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.
Global Issues Through History, Literature, and Philosophy

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

Course: LLI890 37.5 Hours
$396 + $136.20 fee = $532.20; NMR add $871.20

Germantown Campus
CRN#: 35036 28 Sessions T,R
2/4-5/14 12:30-1:55 p.m. HS213
No class 3/17, 3/19
Instructor: Joan Naake

Takoma Park/Silver Spring Campus
CRN#: 35035 28 Sessions T,R
2/4-5/14 11 a.m.-12:25 p.m. ST330
No class 3/17, 3/19
Instructor: Barbara Wolff

Introduction to Archaeology

This course is an introduction to the discipline of archaeology. Learn how this discipline emerged slowly from explorations of ancient cultures to the science that it is today with accurate dating, archaeological data excavated with precision, theories that guide interpretation, and ethical concerns. The course also includes a survey of global prehistoric archaeological cultures and hands-on experiences. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI802 37.5 Hours
$396 + $136.20 fee = $532.20; NMR add $871.20

Germantown Campus
CRN#: 35029 30 Sessions T,R
1/28-5/14 9:30-10:45 a.m. HT175
No class 3/17, 3/19
Instructor: Deborah Taylor

Rockville Campus
CRN#: 35030 30 Sessions T,R
1/28-5/14 11 a.m.-12:25 p.m. HS213
No class 3/17, 3/19
Instructor: Joan Naake

Latin Feast: The Culinary History and Culture of Mexico

Explore Mexico’s culinary history and culture through the myriad of agricultural, culinary, and cultural influences ranging from the Mayas to the Aztecs. Discuss how after the Spanish conquest, many other cuisines including Caribbean, South American, French, West African, and Portuguese flavors were assimilated into Mexico’s fare. Examine the aspects of Mexican gastronomy and culture through history and its impact today including the domestication of corn by the Mayas and the introduction of chili, honey, and chocolate by the Aztecs. TWA

Course: LLI009 8 Hours
$50 + $79 fee = $129; NMR add $120

Takoma Park/Silver Spring Campus
CRN#: 34440 4 Sessions T,R
3/31-4/21 6:30-8:30 p.m. HS223
Instructor: Naomi Daremblum

**NEW**

Archaeology: Great Cities of the Past

New Content! Learn how to use archaeological data to examine the wonderful diversity of ancient cities. Utilize a comparative and cross-cultural approach to understand how and why cities develop, expand, and decline. Examine the earliest examples of the urban form in ancient Mesopotamia through the still-occupied great cities of Europe, to the once great capital cities of Africa and the Americas and the less well-known cities of Asia. Short films and video clips will be used for virtual ‘travel’. TWA

Course: LLI666 12 Hours
$60 + $89 fee = $149; NMR add $120

Germantown Campus
CRN#: 34708 6 Sessions T
3/24-4/28 10:30 a.m.-12:30 p.m. HT175
Instructor: Jared Koller

Chinese Tea Appreciation

Did you know that tea drinking in China is equivalent to wine appreciation in the West? Examine the history of tea as well as Chinese tea ceremonies and tea tourism. Explore tea types and how to pair them with Chinese food. Discuss proper methods in purchasing, storing, and brewing tea. Witness a demonstration of a traditional Chinese tea ceremony.

Course: LLI023 1.5 Hours
$10 + $15 fee = $25; NMR add $30

Rockville Campus
CRN#: 34466 1 Session F
3/6 10:30 a.m.-12 p.m. MK102
Instructor: Lawrence Lo

Co-Listed Classes

- **NEW**

These classes are open to all students at Montgomery College.

*Co-Listed Classes

Classes marked with this symbol ▲ are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. These classes are open to all students at Montgomery College.

*NEW*
Modern Egypt: From the Urabi Revolt to the Arab Spring

Are you interested in exploring the many revolutions and major turning points in Modern Egyptian history from the 19th century onward? Examine Egypt’s transformation from power center of the Ottoman Empire to cornerstone of the British Empire. Delve into Egypt’s leadership in the rise of Arab Nationalism and the Non-Aligned Movement in the 1950s & 1960s with the Free Officers Movement. Explore how Egypt became the first Arab state to make peace with Israel and how this bold decision changed its standing in the region at the height of the Cold War. Discuss how in the aftermath of the war in Iraq, Egypt became the center of the Arab Spring, its hopes and disappointments. Examine the many social, political, economic, and cultural transformations that shaped these turning points. TWA

Course: LLI021 10 Hours
$65 + $85 fee = $150; NMR add $120

Rockville Campus
CRN#: 34463 5 Sessions T
3/31-4/28 1:30-3:30 p.m. MK101
Instructor: Naomi Daremblum

The City We Knew: Life and Times in New York

Class Content: 1960—2000
Explore how New York redefined urban life. Look at how the city slid and then recovered from the depths of its financial and political crisis during the 1970s and ‘80s. Discuss the roots of the city’s financial crisis and how it was resolved. Analyze the role of the mayors of the period: Lindsay, Beame, Dinkins, Giuliani, and Bloomberg. Discuss the city’s vibrant cultural life, demographics, and neighborhoods. Analyze the city’s strengths and problems. TWA

Course: LLI450 8 Hours
$24 + $75 fee = $99; NMR add $50

Rockville Campus
CRN#: 34687 4 Sessions W
4/15-5/6 10:30 a.m.-12:30 p.m. MK101
Instructor: Jesse Stiller

The Colorado Plateau

Content: Grand Canyon, Bryce Canyon, Arches, and Zion National Parks
The Colorado Plateau is one of the most unique places on earth. Explore its geological wonders and examine the unique features of each site in non-technical terms. Discuss the interrelations of these sites: from the effects of water erosion in sculpting the Grand Canyon, to the wind carved Arches of Utah, the vivid colors of Bryce, and the awe-inspiring peaks of Zion. Examine not only the visual aspects of these features, but also their structure and evolution. TWA

Course: LLI304 8 Hours
$50 + $75 fee = $125; NMR add $120

Gaithersburg Business Training Center
CRN#: 34643 4 Sessions M
2/17-3/9 10:30 a.m.-12:30 p.m. 404
Instructor: Harry Cawood

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

**Gaithersburg Business Training Center**
CRN#: 34709 6 Sessions M
2/17-3/23 10:30 a.m.-12:30 p.m. 442
Instructor: Tatiana Martin

**Rockville Campus**
CRN#: 34710 6 Sessions W
3/25-5/6 6:30-8:30 p.m. SB009
No class 4/8
Instructor: Evan Goldman

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

**Course: LLI652** 12 Hours
$89 + $89 fee = $178; NMR add $120

**Gaithersburg Business Training Center**
CRN#: 34706 6 Sessions F
3/13-5/1 10:30 a.m.-12:30 p.m. 442
No class 3/20, 4/10
Instructor: Tatiana Martin

Knitting: An Introduction
Learn the basics of knitting including how to read a pattern and how to cast on and off. Practice knitting and purling while making a simple scarf or neck cowl. No experience is needed. Supply list is available on the LLI website.

**Course: LLI366** 12 Hours
$10 + $89 fee = $99; NMR add $50

**Gaithersburg Business Training Center**
CRN#: 34656 6 Sessions W
3/4-4/8 10:30 a.m.-12:30 p.m. 442
Instructor: Joanne Simeon

Oils and Acrylics II—Introduction
Explore shapes, shading, and perspective beginning with basic instruction. Painting in oil or acrylic from still life and photographs, learn composition, shading texture by blending colors, and using different brush strokes to create an individual style. Bring a #2 pencil, a 12-inch ruler, and two sheets of 11x14-inch paper to first class. Supply list is available on the LLI website. TWA

**Course: LLI653** 12 Hours
$89 + $89 fee = $178; NMR add $120

**Rockville Campus**
CRN#: 34707 6 Sessions M
2/17-3/23 2:45-4:45 p.m. SB009
Instructor: TBA

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. Hand sewing has been proven to reduce stress, enhance mindfulness, and stimulate flow. Create a small hand-made quilt featuring a variety of blocks complete with borders and binding. Learn to select fabrics and colors, make templates, mark, cut, and sew blocks with a basic running stitch, press, and arrange and assemble quilt 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 either in class or at home. Supply list is available on the LLI website. TWA

**Course: LLI223** 12 Hours
$65 + $89 fee = $154; NMR add $120

**Rockville Campus**
CRN#: 34629 6 Sessions T
2/18-3/24 10:30 a.m.-12:30 p.m. GU234
Instructor: Lauren Kingsland

Please give what you can...
The Food Pantry is continually in need of non-perishable food items for students in need.

Drop off location:
Rockville Campus Mannakee Building
900 Hungerford Drive
First floor inside the front door

---

**TWA**
**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class pay fee only.
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: LLI970 12 Hours
$95 + $89 fee = $184; NMR add $120

Gaithersburg Business Training Center
CRN#: 34726 6 Sessions R
2/27-4/2 10:30 a.m.-12:30 p.m. 442
Instructor: Tatiana Martin

Rockville Campus
CRN#: 34724 6 Sessions T
3/31-5/5 6:30-8:30 p.m. SB009
Instructor: Evan Goldman

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

Rockville Campus
CRN#: 34650 6 Sessions R
2/20-3/26 6:30-8:30 p.m. SB009
Instructor: Kristine DeNinno

Watercolor Advanced— for Creativity and Fun
Fun is the opening gambit of our specially designed watercolor class for students who are comfortable with the basics of watercolor and who want to explore alternative ways to paint. Learn to apply a variety of techniques, such as dry brush, wet-on-wet, glazing, stippling, controlled spray, lift, and graded washes. Emphasizing textural effects in under-painting, will give you a different place to start each week. Each class begins with an analysis of the previous week’s work, followed by a demonstration of hands-on techniques for you to emulate in class. Explore how to create masterful paintings from direct observation and sketches, as well as by assembling printed reference materials. Half sheet paintings (on the order of 15” x 22”) are suggested for a successful creative journey. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI987 20 Hours
$114 + $109 fee = $223; NMR add $140

Rockville Campus
CRN#: 34728 8 Sessions F
2/28-5/1 10 a.m.-12:30 p.m. AR405
No class 3/20, 4/10
Instructor: Michael Harrington

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
$89 + $89 fee = $178; NMR add $120

Rockville Campus
CRN#: 34704 6 Sessions T
3/10-4/14 2:15-4:15 p.m. SB009
Instructor: TBA

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. https://www.montgomerycollege.edu/workforce-development-continuing-education/lifelong-learning/lli-mailinglist.html
Antoni Gaudi: Catalan Visionary
Have you seen or visited Spain’s most popular tourist site—the La Sagrada Familia—and wondered about the architect? Learn about the life and whimsical works of famed architect, Antoni Gaudi. Examine his many architectural wonders in and around Barcelona including the iconic church, La Sagrada Familia, private residences, a park, and even furniture. Explore the variety of materials he used to achieve his distinctive style including scrap iron, broken dishes, and reinforced concrete. Discuss how Gaudi looked back to the Gothic, Moorish, Islamic, and Indian styles in order to create his own unique language of architecture. TWA

Course: LLI359  4 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 34654  2 Sessions  R
4/16-4/23 6:30-8:30 p.m.  MK101
Instructor: Ruth Manchester

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

Course: LLI014  6 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 34451  3 Sessions  M
3/16-3/30 10:30 a.m.-12:30 p.m.  MK101
Instructor: Irina Stotland

Caravaggio and Bernini: Baroque Geniuses
Explore Caravaggio, the painter, and Bernini, the sculptor, and learn how they formulated a new artistic language, which later came to be known as Roman Baroque. Discuss how Rome became an international cultural hotspot—the breeding ground of new ideas and initiatives. Examine how Caravaggio’s paintings and Bernini’s sculptures tell the story of the birth of this new movement in art. Analyze this radical artistic innovation, which would prove to have a far-reaching influence in Europe. Join Barbara Evans for this richly illustrated exploration of the art and times of Caravaggio and Bernini. TWA

Course: LLI011  8 Hours
$59 + $79 fee = $138; NMR add $120

Gaithersburg Business Training Center
CRN#: 34446  4 Sessions  T
3/17-4/7 1:30-3:30 p.m.  402
Instructor: Barbara Evans

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

Course: LLI171  10 Hours
$55 + $79 fee = $134; NMR add $120

Rockville Campus
CRN#: 34616  5 Sessions  W
4/1-5/6 1:30-3:30 p.m.  SB214
No class 4/8
Instructor: Irina Stotland

How to Decipher Paintings: Artists of Renaissance Venice
This survey of Venetian art during the sixteenth century will provide an introduction to the most significant developments in painting created in Venice during the Italian Renaissance. Explore the most celebrated painters of the period that worked in the city: Bellini, Giorgione, Titian, Veronese, Tintoretto, and Lotto and discuss their most important works. Examine the Venetian innovations in style and technique; the rise of secular genres, such as landscape, female nudes, and portraits; and the subjects of music, love, and mortality. Engage visual analysis to understand the artists’ style and composition. Focus on the historic context to decipher the iconography by seeing each painting as a product of its culture. TWA

Course: LLI423  10 Hours
$55 + $79 fee = $134; NMR add $120

Maplewood Park Place
9707 Old Georgetown Rd, Bethesda, MD 20814
Parking is available.
CRN#: 34667  5 Sessions  W
2/19-3/18 1:30-3:30 p.m.
Instructor: Irina Stotland

Give the gift of Lifelong Learning!
Register your loved one for a Lifelong Learning class.
Please contact Natasha Sacks at 240-567-1828 or e-mail natasha.sacks@montgomerycollege.edu
Paintings and Private Lives of the Impressionists
Today we think of Impressionism as one of the most popular movements in art history, but that was not always the case. The young men and women who entered the rigid 19th century art world were outliers. With bravery and tenacity, they were determined to make art on their own terms, and the art world would never be the same. Discuss the personal lives of the artists: loves, losses, friendships, successes, and failures. Examine the changes taking place in France that contributed to the development of the movement. Analyze the differences between the Impressionists and French establishment. Learn about the artists who paved the path for Impressionism and their methods, materials, and use of color. TWA
Course: LLI436
4 Hours
$45 + $59 fee = $104; NMR add $120
Rockville Campus
CRN#: 34682 2 Sessions R
3/12-3/26 6:30-8:30 p.m. MK102
No class 3/19
Instructor: Adrienne Wyman

The Nabis Artists: From Impressionism to Modernism NEW
The Nabis (Hebrew for “The Prophets”) were a group of nineteenth-century French post-impressionists, who challenged the division between fine and decorative arts and produced colorful works of poetry. Examine the art of Pierre Bonnard, Maurice Denis, Paul Sérusier, and Édouard Vuillard. Compare the symbolic and mystical style of Denis and Sérusier with the “intimism” style of Bonnard and Vuillard. Explore how the Nabi were influenced by the Impressionist light, the aesthetic of Japanese art, Gauguin’s color, and the ideas of pattern and decorative surface. TWA
Course: LLI040
6 Hours
$45 + $69 fee = $114; NMR add $120
Rockville Campus
CRN#: 34609 3 Sessions R
4/16-4/30 1:30-3:30 p.m. MK102
Instructor: Irina Stotland

The Wonders and Mysteries of Romanesque and Gothic Architecture & Art NEW
From around 900 CE, the builders of Europe embarked on a “new” architecture based on Roman ideals called “Romanesque.” Compare Romanesque architecture and its antecedents. Discuss the monastic movement and the concept of pilgrimage churches. Examine the transition to Gothic architecture beginning with the Basilica of Saint-Denis. Explore French Gothic Churches such as Chartres, Notre Dame, and Laon, as well as English and German Gothic architecture. Learn how religious tradition gave rise to stained glass windows and beautiful liturgical objects such as reliquaries. TWA
Course: LLI012
10 Hours
$59 + $89 fee = $148; NMR add $120
Gaithersburg Business Training Center
CRN#: 34447 5 Sessions R
3/12-4/9 1:30-3:30 p.m. 442
Instructor: Ruth Manchester

Vermeer and the Masters of Genre Painting: Inspiration and Rivalry
Johannes Vermeer is one of the best-loved painters of all time who captured quiet moments of beauty in everyday Dutch life. Briefly examine the political and social changes taking place in the Netherlands, from 1650-1675, that influenced Dutch painters. Explore Vermeer’s and his contemporaries’ techniques including linear perspective, grisaille, and velatura. Analyze the camera obscura and understand how it was utilized by artists of the time. No lecture on Vermeer would be complete without discussing the forger who fooled the Nazis, Han van Meegeren, and the greatest art hoax of the 20th century. TWA
Course: LLI173
4 Hours
$45 + $59 fee = $104; NMR add $120
Rockville Campus
CRN#: 34617 2 Sessions R
4/16-4/23 6:30-8:30 p.m. MK102
Instructor: Adrienne Wyman

Brain Fitness Institute
Boost Your Brain Power and Memory: Research, Strategies, and Activities
Come explore the research and strategies on how to boost your brainpower and memory by Dr. Dana Plude, Deputy Director, Division of Behavioral and Social Research, National Institute on Aging (NIA) at the National Institute of Health. Then put some of that knowledge to work as you join other students in two mini lectures/workshops with experiential components.
10:00 a.m.-11:00 a.m. Presentation: “Brain Health: What the Latest Research Tells Us” by Dr. Plude.
11:00 a.m.-11:15 a.m. Break
11:15 a.m.-12:45 p.m. Two mini lectures/workshops on brain and memory enhancement.
Free parking is available.
Please bring non-perishable food items for students in need.
Course: LLI200
$25 fee only
Gaithersburg Business Training Center
CRN#: 34623 1 Session F
4/24 10 a.m.-12:45 p.m. 402

TWA
Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.

Please register early!
Class cancellations are processed at least a week before the start date due to low enrollments.
Bouncing Back: Successful Aging Through Resilience
Did you know that resilience can help you with life’s challenges? As “ Boomers” enter a new phase of life, resilience becomes a key component in adapting to the challenges of aging. Discuss the definition of resilience through the life stages, the attributes of resilience as a key to balanced aging, and how to become more resilient. Learn how the key factors of resilience (flexibility, dependence on others, ability to make realistic plans, ability to be positive) can help you face life challenges. Analyze the stage of late adulthood through mental, social, physical, and spiritual factors. Explore the tools needed to build resilience. TWA
Course: LLI281 6 Hours
$35 + $79 fee = $114; NMR add $120
Rockville Campus
CRN#: 34641 3 Sessions T 3/17-3/31 1:30-3:30 p.m. MK102
Instructor: Frayda Penini

Fun with Words—Memory Booster
Language is the elixir of life. Words provide us with a surefire way of communicating (or not) with other human beings. Are you interested in learning how to use film to expand your vocabulary and stimulate your memory? Utilizing the visual medium, engage with language in a unique way. View film clips and use them to build a working academic and content vocabulary; activities will include short readings on the science behind memory and the effectiveness of using visuals as memory cues. Explore definitions/examples, context, connections, morphology, and semantics. TWA
Course: LLI036 12 Hours
$65 + $85 fee = $150; NMR add $120
Gaithersburg Business Training Center
CRN#: 34603 6 Sessions F 3/6-4/17 10:30 a.m.-12:30 p.m. 404
No class 3/20
Instructor: Courtney Johnson

Lessons From Those Who Live to 100 NEW
What is the secret to a long and healthy life? Travel virtually around the world and visit communities and geographical areas where people live the longest and learn from their practices and wisdom. Examine what research and studies tell us about longevity. Learn practical strategies from those who live 100+ and apply them to your daily life. Put yourself on the road to a longer life.
Course: LLI041 2 Hours
$20 + $10 fee = $30; NMR add $30
Rockville Campus
CRN#: 34610 1 Session M 3/2 11 a.m.-1 p.m. MK101
Instructor: Natasha Sacks

Path to A Healthy and Vibrant Life: A Six-Week Personal Wellness Journey NEW
Examine lifestyle strategies that contribute to living a life of vibrancy and vitality. Choose one or more dimensions of optimal well-being on which to focus and create weekly goals for moving closer to your personal vision of flourishing. Learn about the fundamental principles of healthy living, including meditation, distress tolerance, physical activity, nutrition, sleep, mental fitness, meaning/purpose, and social connection. Identify the forces that affect your pattern of healthy living and develop strategies to overcome the challenges that keep you from living your best life. Create a personal wellness vision; identify values, motivators, and strengths. TWA
Course: LLI387 12 Hours
$40 + $89 fee = $129; NMR add $120
Rockville Campus
CRN#: 34665 6 Sessions M 3/2-4/13 2-4 p.m. MK101
No class 3/16
Instructor: Monica Byrd

Meditation Practices: Heart, Brain, Body Connections
The many benefits of meditation range from decreased stress, anxiety and depression to improved memory and attention. It even reduces inflammation, boosts immune function, and increases empathy and compassion. This course weaves together lecture, discussion, and meditation practices to offer a survey of a variety of approaches including guided meditations, Heart Rhythm Meditation (HRM), walking meditation and more. Weather permitting; the class will occasionally meditate outside. TWA
Course: LLI185 12 Hours
$40 + $79 fee = $119; NMR add $120
Rockville Campus
CRN#: 34618 8 Sessions W 2/19-4/15 10-11:30 a.m. MK102
No class 3/18
Instructor: Carol Moore

Meditation Practices: Heart, Brain, Body Connections—continued
Examine a variety of topics relevant to meditation based on the published work of leading experts. Topics may include: mindfulness, the intersection between yoga and meditation, and the neuroscience of meditation. Each class session will include a period of meditation practice. Prerequisite: Completion of Meditation Practices—Heart, Brain, Body Connections, Meditation for Mindfulness and Stress Reduction or previous experience with meditation. TWA
Course: LLI445 12 Hours
$40 + $79 fee = $119; NMR add $120
Rockville Campus
CRN#: 34685 8 Sessions W 3/25-5/13 1-2:30 p.m. MK102
Instructor: Carol Moore

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
The World of Chess for Mental Fitness
Learn how to play chess and explore many aspects of this ancient game that fascinates millions. Examine its artistic and cultural links, mental health benefits, and social and competitive facets. Practice and improve your skills under an instructor-supervised playing period. Explore the rules of the game, strategy and tactics, memory skills, and blindfold chess. Discuss the history of famous players, chess and computers, and advice on how to navigate the vast literature of the game. This course is intended for beginners and those with very minimal knowledge of the game. TWA

Course: LLI029 6 Hours
$35 + $89 fee = $124; NMR add $120
Rockville Campus
CRN#: 34474 4 Sessions M
3/30-4/20 7-8:30 p.m. MK101
Instructor: Allan Savage

Writing— or Wellness and Stress Reduction
Journaling and expressive writing can relieve stress and help you develop valuable insights and clarity about your life. Use a variety of journaling and creative writing techniques to explore what it means to be healthy, and how to take steps to achieve your goal for optimal well-being. Focus on gratitude, simplicity, creativity, physical well-being, and spirituality. Discuss how to find or create a community. Reading material will be provided; you are encouraged to bring a journal or laptop and your favorite writing implements. TWA

Course: LLI443 12 Hours
$59 + $79 fee = $138; NMR add $120
Wheaton Library
CRN#: 34684 6 Sessions R
3/26-4/30 1:30-3:30 p.m.
Instructor: Pam McFarland

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
Rockville Campus
CRN#: 34328 4 Sessions M,W
3/2-3/11 6:30-9:30 p.m. HU313
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 résumé 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
$25 fee only
Rockville Campus
CRN#: 34329 5 Sessions M,W
3/23-4/6 6:30-9:30 p.m. MK101
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
Rockville Campus
CRN#: 34633 1 Session T
2/18 6:30-8:30 p.m. MK105
Instructor: Nicole Cyrus

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

Course: LLI032 6 Hours
$35 + $69 fee = $104; NMR add $120
Rockville Campus
CRN#: 34478 3 Sessions M
2/17-3/2 6:30-8:30 p.m. MK105
Instructor: Marcy Jackson
Computers and Technology

Getting the Most Out of Your iPhone
Learn to use your Apple iPhone 5 or newer effectively and efficiently. Get to know its functions and features, including how to compose notes and messages. Explore how to organize your phone, dictate instead of write texts, mute your phone at night, and many more tips. Basic iPhone photography will also be included. TWA

Course: LLI947  6 Hours
$30 + $69 fee = $99; NMR add $50
Rockville Campus
CRN#: 34720  3 Sessions  T
3/24-4/7  6:30-8:30 p.m.  MK102
Instructor: Vicki McGill

Westfield South
CRN#: 34719  3 Sessions  T
2/18-3/3  1-3 p.m.  306C
Instructor: Vicki McGill

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 part one in a sequence of three classes.

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

Germantown Campus
CRN#: 34699  1 Session  F
4/3  10 a.m.-1 p.m.  HT203
Instructor: Carl Burnett

Rockville Campus
CRN#: 34696  1 Session  T
3/24  6:30-9:30 p.m.  HU311
Instructor: Carl Burnett

Westfield South
CRN#: 34698  1 Session  M
2/24  1-4 p.m.  306C
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 three classes. Prerequisite: Knowing Technology I or equivalent knowledge.

Course: LLI456  3 Hours
$10 + $25 fee = $35; NMR add $30

Germantown Campus
CRN#: 34691  1 Session  F
4/17  10 a.m.-1 p.m.  HT203
Instructor: Carl Burnett

Rockville Campus
CRN#: 34688  1 Session  T
3/31  6:30-9:30 p.m.  MK105
Instructor: Carl Burnett

Westfield South
CRN#: 34689  1 Session  M
3/2  1-4 p.m.  306C
Instructor: Carl Burnett

Knowing Technology III: Your Digital Security and Privacy
Everyone has created a digital footprint. Whether it’s 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 three classes. Prerequisite: Knowing Technology I and II or equivalent knowledge.

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

Germantown Campus
CRN#: 34695  1 Session  F
4/24  10 a.m.-1 p.m.  HT203
Instructor: Carl Burnett

Rockville Campus
CRN#: 34692  1 Session  T
4/7  6:30-9:30 p.m.  MK105
Instructor: Carl Burnett

Westfield South
CRN#: 34694  1 Session  M
3/9  1-4 p.m.  306C
Instructor: Carl Burnett


**American Civil War**

The American Civil War issues are alive today. What should be the balance of power between local authority and the national government? Who is entitled to American citizenship? Analyze the central political, economic, and social issues in the decade leading to the Civil War. Examine how the Civil War permanently affected the future course of our national development: in the physical destruction it brought to the South, the economic changes it produced throughout the nation, the new technologies it diffused, and the new ideas it spawned. Explore how the abolition of slavery was central to the war’s meaning. Discuss how the war left future generations to confront the numerous legacies of slavery and to embark on the still unfinished quest for racial justice. TWA

**Course:** LLI020  
10 Hours  
$60 + $89 fee = $149; NMR add $120  
**Rockville Campus**  
CRN#: 34462  
5 Sessions  
2/18-3/17  
6:30-8:30 p.m.  
Instructor: Naomi Daremblum


**Courtroom Drama in Film** *(NEW)*

In this unique class you will view six full-length films with legal themes. At the conclusion of each one, you and your classmates will engage in a fun forum focused on the issues raised by the film. This class uses a select cross-section of theatrically released motion pictures such as *To Kill a Mockingbird*, *The Accused*, *A Civil Action*, *The Verdict*, *Counsellor at Law*, and *True Believer*. A law veteran will lead the discussion of the American legal system and the legal profession as portrayed in the films. TWA

**Course:** LLI025  
15 Hours  
$30 + $95 fee = $125; NMR add $120  
**Westfield South**  
CRN#: 34468  
6 Sessions  
3/25-5/6  
1:30-4 p.m.  
210A  
No class 4/8  
Instructor: Bernard Siler


**Eastern Europe: Hungary & Romania** *(NEW)*

Learn about the geographical, historical, political, and cultural boundaries of Hungary and Romania in what used to be called “Eastern Europe.” Examine the crisis brought about by the rise of nationalism and modernization, and how these changes brought about WWI. Compare the communist experience of both countries in the regional context and their revolutionary transformation after the fall of the Berlin Wall. Explore the contemporary rise of ethnonationalist movements in the region. TWA

**Course:** LLI004  
12 Hours  
$60 + $92 fee = $152; NMR add $120  
**Gaithersburg Business Training Center**  
CRN#: 34479  
6 Sessions  
2/11-3/17  
1:30-3:30 p.m.  
403  
Instructor: Naomi Daremblum


**Emancipation: Jews in the Modern World** *(NEW)*

Jews were subjugated to a variety of restrictions throughout European history. They were required to wear special clothing, were restricted from voting, and told how and when to practice their religion. Some countries even refused their entry. Learn about the process by which Jews became citizens with civil and political rights in the modern world. Examine how emancipation wasn’t a one-time or linear event that began with the Enlightenment or French Revolution. Explore how even after Jews acquired rights in Central Europe in 1867-71, the battle continued and reversed course in many countries. Analyze how this complex, multidirectional, and ambiguous process, characterized as much by triumphs as it was by tragedies, mobilized Jews around the world. Discuss the lessons learned about civil and political rights from focusing on the history on this foundational but often neglected event of Jewish history. TWA

**Course:** LLI005  
12 Hours  
$60 + $92 fee = $152; NMR add $120  
**Rockville Campus**  
CRN#: 34440  
6 Sessions  
3/4-4/15  
1:30-3:30 p.m.  
SW301  
Instructor: Naomi Daremblum

---

**Inclement Weather**

Inclement weather conditions: go to www.montgomerycollege.edu. If the College is closed, there are no classes. For classes meeting in a Montgomery County Public Schools facility, go to www.montgomeryschoolsmd.org. If MCPS is closed, or evening activities are canceled, there are no classes.
From Reconstruction to Reparations: The Matter of Black Lives in America
(c. 1865–Present)
Content: This class is the sequel to African-American History Part I
Are you interested in learning more about reparations for slavery in the Post-Civil War era of Reconstruction? Explore the efforts on the parts of African Americans, their elected representatives, civil rights activists, and others to secure and protect the constitutionally guaranteed rights of all citizens, especially as they relate to the 14th Amendment and the “equal protection of the laws.” Examine the history of the African American freedom struggle, beginning with the Era of Reconstruction (c.1865-1870) and continuing through the #BlackLivesMatter Movement. Discuss “The Case for Reparations” (as described by Ta-Nehisi Coates), and other race-related American dilemmas. TWA
Course: LLI035
$65 + $92 fee = $157; NMR add $120
Westfield South
CRN#: 34601
6 Sessions
3/9-4/20 1:30-3:30 p.m. 306D
No class 3/16
Instructor: TBA

History of Modern Israel
Israil, the world’s only Jewish state, is a source of pride to many, and a source of conflict to others. In this class, you will explore its early history from the first Aliyah in the late 19th Century to the War of Independence in 1948. You will discuss the roots of contemporary Israel as well as the Ashkenazic civilization from which most American Jews derive. You will also discuss Israeli/Palestinian narratives. Instructor is the author of Return to Zion: The History of Modern Israel. TWA
Course: LLI203
$60 + $85 fee = $145; NMR add $120
Rockville Campus
CRN#: 34624
5 Sessions
2/27-4/2 6:30-8:30 p.m. MK103
No class 3/19
Instructor: Eric Gartman

How the Office of the President Has Changed
Explore the American Presidency, and how the responsibilities of the office have changed since George Washington took the first oath of office. Discuss the constitutional duties assigned to the President under Article II. Learn how the executive branch has evolved, most particularly its expansion under President Franklin D. Roosevelt. Topics may include the President as legislator, the use of executive orders, and changes to regulations at cabinet level agencies as well as independent agencies. Analyze the use of emergency powers, the nomination and appointment process, the pardoning process, and the role of the President as the spiritual leader of the country in times of crisis and tragedy. Focus will also be placed on the methods by which our Presidents have communicated with the people of the country. TWA
Course: LLI010
$25 + $69 fee = $94; NMR add $50
Westfield South
CRN#: 34444
3 Sessions
4/7-4/21 2-4 p.m. MK102
Instructor: Joel Cockrell

Immigration—Current Situation
This course will provide an overview of the current status of immigration to the U.S. This presentation is presented by Delegate Lily Qi of the General Assembly of Maryland.
Course: LLI384
$10 + $10 fee = $20; NMR add $30
Rockville Campus
CRN#: 34661
1 Sessions
4/20 10:30 a.m.-12:30 p.m. MK102
Instructor: Delegate Lily Qi

Modern Egypt: From the Urabi Revolt to the Arab Spring
See course on page 3.

Presidential Election 2020
The fall 2020 United States Presidential election will determine who will govern for the next four years and influence the direction of the country. Explore the key factors influencing the vote. Compare the differing platforms of the candidates. Discuss the impact on the current and future legislation. Join Steve Roberts, a renowned journalist, for this lecture.
Course: LLI385
$10 + $15 fee = $25; NMR add $30
Gaithersburg Business Training Center
CRN#: 34662
1 Session
4/3 10 a.m.-12 p.m. 403
Instructor: Steve Roberts

Please Join Us On Facebook®!
Lifelong Learning Institute is on Facebook!
For updates, special events, photos, and more, visit our page at
Don’t forget to LIKE our page!
President Putin’s Regime—Putinism Autocracy
Are you interested in learning more about the regime that
President Vladimir Putin has created in Russia? Explore
Putinism as a form of autocracy and its constituting ele-
ments: deeply conservative politics, theatrical populism, and
charismatic leadership in the persona of Putin himself. Ex-
amine how it differs from other transformative dictatorships,
including the former Soviet party-state. Analyze the future
of Putinism through recent and current events. TWA
Course: LLI261 8 Hours
$20 + $79 fee = $99; NMR add $50
Rockville Campus
CRN#: 35602 4 Session M
2/24-3/16 6:30-8:30 p.m. MK101
Instructor: Naomi Daremblum

Russia: History and Culture during Romanov’s Dynasty
Content: 1613-1917
This course will provide an overview of Russian history and
culture from the 17th to the 20th centuries, including the Ro-
manov dynasty, which reigned from 1613 until the abdication
of Tsar Nicholas II in 1917. Examine the importance of Peter
the Great’s reforms, and Catherine the Great’s reign during
the Golden Age of Russia. Discuss major events in Russian
history as illustrated by masterpieces of great Russian artists.
Explore Russian literature, art, architecture, music, and bal-
et. TWA
Course: LLI252 8 Hours
$59 + $75 fee = $134; NMR add $120
Gaithersburg Business Training Center
CRN#: 34632 4 Sessions W
2/19-3/11 10:30 a.m.-12:30 p.m. 404
Instructor: Elena Newland

Russia: History and Culture 1917-1992
This course will address Russian culture of the 20th century
after the Revolution of 1917 through the collapse of the So-
viet Union. You will explore major historical events and de-
velopments in Russian literature, music, ballet, art, architecture,
films, science, holidays, and the life styles of the Soviet
people during this period. Travel in time through the periods
of the Civil War, Industrialization, Stalin’s purges, World War
II, the Cold War, and the events of Perestroika. TWA.
Course: LLI334 8 Hours
$59 + $75 fee = $134; NMR add $120
Gaithersburg Business Training Center
CRN#: 34648 4 Sessions W
3/25-4/22 10:30 a.m.-12:30 p.m. 404
Instructor: Elena Newland

The Crusades: Knights Templar Rise and Fall
In 1095, Pope Urban II preached a sermon in which he urged
Christian knights to ride to the aid of the Byzantine Emperor in
response to the loss of territory he had suffered at the hands of
the Turks. The response to this call eventually resulted in the
capture of Jerusalem and the establishment of several Crusader
states, ushered in an era of crusading warfare, and the rise
of specialized Christian military orders of immense power.
Explore the history of the Crusades and the political, social,
经济, and ideological factors that led to them. Examine
the effect these conflicts had on European kingdoms and the
balance of power between them. Discuss the role of chivalry
and the rise of military holy orders, their accumulation of
power, prestige and wealth, and their changing relationship
to the Church. Analyze their fall from grace and the historical
footprint that was left throughout Europe. TWA
Course: LLI026 12 Hours
$65 + $92 fee = $157; NMR add $120
Gaithersburg Business Training Center
CRN#: 34469 6 Sessions M
2/17-3/23 1:30-3:30 p.m. 403
Instructor: Naomi Daremblum

The History of Television in the United States Prior to the Advent of Cable
Content: 1940-1980. Do you remember when television was
presented in black and white with only three national net-
works? Explore the early days of television up until the time
of the cable television explosion through an examination of
the three major networks and their local affiliates, the transi-
tion from black and white to color, and the types of program-
ing offered. Learn how television covered the major events
of the day such as the Cuban Missile Crisis and the assassina-
tions that occurred during the 1960s. Discuss topics such as
the advent of public television broadcasting and even music
from television shows. The focus will be on news, sports, en-
tertainment, situation comedies, dramas, and westerns. TWA
Course: LLI002 12 Hours
$65 + $92 fee = $157; NMR add $120
Gaithersburg Business Training Center
CRN#: 34436 6 Sessions R
3/26-4/30 1:30-3:30 p.m. 402
Instructor: Joel Cockrell

The Kingdom of Saudi Arabia
See course on page 3.
The Victorian Age
This course will cover the period from 1815 to 1919 and look at the Victorian Empire as the maker of the modern world. Discuss how Victoria, who began her career as an 18-year-old queen, would end her career as the “Empress of India.” Compare and contrast the ways in which Victorian politics in its varied forms contributed to the shaping of the modern world. Examine the Industrial Revolution that pushed Britain to become the most powerful nation in the world, with colonies so vast that “the sun never set on the British empire.” Learn about the cultural milestones of the Victorian Age. TWA
Course: LLI427 12 Hours
$95 + $92 fee = $187; NMR add $120
Westfield South
CRN#: 34669 6 Sessions R 3/5-4/23 1:30-3:30 p.m. 210D
No class 3/19, 4/9
Instructor: Naomi Daremblum

Thurgood Marshall: A Trail-Blazing Civil Rights Victory in Montgomery County NEW
Civil rights icon Thurgood Marshall delivered an early blow to school segregation in Montgomery County, Maryland, gaining equal pay for the county’s African American teachers in 1937. Learn about how this little-known legal case, Gibbs vs. Broome, is seen as the first step in Marshall’s successful drive to have separate schools for white and black children declared unconstitutional. Discuss how the victory of this case came at a tremendous cost to William Gibbs Jr. Speaker Ralph Buglass details this remarkable local story and its national significance.
Course: LLI016 1.5 Hours
$10 + $15 fee = $25; NMR add $30
Gaithersburg Business Training Center
CRN#: 34455 1 Session F 2/21 10:30 a.m.-12 p.m. 442
Instructor: Ralph Buglass

Trade War or Peace: Where are we Headed?
Do you wonder about the headlines warning of a global trade war? Examine how the current administration’s trade policies differ from previous administrations, and the reasons for underlying tensions between the United States and its main trading partners. Discuss what the current approach could portend for US leadership, the US economy, and your own financial situation. Explore the pathways to resolution of trade frictions and their implications. This class is offered by Barbara Weisel, Managing Director, Rock Creek Global Advisors and former Chief U.S. Negotiator for the Trans-Pacific Partnership Agreement.
Course: LLI344 2 Hours
$15 + $15 fee = $30; NMR add $30
Gaithersburg Business Training Center
CRN#: 34649 1 Session F 3/27 2-4 p.m. 442
Instructor: Barbara Weisel

Climate Change, Earth’s Future, and the Green New Deal NEW
Are you concerned about climate change and our future? Examine the causes and effects of climate change, such as rising sea levels, droughts, fiercer hurricanes, and new disease vectors. Learn about the rate of mass extinctions of species that hasn’t been seen for 65 million years. Analyze the environmental movement of the 1960s and ‘70s. Discuss climate treaties, carbon taxes, and the basic arguments around the Green New Deal. TWA
Course: LLI024 6 Hours
$35 + $69 fee = $104; NMR add $120
Rockville Campus
CRN#: 34653 4 Sessions F 3/27-4/24 10:30 a.m.-12:30 p.m. MK102
No class 4/10
Instructor: Ethan Goffman

All About Birds: Ornithology for the Beginner & Beyond
Did you know that some dinosaurs survived? This course takes a look at the fascinating world of these survivors—birds. Explore bird identification, anatomy, physiology, and behaviors. Examine their place in the natural world and the complex bird-human relationship. Meet for a field trip in a park to observe birds during the last class session. TWA
Course: LLI354 8 Hours
$50 + $79 fee = $129; NMR add $120
Westfield South
CRN#: 34653 4 Sessions F 3/27-4/24 10:30 a.m.-12:30 p.m. 306D
Instructor: Mark Ludlow
Geography: A View of Our Changing World  
What is the connection between humans and their environment? Learn geographic concepts and tools used to understand the Earth system and patterns of human activities that are driving change, such as population, migration, religion, culture, ethnicity, and use of natural resources. Analyze the underlying cultural practices and values that produce current conditions and their implications for sustainability. Learn key sources of geographic information and interpret selected types of maps used to convey spatial information.  
**Course:** LLI015  
**12 Hours**  
$95 + $92 fee = $187; NMR add $120  
**Westfield South**  
CRN#: 34453  
6 Sessions  
12:30-3:30 p.m.  
306D  
Instructor: Tanya Allison

Introduction to the Psychology of Personality  
Examine the varying definitions and views on the formation and maintenance of personality according to the major schools, which include the psychoanalytic, psychodynamic, behavioral, cognitive, social learning, biological, trait, and humanistic approaches. Compare personality theories to determine the major similarities and differences in how each approach views personality development over the lifespan. Explore classic theory as well as current research that discusses the central theme to each theoretical approach and to what degree each approach is supported in the literature. Discuss the methods used to study (i.e., case, study, correlation, and experimental) and assess (i.e., interview, objective, projective) personality. Note: You will be joining credit students in this co-listed class.  
**Course:** LLI186  
**37.5 Hours**  
$396 + $136.20 fee = $532.20; NMR add $871.20  
**Rockville Campus**  
CRN#: 35054  
30 Sessions  
12:30-1:45 p.m.  
HU323  
Instructor: Judy Blumenthal  
**Takoma Park/Silver Spring Campus**  
CRN#: 35055  
30 Sessions  
9:30-10:45 a.m.  
CU203  
Instructor: Kelli Hill

Orchids: How to Grow and Bloom  
Orchids are more popular than ever, and are readily available at mass markets, florists, and garden centers. Explore how to be successful with orchid selection in the home environment. Learn how to purchase, care, handle, repot, and rebloom your orchid. The instructor will use live plants to demonstrate best practices. You are encouraged to bring your own orchid plants for questions.  
**Course:** LLI022  
**3 Hours**  
$15 + $15 fee = $30; NMR add $30  
**Gaithersburg Business Training Center**  
CRN#: 34465  
1 Session  
3/28  
12:30-3:30 p.m.  
442  
Instructor: Janet Johnson

Prescription Drugs: How Medication is Developed, Approved, and Released to Market  
Have you ever wondered how prescription drugs are made, approved, and released to market for use? How about the differences between brand name drugs and generic, and why the generic is typically cheaper? Examine the differences between pharmaceutical drugs and dietary supplements, as well as important regulations and guidelines for their development, storage, and distribution. No science background is needed. The instructor is the author of Pharmaceutical Analysis for Small Molecules.  
**Course:** LLI379  
**2 Hours**  
$10 + $10 fee = $20; NMR add $30  
**Gaithersburg Business Training Center**  
CRN#: 34660  
1 Session  
4/20  
10:30 a.m.-12:30 p.m.  
442  
Instructor: Behnam Davani

American Short Stories  
New Content! “Storytelling is as old as mankind” “reality is not enough…we crave the imagination’s embellishments upon it,” writes Joyce Carol Oates in the introduction to The Oxford Book of American Short Stories. In this text, Oates presents a collection of stories written by representative American writers, who explore the truths and the imaginative works of their time and place. Read and discuss the works and visions of American authors, classic to contemporary, such as Nathaniel Hawthorne, Mark Twain, Henry James, Kate Chopin, Eudora Welty, James Baldwin, Louise Erdrich, Tobias Wolff, and Junot Diaz. TWA  
**Course:** LLI130  
**12 Hours**  
$60 + $89 fee = $149; NMR add $120  
**Rockville Campus**  
CRN#: 34614  
6 Sessions  
2/17-3/23  
10:30 a.m.-12:30 p.m.  
MK102  
Instructor: Pam McFarland
Denzel Washington Films and Books

**Beyond Black and White “Power to the People” Racism, Sexism, Bullying**

Are you interested in an in-depth look at the works of director and actor, Denzel Washington? View and discuss films including *Antwone Fisher*, *Cry Freedom*, *The Great Debaters*, *Malcolm X*, *Fences*, and *BlacKkKlansman*. Explore these films in terms of education, the military, racism, sexism, bullying, and also the concept of apartheid in South Africa. Examine how these films show the triumph of the human spirit along with the search for one’s mission in life. Analyze the dangers of tradition as well as acknowledging its value. TWA

**Course: LLI019**

18 Hours

$80 + $109 fee = $189; NMR add $120

**Rockville Campus**

CRN#: 34461 6 Sessions M
3/23-4/27 1-4 p.m. CS020

Instructor: Sally McClean

---

**Film and Literature**

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

**Course: LLI984**

37.5 Hours

$396 + $136.20 fee = $532.20; NMR add $871.20

**Rockville Campus**

CRN#: 35038 15 Sessions W
1/29-5/13 2-4:40 p.m. HU323
No class 3/18

Instructor: Courtney Johnson

---

**Legends, Myths, and Folktales from Around the World**

Explore a variety of folk tales from around the world, drawn from classic mythology, fairy tales, oral storytelling, and legends. Analyze the stories through the context in which they were written, as well as through a modern-day lens to evaluate how they might still apply to modern life and culture. Stories and legends will be supplemented with essays by scholars and writers, such as Clarissa Pinkola Estes and Jane Yolen. An (optional) opportunity to adapt or write your own folk tale based on your family history or a variation of one of the stories discussed in class will be provided. TWA

**Course: LLI003**

12 Hours

$60 + $92 fee = $152; NMR add $120

**Rockville Campus**

CRN#: 34480 6 Sessions M
4/6-5/11 10:30 a.m.-12:30 p.m. MK101

Instructor: Pam McFarland

---

**Literary Café**

New content! Join a group of insightful and interesting readers in a relaxed Parisian “Left Bank” café setting for engaging discussions about different literary genres and pieces of literature. Together we will focus on the following different examples of literary production: memoir, the novel, poetry, the short story, and drama. Readings include: Helene Cooper’s *The House at Sugar Beach* (memoir), J.M. Coetzee’s *Disgrace* (novel), poetry selected by participants, selections of metaphysical poetry by John Donne, George Herbert, and Andrew Marvell, two short stories by Borges, and *Romeo and Juliet*. TWA

**Course: LLI070**

12 Hours

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

**La Madeleine-Old Georgetown Rd**

CRN#: 34612 6 Sessions R
2/27-5/7 2-4 p.m.
No class 3/5, 3/26, 4/9, 4/16, 4/30

La Madeleine 7607 Old Georgetown Rd, Bethesda, MD 20814 (Free Parking)

Instructor: Adele Seeff

---

**Novellas: Short Fiction with Pop**

Novellas are longer than a short story but shorter than a novel, usually in the 20,000-40,000 word range. In this course, taught by Bob Shoenberg, you will explore six of the best, including Herman Melville’s *Billy Budd*, Henry James’ *The Aspern Papers*, and a variety of late 20th and early 21st century novellas. Please read *Billy Budd* before coming to the first class. TWA

**Course: LLI008**

12 Hours

$60 + $92 fee = $152; NMR add $120

**Maplewood Park Place**

9707 Old Georgetown Rd, Bethesda, MD 20814
Parking is available.

CRN#: 34441 6 Sessions T
3/31-5/5 1:30-3:30 p.m.

Instructor: Bob Shoenberg

---

**Re-Reading Masterpieces**

Examine what makes a work of literature a masterpiece. Discuss why certain works seem new when they are re-read. Determine if readers change or does their sense of discovery come from locating the past in the present circumstances. Explore the novelist’s range of narrative techniques. Discuss the importance of time and place to a novel’s meaning; the significance of gender as a key to understanding a novel; and the relevance of culture, political beliefs, and history in describing a novel as a “classic.” Explain why you may define works such as *Toni Morrison’s The Bluest Eye*, Emily Bronte’s *Wuthering Heights*, Alexander Solzhenitsyn’s *One Day in the Life of Ivan Denisovich*, Albert Camus’s *The Stranger*, and Gustave Flaubert’s *Madame Bovary*, as classics. TWA

**Course: LLI027**

10 Hours

$59 + $89 fee = $148; NMR add $120

**Rockville Campus**

CRN#: 34470 5 Sessions W
2/26-4/1 2-4 p.m. MK101

No class 3/25

Instructor: Adele Seeff
The Origins of Humans and Society in Stories, Storytelling and Philosophy NEW
Do you want to know how you and your species came into being? Or, how your nation began? Trace the genesis of a society. Discover how stories and storytelling help explain what origins are and what existence means. Explore the origin of nations and names; spiritual awakening; and the nature of evil. Examine moral philosophy. Discuss core philosophical, theological, and literary principles of western philosophy. Each class will draw discussion points from a selection of origin stories and short fiction. TWA
Course: LLI031 16 Hours
Westfield South
CRN#: 34477 8 Sessions R
2/13-4/2 1:30-3:30 p.m. 210A
Instructor: Nelly Lambert

The Short Story □
A study of the short story in world literature with emphasis on the literary form. Examine the basic elements of fiction as they appear in short stories. Discuss content, structure, and literature techniques used. Analyze short stories from a variety of critical perspectives. Note: You will be joining credit students in this co-listed class. TWA
Course: LLI239 37.5 Hours
Rockville Campus
CRN#: 35077 30 Sessions T,R
1/28-5/14 11 a.m.-12:15 p.m. HU125
No class 3/17, 3/19
Instructor: David Lemmond

Toni Morrison: A Life in Literature NEW
Nobel Laureate Toni Morrison (1931-2019) transformed the global literary landscape with a body of works that includes The Bluest Eye, Beloved, Song of Solomon, Home, and other books that focused on the history and culture of African Americans. Examine how, through her academic appointments at Howard University and Princeton University, and her many lectures, conference presentations, television programs, and documentary videos, she touched the lives of millions of people throughout the world. Discuss her life in literature and her role as a respected African American thought leader.
Course: LLI042 2 Hours
Kentlands Clubhouse
CRN#: 34611 1 Session M
3/2 1:30-3:30 p.m.
485 Tschiffely Square Rd, Gaithersburg, MD 20878
Instructor: Pam McFarland

Women in Literature—Multiculture Perspective □
An introduction to literature by and about women from a multicultural perspective, focusing on women’s diverse experiences and backgrounds. Representative texts are studied in their historical and sociopolitical contexts. Students read, analyze, and respond critically to literary works in class discussions. Note: You will be joining credit students in this co-listed class.
Course: LLI891 37.5 Hours
Rockville Campus
CRN#: 35037 30 Sessions T,R
1/28-5/14 11 a.m.-12:15 p.m. HU125
No class 3/17, 3/19
Instructor: Denise Folwell

Writing—Wellness and Stress Reduction
Journaling and expressive writing can relieve stress and help you develop valuable insights and clarity about your life. Use a variety of journaling and creative writing techniques to explore what it means to be healthy, and how to take steps to achieve your goal for optimal well-being. Focus on gratitude, simplicity, creativity, physical well-being, and spirituality. Discuss how to find or create a community. Reading material will be provided; you are encouraged to bring a journal or laptop and your favorite writing implements. TWA
Course: LLI443 12 Hours
Wheaton Library
CRN#: 34684 6 Sessions R
3/26-4/30 1:30-3:30 p.m.
Instructor: Pam McFarland

Writing Your Novel or Short Story
This course is designed for those individuals who are beginning or in the process of writing a novel or short story. Delve deep into each element of storytelling to analyze its purpose, meaning, and benefits to the story. Develop characters, plot, scene, and settings. Learn the art of point-of-view. Apply tension, conflict, suspense, and empathy to your work. This course is taught by a published author. TWA
Course: LLI235 16 Hours
Rockville Campus
CRN#: 34630 8 Sessions M
3/9-5/4 1:30-3:30 p.m. MK102
No class 3/16
Instructor: Judy Kelly

NMR Non-Md. resident TWA Tuition Waiver Applies; Seniors Pay Fee Only 17

TWA Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.

Co-Listed Classes
Classes marked with this symbol □ are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. These classes are open to all students at Montgomery College.
Beethoven: 250th Anniversary  
Did you know that the year 2020 marks the 250th anniversary of Ludwig van Beethoven, whose contributions left a profound and lasting effect on classical music? Practice critical listening skills while identifying compositions by genre and time period. Analyze selected works while discussing Beethoven’s life and milieu. Examine his life and music – the joys, challenges, and enduring legacy of this tortured genius. TWA

Course: LLI018  
10 Hours  
$59 + $79 fee = $138; NMR add $120

Rockville Campus
CRN#: 34459  
5 Sessions  
3/12-4/9 10:30 a.m.-12:30 p.m. MK101
Instructor: Jesse Parker

Opera Masterpieces
You will see and hear scenes from famous/familiar operas presented on DVDs. The opera presentations will include La Traviata, Rigoletto, La Bohème, Madama Butterfly, Don Giovanni, The Marriage of Figaro, Lucia Di Lammermoore, The Valkyrie, and Siegfried. Before presenting each opera scene on DVD, your instructor will provide information about the composer, the setting, and the cast, as well as a synopsis of the opera. Following each video presentation, you will discuss the music, the opera singers singing and acting, costumes, scenery, props, and lighting. TWA

Course: LLI187  
7.5 Hours  
$60 + $69 fee = $129; NMR add $120

Westfield South
CRN#: 34619  
4 Sessions  
3/30-4/20 1:30-3:30 p.m. 210C
Last class on 4/20 meets 1:30-3 p.m.
Instructor: Donato Soranno

Piano Conversations: Great Masters of Vienna
This course will explore the piano music of Mozart, Beethoven, Schubert, and Brahms. These composers are considered to be among the greatest composers of the German-Austrian Classical-Romantic tradition. The course will discuss how the city of Vienna impacted their lives and provide an exploration into their life stories and works. You will experience live piano performances by a concert pianist during this course. TWA

Course: LLI968  
8 Hours  
$50 + $75 fee = $125; NMR add $120

Maplewood Park Place
9707 Old Georgetown Rd, Bethesda, MD 20814
Parking is available.
CRN#: 34723  
4 Sessions  
2/28-3/27 1:30-3:30 p.m.
No class 3/20
Instructor: Magda Melkonyan

Inclement Weather
Inclement weather conditions: go to www.montgomerycollege.edu. If the College is closed, there are no classes. For classes meeting in a Montgomery County Public Schools facility, go to www.montgomeryschoolsmd.org.
If MCPS is closed, or evening activities are canceled, there are no classes.
All About Birds: Ornithology for the Beginner & Beyond
See course on page 14.

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
$37 + $82 fee = $119; NMR add $120
Germantown Campus
CRN#: 34718 6 Sessions T
3/31-5/5 1-3 p.m. HS175
Instructor: TBA
Rockville Campus
CRN#: 34717 6 Sessions W
2/19-4/1 7-9 p.m. MK102
No class 3/18
Instructor: TBA

Bridge: Intermediate
The game of bridge is as challenging as it is enjoyable. This course is appropriate for all players with a solid grasp of bridge basics who wish to improve their games. Lessons will focus on modern bidding techniques, sound competitive judgment, in-depth hand evaluation, and card play strategies for declarers and defenders. Prerequisite: Bridge for Beginners or equivalent experience.
Course: LLI958 12 Hours
$37 + $82 fee = $119; NMR add $120
Rockville Campus
CRN#: 34721 6 Sessions M
4/6-5/11 7-9 p.m. MK104
Instructor: TBA

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#: 34615 2 Sessions W
3/4-3/11 6:30-8:30 p.m. SB117
Instructor: Libby Kinkead

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. Four to six floral designs using supermarket purchases with simple tools and techniques will be demonstrated.
Course: LLI028 4 Hours
$15 + $49 fee = $64; NMR add $50
Rockville Campus
CRN#: 34473 2 Sessions W
4/15-4/22 6:30-8:30 p.m. MK101
Instructor: Janet Johnson

Grandparenting Skills
This course offers an opportunity to learn how to be an effective grandparent of grandchildren of different ages. Learn to maintain proper boundaries with parents, spend time productively with kids, and apply rules of safety. Build healthy and loving relationships. TWA
Course: LLI038 4 Hours
$20 + $69 fee = $89; NMR add $50
Rockville Campus
CRN#: 34608 2 Sessions T
3/24-3/31 10:30 a.m.-12:30 p.m. MK101
Instructor: TBA

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
Rockville Campus
CRN#: 34651 2 Sessions R
3/26-4/2 6:30-8:30 p.m. MK101
Instructor: Celene Moorer
Takoma Park/Silver Spring Campus
CRN#: 34652 2 Sessions M
4/20-4/27 6:30-8:30 p.m. CM112
Instructor: Celene Moorer
The World of Chess for Mental Fitness (NEW)
Learn how to play chess and explore many aspects of this ancient game that fascinates millions. Examine its artistic and cultural links, mental health benefits, and social and competitive facets. Practice and improve your skills under an instructor-supervised playing period. Explore the rules of the game, strategy and tactics, memory skills, and blindfold chess. Discuss the history of famous players, chess and computers, and advice on how to navigate the vast literature of the game. This course is intended for beginners and those with very minimal knowledge of the game. TWA

Course: LLI029 6 Hours
$35 + $89 fee = $124; NMR add $120

Rockville Campus
CRN#: 34474 4 Sessions M
3/30-4/20 7-8:30 p.m. MK101
Instructor: TBA

Wedding Planning—What you Need to Know
Are you planning your own wedding, or that of a friend or family member? Or, are you thinking of starting a business in wedding planning? Learn from a professional wedding planner, utilizing their experience to get started. Receive eight templates to help you create a relaxing and organized event. Explore how to move from the planning process, to the execution of the event, and finally to what you need to do to relax and have fun. Examine benefits of each template so that you walk away prepared to guide yourself or your client through the entire planning process. Find ways to save money and still have a wedding of your dreams. TWA

Course: LLI429 4.5 Hours
$10 + $35 fee = $45; NMR add $30

Rockville Campus
CRN#: 34680 2 Sessions T
3/24-3/31 6:30-8:45 p.m. MK101
Instructor: Cara Weiss

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

Rockville Campus
CRN#: 34772 1 Session S
4/25 10:30 a.m.-1:30 p.m. MK101
Instructor: Maria Antokas

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

Rockville Campus
CRN#: 34750 1 Session W
4/22 6:30-9:30 p.m. MK104
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

Rockville Campus
CRN#: 34760 1 Session T
3/24 6:30-9:30 p.m. MK104
Instructor: Brian Richmond

Westfield South
CRN#: 34765 1 Session T
4/21 6:30-9:30 p.m. 306D
Instructor: Brian Richmond

PERSONAL FINANCE

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

Rockville Campus
CRN#: 34747 3 Sessions M
3/2-3/16 6:30-8:30 p.m. MK124
Instructor: Mark Gottlieb

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
Money Matters for Millennials (NEW)
Learn how to save and invest for things you need: home, education, retirement, and financial goals. Explore ways to pay off your loans or debts. Discuss how to save, generate revenue streams, and invest. Create a budget plan to help you achieve the financial future you want. Discuss the best way to keep track of your money.

Course: LL1033 3 Hours
$15 + $10 fee = $25; NMR add $30

Rockville Campus
CRN#: 34569 1 Session S
3/7 10 a.m.-1 p.m. MK105
Instructor: TBA

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

Course: LL1199 6 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 34622 3 Sessions R
3/5-3/26 6:30-8:30 p.m. MK123
No class 3/19
Instructor: Natasha Sacks

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

Rockville Campus
CRN#: 34749 2 Sessions W
3/25-4/1 6:30-8:30 p.m. MK101
Instructor: Lindsey Sarowitz

Protecting Your Hard Earned Money
American retirees are often the target of fraud. Learning how to invest safely can mean a big difference in your retirement years. Explore investment risk and fees, the common red flags of investment fraud, and questions to ask before investing and choosing a financial professional. Discuss how to plan for diminished financial capacity well before it happens. This course is presented by a representative from the Securities and Exchange Commission.

Course: PRF162 2 Hours
$20 + $15 fee = $35; NMR add $30

Westfield South
CRN#: 34774 1 Sessions M
3/30 1:30-3:30 p.m. 210A
Instructor: Alan Sorcher

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 IRA’s, 401k’s, TSP’s, Roth’s, etc. You will also learn the optimal Social Security claiming strategies for married and single participants that will maximize retirement income. TWA

Course: LL1916 6 Hours
$60 + $69 fee = $129; NMR add $120

Rockville Campus
CRN#: 34716 2 Sessions W
4/22-4/29 6:30-9:30 p.m. MK102
Instructor: Neil 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

Bethesda-Chevy Chase High School
CRN#: 34703 2 Sessions R
2/27-3/5 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 34705 2 Sessions T
3/3-3/10 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

Gaithersburg Business Training Center
CRN#: 34725 2 Sessions R
2/13-2/20 6:30-9:30 p.m. 403
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 34727 2 Sessions W
2/19-2/26 6:30-9:30 p.m. 403
Instructor: Jamie Ingoe/Russell Rifkin

Sections continued on next page
**Germantown Campus**
CRN#: 34738 2 Sessions W
3/4-3/11 6:30-9:30 p.m. PK178
Instructor: Allison McCarty

CRN#: 34737 2 Sessions R
3/5-3/12 6:30-9:30 p.m. PK178
Instructor: Allison McCarty

**Rockville Campus**
CRN#: 34730 2 Sessions W
1/29-2/5 6:30-9:30 p.m. SB117
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 34729 2 Sessions T
2/4-2/11 6:30-9:30 p.m. SB117
Instructor: Jamie Ingoe/Russell Rifkin

**Sherwood High School**
CRN#: 34736 2 Sessions T
1/21-1/28 6:30-9:30 p.m.
Instructor: Allison McCarty

CRN#: 34735 2 Sessions W
1/22-1/29 6:30-9:30 p.m.
Instructor: Allison McCarty

**Takoma Park/Silver Spring Campus**
CRN#: 34741 2 Sessions W
2/12-2/19 6:30-9:30 p.m. CM114
Instructor: Allison McCarty

CRN#: 34739 2 Sessions R
2/13-2/20 6:30-9:30 p.m. CM114
Instructor: Allison McCarty

**Tilden Middle School**
CRN#: 34731 2 Sessions T
3/24-3/31 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 34733 2 Sessions R
3/26-4/2 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

**Westfield South**
CRN#: 34732 2 Sessions T
1/21-1/28 6:30-9:30 p.m. 306D
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 34734 2 Sessions S
1/25-2/1 9:30 a.m.-12:30 p.m. 306D
Instructor: Jamie Ingoe/Russell Rifkin

---

**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

**Rockville Campus**
CRN#: 34744 2 Sessions M
3/23-3/30 6:30-9 p.m. MK104
Instructor: Arthur Stein

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

**Course: PRF147**
8 Hours
$50 + $75 fee = $125; NMR add $120

**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

---

**POP-UP LECTURES**
Watch our Facebook page and newsletters for pop-up lectures on HOT topics of the day.

---

**Co-Listed Classes**
Classes marked with this symbol ◘ are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. These classes are open to all students at Montgomery College.
Artistic Expression through Photography: Phones & Tablets
Start with the basics of learning 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: LLI112 8 Hours
$50 + $79 fee = $129; NMR add $120
Rockville Campus
CRN#: 34613 4 Sessions 6:30-8:30 p.m. MK124
No class 3/18
Instructor: Michael Koren

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

Course: LLI623 75 Hours
$396 + $136.20 fee = $532.20; NMR add $871.20
Germantown Campus
CRN#: 35026 30 Sessions 1/28-5/14 3-5:40 p.m. HT200
No class 3/17, 3/19
Instructor: TBA
CRN#: 35025 30 Sessions 1/28-5/14 9-11:40 a.m. HT200
No class 3/17, 3/19
Instructor: Grace Graham

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

Course: LLI644 75 Hours
$396 + $136.20 fee = $532.20; NMR add $871.20
Germantown Campus
CRN#: 35028 30 Sessions 1/28-5/14 9-11:40 a.m. HT200
No class 3/17, 3/19
Instructor: Grace Graham
CRN#: 35027 30 Sessions 1/28-5/14 3-5:40 p.m. HT200
No class 3/17, 3/19
Instructor: TBA

Foundations of Digital Photography
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: LLI371 10 Hours
$65 + $85 fee = $150; NMR add $120
Gaithersburg Business Training Center
CRN#: 34659 5 Sessions 4/2-4/30 10:30 a.m.-12:30 p.m. 442
First class on 4/2 will meet in room 402.
Instructor: TBA
Rockville Campus
CRN#: 34658 5 Sessions 2/17-3/23 6:30-8:30 p.m. MK102
No class 3/16
Instructor: Michael Koren

Street Photography
Explore the genre of street photography through its history, techniques, equipment, and ethical considerations. Produce photographs as you explore the different aspects of street photography and generate a final body of work that demonstrates your personal vision within the genre. TWA

Course: LLI839 8 Hours
$50 + $75 fee = $125; NMR add $120
Rockville Campus
CRN#: 34713 4 Sessions 4/20-5/11 6:30-8:30 p.m. MK102
Instructor: Michael Koren

Beginner Swimming ◘
Learn how to control your breathing; how to float; and how to perform four basic strokes - front crawl, back crawl, elementary backstroke, and breaststroke. Gain the confidence needed to swim in both shallow and deep water. Practice personal safety and survival skills. This is a skills class that requires consistent attendance. Note: You will be joining credit students in this co-listed class. TWA

Course: LLI355 25.5 Hours
$132 + $69 fee = $201; NMR add $266.80
Germantown Campus
CRN#: 35022 28 Sessions 1/27-5/13 12-12:50 p.m. PG Pool
No class 3/16, 3/18
Instructor: TBA
CRN#: 35021 15 Sessions 2/3-5/11 7-8:50 p.m. PG Pool
Instructor: TBA
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. This course is taught in a controlled environment with expert supervision. TWA
Course: LLI369  10 Hours
$40 + $79 fee = $119; NMR add $120
Rockville Campus
CRN#: 34657  10 Sessions  M,W
2/17-3/25  10-11 a.m.  PE137A
No class 3/16, 3/18
Instructor: TBA

Diet Craze or Diet Genius?
Did you know that over 45 million Americans go on a diet every year? Explore the different eating patterns or “diets” including intermittent fasting, Paleo, Low-carb, Whole30, Mediterranean, Vegan/Vegetarian, High-Protein, and High Fat or Ketogenic. Discuss these major diet patterns, including potential benefits and drawbacks. Examine food marketing and labeling terms, such as “natural” and “organic.” Discuss healthy eating patterns. The class is taught by a Certified Nutrition Specialist.
Course: LLI386  2.5 Hours
$10 + $15 fee = $25; NMR add $30
Rockville Campus
CRN#: 34663  1 Session  M
3/9  6:30-9 p.m.  SB117
Instructor: Sara Ducey

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
Rockville Campus
CRN#: 34712  5 Sessions  F
2/14-3/13  11 a.m.-12:15 p.m.  PE131
Last class on 3/13 meets 11 a.m.-12 p.m.
Instructor: Monica Byrd

Gentle Water Fitness for Muscle Tone and Cardio
Former Water Exercise, now LLI class for 50+
Gentle exercises providing for optimum fitness. 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: LLI280  19.2 Hours
$30 + $79 fee = $109; NMR add $120
Germantown Campus
CRN#: 34639  23 Sessions  T,R
2/18-5/12  10-10:50 a.m.  PG Pool
No class 3/17, 3/19
Instructor: Nancy Kropetz

Rockville Campus
CRN#: 34637  23 Sessions  T,R
2/18-5/12  10-10:50 a.m.  PG Pool
No class 3/17, 3/19
Instructor: Christine Harrison

Personal Fitness I
An individualized fitness course with emphasis on improving the health-related components of physical fitness. Principles of conditioning will be applied to develop a personalized training program to enhance cardiovascular conditioning, strength and muscular endurance, flexibility, and body composition. Note: You will be joining credit students in this co-listed credit class. TWA
Course: LLI887  25 Hours
$132 + $69 fee = $201; NMR add $266.80
Rockville Campus
CRN#: 35033  30 Sessions  M,W
1/27-5/13  10-10:50 a.m.  PE137B
No class 3/16, 3/18
Instructor: Michael Clark

CRN#: 35042  30 Sessions  T,R
1/28-5/14  10-10:50 a.m.  PE137B
No class 3/17, 3/19
Instructor: Christine Harrison

Strength Training and Conditioning for Health and Fitness
Get in shape and build muscle tone! Implement individualized weight training programs to meet specific muscular fitness needs. Increase lean body tissue, reduce body fat, improve bone density, and develop firmer, more efficient muscles for enhanced appearance and performance. Utilize weight resistance bands and free weights. TWA
Course: LLI037  19.2 Hours
$30 + $89 fee = $119; NMR add $120
Germantown Campus
CRN#: 34606  23 Sessions  T,R
2/18-5/12  9-9:50 a.m.  PE Gym
No class 3/17, 3/19
Instructor: Nancy Kropetz
Tai Chi for Physical and Mental Well-being
T’ai Chi is an ancient Chinese exercise for health and conscious relaxation. Learn a series of quiet, slow, and connective movements from the Cheng Man-Ch’ing Yang style short form, which cultivate the spirit and nurture the body. Low impact movements put minimal stress on muscles and joints. Some of t’ai chi benefits are decreased stress, increased energy and flexibility, lower blood pressure, body awareness and balance. TWA

Course: LL188 12 Hours
$40 + $79 fee = $119; NMR add $120

Rockville Campus
CRN#: 34620 12 Sessions
2/12-4/29 10-11 a.m. PE121
Instructor: Ellen Kennedy

Tennis for Physical and Mental Wellness NEW
Do you know that physical and mental wellness go hand-in-hand? Explore how tennis can help you to remain active and keep your brain strong. Learn basic skills, including forehand, backhand, serve, and volley. Examine the strategy, rules, history, and etiquette of sport. This course will include significant opportunities for hands-on practice to improve your game. TWA

Course: LL030 5 Hours
$40 + $89 fee = $129; NMR add $120

Germantown Campus
CRN#: 34475 5 Sessions
3/28-5/2 2-3 p.m. Tennis Court
No class 4/11
Instructor: TBA

Rockville Campus
CRN#: 34476 5 Sessions
3/29-5/3 1-2 p.m. Tennis Court
No class 4/12
Instructor: TBA

Weight Training Designed for Women
This course emphasizes the design and implementation of individualized weight training programs to meet the specific muscular fitness needs and interests of women. Experience and evaluate the potential benefit of weight training exercises to increase lean body tissue, reduce body fat, improve bone density, and develop firmer, more efficient muscles for enhanced appearance and performance. Conditioning techniques will focus on the utilization of weight resistance machines and free weights. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LL356 25.5 Hours
$132 + $69 fee = $201; NMR add $266.80

Rockville Campus
CRN#: 35024 30 Sessions
1/27-5/13 1-1:50 p.m. PE137B
No class 3/16, 3/18
Instructor: Michael Clark

Yoga
Explore exercises, postures, and breathing techniques to relieve tension, increase muscle flexibility, and promote good health. Discuss the important aspects of yoga such as concentration, body awareness, and body-mind integration. Practice deep relaxation techniques at the end of each class. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LL279 25.5 Hours
$132 + $69 fee = $201; NMR add $266.80

Germantown Campus
CRN#: 35015 30 Sessions
1/27-5/13 8-8:50 a.m. PG108
No class 3/16, 3/18
Instructor: TBA

CRN#: 35017 30 Sessions
1/28-5/14 10-10:50 a.m. PG108
No class 3/17, 3/19
Instructor: TBA

Rockville Campus
CRN#: 35018 15 Sessions
1/27-5/11 4:30-6:10 p.m. PE131
No class 3/16
Instructor: TBA

CRN#: 35020 14 Sessions
2/4-5/12 3-4:55 p.m. PE131
No class 3/17
Instructor: TBA

Takoma Park/Silver Spring Campus
CRN#: 35014 14 Sessions
1/27-5/11 12-12:50 a.m. P4
No class 3/16, 3/18
Instructor: TBA

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

Refunds are paid at 100% for classes cancelled, 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.

Payments due at time of registration.

If you are registering for a class on campus but do not have a parking permit, please be sure to park in the visitors parking or go to the security office or to customer service to obtain a pass.
REGISTRATION FORM
Workforce Development and Continuing Education

All information is required. Incomplete forms will be returned to the student unprocessed. For registration assistance call 240-567-5188.
FAX completed registration form with credit card information to 240-567-1877 or 240-567-5615 or 240-567-7937.
Mail completed registration form with payment to WD&E Registration, 51 Mannakee Street, CC 220, Rockville, MD 20850.

College ID Number: M 2

Last Name
First Name
Middle Initial

Birthdate
Month
Day
Year

Sex □ Female □ Male

Address

House # and Street Name (Do NOT use P.O. Box or you will be charged Non-Md. resident fee.)

City
State
Zip

Apt. #

Home Phone

Work Phone

Fax

E-Mail

Have you attended MC before? □ Yes □ No

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

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

STUDENTS WITH DISABILITIES

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

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

□ Not Hispanic or Latino □ Hispanic or Latino

RACE: Choose all that apply, you may choose more than one. (Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.)

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

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

CHECK ALL THAT APPLY:

□ I have been a Maryland resident [as defined in the Montgomery College Catalog] for at least three months.

□ I am 60 years of age or older. (Applicable to designated tuition waiver courses for Maryland residents only.)

□ I am a Maryland National Guard member enlisted for at least a 24 month period and submitting proof of such from the adjutant general’s office.

CRN #

Course #

Course Title

Start Date

Tuition

Course Fee

Non-Md. Fee

Course Total

Refunds will go to the registered student of record.

Code: IL

Total Due $

I certify that the information on this registration is correct and complete. I am aware of and will adhere to College policies as published in the Student Handbook.

I understand that non-attendance and/or failure to file all registration changes in writing with the Admissions and Records Office does not relieve me of responsibility for tuition and fee charges incurred. I agree to abide by the policies and procedures of the College, including without limitation, the Student Code of Conduct and any payment liabilities. I hold the College harmless for any errors I have made that may affect a request for a subsequent refund or academic appeal.

Student Signature Required

Date

Please indicate payment by: □ Check (payable to Montgomery College) □ Credit card:

Credit Card Information: Expiration date on card
Month / Year

3 or 4 digit Security code on your card

Credit Card Number

Name on Card

Card holder signature required

Date

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.
Lifelong Learning Institute
Course Catalog
Spring 2020

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.

Please give what you can...
The Food Pantry is continually in need of non-perishable food items for students in need.

Drop off location:
Rockville Campus Mannakee Building
900 Hungerford Drive
First floor inside the front door