

MONTGOMERY COLLEGE LIFELONG LEARNING INSTITUTE

Course Schedule | Spring 2023



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

Workforce Development and Continuing Education
montgomerycollege.edu/wdce | 240-567-5188



Dear Students and Community Members,
Happy Spring Semester!

We are coming into the new semester with more relaxed rules over COVID-19 policies that will take effect on January 1, 2023. Wearing masks will become optional, and getting vaccinated will not be required to be present on campus; you will not have to upload your proof of vaccination.

Seeing increased number of students in our classrooms and at the College events is uplifting. We hope that the on-campus participation will grow. Please know that our classrooms are large size, and you have plenty room for social distancing. In addition to in-class instructions, we will continue with some classes on Zoom, as many students prefer the flexibility and convenience. Also, some classes are recorded for viewing later if a student misses a class.

Additionally, we piloted an innovative approach—is hybrid method of instruction, where students are given a choice on how to attend the class—in person or via Zoom. This method showed promising results in our program, and we are introducing more classes with this method of instructions in the Spring Semester to give students maximum choices on how to take classes.

We are excited to offer a robust and varied Spring Semester curriculum. You will note courses on local history and environment, such as *Connecting with Our Chesapeake Bay and Exploring Local History and Nature* where students will visit the C&O Canal National Park. History buffs will be able to also choose courses on the current events, such as *The Supreme Court Today*, *Modern Autocracies – Can Democracies Rise to the Challenge*, *War Crimes*, and *American Presidents: From the White House to the Battlefield*, just to mention a few. For literature and writing lovers, we offer an opportunity to engage in discussions in *Storm and Sea: Shakespeare's Tempest* and Melville's *Moby Dick*, *New England Writers*, *Mysteries in Time: From the Name of the Rose to the Dante Club*, and *Literary Café*.

Further, I want to remind you that as Montgomery College students, you are welcome to participate in many activities and services offered at the College; for example, a variety of clubs at the Office of Students' Life, Mobile Market, free lectures and events, library services, employment services, and more. You can check the Montgomery College Calendar for a list of activities.

Finally, in order to have a positive learning experience, please notify us in advance of the class, if you need a class Zoom link and keep your contact information current. Please register for classes early.

Enjoy Learning and Growing this Spring Semester!

Warmly,

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

Virtual Face-to-Face in Real-Time!

LLI Classes are being taught in classrooms and online with Zoom

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

Missing Your Zoom Link?

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

eric.scharf@montgomerycollege.edu

natasha.sacks@montgomerycollege.edu

or call Customer Service at 240-567-5188.

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

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

Return to Campus

- **Masks:** Wearing a mask will become optional as of January 2023 in all College facilities. This includes classrooms, laboratories, learning centers, and other instructional spaces. Masking is required for individuals who have been exposed to COVID-19 or who are returning to campus from isolation after testing positive for COVID-19.
- **Vaccination:** Vaccination will not be required for students, employees, contractors, and visitors to be present on campus. However, students and employees participating in clinicals, externships, internships or other programs at off-campus locations are subject to the requirements of the off-campus site and may be required to provide proof of vaccination.

Refund Policy

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

Archaeology and World Cultures

A Taste of History: Most Beloved American Regional Culinary Treasures **NEW**

From New England lobster rolls, to fried cheese curds in Wisconsin and chitlins in the South, American regional cuisine is rich in distinct flavors. This is a tour of the history, taste and beauty of American regional flavors from the well-known (Southern fried chicken, Tex-Mex tacos or Hawaiian poke) to the obscure (fried rattlesnake in Texas, Goetta in Cincinnati and Scrapple in Pennsylvania). Learn how these unique dishes and regional traditions emerged and their ethnic roots. Discuss how contemporary America's regional cuisine is thriving and experience some of its most delicious offers. TWA

Course: LLP045 8 Hours

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

Online: Structured Remote

CRN#: 34104 4 Sessions F
2/17-3/10 10:30 a.m.-12:30 p.m.
Instructor: Naomi Daremblum

Global Issues Through History, Literature, and Philosophy **CoL**

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

Course: LLI890 37.5 Hours

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

Germantown Campus 173 HS

CRN#: 34170 25 Sessions T R
2/7-5/9 12:30-2 p.m.

No class on 3/14, 3/16

Instructor: Joan Naake

Please Check the MC Bookstore for details regarding textbooks. Use GHUM101 CRN31638 for textbook information.

Takoma Park/Silver Spring Campus 210 P3

CRN#: 34304 25 Sessions T R
2/7-5/9 11 a.m.-12:30 p.m.

No class on 3/14, 3/16

Instructor: Deborah Taylor

Please Check the MC Bookstore for details regarding textbooks. Use GHUM101 CRN31554 for textbook information.

Hidden Travel Gems of the Caribbean

The Caribbean is one of the most popular travel destinations in the world. Explore some of this region's most beautiful and perhaps less well-known travel spots: from the French cafes of îles de Saintes to the plantations of Tobago. Learn the history and cultural importance of the region's ancient civilizations while taking virtual walks, swims, and hikes that take us from the region's colonial past to its present. Explore Belize's jungles encounter Mayan ruins and dive into the caves of its barrier reef. Examine the many colonial cities, from Santo Domingo to Curacao, and visit an underwater museum in Cancun. TWA

Course: LLP008 8 Hours

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

Online: Structured Remote

CRN#: 34105 4 Sessions M
1/23-2/13 6:30-8:30 p.m.

Instructor: Naomi Daremblum

Introduction to Archaeology **CoL**

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

Course: LLI802 37.5 Hours

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

Germantown Campus 221 HU

CRN#: 34087 30 Sessions T R
1/24-5/11 9:30-10:45 a.m.

No class on 3/14, 3/16

Instructor: Barbara Wolff

Please Check the MC Bookstore for details regarding textbooks. Use ANTH240 CRN30112 for textbook information.

Jews of North Africa: From Carthage to De Gaulle & Beyond **NEW**

Jewish communities existed in North Africa (Algeria, Morocco & Tunisia) from the time that Dido ruled Carthage. Learn how these communities changed and even thrived after the period of Arab-Muslim conquest. Immerse yourself in the patterns of Maghrebi Jewish communal life—their religious observance, culture, food and music. Analyze how these communities changed after the French conquest in the 19th century and how, with their changed status, their fate of exile would be sealed once French colonial rule came to an end. TWA

Course: LLP054 12 Hours

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

Rockville Campus 103 MK

CRN#: 34102 6 Sessions T
2/21-3/28 10:30-12:30 p.m. **New times**

Instructor Naomi Daremblum

Online: Structured Remote

CRN#: 34103 6 Sessions T
2/21-3/28 10:30-12:30 p.m. **New times**

Instructor Naomi Daremblum

Art

Acrylic Painting: Basic Techniques

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

Course: LLI247 12 Hours

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

Rockville Campus 009 SB

CRN#: 34071 6 Sessions W
3/1-4/12 10:30 a.m.-12:30 p.m.

No class 3/15

Instructor: Tatian Martin

Art Supply List!

Material lists for LLI Art classes
are available at

www.montgomerycollege.edu/lifelonglearning/

Amazing Photos With Your DSLR Camera

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

Course: LLI470 10 Hours

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

Online: Structured Remote

CRN#: 34073 5 Sessions M
2/13-3/13 6:30-8:30 p.m.

Instructor: Michael Koren

Amazing Photos with Your Phones and Tablets

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

Course: LLI471 8 Hours

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

Online: Structured Remote

CRN#: 34075 4 Sessions R
3/23-4/13 6:30-8:30 p.m.

Instructor: Michael Koren

Drawing with Pencils, Charcoal, or Pastels

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

Course: LLI489 12 Hours

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

Online: Structured Remote

CRN#: 34079 6 Sessions M
3/20-4/24 6:30-8:30 p.m.

Instructor: Evan M. Goldman

How to Paint Like an Impressionist

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

Course: LLI652 12 Hours

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

Gaithersburg Business Training Center 442

CRN#: 34084 6 Sessions R

3/23-4/27 10:30 a.m.-12:30 p.m.

Instructor: Tatian Martin

Quilting for Beginners

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

Course: LLI223 12 Hours

\$45 + \$54 fee = \$99; NMR add \$120

Rockville Campus 104 MK

CRN#: 34083 6 Sessions W

3/22-4/26 1:30-3:30 p.m.

Instructor: TBA

★ Become a Star ★

Showcase Your Work

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

natasha.sacks@montgomerycollege.edu

The Art of Pencil Drawing

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

Course: LLI792 12 Hours

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

Rockville Campus 103 MK

CRN#: 34077 6 Sessions T

2/21-3/28 10:30 a.m.-12:30 p.m.

Instructor: Tatian Martin

The Art of Sketching

Whether you are an avid sketcher or new to the art, sketching allows you to record events such as a trip to a foreign land, a tour of a local garden, or a special occasion such as a birth or anniversary. Examine different types of sketches, such as, drawings, or quick paintings. Explore adding short captions, notes, parts of conversations, and observations to create a journal. Utilize sketches to plan an organic garden, create a preliminary drawing for a painting or portrait, or provide an outlet for discovering solutions to a variety of problems. Learn how to improve your observational skills while sketching with pen, pencil, or watercolor. You will have an opportunity to sketch outside. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI491 12 Hours

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

Online: Structured Remote

CRN#: 34080 6 Sessions R

2/16-3/30 6:30-8:30 p.m.

No class 3/16

Instructor: Evan Goldman

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

Watercolor Techniques I

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

Course: LLI609 12 Hours

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

Gaithersburg Business Training Center 442

CRN#: 34082 6 Sessions M

2/20-4/3 10:30 a.m.-12:30 p.m.

No class 3/13

Instructor: Tatian Martin

Art History

Discovering Art in Montgomery County

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

Course: LLI778 8 Hours

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

Off Campus Location

CRN#: 34089 4 Sessions F

3/24-4/21 11 a.m.-1 p.m.

Instructor will contact students regarding the location where the class will meet.

Instructor: Evan Goldman

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

NEW

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

Course: LLP060 10 Hours

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

Online: Structured Remote

CRN#: 34107 5 Sessions T

2/14-3/14 10:30 a.m.-12:30 p.m.

Instructor: Ruth G. Manchester

How to Decipher Paintings

Content: Byzantine-Renaissance-Baroque What makes paintings timeless? Do you want to understand paintings on a more profound level? This course will help you appreciate the language of paintings, understand the meaning behind symbols, identify focal points, and recognize cultural and historical elements in different paintings. Explore visual elements: line, shape, tone, color, patterns, texture, and form, and see how artists utilize these elements to express their ideas. TWA

Course: LLI957 10 Hours

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

Rockville Campus 104 MK

CRN#: 34086 5 Sessions M

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

Instructor: Irina Stotland

Career Exploration Boot Camp

What are you good at? What are your natural and work-related strengths? Let our boot camps help you discover and match your talents with career areas in which you would be most successful.

See page 23 for camp details and for more classes on Professional and Career Development.

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

The Great 80s: A Retro Journey through American Pop Culture **NEW**

Every decade has its own brand of revolutionary pop culture but the great 1980s shaped many of America's current social, political, media & technological trends. Explore the most iconic popular culture trends of the decade—from movies (*Star Wars*, *Wall Street*, *Fatal Attraction*), TV Shows (*Dynasty*, *Magnum PI* & *Miami Vice*) and music (Madonna and Guns & Roses plus Punk, Rap, & New Wave) to technology (atari, walkman, personal computers, first ever clunky cell phones) and social and political trends (the Reagan Revolution, the rekindled cold war, the satanic panic). Analyze how these trends shaped our current pop culture and discuss why 80s nostalgia has made a comeback. TWA

Course: LLP057 8 Hours

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

Online: Structured Remote

CRN#: 34106 4 Sessions M
3/27-4/24 6:30-8:30 p.m.
No class 4/3
Instructor: Naomi Daremblum

Vocabulary of Art

How do you approach a work of art? You have to understand its vocabulary. Learn how to describe and analyze a work of art based on its look, place, and time of origin. Explore what its formal elements are and how artists use them to construct a painting. Discuss how to gain insight into the reason for creating the work of art and its possible meaning. TWA

Course: LLI681 6 Hours

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

Online: Structured Remote

CRN#: 34085 3 Sessions W
2/8-2/22 6:30-8:30 p.m.
Instructor: Irina Stotland

Brain Fitness Institute

Brain Fitness: Memory Strategies and Brain Booster Games

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

Course: LLP040 8 Hours

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

Online: Structured Remote

CRN#: 34127 4 Sessions M
2/13-3/6 1-3 p.m.
Instructor Nicole A. Porcaro

Embracing Imperfection through Meditation

Discover ways to quiet the judging, ruminating mind. Cultivate qualities that emerge from embracing imperfection: authenticity, self-compassion, resilience, creativity, gratitude, and joy. Whether you are brand new to meditation or have practiced for years, this course will enable you to be more fully present to the experiences of your life. Recommended reading: *The Gifts of Imperfection* by Brene Brown. TWA

Course: LLI613 6 Hours

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

Online: Structured Remote

CRN#: 34090 4 Sessions W
3/8-3/29 10-11:30 a.m.
Instructor: Carol J. Moore

To sign up for the Lifelong Learning Institute's e-newsletter and receive the latest updates on classes, schedule notifications, and news on community events, please contact Eric Scharf, Program Coordinator, at eric.scharf@montgomerycollege.edu

Missing Your Zoom Link?

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

eric.scharf@montgomerycollege.edu

natasha.sacks@montgomerycollege.edu

Meditation for Mindfulness and Stress Reduction

Rediscover and grow your capacity to be calmly present, engaged and relaxed. Through practical applications of meditation and mindfulness, we'll explore how breathing, movement, meditation and other techniques can help us re-encounter and build a basic, steady clarity that will serve us well amidst a changeable world. Mindfulness meditation practices can result in a more consistent sense of well-being, less reactivity to negative experiences, and an enhanced quality of sleep. This course does not require experience with meditation or sitting in any particular posture. TWA

Course: LLI249 **6 Hours**

\$95 + \$72 fee = \$167; NMR add \$120

Online: Structured Remote

CRN#: 34131 4 Sessions T

2/7-2/28 1-2:30 p.m.

Instructor: Philip F. Bender

Memory Academy: Train Your Brain to Retain!

Have you experienced 'senior moments'? Struggled to remember where you placed your car keys, or experienced that 'tip of the tongue' feeling when trying to recall someone's name? Discuss what memory is and how it works. Learn new techniques on how to: remember what you did in the past; put names to faces; and remember lists, errands, or other things you need to do. Examine your individual learning style and the technique that works best for your style in order to improve your memory. Practice applying learned memory techniques to real life situations. This program originated with the UCLA Center on Aging and is taught by a Holy Cross Hospital memory specialist. TWA

Course: LLI396 **10 Hours**

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

Online: Structured Remote

CRN#: 34169 5 Sessions F

3/24-4/28 1-3 p.m.

No class 4/7

Instructor: Holy Cross Hospital

Positive Psychology in Practice

What is Positive Psychology? How can it benefit different areas of your life—work/school, retirement, and the quality of your daily life? Learn to apply the principles of Positive Psychology with activities and exploration exercises that foster your ability to thrive and fulfill your potential. Discover your personal strengths and what gives you a sense of meaning and fulfillment. Learn to nurture yourself and your professional/personal relationships. Cultivate your inner self to boost resilience, optimism, gratefulness, forgiveness, and the joy of experiencing life. This class will include presentations by guest speakers and will provide a variety of interactive activities, video clips, and readings.

Course: LLI586 **6 Hours**

\$35 + \$72 = \$107; NMR add \$120

Online: Structured Remote

CRN#: 34389 3 Sessions R

2/23-3/9 6:30-8:30 p.m.

Instructor: Natasha Sacks

Computers and Technology

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

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

Course: LLI785 **2.5 Hours**

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

Online: Structured Remote

CRN#: 34132 1 Session W

2/8 6:30-9 p.m.

Instructor: Jasmeet Kaur

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

Just e-mail:

natasha.sacks@montgomerycollege.edu

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

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

MC Email Access—Claim Your Account

Claim your MyMC account. Go to MyMC and click on "Claim Your Account." Enter your MC Student ID along with your M# (nine characters including the M). Once you are logged into MyMC, set up your Montgomery College email account by clicking on the email icon. This is the way MC will communicate with you.

Computer Skills for Beginners

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

Course: LLI790 12 Hours
\$21 + \$78 fee = \$99; NMR add \$50

Gaithersburg Business Training Center 405

CRN#: 34574 6 Sessions M
3/20-4/24 10:30 a.m.-12:30 p.m.
Instructor: Tina Denmark

Rockville Campus 105 MK

CRN#: 34282 6 Sessions T
2/21-3/28 1:30-3:30 p.m.
Instructor: William L. Mayfield

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

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

Course: LLP041 5 Hours
\$24 + \$45 fee = \$69; NMR add \$50

Online: Structured Remote

CRN#: 34108 2 Sessions W
2/22-3/1 6:30-9 p.m.
Instructor: Jasmeet Kaur

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

Social Media Essentials **NEW**

When someone mentions social media, what are the first things that come to mind? If your answer is confusion or that's just for the young folks this course is for you! Learning how to interact on various social media platforms is crucial in order to survive and thrive in this age of digital communication. In this course you will explore the most popular social media platforms and discover which ones your target audience or the people who you want to communicate with are using. You'll learn the ins and outs of social media platforms such as Facebook, Twitter, Youtube, Tiktok, SnapChat and Instagram. You'll also discover other types of social media you may not have been aware of and how to use them for your benefit—personally, academically, and eventually professionally as well.

Course: LLP069 8 Hours
\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 105 MK

CRN#: 34571 4 Sessions R
4/6-4/27 1:30-3:30 p.m.
Instructor: Vicki McGill

Culinary Arts and History

A Taste of History: Most Beloved American Regional Culinary Treasures **NEW**

See course LLP045 on page 52.

A Taste of Maryland

Learn about the history of Maryland's most iconic food traditions and food businesses, such as Maryland beaten biscuits, hominy, crab cakes, terrapin, muskrat, stuffed ham, coddies, lemon sticks, Smith Island Cake, the Baltimore fish pepper, McCormick Spices, and Old Bay, including some lesser-known fare, white potato pie and Jewish Apple Cake. Explore notable facts, including Maryland's history as the leading producer in the US of both peaches and strawberries. Presentation is based on research for the State of Maryland permanent exhibit at the Southern Food and Beverage Museum in New Orleans, LA.

Course: LLI787 2 Hours
\$15 + \$15 fee = \$30; NMR add \$30

Online: Structured Remote

CRN#: 34567 1 Session W
2/15 10:30 a.m.-12:30 p.m.
Instructor: Joyce White, Food Historian

Dining with Jane Austen

What's a rout cake? What might Lady Catherine serve for dinner to her exalted guests? Does Mr. Woodhouse like any food at all? Explore the food references found in Jane Austen's novels and examine their significance to her stories. Learn about the concept of dinner in Austen's lifetime, and its links to Medieval courtly behavior. Discuss Service à la française, the late Georgian and Regency period style of dining. Examine Neo-Classical fashion aesthetics at the dinner table. Students will be provided period recipes with modern adaptations.

Course: LLI567 2 Hours

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

Online: Structured Remote

CRN#: 34566 1 Session W
4/19 10:30 a.m.-12:30 p.m.
Instructor: Joyce White, Food Historian

Cook Like a Chef

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

Course: LLI594 6 Hours

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

Online: Structured Remote

CRN#: 34155 4 Sessions W
3/22-4/19 7-8:30 p.m.
No class 4/5
Instructor: TBA

Update Your Email and Contact Information

Please contact customer service (240-567-5188) to update your email address or other contact information so you can receive the classroom instructions. Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. Please email us, the day before your class, if you do not hear from the instructor.

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

The Complete Guide to Baking and Decorating Cupcakes **EW**

Would you like to be the talk of every party? Explore the greatest techniques for producing show stopping cupcakes! Examine the process of cupcake making along with the different kinds of buttercream to accompany them. Learn multiple piping techniques to elevate your cupcake decorating and take them to a professional level. The class will take place at MC Marriott Hospitality Kitchen. Online module with recipes and videos will be provided.

Course: LLP062 2.5 Hours

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

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

CRN#: 34124 1 Session T
3/28 6-8:30 p.m.
Instructor: Samantha Nelson

The Great British Baking Show: Novice Edition

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

Course: LLI761 2.5 Hours

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

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

CRN#: 34157 1 Session T
3/7 6-8:30 p.m.
Instructor: Samantha Nelson

Valentine Chocolate Desserts

Celebrate this Valentine's Day by making special chocolate desserts. A professional chef will demonstrate and lead you through the creation of sumptuous and decadent chocolate desserts—lava miniature cake, chocolate covered fruit, and chocolate, gooey, scrumptious cookies. Take your creations home and surprise someone special in your life. The class will take place at MC Marriott Hospitality Kitchen. This is a hands-on class. Tuition includes the cost of ingredients.

Course: LLI788 2.5 Hours

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

Rockville Campus MC Marriott Hospitality Kitchen 170 CC

CRN#: 34158 1 Session T
2/7 6-8:30 p.m.
Instructor: Samantha Nelson

History and Current Events

American Presidents: From the White House to the Battlefield (first 125 years) **NEW**

America's Presidents are tested in war unlike any other aspect of the job. For many American Presidents, those tests first take place on the field of battle long before they reach the White House. This course will peer into the nation's first five major military conflicts as seen through the lives and experiences of America's Presidents from George Washington to Theodore Roosevelt. These conflicts include: Revolutionary War, War of 1812, Mexican War, Civil War, and Spanish-American War. From privates to officers to commanding generals to commanders-in-chief, wars have been proving grounds that test the mettle of the men who ultimately occupy the Oval Office. Many thrived, some stumbled, all making for great stories that provide color and insight to American history. Recommended material: the *Presidential Chronicles* series of books and YouTube videos. TWA

Course: LLP048 12 Hours
\$75 + \$97 fee = \$172; NMR add \$120

Rockville Campus 104 MK
CRN#: 34109 6 Sessions M
2/27-4/10 1:30-3:30 p.m.
No class 4/3
Instructor: David Fisher

Online: Structured Remote
CRN#: 34110 6 Sessions M
2/27-4/10 1:30-3:30 p.m.
No class 4/3
Instructor: David Fisher

An Insight Into Politics and Current Events

NEW CONTENT! What will the world and the United States look like in the late winter and spring of 2023? Join your classmates for an engaging but friendly discussion of all the important issues that affect this country and the world. Discuss the current situation regarding the war between Russia and the Ukraine. Examine the economic situation in the United States and around the world. Evaluate the current status of the coronavirus. Discuss the impact of the new Congress on the ability to get new legislation passed. Examine the early candidates for President and for other offices in the 2024 elections. Consider the rulings of the

Supreme Court on issues such as voting rights and religious liberty. Examine the multiple criminal and civil investigations into Donald Trump. The students in this course will examine these issues and many more that will arise during the first half of 2023 in an atmosphere that welcomes all points of view and where everyone is afforded the opportunity to be heard. TWA

Course: LLI511 12 Hours
\$69 + \$92 fee = \$161; NMR add \$120

Online: Structured Remote
CRN#: 34136 6 Sessions W
2/22-5/3 10:30 a.m.-12:30 p.m.
Class meets on the following dates: 2/22, 3/8, 3/22, 4/5, 4/19, 5/3
Instructor Joel M. Cockrell

Differing Historical Perspectives on Slavery in Maryland and the District of Columbia

The word "slavery" brings up a mental image of the "peculiar institution" as it existed in the Deep South right before the Civil War. Slavery in the Washington area was different. It began the same—in the late 1600s, Ninian Beall's tobacco plantation occupied the land where the White House is today—but it soon changed. After tobacco wore out the land, slavery made less sense, and it was hard to enforce with an increasingly diverse capital of the United States. By the time of the Civil War, Washington, D.C. still had slaves, but they lived among a population of free African Americans. Author James H. Johnston will discuss the differing perspectives on slavery that emerge from his two books, *The Recollections of Margaret Loughborough*, about a daughter of the Old Dominion of Virginia, and *From Slave Ship to Harvard*, which follows six generations of an African American family in Maryland. This class is offered in collaboration with Montgomery History.

Course: LLI524 1.5 Hours
\$15 + \$10 fee = \$25; NMR add \$30

Online: Structured Remote
CRN#: 34172 1 Session F
4/14 10:30 a.m.-12 p.m.
Instructor: Montgomery History—Jim Johnston

Please register early!

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

Empress Maria Theresa & The Empire that Shaped Modern Europe **NEW**

The story of how Maria Theresa, after ascending the Habsburg throne at the age of 23 and being challenged by enemies in every corner of her far-flung realm, became the most powerful woman in Europe and changed its future. Explore the challenges and forces that aligned against her and how she vanquished them. Discuss the multiethnic character of the Habsburg Empire and how she fostered it leading to an intellectual, cultural and artistic flourishing. Discover how her efforts to extend her rule in the continent lead to the downfall of the Holy Roman Empire & the French Monarchy shaping a different future for a more modern Europe. TWA

Course: LLP053 10 Hours

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

Rockville Campus 104 MK

CRN#: 34114 5 Sessions T

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

Instructor Naomi Daremblum.

Online: Structured Remote

CRN#: 34113 5 Sessions T

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

Instructor Naomi Daremblum.

European History: 17th Century to the Present

Co-L

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

Course: LLI469 37.5 Hours

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

Germantown Campus 213 HS

CRN#: 34133 30 Sessions T R

2/7-5/11 11 a.m.-12:30 p.m.

No class 3/14, 3/16

Instructor Kurt J. Borkman

Please Check the MC Bookstore for details regarding textbooks. Use HIST148 CRN31169 for textbook information.

Fake News, Disinformation, and Propaganda

NEW CONTENT! Are we living in a post-truth society where Fake News determines what people believe and how they behave? Explore the relationship between propaganda, disinformation, fake news, and journalism and how they affect our psychological perception of information. Analyze the different types of dubious content (shared personal stories, push content like rumors, and targeted external and internal propaganda) and discuss the societal consequences of disinformation. Examine tools that individuals, civil society, and government can deploy to tackle this epidemic.

Course LLP037 8 hours

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

Online: Structured Remote

CRN 34403 4 sessions R

1/19-2/9 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

From The Manson Family to Jonestown: The Essence of a Cult **NEW**

From the Manson Family to the jungles of Jonestown, we have always been fascinated by the existence of cults in our midst. But what is the essence of a Cult and what is its appeal? Explore the history of these secretive groups and learn about the dynamics of cult behavior through historical examples ranging from the Children of God to Heaven's Gate. Analyze how the internet age has facilitated the spread and creation of new cults and discuss how cults relate to the current wave of violent extremism. TWA

Course: LLP052 8 Hours

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

Rockville Campus 104 MK

CRN#: 34118 4 Sessions T

4/11-5/2 1:30-3:30 p.m.

Instructor: Naomi Daremblum

Online: Structured Remote

CRN#: 34117 4 Sessions T

4/11-5/2 1:30-3:30 p.m.

Instructor: Naomi Daremblum

Missing Your Zoom Link?

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

eric.scharf@montgomerycollege.edu

natasha.sacks@montgomerycollege.edu

Customer Service: 240-567-5188

History of Contraception: From Ancient Times to Modern Challenges **NEW**

When the Supreme Court overturned Roe v. Wade in the Spring of 2022 much discussion focused on how contraception and the ability of women to regulate their own fertility was a modern invention. Contrary to common belief though, contraception has existed since the times of the ancient Egyptians. Examine the history of contraception and efforts to prevent unwanted pregnancies from its inception as a herbal discipline throughout the middle ages and the Renaissance. Explore how the scientific revolution gave rise to pharmacological contraception changing forever how women approached their own fertility. Analyze and discuss the historical and current efforts to limit women's access to contraception and freedom to choose when to have a family TWA

Course: LLP056 10 Hours

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

Online: Structured Remote

CRN#: 34284 5 Sessions F
3/24-4/28 10:30 a.m.-12:30 p.m.

No class 4/7

Instructor: Naomi Daremblum

History of the United States, a Survey Course: from 1865 to the Present **Co-L**

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

Course: LLI121 37.5 Hours

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

Germantown Campus 169 HS

CRN#: 34134 30 Sessions T R
1/24-5/11 11 a.m.-12:15 p.m.

No class 3/14, 3/16

Instructor: Joseph C. Thompson

Please Check the MC Bookstore for details regarding textbooks. Use HIST201 CRN31171 for textbook information.

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

Political Ideologies **Co-L**

Survey and analyze leading ideologies of the modern world such as anarchism, nationalism, fascism and national socialism, classical liberalism and conservatism, Fabian socialism, Marxism-Leninism, and liberal democracy. Explore current extremist ideologies of both left and right. Examine the nature and function of ideologies in political movements and in governance. Note: You will be joining credit students in this co-listed credit course. TWA

Course: LLI468 37.5 Hours

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

Online: Structured Remote

CRN#: 34135 30 Sessions T R
1/24-5/11 9:30-10:45 p.m.

No class 3/14, 3/16

Instructor: Kurt J. Borkman

Please Check the MC Bookstore for details regarding textbooks. Use POLI206 CRN 32911 for textbook information.

The New Autocracies—Can Democracies Rise to the Challenge? **NEW**

Autocracies like Hungary, Turkey, Brazil & Russia are led today not by soldiers in uniform visibly banning elections but by men in tailored suits who subvert democracy by hijacking the system itself. Part of an international movement that connects them, they challenge democracies around the globe trying to spread their new version of autocracy. Is this a new type of Cold War? Is coexistence even possible? Can democracies rise to this challenge? Learn and analyze how old and modern autocracies differ and why systems like Russia, Turkey, Hungary & Brazil seem so successful. Discuss the threat these autocracies pose to the democratic order and if it is possible to neutralize them or coexist with them. TWA

Course: LLP046 12 Hours

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

Rockville Campus 104 MK

CRN#: 34116 6 Sessions R
2/23-3/30 1:30-3:30 p.m.

Instructor: Naomi Daremblum

Online: Structured Remote

CRN#: 34115 6 Sessions R
2/23-3/30 1:30-3:30 p.m.

Instructor: Naomi Daremblum

Classes marked with this code **CoL** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. See more details on page 21.

The Supreme Court Today **NEW**

Are you interested in the direction the Supreme Court has taken since Ruth Bader Ginsburg passed away and was replaced by Justice Amy Coney Barrett? Examine in this course the past two terms and the ongoing 2022–2023 term part of which will unfold during the time frame of the course. Discuss the major issues addressed by the court in areas such as abortion, religion, gun rights, Executive Power and discuss at length a 2022–2023 case, which may dramatically change the way elections are handled in this country. Meet the personalities on the court. Examine potential changes to the size of the court. TWA

Course: LLP058 10 Hours

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

Online: Structured Remote

CRN#: 34112 5 Sessions R
4/6-5/4 1:30-3:30 p.m.

Instructor: Joel M. Cockrell

U.S. History as Seen Through the Lens of Motion Pictures: 1930-1950

Despite the economic hardships and turbulent times faced by almost all of the United States between 1930 and 1950, Americans still packed into movie theatres every week. Some movies released during these two decades were designed for pure escapism. Others addressed, directly or indirectly, important issues of the day. Examine the US at the time of the Stock Market crash through the Depression, FDR's New Deal, the build up to World War II, the war itself, and the early post-war era. View clips from movies released during this era and discuss the motion picture industry during these two decades. TWA

Course: LLI233 12 Hours

\$65 + \$92 fee = \$157; NMR add \$120

Rockville Campus 104 MK

CRN#: 34139 6 Sessions T
3/21-4/25 10:30 a.m.-12:30 p.m.

Instructor: Joel M. Cockrell

Students who are using the Montgomery College log in will have to enroll in Two-Factor Authentication (2FA).

You will find the enrollment guides in multiple languages and additional supporting information in the following link:

<https://info.montgomerycollege.edu/offices/information-technology/it-security/student-two-factor-authentication-2fa.html>

Contact WDCE Customer Service at 240-567-5188 or IT Service Desk 240-567-7222 for additional support.

War Crimes: Case Studies in Definition, Apprehension and Punishment **NEW**

The war in Ukraine reminds us of the horrors facing both civilians and combatants in advancing and defending against aggression, and the challenges of upholding human values in the face of destruction and bloodshed. In this course, we look at the origin of the concept of war crimes, and how it has been tested against the wars of the 19th, 20th, and 21st centuries. Using examples from history, students will emerge with a better sense of how war crimes are defined and the difficulties we face in bringing those who commit war crimes to justice. TWA

Course: LLP061 6 Hours

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

Online: Structured Remote

CRN#: 34119 3 Sessions T
2/7-2/21 10:30 a.m.-12:30 p.m.

Instructor: Jesse Stiller

What Goes Around, Comes Around: Cycles in American History and Economy **NEW**

The great historian Arthur M. Schlesinger observed that American politics and its economy moved in cycles, from left to right and then back again, searching for what he called "the Vital Center." This course analyzes the Schlesinger phenomenon using case studies drawn from political and economic history. See how this approach can help us understand the America we live in and give us reason to be hopeful for the future. TWA

Course: LLP063 6 Hours

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

Online: Structured Remote

CRN#: 34111 3 Sessions W
1/18-2/1 6:30-8:30 p.m.

Instructor: Jesse Stiller

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

E-mail:

natasha.sacks@montgomerycollege.edu

or eric.scharf@montgomerycollege.edu

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

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

World History: A Comparative Survey from the Ancient World to A.D. 1500 **Co-L**

Explore contemporary life in terms of the accumulated cultural experiences of the world, and learn to appreciate the growing interdependence of modern nations.

Discuss the emergence and flowering of ancient Near Eastern and Mediterranean civilizations; the Christian Middle Ages and Renaissance in Europe; China and the development of Confucianism, Taoism, and Buddhism; Hinduism and Indian empires; Islam and its conquests and the rise of the Ottoman Empire; civilizations of the Americas; and African developments. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI610 37.5 Hours

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

Germantown Campus 218 HS

CRN#: 34137 30 Sessions T R
2/7-5/11 9:30-11 a.m.

No class 3/14, 3/16

Instructor: Joseph A. Stumph

Please Check the MC Bookstore for details regarding textbooks. Use HIST116 CRN 31622 for textbook information.

Home and Garden

Annuals and Perennials for Your Garden

Learn how to select plants, where to purchase annuals and perennials, and plan a blooming garden for this growing zone. Explore vines and climbers-where to use them and how to maintain them. Discuss deer resistant plants, repeat blooming options, and support/structure in an annual and perennial garden. Identify which garden items to avoid, what species make viable substitutions, and compatible plants. Determine how often to divide and how to maintain annual and perennial plants. Examine shade and sun loving plants as well as tropical species that can add special interest to a garden. Discuss which annuals are viable to winter over and how to integrate annuals and perennials into a full season of blooming color and design. TWA

Course: LLI579 8 Hours

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

Online: Structured Remote

CRN#: 34143 4 Sessions W
3/22-4/12 6:30-8:30 p.m.

Instructor: Janet S. Johnson

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

Garden Design

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

Course: LLI519 8 Hours

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

Rockville Campus 104 MK

CRN#: 34142 4 Sessions W
2/15-3/8 6:30-8:30 p.m.

Instructor: Janet S. Johnson

Introduction to Organic Vegetable Gardening

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

Course: LLP001 5 Hours

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

Online: Structured Remote

CRN#: 34120 2 Sessions R
3/30-4/6 6:30-9 p.m.

Instructor: Terri A. Valenti

Orchids: How to Grow and Bloom

Discover how to be successful with orchid selection in the home environment. Learn how to purchase, care, transplant, and water your orchids. Discuss how to rebloom your orchid, when to fertilize, and when to root prune.

Course: LLI022 3 Hours

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

Online: Structured Remote

CRN#: 34141 1 Session T
1/24 6:30-9:30 p.m.

Instructor: Janet S. Johnson

Classes marked with this code **CoL** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. See more details on page 21.

Human and Natural Science

Connecting with Our Chesapeake Bay: The Past, Present, and Future **NEW**

Have you ever gazed in awe at the Chesapeake Bay? What it means to live in the Chesapeake Bay "watershed". Join us as we dig into the geological and historical past of our largest estuary in the United States and learn human history of people who lived there. Hear from local stakeholders as they describe their efforts to better understand the current health of our watershed and efforts underway to help protect and preserve it. Discover ways you can help with these efforts. Look to the future of our bay as we learn how scientific models help us to project anticipated changes for the next century, and how decision-makers are using this information to mitigate and adapt. TWA

Course: LLP064 8 Hours

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

Gaithersburg Business Training Center 401

CRN#: 34126 4 Sessions R

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

No class 3/16

Instructor: Dorian Janney

Exploring Local History and Nature **NEW**

This class will explore different history and landscape of sites and location in the Greater Washington area. Possible locations might include: towns, parks, canals and rivers. Some class lectures will be in-class or on zoom and others will be delivered on location. This class is offered in partnership with Montgomery History. Main topics this semester: Potomac, A History of the River and Land presented by Jim Johnston and C&O Canal: History and Nature presented by Ralph Buglass. TWA

Course: LLP065 5 Hours

\$39 + \$69 fee = \$108; NMR add \$50

Online: Structured Remote

CRN#: 34129 3 Sessions M

4/17-5/1 10:30-12 p.m.

Guided lecture at the Seneca section of the C&O Canal National Park on 5/1 from 10:30 a.m.-12:30 p.m.

Instructor will indicate a place to meet. The amount of walking is 1.5 miles on level, gravel towpath of the canal.

Instructor: Montgomery History - Ralph Buglass and Jim Johnston

Genealogy: Researching Your Family History

Do you wonder how prior generations lived and how they accomplished what they did given the absence of conveniences and technology? Explore the process of researching your family, discovering stories, and identifying new cousins. Learn how to find those who share family backgrounds and research interests. Examine how the U.S. immigration process functioned and the key resources for research. Analyze how DNA testing can be used as a tool to assist in discovering one's roots. Discuss local institutions and free websites that aid in researching family history. The instructor will share his personal experiences and approaches used to discover his roots, and extend his family tree. TWA

Course: LLI908 8 Hours

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

Online: Structured Remote

CRN#: 34150 4 Sessions R

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

No class 3/16

Instructor: Jeffery A. Miller

Using DNA to Reveal the Hidden Stories of Human Diversity, History, and Migration

Learn what DNA is, how it is inherited, and what is its function. Examine how different parts of the DNA tell different stories. Learn what is a mutation, and how they advance and influence evolution. Analyze DNA results from an ancestry, paternal, or medical genetic test. Discuss how DNA informs us about ancestry, geographic origin, race, and identity. TWA

Course: LLI684 8 Hours

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

Online: Structured Remote

CRN#: 34140 4 Sessions F

2/17-3/10 1:30-3:30 p.m.

Instructor: Miguel G. Vilar

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

Please register early!

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

Literature and Writing

Creative Writing: An Introduction **Co-L**

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

Course: LLI466 37.5 Hours

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

Rockville Campus 213 HU

CRN#: 34171 30 Sessions M W

1/23-5/10 12:30-1:45 p.m.

No class 3/13, 3/15

Instructor: John W. Wang

Please Check the MC Bookstore for details regarding textbooks. Use ENGL264 CRN 30549 for textbook information.

Film and Literature **Co-L**

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

Course: LLI984 37.5 Hours

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

Rockville Campus 212 HB

CRN#: 34331 30 Sessions W

1/25-5/10 2-4:40 p.m.

No class on 3/15

Instructor: Megan V. Howard

Please Check the MC Bookstore for details regarding textbooks. Use ENGL235 CRN 30550 for textbook information.

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

How to Write and Self-Publish Your Children's Book **NEW**

Have you ever dreamed of writing and publishing a book for children? Explore the process from beginning to end—from finding the inspiration for your first idea to completing your final manuscript. Learn about the editing process, working with an illustrator and options for self-publishing. Engage with classmates to share ideas, brainstorm solutions, and discuss feedback. TWA

Course: LLP066 12 Hours

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

Online: Structured Remote

CRN#: 34130 6 Sessions T

2/7-3/14 10:30 a.m.-12:30 p.m.

Instructor: Janine Goodman

Literary Café

NEW CONTENT! This course focuses on seminal works of literature that demonstrate the shaping power of different literary genres. Understanding genre guides our expectations of a text; it also alerts us to an author who is playing at the border of fact and fiction. "How does a work of literature *mean*" is the guiding question we will attempt to answer as we focus our attention on an example of memoir, the novel, poetry, an essay, short story, and drama. Readings include Aminatta Forna, *The Devil That Danced on the Water* (2002), Nobel Prize winner, Toni Morrison, *Jazz* (1992), Giuseppe di Lampedusa, "The Siren" (1961), Geoffrey Chaucer, "The Merchant's Tale," a selection of poetry chosen by participants, an essay entitled "Flaubert's *Madame Bovary*" in J. M. Coetzee, *Late Essays*, 2006-2017, and William Shakespeare, *The Merchant of Venice*. Reading list is available on the LLI website. TWA

Course: LLI070 12 Hours

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

Online: Structured Remote

CRN#: 34145 6 Sessions R

2/9-5/4 2-4 p.m.

No class 2/16, 3/2, 3/16, 3/30, 4/6, 4/13

Instructor: Adele Seeff

Reading Lists

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

Mysteries in Time: *From The Name of the Rose to The Dante Club* **EW**

Read some of the most thrilling historical murder mysteries, which transport the usual whodunit to famous historical periods. Explore The Cadfael Chronicles, the first famous series in the genre, in which a Benedictines monk solves medieval conundrums during *The Anarchy*. Marvel at the mysteries *The Queen's Man* solves in the Court of Eleanor of Aquitaine. Roam the dark corridors of an Italian Abbey in the times of the inquisition in *The Name of the Rose*. Analyze and discuss other thrilling works ranging from *The Alienist* to *The Dante Club*. Reading list is available on the LLI website. TWA

Course: LLP055 10 Hours

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

Rockville Campus 103 MK

CRN#: 34306 5 Sessions R

2/23-3/23 in-person 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

A quote by one of the Naomi Daremblum's students:

"Thank you for a most enjoyable and thought-provoking class and for the hard work you did to make it happen. I looked forward to every session, especially the discussions. I am truly sorry the class is over. Your choice of readings was exceptional. And they did all tie in together—like the pieces in a big jigsaw puzzle.

I look forward to taking another class with you. Thanks again for this course and for all the creative classes you provide."

New England Writers **NEW**

New England has given birth and been the home to many of America's distinguished and influential writers. The landscape and culture of the region has formed one of the bases from which their work proceeds. We will look at the work of such writers as Ralph Waldo Emerson, Henry David Thoreau, Nathaniel Hawthorne, Henry Wadsworth Longfellow, Emily Dickinson, Sarah Orne Jewett, Robert Frost and more to see the way in which New England has played a role in their writing. Reading list is available on the LLI website. TWA

Course: LLP047 12 Hours

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

Rockville Campus 102 MK

CRN#: 34285 6 Sessions T

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

No class 4/4

Instructor: Bob Shoenberg

Short Stories of the Early 20th Century **NEW**

The early 20th century was a time of great hope and great hardship. Utopian visions clashed with encroaching wars, and the nature and function of political organizations, social class, and gender roles were questioned. Because periods of upheaval are also periods of great innovation, the literature of the early 20th century is rich and complex, and much of it still feels shockingly modern today! In this class, we will examine the changing historical, political, and literary landscape; analyze the innovative and intricate short stories produced over half a century; and develop a fine appreciation of how literature has both responded to the world around it and influenced that changing world. Reading list is available on the LLI website. TWA

Course: LLP049 12 Hours

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

Online: Structured Remote

CRN#: 34121 6 Sessions M

2/13-3/20 10:30 a.m.-12:30 p.m.

Instructor: Ann Stephenson

Storm and Sea: Shakespeare's *Tempest* and Melville's *Moby Dick* **NEW**

Do you enjoy stories of epic voyages? Of betrayal, revenge, and forgiveness? This course will take you to the heart of two such tales of storm and sea. Prepare for an adventure as we study the texts and examine the history behind them. Discover the ways Shakespeare and Melville both employed and renounced literary conventions of the day; analyze the conflicts, characterizations, and ethical world views that Shakespeare and Melville present in their tales; and appraise the importance of these texts in the literary canon. Reading list is available on the LLI website. TWA

Course: LLP050 12 Hours

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

Online: Structured Remote

CRN#: 34122 6 Sessions W

3/22-5/3 10:30 a.m.-12:30 p.m.

No class 4/5

Instructor: Ann Stephenson

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

The Short Story **Co-L**

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

Course: LLI239 37 Hours

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

Rockville Campus 210 SB

CRN#: 34281 25 Sessions T R

2/7-5/9 11 a.m.-12:30 p.m.

No class 3/14, 3/16

Instructor: Rebecca L. Eggenschwiler

Please Check the MC Bookstore for details regarding textbooks. Use ENGL233 CRN 30551 for textbook information.

Writing the Short Story: An Introduction to Creative Writing **NEW**

Ever think about writing a short story? Learn the craft elements that can make a story sing, as well as some ways of coming up with ideas on what to write about. Using Janet Burroway's *Writing Fiction* as a text, students will read short stories, try their hand at different writing exercises, and have the opportunity to workshop one short story. Discuss how to create compelling characters, plots and story structure. Learn how to get your work published. Required text. *A Writing Fiction: A Guide to Narrative Craft*, tenth edition, by Janet Burroway. TWA

Course: LLP059 12 Hours

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

Online: Structured Remote

CRN#: 34286 6 Sessions W

2/15-3/22 6:30-8:30 p.m.

Instructor: Pamela E. McFarland

Students who are using the Montgomery College log in will have to enroll in Two-Factor Authentication (2FA).

You will find the enrollment guides in multiple languages and additional supporting information in the following link:

<https://info.montgomerycollege.edu/offices/information-technology/it-security/student-two-factor-authentication-2fa.html>

Contact WDCE Customer Service at 240-567-5188 or IT Service Desk 240-567-7222 for additional support.

Music

From Grand to Comic: A History and Appreciation of Opera **EW**

One of the most enduring and endearing art forms throughout history is opera, synthesizing and blending multiple art forms including music, text, art, design, costumes, dance, drama and acting. Examine the many facets of this popular art form and learn critical listening skills. Review the history of opera, and four of operas exemplars of their era, including Monteverdi's *L'Orfeo* (Baroque), Mozart's *Don Giovanni* (Classical), Verdi's *La Traviata* (Romantic), and *Susanna* (20th century) by American composer Carlisle Floyd. TWA

Course: LLP051 10 Hours

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

Rockville Campus 104 MK

CRN#: 34123 5 Sessions W

3/1-3/29 10:30 a.m.-12:30 p.m.

Instructor: Jesse Parker

Online: Structured Remote

CRN#: 34125 5 Sessions W

3/1-3/29 10:30 a.m.-12:30 p.m.

Instructor: Jesse Parker

Guide to the Orchestra: From Page to Stage

Have you ever wondered what goes into bringing symphonic music to the stage? This class will take you behind the scenes to explore what makes up a modern orchestra. Explore the structure of an orchestra including: types of instruments; seating arrangements; the role of the conductor; the preparation process for public performances; and the formatting of an orchestral score. View recordings of rehearsals of the best orchestras. This class is taught by a conductor. TWA

Course: LLI661 8 Hours

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

Online: Structured Remote

CRN#: 34148 4 Sessions R

3/30-4/20 10:30 a.m.-12:30 p.m.

Instructor: Jesse Parker

How to Read Music

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

Course: LLI089 6 Hours

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

Online: Structured Remote

CRN#: 34146 4 Sessions W

1/18-2/8 10:30 a.m.-12 p.m.

Instructor: Jesse Parker

Personal Enrichment

A.S.K. in a Nutshell

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

Course: LLI841 7.5 Hours

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

Gaithersburg Business Training Center 402/403

CRN#: 34166 6 Sessions W

3/1-4/12 1-2:15 p.m.

No class 4/5

Instructor: Jeffery A. Miller

Online: Structured Remote

CRN#: 34149 6 Sessions W

3/1-4/12 1-2:15 p.m.

No class 4/5

Instructor: Jeffery A. Miller

Bridge for Beginners

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

Course: LLI942 12 Hours

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

Rockville Campus 103 MK

CRN#: 34151 6 Sessions W

2/22-3/29 7-9 p.m.

Instructor; David Dong

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 system 2/1 game force, 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

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

Rockville Campus 104 MK

CRN#: 34152 6 Sessions W

4/12-5/17 7-9 p.m.

Instructor; David Dong

Personal Finance Academy

Health Care Insurance for Retirement

This course will address the major components of retiree health care: Medicare, Medicare Advantage Plans, and Long-Term Care. Health care costs typically rise at twice the inflation rate, so the course will also address ways to fund this expense through tax-advantaged plans. Determine the cost of supplemental coverage, evaluate your ability to pay for health care not covered by federal or state programs, and be able to project your health care expenses. The target audience for this course are those who are newly retired and those who plan to retire within 2 years. TWA

Course: PRF139 6 Hours

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

Online: Structured Remote

CRN#: 34161 3 Sessions M

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

Instructor: Mark A. Gottlieb

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

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

Investing in the Thrift Savings Plan When Working and Retired

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

Course: PRF155 3 Hours

\$20 + \$20 fee = \$40; NMR add \$30

Online: Structured Remote

CRN#: 34201 1 Session M

2/27 6:30-9:30 p.m.

Instructor: James M. Ingoe

Making Smart Investment Decisions

Making smart investment decisions can make a big difference over your life time and especially what you save for your retirement. With some basic understanding of investment products and risk and return, you can take steps to grow your nest egg. Discuss investment products, risk and return, volatility, and how fees can impact your portfolio. Learn the questions to ask before you invest, the red flags of fraud, and how to use the free resources on Investor.gov, the SEC's online portal for individual investors.

Course: PRF178 1.5 Hours

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

Online: Structured Remote

CRN#: 34200 1 Session W

2/15 6:30-8 p.m.

Instructor: Alan Sorcher

Maximizing Social Security Benefits

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

Course: PRF159 3 Hours

\$20 + \$20 fee = \$40; NMR add \$30

Online: Structured Remote

CRN#: 34202 1 Session T

2/21 6:30-9:30 p.m.

Instructor: Neal Seagle

Mutual Funds

Content: Mutual Funds and Exchange Traded Funds (ETFs) Learn how to read a mutual fund prospectus and shareholder reports, and discuss how to compare mutual funds. Examine exchange-traded funds (ETFs) and understand how they differ from mutual funds. Discuss how to research and compare mutual funds using free resources and the importance of understanding your investment objectives and risk tolerance. Learn about free resources on Investor.gov, the SEC's online portal, and tips to avoid fraud.

Course: PRF175 2 Hours

\$15 + \$10 fee = \$25; NMR add \$30

Online: Structured Remote

CRN#: 34313 1 Session R

2/23 6:30-8:30 p.m.

Instructor: SEC Instructors

Probate in Maryland: An Overview for Executors-To-Be

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

Course: PRF033 5 Hours

\$65 + \$65 fee = \$130; NMR add \$120

Online: Structured Remote

CRN#: 34315 2 Sessions W

4/19-4/26 6:30-9 p.m.

Instructor: Lindsey Sarowitz

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

Rejuvenate Your Retirement

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

Course: PRF032 5 Hours

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

Rockville Campus 220 MK

CRN#: 34162 2 Sessions W
3/15-3/22 1-3:30 p.m.

Instructors: James M. Ingoe, Donald Chomas

Online: Structured Remote

CRN#: 34181 2 Sessions R
2/16-2/23 1-3:30 p.m.

Instructors: James M. Ingoe, Donald Chomas

Retirement Distribution Strategies

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

Course: PRF174 6 Hours

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

Rockville Campus 103 MK

CRN#: 34199 2 Sessions W
4/12-4/19 6:30-9:30 p.m.

Instructor: Neal Seagle

Retirement Planning Today

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

Course: PRF169 6 Hours

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

Germantown Campus 153 PK

Instructors: Grant LaGasse, Perry Lazerus

CRN#: 34209 2 Sessions R
1/26-2/2 6:30-8:30 p.m.

CRN#: 34208 2 Sessions T
1/31-2/7 6:30-9:30 p.m.

CRN#: 34197 2 Sessions W
3/22-3/29 6:30-9:30 p.m.

CRN#: 34210 2 Sessions R
3/23-3/30 6:30-9:30 p.m.

Rockville Campus

Instructors: Russel M Rifkin, James M. Ingoe

CRN#: 34190 2 Sessions W
2/22-3/1 6:30-9:30 p.m. 101 MK

CRN#: 34193 2 Sessions T
2/28-3/7 6:30-9:30 p.m. 104 MK

Takoma Park/Silver Spring Campus 201 CU

Instructors: Allison B. McCarty, Perry Lazerus

CRN#: 34198 2 Sessions T
4/25-5/2 6:30-9:30 p.m.

CRN#: 34207 2 Sessions R
4/27-5/4 6:30-9:30 p.m.

Sherwood High School

Instructors: Allison B. McCarty, Grant LaGasse

CRN#: 34191 2 Sessions R
2/23-3/2 6:30-9:30 p.m.

CRN#: 34192 2 Sessions T
2/28-3/7 6:30-9:30 p.m.

Online: Structured Remote

Instructors: Russel M Rifkin, James M. Ingoe

CRN#: 34184 2 Sessions R
2/2-2/9 6:30-9:30 p.m.

CRN#: 34189 2 Sessions W
2/8-2/15 6:30-9:30 p.m.

CRN#: 34194 2 Sessions W
3/15-3/22 6:30-9:30 p.m.

CRN#: 34195 2 Sessions T
3/21-3/28 6:30-9:30 p.m.

Find Us on Facebook!

Learn about free events, new course offerings, registration information, special announcements, and more.

<http://bit.ly/MCLLIfacebook>



Stocks, Bonds, Mutual Funds, and ETFs Explained

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

Course: PRF172 5 Hours

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

Online: Structured Remote

CRN#: 34203 2 Sessions M

4/10-4/17 6:30-9:30 p.m.

Instructor: James M. Ingoe

Stocks: An In-Depth Look

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

Course: PRF147 8 Hours

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

Online: Structured Remote

CRN#: 34204 4 Sessions M

3/6-3/27 6:30-9:30 p.m.

Instructor; James M. Ingoe

Wills and Estates

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

Course: PRF171 6 Hours

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

Rockville Cmapus

CRN#: 34205 2 Sessions R

4/6-4/13 6:30-9:30 p.m.

Instructor: Lindsey Sarowitz

Online: Structured Remote

CRN#: 34206 2 Sessions W

3/1-3/8 6:30-9:30 p.m.

Instructor: Lindsey Sarowitz

Professional and Career Development

Career Exploration Boot Camp

What are you good at? What are your natural and work-related strengths? Discover and match them with career areas in which you would be most successful. Choose to apply your skills to your career or volunteering and other life opportunities. Engage in a series of insightful individual and group exercises and conduct research into career areas of interest to you. Draft your career plan while being supported through your career exploration stage by your classmates and career coach. TWA

Course: CRP013 12 Hours

\$45 + \$59 fee = \$104; NMR add \$120

Online: Structured Remote

CRN#: 34156 4 Sessions R

2/9-3/9 6:30-9:30 p.m.

No class 2/16

Instructor: TBA

How to Land Your Job

Learn innovative and traditional proven job search techniques to help you land the job you want. This class provides a comprehensive approach to employment search, including resume writing, LinkedIn, and the latest self-marketing and networking techniques. Explore how to distinguish yourself from others competing for the same jobs and how to impress employer with your interviewing skills. Learn how to use career and job search resources, such as Career Coach, and networking and employment resources, such as social media. TWA

Course: CRP535 10 Hours

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

Online: Structured Remote

CRN#: 34160 4 Sessions M

3/20-4/10 6:30-9 p.m.

Instructor: Sean Wright

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

Wellness

Gentle Yoga for Mood and Strength

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

Course: LLI723 6 Hours
\$34 + \$35 fee = \$69; NMR add \$50

Rockville Campus 131 PE
CRN#: 34283 7 Sessions F
2/17-4/7 11-11:50 a.m.
Instructor: Monica M. 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: LLI383 20 Hours
\$30 + \$87 fee = \$117; NMR add \$120

Germantown Campus Pool
CRN#: 34444 24 Sessions T R
1/24-4/19 10-10:50 a.m.
No class 3/14, 3/16
Instructor: Kim Harris

Rockville Campus Pool
CRN#: 34167 24 Sessions M W
1/23-4/12 9-9:50 a.m.
Instructor: Christine H. Harrison
CRN#: 34168 24 Sessions M W
1/23-4/12 5-5:50 p.m.
Instructor: Christine H. Harrison

Classes marked with this code **CoL** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. See more details on page 21.

Improving Balance, Posture, and Core Strength

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

Course: LLI676 7.5 Hours
\$50 + \$39 fee = \$89; NMR add \$50

Rockville Campus 121 PE
CRN#: 34163 9 Sessions M
2/13-4/10 10-10:50 a.m.
Instructor: Christine H. Harrison

Line Dancing for Everyone

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

Course: LLP005 6 Hours
\$34 + \$35 fee = \$69; NMR add \$50

Rockville Campus 137A PE
CRN#: 34305 6 Sessions M
3/6-4/17 6-7 p.m.
No class 4/3
Instructor: Gizelle E. Merced

Become a Lifelong Learning Ambassador!

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

If you would like to become a LLI Ambassador, please contact Natasha Sacks at natasha.sacks@montgomerycollege.edu

Personal Fitness I **Co-L**

An individualized fitness course with emphasis on improving the health-related components of physical fitness. Principles of conditioning will be applied to develop a personalized training program to enhance cardiovascular conditioning, strength and muscular endurance, flexibility, and body composition. Note: You will be joining credit students in this co-listed credit class. Check the MC Bookstore for details regarding textbooks. TWA

Course: LLI887 25 Hours

\$132 + \$69 fee = \$201; NMR add \$266.80

Rockville Campus 137B PE

CRN#: 34173 30 Sessions M W
1/23-5/10 1-1:50 p.m.
Instructor: Leslie Wasilco

Online: Structured Remote

CRN#: 34174 30 session T R
1/24 - 5/11 12-12:50 p.m.

Instructor Richard Shaw

Use PHED166 CRN 30986 for textbook information

For more information, see <https://www.montgomerycollege.edu/academics/mc-open/>

Tai Chi for Physical and Mental Well-being

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

Course: LLI277 6 Hours

\$40 + \$69 fee = \$109; NMR add \$120

Rockville Campus 137A PE

CRN#: 34165 7 Sessions W
2/22-4/19 2-2:50 p.m.

No class 3/15,4/5

Instructor: Glenn Moy

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

Yoga **Co-L**

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: LLI279 25.5 Hours

\$132 + \$69 fee = \$201; NMR add \$266.80

Germantown Campus 108 PG

CRN#: 34405 26 Sessions T R
2/7-5/11 9:30-10:30 a.m.

No class 3/14, 3/16

Instructor: Kurtis H. Kieswetter

Please Check the MC Bookstore for details regarding textbooks. Use PHED149 CRN 32985 for textbook information.

Rockville Campus 131 PE

CRN#: 34783 14 Sessions M W
3/27-5/10 6:30-8:30 p.m.0 p.m.

Instructor: TBA

Please Check the MC Bookstore for details regarding textbooks. Use PHED149 CRN 32826 for textbook information.

Wellness Supply List!

Material lists for LLI Wellness classes are available at

www.montgomerycollege.edu/lifelonglearning/

World Languages Classes

Learn a World Language—Expand Your Opportunities

Montgomery College Workforce Development and Continuing Education's World Language classes can help you realize your goal of learning a new language without worrying about grades or big exams.

Come join us for Chinese, French, German, Hebrew, Italian, Russian, or Spanish!

Please check our website for the up-to-date schedule.

www.montgomerycollege.edu/wdce

Or call and/or email us.

Laura Weihrauch, Program Manager

laura.weihrauch@montgomerycollege.edu

240-567-1862

Tracy Ritenour, Program Coordinator

tracy.ritenour@montgomerycollege.edu

240-567-1807

Registration Options

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

Payments

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

Registration will not be processed without appropriate payment.

Option 1: In-Person Registration

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

Gaithersburg Business Training Center Room 400

8:30 a.m.–9 p.m. (M–R)
8:30 a.m.–4:30 p.m. (F)
8:30 a.m.–4 p.m. (S) currently closed on Sat.

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

8:30 a.m.–5 p.m. (M–R)
8:30 a.m.–4:30 p.m. (F)

Rockville Campus 220 Campus Center

8:30 a.m.–5 p.m. (M–F)
8:30 a.m.–12 p.m. (S)

Takoma Park/Silver Spring Campus 230 CF, Customer Service

8:30 a.m.–5 p.m. (M–R)
8:30 a.m.–4:30 p.m. (F)

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

Option 2: Online (Web) Registration

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

Option 3: Mail Registration

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

Option 4: Fax Registration

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

Residential Policy

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

- Students attending Montgomery College will pay tuition according to their residency classification.
To qualify for in-state tuition, a student must be a U.S. Citizen, Permanent Resident or have a qualifying Visa status.
- To qualify, for tuition purposes, as a resident of the state of Maryland, legal domicile must have been maintained for a period of not less than three months prior to the first regularly scheduled class for the semester; unless you are a member of the Military covered under HB935.
- The domicile of a person registering in a noncredit course at Montgomery College shall be considered as a person's permanent place of abode, where physical presence and possessions are maintained, and where he/she intends to remain indefinitely.

Refund Policy

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

Transfer Policy

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

Tuition Waiver

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

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

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

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

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

Co-Listed Classes

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

Room Numbers

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

Day Designation

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

Key to Codes

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

REGISTRATION FORM
Workforce Development and Continuing Education

Please Print Clearly



All information is required. Incomplete forms will be returned to the student unprocessed. For registration assistance call 240-567-5188.
FAX completed registration form with credit card information to 240-683-6945.
Mail completed registration form with payment to WDCE Registration, 51 Mannakee Street, CC 220, Rockville, MD 20850.

College ID Number:
Birthdate: - -
Sex Female Male

Last Name:
First Name:
Middle Initial:

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

City:
State: Zip: -

Home Phone:
Work Phone:
Cell:

E-Mail:

Have you attended MC before? Yes No *If you have ever taken a credit class at MC and the last class (credit or non-credit) you took at MC was more than 4 years ago, you must also complete and submit a Student Reactivation form found at: <http://www.montgomerycollege.edu/studentforms>.*

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

MILITARY: If the military is paying for your course(s), you must submit the last 4 digits of your SSN.
STUDENTS WITH DISABILITIES: If you need support services due to a disability, call Workforce Development & Continuing Education at 240-567-4118 at least three weeks before class begins.

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

RACE: Choose all that apply, you may choose more than one. (Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.)
 American Indian or Alaskan Native Asian Black or African American Native Hawaiian and other Pacific Islander White

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

CHECK ALL THAT APPLY:
 I have been a Maryland resident [as defined in the Montgomery College Catalog] for at least three months.
 I am 60 years of age or older. (Applicable to designated tuition waiver courses for Maryland residents only.)
 I am a Maryland National Guard member enlisted for at least a 24 month period and submitting proof of such from the adjutant general's office.

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

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

Student Signature Required Date

Please indicate payment by: Check (payable to Montgomery College) Credit card: MasterCard VISA Discover

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

Lifelong Learning Institute
Spring 2023 Course Schedule

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The Lifelong Learning Institute is committed to creating intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. Adults of any age may register for these classes. Maryland residents age 60+ pay fee only. For more information, please visit: www.montgomerycollege.edu/lifelonglearning.