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.
Dear Students and Community Members,

Welcome to the Summer Semester 2023!

We are excited that many students are returning back to Montgomery College campuses, which are brimming with activities and events. Just take a look at Montgomery College's Calendar–festivals, lectures, exhibits are awaiting your participation!

The COVID restrictions are lifted now. We encourage students to exercise their level of comfort and safety as appropriate - wear masks, social distance in the classroom or take classes via Zoom. Some of our courses are offered in hybrid format—in classroom and online. This method of course delivery has proven to be very successful during the Spring Semester.

What is new in the Summer Semester? As always, our goal is to keep you updated on the latest events that take place in the United States and in the world. For example, the class, International Political and Social Issues with Professor Daremblum, will put in context and provide deeper understanding about the war in Ukraine, emerging world alliances, issues of immigration, anti-Semitism, racism, gun violence, and others.

Lovers of world cultures, learn the dances, music and customs of Jamaica. The beauty of Ukrainian culture, past and present, will come to live in the class of our guest lecturer from the University of Illinois, Professor Roman Invashkiv.

Students who enjoy exploring Montgomery County, will find the course, Farm to Table, most interesting—with visits to local farms, lectures on modern farming and sustainability. The kinds of recipes you can prepare with farm fresh ingredients will be the subject of classes in Bread Baking and International Cuisine. Chef Rudy Karlson will dazzle students with his cooking demonstrations, techniques and recipes.

So, there is something for everyone at the Lifelong Learning Institute! Come to learn and bring your family and friends!

Warmly,

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.

Return to Campus

- Masks: Wearing a mask will become optional as of January 2023 in all College facilities. This includes classrooms, laboratories, learning centers, and other instructional spaces. Masking is required for individuals who have been exposed to COVID-19 or who are returning to campus from isolation after testing positive for COVID-19.

- Vaccination: Vaccination will not be required for students, employees, contractors, and visitors to be present on campus. However, students and employees participating in clinicals, externships, internships or other programs at off-campus locations are subject to the requirements of the off-campus site and may be required to provide proof of vaccination.

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
Archaeology and World Cultures

A Taste of Jamaica Through Music, Dance, and Food  
Would you like to experience a piece of Jamaica without traveling there? Be transported mentally to the warm and tropical island. Explore her indigenous culture and luscious landscape. Practice the language so you can respond to simple phrases. Listen to the music and understand the lyrics. Learn about Jamaican art, crafts and cuisine, and practice Jamaican dance steps. TWA

Course: LLP082  6 Hours  
$59 + $74 fee = $133; NMR add $120

Rockville Campus  
CRN#: 40880  3 Sessions  S  
6/10-6/24  1-3 p.m.  102 MK

Instructor: Audrey Nelson Salmon

Taking Tea: Tea Time Across the Centuries  
Learn about the history of the tea drink, the many varieties of tea and how they are processed, and how the tradition of taking tea has changed over the centuries. Learn about the differences between high tea and afternoon tea and discover the history of classic tea treats, such as English muffins, crumpets, scones, and clotted cream.

Course: LLP085  2 Hours  
$15 + $15 fee = $30; NMR add $30

Online: Structured Remote  
CRN#: 40875  1 Session  T  
6/6  10:30 a.m.-12:30 p.m.

Instructor: Joyce White

Ukrainian Culture and Identity  
Would you like to understand what makes Ukrainian culture unique? Discover achievements of Ukrainian culture in different forms, learn about language and traditions, and analyze how art, poetry, and music influenced struggle for independence and fostered cultural identity.

Course: LLP015  4 Hours  
$20 + $39 = $59; NMR add $50

Online: Structured Remote  
CRN#: 40955  2 Sessions  M  
6/5-6/12  10:30 a.m.-12:30 p.m.

Instructor: Roman Ivashkiv

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  
CRN#: 40846  6 Sessions  W  
6/7-7/19  10:30 a.m.-12:30 p.m.  009 SB

Instructor: Tatiana Martin

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

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

Online: Structured Remote  
CRN#: 40867  5 Sessions  R  
6/8-7/13  6:30-8:30 p.m.  No class 7/6

Instructor: Michael Koren

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

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

Online: Structured Remote  
CRN#: 10903  4 Sessions  M  
7/10-7/31  6:30-8:30 p.m.

Instructor: Michael Koren

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

Course: LLI223  12 Hours
$45 + $54 fee = $99; NMR add $120
Rockville Campus
CRN#: 40845  6 Sessions  W
6/14-7/19  12:30-2:30 p.m.  102 MK
Instructor: Sharon Tindall

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. Supply list is available on the LLI website. TWA

Course: LLI792  12 Hours
$95 + $92 fee = $187; NMR add $120
Rockville Campus
CRN#: 40847  6 Sessions  T
6/6-7/18  10:30 a.m.-12:30 p.m.  102 MK
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. You will have an opportunity to sketch outside. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI491  12 Hours
$95 + $92 fee = $187; NMR add $120

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
CRN#: 40848  6 Sessions  R
6/1-7/13  10:30 a.m.-12:30 p.m.  442
Instructor: Tatiana Martin

Online: Structured Remote
CRN#: 40869  6 Sessions  R
5/24-6/28  6:30-8:30 p.m.
No class 7/6
Instructor: Evan Goldman

Art History
Antoni Gaudi and Architecture of Barcelona
Have you seen or visited Spain’s most popular tourist site—the La Sagrada Familia—and wondered about the architect? Learn about the life and whimsical works of famed architect, Antoni Gaudi. Examine his many architectural wonders in and around Barcelona including the iconic church, La Sagrada Familia, private residences, a park, and even furniture. Explore the variety of materials he used to achieve his distinctive style including scrap iron, broken dishes, and reinforced concrete. Discuss how Gaudi looked back to the Gothic, Moorish, Islamic, and Indian styles in order to create his own unique language of architecture. TWA

Course: LLP086  6 Hours
$59 + $74 fee = $133; NMR add $120
Rockville Campus
CRN#: 40900  3 Sessions  T
5/23-6/13  10:30 a.m.-12:30 p.m.  103 MK
No class 5/30
Instructor: Ruth Manchester

Online: Structured Remote
CRN#: 40899  3 Sessions  T
5/23-6/13  10:30 a.m.-12:30 p.m.
No class 5/30
Instructor: Ruth Manchester
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#: 40889 4 Sessions F
5/12-6/2 11 a.m.-1 p.m.
Instructor: Evan Goldman

Great Works of Architecture as Depicted by Artists NEW
Have you ever viewed a work of art and wondered why architectural elements were depicted? During the late Gothic and Early Renaissance periods (1300s-1500s), artists would often frame historical events with elaborate architectural details such as a Nativity scene ensconced in a Roman ruin. This was to signify the old order was succeeded by a new narrative. Artists would also paint a “portrait” of a building. Learn about the Grand Tour where a young gentleman might purchase a scene of Roman ruins to enhance his country house. We’ll also discuss “non-representational” works such the style of painting used by Monet to give us over 30 impressions of Rouen Cathedral where he gives us a sense of light reflecting off the facade and not a “photographic” image. We’ll also discuss works by other late nineteen and twentieth century architects and experience the myriad ways works of architecture can be depicted. TWA
Course: LLP087 6 Hours
$59 + $74 fee = $133; NMR add $120
Online: Structured Remote
CRN#: 40850 3 Sessions W
6/7-6/21 10:30 a.m.-12:30 p.m.
Instructor: Irina Stotland

Impressionism: Survey of the Movement
In the late nineteenth century, the art dealer Paul Durand-Ruel helped develop the taste for the Avant-guard movement of Impressionism both in Europe and America. Learn about the cutting-edge theories of optical perception and color interaction that allowed artists like Monet, Degas, Renoir, Cassatt, and Pissarro to invent a radically new modern style of painting full of light and brightness. Examine Renoir’s use of urban leisure, Pissarro’s anarchism, and Dega’s depiction of the modern body. Identify stylistic elements of Impressionism and assess cultural changes in the look of Impressionist painting. TWA
Course: LLI590 6 Hours
$59 + $74 fee = $133; NMR add $120
Online: Structured Remote
CRN#: 40877 3 Sessions R
6/1-6/15 10:30 a.m.-12:30 p.m.
Instructor: Ruth Manchester

Rembrandt van Rijn
The class will explore Rembrandt van Rijn’s artistic contributions as a painter, draughtsman, and printmaker in a wide range of genres: from portraits and self-portraits to allegories and Biblical scenes. We will discuss Rembrandt’s most celebrated and influential works, analyze their iconography, and learn their meaning. TWA
Course: LLP071 6 Hours
$59 + $74 fee = $133; NMR add $120
Rockville Campus
CRN#: 10871 3 Sessions W
7/12-7/26 1:30-3:30 p.m. 103 MK
Instructor: Irina Stotland

Tropical Modernism: A Cultural Tour of South American Avant Garde Art NEW
An exciting exploration of South American modern art from early Argentinian avant-gardist Xul Solar to Peruvian Indigenist Jose Sabogal and Tropicalia pioneer Helio Oiticica. Discover the most exciting and iconic modern artists of South America in the last century. Learn what genres were developed in the region and the diversity of cultural production (how artists in Brazil differ from those in Argentina, for example). Finally, explore how these artists fit into the different artistic movements of the time and their own regional context. TWA
Course: LLP079 8 Hours
$64 + $84 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 40849 4 Sessions M
6/5-7/10 1:30-3:30 p.m.
No class 6/19, 7/3
Instructor: Naomi Daremblum

Art Supply List!
Material lists for LLI Art classes are available at www.montgomerycollege.edu/lifelonglearning/
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#: 40876 4 Sessions M
5/15-6/12 1-3 p.m.
No class 5/29
Instructor: Nicole Porcaro

Fun With Words
Content: Improve Your Memory!
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: LLP099 8 Hours
$59 + $74 fee = $133; NMR add $120
Online: Structured Remote
CRN#: 10937 6 Sessions T
7/11-8/15 9-10 a.m.
Instructor: Monica Byrd

Meditation and the Wisdom of the Body NEW
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#: 40890 6 Sessions T
5/2-6/6 1-2:30 p.m.
Instructor: Philip Bender

Superconscious Meditation NEW
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#: 40864 1 Session W
6/7 6:30-9 p.m.
Instructor: Jasmeet Kaur

Please register early!
Class cancellations are processed at least a week before the start date due to low enrollments.
Computer Skills for Beginners
Gain confidence as you are introduced to various hardware, software, and storage devices. Define basic computer concepts and terminology. Learn to navigate the desktop or laptop, textboxes, windows, toolbars, and taskbars. Examine the Windows Control Panel to identify settings and customize controls. Explore files and learn to browse, open, and rename a file. Practice creating new folders, and to copy and move files into these folders. Use Microsoft Word to create, edit, and print out a document. Discuss email and web mail, including how to open and save email attachments. Explore the internet and learn how to find information. Learn steps you can take to be safe while online. TWA
Course: LLI790 12 Hours
$21 + $78 fee = $99; NMR add $50
Rockville Campus
CRN#: 40865 6 Sessions T
6/6-7/18 1:30-3:30 p.m. 105 MK
Instructor: Tina Denmark

Cybersecurity for Beginners (For People with a Non-Technical Background)
Develop a basic understanding of Cybersecurity to protect yourself from Online Frauds and prevent Identity Theft. Examine how hackers can steal your personal information. Analyze types and motives of cyber-attacks. Learn the best practices that are important to protect your information while using the internet. Explore the history of Cybersecurity. Learn key terminology, basic system concepts, and an introduction to the Cybersecurity field. TWA
Course: LLP041 5 Hours
$24 + $45 fee = $69; NMR add $50
Online: Structured Remote
CRN#: 10908 2 Sessions W
7/12-7/19 6:30-9 p.m.
Instructor: Jasmeet Kaur

Getting to Know Your iPad
This course introduces you to the iPad touch screen technology interface. Learn to access the internet, take and store photos and videos, use maps, keep contact lists, manage music files, and other functions. You will learn how to navigate the iPad and how to find, download, and organize apps. iPads will be available in the classroom. TWA
Course: LLI352 6 Hours
$60 + $59 fee = $119; NMR add $120
Rockville Campus
CRN#: 10900 4 Sessions R
7/20-8/10 2-3:30 p.m. 107 MK
Instructor: Vicki McGill

Culinary Arts
A Taste of History: Libations and Cocktails [NEW]
Humans have been drinking since Neolithic times and libations, spirits and cocktails have been produced in every continent shaping society and culture across the globe. Take an intoxicating journey though the world’s most famous libations, spirits and cocktails from ancient Egyptian beer to the current fad of hard seltzer. TWA
Course: LLP070 8 Hours
$64 + $84 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 10907 4 Sessions R
7/20-8/10 1:30-3:30 p.m.
Instructor: Naomi Daremblum

Bread Baking 101
What is better than the smell of fresh bread coming out the oven? Fill your house with the enticing smell of fresh baked bread while you fill your mouths with the unbeatable taste of real homemade bread. Learn how to make a variety of breads while learning the basic principles of bread making. Some breads might include: Focaccia and Pizza, Tuscan Wheat Sourdough, Challah, and wholesome quick breads and muffins. The class is presented by a professional chef/baker. You will be able to observe and ask questions. TWA
Course: LLI593 6 Hours
$59 + $89 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 40866 4 Sessions W
6/7-6/28 7-8:30 p.m.
Instructor: TBA

International Cuisine—Cooking with a Chef
New content! Do you miss enjoying the delectable cuisine offered while travelling? Now you can feel like you are on vacation from the safety and comfort of your own home. Learn how to prepare a variety of appetizers, entrees, and desserts from different countries and continents. Explore ingredients and flavor profiles from different cultures. Discuss international cooking techniques. This class is taught by a professional chef. TWA
Course: LLI629 6 Hours
$59 + $89 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 10901 4 Sessions W
7/12-8/2 7-8:30 p.m.
Instructor: Rudy Karson

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
The Great British Baking Show: Novice Edition

New content! Are you a fan of The Great British Baking Show? Learn how to create some of the delicious recipes from the series - Mary Berry’s Scones with Cream and Lemon Curd; Paul Hollywood’s Almond Shortbread Biscuits; and view the demonstration and taste of Mary Berry’s Mincemeat Streusel Tray Bake. Explore baking terms, ingredients, equipment, and tools. Employ safe food handling practices using contemporary guidelines. Understand how to read a recipe in metric measurements.

Course: LLI761 2.5 Hours
$25 + $30 fee = $55; NMR add $50

Online: Structured Remote
CRN#: 10902 1 Session T
8/22 6-8:30 p.m.
Instructor: Samantha Nelson

History and Current Events

History of Enslavement in the District of Columbia: Virtual Tour

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

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

Online: Structured Remote
CRN#: 40924 4 Sessions W
6/21-7/19 10:30 a.m.-12:30 p.m.
No class 7/5
Instructor: Ed Ingebretsen

Jews of Ukraine: From Tragedy to a Vibrant Present NEW

How did the vital Jewish community of modern Ukraine emerge from the country’s turbulent and tragic past? That history, dating back to the 9th century, begins with the Kiyvan Rus’ the regional foundation for Ukraine, Russia and Belarus. We will explore Jewish life throughout the Lithuanian-Polish conquest, the Habsburg and Russian Empires, Stalinism, the Great Famine, the brutal killing fields of World War I, and Nazi atrocities including Operation Barbarossa and Babi Yar. This traumatic past arguably has transformed Ukraine’s post-Soviet period into the rich democratic experience that is a welcoming place for the Jewish community. Jewish community during the Russian-Ukrainian war. TWA

Course: LLP081 8 Hours
$64 + $84 fee = $148; NMR add $120

Rockville Campus
CRN#: 10866 4 Sessions T
7/11-8/1 10:30 a.m.-12:30 p.m. 103 MK
Instructor: Naomi Daremblum

Online: Structured Remote
CRN#: 10865 4 Sessions T
7/11-8/1 10:30 a.m.-12:30 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 looking to the 2024 elections; U.S. relations with its allies (in Europe & Asia) and adversaries (Russia, Iran, China); the war in Ukraine; 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.. TWA

Course: LLI692 12 Hours
$75 + $97 fee = $172; NMR add $120

Online: Structured Remote
CRN#: 40840 6 Sessions R
6/1-7/13 1:30-3:30 p.m.
No class 7/6
Instructor: Naomi Daremblum

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

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.
Modern Monarchies  NEW
The 20th century ushered in an age of democratic change around the globe and yet to this day monarchies—to some a relic of feudal times—continue not just to exist but to thrive from Europe to Asia. In this course we take a journey through the monarchies of the modern world. Learn how the Spanish monarchs have been crucial in cementing a post Franco democratic Spain. Discuss how the royal traditions of the Imperial House of Japan have been adapted to the 21st century. Explore how the pomp and circumstance of the English monarchy still plays an important political role. Analyze the cultural significance of these modern monarchies—from the Scandinavian monarchs of Denmark, Norway and Sweden to Monaco. TWA
Course: LLP074  10 Hours
$69 + $92 fee = $161; NMR add $120
Rockville Campus
CRN#: 40843  4 Sessions  T
6/6-6/27  1-3:30 p.m.  102 MK
Instructor: Naomi Daremblum
Online: Structured Remote
CRN#: 40844  4 Sessions  T
6/6-6/27  1-3:30 p.m.
Instructor: Naomi Daremblum

Rasputin: Power Behind the Last Tsar  NEW
A century after his mysterious death Rasputin’s life remains shrouded in mythology. Numerous biographies, novels, and films recount his debauchery and his mysterious rise to power as the Tsar Nicolas II & Tsarina’s Alexander confidant. We separate fact from fiction and explore his life as a man of faith but also as an ambitious influence over the Romanovs at the twilight of the Empire. Rasputin’s role in Tsar’s downfall. TWA
Course: LLP080  8 Hours
$64 + $84 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 40874  4 Sessions  F
6/2-6/23  10:30 a.m.-12:30 p.m.
Instructor: Naomi Daremblum

The 70s: A Retro Journey through American Pop Culture  NEW
Referred to as The ‘Me’ Decade by author Tom Wolfe, the 1970s heralded some important changes to American culture. Take a retro journey through the decade that brought us Watergate and the Women’s Liberation Movement. Explore and discuss the most iconic popular culture trends of the decade—from movies (The Exorcist, Jaws The Godfather), TV Shows (Mash, Mary Taylor Moore, The Jeffersons and Happy Days) and music (Funk, Disco and Folk-Rock) to technology (vhs, microwaves, and personal tapes) and social and political trends (Roe v Wade, the anti-War movement and the first gay pride parade). Analyze how these trends shaped our current pop culture and discuss why the 70s zeitgeist seems to resonate today. TWA
Course: LLP075  8 Hours
$64 + $84 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 10872  4 Sessions  M
7/17-8/7  6:30-8:30 p.m.
Instructor: Naomi Daremblum

The Civil War: A Military History
Did you know that many of the major battles of the Civil War were fought in the DC Metro area? Learn why the Union won the war. Analyze the military strategies and campaigns. Discuss the major battles and their outcomes. Examine military leaders who made the outcome of the war a victory for the North. TWA
Course: LLI730  10 Hours
$69 + $92 fee = $161; NMR add $120
Online: Structured Remote
CRN#: 10899  5 Sessions  R
7/13-8/10  6:30-8:30 p.m.
Instructor: Eric Gartman

The Pictorial History of Rockville
Drawing extensively on vintage photos from a book produced by Peerless Rockville, discuss the 250-year history of Rockville from a tiny crossroads community to the bustling government center of Montgomery County—and one of the nation’s most diverse cities. Analyze the fascinating history all on its own, but also how Rockville exemplifies our county’s history in many ways—and has ties to significant national events and figures. The speaker, Ralph Buglass, co-authored the book for Peerless Rockville. This class is offered in collaboration with Montgomery History. This class will include a tour of old downtown Rockville.
Course: LLI795  3 Hours
$15 + $20 fee = $35; NMR add $30
Hybrid (Online & Face to Face)
CRN#: 10898  2 Sessions  M
7/10-7/17  10:30 a.m.-12 p.m.
Class on 7/17 the class will meet in old downtown Rockville. The Instructor: will indicate the meeting place. Instructor: Ralph Buglass

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
Ukrainian Culture and Identity
Would you like to understand what makes Ukrainian culture unique? Discover achievements of Ukrainian culture in different forms, learn about language and traditions, and analyze how art, poetry, and music influenced struggle for independence and fostered cultural identity.
Course: LLP015 4 Hours
$20 + $39 = $59; NMR add $50
Online: Structured Remote
CRN#: 40955 2 Sessions M
6/5-6/12 10:30 a.m.-12:30 p.m.
Instructor: Roman Ivashkiv

What Goes Around, Comes Around: Cycles in American History and Economy
The great historian Arthur M. Schlesinger observed that American politics and its economy moved in cycles, from left to right and then back again, searching for what he called “the Vital Center.” This course analyzes the Schlesinger phenomenon using case studies drawn from political and economic history. See how this approach can help us understand the America we live in—and give us reason to be hopeful for the future. TWA
Course: LLP063 8 Hours
$59 + $74 fee = $133; NMR add $120
Online: Structured Remote
CRN#: 10964 3 Sessions W
7/10-7/24 1:30-3:30 p.m.
Instructor: Jesse Stiller

What Would the Founding Fathers Think?
Politicians and pundits often reference the nation’s Founding Fathers to emphasize a point they are trying to make. Explore what the Founding Presidents would likely think about today’s partisan bickering, race relations, education, the press, the power of the executive, the economy, the military, the concept of federalism, and the Constitution. Discuss how those Founding Presidents dealt with implementing some of the provisions of the Constitution during their own era, establishing precedents related to executive privilege, advice and consent, the role of the Vice President, and judicial review—all of which maintain relevance today.
Course: LLP011 2 Hours
$10 + $15 fee = $25; NMR add $30
Online: Structured Remote
CRN#: 40842 1 Session R
5/18 1:30-3:30 p.m.
Instructor: David Fisher

When Individual Freedom Clashes With Society’s General Welfare: Legal Perspectives
Would you like to understand controversial U.S. Supreme Court decisions? Explore the scope of government power and duty, and the limits of state power. Examine the fairness or lack thereof, when the law is used to promote the general welfare, and the conflict between public health and civil liberties. Is there a right to privacy in the U.S. Constitution? Should the government be given greater control over individual freedom when addressing terrorism, pandemics, and natural disasters? What is the proper role of government in promoting healthier and/or safer lifestyles, e.g., addressing gun control, smoking, diet, drug and alcohol use? Recommended book: Public Health Law: Power, Duty, Restraint by Lawrence O. Gostin and Lindsay F. Wiley (2016). TWA
Course: LLP083 6 Hours
$59 + $74 fee = $133; NMR add $120
Online: Structured Remote
CRN#: 10870 3 Sessions M
7/10-7/24 1:30-3:30 p.m.
Instructor: Candace Groudine

Home and Garden
Annuals and Perennials for Your Garden
Learn how to select plants, where to purchase annuals and perennials, and plan a blooming garden for this growing zone. Explore vines and climbers—where to use them and how to maintain them. Discuss deer resistant plants, repeat blooming options, and support/structure in an annual and perennial garden. Identify which garden items to avoid, what species make viable substitutions, and compatible plants. Determine how often to divide and how to maintain annual and perennial plants. Examine shade and sun loving plants as well as tropical species that can add special interest to a garden. Discuss which annuals are viable to winter over and how to integrate annuals and perennials into a full season of blooming color and design. TWA
Course: LLI579 8 Hours
$59 + $79 fee = $138; NMR add $120
Online: Structured Remote
CRN#: 40861 4 Sessions T
6/6-6/27 6:30-8:30 p.m.
Instructor: Janet Johnson

Please register early!
Class cancellations are processed at least a week before the start date due to low enrollments.
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#: 10904   2 Sessions   T
8/8-8/15   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
CRN#: 10896   4 Sessions   T
7/11-8/1   6:30-8:30 p.m.   102 MK
Instructor: Janet Johnson

Human and Natural Science
Connecting with Our Chesapeake Bay: The Past, Present, and Future
Have you ever gazed in awe at the Chesapeake Bay? What it means to live in the Chesapeake Bay “watershed”. Join us as we dig into the geological and historical past of our largest estuary in the United States and learn human history of people who lived there. Hear from local stakeholders as they describe their efforts to better understand the current health of our watershed and efforts underway to help protect and preserve it. Discover ways you can help with these efforts. Look to the future of our bay as we learn how scientific models help us to project anticipated changes for the next century, and how decision-makers are using this information to mitigate and adapt. TWA
Course: LLP064   8 Hours
$64 + $84 fee = $148; NMR add $120
Online: Structured Remote
CRN#: 40878   4 Sessions   W
6/7-6/28   10:30 a.m.-12:30 p.m.
Instructor: Dorian Janney

From Farm to Table NEW
Have you wondered where our food comes from? Discover how local farms operate and provide us with a diverse range of food—from ice cream, to vegetables, and meat. Visit local farms and experience the venture from farm to table. Learn how these farms utilize sustainable practices that benefit our environment! Most importantly, know your farmer—know your food. The first session will meet online and remaining lectures will meet on different local farms. The Instructor will provide the farm name and location. TWA
Course: LLP077   6 Hours
$59 + $84 fee = $143; NMR add $120
Hybrid (Online & Face to Face)
CRN#: 40879   4 Sessions   W
5/17-6/21   10:30 a.m.-12 p.m.
No class 5/31, 6/7
Instructor will contact students regarding the location where the class will meet
Instructor: Christina Wright

Sugarloaf: The Singular History of a Singular Mountain
Did you know that Sugarloaf Mountain, a private oasis of natural beauty and scenic vistas, nearly became Camp David? Learn how it was almost topped with a modernistic structure designed by one of America’s most famous architects, Frank Lloyd Wright. Discuss the wide-ranging unique cultural and natural history of Sugarloaf Mountain. Examine its connection to key figures and events in American history. Explore its geologic formation and habitat today for a range of uncommon flora and fauna.
Course: LLI141   2 Hours
$15 + $15 fee = $30; NMR add $30
Online: Structured Remote
CRN#: 40868   1 Session   M
5/22   10:30 a.m.-12:30 p.m.
Instructor: Ralph Buglass

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
Literature and Writing

International Short Stories

New Content! It’s been argued that a good short story can be harder to write than a perfect novel. With a short story, every word counts and the best of the genre have to develop theme, character and plot in just a few short pages. Read and discuss some of the most remarkable short stories from around the world from classics of the form by Carlos Fuentes to more recent sensations crafted by the likes of Etgar Keret and Javier Marias. All short stories will be available on pdf and will be provided by the Instructor: ahead of class. TWA

Course: LLI097  12 Hours
$75 + $97 fee = $172; NMR add $120

Online: Structured Remote
CRN#: 10897  6 Sessions  M
7/10-8/14  10:30 a.m.-12:30 p.m.
Instructor: Naomi Daremblum

Poetry is Everywhere, Place is Everything: A Course in Poetry Appreciation

Would you like to get away to the country this summer? Travel with me through the poems we’ll be reading and the poets we’ll encounter. Explore how poets throughout time have depicted both the country and the city. Examine the role that place has played in poetry both in English and in other languages. Explore how country and city poems have changed over time. TWA

Course: LLP076  6 Hours
$59 + $74 fee = $133; NMR add $120

Rockville Campus
CRN#: 10905  3 Sessions  R
7/6-7/20  10:30 a.m.-12:30 p.m.  102 MK
Instructor: Marianne Szlyk

Short Stories: Coming of Age

Summertime has long been the territory of childhood—summer camps, cookouts, adventures, and explorations. It’s the perfect season to read coming of age stories and revisit youth—in both its wonder and its struggles! Join this short story class, and we’ll read short tales from a variety of authors that take us to that magic—but often confusing—space where childhood stands at the threshold of adulthood and character begins to take shape. TWA

Course: LLP073  10 Hours
$69 + $92 fee = $161; NMR add $120

Online: Structured Remote
CRN#: 40873  5 Sessions  W
5/17-6/14  10:30 a.m.-12:30 p.m.
Instructor: Ann Stephenson

Southern Gothic Literature

Ghosts haunt the American South—beneath the surface of the romantic vision of the old agrarian Antebellum South, the unquiet dead call out: slavery, racism, class conflict, the Civil War, patriarchy; what Freud called the return of the repressed, these dark specters refuse to lie still in their graves and instead speak again through the genre of Southern Gothic Literature. Explore great American writers like Flannery O’Connor, Harper Lee, William Faulkner, Carson McCullers and others. Read and discuss Flannery O’Connor’s Wise Blood, Harper Lee’s To Kill a Mockingbird, as well as selected short stories by other authors. TWA

Course: LLI793  12 Hours
$76 + $97 fee = $173; NMR add $120

Online: Structured Remote
CRN#: 40862  6 Sessions  T
6/6-7/18  10:30 a.m.-12:30 p.m.
No class 7/5
Instructor: Robert Jacobs

The Life and Films of Alfred Hitchcock

Do you love the films of Alfred Hitchcock? Over four sessions, we will examine the life and especially the films of Alfred Hitchcock. We will watch video clips from his early movies and his most famous movies like Vertigo, Psycho, and The Birds. We will examine what makes Hitchcock films so unmistakably his movies. TWA

Course: LLP072  8 Hours
$64 + $84 fee = $148; NMR add $120

Rockville Campus
CRN#: 10906  4 Sessions  W
7/12-8/2  1:30-3:30 p.m.  101 MK
Instructor: Joel Cockrell

Reading Lists
For non-credit courses, check for your reading list on the LLI website; for credit classes, check the Blackboard site.

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
Music

The Great Concertos of the Great Composers
The musical term "concerto" was first associated with vocal music, but since Corelli and Mozart, it has developed into a showcase for instrumental soloists and orchestras, which feature the leading artists of the day as a staple of both artistic and marketing appeal. Explore major artists on the global concert scene, who perform established concertos, and in some cases are in a position to commission new works. Examine what a concerto is, and what makes them so appealing. Analyze popular works by Mozart, Beethoven, Tchaikovsky, Dvorák, and Rachmaninov to discover the musical charms of the "Great Concertos." (No prior musical training will be required.) TWA
Course: LLP002  8 Hours
$59 + $79 fee = $138; NMR add $120
Online: Structured Remote
CRN#: 11010  4 Sessions R
7/6-7/27  10:30 a.m.-12:30 p.m.
Instructor: Jesse Parker

Personal Enrichment

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
$30 + $79 fee = $109; NMR add $120
Rockville Campus
CRN#: 40863  6 Sessions W
6/7-7/19  7-9 p.m.  103 MK
No class 7/5
Instructor: David Dong

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#: 10910  1 Session M
7/24  6:30-9:30 p.m.
Instructor: Jamie Ingoe

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

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

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.
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#: 40884  1 Session  W
6/21  6:30-8 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#: 40885  1 Session  T
6/6  6:30-9:30 p.m.
Instructor: Neal Seagle

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

Course: PRF189  5 Hours
$15 + $30 fee = $45; NMR add $30

Online: Structured Remote
CRN#: 10971  2 Sessions  M
8/7-8/14  6:30-9 p.m.
Instructor: Jamie Ingoe

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

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#: 10909  1 Session  R
7/13  6:30-8:30 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: PRF033  5 Hours
$60 + $65 fee = $125; NMR add $120

Online: Structured Remote
CRN#: 10911  2 Sessions  W
7/19-7/26  6:30-9 p.m.
Instructor: Lindsey Sarowitz

Rejuvenate Your Retirement
How long will your retirement income last? This course provides a fresh look at important financial topics relevant to adults entering, or already enjoying, retirement. Making your money last throughout retirement has never been more challenging. People are living longer and fewer retirees have traditional pensions. 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

Online: Structured Remote
CRN#: 40882  2 Sessions  R
6/15-6/22  1-3:30 p.m.
Instructor: Donald Chomas and Jamie Ingoe
Retirement Planning Today
Learn about the many ways to save for retirement as well as the advantages and disadvantages of each. Discover how to save money on taxes, manage investment risks, and protect your assets from potential long-term health care expenses. Fee includes a course workbook and study aids. TWA
Course: PRF169  6 Hours
$25 + $57 fee = $82; NMR add $50
Online: Structured Remote
CRN#: 40883  2 Sessions W 6/7-6/14 6:30-9:30 p.m.
Instructor: Jamie Ingoe and Russel Rifkin

Smart Personal Money Management New
Content: Using technology for money management—apps. Learn to control your personal finances with spending, saving, paying loans and expenses, and earning money. You will learn 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. You will also learn how to track your money and expenses and an introduction to investing. TWA
Course: PRF142  8 Hours
$30 + $30 = $60 for NMR add $50
Online: Structured Remote
CRN#: 40926  4 Sessions R 6/1-6/22 6:30-8:30 p.m.
Instructor: Damian Francis

Stocks, Bonds, Mutual Funds, and ETFs Explained
Whether you manage your own investments or someone manages them for you, it is important to understand the different types of investments. In this course, an experienced investment advisor and Certified Financial Planner explains advantages and disadvantages of different investments, risks, ways to own investments, asset allocation, tax considerations, historical performance, and more. For instance, are Exchange Traded Funds (ETFs) better than mutual funds? TWA
Course: PRF172  5 Hours
$50 + $65 fee = $115; NMR add $120
Online: Structured Remote
CRN#: 10912  2 Sessions M 7/10-7/17 6:30-9 p.m.
Instructor: Jamie 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
Rockville Campus
CRN#: 40886  2 Sessions T 6/13-6/20 6:30-9:30 p.m. 102 MK
Instructor: Lindsey Sarowitz
Online: Structured Remote
CRN#: 10913  2 Sessions R 7/20-7/27 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
$50 + $59 fee = $109; NMR add $120
Online: Structured Remote
CRN#: 40857  4 Sessions R 5/25-6/22 6:30-9:30 p.m.
No class 6/15
Instructor: Jenny Hodges

Would you like to teach for the Lifelong Learning Institute?
Please contact Natasha Sacks for details.
natasha.sacks@montgomerycollege.edu
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#: 10884 4 Sessions M 7/10-7/31 6:30-9 p.m.
Instructor: TBA

LinkedIn for Employment
This class will help job seekers successfully create and manage a LinkedIn profile and use many of the site's tools to find their next employment opportunity. Topics include effective profile setup; use of LinkedIn job seeker tools; how to build your network and networking techniques; performing effective job searches; and potential employer, recruiter, and interviewer research. If you have a resume in MS Word, this class is for you. TWA
Course: CRP101 5 Hours
$35 + $45 fee = $80; NMR add $50
Rockville Campus
CRN#: 10965 3 Sessions W 8/7-8/21 6:30-8:30 p.m.
Instructor: TBA

Wellness

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 + $65 fee = $99; NMR add $50
Rockville Campus
CRN#: 40870 6 Sessions F 6/23-8/4 11 a.m.-12 p.m. 131 PE
No class 6/30
Instructor: Monica Byrd
Online: Structured Remote
CRN#: 40975 6 Sessions F 6/23-8/4 11 a.m.-12 p.m.
No class 6/30
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
CRN#: 40887 24 Sessions T R 5/16-8/10 10-10:50 a.m. Pool PG
Instructor: Kim Harris
Rockville Campus
CRN#: 40888 24 Sessions M W 5/1-7/26 9-9:50 a.m. Pool PE
No class 5/29, 6/19
Instructor: Kim Harris

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

Wellness Supply List!
Material lists for LLI Wellness classes are available at www.montgomerycollege.edu/lifelonglearning/
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
CRN#: 40871    9 Sessions    W
6/7-8/9    10-10:50 a.m.    121 PE
Instructor: Kim Harris

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
CRN#: 40881    6 Sessions    M
6/5-7/24    6-7 p.m.    137A PE
No class 6/19, 7/3
Instructor: Gizelle Merced

Takoma Park/Silver Spring Campus
CRN#: 10972    6 Sessions    T
7/11-8/15    6:30-7:30 p.m.    205 CU
Instructor: TBA

Square Dancing for Fitness and Coordination

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
CRN#: 10969    6 Sessions    R
6/1-7/6    6-7 p.m.    137A PE
Instructor: Janine Smith

Tai Chi for Physical and Mental Well-being—Summer Fitness

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

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

Rockville Campus
CRN#: 40860    6 Sessions    W
6/14-7/26    2-3 p.m.    121 PE
No class 7/5
Instructor: Glenn Moy

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.

nataisha.sacks@montgomerycollege.edu
eric.scharf@montgomerycollege.edu

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

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

Payments

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

Registration will not be processed without appropriate payment.

Option 1: In-Person Registration
A completed form with payment may be submitted in person at any of these Montgomery College Campus registration areas:

Gaithersburg Business Training Center
Room 400
8:30 a.m.–9 p.m. (M–R)
8:30 a.m.–4:30 p.m. (F)
8:30 a.m.–4 p.m. (S) currently closed on Sat.

Germantown Campus
Humanities and Social Sciences Building
Room 241 and/or 243
8:30 a.m.–5 p.m. (M–R)
8:30 a.m.–4:30 p.m. (F)

Rockville Campus
220 Campus Center
8:30 a.m.–5 p.m. (M–F)
8:30 a.m.–12 p.m. (S)

Takoma Park/Silver Spring Campus
230 CF, Customer Service
8:30 a.m.–5 p.m. (M–R)
8:30 a.m.–4:30 p.m. (F)

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

Option 2: Online (Web) Registration
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 open enrollment classes will go to the registered student of record. For the Drop Form and more information, visit www.montgomerycollege.edu/wdce/register/refundpolicy.html.

Transfer Policy

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

Tuition Waiver

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

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

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

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

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

Co-Listed Classes

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

Room Numbers

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

Day Designation

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

Key to Codes

TWA Senior Tuition Waiver Applies
NMR Non-Maryland Resident
CoL Co-listed
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

6/13/2020

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

If you have ever taken a credit class at MC and the last class (credit or non-credit) you took at MC was more than 4 years ago, you must also complete and submit a Student Reactivation form found at: http://www.montgomerycollege.edu/studentforms.

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.

If you have ever taken a credit class at MC and the last class (credit or non-credit) you took at MC was more than 4 years ago, you must also complete and submit a Student Reactivation form found at: http://www.montgomerycollege.edu/studentforms.

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

Race: Choose all that apply, you may choose more than one. (Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.)
- American Indian or Alaskan Native
- Asian
- Black or African American
- Native Hawaiian and other Pacific Islander
- White
- U.S. Citizen
- Permanent Resident (Circle one: Green Card / Working Card)
- Other Immigration Status

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.

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: □ MasterCard
- □ VISA
- □ Discover
- Credit Card Number
- Expiration date on card
- 3 or 4 digit Security code on your card
- Name on Card
- Card holder signature required

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

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