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

Workforce Development and Continuing Education  
[montgomerycollege.edu/wdce](http://montgomerycollege.edu/wdce)  |  240-567-5188
Dear Students and Community Members,

Welcome to the Fall Semester 2023!

I hope you had a relaxing and rejuvenating Summer. It was a pleasure seeing many of you during the Summer semester—whether in person in the classroom, dance studio, and/or swimming pool, or virtually over Zoom. Learning never stops!

This Fall Semester, the Lifelong Learning Institute is providing a range of new courses along with the trusted favorites. If you have not picked up a painting brush, a drawing pencil, or a camera, give a boost to your creativity and take one of our art classes. This past Summer Semester, we had to limit the enrollment in the Art of Pencil Drawing class because we did not have enough room for all those who wanted to take the class, so we are offering it again—please register early.

If you are interested in art history you can pick from several courses. For example, you can delve into the mysterious light and painted scenes of Rembrandt van Rijn, Frans Hals, Jan Vermeer and other Dutch Baroque artists. Or if you are a modern art fan, you can develop a deeper understanding of paintings by Fauvism movement artists like Henri Matisse, Andrew Drain, and Maurice de Vlaminck. Closer to home, another course taught by artist and historian Evan Goldman will help you discover art treasures located in art museums of Montgomery County.

If you are interested in history you will be rewarded with courses spanning the times of the Vikings, the English Tudors and European History. For example, one class will follow the Fall of Rome to the 17th Century; other classes will look at the history of the United States during the Civil War period and more recent civil rights movement; and we will offer modern history topics, such as Putin and the Return of Stalinism and An Insight Into Politics and Current Events. Other courses include Dehumanization: From Save Trade to Immigration and Anti-Semitism: Now and Then.

Also, you will be able to enrich yourself through a variety of courses on literature, film, TV shows, writing, gardening and culinary arts. Stay fit and healthy and take a course in swimming, yoga, t’ai chi, and/or everyone’s favorite—Line Dancing.

Additionally, I want to bring your attention to our new instructor, Professor Candace Groudine, a retired civil rights attorney. Professor Groudine will teach a class on Legal Reasoning: How to Think Like a Lawyer, enabling you to understand legal analysis and processes, and apply critical thinking to keep your memory and mind sharp.

Come, bring your family and friends, and grow as you 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
eric.scharf@montgomerycollege.edu

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

Global Issues Through History, Literature, and Philosophy [Co-L]
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
Takoma Park/Silver Spring Campus 114 CM
CRN#: 24289 25 Sessions T R
9/12-12/12 12:30-2 p.m.
No class 10/17, 11/23
Instructor Deborah Taylor
Please Check the MC Bookstore for details regarding textbooks. Use GHUM101 CRN21701 for textbook information.

Introduction to Archaeology [Co-L]
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#: 24290 30 Sessions T R
8/29-12/14 9:30-10:45 a.m.
No class 10/17, 11/23
Instructor Barbara Wolff
Use ANTH240 CRN22199 for blackboard access.

Paris 1914-1940: A Cultural Tour [NEW]
During the interwar period, Paris was the birthplace of some of the most influential artistic movements of the 20th century. This class is a cultural tour of the many types of art that emerged from these movements. Consider the dazzling innovations of Picasso along all of his career as well as the groundbreaking work of Dada, Surrealism and the School of Paris. Experience the poems, plays and novels of the renaissance man of the French Avant Gard, Jean Cocteau and read some of his contemporaries like Apollinaire and Paul Valery. Listen to the musical stylings of Nadia Boulanger, behold the drama of the Ballet Russes and watch Josephine Baker change modern performance and dance forever. TWA
Course: LLP100 10 Hours
$69 + $92 fee = $161; NMR add $120
Online: Structured Remote
CRN#: 24327 5 Sessions M
11/6-12/4 6:30-8:30 p.m.
Instructor Naomi Daremblum

World Cultures [Co-L]
This course is an examination of one culture area in a particular geographic region from an anthropological perspective. Drawing from the theories and methods of anthropology, explore the prehistory, colonialism, cultural systems, modernization, and globalization of the region. Examine current conditions through interesting case studies. Focus of this course is on Latin America. Note: You will be joining credit students in this co-listed credit class. TWA
Course: LLI803 37.5 Hours
$402 + $137.40 fee = $539.40; NMR add $885.60
Germantown Campus 173 HS
CRN#: 24291 25 Sessions M W
9/11-12/11 12-1:30 p.m.
No class 11/22
Instructor Maria Sprehn
Focus on Latin America. 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/. Use ANTH256 CRN 21604 for blackboard access.

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
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#: 24251   6 Sessions   W
10/18-11/29   10:30 a.m.-12:30 p.m.
Instructor Tatianna 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. You will practice your new photography skills on location. TWA

Course: LLI470   10 Hours
$65 + $89 fee = $154; NMR add $120
Hybrid: Online and In-person   101 MK
CRN#: 24252   5 Sessions   M S
10/2-10/23   6:30-8:30 p.m. (M)
11/4   10:30 a.m.-12:30 p.m. (S)
Instructor: Michael Koren
Last class on Saturday 11/4 will meet 10:30 a.m.-12:30 p.m. on the Rockville Campus. The instructor will specify the location for the meeting on Saturday.

Digital Photography Co-L

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#: 24447   27 Sessions   T R
8/29-12/7   9-11:40 a.m.
No class 10/17, 11/23
Instructor Grace E. Graham
Please check the MC Bookstore for details regarding textbooks. Use ARTT112 CRN21237 for textbook information.

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 iOoS 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
Hybrid: Online and In-person   101 MK
CRN#: 24253   4 Sessions   W
10/18-11/1   6:30-8:30 p.m. (W)
11/18   10:30 a.m.-12:30 p.m. (S)
Instructor: Michael Koren
Last class on Saturday 11/18 will meet 10:30 a.m.-12:30 p.m. on the Rockville Campus. The instructor will specify the location for the meeting on Saturday.

Find Us on Facebook!
Learn about free events, new course offerings, registration information, special announcements, and more.

Find Us on Facebook

Art Supply List!
Material lists for LLI Art classes are available at
www.montgomerycollege.edu/lifelonglearning/
Digital Photography for Fine Arts II  Co-L
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. You can take this class if you completed the class in Digital Photography or have an equivalent level of experience. 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#: 24446  28 Sessions  T R
8/29-12/7  9-11:40 a.m.
No class 10/17, 11/23
Instructor Grace E. Graham
Please check the MC Bookstore for details regarding textbooks. Use ARTT213 CRN23021 for textbook information.

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  103 MK
CRN#: 24254  6 Sessions  M
10/23-11/27  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#: 24247  6 Sessions  R
10/26-12/7  10:30 a.m.-12:30 p.m.
No class 11/23
Instructor Tatiana Martin

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. Supply list is available on the LLI website. TWA
Course: LLI223  12 Hours
$45 + $54 fee = $99; NMR add $50
Rockville Campus  101 MK
CRN#: 24441  6 Sessions  W
10/11-11/15  1:30-3:30 p.m.
Instructor TBA

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  103 MK
CRN#: 24305  6 Sessions  T
10/3-11/7  10:30 a.m.-12:30 p.m.
Instructor Tatiana Martin

The Art of Sketching
Whether you are an avid sketcher or new to the art, sketching allows you to record events such as a trip to a foreign land, a tour of a local garden, or a special occasion such as a birth or anniversary. Examine different types of sketches, such as, drawings, or quick paintings. Explore adding short captions, notes, parts of conversations, and observations to create a journal. Utilize sketches to plan an organic garden, create a preliminary drawing for a painting or portrait, or provide an outlet for discovering solutions to a variety of problems. Learn how to improve your observational skills while sketching with pen, pencil, or watercolor. Supply list is available on the LLI website. TWA
Course: LLI491  12 Hours
$95 + $92 fee = $187; NMR add $120
Online: Structured Remote
CRN#: 24256  6 Sessions  R
10/5-11/9  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#: 24258  6 Sessions  M

10/9-11/13  10:30 a.m.-12:30 p.m.

Instructor Tatiana Martin

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**Art History**

**Andrea Palladio: Pioneer of Classical and Neo-Classical Architecture**

Where did the neo-classical ideas for architecture in England and American come from? Discover Andrea Palladio (1508-1580), an influential Italian Renaissance architect. Discuss how Palladio’s uniqueness in interpreting and reinterpreting Greek and Roman designs brought new energy to architecture. Examine Palladio’s plan for villas, houses, and churches containing various architectural elements, such as pediments and classical columnar orders. Explore how his designs ideas spread to the United States, influencing Thomas Jefferson and Benjamin Latrobe with their works such as Monticello and the U.S. Capitol. Discover the stories of how the slave trade, sugar plantations in the Caribbean, and agriculture helped finance these structures. TWA

**Course: LLP022  6 Hours**

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

**Online: Structured Remote**

CRN#: 24325  3 Sessions  R

10/12-10/26  10:30 a.m.-12:30 p.m.

Instructor Ruth Manchester

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**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#: 24262  4 Sessions  S

9/30-12/9  1-3 p.m.

Class meets on: 9/30, 10/21, 11/11, 12/9

Instructor Evan Goldman

Instructor will indicate the meeting location for each class.

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**Dutch Golden Age Painting-from Rembrandt to Vermeer**

This course presents a survey of the most influential Dutch painters of the 17th century. Justifiably known as the Golden Age, this was one of the most intensely creative periods of artistic activity the world has ever known. The wealthy Protestant middle class demanded a new range of subjects in art: portraits, scenes of peasant life, landscapes, townscapes, seascapes, and still lives. Among the most important painters of the movement were such celebrated names as Rembrandt van Rijn, Jan Vermeer, Jan Steen, Frans Hals, Jacob van Ruisdael, and Judith Leyster. Join the class to learn the key features of the Dutch Baroque; understand its relationship to the Reformation; and explore the key artists of the movement. TWA

**Course: LLP099  10 Hours**

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

**Rockville Campus  103 MK**

CRN#: 24426  5 Sessions  M

10/2-11/6  10:30 a.m.-12:30 p.m.

No class 10/23

Instructor Irina Stotland

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**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.

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**Please register early!**

Class cancellations are processed at least a week before the start date due to low enrollments.
Fauvism: Beasts of Modern Art  NEW
This course is a survey of Fauvism, a bright, fiercely colorful non-naturalistic style of painting at the beginning of the 20th century in France. The class will focus on the most important artists of the movement, such as Henri Matisse, Andre Derain, and Maurice de Vlaminck and their revolutionary place within Modernism. TWA
Course: LLP101  6 Hours
$59 + $74 fee = $133; NMR add $120
Online: Structured Remote
CRN#: 24322  3 Sessions  W
11/1-11/15  6:30-8:30 p.m.
Instructor Irina Stotland

Women Architects—Their Time Has Come  NEW
In 2019, Anne Litwin (consultant in women’s issues) published an article entitled "Why Are There So Few Women Architects." Truth is—very few were admitted to schools of architecture until the 1970s. Did you know that now, women comprise 50% of those admitted to schools of architecture? Explore the careers of pioneering architects from the 1920s and 1930s such as Julia Morgan, architect for William Randolph Hearst or Mary Coulter who designed structures at Grand Canyon National Park. Were you aware that Frank Lloyd Wright employed about 100 women in his practice? Examine the career of Chloethiel Woodward Smith, a Washington, D.C.-based architect who, from the 1960s to the 1980s, headed the largest woman-owned architectural firm in the U.S. Analyze the careers of women architects to discern whether they made unique contributions to the field of architecture. From little-known women architects to possibly the best-known—Zaha Hadid—we’ll travel the world in search of them! TWA
Course: LLP104  6 Hours
$59 + $74 fee = $133; NMR add $120
Online: Structured Remote
CRN#: 24326  3 Sessions  R
11/2-11/16  10:30 a.m.-12:30 p.m.
Instructor Ruth Manchester

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#: 24352  4 Sessions  M
9/18-10/9  1-3 p.m.
Instructor Nicole Porcaro

Vocabulary of Art
How do you approach a work of art? You have to understand its vocabulary. Learn how to describe and analyze a work of art based on its look, place, and time of origin. Explore what its formal elements are and how artists use them to construct a painting. Discuss how to gain insight into the reason for creating the work of art and its possible meaning. TWA
Course: LLI681  6 Hours
$45 + $72 fee = $117; NMR add $120
Online: Structured Remote
CRN#: 24260  3 Sessions  W
9/13-9/27  1:30-3:30 p.m.
Instructor Irina Stotland

History of Architecture: Pre-history to the Early Renaissance
Ever wondered who were the "first architects?" What evidence do we have of ancient builders before Mesopotamia and Egypt? Discuss recent archeological discoveries and more well-known works such as the pyramids of Egypt. Examine the architecture of Turkey, Mesopotamia, Egypt, Greece, Rome, and Europe in the Middle Ages. Explore the structural nuances of the medieval cathedrals. Determine how works of architecture today owe a debt to the ancient world. Discuss the history of architecture during the early Renaissance—specifically Brunelleschi and his dome on the Florence Cathedral. TWA
Course: LLP033  10 Hours
$65 + $89 fee = $154; NMR add $120
Rockville Campus  102 MK
CRN#: 24324  5 Sessions  T
10/3-10/31  10:30 a.m.-12:30 p.m.
Online: Structured Remote
CRN#: 24323  5 Sessions  T
10/3-10/31  10:30 a.m.-12:30 p.m.
Instructor Ruth Manchester

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
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#: 24328 6 Sessions T
10/3-11/7 1-2:30 p.m.
Instructor Philp Bender

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
Online: Structured Remote
CRN#: 24329 6 Sessions M
10/23-12/4 11 a.m.-12 p.m.
No class 11/20
Instructor Monica Byrd

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#: 24263 5 Sessions F
10/27-12/1 1-3 p.m.
No class 11/24
Instructor William King

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.
Computer Skills: Beyond Beginner  

The class will teach you the next level of Windows functions. It will cover how to organize files and folders, search for items on your computer, and how to protect your computer from malware. Using MS Word, you 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, you will explore the Excel interface and learn how to navigate the spreadsheet. In addition, you will create a spreadsheet, edit, copy, and paste data, find and replace text, and format options. Prerequisites: either Computer Skills for Beginners or equivalent experience. TWA

Course: LLP115  6 Hours
$21 + $78 fee = $99; NMR add $50

Rockville Campus  233 GU
CRN#: 24427  6 Sessions  M
10/5-11/9  1:30-3:30 p.m.
Instructor Harold Hall

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#: 24330  2 Sessions  W
10/25-11/1  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#: 24179  4 Sessions  M
10/16-11/6  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

Rockville Campus  MC Marriott Hospitality Kitchen
CRN#: 24181  1 Session  W
11/7  6-8:30 p.m.
Instructor Samantha Nelson

Holiday Cookies

Learn to bake cookies from around the world to incorporate into your cookie exchange this year. Explore the flavors of Germany (Pfeffernuse), England (St. Catherine’s Cookies), Switzerland (Zimtsterne), and the classic American Chocolate Chip Cookie. 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. Tuition includes the cost of ingredients.

Course: LLI762  2.5 Hours
$25 + $30 fee = $55; NMR add $50

Rockville Campus  MC Marriott Hospitality Kitchen
CRN#: 24266  1 Session  W
12/5  6:30-8 p.m.
Instructor Samantha Nelson
Regional Cuisines of the United States  NEW
Join this class and learn the most popular and spectacular dishes from main regions of the United States. Create dishes from the Northeast, Midwest, Southwest, and Pacific Northwest parts of the U.S. that will delight your senses and tantalize your taste buds. You will cook along and/or observe a professional chef who will demonstrate cooking techniques, local ingredients, and tips/secrets for creating mouth-watering dishes. TWA
Course: LLP109  6 Hours
$59 + $89 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 24180  4 Sessions W
10/18-11/8  7-8:30 p.m.
Instructor Rudy Karlson

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 MC Marriott Hospitality Kitchen
CRN#: 24331  1 Session T
10/10  6-8:30 p.m.
Instructor Samantha Nelson

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

History and Current Events

An Insight Into Politics and Current Events
New Content! What will be the status of the Ukraine War come fall? Will the Syrian Civil War still be raging? Will China threaten an attack on Taiwan? Will the debt ceiling and the 2024 federal budget be resolved or still in dispute? What will the Fifth Circuit and the Supreme Court say about the abortion pill? Will Donald Trump still be the Republican front runner even if he has been indicted in multiple jurisdictions? What other Republicans will challenge Trump for the nomination? Will any Democrats challenge President Biden? Join your classmates for a wide-ranging discussions of these issues and many more during the Fall 2023 edition of Insight Into Politics and Current Events. All points of view are welcome in this class which ensures a respectful discussion of current events with a special emphasis on politics. TWA
Course: LLI511  12 Hours
$75 + $97 fee = $172; NMR add $120
Online: Structured Remote
CRN#: 24468  6 Sessions W
9/27-12/13  10:30 a.m.-12:30 p.m.
Class meets on: 9/27, 10/11, 10/25, 11/8, 11/29, 12/13
Instructor Joel Cockrell

Anti-Semitism: Then and Now  NEW
According to the U.S.-based Anti-Defamation League, 2022 set a new high for anti-Semitic episodes. Why has this noxious form of hatred risen to new heights? And what can be done about it? This course traces the history of anti-Semitism, from biblical times through the Middle Ages and into the modern age, when Hitlerism very nearly succeeded in wiping out Jews and their culture wherever it touched down. Is anti-Semitism today simply a variant of these historic outbreaks or a new phenomenon? What new tools and pathologies do today’s anti-Semites exploit? We will look at the threat posed by anti-Semitism today and the tools and techniques available to combat the threat it poses. TWA
Course: LLP110  8 Hours
$64 + $84 fee = $148; NMR add $120
Rockville Campus  103 MK
CRN#: 24431  4 Sessions R
10/19-11/9  10:30 a.m.-12:30 p.m.
Instructor Naomi Daremblum
Online: Structured Remote
CRN#: 24432  4 Sessions R
10/19-11/9  10:30 a.m.-12:30 p.m.
Instructor Naomi Daremblum
Dehumanization: From the Slave Trade to Immigration
This class will cover an overview of dehumanization practices, policies, and their impact on the modern society. Start at the roots of the European slave trade in 1494 and Anglo-American enslavement practices. Learn about Jim Crow laws and their consequences for the African-American people. Examine the formation of White Nationalism in contemporary US policies and its impact. Discuss ways to bring change. TWA

Course: LLI094 8 Hours
$59 + $79 fee = $138; NMR add $120

Online: Structured Remote
CRN#: 24292 4 Sessions M
9/11-10/9 1:30-3:30 p.m.
Instructor Ed Ingebretsen

European History: 17th Century to the Present [Co-L]
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 252 HS
CRN#: 24285 25 Sessions M W
9/11-12/6 12-1:30 p.m.
No class 11/22
Please check the MC Bookstore for details regarding textbooks. Use HIST148 CRN 23402 for textbook information.
Instructor Kurt Borkman

European History: Fall of Rome to the 17th Century [Co-L]
Trace the accumulated experience of Western civilization and its worldwide relationships. Inquire into the foundations of Western civilization and its odyssey to the 17th century. Discuss areas such as the background and the legacy of the ancient world, the distinctive medieval world view, the creation of new social and religious ideals during the Renaissance and Reformation, relationships between cultural and political institutions, the growth of absolutism and constitutionalism, and changes in artistic and literary creativity. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI596 37.5 Hours
$402 + $137.40 fee = $539.40; NMR add $885.60

Online: Structured Remote
CRN#: 24614 30 Sessions T R
8/29-12/14 9:30-10:45 a.m.
No class 10/17, 11/23
Please check the MC Bookstore for details regarding textbooks. Use HIST147 CRN21438 for textbook information.
Instructor Kurt Borkman

History of the United States, a Survey Course: from 1865 to the Present [Co-L]
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#: 24287 30 Sessions T R
8/29-12/14 11 a.m.-12:15 p.m.
No class 10/17, 11/23
Please check the MC Bookstore for details regarding textbooks. Use HIST201 CRN22870 for textbook information.
Instructor Joseph Thompson

Classes marked with this code [Co-L] 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/montgomerycollegenestore/home
Putin & The Return of Stalinism

Since 2015, there has been a shift in Russian official attitude toward Stalin and his policies—Stalin began to be lionized on national holidays, his image burnished as one of Russia’s most highly successful leaders while any discussion of his terror was largely stifled. It is no coincidence that since then his popularity as a “great leader” has almost doubled to a high of 60%. At the same time Putin himself and his regime have come to mirror Stalin’s style and his rule—harsh, repressive, paranoid and isolated. This course is an exploration and comparison of Stalin’s years of in power and how Putin’s regime has come to resemble it. We will discuss what possible future may Russia face.

Course: LLP093 10 Hours
$69 + $92 fee = $161; NMR add $120
Rockville Campus 101 MK
CRN#: 24337 5 Sessions  R
11/9-12/14  1:30-3:30 p.m.
No class 11/23
Instructor Naomi Daremblum
Online: Structured Remote
CRN#: 24336 5 Sessions  R
11/9-12/14  1:30-3:30 p.m.
No class 11/23
Instructor Naomi Daremblum

The Jews of Russia: Beyond The Pale of Settlement

The 2021 Russian census showed the Jewish population declining around 50% since 2010 and this did not even include the exodus of Jews who left since the beginning of the war in Ukraine. Is this an echo of the turbulent past that Jews experienced in Russia over the centuries? This course is an exploration of the rich yet deeply turbulent history of the Jews in Russia. That history dates back to the Grand Duchy of Moscow and evolves under the Tsars to expulsion and then confinement to the Pale of Settlement. Explore a sense of Jewish identity, what Russian Jews gained and lost, the vibrant intellectual and cultural life of Russian Jews and how they confronted the challenges of the 20th century—nationalism, the Russian Revolution, Stalin, the World Wars & Soviet communism. Discuss how the post-Soviet experience created new hope of a resurgent Jewish experience which faltered under Putin.

Course: LLP094 12 Hours
$75 + $97 fee = $172; NMR add $120
Rockville Campus 220 MK
CRN#: 24335 6 Sessions  T
10/3-11/7  1:30-3:30 p.m.
Instructor Naomi Daremblum
Online: Structured Remote
CRN#: 24334 6 Sessions  T
10/3-11/7  1:30-3:30 p.m.
Instructor Naomi Daremblum

The History of the National Football League

Have you ever wondered how the sport of football began in the United States? Do you know that the professional part of the game began in the 1920s? Learn about the slow rise of the game and meet the early stars. Discuss the greatest game ever played between the Colts and Giants in 1958 which made the sport so popular. Learn about the rise of the American Football League and its challenge to the National Football League. Study the merger between the leagues and the springboard to expansion and franchises made valuable by television revenue. Compare the modern stars of the game to the stars of yesteryear.

Course: LLP098 12 Hours
$75 + $97 fee = $172; NMR add $120
Rockville Campus 220 MK
CRN#: 24338 6 Sessions  R
10/12-11/16  10:30 a.m.-12:30 p.m.
Instructor Joel Cockrell

The Lyon Sisters Investigation—Cold Case that Got Solved

Guest Speaker: Honorable John McCarthy, the State Attorney General. In 1975, Sheila and Katherine Lyon disappeared after a trip to Wheaton Plaza—40 years later an arrest and conviction have finally been made. Hear from the State Attorney General, John McCarthy, on how the case was solved. This is the oldest cold case in Montgomery County history which ended in a conviction.

Course: LLP116 1.5 Hours
$10 + $15 fee = $25; NMR add $30
Online: Structured Remote
CRN#: 24186 1 Session  T
11/14  1:30-3:30 p.m.
Instructor: Honorable John McCarthy

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
The Normans: From Viking Raiders to Kings  **NEW**
There is much more to the Norman story than William the Conqueror and the Battle of Hastings. These descendants of the Vikings settled in France, England, and Italy—but were not strictly French, English, or Italian—played a large role in creating the modern world and ruled Kingdoms that changed the nature of Europe. This course is an exploration of the incredible Norman story, from the first shock of a Viking raid on an Irish monastery to the exile of the last Norman Prince of Antioch. Discuss important Norman rulers like Rollo the Walker, Tancred the Monkey King, and Robert Guiscard and explain how a group of restless adventurers with the world at their fingertips helped create the modern world. TWA

**Course:** LLP092  **10 Hours**
$69 + $92 fee = $161; NMR add $120

**Rockville Campus**  **101 MK**
CRN#: 24340 5 Sessions  M
10/2-10/30 10:30 a.m.-12:30 p.m.
Instructor Naomi Daremblum

**Online: Structured Remote**
CRN#: 24339 5 Sessions  M
10/2-10/30 10:30 a.m.-12:30 p.m.
Instructor Naomi Daremblum

The Normans: From Viking Raiders to Kings  **NEW**
There is much more to the Norman story than William the Conqueror and the Battle of Hastings. These descendants of the Vikings settled in France, England, and Italy—but were not strictly French, English, or Italian—played a large role in creating the modern world and ruled Kingdoms that changed the nature of Europe. This course is an exploration of the incredible Norman story, from the first shock of a Viking raid on an Irish monastery to the exile of the last Norman Prince of Antioch. Discuss important Norman rulers like Rollo the Walker, Tancred the Monkey King, and Robert Guiscard and explain how a group of restless adventurers with the world at their fingertips helped create the modern world. TWA

**Course:** LLP092  **10 Hours**
$69 + $92 fee = $161; NMR add $120

**Rockville Campus**  **101 MK**
CRN#: 24340 5 Sessions  M
10/2-10/30 10:30 a.m.-12:30 p.m.
Instructor Naomi Daremblum

**Online: Structured Remote**
CRN#: 24339 5 Sessions  M
10/2-10/30 10:30 a.m.-12:30 p.m.
Instructor Naomi Daremblum

The Tudors: From the War of the Roses to the Golden Age of Elizabeth  **NEW**
In 1485, young Henry Tudor, whose claim to the throne was very weak, crossed the English Channel from France at the head of a ragtag little army and put an end to the War of the Roses and took the crown from the family that had ruled England for almost four hundred years. This course is an exploration of the dynasty he created, the most notorious in England's history. Discuss how half a century later his son Henry VIII, desperate to rid himself of his first wife in order to marry a second, launched a reign of terror aimed at taking powers no previous monarch had even dreamed of possessing. Examine how decades later his daughter Elizabeth would inaugurate a Golden Age that few expected after the chaos and disorder unleashed by her father. Her spectacular rule would end without an heir of her own and bring an end this infamous dynasty. TWA

**Course:** LLP091  **10 Hours**
$69 + $92 fee = $161; NMR add $120

**Online: Structured Remote**
CRN#: 24332 5 Sessions  R
9/28-10/26 1:30-3:30 p.m.
Instructor Naomi Daremblum

Thurgood Marshall: A Trail-Blazing Civil Rights Victory in Montgomery County
Civil rights icon Thurgood Marshall delivered an early blow to school segregation in Montgomery County, Maryland—gaining equal pay for the county's African American teachers in 1937. Learn about this little-known legal case. The case, Gibbs vs. Broome, is seen as the first step in Marshall's successful drive to have separate schools for white and black children declared unconstitutional. Discuss how the victory of this case came at a tremendous cost to William Gibbs Jr. Montgomery History speaker Ralph Buglass details this remarkable local story and its national significance.

**Course:** LLI016  **1.5 Hours**
$15 + $10 fee = $25; NMR add $30

**Online: Structured Remote**
CRN#: 24464 1 Session  M
11/13 1:30-3 p.m.
Instructor: Ralph Buglass

Ulysses Grant: The Man Who Saved the Union  **NEW**
Ulysses S. Grant is the most unlikely hero in American history. A failure in everything he tried, Grant was expelled from the army, yet he single-handedly won the Civil War, ensuring both the end of slavery and the continued unification of the United States of America. As President he ensured the rights of the freed slaves and pressed for peace with Native American tribes. Examine this most misunderstood yet monumentally important American hero. Analyze how his reputation was attacked in the decades after the Civil War, and how more recently his legacy has been reevaluated and rehabilitated to the stature he so richly deserves. TWA

**Course:** LLP108  **8 Hours**
$64 + $84 fee = $148; NMR add $120

**Online: Structured Remote**
CRN#: 24438 4 Sessions  R
10/26-11/16 6:30-8:30 p.m.
Instructor Eric Gartman

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
United States History 1950-1970: Through the Lens of the Motion Picture Industry

In 1950, the world was five years removed from World War II. The Cold War was in its infancy with an Iron Curtain having descended around Eastern Europe, the Red Scare was growing across the nation—particularly in Hollywood as Senator Joseph McCarthy took center stage, and the Korean War had just begun. View American and world history through a 20-year period of the motion picture industry. Examine the election of Presidents Kennedy and Nixon, the Space Race, the Cuban Missile Crisis, the assassinations of President Kennedy, Robert Kennedy, and Martin Luther King Jr. Analyze the Civil Rights and Voting Rights Act, the Vietnam War and student protests, and the Hollywood blacklist. Discuss popular directors, actors/actresses, and genres that dominated the movie scene. TWA

Course: LL1340 12 Hours
Rockville Campus 101 MK
CRN#: 24444 6 Sessions T
10/3-11/7 10:30 a.m.-12:30 p.m.
Instructor Joel Cockrell

Wall Street: History and Mystery

They’re the most important nine blocks in all of Manhattan—maybe in all of the world. Wall Street is home to the financial markets where companies go to get the capital they need to grow and thrive. However, Wall Street does most of this work behind closed doors, in ways most investors do not understand. Learn to cut through the jargon and mythology, how Wall Street does its business, and why it plays such a central role in our economy and in our individual financial lives. Explore the excesses—the scams, the double-dealing, the unrestrained greed—that led to demands for government regulation to protect average investors. Analyze the waning of Wall Street dominance over the years, and how and why these transitions to a more restrained version of market capitalism and a more decentralized global economy took place. TWA

Course: LL1238 6 Hours
Online: Structured Remote
CRN#: 24267 3 Sessions W
9/13-9/27 6:30-8:30 p.m.
Instructor Jesse Stiller

World History: A Comparative Survey from the Ancient World to A.D.1500

Explore contemporary life in terms of the accumulated cultural experiences of the world, and learn to appreciate the growing interdependence of modern nations. Discuss the emergence and flowering of ancient Near Eastern and Mediterranean civilizations; the Christian Middle Ages and Renaissance in Europe; China and the development of Confucianism, Taoism, and Buddhism; Hinduism and Indian empires; Islam and its conquests and the rise of the Ottoman Empire; civilizations of the Americas; and African developments. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LL1610 37.5 Hours
Germantown Campus 404 HT
CRN#: 24282 24 Sessions T R
9/12-12/12 11 a.m.-12:30 p.m.
No class 10/17, 11/23
Instructor Mohammad Sadegh Foghani

Please check the MC Bookstore for details regarding textbooks. Use HIST116 CRN21462 for textbook information.

Home and Garden

Dazzling Floral Arrangements and Designs for Home and Office

Learn how to purchase, process, and care for fresh flowers purchased from the supermarket, farmers market, and florist. Discuss the basic tools and containers available to create beautiful floral arrangements. Demonstration of four to six floral designs using supermarket purchases with simple tools and techniques. You will make two flower arrangements to take home. $25 for supplies and flowers. You will have to pay instructor. TWA

Course: LLP118 5 Hours
Rockville Campus 101 MK
CRN#: 24351 2 Sessions S
9/30-10/7 10:30 a.m.-1 p.m.
Instructor Janet Johnson

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.
Decorative Trees and Shrubs
Do you know which trees and shrubs are successful in Mid-Atlantic garden spaces? Learn how to select woody ornamentals and plan a Mid-Atlantic region garden. Discuss deer resistant shrubs and the challenges of bamboo and other invasive plants in the landscape. Analyze which trees and shrubs to avoid. Explore general maintenance techniques. TWA
Course: LLP042 5 Hours
$39 + $59 fee = $98; NMR add $50
Online: Structured Remote
CRN#: 24342 2 Sessions T
10/3-10/10 6:30-9 p.m.
Instructor Janet Johnson

Easy Care Houseplants
Bring beauty and nature into your home. Learn how to choose the right houseplant for your home and space. Discuss pot size, watering schedules, and types of light. Determine when to divide, how to take cuttings, and how to reproduce plants in your home. Analyze nutrition levels and when to fertilize. Identify common pests and learn how to control them.
Course: LLP043 5 Hours
$39 + $10 fee = $49; NMR add $50
Online: Structured Remote
CRN#: 24496 2 Sessions T
9/19-9/26 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 own home. TWA
Course: LLI519 8 Hours
$59 + $79 fee = $138; NMR add $120
Rockville Campus 101 MK
CRN#: 24268 4 Sessions T
11/7-11/28 6:30-8:30 p.m.
Instructor Janet Johnson

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#: 24269 1 Session T
10/24 6:30-9:30 p.m.
Instructor Janet Johnson

Human and Natural Science
Exploring Local History and Nature
Class Content: Off-the-Beaten Path
This class will explore different history and landscape off sites and locations in the Greater Washington area Montgomery County area. You will learn about less known sites. The class will consist of two Zoom sessions and one on-site visit. One of the Zoom sessions will be dedicated to a virtual visit of the Montgomery County Parks; the second virtual session will focus on historical homes. The students will have their 3rd class session at one off the beaten path locations. This class is offered in partnership with Montgomery History. The instructor is Ralph Buglass. TWA
Course: LLP065 5 Hours
$39 + $69 fee = $108; NMR add $120
Hybrid (Online & Face to Face)
CRN#: 24434 3 Sessions F
9/8-9/29 10:30 a.m.-12:30 p.m.
No class 9/15
The instructor will indicate a meeting place for the on-site visit.
Instructor Ralph Buglass

Would you like to teach for the Lifelong Learning Institute?
Please contact Natasha Sacks for details.
natasha.sacks@montgomerycollege.edu

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

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How to Ensure Energy Supply With Sustainability  NEW
Sustainability is a buzzword capturing much attention. Ongoing concerns over natural disasters and the climate are stirring up passions and action groups. What are the real issues and what can we do? Since the industrial revolution, we have been dealing with the social and environmental ramifications of the growth of technology. Delve into the social, economic, and environmental impacts of our standard of living and energy dependence. The issues are both global and local. A priority aspect of sustainability is Solid Waste Management (SWM). As a local example of SWM, we will visit two Montgomery County facilities, the Recycling Center and the Resource Recovery plant and have a lecture at each site. The dates for these are September 27 and October 4. Times and location information for the tours will be distributed at the first class. TWA

Course: LLP106  6 Hours
$59 + $74 fee = $133; NMR add $120
Gaithersburg Business Training Center  402
CRN#: 24341  4 Sessions  W
9/13-10/4  1:30-3 p.m.
Note: Session on 9/27 will take place at Montgomery County Recycling Center; session on 10/4 will take place at Montgomery County Resource Recovery. Location addresses and meeting points will be specified by the instructor.
Instructor Mark Sankey

Listening to the Cosmos  NEW
There are things that literally go “bump in the night”—the night sky that is! Radio telescopes have allowed us to take a careful listen to some of the most bizarre astronomical objects in our universe, from pulsating stars to black holes humming to eerie howls of aurorae on planets. Learn how radio telescopes work, the history of listening to these objects (yes, including Little Green Men!), and what we can learn from taking a listen to the universe. TWA

Course: LLP089  5 Hours
$59 + $92 fee = $161; NMR add $120
Online: Structured Remote
CRN#: 24437  2 Sessions  R
9/14-9/21  6:30-9 p.m.
Instructor Caitlin Ahren, NASA Scientist

Study of Ethics, An Introduction  Co-L
Discuss contemporary ethical issues in public policy and personal conduct. Explore areas, such as, bioethics and medicine; inequality and discrimination; justice and punishment; information ethics; environmental ethics; or other areas. Practical issues in these areas will be discussed in relation to ethical theories. Various ethical perspectives will be critically examined. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI597  37.5 Hours
$402 + $137.40 fee = $539.40; NMR add $885.60
Germantown Campus  218 HS
CRN#: 24304  25 Sessions  M W
9/11-12/6  12-1:30 p.m.
No class 11/22
Instructor TBA
Please check the MC Bookstore for details regarding textbooks. Use PHIL140 CRN21149 for textbook information.

Literature and Writing

And the Winner Is: Best Foreign Films  NEW
Explore 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 classics like The Battle of Algiers, to Foreign Film Oscar winners like Dangerous Moves (Switzerland 1984), Kolya (Czech Republic, 1996), All About My mother (Spain, 1999), The Lives of Others (Germany, 2006) & the surprise hit from South Korea Parasite (2019) which also managed to win Best Picture. 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#: 24343  5 Sessions  F
9/22-10/20  10:30 a.m.-12:30 p.m.
Instructor Naomi Daremblum

Contemporary Short Stories
New Content! Join this celebration of the best in contemporary short stories! Analyze stories that will surprise and challenge you, and engage in spirited discussions over short fiction from writers like Senaa Ahmad, Jeremiah Moss, Lindsay Starck, Daniel Orozco, and more. Text: 2022 Pushcart Prize: Best of the Small Presses anthology. TWA

Course: LLP007  12 Hours
$75 + $97 fee = $172; NMR add $120
Online: Structured Remote
CRN#: 24183  6 Sessions  M
10/30-12/4  10:30 a.m.-12:30 p.m.
Instructor Ann Stephenson

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
Creative Writing: An Introduction  Co-L

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 459 SC
CRN#: 24272 30 Sessions  M W
8/28-12/13 10-11:15 a.m.
No class 9/4, 11/22
Instructor Jarvis Slacks
Please check the MC Bookstore for details regarding textbooks. Use ENGL264 CRN20289 for textbook information.

Fantasy Literature and Its Purposes  NEW

What is the appeal of fantasy? This course will provide an answer as it explores fantasy literature across several forms. Fantasy is a genre of fiction that concentrates on imaginary elements (the fantastic). This includes magic, the supernatural, alternate worlds, monsters, fairies, mythological heroes—anything that extends beyond the borders of the verifiable. In fantasy literature, the magical or supernatural elements serve as the foundation of the plot, setting, characterization, or storyline. We will read: Alessandro Baricco, Ocean Sea; Ovid, The Story of Hades; William Shakespeare, A Midsummer Night’s Dream; David Garnett, Lady into Fox; and the poem by Yeats, “Leda and the Swan.” TWA

Course: LLP105 12 Hours
$75 + $97 fee = $172; NMR add $120

Online: Structured Remote
CRN#: 24344 6 Sessions  R
9/13-10/18 10:30 a.m.-12:30 p.m.
Instructor Janine Goodman

How to Write a Children’s Book

Have you ever dreamed of writing a book for children? Make that dream a reality! Explore the process from beginning to end - from finding the inspiration for your first idea to completing your final manuscript. Learn about the editing process, working with an illustrator and options for self-publishing. Participate in weekly “writers workshops” where we problem solve, brainstorm ideas, share writing and discuss feedback. While there will be no formal assignments, this class is designed for students interested in writing outside the classroom. TWA

Course: LLP113 12 Hours
$75 + $97 fee = $172; NMR add $120

Online: Structured Remote
CRN#: 24344 6 Sessions  W
9/13-10/18 10:30 a.m.-12:30 p.m.
Instructor Janine Goodman

Classes marked with this code Co-L 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

Reading Lists

For non-credit courses, check for your reading list on the LLI website; for credit classes, check the Blackboard site.
Lewis Carroll’s Classics and Oxford Influences

This course provides an overview of the Lewis Carroll’s classics, Alice in the Wonderland and Through the Looking Glass. Topics include: literary, historical, and social influences that shaped Alice’s Adventures in Wonderland and Through the Looking Glass; the role of Lewis Carroll’s education and travels in the creation of his fiction; and the continued impact of Alice in Wonderland and Through the Looking Glass in the past 150 years of art, theater, and literature. TWA

Course: LLP102  12 Hours
$75 + $97 fee = $172; NMR add $120
Rockville Campus  101 MK
CRN#: 24182  6 Sessions  W
9/13-10/18  10:30 a.m.-12:30 p.m.
Instructor Ann Stephenson

Modern Jewish Literature and Film

New Content! Discuss how the Jewish experience in modernity and the conflicts and challenges it has engendered has been the subject of a significant body of literature and film. Explore representative works of fiction and film from the late 19th century to the present. Analyze themes, genres, styles, and influences in Jewish literature and film. Learn about the most iconic writers/works of Jewish literature and film. Reading list is available on the LLI website for additional information. TWA

Course: LLI745  10 Hours
$69 + $89 fee = $158; NMR add $120
Online: Structured Remote
CRN#: 24442  5 Sessions  F
10/27-12/1  10:30 a.m.-12:30 p.m.
No class 11/24
Instructor Naomi Daremblum

The Short Story Co-L

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  107 HU
CRN#: 24271  25 Sessions  M W
9/11-12/6  1-2:30 p.m.
No class 11/22
Instructor Leah Sneider
Please check the MC Bookstore for details regarding textbooks. Use ENGL233 CRN 20256 for textbook information.

Varieties of Romantic Experiences in Literature NEW

Falling in love takes countless forms, sometimes for the better, sometimes for the worse, but never without complications—at least in literature. We will read a handful of extraordinary literary representations of romantic relationships, including Flaubert’s Madame Bovary, Shakespeare’s Much Ado About Nothing, Thomas Mann’s Death in Venice, Edward Albee’s The Goat, or Who Is Sylvia?, Andrew Greer’s Pulitzer Prizewinning novel Less, and selections from the hundreds of poems about love. TWA

Course: LLP117  12 Hours
$75 + $97 fee = $172; NMR add $120
Rockville Campus  220 MK
CRN#: 24435  6 Sessions  T
10/3-11/7  10:30 a.m.-12:30 p.m.
Instructor Robert Shoenberg

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

Beethoven’s Piano Sonatas—Listening to the Music
No composer before or since has had as profound and lasting an effect on classical music as has Ludwig van Beethoven. Discuss how, throughout his lifetime Beethoven’s principal instrument was the piano, for which he wrote 32 sonatas; each one a jewel, a showpiece, a stroke of genius, and distinct. Examine, through lecture, discussion, and musical selections these musical gems as well as Beethoven’s life and times. No prior musical training is required TWA
Course: LLP114  10 Hours
$69 + $92 fee = $161; NMR add $120
Rockville Campus  101 MK
CRN#: 24347  5 Sessions  W
11/1-12/6  10:30 a.m.-12:30 p.m.
No class 11/22
Instructor Jesse Parker
Online: Structured Remote
CRN#: 24346  5 Sessions  W
11/1-12/6  10:30 a.m.-12:30 p.m.
No class 11/22
Instructor Jesse Parker

OPERA! Wagner’s “Ring” Cycle  NEW
One of the most endearing and enduring art forms throughout history is opera, synthesizing and blending multiple art forms including music, text, art, design, costumes, dance, drama and acting. Wagner’s four opera cycle “Der Ring des Nibelungen” (“The Ring of the Nibelung”), is arguably the most imposing and challenging of all opera productions. One of only a handful of opera cycles, it is by far the most well-known. Opera!—Wagner’s Ring will examine this beloved cycle of four operas (“Das Rheingold”, “Die Walküre”, “Siegfried”, and “Götterdämmerung”— totaling almost 15 hours of music) and its many facets; the course will also focus on critical listening skills. No prerequisites required. TWA
Course: LLP096  12 Hours
$64 + $84 fee = $148; NMR add $120
Rockville Campus  101 MK
CRN#: 24185  4 Sessions  W
9/13-10/4  10:30 a.m.-12:30 p.m.
Instructor Jesse Parker

The Beach Boys: Pet Sounds Album  NEW
Once lauded as the the most progressive pop album ever The Beach Boys’ album Pet Sounds remains to this day one of the most influential rock albums of all time! This course takes an in-depth look at one of rock history’s most famous albums, noted for its sophistication, progressive production and touching lyrics; an album that rivaled “Sgt. Pepper’s Lonely Hearts Club Band” by The Beatles, and was part of the cross-inspiration between these two important bands. TWA
Course: LLP097  8 Hours
$64 + $84 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 24184  6 Sessions  R
10/5-11/9  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 + $62 fee = $92; NMR add $50
Gaithersburg Business Training Center
CRN#: 24537  6 Sessions  W
10/4-11/8  1-2:15 p.m.
Instructor Jeff Miller
Online: Structured Remote
CRN#: 24536  6 Sessions  W
10/4-11/8  1-2:15 p.m.
Instructor Jeff 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  103 MK
CRN#: 24443  6 Sessions  W
10/4-11/8  7-9 p.m.
Instructor David Dong
Legal Reasoning: How to Think Like a Lawyer Without Losing Any Friends NEW

This is a practical course that examines the foundations and underlying methodology of legal reasoning, that guides and gives students an overview in how to acquire the skill of legal analysis, and that engages students in discussions about the different levels of critical thinking necessary for developing effective legal arguments. This course demystifies what it means to “think like a lawyer,” but without losing one’s sense of humor. Class discussions will cover the role of statutes; case law; common law; precedent; stare decisis; the hierarchy of court systems; jurisdiction; different types of authority; the role of policy in legal rulemaking, and all in the context of selected controversies and current court cases, e.g., those involving the right to privacy; reproductive rights; negligence and other torts; criminal offenses; property; contracts; reproductive rights; and civil rights. TWA

Course: LLP111 8 Hours
$69 + $84 fee = $153; NMR add $120
Rockville Campus 103 MK
CRN#: 24436 5 Sessions M
10/16-11/13 1:30-3:30 p.m.
Instructor Candace Groudine

Paths to a Fulfilling and Successful Retirement

Are you nearing retirement and are not sure what to do at this stage of life? Are you searching for ways to have a more fulfilling retirement? Identify and set your path in the right direction. Discuss your goals and preferences, examine successful retirement models; learn about resources in the community that can keep you engaged with civic, cultural, and learning opportunities. Examine the steps to positive emotional adjustment with self-satisfaction and personal growth. Some options discussed might include: entrepreneurship; pursuing the Dreams Deferred; returning to school or enhancing transferrable skills to transition to a new career, travel, or volunteer. No financial information is covered in this course. TWA

Course: LLI199 6 Hours
$45 + $69 fee = $114; NMR add $120
Online: Structured Remote
CRN#: 24298 3 Sessions R
11/2-11/16 6:30-8:30 p.m.
Instructor Natasha Sacks

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#: 24366 3 Sessions M
10/2-10/16 4-6 p.m.
Instructor Mark Gottlieb

In-Depth Investment Skills: How to Become a Savvy Investor

This course will deliver a comprehensive examination of the investment tools required to take charge of your own investment portfolio, regardless of its size. Learn the pros and cons of investing in stocks, bonds, exchange-traded funds, REITs, convertibles, and mutual funds, and how to use asset allocation and diversification to reduce risk and increase return. Discuss tax-deferred investments (401k, IRA) versus taxable investments, hedge funds, efficient market theory, indexing versus active management, minimizing taxes, market timing, and duration. Focus is on practical techniques that you can use immediately to improve investment return. TWA

Course: PRF144 27 Hours
$99 + $149 fee = $248; NMR add $140
Online: Structured Remote
CRN#: 24394 12 Sessions W
9/13-12/13 7-9:15 p.m.
No class 10/11, 11/22
Instructor Gary Cahn

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
Investing in the Thrift Savings Plan When Working and Retired

Are you a Federal Government employee or retired from federal service? Do you understand the ins and outs of the Thrift Savings Plan (TSP)? Learn about the differences in TSP investment funds, tax considerations, the Roth TSP option, short-term and long-term considerations, and withdrawal options. Discuss required minimum distributions and the Life Annuity option. This course is only relevant to TSP participants or Federal employees considering participation.

Course: PRF155 3 Hours
$20 + $20 fee = $40; NMR add $30

Online: Structured Remote
CRN#: 24387 1 Session M
11/13 6:30-9:30 p.m.
Instructor Jeffrey Schweighoffer

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#: 24385 1 Session W
10/4 6:30-8:30 p.m.
Instructor Alan Sorcher

Maximizing Social Security Benefits

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

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

Online: Structured Remote
CRN#: 24389 1 Session W
11/8 6:30-9:30 p.m.
Instructor Neal Seagle

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#: 24386 1 Session R
10/26 6:30-8:30 p.m.
Instructor: SEC Faculty

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#: 24390 2 Sessions R
11/16-11/30 6:30-9 p.m.
Instructor Lindsey Sarowitz

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
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#: 24367  2 Sessions  R
10/26-11/2  1-3:30 p.m.
Instructor Donald Chomas, James Ingoe

Online: Structured Remote
CRN#: 24368  2 Sessions  R
10/5-10/12  1-3:30 p.m.
Instructor Donald Chomas, James Ingoe

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
CRN#: 24384  2 Sessions  W
10/25-11/1  6:30-9:30 p.m.
Instructor Neal Seagle

Retirement Planning Today
If you are looking for a comprehensive retirement planning course, this course is the one. 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 Case High School
CRN#: 24373  2 Sessions  W
10/18-10/25  6:30 - 9:30 p.m.
Instructor Russel Rifkin, James Ingoe

Gaithersburg Business Training Center
CRN#: 24374  2 Sessions  T
10/17-10/24  6:30-9:30 p.m.
Instructor Russel Rifkin, James Ingoe

Germantown Campus  178 PK
CRN#: 24382  2 Sessions  R
9/7-9/14  6:30-9:30 p.m.
CRN#: 24383  2 Sessions  T
9/12-9/19  6:30-9:30 p.m.
CRN#: 24379  2 Sessions  W
10/18-10/25  6:30-9:30 p.m.
CRN#: 24381  2 Sessions  R
10/19-10/26  6:30-9:30 p.m.
Instructor Grant Lagasse, Perry Lazerus for all Germantown sections.

Rockville Campus  101 MK
CRN#: 24370  2 Sessions  S
9/30-10/7  9:30 a.m.-12:30 p.m.
Instructor Russel Rifkin, James Ingoe

Sherwood High School
CRN#: 24378  2 Sessions  R
9/28-10/5  6:30-9:30 p.m.
CRN#: 24377  2 Sessions  T
10/3-10/10  6:30-9:30 p.m.
Instructor Grant Lagasse, Perry Lazerus for both Sherwood HS sections.

Takoma Park/Silver Spring Campus  245 CF
CRN#: 24376  2 Sessions  R
11/2-11/9  6:30-9:30 p.m.
CRN#: 24375  2 Sessions  T
11/7-11/14  6:30-9:30 p.m.
Instructor Perry Lazerus, Alison McCarty for all Takoma Park/Silver Spring sections.

Tilden Middle School
CRN#: 24369  2 Sessions  T
9/26-10/3  6:30-9:30 p.m.
Instructor Russel Rifkin, James Ingoe
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#: 24392  2 Sessions  W
10/11-10/18  6:30-9:30 p.m.
Instructor Lindsey Sarowitz

CRN#: 24393  2 Sessions  R
11/2-11/9  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#: 24529  4 Sessions  R
9/21-10/12  6:30-9:30 p.m.
Instructor Jenny Hodges

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.

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
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#: 24530 4 Sessions M
10/16-11/6 6:30-9 p.m.
Instructor TBA

Wellness

Beginner Swimming [Co-L]
Learn how to control your breathing; how to float; and how to perform four basic strokes-front crawl, back crawl, elementary backstroke, and breaststroke. Gain the confidence needed to swim in both shallow and deep water. Practice personal safety and survival skills. This is a skills class that requires consistent attendance. Note: You will be joining credit students in this co-listed class. TWA
Course: LLI355 25.5 Hours
$134 + $69 fee = $203; NMR add $272
Germantown Campus Pool
CRN#: 24534 25 Sessions M W
9/11-12/4 6-7 p.m.
No class 11/22
Instructor Jon W. Pointer
Use PHED120 CRN 23526 for textbook/Blackboard information.

Gentle Yoga for Mood and Strength
Learn postures that strengthen muscles to support joints while creating stronger bones. Explore postures to balance strength with flexibility and create more energy. Practice breathing techniques to calm the nervous system and decrease anxiety. Bring awareness to alignment in the spine and body to achieve improved balance. Understand the interconnectedness of the body’s systems to treat the body as a whole. TWA
Course: LLI723 6 Hours
$34 + $35 fee = $69; NMR add $50
Rockville Campus 131 PE
CRN#: 24303 7 Sessions F
9/29-11/10 11-11:50 a.m.
Instructor Monica Byrd

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. TWA
Course: LLI383 20 Hours
$30 + $87 fee = $117; NMR add $120
Germantown Campus Pool
CRN#: 24299 24 Sessions T R
9/12-12/7 10-10:50 a.m.
No class 11/23
Instructor Kim Harris

Rockville Campus Pool
CRN#: 24300 24 Sessions M W
9/11-12/6 9-9:50 a.m.
No class 9/25, 11/22
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 121 PE
CRN#: 24301 9 Sessions W
10/4-12/6 10-10:50 a.m.
No class 11/22
Instructor Christine Harrison

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: LLP005 6 Hours
$34 + $35 fee = $69; NMR add $50
Rockville Campus 137A PE
CRN#: 24349  6 Sessions M
10/2-11/6  6-7 p.m.
Instructor Gizelle Merced

Takoma Park/Silver Spring Campus
CRN#: 24348  6 Sessions R
10/12-11/16  6-7 p.m.
Instructor Anna Amae

Personal Fitness I  [Co-L]
An individualized fitness course with emphasis on improving the health-related components of physical fitness. Principles of conditioning will be applied to develop a personalized training program to enhance cardiovascular conditioning, strength and muscular endurance, flexibility, and body composition. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI887  25 Hours
$134 + $69 fee = $203; NMR add $272

Rockville Campus 137B PE
CRN#: 24466  30 Sessions M W
8/28-12/13  12-12:50 p.m.
No class 9/4, 11/22
Instructor Lakisha Nickens-Gaither
Use PHED166 CRN 21012 for Blackboard. 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/

CRN#: 24469  30 Sessions T R
8/29-12/12  10-10:50 a.m.
No class 10/17, 11/23
Instructor Lakisha Nickens-Gaither
Use PHED166 CRN 21013 for Blackboard. 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/

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 121 PE
CRN#: 24302  7 Sessions W
10/11-11/29  2-2:50 p.m.
No class 11/22
Instructor Glenn Moy

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. TWA

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

Rockville Campus 121 PE
CRN#: 24465  14 Sessions M W
10/25-12/13  4:30-6:20 p.m.
No class 9/4, 11/22
Instructor Monica M. Byrd
USE PHED149 21011 for textbooks/Blackboard

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

A. Go to montgomerycollege.edu/wdce
B. Click on “How to Register” in the left navigation bar.
C. Click on “Register by Web.”
D. 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.

A. Students attending Montgomery College will pay tuition according to their residency classification.

To qualify for in-state tuition, a student must be a U.S. Citizen, Permanent Resident or have a qualifying Visa status.

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

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

Refund Policy

Refunds are paid at 100% for classes canceled, dropped online, or in person (using a Drop Form), prior to the start date of the class. Refunds are also paid at 100% if class is dropped prior to the Refund Date printed on your registration confirmation. DO NOT drop classes online. You will not receive a refund.

ESL Noncredit students must call 240-567-7262 for refund/withdrawal instructions. Refunds for classes online will not be processed without appropriate payment. 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.

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 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 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 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  Co-Listed
All information is required. Incomplete forms will be returned to the student unprocessed. For registration assistance call 240-567-5188.

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.

<table>
<thead>
<tr>
<th>College ID Number:</th>
<th>M 2</th>
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<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Middle Initial</th>
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<thead>
<tr>
<th>Address</th>
<th>House # and Street Name (Do NOT use P.O. Box or you will be charged Non-Md. resident fee.)</th>
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<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<tr>
<th>Home Phone</th>
<th>Work Phone</th>
<th>Cell</th>
<th>E-Mail</th>
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<tr>
<th>Have you attended MC before?</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>If you have ever taken a credit class at MC and the last class (credit or non-credit) you took at MC was more than 4 years ago, you must also complete and submit a Student Reactivation form found at: <a href="http://www.montgomerycollege.edu/studentforms">http://www.montgomerycollege.edu/studentforms</a>.</td>
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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.  
- American Indian or Alaskan Native  
- Asian  
- Black or African American  
- Native Hawaiian and other Pacific Islander  
- White  
- U.S. Citizen  
- Permanent Resident

**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.

<table>
<thead>
<tr>
<th>CRN #</th>
<th>Course #</th>
<th>Course Title</th>
<th>Start Date</th>
<th>Tuition</th>
<th>Course Fee</th>
<th>Non-Md. Fee</th>
<th>Course Total</th>
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Refunds will go to the registered student of record.

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 Information:
- Credit Card Number
- Expiration date on card (Month / Year)
- 3 or 4 digit Security code on your card

Name on Card

Card holder signature required

Date

Montgomery College is an Equal Opportunity Affirmative Action Title IX institution.

6/13/2020
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.