

# SENIOR ADVENTURES IN LEARNING AT CCBC SUMMER 2026



**This summer, explore Senior Adventures in Learning at CCBC! Embark on your next hobby, friendship or learning opportunity. Take courses at CCBC Hunt Valley, Owings Mills, Catonsville, Essex and Dundalk or online.**

## ART

ART 273

### Discover Acrylic Painting

Explore acrylic painting basics, including brushes, paints, color theory and application techniques. Bring a canvas pad, three nylon brushes, a palette and primary paint colors to class. Instructor: Maryna Novohorodska.

Total Cost: \$78 (Tuition: \$0 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
30093	M(6)	7/13-8/17	10 a.m.-12 p.m.	Hunt Valley



*Individuals 60+ years old only pay fees.*

For more information, call 443.840.2222 or visit [ccbcmd.edu/seniors](http://ccbcmd.edu/seniors).

ART 839

## Acrylic Painting #2

Elevate your acrylic painting prowess! Explore underpainting, tackle complex subject matter and receive personalized guidance and constructive critiques to perfect your art. Prerequisite: Basic Acrylic Painting. Instructor: Alan Fink.

Total Cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30328	R(10)	7/9-9/10	10 a.m.-12 p.m.	Owings Mills

ART 927

## Basic Acrylic Painting Part 2

Advance your intermediate acrylic artistry with techniques in perspective, spatial relationships, composition, colorwork, brushwork and portrait painting while receiving expert critiques. Instructor: Alan Fink.

Total Cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30325	F(10)	7/10-9/11	10 a.m.-12 p.m.	Zoom

ARB 282

## Animal Magnetism in Art

Explore the allure, symbolism and meaning of animals in art while learning to depict realistic fur, eyes and features using various mediums, including oil and watercolor. IMPORTANT NOTE: You need to have basic skills of drawing and painting in order to take this class. Instructor: Jennifer Murtha.

Total Cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30106	T(10)	7/14-9/15	1-3 p.m.	Hunt Valley

ARB 283

## Beginners UV Resin Workshop

Discover the world of UV resin art in this hands-on workshop. Learn about resin types, tools, molds, coloring and safety while crafting jewelry, keychains and other small projects. Material Fee of \$15 to be brought by each student to the first class session and paid directly to instructor. Instructor: Jackie Orsini.

Total Cost: \$59 (Tuition: \$0 Fees: \$59)

CRN#	Day/Ses.	Dates	Time	Location
30185	M(2)	8/3-10	12-3:30 p.m.	Hunt Valley
30184	F(2)	7/10-17	12-3:30 p.m.	Hunt Valley

ART 043

## Drawing for Beginners

Unlock your drawing talent. Learn to use lines, shapes, form, contour and perspective. Bring a 9"x12" or larger drawing pad, a pencil and eraser. Supply list to follow. Instructor: Marcia Bornfriend.

Total Cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30280	T(10)	7/7-9/8	10 a.m.-12 p.m.	Owings Mills

ART 977

## Beginning Drawing Part 2

Expand your skills using charcoal, pastels and graphite. Learn to create portraits, perspective drawings, landscapes and still lifes. Bring a pencil and art pad to first class; supply list to follow. Instructor: Marcia Bornfriend.

Total Cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30326	F(10)	7/10-9/11	10 a.m.-12 p.m.	Owings Mills

ARB 251

## Drawing I

Master essential drawing skills and create confident, accurate artwork through hands-on guidance and instructor-led demos. Instructor: Negin Nejad Mohseni.

Total Cost: \$134 (Tuition: \$0 Fees: \$134)

CRN#	Day/Ses.	Dates	Time	Location
30103	T(10)	7/14-9/15	9:30 a.m.-12:45 p.m.	Hunt Valley

ARB 271

## Drawing II

Build on Drawing I skills and atelier techniques using a mechanical pencil, pan pastel or charcoal. Master block-in and mass-in methods to create expressive, professional-quality drawings. Instructor: Negin Nejad Mohseni.

Total Cost: \$134 (Tuition: \$0 Fees: \$134)

CRN#	Day/Ses.	Dates	Time	Location
30101	T(10)	7/14-9/15	1-4:15 p.m.	Hunt Valley

ART 117

## Drawing Studio

Practice drawing landscapes, portraits or objects from observation or imagination. Improve the way you use line, shape, value, form, contour and perspective. No Instructor or Instruction associated with this class. This is an independent drawing studio for students.

Total Cost: \$45 (Tuition: \$0 Fees: \$45)

CRN#	Day/Ses.	Dates	Time	Location
30456	F(8)	7/10-8/28	10-11:30 a.m.	Hunt Valley

ARB 279

## Ink and Watercolor: Summer Studies

Capture summer scenes in ink and watercolor. Practice essential drawing and painting techniques, explore composition and complete projects to build skill and express creativity. Instructor: Alina Kubriel.

Total Cost: \$78 (Tuition: \$0 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
77337	T(6)	6/23-7/28	10 a.m.-12 p.m.	Zoom

**ART 891****Portrait and Oil Painting Combo**

Refine your portrait and oil painting skills, focusing on lighting, posing and technique. Bring a drawing pad, graphite pencils, a kneaded eraser and portrait photo to class. **IMPORTANT NOTE:** Students must have basic drawing and painting skills in order to register for this class. Instructor: Jennifer Murtha.

Total Cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30118	R(10)	7/16–9/17	10 a.m.–12 p.m.	Hunt Valley

**ARB 284****Set and Prop Design (NEW)**

Learn to design and build props. Develop concepts, select materials—especially recycled—and complete the construction of your project.

Total Cost: \$71 (Tuition: \$0 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30279	T(6)	7/7–8/11	11 a.m.–12:30 p.m.	Owings Mills

**ARB 274****Student Art Show**

Celebrate student creativity! View artwork by students of instructor Alan Fink’s art courses on Friday, June 26, 2026, from 2–5 p.m. at CCBC Owings Mills. No cost, registration encouraged.

Total Cost: \$0 (Tuition: \$0 Fees: \$0)

CRN#	Day/Ses.	Dates	Time	Location
75662	F(1)	6/26	2–5 p.m.	Owings Mills

**ARB 024****Watercolor – Beginner**

Get started with watercolor. Learn the tricks used in controlling this versatile medium. Basic drawing techniques are helpful but not required. Supplies will be discussed during first class session. Instructor: Karen Ruberry.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30167	R(5)	8/6–9/3	9:30–11:30 a.m.	Essex

**ART 321****Watercolor Painting – Beginners/Intermediate**

Learn watercolor painting techniques like wash, dry brush and masking to create landscapes, still lifes and portraits. Materials list will be supplied. Bring materials to first class. **IMPORTANT NOTE:** You need basic drawing and painting skills in order to take this class.

Total Cost: \$99 (Tuition: \$10 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location	Instructor
30100	T(10)	7/14–9/15	10 a.m.–12 p.m.	Hunt Valley	Jennifer Murtha
30316	W(10)	7/8–9/9	1–3 p.m.	Owings Mills	James Wilson
30102	R(10)	7/16–9/17	1–3 p.m.	Hunt Valley	Jennifer Murtha

# COMPUTERS

## PCO 509

### Adapting to AI Awareness and Usage (NEW)

Get comfortable using AI by using two simple tools, learning to spot real versus fake information and gaining skills for everyday use. Instructor: Joann Angbazo.

Total Cost: \$73 (Tuition: \$10 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
30314	W(5)	7/8-8/5	1-2:30 p.m.	Owings Mills

## PCA 696

### Android Phones and Tablets

Learn how to purchase and confidently use an Android smart device, including how to install and use apps, take photos, shoot videos and more. IMPORTANT NOTE: You MUST bring your devices to each class session. Instructor: Katessa Trafton.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30092	M(5)	7/13-8/17	10 a.m.-12 p.m.	Hunt Valley

## PCO 357

### Beginning iPhones for Seniors

Use your iPhone like a pro. Learn to use apps, the camera and GPS and begin to integrate its features into your daily life. Bring your iPhone to each class.

Total Cost: \$88 (Tuition: \$10 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location	Instructor
30097	T(5)	7/14-8/11	10 a.m.-12 p.m.	Hunt Valley	Dona Rucci
30130	F(5)	7/17-8/14	1-3 p.m.	Hunt Valley	Katessa Trafton
30129	F(5)	8/21-9/18	2-4 p.m.	Dundalk	Kayla Tullis

## PCO 260

### Computers: Getting to Know Them #1

Become familiar with using a computer. Learn how to personalize and back up your device, use a mouse, access files, create emails, navigate browsers and set up security. Instructor: Lee Klima.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30274	M(6)	7/6-8/3	1-3 p.m.	Owings Mills
30151	S(5)	7/18-8/15	10 a.m.-12 p.m.	Hunt Valley

**PCO 261****Computers: Getting to Know Them #2**

Build on skills learned in Computers: Getting To Know Them #1, including email operation, text modification, attachments, toolbar controls, text size, columns, stationery, signatures and receipts. Instructor: Lee Klima.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30152	S(5)	8/22-9/26	10 a.m.-12 p.m.	Hunt Valley

**PCO 295****Computers: Getting to Know Microsoft Excel #4**

Get comfortable with Microsoft Excel's formulas, headers, passwords, timestamps, paintbrush, row and column resizing, cell formatting, freeze frames and more. Bring a flash drive to save your work weekly.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30272	M(5)	8/10-9/14	10 a.m.-12 p.m.	Owings Mills

**PCO 294****Computers: Getting to Know Microsoft Word #3**

Use Microsoft Word effectively to create documents. Explore the toolbar, dropdown menus and email merging. Prerequisites: Computers: Getting to Know Windows 10 and Computers: Getting to Know Email.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30277	M(5)	7/6-8/3	10 a.m.-12 p.m.	Owings Mills

**PCO 495****Computers: Getting to Know PowerPoint**

Build confidence in Microsoft PowerPoint by creating your first presentation. Learn to organize ideas using simple visuals, multimedia and transitions to share your ideas effectively.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30330	R(5)	7/9-8/6	10 a.m.-12 p.m.	Owings Mills

**PCA 808****iPad for Seniors**

Learn to navigate your iPad, connect to Wi-Fi and manage photos, videos and music with confidence. Bring your personal iPad to each class. Instructor: Katessa Trafton.

Total Cost: \$73 (Tuition: \$10 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
30131	F(4)	8/21-9/11	1-2:45 p.m.	Hunt Valley

# COOKING

Please check for food allergies before registering for any cooking classes.

CKG 320

## Harvest to Home: Farm to Table

Learn how to select and prepare fresh, local ingredients using simple recipes. Discover key cooking terms and taste the finished dishes. \$50 Materials fee paid to Michelle's Kitchen at the first class.

Instructor: Michelle Sapp.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30329	R(6)	8/20–10/1	10:30 a.m.–12 p.m.	Owings Mills

CKG 322

## Classic New Orleans Cooking

Discover the soul of New Orleans cuisine in this cooking-focused lecture exploring the rich histories, geographies and ingredients that distinguish Cajun and Creole traditions. Students will observe and assist in preparing classic dishes—including Chicken and Andouille Sausage Jambalaya, rice and a Muffuletta—while learning the cultural influences behind these iconic flavors. IMPORTANT NOTE: Please be aware of your own food allergies before registering for this class and this is demonstration class where the instructor will be demonstrating how to make these dishes. Instructor: Michelle Sapp.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
78848	M(1)	6/22	10:30 a.m.–12 p.m.	Hunt Valley

# CRAFTS AND HOBBIES

ARB 269

## Fashion Design for Beginners

Explore the basics of fashion design. Create custom patterns from measurements, learn industry terminology and gain experience in sketching, fabric identification and garment construction. Instructor: Trish Presley.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30278	T(6)	7/7–8/11	1–2:30 p.m.	Owings Mills

ART 817

## Introduction to Crochet

Learn the essentials for crochet success. Practice hook/yarn selection, pattern reading and stitching. Work on a semester project. Materials discussed in first session. Instructor: Colleen Harbison.

Total Cost: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30119	W(10)	7/15–9/16	10 a.m.–12 p.m.	Zoom

**HIT 825****Introduction to Calligraphy**

Discover the art of calligraphy to create original invitations, business cards and announcements. Learn about calligraphy's techniques, styles, history and cultural impact. Material fee of \$50 to be paid to instructor during first class session. Instructor: Stephanie Gould.

Total Cost: \$88 (Tuition: \$10 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
30091	M(6)	7/20-8/24	10 a.m.-12 p.m.	Catonsville

**ART 901****Jewelry Making with Wire Work: Make Your Own Accessories**

Learn wire work basics and tool uses to design your own jewelry. Create custom pieces with clasps, links and beads while selecting the correct wire. Material fee of \$45 to be paid to instructor during first class session. Beginners and intermediate makers are welcomed. New projects each semester. Instructor: Jackie Orsini.

Total Cost: \$83 (Tuition: \$0 Fees: \$83)

CRN#	Day/Ses.	Dates	Time	Location
30098	W(6)	7/8-8/12	1-3:30 p.m.	Hunt Valley

**ART 953****Knitting for Beginners**

Get started with knitting. Learn terminology and practice knit/purl stitches, casting on and binding off, how to select the correct needles sizes and yarn type for projects. Materials fee: \$18, due first class. Instructor: Margi Granek.

Total Cost: \$71 (Tuition: \$0 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30275	M(6)	7/6-8/10	1-2:30 p.m.	Owings Mills

**ART 914****Making Beautiful and Fun Greeting Cards**

Craft greeting cards! Explore techniques, styles and materials to create cards for all occasions. Bring scissors, a ruler, pencils and tape. Materials fee: \$10, due first class. Instructor: Christine Tripson.

Total Cost: \$58 (Tuition: \$0 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
30276	M(4)	7/6-27	1-2:30 p.m.	Owings Mills

ART 936

## Next Step: Beyond the Basics – Jewelry Making with Wire Work: Make Your Own Accessories

Level up your jewelry designs! Go beyond the basics of wirework and create more complex pieces. Learn about and use jewelry-making tools on small class projects. Determine which wire to use when and personalize your pieces with clasps, links and beads. Interested students should have basic wirework skills. Material fee of \$45 to be paid to instructor during first class session. Beginners and intermediate makers are welcomed. New projects each semester. Instructor: Jackie Orsini.

Total Cost: \$78 (Tuition: \$0 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
73700	W(5)	5/27–6/24	1–3:30 p.m.	Hunt Valley

## HISTORY, POLITICS AND EVENTS

HST 361

### A Century of Beauty: Mansions and Churches of the Chesapeake 1750–1850 (NEW)

Uncover the history, people, lifestyles, architecture and religious influence behind lesser-known historic mansions and churches along the Chesapeake Bay and Potomac River. Instructor: Meg Fairfax Fielding.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30317	W(6)	7/8–8/12	10–11:20 a.m.	Owings Mills

HST 357

### African American Military History

Discover African Americans' courage and contributions in U.S. military history, including Civil War spies, Harlem Hellfighters, Vietnam reconnaissance and Medal of Honor recipients. Instructor: Courtney Atkins.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30176	T(6)	7/14–8/18	10:30 a.m.–12 p.m.	Essex

HST 358

### African American Military Units of the Second World War: A Survey

Explore the contributions, achievements and enduring legacy of African American units in World War II, from the Tuskegee Airmen to the 6888th Postal Directory Battalion. Instructor: Courtney Atkins.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30177	T(6)	7/14–8/18	1–2:30 p.m.	Essex

**HST 350****Classical Music and Composers**

Explore classical music history, genres and orchestration. Study legendary composers, discover the contributions of female and Black artists and connect these traditions to the music of the modern world.

Instructor: Bruce Reinke.

Total Cost: \$85 (Tuition: \$10 Fees: \$75)

CRN#	Day/Ses.	Dates	Time	Location
30124	F(7)	7/10–8/21	10:30 a.m.–12 p.m.	Essex
30107	M(7)	8/3–9/21	10:30 a.m.–12 p.m.	Hunt Valley

**ARB 281****Comedy, What It Is and What It Isn't**

Unpack the history, styles and common misunderstandings of comedy. Explore how humor shapes human connection and perspective while defining what comedy is and isn't. Instructor: Jerry Gietka.

Total Cost: \$68 (Tuition: \$10 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
30134	M(4)	8/24–9/21	1:30–3 p.m.	Hunt Valley

**POS 090****Current Issues in America: Facts or Fiction**

Discuss key issues shaping the U.S. today in a safe, welcoming space. Employ critical thinking skills to separate facts from fiction and examine how media and politics shape our views. Instructor: Gineen Gray.

Total Cost: \$85 (Tuition: \$10 Fees: \$75)

CRN#	Day/Ses.	Dates	Time	Location
30104	T(7)	7/14–8/25	10–11:30 a.m.	Catonsville

**PHI 009****Famous Philosophers: Age of Reason**

Explore the minds of the Enlightenment. From Bacon and Descartes to Galileo and Pascal, uncover how these thinkers championed reason, liberty and the triumph of science over superstition. **IMPORTANT NOTE:** Students need a basic understanding of Philosophy to take this class. Instructor: Katessa Trafton.

Total Cost: \$73 (Tuition: \$10 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
30090	M(5)	7/13–8/10	1:30–3 p.m.	Catonsville

**HST 229****German Baltimore and the World Wars: From Anarchist and Nazis to Defenders of America**

Examine how the World Wars reshaped Baltimore's German community. Uncover the tension between anarchist, Nazi and patriotic influences as residents navigated their identities during global conflict.

Instructor: Jennifer Liles.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30143	F(6)	8/14–9/25	10:30 a.m.–12 p.m.	Hunt Valley

**HST 325****Great American Short Stories**

View American short story classics in a new light, including the works of Hawthorne, Hemingway and Poe. Discuss how literature reflects history and shapes national identity. Instructor: Rob Jacobs.

Total Cost: \$70 (Tuition: \$10 Fees: \$60)

CRN#	Day/Ses.	Dates	Time	Location
30174	F(10)	7/17-9/18	10-11:30 a.m.	Zoom

**HST 144****Historical Days in American History**

Analyze the turning points that defined a nation. Explore the figures, events and dates that shaped American history and continue to influence our modern world. IMPORTANT NOTE: This is a simulcast class where a live, in-person class and a virtual Zoom class will occur at the same time. Instructor: Patrick Heline.

Total Cost: \$73 (Tuition: \$10 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
30116	R(7)	7/16-9/3	11:45 a.m.-12:45 p.m.	Hunt Valley
30117	R(7)	7/16-9/3	11:45 a.m.-12:45 p.m.	Zoom

**HST 171****History of Birth**

Trace the history of childbirth in America, from colonial times to today, exploring societal shifts, medical advances, health impacts and the evolving laws shaping birthing practices. Instructor: Jennifer Liles.

Total Cost: \$73 (Tuition: \$10 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
73661	M(5)	6/1-29	10:30 a.m.-12 p.m.	Hunt Valley

**HIT 501****History of the American Presidency: Polk to Buchanan**

Examine the presidencies of Polk through Buchanan. Evaluate their careers, accomplishments and struggles to see how they laid down the seeds of conflict that led to the Civil War. IMPORTANT NOTE: This is a simulcast class where a live, in-person class session will be going out at the same time a virtual Zoom session will as well. Instructor: Patrick Heline.

Total Cost: \$99 (Tuition: \$26 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30198	R(8)	7/16-9/10	10-11:30 a.m.	Zoom
30197	R(8)	7/16-9/10	10-11:30 a.m.	Hunt Valley

POS 089

## History of the New Testament

Explore the New Testament's historical, political and cultural backdrop. Analyze passages and discuss political authority, religious identity and the development of early Christian communities. Instructor: Katessa Trafton.

Total Cost: \$85 (Tuition: \$10 Fees: \$75)

CRN#	Day/Ses.	Dates	Time	Location
30114	W(7)	8/5-9/16	1-2:30 p.m.	Hunt Valley

HST 328

## Invisible Leaders: The Untold Stories of Women in Leadership, Past and Present

Discover powerful women from influential queens and warriors to reformers and political pioneers. Examine the roles of race, class and gender in shaping past, present and future leadership. Instructor: Gineen Gray.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30094	M(6)	7/13-8/17	1-2:30 p.m.	Hunt Valley

HST 367

## Jewish Immigration to America: 1890 to the Present

Trace the waves of Jewish immigrants to the U.S. since 1890, uncovering their challenges, settlements, cultural contributions and enduring impact on American society. Instructor: Harry Ezratty, Esq.

Total Cost: \$68 (Tuition: \$10 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
30318	W(4)	7/8-29	1-2:30 p.m.	Owings Mills

PHI 010

## Laughing Matters: Philosophy Through 1970's and 80s Sitcoms

Analyze episodes from sitcoms like The Mary Tyler Moore Show, Taxi and Three's Company through ancient and contemporary philosophy, exploring how media shapes culture and ideas. Instructor: Katessa "Tessa" Trafton.

Total Cost: \$93 (Tuition: \$10 Fees: \$83)

CRN#	Day/Ses.	Dates	Time	Location
30281	T(10)	7/7-9/8	10-11:30 a.m.	Owings Mills

HST 346

## The History of Asian Art

Study the history of Asian art across India, China, Japan and Vietnam, exploring diverse traditions and learning how art expresses cultural identity, heritage and social values. Instructor: Anne Rickerts.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30099	T(6)	7/28-9/1	1:30-3 p.m.	Hunt Valley

**HST 355****The History of Broadway from Vaudeville to Hamilton**

Take a musical journey through Broadway, exploring the influences, styles, milestones and cultural impact that have shaped performance and storytelling across generations. Instructor: Duane Moody.

Total Cost: \$94 (Tuition: \$10 Fees: \$84)

CRN#	Day/Ses.	Dates	Time	Location
30178	W(8)	7/15-9/2	1-3 p.m.	Catonsville

**POS 078****The History of the Russian and Soviet Secret Police**

Explore how Russian rulers, from Ivan the Terrible to Putin, have used police states to maintain power. Study the security practices and organizations behind centuries of control. Instructor: Rich Caballero.

Total Cost: \$73 (Tuition: \$10 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
30115	W(5)	7/1-29	10:30 a.m.-12 p.m.	Hunt Valley

**HST 356****The Kings of Egypt Part II**

Trace the rise and fall of Egypt's Ptolemaic dynasty. Explore Alexander's legacy, Cleopatra's reign, civil wars and Rome's ascendancy while uncovering its lasting cultural and political impact. Instructor: Tamee Bollinger.

Total Cost: \$73 (Tuition: \$10 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
30175	S(5)	7/18-8/15	10-11:30 a.m.	Hunt Valley

**PDV 468****The Psychology of Thriving After 60: Psychology for a Fulfilling Life**

Discover practical strategies to stay mentally sharp, emotionally resilient and socially engaged throughout your 60s and beyond. Instructor: Asia Johnson.

Total Cost: \$88 (Tuition: \$10 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
30120	F(6)	8/14-9/18	10 a.m.-12 p.m.	Catonsville

**HST 291****The Revolutionary Generation and the Formation of the American Government**

Analyze the foundations of American government. Examine the Articles of Confederation, the Constitution and the bold ideas that drove the Founding Fathers to shape a nation. Instructor: Dr. Lester Brooks.

Total Cost: \$63 (Tuition: \$10 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
74214	F(2)	6/5-12	10 a.m.-12 p.m.	Hunt Valley

POS 088

## Trump's Transformative Second Year

Examine President Trump's second-year actions impacting immigration, trade, regulatory reforms and foreign policy and assess the role of Congress, the courts, political parties and the media. Instructor: Barry Rascovar.

Total Cost: \$68 (Tuition: \$10 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
30332	R(4)	7/9-30	10:30 a.m.-12 p.m.	Owings Mills
30331	R(4)	7/9-30	10:30 a.m.-12 p.m.	Zoom

HST 343

## Ukrainian Culture and Language

Explore Ukrainian culture and language while practicing hands-on painting inspired by traditional Petrykivka decorative art. Instructor: Maryna Novohorodska.

Total Cost: \$76 (Tuition: \$10 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
30132	T(6)	7/14-8/18	1-2:30 p.m.	Hunt Valley

HST 368

## Uniquely Maryland – Backroads and Byways of MD

Reimagine Maryland's landscapes through the eyes of author Leslie Atkins. Discuss Poe, John Wilkes Booth, the B&O Railroad, bridges, horseracing and haunting legends along the byways. Instructor: Leslie Atkins.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30216	W(6)	7/22-8/26	2-3:30 p.m.	Zoom

HST 345

## Voting Rights in the United States 1787 to Present

Examine the colonial foundations, landmark reforms and ongoing challenges of voting rights in America. Instructor: Bill Krause.

Total Cost: \$85 (Tuition: \$10 Fees: \$75)

CRN#	Day/Ses.	Dates	Time	Location
30133	W(7)	7/15-8/26	1-2:30 p.m.	Hunt Valley

HST 349

## Everyday Mysticism

Discover everyday mysticism in sunrises, shared meals or quiet moments. Explore gratitude, storytelling and mindfulness to notice the sacred in daily life. No experience required. Instructor: Chasity Weiner.

Total Cost: \$56 (Tuition: \$0 Fees: \$56)

CRN#	Day/Ses.	Dates	Time	Location
30113	T(4)	9/1-9/22	11:30 a.m.-12:45 p.m.	Zoom

HST 348

## The Interrelationship with Dance, Culture and Global Travel

Experience Latin American dance as a window into culture and identity. Learn folkloric traditions, social significance and cultural humility while practicing movements that tell stories and connect communities.

Total Cost: \$73 (Tuition: \$10 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
30105	T(5)	9/1-9/29	10:30 a.m.-12 p.m.	Catonsville

## LANGUAGES

FLA 088

### Conversational Spanish for Beginners

Learn basic conversational Spanish for greetings, introductions, conversations, travel, shopping and expressing needs and feelings. Explore the cultural diversity of Latin America. Please purchase this workbook: *Spanish is Fun, Lively Lessons for Beginners, Book 1, 5th Edition*. Instructor: Jean Meyer.

Total Cost: \$93 (Tuition: \$10 Fees: \$83)

CRN#	Day/Ses.	Dates	Time	Location
30319	W(10)	7/8-9/9	10-11:30 a.m.	Owings Mills

FLA 093

### Conversational Spanish for Beginners Part 2

Advance your Spanish skills to express needs and feelings, expand your vocabulary, recognize items and engage in longer conversations. Prerequisite: Conversational Spanish for Beginners. Please purchase this workbook: *Spanish is Fun, Lively Lessons for Beginners, Book 1, 5th Edition*. Instructor: Jean Meyer.

Total Cost: \$93 (Tuition: \$10 Fees: \$83)

CRN#	Day/Ses.	Dates	Time	Location
30320	T(10)	7/7-9/8	10-11:30 a.m.	Owings Mills

FLA 234

### Conversational Spanish for Beginners Part III

Enhance your Spanish fluency with advanced conversation, reading and writing exercises. Broaden your vocabulary, engage in deeper dialogue and deepen your cultural exploration. Instructor: Bertha Narvaez Ortiz.

Total Cost: \$96 (Tuition: \$20 Fees: \$76)

CRN#	Day/Ses.	Dates	Time	Location
30112	T(7)	8/18-9/29	1-3 p.m.	Essex

# LEARN LECTURES

Lunch not included for Learn Lectures.

## HST 257

### Carried Away: The Evolution of Handbags and Louis Vuitton and Judith Leiber's Role

Trace the evolution of handbags from Otzi the Iceman to fashion icons, Louis Vuitton and Judith Leiber. Discover why men first carried bags and how they became collectible art. IMPORTANT NOTE: This is only a Learn Lecture; no lunch follows. Instructor: Barbara Blumberg.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
73972	F(1)	6/5	10:30 a.m.–12 p.m.	Hunt Valley

## ENV 038

### Rebuilding Syria's Agriculture and Forest Resources

Delve into Syria's post-conflict agricultural and forest recovery efforts. Examine water, soil and forest management strategies for sustainable land restoration in arid climates. IMPORTANT NOTE: This is only a Learn Lecture; no lunch follows. Instructor: Jim Himel.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
74036	F(1)	6/12	10:30 a.m.–12 p.m.	Catonsville

## HST 331

### An Extraordinary Life: Alexander Hamilton

Discover Alexander Hamilton's journey from the Caribbean to U.S. leadership, exploring his military service, political influence, Treasury role and enduring legacy as a Founding Father. IMPORTANT NOTE: This is only a Learn Lecture; no lunch follows. Instructor: Dr. Lester Brooks.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
30159	F(1)	7/17	10:30 a.m.–12 p.m.	Hunt Valley

## HST 196

### History of Essex

Explore the history of Essex, Maryland—from its waterfront, amusements and farm life to its vibrant community and pivotal role in World War II. IMPORTANT NOTE: This is only a Learn Lecture; no lunch follows. Instructor: Jennifer Liles.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
30145	F(1)	8/21	10:30 a.m.–12 p.m.	Hunt Valley

**HST 347****Woodstock Festival: Now and Then**

Revisit the magic of Woodstock, from 1969 to modern Bethel Woods celebrations. Discuss the performances and firsthand accounts to recapture a magical moment in history and art. **IMPORTANT NOTE:** This is only a Learn Lecture; no lunch follows. Instructor: Denny Lynch.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
30128	W(1)	8/26	10:30 a.m.–12 p.m.	Hunt Valley

**HST 353****Historical Colonial Lecture Series on Jefferson and Williamsburg**

Explore Thomas Jefferson’s life, including his homes and challenges as an architect, inventor and Founding Father. Uncover how mentor George Wythe and Colonial Williamsburg shaped his legacy and the nation. Series of 4 one time lectures: (1) At Home With Mr. Jefferson, (2) Jefferson and Poplar Forest and the Fate of Monticello, (3) Jefferson’s Second Father—The Story of George Wythe and (4) Williamsburg, Virginia: A History and Restoration. If you would be interested in taking either 3 or 4 of these lectures, please register for the lecture series. Instructor: Dave Udris.

Total Cost: \$110 (Tuition: \$10 Fees: \$100)

CRN#	Day/Ses.	Dates	Time	Location
30144	F(4)	9/4–10/2	10:30 a.m.–12 p.m.	Hunt Valley

**HIS 549****At Home with Mr. Jefferson**

On a little mountaintop in Charlottesville, VA, the power of place merges with the power of timeless ideas. Explore the enlightened spirit of this most complex and fascinating of the founding fathers by examining Jefferson from inside his world at Monticello. Explore his personal life, the effect that the estate had on his power and personality, and Monticello as a center of power and influence for those who followed. Instructor: Dave Udris.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
30146	F(1)	9/4	10:30 a.m.–12 p.m.	Hunt Valley

**HIT 132****Jefferson and Poplar Forest and the Fate of Monticello**

Jefferson sought a retreat after his presidency, and designed and built these two homes for his private use. Poplar Forest allowed him to carry on his favorite pursuits of thinking, studying and reading; Monticello, however, presented a financial challenge that led to bankruptcy. Learn about the sale, purchase and plans to save this home. Instructor: Dave Udris.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
30147	F(1)	9/18	10:30 a.m.–12 p.m.	Hunt Valley

**HIT 599****Jefferson's Second Father — The Story of George Wythe**

Discuss and analyze the life, accomplishments and impacts of this extraordinary lawyer, Virginia legislator, mayor, judge, and enemy of slavery. One of the most influential teachers in American history, Wyeth taught students of the highest caliber, including 16-year-old Thomas Jefferson and is considered one of the most important Revolutionaries and Founding Father's in U.S. history. Instructor: Dave Udris.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
30148	F(1)	9/25	10:30 a.m.–12 p.m.	Hunt Valley

**HIT 639****Williamsburg, Virginia: A History and Restoration**

Learn about early life in the colonial capital city through the people, lifestyle and culture and examine the reasons why this Virginia capital was relocated to Richmond. Explore the efforts of John D. Rockefeller to restore this town that fell to ruin in the 19th century back to its colonial glory. Instructor: Dave Udris.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
30149	F(1)	10/2	10:30 a.m.–12 p.m.	Hunt Valley

**LUNCH AND LEARN****HST 313****Bravery in the Shadows: Teenage Couriers of the Ghetto (NEW)**

Discover the courageous network of young women who risked everything to serve as couriers between ghettos during WWII, demonstrating the power of hope and resistance. Lunch will follow at Glyndon Grill. Instructor: Mitchell Kraus.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
76257	T(1)	6/9	10:30 a.m.–12 p.m.	Owings Mills

**HST 318****Espionage Heels: The Role of Women Spies (NEW)**

Meet history's courageous women spies. Learn about their tactics, talents and motivations and how they helped or hindered wars. Discuss the pros and cons of being a female spy. Lunch will follow at Glyndon Grill. Instructor: Barbara Blumberg Ressin.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
76253	R(1)	6/25	10:30 a.m.–12 p.m.	Owings Mills

HIT 499

## Alexander the Great: A Man Who Changed the World

Uncover the extraordinary life of this legendary conqueror. Examine how Alexander's early years, temperament, accomplishments and conquests transformed Western civilization and the modern world. Lunch will follow at Bluestone. Instructor: Bob Baer, Ph.D.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
30161	F(1)	7/24	10 a.m.–12 p.m.	Hunt Valley

HST 362

## From the Front Porch: Old Time Music (NEW)

Discover American old-time music's roots. Explore toe-tapping recordings, live demonstrations and the instruments and melodies that shape this homegrown sound. Lunch will follow at TBD. Instructors: Karen Webber and James Wilson.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
30398	M(1)	8/25	10:30 a.m.–12 p.m.	Owings Mills

HST 364

## History of Mysteries (NEW)

Trace the history of mystery writing from Poe to today. Explore influential authors, styles and Maryland's role in shaping the genre through both legendary and lesser-known writers. Lunch will follow at Glyndon Grill. Instructor: Flo McCohan.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
30393	T(1)	7/21	10:30 a.m.–12 p.m.	Owings Mills

HST 197

## History Of Women Handbags, including the Life of Judith Leiber

Enrich your knowledge of the evolution, design and uses of women's handbags and explore the legacy of 20th-century handbag designer Judith Leiber. Lunch will follow at Glyndon Grill. Instructor: Barbara Blumberg Ressin.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
30392	T(1)	7/14	10:30 a.m.–12 p.m.	Owings Mills

LAW 056

## Maryland State Court System (NEW)

Join an experienced trial lawyer to explore Maryland's court system. Discuss civil and criminal cases, small claims, appeals and when a judge or jury decides a case. Lunch will follow at Glyndon Grill. Instructor: Alan J. Bloom, Esq.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
30391	W(1)	7/8	10:30 a.m.–12 p.m.	Owings Mills

**HST 360****Mystery of the Lost Colony (NEW)**

Put on your detective hat, follow the clues and dissect the theories of the mysterious 1590 vanishing of 100 colonists in the Roanoke settlement. Lunch will follow at Glyndon Grill. Instructor: Bob Baer, Ph.D.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
30527	M(1)	7/27	10:30 a.m.–12:30 p.m.	Owings Mills

**POS 085****Status Report on Trump's Second Term**

Assess President Trump's second term, examining mass deportations, tariffs and federal job eliminations. Discuss the domestic and global impact of these policies. Lunch will follow at Glyndon Grill. Instructor: Barry Rasacovar.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
76255	T(1)	6/30	10:30 a.m.–12 p.m.	Owings Mills

**ART 864****Lerner and Loewe: The Words and the Music**

Examine the careers and personal lives of Lerner and Loewe. Study their influential musicals and the obstacles songwriters face during the creative development process. Lunch will follow at Glyndon Grill. Instructor: Sandy Livingston.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
30397	W(1)	8/12	10:30 a.m.–12 p.m.	Owings Mills

**AHL 369****What Happened to My Mind...I Forgot! (NEW)**

Learn the normal signs of memory changes that occur with aging. Discuss causes, risk factors, treatments, prevention and products and the difference between dementia and Alzheimer's disease. Lunch will follow at Glyndon Grill. Instructor: Don Finkelstein.

Total Cost: \$69 (Tuition: \$0 Fees: \$69)

CRN#	Day/Ses.	Dates	Time	Location
30394	T(1)	8/4	10:30 a.m.–12 p.m.	Owings Mills

# PHOTOGRAPHY

ART 704

## Introduction to Digital Photography

Become a confident digital camera user in this class. Learn how to use the various symbols and buttons, load, organize, print, store and share images. Please bring your digital camera or devices with you to each class. Instructor: Lee Klima.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30153	S(5)	7/18-8/15	1-3 p.m.	Hunt Valley

ART 821

## Digital Photograph Enhancement

Learn how to enhance, edit and touch-up digital images and restore faded and torn photographs with Photoshop and other free photo-enhancing programs. Prerequisite: Introduction to Digital Photography. Please make sure to bring your own digital camera or devices to each class session. Instructor: Lee Klima.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30154	S(5)	8/22-9/26	1-3 p.m.	Hunt Valley

PCO 508

## Digital Photography Using Your Phone

Learn to capture gallery-worthy photographs using your smartphone. Explore composition, color, poses and filters while developing technical skills to capture compelling images. Please bring your own devices with you to each class session. Instructor: Anne Rickerts.

Total Cost: \$81 (Tuition: \$10 Fees: \$71)

CRN#	Day/Ses.	Dates	Time	Location
30150	S(6)	8/1-9/12	10:30 a.m.-12 p.m.	Catonsville

# TOURS

HST 310

## Booth and Greenmount Cemetery Walking Tour

Explore Greenmount Cemetery and uncover stories of those buried there, including John Wilkes Booth—actor, womanizer, white supremacist and assassin. Revisit Civil War history and find hidden graves. Wear sturdy shoes.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
74377	S(1)	6/27	9:30-11:30 a.m.	Off-site: Greenmount Cemetery

**HST 314****Walking Tour of Fell's Point**

Explore the homes, industries and tales of immigrants, slaves and key figures who shaped historic Fell's Point. We will meet at the end of Cross St. Market on Aliceanna St. to begin the tour. Instructor: Johns Hopkins.

Total Cost: \$39 (Tuition: \$0 Fees: \$39)

CRN#	Day/Ses.	Dates	Time	Location
76252	T(1)	6/2	10:30 a.m.–12 p.m.	Off-site: Fell's Point

**WELLNESS AND FITNESS****FIT 073****Aerobics for the Senior Adult: A Low Impact Routine**

Keep fit with our low-impact workout blending cardio and body toning. Ideal for beginners seeking a fun, safe routine.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location	Instructor
30108	W(10)	7/15–9/16	11 a.m.–12 p.m.	Catonsville	Tessa Clements
30109	R(10)	7/16–9/17	12–1 p.m.	Hunt Valley	TBD

**DAN 037****Beginning Ballroom Dancing for Seniors**

Learn ballroom fundamentals, including the styling, footwork and applications for the swing, foxtrot, waltz and cha-cha. NOTE: Partner required. Instructor: Joseph Leskovar.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30173	F(10)	7/17–9/18	11:11 a.m.–12:15 p.m.	Essex

**FIT 083****Chair Pilates**

Strengthen your core, balance, posture and flexibility using a chair for support. Perform exercises designed to reduce stress, relieve joint pain and boost overall independence.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location	Instructor
30110	F(10)	7/17–9/18	10–11 a.m.	Hunt Valley	TBD
30752	F(10)	7/17–9/18	10:30–11:30 a.m.	Zoom	Ashly McClellan

PDV 463

## Earth Medicine: How to Make and Use Herb and Plant Therapies

Learn to grow and harvest therapeutic herbs. Explore how to set up a personal indoor/outdoor garden, identify wild medicinal plants, follow herbal recipes and embark on a plant-based lifestyle. Instructor: Jana Long.

Total Cost: \$58 (Tuition: \$0 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
76360	T(4)	6/23-7/14	1:30-3 p.m.	Hunt Valley

FIT 189

## Gentle Yoga for Seniors

Stretch your way to health! Learn and practice basic poses and breathing exercises for enhanced well-being, joint alignment and relaxation. Bring a yoga mat and wear comfortable clothes. Instructor: Debbie Vojik.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30273	M(10)	7/6-9/14	11 a.m.-12 p.m.	Owings Mills

FIT 150

## Line Dancing for Seniors

Embrace line dancing fearlessly. Master basic steps for five or more diverse dances in this beginner-friendly course. No partner required. Instructor: Joseph Leskovar.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30166	F(10)	7/17-9/18	10-11 a.m.	Essex

FIT 145

## Lively Drumming for Better Health and Wellness

Energize your body and improve your heart health and coordination while drumming to the beat. Equipment provided. Please dress comfortably. Instructor: Rachael Fuller.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30096	T(10)	7/14-9/15	11:30 a.m.-12:30 p.m.	Hunt Valley
30095	M(10)	7/13-9/21	1:30-2:30 p.m.	Hunt Valley

FIT 125

## Low Impact Cardio, Mobility and Strength Exercises

Show your heart some love with low-impact aerobic exercises, strength building and gentle stretching for improved mobility and fitness. Instructor: Debbie Vojik.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30327	R(10)	7/9-9/10	10-11 a.m.	Owings Mills

**PDV 301****Mindfulness Meditation**

Discover techniques to quiet your mind, reduce stress and boost your emotional, physical and mental health.

Total Cost: \$63 (Tuition: \$0 Fees: \$63)

CRN#	Day/Ses.	Dates	Time	Location
30395	T(8)	7/7-8/25	10-11 a.m.	Zoom

**FIT 151****Mobility for Seniors: CIRCL Mobility TM**

Enhance your daily life through functional movement. Practice CIRCL Mobility techniques focusing on flexibility, coordination, breathwork and mobility to help you move better as you age. Instructor: Rachael Fuller.

Total Cost: \$83 (Tuition: \$10 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30162	M(10)	7/13-9/21	3-4 p.m.	Hunt Valley
30163	T(10)	7/14-9/15	1-2 p.m.	Hunt Valley

**FIT 232****Qigong Flow**

Practice fluid movement, intentional breathing and meditation to enhance your strength, flexibility, balance and mind-body harmony.

Total Cost: \$56 (Tuition: \$0 Fees: \$56)

CRN#	Day/Ses.	Dates	Time	Location	Instructor
30324	R(4)	7/9-7/30	10:30-11:45 a.m.	Owings Mills	Jacqueline Dailey
30122	F(5)	8/21-9/18	10-11 a.m.	Catonsville	Jacqueline Dailey

**ARB 280****Salsa Dancing for Seniors**

Move to lively salsa rhythms! Master basic steps that emphasize joint mobility and strength while boosting memory, coordination and heart health. Instructor: Jacqueline Dailey.

Total Cost: \$56 (Tuition: \$0 Fees: \$56)

CRN#	Day/Ses.	Dates	Time	Location
30123	F(5)	7/17-8/14	11:30 a.m.-12:30 p.m.	Catonsville

**FIT 238****Senior Aquatic Wellness**

Enhance your balance, muscle tone and overall wellness through guided pool exercises designed specifically for seniors.

Total Cost: \$74 (Tuition: \$10 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location	Instructor
77415	T(10)	6/2-8/4	10-11 a.m.	Dundalk	Linda Watson
77414	W(10)	6/3-8/5	6:30-7:30 p.m.	Dundalk	Angie Carpenter
77371	F(9)	6/5-8/14	10-11 a.m.	Dundalk	Linda Watson
77372	F(9)	6/5-8/14	10:40-11:40 a.m.	Essex	Barb Cochnar
77373	F(9)	6/5-8/14	11:50 a.m.-12:50 p.m.	Essex	Buchie Lynch
77413	M(10)	6/8-8/10	6:30-7:30 p.m.	Dundalk	Angie Carpenter

**FIT 183****Standing Pilates**

Improve your physical health with a low-impact workout by adapting mat Pilates to standing exercises. Enhance your flexibility, core and posture through a variety of exercises designed with beginners and seniors in mind.

Total Cost: \$56 (Tuition: \$0 Fees: \$56)

CRN#	Day/Ses.	Dates	Time	Location	Instructor
30341	R(4)	7/9-30	12-1:15 p.m.	Owings Mills	Jacqueline Dailey
30121	F(5)	7/17-8/14	10-11 a.m.	Catonsville	Jacqueline Dailey

**FIT 094****Tai Chi I**

Experience vitality with Tai Chi, the "Dance of Life". Enhance your coordination and balance through gentle movements that are suitable for all ages. Wear comfortable clothes and flat shoes.

Instructor: Paul Jakubowski.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30126	F(10)	7/17-9/18	9:30-10:30 a.m.	Hunt Valley

**FIT 091****Tai Chi II**

Deepen your Tai Chi practice through advanced breathing, weight shifts and movement techniques.

Prerequisite: Tai Chi I. Instructor: Paul Jakubowski.

Total Cost: \$73 (Tuition: \$0 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
30127	F(10)	7/17-9/18	11 a.m.-12 p.m.	Hunt Valley

**HIT 879****Walking Around Baltimore: Beautiful Parks**

Step into wellness with "Walking Around Baltimore: Baltimore's Beautiful Parks". Join this series to cultivate exercise habits while exploring parks' natural beauty and history. Walking enhances blood pressure, circulation and mood. Enjoy small group camaraderie while visiting Centennial Park, Sawmill Creek Park, Middle Branch Park, Gunpowder Falls State Park and Leakin Park at Winans Meadow. An orientation at CCBC Hunt Valley kickstarts the course, providing essential walk details. Each session covers around 3 miles, so wear comfy shoes and bring water for hydration. **IMPORTANT NOTE:** First session will be at the CCBC Hunt Valley for an orientation. Instructor will give out all information at the orientation for all the other walks. Instructor: Robin Minor.

Total Cost: \$99 (Tuition: \$15 Fees: \$84)

CRN#	Day/Ses.	Dates	Time	Location
30800	S(1)	8/22-8/22	10-11:30 a.m.	Hunt Valley
	S(5)	8/29-10/31	10-11:30 a.m.	Off-site: Baltimore's Beautiful Parks

**WRITING****WRI 133****Writing a Book**

Learn to write a book of any genre. Explore material use, idea communication, essential details, beginning-to-end processes, editing and printing paths. Instructor: Leslie Atkins.

Total Cost: \$94 (Tuition: \$10 Fees: \$84)

CRN#	Day/Ses.	Dates	Time	Location
30282	T(8)	7/7-8/25	10 a.m.-12 p.m.	Zoom

**WRI 110****Writing to Capture Memories**

Capture and share your memories in a memoir or as fiction. Learn how to progress from draft to publishing your book or shorter pieces. Instructor: Leslie Atkins.

Total Cost: \$94 (Tuition: \$10 Fees: \$84)

CRN#	Day/Ses.	Dates	Time	Location
30168	W(8)	7/15-9/2	10 a.m.-12 p.m.	Zoom

**WRI 166****Classic Short Stories and Why We Love Them**

Explore five classic short stories and their authors, analyzing how they employ character, setting, plot, human themes and symbolism to create lasting meaning. Instructor: Katherine Lewis.

Total Cost: \$88 (Tuition: \$10 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
30125	R(6)	7/16-8/20	10 a.m.-12 p.m.	Catonsville

# FRIENDLY SENIORS AT CCBC ESSEX

## SUMMER 2026 SESSION

Wednesdays, July–August 19 (only 7 weeks) • CCBC Essex, Arts and Humanities Building, Rm 211 (in person)

### Music of the Civil War

10–11:30 a.m. • Instructor: Patrick Heline

### Better Health and Wellness for the Senior Adult

11:45 a.m. –1 p.m. • Instructor: TBD

### Classical Music and Composers

1:30–3 p.m. • Instructor: Bruce Reinke

For more information contact Patrick Heline at **443.840.1036**.

## SENIORS PROGRAM HISTORICAL LECTURE SERIES AT CCBC CATONSVILLE

Come join the Seniors program for a fun and educational historical lecture series, containing two related topics under discussion. Learn and discuss fascinating and rich history associated with these topics in a fun, safe, enjoyable environment and forge friendships with other participants along the way. Please contact Patrick Heline at either **443.840.1036** or email [pheline@ccbcmd.edu](mailto:pheline@ccbcmd.edu) for more information.

Students must call in and register for this lecture series at either **443.840.2222** or **443.840.5830** using the CRN **#30187**. When you call and register for the lecture series, you will get two classes for the cost of one.

Cost of the series: \$71 for in county residents.

### Title of Lecture Series, Summer 2026: Civil War History

Every Tuesday starting 7/14 and ending on 8/18.

### History of the Civil War (Survey Class)

10:15–11:30 a.m. • Instructor: Dr. Lester Brooks

### Music of the Civil War

1–2:30 p.m. • Instructor: Patrick Heline



## BECOME AN INSTRUCTOR

### Do you have an expertise or talent you would like to share with the senior population?

The Senior program at CCBC is always looking for qualified instructors in the areas of land and water exercise, humanities, history and the arts.

For more information, contact Steve Edmonston at [sedmonston@ccbcmd.edu](mailto:sedmonston@ccbcmd.edu).