The Lifelong Learning Institute is committed to creating and fostering a variety of intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. However, adults of any age may register for these classes.
Virtual Face-to-face in Real-Time!
All LLI Summer Classes are being taught Online with Zoom

During this COVID-19 crisis, all LLI Summer classes have shifted online using Zoom. Zoom allows students to hear and see the instructor as they present their class using Zoom online with PowerPoint lectures, face-to-face discussions, and videos to make for a satisfying educational experience.

Zoom allows students to hear and see the instructor as they present their class using videos, powerpoints, and lectures. Zoom also offers students the opportunity to interact with the instructor and other students—asking questions and joining in discussions. All of this is during real-time, helping you stay connected.

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

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

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

Registration options:

Online: Please visit the link below for Registration Information (including links to detailed online registration instructions).
www.montgomerycollege.edu/wdce/registersops.html

For assistance with online registration, please contact Customer Service 240-567-5188

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

Mail-In: Montgomery College
Workforce Development and Continuing Education
51 Mannakee Street
Campus Center Room 220
Rockville, Md 20850-1195

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

Please register at least 3 days before the start of class to ensure your information is provided to your instructor.

Message from the Program Director

In this challenging time of COVID-19, the Lifelong Learning Institute is wishing you wellness and resilience. During the social distancing we all miss not being on campus and in the classrooms. Our faculty took the initiative from the start of social distancing to bring instruction and learning to our students’ homes via online classes. While the experience was new and challenging in the beginning, our instructors demonstrated creativity by adapting their courses to Zoom online with PowerPoint lectures, face-to face discussions, and videos to make for a satisfying educational experience.

Our students responded with curiosity to learn a new technology and with determination to continue learning. This underscores the importance of what we do and motivates us greatly to offer fascinating and stimulating courses. Just take a look at the Summer Semester catalog—30 new courses. If you would like to see a specific course on the LLI schedule, please contact me.

The Lifelong Learning Institute will conduct the Summer Semester I and the Summer Semester II courses online to protect the safety of our students. Here is what one of our students said about Professor Naomi Daremblum’s online course:

“I will enroll in other classes Prof. Daremblum is teaching. This is the third one I have taken, and I have never been disappointed in any of the classes she had delivered. This was the first class taught entirely via the zoom platform that I have taken, and I thought it worked well”.

Looking toward the future, a certain segment of our courses will be offered online, in addition to our in class schedule, to bring learning to those who otherwise cannot physically attend a class.

In the COVID-19 challenging economic situation, many of our students lost their employment, and food insecurity is an issue. I want to encourage you to donate to the student emergency fund: www.montgomerycollege.edu/onlinegiving.

Stay safe and healthy!
With warm regards,
Natasha Sacks, M.S. NCC
Program Director
Lifelong Learning Institute
51 Mannakee Street, Rockville, MD 20850
Archaeology and World Cultures

A Taste of History: Coffee and Chocolate
Chocolate and coffee have played important roles in indigenous, colonial, and post-colonial societies in Africa, Latin America, Asia, and Europe, as well as in modern industrial nations. Explore the history of cacao cultivation; the present day state of the global chocolate industry; and the diverse cultural constructions surrounding chocolate. Discuss the implications for chocolates future of international politics, alternative trade models, and the food movement. Examine the historical roots of coffee production and trade, including its roles in nation-building and international power relations, and its current implications for environmental change and economic development. TWA

Course: LLI297  10 Hours
$65 + $89 fee = $154; NMR add $120

Online
CRN#: 16055  5 Sessions  W
7/8-8/5  1:30-3:30 p.m.
Instructor: Naomi Daremblum

America’s First National Park—Yellowstone
In 1872, President Ulysses S. Grant signed legislation protecting Yellowstone as a public park, creating the first national park in the U.S. Join your instructor, a 36-year career National Park Service employee, to explore the well and lesser-known history of Yellowstone National Park. Examine the truth and myths of hot springs, petrified trees, and geysers, including Old Faithful. Discuss the U.S. Army’s management of the park prior to the founding of the National Park Service in 1916. Analyze the challenges in maintaining this scenic wonder in the face of growing tourism, demands of energy exploration, climate change, and fire. Discuss the best way to see the park. TWA

Course: LLI451  8 Hours
$20 + $79 fee = $99; NMR add $50

Online
CRN#: 46140  4 Sessions  T
6/2-6/23  1:30-3:30 p.m.
Instructor: Steve Pittleman

History of Sephardic Jews
This course presents an overview of the human, historical, and cultural heritage of the Spanish Jews, from the Middle Ages to present day. Discuss the cultural history of Sepharad, from its origins to the expulsion of the Jews in 1492. Explore how the Sephardic Diaspora led to the development of a distinct Judeo-Hispanic culture and how the Shoah relates to Spain. Examine the cultural, architectural, and human recovery of the Spanish Jewish heritage. TWA

Course: LLI394  8 Hours
$59 + $79 fee = $138; NMR add $120

Online
CRN#: 15888  4 Sessions  T
7/7-7/28  1:30-3:30 p.m.
Instructor: Naomi Daremblum

Modern Syria: A Story of Changing Nationalism  NEW
What political and international forces shaped Modern Syria? Examine the rise of Syrian political life after the dramatic changes following the end of four hundred years of Ottoman rule and the imposition of French control. Explore how Syrians challenged France’s control (The Great Syrian Revolt of 1925) even as they battled each other over the nature of their nationalism: liberal against radical. Learn about the impact of Western political and cultural influence and the linkage between the Arab-Israeli conflict and the domestic political arena in Syria. Conduct a comparative analysis of the Syrian civil war that erupted in 2011. TWA

Course: LLI085  10 Hours
$65 + $89 fee = $154; NMR add $120

Online
CRN#: 46190  5 Sessions  R
6/4-7/9  10:30 a.m.-12:30 p.m.
No class 7/2
Instructor: Naomi Daremblum

Summer Registration Begins April 27th.

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

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.
Southeastern Europe: Albania, Bulgaria, and Macedonia  NEW
Join this class as we explore the fall of the Byzantine Empire to the Ottomans and the birth of myths and folklore grounded in martyrdom. Analyze the rise of nationalist revolutions and uprisings in the 19th century, which challenged Ottoman control and led to the creation of semi-independent states. Learn about the crisis brought about by the rise of nationalism and modernization and how these changes brought about WWI. Examine the communist period and the transition from one-party rule in each of these states and the role of the international community in the region. Discuss how, after 1989, the region went through a revolutionary transformation that was supposed to fully integrate it into Europe, when today, these countries are still trying to find their place. TWA

Course: LLI093  10 Hours
$65 + $89 fee = $154; NMR add $120

Online
CRN#: 46209  5 Sessions  T
6/2-6/30  1:30-3:30 p.m.
Instructor: Naomi Daremblum

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. You will work with acrylic colors and explore the many ways paint can be handled, as well as how to prepare materials. You will explore color, light, transparency/impasto, and composition through in-class exercises in order 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 + $89 fee = $184; NMR add $120

Online
CRN#: 15882  6 Sessions  T
7/7-8/11  2:45-4:45 p.m.
Instructor: Evan Goldman

Drawing with Pencils, Charcoal, or Pastels
This course will help you develop fundamental drawing skills. Learn basic techniques such as blocking in the composition with pencil, shading with charcoal, and using pastels to create vibrant color. Begin by drawing a still life and move onto landscape and portrait drawings from photographs. Examine these subjects using a variety of media (pencil, color pencils, charcoal, pastel, ink, and watercolor). This class is designed for students of any skill level. Supply list is available on the LLI website. TWA

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

Online
CRN#: 46351  6 Sessions  M
5/11-6/22  10:30 a.m.-12:30 p.m.
No class 5/25
Instructor: Tatiana Martin

Online
CRN#: 46130  6 Sessions  T
6/2-7/7  10:30 a.m.-12:30 p.m.
Instructor: Lauren Kingsland

Virtual Face-to-Face in Real-Time!
Many LLI Summer Classes are being taught online with Zoom
See page 2 for details.
The Art of Sketching
Whether you are an avid sketcher or new to the art, sketching allows you to record events such as a trip to a foreign land, a tour of a local garden, or a special occasion such as a birth or anniversary. Examine different types of sketches, such as drawings, or quick paintings. Explore adding short captions, notes, parts of conversations, and observations to create a journal. Utilize sketches to plan an organic garden, create a preliminary drawing for a painting or portrait, or provide an outlet for discovering solutions to a variety of problems. Learn how to improve your observational skills while sketching with pen, pencil, or watercolor. Bring supplies to the first class. Supply list is available on the LLI website. TWA

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

Online
CRN#: 46150 6 Sessions W
6/3-7/8 10:30 a.m.-12:30 p.m.
Instructor: Tatiana Martin

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

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

Online
CRN#: 46144 6 Sessions M
6/1-7/6 1:30-3:30 p.m.
Instructor: Tatiana Martin

The Brain and Art
In this studio art course, you will examine how the brain looks at new ways of creating art. With hands-on art projects, learn how to break up images into parts and then rearrange them to create a new image (deconstructionism), or how to associate colors with objects and moments and use color based on emotion (abstract expressionism). Practice pulling images from dreams and the unconscious and placing them in a new environment (surrealism). Projects will focus on how to reduce a picture into basic shapes, reinterpret shapes, colors, and arrangements mimicing the art of Kandinsky, Dali, Picasso, Rothko, Newman, Magritte and other contemporary artists. Acrylics, watercolors, and mixed media will be used. Supply list is available on the LLI website. TWA

Course: LLI345 12 Hours
$69 + $92 fee = $161; NMR add $120

Online
CRN#: 46353 6 Sessions R
5/14-6/25 6:30-8:30 p.m.
No class 5/28
Instructor: Kristine DeNinno

Art History

Baroque Art in Genoa
New Exhibit at the NGA
Explore the work of the Baroque period with a focus on artists and paintings on display in the landmark exhibition at the National Gallery of Art—Superb Baroque: Art in Genoa, 1600-1750. Discuss elements of composition and lighting including chiaroscuro. Examine the cultural, physical, and political conflicts that influenced art of the time. Analyze the difference between Northern and Italian Baroque art. Identify what differentiates Baroque art from previous movements. The course is composed of two lectures educating students on key aspects of the movement and an instructor lead tour of the exhibition at the National Gallery of Art. Artists will include: Peter Paul Rubens, Orazio Gentileschi, Anthony van Dyck, and more. TWA

Course: LLI088 4 Hours
$55 + $75 fee = $130; NMR add $120

Online
CRN#: 46343 2 Sessions R
6/4-6/11 6:30-8:30 p.m.
Instructor: Adrienne Wyman
Virtual museum trip 6/14 from 11:15-12:45 p.m.

Summer Registration Begins April 27th.
Between French Avant Garde & Muralismo: Mexican Art in the 20th Century  
Explore Mexican art reflecting the integration of indigenous people's heritage as it merged with French Avant-Garde. Learn how this resulted in booming creativity in the arts and a radical expansion of educational and political agendas. Trace the artistic social circle of the time, including not just the muralists (Rivera, Clemente Orozoco, and Siqueiros), but also the independent Rufino Tamayo, photographers like Lola Álvarez Bravo, as well as important musicians such as Manuel M. Ponce, Silvertre Revueltas, and Carlos Chavez. Examine the surrealist and personal works of Frida Kahlo, Remedios Varo, and Leonora Carrington. Discuss how these artists came to redefine the role of women, not just in art, but also in Mexican society. TWA

**Course:** LLI083  
**8 Hours**  
$59 + $79 fee = $138; NMR add $120

**Online**  
**CRN#: 46188**  
**4 Sessions**  
**M**  
6/8-6/29  
6:30-8:30 p.m.  
**Instructor:** Naomi Daremblum

**Degas at the Opera  
New Exhibit at NGA**
The National Gallery of Art is celebrating the 350th anniversary of the Paris Opera. A special exhibit, *Degas at the Opera*, will present over 100 works of Edgar Degas, in different media (drawings, paintings, sculpture). These works depict the world of the Opera theater and its performers—dancers, singers, and musicians. Learn about the Paris Opera from Conductor Jesse Parker, who will lead the first class session. Explore the world of Degas’ paintings, their composition, technique, and colors with Art Historian Irina Stotland. TWA

**Course:** LLI091  
**4 Hours**  
$45 + $69 fee = $114; NMR add $120

**Online**  
**CRN#: 46344**  
**2 Sessions**  
**R**  
5/14-5/21  
1:30-3:30 p.m.  
**Instructors:** Jesse Parker and Irina Stotland

Diego Velasquez  
Explore the style and characteristics of Spanish Baroque paintings by Diego Velasquez. Discuss his use of dramatic lighting, dynamic compositions, and his fascination with the reality of the human condition. Analyze Velasquez’s influence on Edouard Manet and Pablo Picasso. TWA

**Course:** LLI398  
**6 Hours**  
$45 + $72 fee = $117; NMR add $120

**Online**  
**CRN#: 16143**  
**3 Sessions**  
**M**  
7/6-7/20  
1:30-3:30 p.m.  
**Instructor:** Irina Stotland

Raphael and His Circle  
**New Exhibit At NGA**
The National Gallery of Art is commemorating the 500th anniversary of Raphael’s death with an exhibit of his drawings and those of his close collaborators and followers. Prepare for the exhibit by exploring Raphael’s life and art, as well as that of his fellow artists. Discuss the historical, political, and religious context that influenced Raphael’s work. This class is co-taught by a Professor of History and a Professor of Art History. TWA

**Course:** LLI090  
**4 Hours**  
$55 + $75 fee = $130; NMR add $120

**Online**  
**CRN#: 46208**  
**2 Sessions**  
**T**  
5/12-5/19  
6:30-8:30 p.m.  
**Instructors:** Naomi Daremblum and Evan Goldman  
**Virtual museum trip 5/23 from 11:15-12:45 p.m.**

Russian Artists in Paris  
This course explores the paintings and personalities of the most famous of Russian expatriates in Paris from the turn of the nineteenth century to the post-war period. Explore the modernist orientalism of Leon Bakst and the expressionism of Mark Chagall. Examine the non-representation avant-garde works of Mikhail Larionov, Natalia Goncharov, and Sonia Delaunay, among others. Discuss how their work in France had a profound effect on Russian, European, and American art and how it led to the development of new modern styles of painting. TWA

**Course:** LLI395  
**6 Hours**  
$45 + $72 fee = $117; NMR add $120

**Online**  
**CRN#: 46349**  
**3 Sessions**  
**T**  
6/2-6/16  
1:30-3:30 p.m.  
**Instructor:** Irina Stotland

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**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.
The Architecture of Washington, D.C.: It’s Not All Neo-Classical  NEW
Have you ever looked closely at the buildings in Washington, D.C.? Are there any pre-revolutionary or 19th century architecture left? Explore the different architectural styles of the various buildings—neo-classical, art deco, brutalist—and more. Discuss if there is any pre-revolutionary architecture left. Analyze the 20th century building boom including the need for new government buildings. Identify 21st century “avant garde” style buildings. TWA

Course: LLI077  6 Hours
$45 + $72 fee = $117; NMR add $120
Online
CRN#: 46056  3 Sessions  R
6/4-6/18  1:30-3:30 p.m.
Instructor: Ruth Manchester

Brain Fitness Institute

Fun With Words
Mentally stimulating activities, such as learning new words and their meanings, help boost your brain power. Practice techniques to improve your ability to remember definitions of new words and a number of items at once. Explore the cognitive science behind effective vocabulary learning: definition, context, connections, morphology, and semantic chunking. Examine how these techniques will enhance your reading and writing and improve your overall memory skills. TWA

Course: LLI099  8 Hours
$59 + $79 fee = $138; NMR add $120
Online
CRN#: 15943  4 Sessions  F
7/10-7/31  10:30 a.m.-12:30 p.m.
Instructor: Courtney Johnson

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

Course: LLI1249  6 Hours
$35 + $72 fee = $107; NMR add $120
Online
CRN#: 46131  4 Sessions  W
5/13-6/3  2-3:30 p.m.
Instructor: Phil Bender

Pathway to Present Moment and Self-Awareness  NEW
Do you want to learn how to de-stress, unplug, and focus on the present moment? Explore the similarities, differences, and intersection between mindfulness and meditation. Practice using breath, visualization, and meditation to incorporate mindfulness and meditation in daily life. Explore a pathway to self-awareness and learn to be in the present moment at any time. TWA

Course: LLI092  4 Hours
$35 + $59 fee = $94; NMR add $50
Online
CRN#: 46345  4 Sessions  M
6/8-6/29  10-11 a.m.
Instructor: Gwen Dorsey

Stress Management & Resiliency Through Mind-Body Techniques  NEW
Would you like to learn how to manage stress better and become more resilient? Explore a variety of mind-body principles and self-care interventions. Discuss how nutrition, sleep, meditation, and physical activities such as yoga affect stress. Learn coping skills, distress tolerance, and ways to enhance physical and emotional health. TWA

Course: LLI1098  4 Hours
$35 + $59 fee = $94; NMR add $50
Online
CRN#: 46348  3 Sessions  F
6/5-6/26  1-2:30 p.m.
No class 6/19  1-2 p.m. (6/26)
Instructor: Monica Byrd
Computers and Technology

Knowing Technology I: Your Computer, Cloud, and Internet of Things—How You Can Benefit

Content: Home Computers/Devices, the Internet, World Wide Web, and Internet of Things (IOT)

Home computing devices and networks are changing the way we live daily life, work and play. This course is for home users of computers and digital technology. Get to know what home digital devices can do for you. Discuss how the Internet, the World Wide Web, wireless devices and even the Internet of Things (IoT) are impacting your life. Get to know how to save money and get the best use of these new technologies to enhance your life. This class is the first class in a sequence of classes.

Course: LLI461 3 Hours
$15 + $10 fee = $25; NMR add $30

Online
CRN#: 46350 1 Session R
5/14 1-4 p.m.
Instructor: Carl Burnett

Knowing Technology II: Your Cloud Computing Services

Cloud computing apps are used every day for productivity at home and at work. What are the critical apps? Word processing, spreadsheets, email, file management, video, music, mapping and many more apps are available on all your devices. Also, cloud computing takes many forms and it can get confusing to figure out how to get the most of each service. From OneDrive to iCloud, Google Drive to Netflix and iTunes, the course covers the critical productivity and media apps provided by desktops, mobile devices, and the Cloud. Learn how to determine which apps work best for you, how to find and access them, and how to manage these apps on any device. This class is part two of a sequence of classes. Prerequisite: Knowing Technology I or equivalent knowledge.

Course: LLI456 3 Hours
$15 + $20 fee = $35; NMR add $30

Online
CRN#: 46141 1 Session R
5/21 1-4 p.m.
Instructor: Carl Burnett

Knowing Technology III: Your Digital Security and Privacy

Everyone has created a digital footprint. Whether its your password, username, SSN, IP address, or your home address, everyone has a digital identity. Protecting and controlling your digital identity starts with understanding what it is, and how you control its use and privacy in the digital world. This course is designed to provide you with the tools to secure and protect your digital identity and privacy in your daily life. This class is part three of a sequence of classes. Prerequisite: Knowing Technology I and II or equivalent knowledge.

Course: LLI457 3 Hours
$15 + $20 fee = $35; NMR add $30

Online
CRN#: 46142 1 Session R
6/4 1-4 p.m.
Instructor: Carl Burnett

Online
CRN#: 15894 1 Session T
7/14 6:30-9:30 p.m.
Instructor: Carl Burnett

Wonders of Artificial Intelligence  NEW

This course is designed to provide students with an overview of Artificial Intelligence (AI). Learn about the history of artificial intelligence; about the current technologies used to enable artificial intelligence; and discover how artificial intelligence is changing robotics, transportation, medicine, and even the appliances in your home.

Course: LLI081 3 Hours
$15 + $20 fee = $35; NMR add $30

Online
CRN#: 46187 1 Session T
6/2 1-4 p.m.
Instructor: Carl Burnett

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.
History and Current Events

9/11 and New York City: The Setting, the Crime, and the Recovery

The attack on the World Trade Center (WTC) was a watershed event in the history of the nation and around the world. This course focuses on Ground Zero: New York City. Learn more about the mission of the WTC, why it became a target for international terrorists, how it was able to withstand an earlier terrorist attack, and how the 9/11 conspirators plotted and carried out their crime. Explore the heroism of first responders and discuss stories of the survivors. Examine how the city recovered from the shock and damage of the attack, and the way in which 9/11 left a lasting impression on the life of the city and its citizens. Analyze American anti-terrorist policies. TWA

Course: LLI087     8 Hours
$59 + $79 fee = $138; NMR add $120

Online
CRN#: 46206     4 Sessions     R
6/4-6/25     10:30 a.m.-12:30 p.m.
Instructor: Jesse Stiller

A Discovery of Witches: A History of European Witchhunts

Are you intrigued by the heightened concern in Europe regarding witchcraft in Europe from the medieval period to the Enlightenment? Explore the notions of witchcraft, magic, and the supernatural in medieval, early modern, and modern Europe. Examine and discuss primary and secondary sources to learn how Europeans defined and treated their alleged witches with special attention to economic, social, and cultural context. Discuss the roles of class and gender in focusing hostility on particular groups of people, especially women. TWA

Course: LLI082     10 Hours
$65 + $89 fee = $154; NMR add $120

Online
CRN#: 15914     5 Sessions     R
7/9-8/6     2-4 p.m.
Instructor: Naomi Daremblum

Dehumanization: From the Slave Trade to Immigration

Animal collars, brands, and scarring; yellow stars, pink triangles, and stockades; children in cages and fumigating immigrants; these symbols and systems seem disparate, but they intertwine for an important discussion about rights and personhood. Explore the origins of the Transatlantic Slave Trade through the social structures evolved to stigmatize and repudiate, persons deemed of lower race (Jews, Africans, Muslims, other non-white). Analyze technologies of the colonization of animals, which became the instruments for capturing and domesticating persons of color in New World slave factories—and which, later, were imported by the Nazi regime into their 20th century stockyards of human death. Discuss the discrimination issues of today. TWA

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

Online
CRN#: 15939     4 Sessions     T
7/7-7/28     10:30 a.m.-12:30 p.m.
Instructor: Edward Ingbretsen

Elections: 2020

Are you ready for the upcoming elections? Do you have questions about some of the issues facing local and national politicians? Discuss the races for President, Senate, House of Representatives, and Governor. Analyze the races by looking at the candidates and their positions on major issues. Examine current events, both foreign and domestic, that may shape the races between now and the November elections. TWA

Course: LLI076     8 Hours
$59 + $79 fee = $138; NMR add $120

Online
CRN#: 15771     4 Sessions     T
7/7-7/28     10:30 a.m.-12:30 p.m.
Instructor: Joel Cockrell

Virtual Face-to-Face in Real-Time!

Many LLI Summer Classes are being taught online with Zoom
See page 2 for details.
Human and Natural Science

Espionage, Cryptology, and Plots
This course will demystify the various methods used during World War II to disrupt, mislead, and hide from the enemy the true intentions of the combatants. The various espionage operations will be discussed and the operations of individual spies, such as Cicero and Garbo, will be examined. Explore the history of various codes, devices used, and how the codes were eventually broken—the most famous being the Enigma code used by the Germans. Encryption techniques will be demonstrated in the classroom and augmented by slides taken at Bletchley Park by the instructor. You will discuss plots, such as Operation Long Jump, the plot to assassinate the Big Three-Stalin, Churchill, and Roosevelt; as well as the attempted assassination of Hitler by his own officers. In addition, special operations, such as the rescue of Mussolini by Otto Skorzeny; and counter-intelligence techniques, such as the broad strategic deceptions of Operation Bodyguard will be explained. TWA

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

Online
CRN#: 46151       6 Sessions       W
5/20-6/24       10:30 a.m.-12:30 p.m.
Instructor: Harry Cawood

How a Victorian Vision of Europe Turned into a Nightmare
Explore how the Victorian dream of a united monarchical Europe collapsed into a family feud that would reinvent modern warfare and tear Europe apart. Examine the moment of supreme monarchical glory: never since the days of the ancient regime of pre-revolutionary France had monarchy seemed so firmly entrenched. Discuss the connections between the different royal families and their intersecting and contrary political and geographical interests. Analyze how in the following decade, war and revolution heaped assassination, defeat, and exile upon most of the Victorian royal families. TWA

Course: LLI084       8 Hours
$59 + $79 fee = $138; NMR add $120

Online
CRN#: 46189       4 Sessions       M
6/8-6/29       6:30-8:30 p.m.
Instructor: Naomi Daremblum

International Political and Social Issues
New Content! Learn about and share ideas on key pressing political and social issues that have an international impact. This is an opportunity for discussion and further learning on the headlines of the day, which may include the 2020 presidential campaign; U.S. relations with its allies and adversaries; the national and international economy; race, gender, and ethnic politics; climate change; and the role of technology in society. The moderator and/or guest speakers will provide a list of suggested readings and links on the topics discussed. TWA

Course: LLI692       12 Hours
$69 + $92 fee = $161; NMR add $120

Online
CRN#: 15897       6 Sessions       R
7/9-8/13       1:30-3:30 p.m.
Instructor: Jesse Stiller

Jewish Resistance during the Holocaust
Questions of Jewish resistance against the Nazis during the Holocaust has been a topic of great interest and controversy since World War II. In this course, you will examine the extent of Jewish resistance, its limitations, and its achievements. You will explore Jewish resistance in the ghettos, camps, and forests. You will discuss the daily life of Jews under the Nazi occupation. You will learn about the formation of an all-Jewish fighting unit in the British army. TWA

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

Online
CRN#: 16296       4 Sessions       W
7/22-8/12       6:30-8:30 p.m.
Instructor: Eric Gartman

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

Course: LLI078       4 Hours
$20 + $49 fee = $69; NMR add $50

Online
CRN#: 16054       2 Sessions       W
7/15-7/22        6:30-8:30 p.m.
Instructor: Janet Johnson

Facing Climate Change  NEW
Do you understand what climate change means and how it impacts daily life? Learn the basic science behind climate change and the dangers it poses. Examine reducing, reusing, recycling and personal consumption. Calculate your environmental footprint and explain its relevance. Compare it to the numbers actually needed for a sustainable Earth. Explore renewable energy and energy efficiency. Create personal goals for reducing your environmental footprint. Discuss energy audits, solar panels, reduced meat consumption, and sustainable travel.

Course: LLI075       3 Hours
$15 + $15 fee = $30; NMR add $50

Online
CRN#: 46129       2 Sessions       M
6/15-6/22        1:30-3 p.m.
Instructor: Janet Johnson

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

Course: LLI028       4 Hours
$15 + $49 fee = $64; NMR add $50

Online
CRN#: 15878       2 Sessions       W
7/29-8/5        6:30-8:30 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: LLI370       8 Hours
$59 + $79 fee = $138; NMR add $120

Online
CRN#: 46358       4 Sessions       T
5/12-6/2        6:30-8:30 p.m.
Instructor: Janet Johnson

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

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

Online
CRN#: 46145       2 Sessions       W
5/13-5/20        10 a.m.-12:30 p.m.
Instructor: Terri Valenti

Interested in receiving the Lifelong Learning Institute e-newsletter, class updates, and free events?
Just e-mail: tracy.ritenour@montgomerycollege.edu or visit our website to sign-up to be placed on our mailing list.
Perennials For Your Garden  NEW
Do you want to know how to plant and maintain a perennial garden in this growing zone? Learn how to select plants, where to purchase perennials, and plan a blooming perennial garden. Explore vines and climbers where to use them and how to maintain them. Discuss deer resistant plants, repeat blooming options, and support/structure in a perennial garden. Identify which garden items to avoid, what species make viable substitutions, and compatible annuals. Determine how often to divide and how to maintain perennial plants. Examine shade and sun loving plants. TWA

Course: LLI079  4 Hours
$15 + $49 fee = $64; NMR add $50

Online
CRN#: 46186  2 Sessions  R
5/14-5/21  6:30-8:30 p.m.
Instructor: Janet Johnson

Literature and Writing

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

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

Online
CRN#: 15915  3 Sessions  W
7/8-7/22  1:30-3:30 p.m.
Instructor: Marianne Szlyk

International Short Stories  NEW
Read and discuss a selection of short stories from The Art of the Short Story, edited by Dana Gioia and R.S. Gwynn (2006) as well as supplemental provided material. Examine the short story as an art form with some classic, as well as newer, stories by authors from around the world, including Nikolai Gogol, Guy de Maupassant, James Joyce, Katherine Mansfield, Chimamanda Ngozi Adiche, and others. TWA

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

Online
CRN#: 46347  6 Sessions  M
6/1-7/13  10:30 a.m.-12:30 p.m.
No class 7/6
Instructor: Pam McFarland

Virtual Face-to-Face in Real-Time!
Many LLI Summer Classes are being taught online with Zoom
See page 2 for details.

Romantic and Gothic Literature  NEW
The secret at the heart of Romantic literature is its dark obsession with all things Gothic. This course brings the skeletal Gothicism of high Romantic literature out of the closet to consider how the relationship between the two came to define the Romantic age. Examine the roots of Gothic literature that immediately preceded during the Regency period in England (1790-1820). Discuss how it contributed to the rise of Romanticism. Explore the impulses and themes at the heart of the Gothic, focusing on the sublime, the mysterious, the uncanny, and the pervasiveness of doubt. Examine the role of the supernatural in the Gothic and Romantic imagination. Analyze how Romantic and Gothic literature shaped literary forms and challenged the period’s ideas about class and gender. TWA

Course: LLI080  8 Hours
$59 + $79 fee = $138; NMR add $120

Online
CRN#: 46342  4 Sessions  W
6/3-6/24  1:30-3:30 p.m.
Instructor: Naomi Daremblum

Summer Registration Begins April 27th.
The Art of Storytelling
Do you want to captivate your audience when speaking? Whether you are looking to enhance your professional career or connect in a social setting, storytelling can help you persuade, engage, and captivate. Discuss how to engage the listener, command attention, use body language, and find words that will paint a picture and convey a message. Explore skills to help keep your listeners on the edge of their seats, laugh, or cry. Learn how to deliver a story that listeners will remember. TWA

Course: LLI095 4 Hours
$35 + $69 fee = $104; NMR add $120
Online
CRN#: 46346 3 Sessions T
6/2-6/16 10 a.m.-12 p.m.
Instructor: Noa Baum

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

Course: LLI543 12 Hours
$69 + $92 fee = $161; NMR add $120
Online
CRN#: 46143 6 Sessions R
6/4-7/23 10:30 a.m.-12:30 p.m.
No class 6/18, 7/2
Instructor: Pam McFarland

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

Course: LLI089 6 Hours
$45 + $72 fee = $117; NMR add $120
Online
CRN#: 46207 4 Sessions M
6/1-6/22 10:30 a.m.-12 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: LLI841 7.5 Hours
$30 + $62 fee = $92; NMR add $50
Online
CRN#: 46146 6 Sessions W
6/3-7/15 1-2:15 p.m.
No class 7/1
Instructor: Jeff Miller

Virtual Face-to-Face in Real-Time!
Many LLI Summer Classes are being taught online with Zoom

During this COVID-19 crisis, many LLI classes have shifted online using Zoom. Zoom allows students to hear and see the instructor as they present their class using videos, powerpoints, and lectures. Zoom also offers students the opportunity to interact with the instructor and other students—asking questions and joining in discussions. All of this is during real-time, helping you stay connected.

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

Note: We plan to run classes online until Montgomery College makes the decision to return to face-to-face classes. If this happens, those unable to attend in person will still be able to take the class online.
Declutter Your Life and Space
Preparing for retirement or living in a newly-empty nest space? This is the perfect time to take stock of your belongings and part ways with items that no longer serve you. Downsizing your home can be a great way to enter a new phase of your life—one that’s less stressful and more relaxing. Learn strategies to help you organize and prioritize your belongings; create a more calming environment; reduce your stress levels; save time and money; and improve your quality of life. Examine the common roadblocks and issues surrounding downsizing.

Course: LLI165 4 Hours
$15 + $40 fee = $55; NMR add $50

Rockville Campus
CRN#: 15880 2 Sessions W
7/15-7/22 6:30-8:30 p.m.
Instructor: Libby Kinkead

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

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

Online
CRN#: 46354 2 Sessions M
6/15-6/22 6:30-8:30 p.m.
Instructor: Celene Moorer

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 10 years. TWA

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

Online CRN#:
46364 2 Sessions T
6/9-6/16 6:30-9:30 p.m.
Instructor: Mark Gottlieb

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

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

Online
CRN#: 46294 1 Session S
6/6 10:30 a.m.-1:30 p.m.
Instructor: Maria Antokas

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.
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
CRN#: 15988  1 Session  W
7/8  6:30-9:30 p.m.
Instructor: Arthur Stein

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 couples 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 10 years.

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

Online
CRN#: 46257  1 Session  T
6/23  6:30-9:30 p.m.
Instructor: Brian Richmond

Online
CRN#: 16085  1 Session  R
7/16  6:30-9:30 p.m.
Instructor: Brian Richmond

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

Course: LLI033  3 Hours
$15 + $10 fee = $25; NMR add $30

Online
CRN#: 46126  1 Session  M
6/8  6:30-9:30 p.m.
Instructor: TBA

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

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

Online
CRN#: 15987  2 Sessions  W
8/5-8/12  6:30-8:30 p.m.
Instructor: Lindsey Sarowitz

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

Summer Registration Begins April 27th.
Rejuvenate Your Retirement

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

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

Online
CRN#: 46272  2 Sessions  W 5/13-5/20 10:30 a.m.-12:30 p.m.
CRN#: 46275  2 Sessions  R 5/14-5/21 1-3 p.m.
Instructor: Allison McCarty

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, Rothss, etc. You will also learn the optimal Social Security claiming strategies for married and single participants that will maximize retirement income. TWA

Course: LLI916  6 Hours
$60 + $69 fee = $129; NMR add $120

Online
CRN#: 16060  2 Sessions  W 7/8-7/15 6:30-9:30 p.m.
Instructor: Neal Seagle

Retirement Planning Today

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

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

Online
CRN#: 46361  2 Sessions  T 5/13-5/19 6:30-9:30 p.m.
CRN#: 46360  2 Sessions  R 5/14-5/21 6:30-9:30 p.m.
Instructors: Steve Abbett/John Gracyalny

Online
CRN#: 46362  2 Sessions  W 5/13-5/20 6:30-9:30 p.m.
Instructors: Jamie Ingoe/Russell Rifkin

Online
CRN#: 46363  2 Sessions  R 5/14-5/21 6:30-9:30 p.m.
Instructors: Jamie Ingoe/Russell Rifkin

Would you like to teach for the Lifelong Learning Institute?

Please contact Natasha Sacks for details.
240-567-1828
natasha.sacks@montgomerycollege.edu

CANCELLED

16 | Workforce Development and Continuing Education
**Stocks, Bonds, Mutual Funds, and ETFs Explained**

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

**Course: PRF138  5 Hours**

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

**Online**

CRN#: 15980  2 Sessions  W
7/22-7/29  6:30-9 p.m.

Instructor: Arthur Stein

**Understanding How to Invest Wisely  NEW**

Do you want to understand how to invest wisely? Learning how to safely invest can mean a big difference for retirement. Discuss the basics of investing and why it is important to start investing early. Examine the different kinds of investment products, the potential risks and benefits of investing, and how fees can impact portfolio performance. Hear about the free resources on Investor.gov, the SEC’s online portal for individual investors.

**Course: PRF163  2 Hours**

$20 + $15 fee = $35; NMR add $30

**Online**

CRN#: 46266  1 Session  R
6/18-6/18  1:30-3:30 p.m.

Instructor: Alan Sorcher

**Wealth Creation Today  NEW**

This class is aimed at adults ages 35-50 who are interested in building their financial wealth while meeting individual and/or family financial priorities. Learn to invest, manage debt, and explore tax advantaged investment options. Reduce barriers to wealth accumulation, develop smart money management strategies, and explore paths to risk management. Start on your wealth creation with this class. TWA

**Course: PRF164  6 Hours**

$25 + $49 fee = $74; NMR add $50

**Online**

CRN#: 46268  2 Sessions  W
5/13-5/20  6:30-9:30 p.m.

Instructor: Allison McCarty

CRN#: 46270  2 Sessions  R
5/14-5/21  6:30-9:30 p.m.

Instructor: Allison McCarty

**Wills and Estates**

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

**Course: PRF160  6 Hours**

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

**Online**

CRN#: 46265  2 Sessions  R
6/18-6/25  6:30-9:30 p.m.

Instructor: Lindsey Sarowitz

**Online**

CRN#: 16086  2 Sessions  W
7/8-7/15  6:30-9:30 p.m.

Instructor: Lindsey Sarowitz

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**Virtual Face-to-Face in Real-Time!**

Many LLI Summer Classes are being taught online with Zoom

See page 2 for details.

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**Summer Registration Begins April 27th.**
Professional and Career Development

Choose a Career that is Right for You

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: CRP116  12 Hours
$45 + $59 fee = $104; NMR add $120

Online
CRN#: 46098  4 Sessions  M W
5/18-6/3  6:30-9:30 p.m.
No class 5/25, 5/27
Instructor: Mary Pat Brennan

Employment Search Boot Camp

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

Course: CRP107  15 Hours
$0 + $25 fee = $25; NMR add $0

Online
CRN#: 46097  5 Sessions  M W
6/15-6/29  6:30-9:30 p.m.
Instructor: Nicole Cyrus

How Montgomery College Can Help You with Employment and Job Training

Looking for a job or re-training? This class will introduce you to the wide range of employment and training resources that exist at Montgomery College (credit or non-credit) for adults to further your employment goals. Explore the latest employment trends, learn where to find information on employment training and certification programs, and who to contact about employment training and financial resources.

Course: LLI276  2 Hours
$5 + $5 fee = $10; NMR add $30

Online
CRN#: 46132  1 Session  M
6/1  6:30-8:30 p.m.
Instructor: Nicole Cyrus

Photography and Digital Photography

Landscape Photography  NEW

Learn the fundamentals of taking photographs of outdoor scenic spaces. Develop compositional and exposure techniques for creative framing and dealing with tricky lighting situations. One session will be held in the classroom and one outdoors. TWA

Course: LLI096  4 Hours
$35 + $69 fee = $104; NMR add $120

Online
CRN#: 15942  2 Sessions  M S
7/27-8/1  6:30-8:30 p.m. (7/6)
Outdoor shooting session on 7/11 from 10 a.m.-12 p.m.
Instructor: Michael Koren

Travel Photography

This class will introduce students to techniques and practices for successful vacation and travel photography. Topics include travel photography shooting techniques, photographic composition, use of built-in flash for travel pictures, and pre-trip preparation. TWA

Course: LLI936  8 Hours
$59 + $79 fee = $138; NMR add $120

Online
CRN#: 46147  4 Sessions  W
5/13-6/3  6:30-8:30 p.m.
Instructor: Michael Koren

Summer Registration Begins April 27th.
Wellness

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

Course: LLI369 10 Hours
$40 + $79 fee = $119; NMR add $120

Online
CRN#: 46357 10 Sessions M W
5/11-6/17 10-11 a.m.
No class 5/25, 5/27

CRN#: 46356 10 Sessions M W
6/22-7/22 10-11 a.m.
Instructor: Neena Kapur

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

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

Online
CRN#: 46352 5 Sessions F
5/29-6/26 10-11:15 a.m.
Class on 6/26 meets 10-11 a.m.
Instructor: Shannon Phelan

Online
CRN#: 15899 5 Sessions F
7/10-8/7 10-11:15 a.m.
Class on 8/7 meets 10-11 a.m.
Instructor: Shannon Phelan

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. This class is for students with prior Tai Chi experience. TWA

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

Online
CRN#: 46133 6 Sessions W
6/3-7/15 10-11 a.m.
No class 7/1
Instructor: Ellen Kennedy

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

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

Registration Process During COVID-19

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

Registration options:

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

www.montgomerycollege.edu/wdce/registerops.html

For assistance with online registration, please contact Customer Service 240-567-5188

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

Mail-In: Montgomery College
Workforce Development and Continuing Education
51 annakee Street
Campus Center Room 220
Rockville, Md 20850-1195

Please register at least 3 days before the start of class to ensure your information is provided to your instructor.
Services for Students with Disabilities

Montgomery College complies with the provisions of Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990 and the Americans with Disabilities Act Amendments Act (ADAAA) of 2009. The college provides accommodations, access to facilities, programs, activities and services for qualified students with documented disabilities. Accommodations are determined on a case by case analysis based on information provided by a qualified professional.

If you need support services due to a disability, please contact Natalie Martinez, WDCE Disability Support Services Counselor, to schedule an appointment, phone 240-567-4118, e-mail natalie.martinez@montgomerycollege.edu, Fax: 240-567-5163 at least six weeks prior to the start of the classes to ensure timely services. If necessary and appropriate, students may register for courses or activities prior to or while going through the support services process but are expected to comply with required deadlines to ensure that appropriate accommodations can be secured.

Any student who may need assistance in the event of an emergency evacuation must identify to Disability Support Services; guidelines for emergency evacuations are at: www.montgomerycollege.edu/dss/evacprocedures.htm.

Under provisions of the Americans with Disabilities Act, this material is available in alternative formats by contacting the Disability Support Services Office at 240-567-4118.

A Sorenson Video Relay Service with a large Monitor is available in the Rockville, Takoma Park/Silver Spring and Germantown Campus libraries.

Students Under 16

Students must be 16 or older, or have permission of the program area by the start date of class, in order to participate. Call 240-567-5188 for more information.

Co-Listed Classes (CoL)

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

If you have registered as a noncredit student in a co-listed course and you wish to change from noncredit to credit status, you will have one day after the class has begun to do so. After that, you are committed to your path as a noncredit student 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. Dates for co-listed classes may reflect the actual credit term dates. Please check the day on your calendar for the actual start date of your class.

Parking Regulations

Each person associated with the College who parks a vehicle on any Campus of the College or any property owned, leased, maintained, or operated by the College must register the vehicle regardless of its ownership. Students, faculty, staff and visitors must abide by college traffic regulations. The College reserves the right to issue a citation or tow, at the owner's risk, any unregistered vehicle parked in violation.

Instructions for Parking Permits:

Students parking a vehicle on any Campus of the College (Rockville, Germantown and Takoma Park/Silver Spring) while attending a program will receive a temporary (15 day) parking permit with their class confirmation materials. If you register via the web, your printed confirmation or registration history will serve as a parking permit until you can print out the WDCE Student Temporary Parking Permit. The parking permit is free to students but you must register your vehicle.

All Students registered for WDCE classes spanning greater than 15 days from start to end date MUST obtain a parking permit following steps 1 to 4 below.

1. In order to obtain the permit, students need to log into MyMC the day after they register for the class.
2. Click on the “Order MY Parking Permit/Pay Parking fines” link on the “MyMC Quick Links” tab.
3. Put in the start date and the end date of your class(es).
4. Print the permit

Be sure to click the print link on the confirmation page as the permit will not be mailed.

Information about vehicle registration and parking, and how to pay or appeal a citation is available at www.montgomerycollege.edu/parking.

The Montgomery College Motor Vehicle Regulations are available at www.montgomerycollege.edu/verified.

Residency Policy

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

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

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

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

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

Refund Policy

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

Transfer Policy

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

Tuition Installment Plan (TIP)

The Tuition Installment Plan (TIP) may allow students to pay registration charges in several payments; some restrictions apply. Each term is independent and must be enrolled in separately. A nonrefundable fee is required to participate in TIP. Students must register online during the TIP enrollment period prior to the close date indicated for each plan. Only courses with a TIP code have a tuition installment plan available.

For more information go to www.montgomerycollege.edu/wdce/registerops.html
Tuition Waiver

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

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

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

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

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

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  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

Key to Codes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>TWA</td>
<td>Senior Tuition Waiver Applies</td>
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<tr>
<td>NMR</td>
<td>Non-Maryland Resident</td>
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<tr>
<td>TIP</td>
<td>Tuition Installment Plan</td>
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<tr>
<td>VAA</td>
<td>VA-Approved</td>
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</tbody>
</table>

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

Registration Options

Registration Process During COVID-19

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

Registration options:

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

www.montgomerycollege.edu/wdce/registerops.html

For assistance with online registration, please contact Customer Service 240-567-5188

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

Mail-In: Montgomery College
Workforce Development and Continuing Education
51 annakee Street
Campus Center Room 220
Rockville, Md 20850-1195

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

Please register at least 3 days before the start of class to ensure your information is provided to your instructor.
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

2/21/17
Montgomery College is an Equal Opportunity Affirmative Action Title IX institution.
We are continuing to support our 50+ Learners with Online classes during COVID-19.

The Lifelong Learning Institute is committed to creating and fostering a variety of intellectually stimulating opportunities for Montgomery County residents age 50 and over. Adults of any age can take these classes. Adults over 60 may qualify for tuition waiver.

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