this to say about Professor Daremblum: “As always, Naomi presented a wealth of information in a very understandable manner. The class discussions were spirited and informative. In short, it was a great class.”

For those who enjoy superb literature discussions, there are classes on Timeless Literature Pieces, Great American Short Stories, The Life and Literature of Agatha Christie and many others. You may want to share your family stories and create a meaningful gift for your family by taking a class on Writing Memoirs, Writing Memories.

As I mentioned, we have brilliant faculty members. Another one of these is Professor Dorian Janney, a NASA instructor who brings to Lifelong Learning Institute students a deep expertise in astronomy, environmental science and climate change. Professor Janney will offer a class, The Sun, Earth, and Moon! that includes a trip to NASA

In addition, many of our students strive to keep up and capture knowledge of new technology. We offer free classes on iPhone and iPad. Please watch for announcements in our e-newsletter. To understand the ever-changing trends in technology, you may also want to join our class, Modern Technology.

We are looking forward to seeing you in our classrooms and on Zoom. In addition to richness of learning experience, our classes offer a great way for students to get to know one another and expand friendships.

Come and learn with us!

Natasha Sacks, M.S., NCC, LCPC
Lifelong Learning Institute Program Director

Virtual Face-to-Face in Real-Time!

LLI Classes are being taught in classrooms and online with Zoom

LLI classes will be taught in-person and through virtual face-to-face using Zoom. Zoom allows students to hear and see the instructors as they present their classes.

Missing Your Zoom Link?

Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. If you do not receive your link, please check your spam folder. If it is not there, email both of us, the day before your class starts.

eric.scharf@montgomerycollege.edu

natasha.sacks@montgomerycollege.edu

or call Customer Service at 240-567-5188.

To take the Zoom classes you will need a working microphone built into your device or headphones with a microphone. Or you can use the free phone conference feature. Visit:

<https://zoom.us/download> and download the Zoom application onto your computer. We recommend that you do this in advance to make sure all your computer components are working.

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 us, the day before your class, if you do not hear from the instructor.

natasha.sacks@montgomerycollege.edu

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Day Designation

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

Key to Codes

TWA	Senior Tuition Waiver Applies
NMR	Non-Maryland Resident
CoL	Colisted

Archaeology and World Cultures

Ancient and Medieval Mysticism and Magic (NEW)

How did ancients, medieval alchemists, and others possess the knowledge to heal from sickness or harm one's enemies, perform mystical incantations to ascend to heaven or bring celestial forces here to earth? Take a journey into the history and practice of ancient and medieval magic. Explore ancient esoteric traditions that deployed talismans, amulets, charms, and other healing magical techniques. Learn how magic was used to heal demonic possessions, cast vengeance or create a protective force. Examine the utilization of magic in different religious traditions, the relationship between magic and science, contemporary attitudes regarding magic, and the identities of its practitioners. TWA

Course: LLP122 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Online: Structured Remote

CRN#: 33742 4 Sessions F
3/22-4/19 10:30 a.m.-12:30 p.m.

No class 3/15, 3/29

Instructor: Naomi Daremblum

From Samarkand to New York: Jewish Cuisine from Around the World (NEW)

More than just lox & bagels, Jewish cuisine spans the world over and has a rich history. From Uzbeki Khaltu barsh to Moroccan couscous with stuffed meatballs, join a journey tracing the development of both Ashkenazic and Sephardic cuisine from communities around the globe and over the centuries. Explore how kashrut shaped the character of Jewish food. Learn how local Jewish food traditions evolved in Europe, Asia, North Africa and the Middle East, and how migration added another layer to this rich tapestry. Varied recipes from Jewish communities from Egypt to Buenos Aires will be the backbone of this course. TWA

Course: LLP127 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 101 MK

CRN#: 33746 5 Sessions R
3/7-4/11 1:30-3:30 p.m.

No class 3/14

Instructor: Naomi Daremblum

Online: Structured Remote

CRN#: 33745 5 Sessions R
3/7-4/11 1:30-3:30 p.m.

No class 3/14

Instructor: Naomi Daremblum

Global Issues Through History, Literature, and Philosophy (CoL)

Explore a number of topics related to global issues through historical, literary, linguistic, and philosophical lenses. Recognize your responsibilities to society-locally, nationally, and globally. Examine current issues of global importance. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI890 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Germantown Campus 177 HS

CRN#: 33732 25 Sessions T R
2/6-5/7 12:30-2 p.m.

No class 3/12, 3/14

Instructor: TBA

Please Check the MC Bookstore for details regarding textbooks. Use GHUM101 CRN31472 for textbook information.

Takoma Park/Silver Spring Campus T:204 RC; R:210 P3

CRN#: 33733 25 Sessions T R
2/6-5/7 11 a.m.-12:30 p.m.

No class 3/12, 3/14

Instructor: Deborah Taylor

Please Check the MC Bookstore for details regarding textbooks. Use GHUM101 CRN31400 for textbook information.

Introduction to Archaeology (CoL)

This course is an introduction to the discipline of archaeology. Learn how this discipline emerged slowly from explorations of ancient cultures to the science that it is today with accurate dating, archaeological data excavated with precision, theories that guide interpretation, and ethical concerns. The course also includes a survey of global prehistoric archaeological cultures. Note: You will be joining credit students in this co-listed credit class. This is a z-Course: all textbook materials are available at no cost for this section. Regular internet access is required for access to materials. For more information, see <https://www.montgomerycollege.edu/academics/mc-open/>. TWA

Course: LLI802 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Rockville Campus 221 HU

CRN#: 33897 30 Sessions T R
1/23-5/9 9:30-10:45 a.m.

No class 3/12, 3/14

Instructor: Barbara Wolff

Please Check the MC Bookstore for details regarding textbooks. Use ANTH240 CRN30099 for textbook information.

Art

Acrylic Painting: Basic Techniques

This course is designed to introduce the basic elements of painting to students with little or no experience, while working to attain an understanding of the painting medium. Utilize acrylic colors to explore the many ways paint can be handled, as well as how to prepare materials. Practice color, light, transparency/impasto, and composition through in-class exercises to learn to translate concepts into visual images. Bring supplies to first class. Supply list is available on the LLI website. TWA

Course: LLI247 **12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

Rockville Campus 009 SB

CRN#: 33714 6 Sessions W
4/3-5/8 10:30 a.m.-12:30 p.m.

Instructor: Tatiana Martin

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#: 33716 5 Sessions M
2/12-3/11 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#: 33717 4 Sessions W
3/20-4/10 6:30-8:30 p.m.

Instructor: Michael Koren

Digital Photography (CoL)

A general introduction to electronic still photography, beginning with traditional photographic and art concepts. Explore image manipulation using personal computers supported by scanners, photo CDs, and digital cameras. Learn how to use the most advanced photo editing software available to create new artistic images. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI623 **75 Hours**

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Germantown Campus 200 HT

CRN#: 33727 28 Sessions T R
1/23-5/2 9-11:40 a.m.

No class 3/12, 3/14

Instructor: Grace Graham

Please check the MC Bookstore for details regarding textbooks. Use ARTT112 CRN30518 for textbook information.

Digital Photography for Fine Arts II (CoL)

This is an advanced course that will enable you to use digital photography to create sophisticated, aesthetic images. Develop a personal style and technical proficiency for personal expression. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI644 **75 Hours**

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Germantown Campus 200 HT

CRN#: 33728 28 Sessions T R
1/23-5/2 9-11:40 a.m.

No class 3/12, 3/14

Instructor: Grace Graham

Please check the MC Bookstore for details regarding textbooks. Use ARTT213 CRN32510 for textbook information.

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

Key to Codes

TWA	Senior Tuition Waiver Applies
NMR	Non-Maryland Resident
CoL	Colisted

Classes marked with this code (**CoL**) are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status.

Please check the MC Bookstore for details regarding textbooks for co-listed classes.

<https://www.bkstr.com/montgomerycollegestore/home>

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: LLI489 **12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

Rockville Campus **009 SB**

CRN#: 33718 6 Sessions M

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

Instructor: Evan Goldman

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

Gaithersburg Business Training Center 442

CRN#: 33722 6 Sessions R

4/4-5/9 10:30 a.m.-12:30 p.m.

Instructor: Tatiana Martin

Caricature and Cartooning Art (NEW)

Unleash your creative side by diving into the fascinating world of caricature and cartooning. You will discover how to observe and break down facial features to create accurate caricatures by exaggerating certain aspects. Through the use of visual storytelling, you will be prompted to infuse your cartoons with clever concepts, entertaining ideas, and subtle humor. Create engaging comic strips or single-panel cartoons. Utilize different art mediums, such as pencils, pens, digital tools, and colors. Get ready to draw! TWA

Course: LLP138 **12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

Online: Structured Remote

CRN#: 33749 6 Sessions T

2/6-3/12 6:30-8:30 p.m.

Instructor: Kerry Johnson

Quilting for Beginners

Have you always wanted to learn to quilt? Not only is quilting fun and a chance to enjoy socializing with others, but studies have found that pursuing such creative passions can help improve your brain. Learn to select fabrics and colors, make templates, mark, cut, and sew blocks with a basic running stitch, press, arrange, and assemble blocks into a quilt top. After you measure, cut and attach borders, you will create the ever-popular Quilt Sandwich before completing your project by basting, quilting, and binding. This project is created entirely by hand, sewing machines are not required. Must have basic hand sewing skills. Supply list is available on the LLI website.

Course: LLI223 **12 Hours**

\$45 + \$54 fee = \$99; NMR add \$50

Rockville Campus 101 MK

CRN#: 33713 6 Sessions W

3/6-4/17 1:30-3:30 p.m.

No class 3/13

Instructor: Toni Keller

The Art of Pencil Drawing

Examine drawing as a fundamental artistic skill. Experience and learn steps of drawing/sketching objects from photographs: still life, landscapes, and portrait. Learn the drawing process of different objects, shapes, textures, while learning drawing and shading techniques in pencil media only. **Instructor:** provides close individual guidance in class to ensure artistic skills growth. TWA

Course: LLI792 **12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

Rockville Campus 101 MK

CRN#: 33731 6 Sessions T

2/20-3/26 10:30 a.m.-12:30 p.m.

Instructor: Tatiana Martin

☆ Become a Star ☆ Showcase Your Work

Sketching, painting, drawing, photography, cooking, garden design, short literary sample, and more. Show others what you have accomplished in a Lifelong Learning Institute class. Email us photos of your finished project(s) along with a short description (plus your written permission to publish the project(s)) and become a LLI star. Please email:
natasha.sacks@montgomerycollege.edu

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: LLI491 12 Hours

\$95 + \$92 fee = \$187; NMR add \$120

Rockville Campus 101 MK

CRN#: 33719 6 Sessions R

3/21-4/25 6:30-8:30 p.m.

Instructor: Evan Goldman

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

Gaithersburg Business Training Center 442

CRN#: 33721 6 Sessions M

2/19-3/25 10:30 a.m.-12:30 p.m.

Instructor: Tatiana Martin

Structured Remote (SR) are scheduled on specific days and at specific times. Students meet as a class remotely through Zoom or Blackboard Collaborate; instructors will tell students which software to use. Students complete reading and assignments according to the course schedule. Class sessions take place in real time, and the instructor leads course sessions.

Art History

A Cultural Tour of Renaissance Europe (NEW)

What prompted the Renaissance revolution in the styles and subjects of architecture, paintings, sculpture and literature? What was the source of their inspiration? How was the face of Europe changed? This course tours the artistic gems of the Renaissance in the cities where they flourished-Florence, Rome, Paris, London and Antwerp. This tour takes us through Dante's poetry, the Medici gardens in Florence, the chapels & palaces of Rome and the jewels of the Petit Palais in Paris. Farther north in Antwerp, we encounter Van Eyck, Durer and Bruegel; in England, the works of John Donne, Christopher Marlowe and William Shakespeare. And we will visit the replica of The Globe Theater. TWA

Course: LLP130 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 104 MK

CRN#: 33747 5 Sessions T

3/5-4/2 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

Online: Structured Remote

CRN#: 33748 5 Sessions T

3/5-4/2 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

Auguste Rodin: the Modern Sculptor

Auguste Rodin revolutionized sculpture in the nineteenth century. Explore how his works abandoned traditional idealization and polish and focused on the frenetic intensity and restlessness of a modern body. Trace the evolution of his style and look at the importance of drawing and photography to his creative process. Analyze the most celebrated of his masterpieces: *The Gates of Hell* (1899), *The Thinker* (1880), *The Kiss* (c.1884), and *The Burghers of Calais* (1889). TWA

Course: LLI014 6 Hours

\$45 + \$72 fee = \$117; NMR add \$120

Online: Structured Remote

CRN#: 33712 3 Sessions W

2/7-2/21 10:30 a.m.-12:30 p.m.

Instructor: Irina Stotland

Please register early!

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

Discovering Art in Montgomery County

Do you know where to see art locally? Explore some of Montgomery County's best venues for seeing art. Discuss local and contemporary artists and how they incorporate narrative in their art. Examine major movements in modern art. Visit Glenstone Museum, Ratner Museum, and the Strathmore Mansion. Class will meet at the sites for private tours of the collections. Students are responsible for their own entrance fees if any. Moderate walking. TWA

Course: LLI778 **8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

Off Campus Location

CRN#: 33725 4 Sessions S
3/9-5/4 1-3 p.m.

Class Meets on 3/9,3/23,4/13 and 5/4 Instructor will indicate the meeting location for each class.

Instructor: Evan Goldman

Eating Art: Food in Western Art Traditions from the Renaissance-Present Day

Discover unexpected intersections of food and art. Explore ways that food has been represented throughout the ages in Western artistic traditions. Examine works of art and discuss related historical contexts. Investigate the sacred, profane, and romantic symbolism in still-life food portraits, the socio-political messages in depictions of agriculture and food harvests, and the myriad meanings of food when used as the base material for sculptural works and decorative displays. TWA

Course: LLI726 **10 Hours**

\$65 + \$89 fee = \$154; NMR add \$120

Online: Structured Remote

CRN#: 33723 5 Sessions W
1/17-2/14 1:30-3:30 p.m.

Instructor: Rissa Miller

History of Architecture: A Survey of Major Works of Architecture-Renaissance to Modern

Have you ever wondered—How did great works of architecture come to be? And who created them? We will explore the origins of the Renaissance and proceed to buildings such as St. Peter's in Rome and St. Paul's in London. But we will also look at more modest structures such as how man designed living spaces for himself. We'll end with contemporary architecture, touching on the works of America's most famous architect, Frank Lloyd Wright. TWA

Course: LLP060 **10 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

Takoma Park/Silver Spring Campus 214 CM

CRN#: 34126 5 Sessions R
2/15-3/21 10:30 a.m.-12:30 p.m.

No class 3/14

Instructor: Ruth Manchester

Online: Structured Remote

CRN#: 34016 5 Sessions R
2/15-3/21 10:30 a.m.-12:30 p.m.

No class 3/14

Instructor: Ruth Manchester

How to Decipher Paintings: Western Art from Rococo to Realism

Examine the most significant developments in painting created in Western Europe during the 18th and the first half of the 19th century, including the movements of Rococo, Neoclassicism, Romanticism, & Realism. Employ visual analysis-seeing the stylistic elements of color, line, and the composition, the iconography, and the context-connecting the art style to the history and the culture of the time. Putting your deciphering skills to work, learn how to understand the most important works by painters such as Boucher, Fragonard, Gainsborough, Chardin, David, and Courbet. TWA

Course: LLP150 **10 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 104 MK

CRN#: 33953 5 Sessions T
2/20-3/19 1:30-3:30 p.m.

Instructor: Irina Stotland

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

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What Came After Impressionism? (NEW)

The modernist style of Post-Impressionism was led by Paul Cézanne, Paul Gauguin, Vincent van Gogh, Georges Seurat, and Odilon Redon. The movement rejected the naturalism of Impressionism and used color and form not to describe reality but to express emotions. Their use of non-naturalistic colors, emphasis on flatness and simplification made the Fauvist, Cubist and Expressionist movements possible. TWA

Course: LLP125 **10 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

Online: Structured Remote

CRN#: 33743 5 Sessions M

4/1-5/6 1:30-3:30 p.m.

No class 4/22

Instructor: Irina Stotland

What's Right about Wright? Frank Lloyd Wright and His Contemporaries

America's best-known architect, Frank Lloyd Wright, is said to be famous for designing homes that had leaky roofs, uncomfortable furniture, and cost overruns. But what makes him still so popular, 60 years after his death? Explore the design trends during Wright's time, such as the Arts and Crafts Movement in America, 1875–1920. Examine the architecture of his mentor, Louis Sullivan, and Wright's contemporaries, especially the women who played a significant role at his architectural firm. Discuss the architecture of Wright's early, middle, and later years, as well as his influence in 20th century design. TWA

Course: LLI438 **10 Hours**

\$50 + \$79 fee = \$129; NMR add \$120

Takoma Park/Silver Spring Campus 121 HC

CRN#: 33898 5 Sessions R

4/4-5/2 10:30 a.m.-12:30 p.m.

Instructor: Ruth Manchester

Become a Lifelong Learning Ambassador!

Stay active and engaged by becoming a volunteer—LLI Ambassador. As an ambassador you will help with community outreach by finding online, and in the community, distribution points for LLI marketing materials: catalogs, brochures, and online ads. Your responsibilities may also include interacting with community members via phone and marketing the LLI program with our team at community events (when face-to-face events resume).

Please contact Natasha Sacks at
natasha.sacks@montgomerycollege.edu

Brain Fitness Institute

Brain Fitness: Memory Strategies and Brain Booster Games

Learn strategies to acquire knowledge most effectively, enhance memory with techniques that work, and challenge your brain with brain games, puzzles, and word games. Understand brain functioning and changes that occur in brain as we age and how to combat cognitive decline. Improve strategies in analytical thinking by using games, decode clues from game shows and engage in games that train memory. and help retain the information. Learn games you can play with your kids and grandkids. Each class session you will focus on a different type of activities. TWA

Course: LLP040 **8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

Online: Structured Remote

CRN#: 33734 4 Sessions M

3/18-4/8 1-3 p.m.

Instructor: Nicole Porcaro

Cultivating Compassion through Meditation

New content! Would you like to strengthen your capacity to be calm during even the most heated moments? Through exercises, reading, discussion, and meditation, learn to approach challenging experiences with mindfulness and compassion rather than emotional reactivity. Acquire new tools for practicing self-compassion. Explore a process called RAIN (Recognize, Allow, Investigate, Nurture) that brings awareness and healing to difficult situations, revealing the transformative power of befriending your inner life. Recommended book—*Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN* by Tara Brach (2019).. TWA

Course: LLI534 **6 Hours**

\$45 + \$72 fee = \$117; NMR add \$120

Online: Structured Remote

CRN#: 33720 4 Sessions W

1/17-2/7 1-2:30 p.m.

Instructor: Carol Moore

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.

Meditation and the Wisdom of the Body

Have you ever had a “gut feeling” about a situation or conversation? Have you ever felt you had something to say but you didn’t know what? We know that the body carries important messages for our overall wellbeing, but we often tune them out. This course provides practical ways to come to know the wisdom of the body. We’ll meditate in a body-based manner to experience greater ease and basic clarity. And we’ll go further, gently exploring the body’s responsiveness, its feel for a situation, thought or event. Through experiential learning in class and easy homework assignments, we’ll come to understand the basics of Somatic Meditation and explore the process of Focusing, as developed by Eugene Gendlin. This course requires no previous meditation or focusing experience. TWA

Course: LLP078 9 Hours

\$59 + \$84 fee = \$143; NMR add \$120

Online: Structured Remote

CRN#: 33736 6 Sessions T
3/5-4/9 1-2:30 p.m.

Instructor: Philip 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#: 33715 5 Sessions F
3/22-4/26 1-3 p.m.

No class 3/29

Instructor: William King/Jane Cashin

Superconscious Meditation

Allow your mind to turn inward and rediscover your true nature through the ancient practice of superconscious meditation. In this six-week course, you will learn the systematic practice of calming yourself in body and mind that leads to greater self-awareness. In this gentle, gradual entering within, you will have the opportunity to release accumulated stress and balance metabolism. Recommended book: *Superconscious Meditation* by Justin O'Brien (Swami Jaidev Bharati), YES International Publishers, 2007 TWA

Course: LLP088 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 131 PE

CRN#: 33737 6 Sessions F
3/22-4/26 1-2 p.m.

Instructor: Monica Byrd

Online: Structured Remote

CRN#: 33741 6 Sessions F
3/22-4/26 1-2 p.m.

Instructor: Monica Byrd

Computers and Technology

Cloud Technology For Beginners (For people with a Non-Technical Background)

What is the cloud? Define what cloud computing is, what it supports, and how it’s delivered. Explore the benefits and key concepts of cloud computing. Discuss when and where to use it, using appropriate industry models. Examine how hackers access your information and best practices to protect your personal information while using the internet. No prior experience needed.

Course: LLI785 2.5 Hours

\$20 + \$10 fee = \$30; NMR add \$30

Online: Structured Remote

CRN#: 33726 1 Session W
2/21 6:30-9 p.m.

Instructor: Jasmeet Kaur

Looking to enhance your career or start a new one?

Check out our Career Development classes on page 24.

Key to Codes

TWA Senior Tuition Waiver Applies
NMR Non-Maryland Resident
CoL Colisted

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

Computer Skills for Beginners

Gain confidence as you are introduced to various hardware, software, and storage devices. Define basic computer concepts and terminology. Learn to navigate the desktop or laptop, textboxes, windows, toolbars, and taskbars. Examine the Windows Control Panel to identify settings and customize controls. Explore files and learn to browse, open, and rename a file. Practice creating new folders, and to copy and move files into these folders. Use Microsoft Word to create, edit, and print out a document. Discuss email and web mail, including how to open and save email attachments. Explore the internet and learn how to find information. Learn steps you can take to be safe while online. TWA

Course: LLI790 **12 Hours**

\$21 + \$78 fee = \$99; NMR add \$50

Gaithersburg Business Training Center 405

CRN#: 33729 6 Sessions M
3/25-4/29 10:30 a.m.-12:30 p.m.

Instructor: Chiquita Sorrells

Rockville Campus 105 MK

CRN#: 33730 6 Sessions T
2/13-3/19 1:30-3:30 p.m.

Instructor: Jasmeet Kaur

Computer Skills: Beyond Beginner

The class will cover the next level of Windows functions-- organize files and folders, search for items on their computers, and how to protect the computer from malware. Using MS Word, students will continue exploring the Word interface, edit, copy and paste, and find and replace text. Learn how to enhance the appearance of a document by using various formatting options, adjusting page layout, and proofing and printing documents. In Excel, the students will explore the Excel interface and learn how to navigate the spreadsheet. In addition, students will create a spreadsheet, edit, copy, and paste data, find and replace text, and format options. TWA

Course: LLP115 **12 Hours**

\$21 + \$78 fee = \$99; NMR add \$50

Rockville Campus 105 MK

CRN#: 33744 6 Sessions R
3/28-5/2 1:30-3:30 p.m.

Instructor: Tina Denmark

Cybersecurity for Beginners (For people with a Non-Technical Background)

Develop a basic understanding of Cybersecurity to protect yourself from Online Frauds and prevent Identity Theft. Examine how hackers can steal your personal information. Analyze types and motives of cyber-attacks. Learn the best practices that are important to protect your information while using the internet. Explore the history of Cybersecurity. Learn key terminology, basic system concepts, and an introduction to the Cybersecurity field. TWA

Course: LLP041 **5 Hours**

\$24 + \$45 fee = \$69; NMR add \$50

Online: Structured Remote

CRN#: 33735 2 Sessions W
3/20-3/27 6:30-9 p.m.

Instructor: Jasmeet Kaur

Modern Technologies--Capabilities and Limitations

Is Artificial Intelligence taking over the world? Will self-driving cars soon take me to my destination while I take a nap? Are drones spying on me? Will UPS deliver my packages with a drone? Will I get sick using my phone? Are BT and WiFi the same thing? These and other similar questions will hopefully be answered, or at least be framed within a more realistic context during this class. Acquire a better understanding of what these technologies do and how they work, as well as the limitations that they have and the ethical concerns they bring about in the areas of security, privacy, discrimination and others. TWA

Course: LLP107 **6 Hours**

\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 101 MK

CRN#: 33738 4 Sessions M
3/4-3/25 1:30-3 p.m.

Instructor: Guillermo Warley

Culinary Arts

Healthy Baking

Love desserts but want to maintain healthy diet? You do not have to sacrifice taste to make healthy desserts. It is matter of knowing what alternative ingredients to use and how to prepare them in recipes that will delight your loved ones and friends.

Course: LLP112 **2.5 Hours**

\$25 + \$30 fee = \$55; NMR add \$50

Online: Structured Remote

CRN#: 34017 1 Session M
2/26 6-8:30 p.m.

Instructor: Emanuel Michael Bynoe

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

Cook Like a Chef

New Content! Do you enjoy cooking at home? Learn basic skills and tips and tricks to help take your food to another level. Restaurant food is not always a healthier or better option, and when you know the principles behind how to cook and present a dish you will be able to impress your family and friends better than any restaurant would! Take your cooking skills to a next level. In this class you will cover the following topics: Planning a Meal, Sourcing Ingredients, Balancing Flavors, Presentation, Knife Skills; Salads and Dressings; Soup Making; Cooking Perfect Pasta Every time; Getting a Sear, and Sweet Endings—Desserts. This class is presented by a professional chef. You will be able interact, ask questions, and cook along.

Course: LLI594 **6 Hours**

\$59 + \$89 = \$148. NMR \$120

Online: Structured Remote

CRN#: 34236 4 Sessions W
2/14-3/6 7-8:30 p.m.

Instructor: Rudy Karson

The Complete Guide to Baking and Decorating Cupcakes

Would you like to be the talk of every party? Explore the greatest techniques for producing show stopping cupcakes! Examine the process of cupcake making along with the different kinds of buttercream to accompany them. Learn multiple piping techniques to elevate your cupcake decorating and take them to a professional level.

Course: LLP062 **2.5 Hours**

\$25 + \$30 fee = \$55; NMR add \$50

**Rockville Campus Campus Center MC Marriott
Hospitality Kitchen 170 CC**

CRN#: 33740 1 Session M
3/18 6-8:30 p.m.

Instructor: Emanuel Michael Bynoe

The Great British Baking Show: Novice Edition

Are you a fan of The Great British Baking Show? Learn how to create some of the delicious recipes from the series—Mary Berry's Scones with Cream and Lemon Curd; Paul Hollywood's Almond Shortbread Biscuits; and view the demonstration and taste of Mary Berry's Mincemeat Streusel Tray Bake. Explore baking terms, ingredients, equipment, and tools. Employ safe food handling practices using contemporary guidelines. Understand how to read a recipe in metric measurements. This is a hands-on class. The class will take place at MC Marriott Hospitality Kitchen. Online module with recipes and videos will be provided.

Course: LLI761 **2.5 Hours**

\$25 + \$30 fee = \$55; NMR add \$50

Rockville Campus Campus Center MC Marriott Hospitality Kitchen 170 CC

CRN#: 33724 1 Session M
4/8 6-8:30 p.m.

Instructor: Emanuel Michael Bynoe

When in Rome: How to Eat and Drink Like an Italian (NEW)

For anyone who loves Italian food culture and wants to learn more, this class is taught by a chef and art historian who has lived and worked in Italy for over a decade, and covers the culinary highlights of every region of Italy. Lecture topics include: coffee, gelato, wine, dessert, pastas, pizza, menu ordering, table culture, the Slow Food movement, and much more! This is a great warm-up for planning a trip to Italy, or for anyone who simply wants to appreciate and discuss the endless beauty of Italian cuisine. This course is offered for food professionals or for home cooks who enjoy Italian cuisine.

Course: LLP131 **5 Hours**

\$30 + \$44 = \$74, NMR add \$50

Online: Structured Remote

CRN#: 33750 2 Sessions R
2/1-2/8 10 a.m.-12:30 p.m.

Instructor: Rissa Miller

History and Current Events

AI & Social Media: A Future of Fake Information? (NEW)

New Content! AI is seemingly everywhere these days—navigating our cars, answering questions for us through Alexa or Siri or selecting the movies and tv shows we watch. It is also flooding social media with images of events and people that don't exist or giving disinformation a powerful tool to create 'news reports' full of falsehoods that easily pass for the real thing. In this course we will explore how AI is changing the nature of social media. For example, is AI making fake news worse, or can it be a tool to help against disinformation? Should we worry that AI image and text generators have advanced to the point that they are on the verge of making detection of fabricated information impossible? Come find out, the future is now. TWA

Course: LLP145 **8 Hours**

\$64 + \$84 fee = \$148; NMR add \$120

Online: Structured Remote

CRN#: 33947 4 Sessions R
2/1-2/22 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

An Insight Into Politics and Current Events

New Content! Where will the 2024 Presidential election stand in late Winter as the primaries are underway? Are the Democrats poised to retake the House or will the Republicans hold on? What is the outlook for control of the Senate? How will pending trials of Donald Trump affect the outcome? Will our economy avoid a recession? Will inflation continue to fall? What major Supreme Court decisions are on the horizon? What will be the status of the war in Ukraine and how might it impact elections? We will examine the aforementioned issues and propose questions for exploration. Within a framework of civility, all points of view will be welcome, respected, and open for consideration. TWA

Course: LLI511 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Online: Structured Remote

CRN#: 33918 6 Sessions W

2/21-5/1 10:30 a.m.-12:30 p.m.

Class meets on: 2/21, 3/6, 3/20, 4/3, 4/17, 5/1

Instructor: Joel Cockrell

Balance of Power: The Changing World of Alliances (NEW)

Since the start of the war in Ukraine, the post-Cold War balance of power seems to be shifting with long standing alliances and conflicts being reassessed. Will Iran and Russia continue its close cooperation? Will China move against Taiwan? Where will India stand in the balance of global power? How the war in Gaza will impact the Middle East and world order? Explore how this shifting global order is altering international relations and local politics not just in Europe and Asia but the Middle East, Africa and the Americas. New foreign current affairs topic each week. TWA

Course: LLP139 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 103 MK

CRN#: 33941 5 Sessions R

3/21-4/18 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

Online: Structured Remote

CRN#: 33940 5 Sessions R

3/21-4/18 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

Counterfeit: History's Greatest Cons (NEW)

Usually captured in newspaper headlines screaming Fraud! Scandal! Forgery! the work of con artists or confidence-men has long captivated our attention. From the well-known financial cons like those of Charles Ponzi or Elizabeth Holmes to the infamous art forgeries of Han van Meegeren—whose work fooled experts and Nazis alike, and almost cost him his life—this course examines some of the most outrageous cons and counterfeits of history. Meet confidence-men like Gregor Macgregor who managed to sell a fictitious city in Honduras to many eager settlers in 19th century Scotland only to try it again in France. Examine the forgeries of experts like Konrad Kujau who sold his forged 60 volumes of fake Hitler Diaries for almost 5 five million dollars to Stern magazine or John Myatt who has been called the biggest art forger of the 20th century. TWA

Course: LLP136 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Online: Structured Remote

CRN#: 33938 4 Sessions W

3/27-4/17 6:30-8:30 p.m.

Instructor: Naomi Daremblum

European History: 17th Century to the Present (CoL)

Trace the accumulated experience of Western civilization and its worldwide relationships. Explore the changes in thought, social, economic, and political structures from the Copernican revolution and the Enlightenment through the American and French revolutions, the traumas of economic depressions, world wars, and the upheavals of the contemporary world. Examine the tensions between individual liberty and traditional powers of state and society, the rise of ideologies, pressures of industrialism and national identity, the role of women in society, the rise of masses, and the disenchantment with traditional liberalism and totalitarian alternatives. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI469 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Germantown Campus 213 HS

CRN#: 33899 25 Sessions T R

2/6-5/7 11 a.m.-1:30 p.m.

No class 3/12, 3/14

Instructor: Kurt Borkman

Use HIST148 CRN 31065 for textbook information.

Please check the MC Bookstore for details regarding textbooks: <https://www.bkstr.com/montgomerycollegestore/home>

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

Greeks & Romans: A Journey Through Wonders of Their Political and Cultural History (NEW)

The ancient Greco-Roman world gave us the city-state, the idea of democracy, tragedies like *Medea* and *Oedipus Rex*, the poetry of Sappho, the philosophy of Plato and even the refined cuisine of Apicius and his *De Re Coquinaria*. This course is an exploration of the world the Greeks and Romans built. Learn about the political and social transformations that anchored and extended Ancient Greek and Roman power from North Africa to the Black Sea. Explore the artistic, architectural, scientific, literary and culinary innovations that made Greeks and Romans the inspiration of the Renaissance and altered the fate of Western society. TWA

Course: LLP128 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Rockville Campus 103 MK

CRN#: 33931 6 Sessions T
1/23-2/27 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

Online: Structured Remote

CRN#: 33930 6 Sessions T
1/23-2/27 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

Gun Control and The Second Amendment: Is Public Safety at Odds With Individual Freedom? (NEW)

Would you like to understand the controversial debates surrounding the constitutional right to "keep and bear arms" and efforts by the federal and state governments to curtail and control that right? What should be the limits of state power with respect to individual gun ownership? Should the government be given greater control over individuals' right to own guns in promoting the public's health and safety? What are the significant U.S. Supreme Court cases addressing these issues and can we make sense of them? TWA

Course: LLP147 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Online: Structured Remote

CRN#: 33949 3 Sessions W
2/7-2/21 10:30 a.m.-12:30 p.m.

Instructor: Candace Groudine

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#: 33908 4 Sessions R
2/29-3/28 10:30 a.m.-12:30 p.m.

No class 3/14

Instructor: Edward Ingebretsen

History of the United States, a Survey Course: from 1865 to the Present (CoL)

This course will survey United States history from Post-Civil War Reconstruction to the present day. Learn about the industrial revolution and rise of the city; the new immigration; and the social, cultural, and political responses to these changes. Explore the emergence of the United States as a more active world power. Examine American society in the 1920s, the Great Depression, the Cold War, and the controversies over the American role in world affairs. Discuss new developments in modern American society and culture. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI121 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Germantown Campus 167 HS

CRN#: 33900 30 Sessions T R
1/23-5/9 11 a.m.-12:15 p.m.

No class 3/12, 3/14

Instructor: Joseph Thompson

Use HIST201 CRN31067 for textbook information. Please check the MC Bookstore for details regarding textbooks: <https://www.bkstr.com/montgomerycollegestore/home>

Classes marked with this code (CoL) are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status.

Please check the MC Bookstore for details regarding textbooks for co-listed classes.

<https://www.bkstr.com/montgomerycollegestore/home>

Key to Codes

TWA	Senior Tuition Waiver Applies
NMR	Non-Maryland Resident
CoL	Colisted

Holocaust Photography: History, Analysis and Ethical Considerations (NEW)

This course will analyze Holocaust photography taken by victims, perpetrators and liberators in order to gain a more nuanced understanding of the Holocaust. It will discuss the differing motivations of photographers and examine both the most poignant, inciteful and also deceptive Holocaust photographs. Discuss how to use this important visual testimony in an ethical manner.

TWA

Course: LLP137 5 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 104 MK

CRN#: 33939 4 Sessions M

3/4-4/1 10:30-11:45 a.m.

No class 3/11

Instructor: Judith Cohen

Oppenheimer's Legacy: The Race for the Bomb, the Rosenbergs and the Real Network of Atomic Spies (NEW)

In the midst of WWII the United States raced to construct a nuclear bomb under the direction of Robert Oppenheimer. After its use against Japan and to Oppenheimer's great regret, other countries tried to replicate America's success and create an atomic arsenal of their own. The Soviet success in 1949 raised alarms of an intelligence failure. How did they so precisely replicate the Oppenheimer bomb? Two years later Julius and Ethel Rosenberg would be accused, convicted and executed for passing atomic secrets to the Soviet Union. The network of spies that actually stole the bomb and passed its secrets on to the communists were never identified and evaded capture. This course examines the history of the Manhattan Project under Oppenheimer and the spies who managed to steal his creation. TWA

Course: LLP144 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Online: Structured Remote

CRN#: 33946 4 Sessions M

2/5-2/26 6:30-8:30 p.m.

Instructor: Naomi Daremblum

Interested in receiving the Lifelong Learning Institute e-newsletter, class updates, and free events?

Just e-mail:

natasha.sacks@montgomerycollege.edu

or visit our website to sign-up to be placed on our mailing list.

<https://bit.ly/LLI-MailingList>

Plunder and Justice: Looting and Recovering Art/Artifacts from Ancient Times to the Present (NEW)

Art can teach and inspire. Throughout history, items of artistic value have also been the object of our lesser passions—greed, violence, and the urge to dominate others. This course looks at the recent—and not so recent—instances of art thievery and cultural appropriation; and how questions of ownership continue to pit nations against nations. Examples of art thievery discussed in class include: Elgin Marbles, Benin Masks, and Holocaust art. TWA

Course: LLP140 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Online: Structured Remote

CRN#: 33942 3 Sessions W

1/17-1/31 6:30-8:30 p.m.

Instructor: Naomi Daremblum

Spanish Golden Age: From Muslim Civilization to Spanish Empire (NEW)

Explore the Golden Age of Spain from the cultural splendor of Al-Andalus, the Muslim caliphate in the Iberian peninsula, to the majesty and power of the Spanish Empire which extended from the Americas to Asia. Learn how Muslims, Christians, and Jews together built a sophisticated civilization in Islamic Spain that transformed the Western world and served as the basis for the most powerful Empire in Europe from the 15th and 17th centuries. Analyze the conflicts that powered the end of Al Andalus and unleashed the Reconquista, the Christian reconquest of the peninsula and the emergence of the Spanish Monarchy that gave rise to a powerful new Spanish Kingdom and Inquisition. Immerse yourself in the world of the new Spanish Empire and the art, architecture, poetry and music of its Golden Age.

TWA

Course: LLP129 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Rockville Campus 101 MK

CRN#: 33932 6 Sessions T

3/19-4/30 1:30-3:30 p.m.

No class 4/16

Instructor: Naomi Daremblum

Online: Structured Remote

CRN#: 33933 6 Sessions T

3/19-4/30 1:30-3:30 p.m.

No class 4/16

Instructor: Naomi Daremblum

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

The Civil War: A Military History

Did you know that many of the major battles of the Civil War were fought in the DC Metro area? Learn why the Union won the war. Analyze the military strategies and campaigns. Discuss the major battles and their outcomes. Examine military leaders who made the outcome of the war a victory for the North. TWA

Course: LLI730 **10 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

Online: Structured Remote

CRN#: 33985 5 Sessions R

4/4-5/9 6:30-8:30 p.m.

No class 4/25

Instructor: Eric Gartman

The Supreme Court Today

Updated Content! Are you interested in the direction of the Supreme Court? Examine the Supreme Court's past three terms and the ongoing 2023-2024 term, part of which will unfold during the time frame of the course. Discuss the major issues addressed by the court in areas such as abortion, religion, gun rights, Executive Power and Affirmative Action. Meet the personalities on the court. Examine potential changes to the size of the court. TWA

Course: LLP143 **12 Hours**

\$75 + \$97 fee = \$172; NMR add \$120

Rockville Campus 103 MK

CRN#: 33945 6 Sessions R

3/21-5/2 1:30-3:30 p.m.

No class 4/25

Instructor: Joel Cockrell

The Vikings: The Saga of the Norse (NEW)

As portrayed often in popular culture, Vikings wore horned helmets, drank from the skulls of their enemies and burned their dead in ships. In reality they rarely did any of this. Instead. The Viking Age—from 750 to 1050—saw an unprecedented expansion of the Scandinavian peoples into the wider world. As traders and raiders, explorers and colonists, their reach ranged from eastern North America to the Asian steppe. Join this exciting exploration of the history, politics, culture and cosmology of the Vikings. From Eirík Bloodaxe, who fought his way to a kingdom, to Gudrid Thorbjarnardóttir, the most traveled woman in the world. TWA

Course: LLP132 **10 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 101 MK

CRN#: 33934 5 Sessions M

2/26-3/25 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

Online: Structured Remote

CRN#: 33935 5 Sessions M

2/26-3/25 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

U.S. History: Colonial—1865 (CoL)

Discuss early European exploration and expansion into North America. Examine the origins and aftermath of the American Revolution, including constitutional governance and the foreign relations and foreign policy necessary for independence. Explore social, cultural, and intellectual growth in the new republic, as well as Western expansion and economic development as an assertion of national identity. Discuss the Civil War, including defining the role of federal government and states' rights and the conflict over slavery. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI922 **37.5 Hours**

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Online: Structured Remote

CRN#: 33986 13 Sessions T

2/6-5/7 6:30-9:30 p.m.

No class 3/12

Instructor: James Annis

Please check the MC Bookstore for details regarding textbooks. Use credit HIST200 CRN30816

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 us, the day before your class, if you do not hear from the instructor.

natasha.sacks@montgomerycollege.edu
eric.scharf@montgomerycollege.edu

Would you like to teach for the Lifelong Learning Institute?

Please contact Natasha Sacks for details.
natasha.sacks@montgomerycollege.edu

Women In Western World (CoL)

This course surveys the realities and myths of woman's role from the ancient world to modern American and European industrial society. It examines the position of women in the cultures and social structures at various stages in the development of Western history, explores the emergence and growth of the women's rights movement, and the modes of continuity and change when new opportunities emerge for women. You will be joining credit students in this co-listed credit class. TWA

Course: LLP146 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Rockville Campus 125 HU

CRN#: 33948 25 Sessions M W

2/5-5/6 12-1:30 p.m.

No class 3/11, 3/13

Instructor: Sylvea Hollis

Please check the MC Bookstore for details regarding textbooks. Use HIST228 CRN 32533 for textbook information.

Home and Garden

Annuals and Perennials for Mid-Atlantic Landscape

The course will focus on the requirements needed to successfully incorporate perennials and annuals into the residential landscape of the Mid-Atlantic. We will discuss plant species, both native and non-native, to extend the seasonal interest in the garden. Discussion will include incorporating natives, pollinators, and plants suitable to resolve specific problems within the landscape. The course will review the topography, and soil structure, as well as sun and shade ratios to ensure success with annuals and perennials in the landscape. Also included will be discussions on biennials, self-sown species, and repeat blooming species, as well as perennial division and transplanting; the need to replace invasive species within the gardenscape and how to control invasive species; how to incorporate deer resistant plant species and protect the landscape from deer damage; and the USDA and county zones of hardiness and how to interpret the standardized product labeling requirements from suppliers of plant material. This course is designed for to address the needs professional landscapers or volunteer/amateur gardeners. TWA

Course: LLP152 5 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Online: Structured Remote

CRN#: 33954 2 Sessions T

4/23-4/30 6:30-9 p.m.

Instructor: Janet Johnson

Garden Design

Do you ever wish you could have a beautiful home garden? In this course, garden enthusiasts and homeowners will examine the basics of garden design. You will discuss current garden trends; and how to integrate the architecture of your home/buildings into the landscape for a cohesive overall design. You will focus on using plants and materials that are suitable for the Mid-Atlantic region to create a garden design suitable for your home or as a part of your employment. TWA

Course: LLI519 8 Hours

\$59 + \$79 fee = \$138; NMR add \$120

Rockville Campus 101 MK

CRN#: 33901 4 Sessions T

2/20-3/19 6:30-8:30 p.m.

No class 3/12

Instructor: Janet Johnson

Introduction to Organic Vegetable Gardening

Learn how to produce vegetables for the household while using sustainable gardening practices. Explore what, when, and how to plant vegetable crops that are well suited to Maryland. Discuss ways to organically control pest and diseases. Design a garden for your home or as a part of your employment. TWA

Course: LLP001 5 Hours

\$40 + \$72 fee = \$112; NMR add \$120

Online: Structured Remote

CRN#: 33920 2 Sessions R

2/29-3/7 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 root prune.

Course: LLI022 3 Hours

\$15 + \$15 fee = \$30; NMR add \$30

Online: Structured Remote

CRN#: 33903 1 Session T

1/23 6:30-9:30 p.m.

Instructor: Janet Johnson

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

Woody Ornamentals for the Mid-Atlantic Region (NEW)

The course will discuss the options for trees and shrubs for use in the Mid-Atlantic residential landscape. We will discuss the need to eliminate the use of invasive species in our region, as well as options to replace these too common species within our landscape. The course covers both native species and selected non-native species, and the need to choose woody ornamentals as a long term investment. Emphasis will be placed on species native to the region better suited to the residential site. and how proper selection of species reduces the need for pruning and reduces the maintenance required. There will be a focus on how to create living low maintenance gardens that will endure. Additional content includes the need for soil and water testing prior to planting, as well as, how to access testing facilities as well as the Tree Montgomery program, the Rain Garden program, and the Street Tree programs within Montgomery County. This course is designed for professional landscapers and/or volunteer/home gardeners. TWA

Course: LLP153 5 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Online: Structured Remote

CRN#: 33955 2 Sessions T
4/2-4/9 6:30-9 p.m.

Instructor: Janet Johnson

Human and Natural Science

Exploring Local History and Nature

New Content: Montgomery County Museums

This three-part class will explore the wide variety of museums Montgomery County has to offer. The class will consist of two Zoom sessions and one on-site visit. The first Zoom session will be dedicated to museums which focus on different aspects of local as well as national history; the second virtual session will focus on museums related to agriculture and slavery. The students will have their third-class session at one of the museums combined with a related hike (Rain date: May 3). This class is offered in partnership with Montgomery History. All classes onsite are presented in the format of a structured lecture. TWA

Course: LLP065 5 Hours

\$39 + \$69 fee = \$108; NMR add \$120

Hybrid (Online & Face to Face)

CRN#: 34014 3 Sessions F
4/12-4/26 10:30 a.m.-12 p.m.

Instructor: Ralph Buglass

Class on 4/26 will meet at the Museum specified by the Instructor Ralph Buglass.

Introduction to Gender Studies (CoL)

Join us for a multicultural, interdisciplinary introduction to the study of gender in contemporary society. Readings, films, and discussions explore how gender matters in a person's daily life; how that impact is socially constructed both historically and cross-culturally; and how gender permeates institutions in societies, operating as a system of power and reinforcing distinctions that contribute to inequality. This course investigates gender as it intersects with race-ethnicity, nationality, sexuality, class, age, and ability, to shape diverse femininities and masculinities. In discovering the nature of gender and by reflecting on their unique location within power structures, you will explore the possibility of change for equality and assume more engaged forms of citizenship. You will be joining credit students in this co-listed credit class. TWA

Course: LLP142 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Rockville Campus 122 HU

CRN#: 33944 15 Sessions M W
3/25-5/13 1-3:30 p.m.

Instructor: Leah Sneider

Please check the MC Bookstore for details regarding textbooks. Use GNDS101 CRN32335 for textbook information.

The Sun, the Earth, and the Moon! (NEW)

Want to dive into a better understanding of the Sun, Moon, and our planet, Earth, and their impacts on our lives? We will have fun and do many hands-on activities, including viewing the sun through a solar telescope, to learn about the structure and processes that occur on the sun, earth, and moon. Learn about the differences between solar and lunar eclipses, and why the moon goes through phases. This is beginner level class-no science background required! We will also learn how and why NASA is studying these three celestial objects. The last class session will take place at the NASA Visitor's Center where one or two scientists will deliver a lecture. TWA

Course: LLP123 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Rockville Campus 101 MK

CRN#: 33925 4 Sessions F
3/1-4/5 10:30 a.m.-12:30 p.m.

Instructor: Dorian Janney

No class 3/15, 3/29

Class on 4/5 will take place at the NASA Visitor's Center. The Instructor will provide the details.

Literature and Writing

And the Winner Is: Best Foreign Films

New Content! This course is an exploration of the most interesting visual storytelling from around the globe. Watch and discuss some of the most acclaimed foreign films of the last sixty years—ranging from cult classics like Akira Kurosawa's *Rashomon* (Japan, 1950) to other foreign film Oscar winners like *Black Orpheus* (France, 1959), *Through a Glass Darkly* (Sweden, 1961), *Nowhere in Africa* (Germany, 2002) & the South American masterpiece of political filmmaking *Argentina, 1985* (nominated in 2023). All films will be available online or provided by the **Instructor**: . TWA

Course: LLP103 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Online: Structured Remote

CRN#: 33922 5 Sessions F
2/9-3/8 10:30 a.m.-12:30 p.m.
No class 3/15

Instructor: Naomi Daremblum

Creative Writing: An Introduction (CoL)

Have you ever thought about practicing creative writing? Explore the forms and techniques of short story writing, in particular: point of view, plot, characterization, setting, and atmosphere in standard and experimental modes. Establish a personal style and expression. Discuss fiction of proven merit and student writing. Designed for students who have fully mastered basic writing skills and who are literate writers but who have written little or no fiction previously. One college-level literature course or extensive previous outside reading of fiction is desirable. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI466 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Rockville Campus 213 HU

CRN#: 33906 30 Sessions M W
1/22-5/8 10-11:15 a.m.
No class 3/11, 3/13

Instructor: John Wang

Use ENGL264 CRN 30501 for textbook information.
Please check the MC Bookstore for details
regarding textbooks: <https://www.bkstr.com/montgomerycollegestore/home>

Film and Literature (CoL)

This course is a comparative study of films and literature with special attention given to the practical and theoretical problems of adapting literature to film and the basic differences between the two. Explore how character development, plot, narrative, symbols, and language are translated from literary texts to film, and considers the limitations of film adaptation. Read, analyze, and respond critically to texts in class discussions, examinations, and essays. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI984 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Rockville Campus 212 SB

CRN#: 33902 14 Sessions W
1/24-5/1 2-4:40 p.m.

No class 3/13

Instructor: Megan Howard

Use ENGL235 CRN 30502 for textbook information.
Please check the MC Bookstore for details
regarding textbooks: <https://www.bkstr.com/montgomerycollegestore/home>

Greatest American Short Stories (NEW)

Join our discussion of the greatest American short stories, and consider the ways they both uphold and challenge the great American myth! America is a land of hope and aspiration, of great American Dreams and high principles, but also of strife, struggle, and inequity. Over the years, American writers have captured the stories of this great, and complicated, experiment in democracy, as well as stories of the individual lives contained therein. As we analyze American stories old and new, we will also form our own understandings of what makes these stories relevant to our modern lives. The course reading list is available on the LLI website. TWA

Course: LLP133 16 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Online: Structured Remote

CRN#: 33936 8 Sessions W
2/7-4/3 10:30 a.m.-12:30 p.m.

No class 3/13

Instructor: Ann Stephenson

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

Mystery and Manners: The Life and Literature of Agatha Christie (NEW)

Grab your magnifying glass and get ready for an adventure as we sleuth out the mysteries of Agatha Christie's life and writings! Often called the Queen of Crime, Agatha Christie is the world's best-selling mystery writer. Join the class to examine the adventures and mysteries of Christie's own life, the popularity of her famous detectives, the form and subversions of the classic detective novel, the influence of travel and archeology upon her stories, and the ways her writing responds to the changing social landscape of early 20th century Britain. The course reading list is available on the LLI website. TWA

Course: LLP134 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 103 MK

CRN#: 33937 5 Sessions M
3/4-4/1 10:30 a.m.-12:30 p.m.

Instructor: Ann Stephenson

Novels of the Academic World (NEW)

The world of academia has provided material for a wide range of authors viewing it in ways ranging from comic to tragic, from bemused to outraged. Among the works we will read are satires, stories about personal growth or disillusion, character studies and thrillers. They are both American and English and range from the early 1950's to the early 2020's. We will begin with Vladimir Nabokov's *Pnin* which students should read before coming to the first class. Each novel assigned for this class can be read within a week. The reading list is posted on the Lifelong Learning Institute's website. TWA

Course: LLP141 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Rockville Campus 103 MK

CRN#: 33943 6 Sessions T
3/19-4/30 1:30-3:30 p.m.

No class 4/23

Instructor: Robert Shoenberg

The History of Western Movies and Television Programs (NEW)

Do you ever watch the STARZ movie channels which focus on western movies and old western television programs? Do you want to learn more about the history of the film and television westerns and why they once rose to prominence only to virtually disappear from movie and television screens in recent years? This course will examine the rise and fall of western movies and television shows. Meet the stars, the directors, and discuss why a type of film that was so prominent has far less import today. Watch video clips from both movies and television to enhance our nostalgic look at westerns. TWA

Course: LLP120 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 103 MK

CRN#: 33923 5 Sessions T
3/19-4/16 10:30 a.m.-12:30 p.m.

Instructor: Joel Cockrell

The Short Story (CoL)

A study of the short story in world literature with emphasis on the literary form. Examine the basic elements of fiction as they appear in short stories. Discuss content, structure, and literature techniques used. Analyze short stories from a variety of critical perspectives. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI239 37.5 Hours

\$402 + \$137.40 fee = \$539.40; NMR add \$885.60

Rockville Campus 210 SB

CRN#: 33905 25 Sessions T R
2/6-5/7 1-2:30 p.m.

No class 3/12, 3/14

Instructor: Eurae Muhn

Use ENGL233 CRN 30503 for textbook information.

Please check the MC Bookstore for details regarding textbooks: <https://www.bkstr.com/montgomerycollegestore/home>

Key to Codes

TWA	Senior Tuition Waiver Applies
NMR	Non-Maryland Resident
CoL	Colisted

If you would like to dedicate a class in memory of a loved one or make a donation in your loved one honor or memory or make a donation to the Lifelong Learning Institute in your loved one memory please contact Natasha Sacks at natasha.sacks@montgomerycollege.edu

Timeless Literature Pieces (NEW)

What defines a work of literature as a classic? Is it because these works, over time, continue to speak to us in new ways and ask us to re-consider them and re-examine our response to them? This class will read literary works that raise these issues and, perhaps, stand as examples of "classics." Italo Calvino's 1991 definitions of a classic will anchor class discussion. Readings include Calvino's *If on a Winter's Night a Traveler*, Le Carré's *The Spy Who Came in from the Cold*, a brief excerpt from Proust's *Swann's Way*, Chaucer's *The Miller's Prologue and Tale*, and Gabriel Garcia Marquez's *One Hundred Years of Solitude*. TWA

Course: LLP151 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Online: Structured Remote

CRN#: 34096 6 Sessions R
2/1-4/11 2-4 p.m.

Class meets on: 2/1, 2/15, 2/29, 3/14, 3/28, and 4/11

Instructor: Adele Seeff

Writing Memoirs, Writing Memories

Whether you wish to pass on the family heritage to your grandchildren, tell some of the funny stories or interesting events of your life, or if you want to explore your past in order to discover your own reality, writing is a wonderful way to begin. Writing for a group of other people who have stories to tell and who are also working to find the best way to tell them is a good way to begin and to keep going. In this class, students will form a writing group where they will share ideas, experiences, and some of the rewards and frustrations of writing.

TWA

Course: LLI543 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Online: Structured Remote

CRN#: 33904 6 Sessions W
1/24-2/28 6:30-8:30 p.m.

Instructor: Pamela McFarland

Music

A Rush of Genius: Musical Brilliance of Mozart's Final Year (NEW)

As 1791 dawned, Mozart was at the height of his popularity. By year's end, he would be dead just short of his 36th year. However, in those final 12 months he would come to compose some of the most beloved music of all time including a final piano concerto, his cherished clarinet concerto, the exquisite, elegant motet Ave verum corpus, his powerful *Requiem* (although left unfinished), two operas, *La clemenza di Tito* and one of the most famous of all operas *The Magic Flute*. This course is an in-depth look into Mozart's final works of genius as well as Mozart's life and music in general, and the milieu of late 18th century Vienna. No musical experience required; only an appreciation. TWA

Course: LLP126 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Rockville Campus 101 MK

CRN#: 33928 6 Sessions W
3/6-4/10 10:30 a.m.-12:30 p.m.

Instructor: Jesse Parker

Online: Structured Remote

CRN#: 33929 6 Sessions W
3/6-4/10 10:30 a.m.-12:30 p.m.

Instructor: Jesse Parker

How to Read Music

Enhance Your Memory! 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#: 33907 4 Sessions R
2/1-2/22 10:30 a.m.-12:30 p.m.

Instructor: Jesse Parker

Missing Your Zoom Link?

Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. If you do not receive your link, please check your spam folder. If it is not there, email both of us, the day before your class starts.

eric.scharf@montgomerycollege.edu

natasha.sacks@montgomerycollege.edu

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

The Four Symphonies of Robert Schumann (NEW)

Regarded primarily as a composer of lieder (song) and piano music, Robert Schumann's four symphonies are perennial favorites of conductors, orchestras and audiences alike. His four symphonies are considered standard repertoire for orchestras the world over.

Schumann was also a respected music critic and used his influence to heralded a young Johannes Brahms as the future of music. This course will examine the life and music of Schumann with an in-depth survey of his beloved four symphonies. TWA

Course: LLP124 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 101 MK

CRN#: 33927 5 Sessions R
4/4-5/2 10:30 a.m.-12:30 p.m.

Instructor: Jesse Parker

Online: Structured Remote

CRN#: 33926 5 Sessions R
4/4-5/2 10:30 a.m.-12:30 p.m.

Instructor: Jesse Parker

Personal Enrichment

A.S.K. in a Nutshell

New Content! Are you intellectually curious? If so, then A.S.K. (Adults Seeking Knowledge) is for you! A.S.K. offers an array of weekly programs and lectures, including invited experts who present lectures covering a wide range of topics. Past topics have included current events, science, history, world travels, mediation for seniors, opera, alternative medicine, and fitness and health. TWA

Course: LLI528 7.5 Hours

\$30 + \$69 fee = \$99; NMR add \$50

Gaithersburg Business Training Center 402

CRN#: 33909 6 Sessions W
2/28-4/10 1-2:15 p.m.

No class 3/6

Instructor: Jeffrey Miller

Online: Structured Remote

CRN#: 33910 6 Sessions W
2/28-4/10 1-2:15 p.m.

No class 3/6

Instructor: Jeffrey Miller

Bridge for Beginners

Bridge is by far the greatest card game of all. It provides immense challenges and enjoyment for the rest of your life. This course is intended for newcomers to the game and players who haven't played in years. The 6-week course will cover the fundamentals of modern bidding, play of the hand, some defensive principles, and more.

Course: LLI942 12 Hours

\$60 + \$79 fee = \$139; NMR add \$120

Rockville Campus 102 MK

CRN#: 33911 6 Sessions W
2/21-4/3 7-9 p.m.

No class 3/13

Instructor: David Dong

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

\$30 + \$69 fee = \$99; NMR add \$50

Online: Structured Remote

CRN#: 34057 3 Sessions M
2/12-2/26 4-6 p.m.

Instructor: Mark Gottlieb

Making Smart Investment Decisions

Making smart investment decisions can make a big difference over your life time and especially what you save for your retirement. With some basic understanding of investment products and risk and return, you can take steps to grow your 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: PRF178 1.5 Hours

\$10 + \$10 fee = \$20; NMR add \$30

Online: Structured Remote

CRN#: 34071 1 Session W
1/31 6:30-8 p.m.

Instructor: Alan Sorcher, SEC

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

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#: 34058 1 Session W

3/20 6:30-9:30 p.m.

Instructor: Neal Seagle

Money Management and Investment 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. TWA

Course: PRF189 5 Hours

\$15 + \$30 fee = \$45; NMR add \$30

Online: Structured Remote

CRN#: 34079 2 Sessions M

2/19-2/26 6:30-9 p.m.

Instructor: Jeffrey Schweighoffer

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 + \$10 fee = \$25; NMR add \$30

Online: Structured Remote

CRN#: 34072 1 Session R

3/7 6:30-8:30 p.m.

Instructor: Neil Lombardo, SEC

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

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: PRF033 5 Hours

\$60 + \$65 fee = \$125; NMR add \$120

Online: Structured Remote

CRN#: 34059 2 Sessions R

3/21-3/28 6:30-9 p.m.

Instructor: Lorryn Logan

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: PRF032 5 Hours

\$25 + \$57 fee = \$82; NMR add \$50

Rockville Campus 220 MK

CRN#: 33686 2 Sessions R

2/15-2/22 1-3:30 p.m.

Instructor: s Donald Chomas and James Ingoe

Online: Structured Remote

CRN#: 33685 2 Sessions W

2/28-3/6 1-3:30 p.m.

Instructor: s Donald Chomas and James Ingoe

Structured Remote (SR) are scheduled on specific days and at specific times. Students meet as a class remotely through Zoom or Blackboard Collaborate; instructors will tell students which software to use. Students complete reading and assignments according to the course schedule. Class sessions take place in real time, and the instructor leads course sessions.

Retirement Distribution Strategies

Retirement Plans have many complicated rules. Rules regarding how you can access your money, how much you can contribute, and different tax rates for withdrawals. Learn 13 retirement strategies including the rules surrounding IRAs, 401ks, TSPs, Roths, etc. Discuss the optimal Social Security claiming strategies for married and single participants that will maximize retirement income. TWA

Course: PRF174 6 Hours

\$60 + \$69 fee = \$129; NMR add \$120

Rockville Campus 124 MK

CRN#: 34070 2 Sessions W
2/28-3/6 6:30-9:30 p.m.

Instructor: Neal Seagle

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: PRF169 6 Hours

\$25 + \$57 fee = \$82; NMR add \$50

Bethesda-Chevy Chase High School

CRN#: 33690 2 Sessions R
2/29-3/7 6:30-9:30 p.m.

Instructors: Russel Rifkin and James Ingoe

Gaithersburg Business Training Center 402

CRN#: 33691 2 Sessions T
3/5-3/12 6:30-9:30 p.m.

Instructors: Russel Rifkin and James Ingoe

Germantown Campus 153 PK

CRN#: 33655 2 Sessions R
2/1-2/8 6:30-9:30 p.m.

CRN#: 33656 2 Sessions T
2/6-2/13 6:30-9:30 p.m.

Instructors: Perry Lazerus and Grant LaGasse

Rockville Campus 103 MK

CRN#: 33688 2 Sessions T
2/13-2/20 6:30-9:30 p.m.

Instructors: Russel Rifkin and James Ingoe

Sherwood High School

CRN#: 33657 2 Sessions R
2/29-3/7 6:30-9:30 p.m.

CRN#: 34092 2 Sessions T
3/5-3/12 6:30-9:30 p.m.

Instructors: Allison McCarty and Grant LaGasse

Tilden Middle School

CRN#: 33687 2 Sessions R
2/8-2/15 6:30-9:30 p.m.

Instructors: Russel Rifkin and James Ingoe

Online: Structured Remote

CRN#: 33689 2 Sessions W
2/21-2/28 6:30-9:30 p.m.

CRN#: 33692 2 Sessions R
3/14-3/21 6:30-9:30 p.m.

Instructors: Russel Rifkin and James Ingoe

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: PRF172 5 Hours

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

Online: Structured Remote

CRN#: 34076 2 Sessions M
4/8-4/15 6:30-9 p.m.

Instructor: Jeffrey Schweighoffer

Stocks: An In-Depth Look

This course will provide students with tools to understand and evaluate stocks and review multiple strategies for using stocks in a personal portfolio. Topics include: understanding U.S. and global economic cycles, how to evaluate a company's financial health, and how to use stocks for personal finances. **Instructor:** cannot make stock recommendations. TWA

Course: PRF147 8 Hours

\$50 + \$75 fee = \$125; NMR add \$120

Online: Structured Remote

CRN#: 34067 4 Sessions M
3/4-3/25 6:30-8:30 p.m.

Instructor: James Ingoe

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.

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: PRF171 6 Hours

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

Online: Structured Remote

CRN#: 34069 2 Sessions R
2/22-2/29 6:30-9:30 p.m.

Instructor: Lorryn Logan

CRN#: 34068 2 Sessions W
4/3-4/10 6:30-9:30 p.m.

Instructor: Lindsey Sarowitz

Professional and Career Development

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#: 33788 4 Sessions R
2/22-3/21 6:30-9:30 p.m.

No class 3/14

Instructor: Jenny Hodges

How to Land Your Job

Learn innovative and traditional proven 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 how to impress employer with your interviewing skills. Learn how to use career and job search resources, such as Career Coach, and networking and employment resources, such as social media. TWA

Course: CRP535 10 Hours

\$10 + \$35 fee = \$45; NMR add \$30

Online: Structured Remote

CRN#: 33711 4 Sessions M
3/25-4/29 6:30-9 p.m.

Instructor: Jenny Hodges

No class 4/15, 4/22

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.

Course: LLI641 5 Hours

\$30 + \$49 fee = \$79; NMR add \$50

Rockville Campus PE121

CRN#: 33917 6 Sessions M
2/12-3/25 10-10:50 a.m.

No class 3/11

Instructor: Christine Harrison

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.

Course: LLI723 6 Hours

\$34 + \$35 fee = \$69; NMR add \$50

Rockville Campus PE131

CRN#: 33914 6 Sessions F
2/23-4/12 9-10 a.m.

No class 3/15, 3/29

Instructor: Monica Byrd

Online: Structured Remote

CRN#: 33915 6 Sessions F
2/23-4/12 9-10 a.m.

No class 3/15, 3/29

Instructor: Monica Byrd

Wellness Supply List!

Material lists for LLI Wellness classes
are available at

www.montgomerycollege.edu/lifelonglearning/

Gentle Water Fitness for Muscle Tone and Cardio

Former Water Exercise, now LLI class for 50+ Learn how to use water resistance to develop muscle tone and flexibility, as well as increase endurance. Practice techniques using water buoyancy to aid in relaxation, stress reduction, and mood enhancement. Apply gentle water exercise to increase cardio health and help with chronic conditions. This course will be presented at several different difficulty levels and is not a swimming course.

Course: LLI383 20 Hours

\$30 + \$57 fee = \$87; NMR add \$50

Germantown Campus POOL

CRN#: 33912 24 Sessions T R
2/13-5/14 10-10:50 a.m.

No class 3/12, 3/14, 4/23

Instructor: Kim Harris

Rockville Campus POOL

CRN#: 33913 24 Sessions M W
1/22-4/17 9-9:50 a.m.

No class 3/11, 3/13

Instructor: Christine Harrison

Improving Balance, Posture, and Core Strength

Have you noticed that your ability to balance is not as good as it used to be? Examine the two factors that can cause decreased ability to balance: poor posture and decreased muscle strength. Learn exercises that improve core and lower body muscle strength, posture, and balance. Discuss tips for maintaining good posture throughout your daily activities. This class will include standing, sitting, and exercises on the floor. Please bring a yoga mat.

Course: LLI676 7.5 Hours

\$50 + \$29 fee = \$79; NMR add \$50

Rockville Campus PE121

CRN#: 33916 9 Sessions W
2/14-4/17 10-10:50 a.m.

Instructor: Christine Harrison

No class 3/13

Line Dancing for Everyone

Line dancing is a form of exercise that will help you stay fit and relieve stress while having fun. Explore your own style of dance while learning fun, popular, social line dances that can be done at weddings, holiday functions, and more. Examine dances that use music from multiple genres, including: country, soul pop, Latin, and much more. This class is partner free and designed for all levels in a free flowing and fun atmosphere!

Course: LLP149 8 Hours

\$44 + \$35 fee = \$79; NMR add \$50

Rockville Campus PE121

CRN#: 33952 8 Sessions M
2/19-4/15 6-7 p.m.

No class 3/11

Instructor: Gizelle Merced

Takoma Park/Silver Spring Campus 205 CU

CRN#: 33951 8 Sessions R
3/7-5/9 6-7 p.m.

No class 3/14, 4/11

Instructor: Anna Ervin

Square Dancing for Fitness and Fun

Learn the fundamentals of the Square Dance, and you will be do-si-do-ing in no time! Increase your cardio and coordination fitness level and your fun level at the same time as we learn the basics and beyond of Square Dance. No partner, previous dance experience, or fancy costume required. Wear comfortable shoes and casual clothing.

Course: LLP090 6 Hours

\$34 + \$35 fee = \$69; NMR add \$50

Rockville Campus PE121

CRN#: 33921 6 Sessions T
3/5-4/9 7-8 p.m.

Instructor: Janine Smith

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 + \$29 fee = \$69; NMR add \$50

Rockville Campus PE121

CRN#: 33919 6 Sessions W
2/28-4/10 2-3 p.m.

No class 3/13

Instructor: Glenn Moy

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

Registration Options

Regardless of which registration option you select, registrants will be enrolled in the order that registration and payments are received (to avoid disappointment, register early); payment is required at the time of registration. All students must register prior to attending the first class.

Payments

Payment MUST be made IN FULL at the time of registration to avoid being deleted from the course. Complete information is required to process all registrations and payments. Further instructions for WEB, FAX, or MAIL-IN payments can be found at: www.montgomerycollege.edu/wdce/registerops.html.

Registration will not be processed without appropriate payment.

Option 1: In-Person Registration

A completed form with payment may be submitted in person at any of these Montgomery College Campus registration areas:

Gaithersburg Business Training Center Room 400

8:30 a.m.–9 p.m. (M–R)

8:30 a.m.–4:30 p.m. (F)

8:30 a.m.–4 p.m. (S) currently closed on Sat.

Germantown Campus Humanities and Social Sciences Building Room 241 and/or 243

8:30 a.m.–5 p.m. (M–R)

8:30 a.m.–4:30 p.m. (F)

Rockville Campus 220 Campus Center

8:30 a.m.–5 p.m. (M–F)

8:30 a.m.–12 p.m. (S)

Takoma Park/Silver Spring Campus 230 CF, Customer Service

8:30 a.m.–5 p.m. (M–R)

8:30 a.m.–4:30 p.m. (F)

***Cash payments can only be made at the Cashier's Offices at the Germantown, Rockville, or Takoma Park/Silver Spring Campuses.

Option 2: Online (Web) Registration

- Go to montgomerycollege.edu/wdce
- Click on "How to Register" in the left navigation bar.
- Click on "Register by Web."
- Follow the appropriate directions depending on if you are a new or returning student.

Option 3: Mail Registration

Send completed form with payment for total due to Montgomery College, WDCE, 51 Mannakee St., Rockville, MD 20850.

Option 4: Fax Registration

Fax completed form with payment information to WDCE at 240-683-6945.

Residential 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.

- 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.
- 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.
- 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.** You will not receive a refund. ESL Noncredit 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.

Transfer Policy

To transfer from one CRN to another CRN of the same course, a letter must be received in the Admissions, Records, and Registration Office, Montgomery College, 51 Mannakee Street, Rockville, MD 20850 before the beginning date of both CRNs of the course. If you have enrolled in a co-listed course you will have only one day after the class has begun to transfer. After that, you are committed to your path for the remainder of the course. If the course has a required assessment level to be a credit student, you must first complete the assessment testing and meet the appropriate assessment level before you can change to credit status.

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.

VA-Approved Course: Courses indicated with this **VAA** code are approved for VA educational benefits under Title 38, U.S.C., Section 3676. (Post 9/11 GI Bill). For more information, visit www.montgomerycollege.edu/wdce/registerops.html.

Co-Listed Classes

Classes marked with this code **Col** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. Co-listing gives students an option to choose the best path for their educational needs. Each section includes both credit and noncredit students. For students seeking credit classes, please consult the credit course schedule. The expectations for attendance, participation, and effort are the same for all students. Instructors will announce policies concerning class activities.

Room Numbers

Room numbers will be printed on your registration receipt for classes held on our campuses. Please be sure to keep the receipt for your records. Room numbers can also be found online.

Day Designation

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

Key to Codes

TWA	Senior Tuition Waiver Applies
NMR	Non-Maryland Resident
Col	Colisted

Please Print Clearly



MONTGOMERY
COLLEGE

FAX completed registration form with credit card information to 240-683-6945.

Mail completed registration form with payment to WDCE Registration, 51 Mannakee Street, CC 220, Rockville, MD 20850.

[illegible]

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: <http://www.montgomerycollege.edu/studentforms>.

How did you hear about us? ☐ Received brochure in mail ☐ Website ☐ Social media ☐ Advertisement ☐ On campus ☐ Other _____

MILITARY: If the military is paying for your course(s), you must submit the last 4 digits of your SSN.

STUDENTS WITH DISABILITIES

If you need support services due to a disability, call Workforce Development & Continuing Education at 240-567-4118 at least three weeks before class begins.

ETHNICITY: Choose one. *(Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.)*

☐ Not Hispanic or Latino ☐ Hispanic or Latino

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.)*

☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African American ☐ Native Hawaiian and other Pacific Islander ☐ White

☐ U.S. Citizen ☐ Permanent Resident (Circle one: Green Card / Working Card) ☐ Other Immigration Status *(Used for tuition-setting purposes only.)*

CHECK ALL THAT APPLY:

- ☐ I have been a Maryland resident [as defined in the Montgomery College Catalog] for at least three months.
- ☐ I am 60 years of age or older. (Applicable to designated tuition waiver courses for Maryland residents only.)
- ☐ 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.

CRN #	Course #	Course Title	Start Date	Tuition	Course Fee	Non-Md. Fee	Course Total
Code: IL	Refunds will go to the registered student of record.					Total Due	\$

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. 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.

Student Signature Required

Date _____

Please indicate payment by: ☐ Check (payable to Montgomery College)

Credit card: ☐ MasterCard ☐ VISA ☐ Discover

Credit Card Information: Credit Card Number

Please do not email registration form with credit card information.

Expiration date on card

Month / Year

3 or 4 digit Security code on your card

NOTE:
Credit card information will
be detached and disposed of
promptly and properly after
payment is approved.

Name on Card

**Card holder
signature required**

Date _____

**Lifelong Learning Institute
Spring 2024 Course Schedule**

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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.