

# SENIOR ADVENTURES IN LEARNING AT CCBC

## SUMMER 2025



**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 873

### Acrylic Painting for All

Learn to paint with acrylic paints whether you are a beginner or have some experience. The course includes individualized instruction and critiquing. Gain knowledge in canvas preparation and color mixing. By the end of the course, you will complete at least one still life or landscape. Instructor: Alan Fink.

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70533 | R(10)    | 7/10-9/11 | 10 a.m.-noon | OM       |

*Individuals 60+ years old only pay fees.*

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

**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 |
|-------|----------|-----------|--------------|----------|
| 70530 | F(10)    | 7/11–9/12 | 10 a.m.–noon | Zoom     |

**ART 977****Beginning Drawing – Part 2**

Expand on your Drawing for Beginners skills by mastering charcoal, pastels and graphite. Learn to create portraits, perspective drawings, landscapes and still life. Bring a pencil and art pad to the first class; a supply list will be provided. Instructor: Marcia Bornfriend.

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

| CRN#  | Day/Ses. | Dates   | Time     | Location |
|-------|----------|---------|----------|----------|
| 70630 | T(10)    | 7/8–9/9 | 1–3 p.m. | OM       |

**ART 043****Drawing for Beginners**

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

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

| CRN#  | Day/Ses. | Dates   | Time         | Location |
|-------|----------|---------|--------------|----------|
| 70592 | T(10)    | 7/8–9/9 | 10 a.m.–noon | OM       |

**ART 117****Drawing Studio**

Practice drawing landscapes, portraits or objects from observation or imagination. Improve the way you use line, shape, value, form and contour and perspective. IMPORTANT NOTE: There is no direct instruction for this course. It is simply a studio class for students to work on their artwork.

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

| CRN#  | Day/Ses. | Dates     | Time          | Location |
|-------|----------|-----------|---------------|----------|
| 70714 | F(10)    | 7/11–9/12 | 10–11:30 a.m. | HV       |

**PDV 399****Fashion and Art Wellness**

Release emotions and thoughts through art, fashion pictures and writing prompts. Create a vision board of your future goals. Instructor: Trish Presley.

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

| CRN#  | Day/Ses. | Dates    | Time               | Location |
|-------|----------|----------|--------------------|----------|
| 70511 | T(6)     | 7/8–8/12 | 11 a.m.–12:30 p.m. | OM       |

**ART 976****Independent Drawing Studio**

Explore various mediums, subjects and artistic styles of your choice. Create independent art while improving your drawing skills through critiques and encouragement from your instructor. Instructor: Marcia Bornfriend.

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

| CRN#  | Day/Ses. | Dates    | Time     | Location |
|-------|----------|----------|----------|----------|
| 70594 | M(10)    | 7/7-9/15 | 1-3 p.m. | OM       |

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

Refine your portrait and oil painting skills, focusing on lighting, posing and techniques. Students need to have basic drawing and painting skills to take this class. Bring a drawing pad, graphite pencils, kneaded eraser and a portrait photo. Material list to follow. Instructor: Jennifer Murtha.

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70073 | R(10)    | 7/10-9/11 | 10 a.m.-noon | HV       |

**ART 997****Summer Vibes in Ink and Watercolor**

Use ink and watercolor to create vibrant summer-themed art, including sunny landscapes, floral patterns and seaside scenes. Ideal for beginner to intermediate artists looking to enhance their skills. Instructor: Alina Kubiel.

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

| CRN#  | Day/Ses. | Dates   | Time         | Location |
|-------|----------|---------|--------------|----------|
| 70153 | T(6)     | 7/1-8/5 | 10 a.m.-noon | Zoom     |

**ARB 024****Watercolor – Beginner**

This course is designed for the beginning painter. Students will unlock the secrets of watercolor by learning the tricks and techniques involved with controlling this versatile medium. Knowledge of basic drawing techniques would be helpful but not required. Materials will be discussed during the first class. Instructor: Karen Ruberry.

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

| CRN#  | Day/Ses. | Dates   | Time            | Location |
|-------|----------|---------|-----------------|----------|
| 70120 | R(5)     | 8/7-9/4 | 9:30-11:30 a.m. | EC       |

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

Learn painting skills, including wash, dry brush and masking techniques for subjects such as landscapes, still life and portraits. Supply list will be emailed before the first class. Instructor: Jennifer Murtha. Prerequisite: Drawing I Class or basic drawing and painting skills.

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70076 | T(10)    | 7/8-9/9   | 10 a.m.-noon | HV       |
| 70071 | R(10)    | 7/10-9/11 | 1-3 p.m.     | HV       |

ART 949

## Watercolor Pencil Painting

Explore watercolor pencil techniques, learn color theory and complementary colors and practice blending, mixing and shadowing to add texture and dimension to your art. Instructor: Trish Presley.

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

| CRN#  | Day/Ses. | Dates    | Time        | Location |
|-------|----------|----------|-------------|----------|
| 70512 | T(6)     | 7/8-8/12 | 1-2:30 p.m. | OM       |

## COMPUTERS

PCA 841

### Basic iPad/iPhone

Discover the best practices for operating, maintaining and navigating your iPad and iPhone. Learn how to use Apple software and updates, use practical and popular devices and apps, operate the camera feature, better understand the iCloud and how you can integrate technology into your daily life. Students MUST bring their own Apple devices to each class session. Instructor: Dona Rucci.

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

| CRN#  | Day/Ses. | Dates    | Time         | Location |
|-------|----------|----------|--------------|----------|
| 70072 | T(6)     | 7/8-8/12 | 10 a.m.-noon | HV       |

PCO 260

### Computers: Getting to Know Them #1

Gain computer basics in a relaxed class setting. 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 |
|-------|----------|----------|--------------|----------|
| 70546 | M(5)     | 7/7-8/4  | 10 a.m.-noon | OM       |
| 70129 | S(5)     | 7/12-8/9 | 10 a.m.-noon | HV       |

PCO 261

### Computers: Getting to Know Them #2

Building on skills from Computers: Getting To Know Them #1, learn 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 |
|-------|----------|-----------|--------------|----------|
| 70128 | S(5)     | 8/16-9/20 | 10 a.m.-noon | HV       |

PCO463

## Computers Part 2: Getting to Know Email

Obtain and manage your email account. Learn to use text formatting, attachments, customizations and toolbars and block spam. Recommended: Complete Computers Getting to Know Them, Part 1 first. Bring a flashdrive to class. Instructor: Lee Klima.

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

| CRN#  | Day/Ses. | Dates     | Time     | Location |
|-------|----------|-----------|----------|----------|
| 70545 | M(5)     | 8/18–9/22 | 1–3 p.m. | OM       |

PCO464

## Computers Part 3: Getting to Know Microsoft Word

Learn to use Microsoft Word effectively by creating different types of documents, using the toolbar and dropdown menus and merging emails. Prerequisites: Computers Getting to Know Them, Part 1 and Computers Part 2: Getting to Know Microsoft Email. Instructor: Lee Klima.

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

| CRN#  | Day/Ses. | Dates    | Time         | Location |
|-------|----------|----------|--------------|----------|
| 70536 | R(5)     | 7/10–8/7 | 10 a.m.–noon | OM       |

PCO465

## Computers Part 4: Getting to Know Microsoft Excel

Learn how to manage Excel effectively using formulas, headers, passwords, timestamps, paintbrush, row and column resizing, cell formatting, freeze frames and more. Bring a flash drive to class to save your work. Instructor: Lee Klima.

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70535 | R(5)     | 8/14–9/11 | 10 a.m.–noon | OM       |

PCO460

## Cyber for Seniors: Let's Learn About Artificial Intelligence (AI)

Stay safe in today's tech-driven world. Learn how AI works and gain confidence using smart devices while protecting your privacy. Instructor: Kim Thornton.

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70138 | R(6)     | 8/21–9/25 | 10 a.m.–noon | CC       |

PCO461

## Cyber for Seniors: Stay Safe Online

Learn to spot online scams and stay safe on the internet. Engage in fun, hands-on activities to reinforce your skills. Instructor: Kim Thornton.

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

| CRN#  | Day/Ses. | Dates   | Time         | Location |
|-------|----------|---------|--------------|----------|
| 70139 | T(6)     | 8/5–9/9 | 10 a.m.–noon | HV       |

PCO455

## Introduction to Chromebooks

Learn to navigate setup, basic functions, app usage and file management on your Chromebook, reducing frustration and ensuring a smooth start. Perfect for beginners needing step-by-step guidance. Bring your Chromebook to class. Instructor: Lee Klima.

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

| CRN#  | Day/Ses. | Dates    | Time     | Location |
|-------|----------|----------|----------|----------|
| 70541 | R(5)     | 7/10–8/7 | 1–3 p.m. | OM       |

PCA 794

## Introduction to Using Your MacBook

Set up and use your MacBook with confidence. Learn how to organize and store files and folders, use built-in Apple software programs, such as iTunes, word processing and photography. Also, unpack iCloud and how to maintain your MacBook for longevity. Bring your MacBook device to each class. Instructor: Kayla Tullis.

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

| CRN#  | Day/Ses. | Dates     | Time            | Location |
|-------|----------|-----------|-----------------|----------|
| 70103 | F(6)     | 8/15–9/19 | 12:30–2:30 p.m. | HV       |

## COOKING

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

CKG302

## Summer Salads and Desserts

Join Chef Michelle to create fresh summer fare, including tortellini pasta salad, peach arugula salad and a mixed berry galette. Be mindful of food allergies before registering. Instructor: Michelle Sapp.

Total Cost: \$35 (Tuition: \$0 Fees: \$35)

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 70193 | M(1)     | 7/14  | 10:30 a.m.–noon | HV       |

## CRAFTS AND HOBBIES

ARB 247

## Bits and Pieces: Collage Work

Discover the art of combining materials like paper, photos, fabric and wood to create compositions. Learn techniques in paper collage, decoupage, photomontage and assemblage. Suitable for all experience levels. Instructor: Nan Howard.

Total Cost: \$84 (Tuition: \$0 Fees: \$84)

| CRN#  | Day/Ses. | Dates    | Time         | Location |
|-------|----------|----------|--------------|----------|
| 70124 | T(8)     | 7/8–8/26 | 10 a.m.–noon | HV       |

**ART 975****Cardmaking and Paper Crafting**

Enjoy learning card making and paper cutting with dies, stamps, stencils and more! Create greeting cards, photo folios, notebooks and gifts. Bring scissors, ruler, tape and two-sided tape to class. \$10 materials fee due at the first session. Instructor: Christine Tripson.

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

| CRN#  | Day/Ses. | Dates  | Time        | Location |
|-------|----------|--------|-------------|----------|
| 70526 | M(4)     | 7/7-28 | 1-2:30 p.m. | OM       |

**ART 817****Introduction to Crochet**

Master the essentials for crochet success! Learn hook/yarn selection, pattern reading and stitch mastery. Work on a semester project. Materials will be discussed in the first session. Instructor: Colleen Harbison.

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

| CRN#  | Day/Ses. | Dates    | Time         | Location |
|-------|----------|----------|--------------|----------|
| 70164 | W(10)    | 7/9-9/10 | 10 a.m.-noon | Zoom     |

**PDV 453****Introduction to Texas Hold'Em Poker**

Bet on big fun! Gain insights into hand rankings, the betting process, chip denominations and the rules of limit and no-limit Texas Hold'em from a licensed dealer. Instructor: John Allen.

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70528 | F(6)     | 7/11-8/15 | 10 a.m.-noon | OM       |

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

Join our jewelry-making class to learn wire work basics and tool uses and design your own pieces with clasps, links and beads. Discover the correct wire for every project. \$45 materials fee due to instructor at first class. Instructor: Jackie Orsini.

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

| CRN#  | Day/Ses. | Dates    | Time        | Location |
|-------|----------|----------|-------------|----------|
| 70074 | W(6)     | 7/9-8/13 | 1-3:30 p.m. | HV       |

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

Acquire knitting basics, including terminology, knit/purl stitches, casting on and binding off. Understand needle sizes and yarn types. Materials fee: \$18, due at first class. Instructor: Margie Granek.

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

| CRN#  | Day/Ses. | Dates    | Time        | Location |
|-------|----------|----------|-------------|----------|
| 70525 | M(6)     | 7/7-8/11 | 1-2:30 p.m. | OM       |

PDV 374

## The Ins and Outs of Counted Cross Stitch

Gain cross-stitching fundamentals. Learn basic stitches, complete a project and prepare for future creations. Materials fee: \$10, due first class. Instructor: Barbara Ezratty.

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

| CRN#  | Day/Ses. | Dates    | Time        | Location |
|-------|----------|----------|-------------|----------|
| 70519 | W(4)     | 7/16–8/6 | 1–2:30 p.m. | OM       |

## HISTORY, POLITICS AND EVENTS

WRI 223

### 20th Century American Literature

Explore the work of notable 20th-century American writers like F. Scott Fitzgerald, Kurt Vonnegut and others. Discover how history shaped their timeless writings. Instructor: Rob Jacobs.

Total Cost: \$60 (Tuition: \$10 Fees: \$50)

| CRN#  | Day/Ses. | Dates     | Time          | Location |
|-------|----------|-----------|---------------|----------|
| 70332 | F(10)    | 7/11–9/12 | 10–11:30 a.m. | Zoom     |

POS 068

### 20th Century Politics: 1900–1950

Explore America's rise to global power in the early 20th century, liberal and conservative agendas, the New Deal and Truman's post war leadership. Instructor: Barry Rascovar.

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

| CRN#  | Day/Ses. | Dates  | Time            | Location |
|-------|----------|--------|-----------------|----------|
| 70540 | R(4)     | 8/7–28 | 10:30 a.m.–noon | OM       |
| 70539 | R(4)     | 8/7–28 | 10:30 a.m.–noon | Zoom     |

HST 186

### A Republic: America at a Crossroads

What is a republic and why is it vulnerable to authoritarianism? Explore the historical challenges, risks and the vital role of civic engagement in safeguarding democracy in the United States. Instructor: Matthew Harding.

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

| CRN#  | Day/Ses. | Dates    | Time        | Location |
|-------|----------|----------|-------------|----------|
| 70628 | M(10)    | 7/7–9/15 | 1–2:30 p.m. | Zoom     |

HST 178

### America First: Lindbergh vs. Roosevelt

Analyze the America First Committee's rise and fall, Charles Lindbergh's opposition to FDR, U.S. isolationism, Nazi Germany's threat and America's entry into WWII. Instructor: Bill Krause.

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

| CRN#  | Day/Ses. | Dates    | Time        | Location |
|-------|----------|----------|-------------|----------|
| 70158 | W(6)     | 8/6–9/10 | 1–2:30 p.m. | HV       |



HST 083

## Baltimore Stories: Scandals, Fire, Labor and More

Delve into Baltimore's captivating history! This course is packed with intriguing information and stories ripped from the headlines, including accounts of the Baltimore Fire, scandals, immigration experiences, child labor, spy stories and more. Instructor: Jennifer Liles.

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

| CRN#  | Day/Ses. | Dates    | Time            | Location |
|-------|----------|----------|-----------------|----------|
| 70114 | M(8)     | 7/7-8/25 | 10:30 a.m.-noon | HV       |

HIT 968

## Changing Social Roles: Victorian and Modern Era Views on Sex and Culture

Dive into the fascinating intersection of sex and culture! Explore how Victorian and modern societies shape and are shaped by attitudes toward sex and gender. From historical shifts to legal and professional impacts, uncover the evolving landscape of human sexuality. Instructor: Jennifer Liles.

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

| CRN#  | Day/Ses. | Dates    | Time            | Location |
|-------|----------|----------|-----------------|----------|
| 70119 | R(5)     | 7/10-8/7 | 10:30 a.m.-noon | EC       |

POS 069

## China Today

Learn about modern China's government, domestic issues, economic policies and global views. Explore ways to ease international tensions and find common ground with China. Instructor: Len Lazarick.

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

| CRN#  | Day/Ses. | Dates    | Time                  | Location |
|-------|----------|----------|-----------------------|----------|
| 70629 | W(4)     | 8/13-9/3 | 10:30 a.m.-12:30 p.m. | OM       |

HIT 817

## Civilizations of the Ancient World

Discuss the humble beginnings of some of the world's earliest civilizations to some of the most advanced ones of the ancient world. Examine the society, culture, religious practices, government organizations, art and architecture of Mesopotamia, Egypt, Greece, Minoans, Myceneans, and Romans. Determine their common characteristics and contributions to the advancement of the modern Western world. Instructor: Tamee Bollinger.

Total Cost: \$78 (Tuition: \$20 Fees: \$58)

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 37341 | S(5)     | 6/14-7/19 | 10 a.m.-noon | DC       |

SCI 048

## Current Issues in Science: Where Are We?

Discover where science stands today and where it's headed, exploring topics like climate change, space tourism, AI, pandemics, endangered species, food innovation and travel. Instructor: Don Finkelstein.

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

| CRN#  | Day/Ses. | Dates     | Time        | Location |
|-------|----------|-----------|-------------|----------|
| 70542 | R(8)     | 7/10-9/14 | 1-2:30 p.m. | OM       |

**HST 170****Essential Players in History**

Uncover the legacies of figures like Standard Oil co-founder Henry Flagler, explorers Harriet Chalmers Adams and Louise Arner Boyd, surrealist Salvador Dalí and Confederate First Lady Varina Davis. Instructor: Nancy Lotz.

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

| CRN#  | Day/Ses. | Dates   | Time            | Location |
|-------|----------|---------|-----------------|----------|
| 70140 | W(5)     | 8/6–9/3 | 10:30 a.m.–noon | HV       |

**HIS 143****First Ladies of the United States**

Explore the diverse roles of first ladies, from their personal lives to public duties, revealing their multifaceted contributions as spouses, mothers, ambassadors, hostesses and supportive partners. This course is simulcast, offered both in-person and on Zoom. Instructor: Patrick Heline.

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

| CRN#  | Day/Ses. | Dates     | Time        | Location |
|-------|----------|-----------|-------------|----------|
| 70101 | R(6)     | 7/10–8/14 | 1:30–3 p.m. | Zoom     |
| 70100 | R(6)     | 7/10–8/14 | 1:30–3 p.m. | HV       |

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

Explore key moments in American history. Delve into significant events, dates and their lasting impact. Understand the past and its influence on today by analyzing pivotal figures and their legacies. This course is simulcast, offered both in-person and on Zoom. Instructor: Patrick Heline.

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

| CRN#  | Day/Ses. | Dates     | Time                  | Location |
|-------|----------|-----------|-----------------------|----------|
| 70150 | R(7)     | 7/10–8/28 | 11:45 a.m.–12:45 p.m. | HV       |
| 70151 | R(7)     | 7/10–8/28 | 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 of birthing practices. Instructor: Jennifer Liles.

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

| CRN#  | Day/Ses. | Dates   | Time            | Location |
|-------|----------|---------|-----------------|----------|
| 70515 | T(5)     | 7/8–8/5 | 10:30 a.m.–noon | OM       |

**HST 176****History of Leaders and Leadership Around the World: The Good, the Bad and the Ugly**

Explore leadership evolution from ancient to modern times, examining ideologies, decision-making, media influence and styles, with a focus on a different world leader each session. Instructor: Sudeep Mohandas.

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

| CRN#  | Day/Ses. | Dates   | Time         | Location |
|-------|----------|---------|--------------|----------|
| 70154 | T(6)     | 8/5–9/9 | 10 a.m.–noon | CC       |

POS 065

## History of NATO and its Relevance Today

Trace NATO's evolution from 1949, examining its founding purpose, expansion, member nations and joining criteria, as well as its challenges and significance, particularly for the U.S. Instructor: Richard Caballero.

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

| CRN#  | Day/Ses. | Dates   | Time        | Location |
|-------|----------|---------|-------------|----------|
| 70517 | W(5)     | 7/9-8/6 | 1-2:30 p.m. | OM       |

MUS 241

## History of Rock and Roll: 1950s and 1960s

Discover how the American landscape exploded with the sounds of rock and roll music in the mid-1950's. From Bill Haley and the Comets to Elvis Presley and The Beach Boys, this course will take you back to the time of the sock hop. Instructor: Patrick Heline.

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

| CRN#  | Day/Ses. | Dates     | Time          | Location |
|-------|----------|-----------|---------------|----------|
| 70102 | R(8)     | 7/10-8/28 | 10-11:30 a.m. | HV       |

HST 177

## History of Rock N Roll: Billboard #1 Hits of 1975, 1965 and 1955

Let's rock! Revisit rock 'n' roll's evolution across three decades, analyzing Billboard hits, exploring the genre's impact and delving into its advent and explosive growth. Instructor: Patrick Heline.

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

| CRN#  | Day/Ses. | Dates    | Time         | Location |
|-------|----------|----------|--------------|----------|
| 70155 | S(3)     | 7/26-8/9 | 10 a.m.-noon | HV       |

PFA 191

## Learning about Contemporary Issues and Ideas

Analyze and evaluate current issues and ideas that influence contemporary American society. Explore political situations, economic conditions and cultural issues, as well as local, national and international news. Instructor: Deena Dugan.

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

| CRN#  | Day/Ses. | Dates    | Time          | Location |
|-------|----------|----------|---------------|----------|
| 70125 | T(10)    | 7/8-9/16 | 10-11:30 a.m. | HV       |

HST 175

## Navigating Different International Cultures

Enhance your understanding of diversity and cultural norms with "Culture Map" by Erin Meyer. Review the eight categories of cultural differences and create a culture map. Instructor: William "Randy" Everett.

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

| CRN#  | Day/Ses. | Dates    | Time            | Location |
|-------|----------|----------|-----------------|----------|
| 70146 | W(6)     | 8/6-9/10 | 10:30 a.m.-noon | HV       |
| 70145 | F(6)     | 8/8-9/12 | 10-11:30 a.m.   | EC       |

HST 182

## Old "New World": Settlement of the Americas Prior to Columbus

Discover the pre-1492 Americas! Explore groundbreaking archaeological finds, Native societies, tech advancements and new data for a fresh reevaluation of history.

Instructor: John "Jack" Danz.

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

| CRN#  | Day/Ses. | Dates     | Time          | Location |
|-------|----------|-----------|---------------|----------|
| 70169 | R(7)     | 7/10-8/21 | 10-11:30 a.m. | HV       |

POS 060

## Political Washington After the 2024 Election

Since the 2024 election, key issues have emerged: the Electoral College's role in U.S. elections, Congress's current state, the losing candidate/party's fate and shifting foreign and domestic affairs. Explore the impact on our lives.

Instructor: Barry Rascovar.

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

| CRN#  | Day/Ses. | Dates   | Time            | Location |
|-------|----------|---------|-----------------|----------|
| 34811 | R(4)     | 6/5-7/3 | 10:30 a.m.-noon | Zoom     |
| 34810 | R(4)     | 6/5-7/3 | 10:30 a.m.-noon | OM       |

HIT 984

## Public Lens Photojournalism and Documentary Photography in America

Explore photography's impact on American life since 1839 and its influence on war, the Great Depression, elections and civil rights. Discover how images are used to narrate compelling stories. Instructor: David Lavine.

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

| CRN#  | Day/Ses. | Dates    | Time               | Location |
|-------|----------|----------|--------------------|----------|
| 70593 | W(10)    | 7/9-9/10 | 11 a.m.-12:30 p.m. | OM       |

HST 172

## Television Westerns from 1949

Explore 75 years of American Western TV series, tracing their evolution, cultural impact and social significance. Review, critique and contrast storylines across decades. Instructor: Bill Krause.

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

| CRN#  | Day/Ses. | Dates   | Time        | Location |
|-------|----------|---------|-------------|----------|
| 70510 | T(10)    | 7/8-9/9 | 1-2:30 p.m. | OM       |

ART 995

## The Biblical Art of Marc Chagall

Discover Marc Chagall's biblical art, explore related scriptures, critique his interpretations and compare his works with other artists portraying the same biblical stories. Instructor: Sarah Rosenman.

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

| CRN#  | Day/Ses. | Dates  | Time          | Location |
|-------|----------|--------|---------------|----------|
| 70544 | M(4)     | 7/7-28 | 10-11:30 a.m. | Zoom     |

POS064

## The Executive Branch: Limited Vs. Unchecked Power

Examine legal theories on unchecked executive power, the Founders' concerns, Article II of the U.S. Constitution and the Unitary Executive Theory. Instructor: Matthew Harding.

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

| CRN#  | Day/Ses. | Dates  | Time         | Location |
|-------|----------|--------|--------------|----------|
| 70136 | M(4)     | 7/7-28 | 10 a.m.-noon | Zoom     |

HST 162

## The Kings of Egypt Part I

Explore Ancient Egypt's grandeur through its pharaohs, from the Predynastic Period to Alexander the Great's conquest. Learn about their lives, legacies and the impact of royal dynasties on Egyptian society and culture. Instructor: Tamee Bollinger.

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70147 | S(5)     | 7/26-8/23 | 10 a.m.-noon | HV       |

POS066

## The Russo-Ukrainian War and U.S. Involvement

Dive into the roots of the Russo-Ukrainian War. Examine geopolitical shifts, key players, ethical dilemmas and policy options and explore the critical question: Should the U.S. be involved? Instructor: Matthew Harding.

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

| CRN#  | Day/Ses. | Dates  | Time         | Location |
|-------|----------|--------|--------------|----------|
| 70168 | F(5)     | 8/1-29 | 10 a.m.-noon | Zoom     |

HST 174

## Theodore Roosevelt and His Times

Dive into a pivotal period in American history and learn about the legendary Theodore Roosevelt. Explore his life, character and contributions, including progressivism and social reforms. Instructor: David Hatch.

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

| CRN#  | Day/Ses. | Dates     | Time        | Location |
|-------|----------|-----------|-------------|----------|
| 70137 | M(5)     | 7/28-8/25 | 7-8:30 p.m. | Zoom     |

POS067

## U.S. Supreme Court and Its Decisions for Term 2024 to 2025

Explore U.S. Supreme Court decisions! Analyze recent cases on gun rights, gerrymandering, discrimination and transgender health care, with lively discussions on justices' opinions, historic rulings and judicial philosophies. Instructor: Deena Dugan.

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

| CRN#  | Day/Ses. | Dates   | Time        | Location |
|-------|----------|---------|-------------|----------|
| 70192 | T(5)     | 7/8-8/5 | 1-2:30 p.m. | HV       |

HST 189

## Why Ships Hit Bridges

What led to the Key Bridge collapse? Join a retired maritime attorney to examine ship disaster causes, international registration complexities and laws and hear from a Key Bridge incident investigator. Instructor: Harry Ezratty, Esq.

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

| CRN#  | Day/Ses. | Dates    | Time        | Location |
|-------|----------|----------|-------------|----------|
| 70518 | W(4)     | 7/16–8/6 | 1–2:30 p.m. | OM       |

HIT 957

## World Cultures: Diversity of Ethnicity

Immerse yourself in global cultures, cuisines and traditions to reduce misrepresentation and ease ethnic tensions. Explore communication's role in cultural conflict and explore strategies for harmony. Instructor: Sudeep Mohandas.

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

| CRN#  | Day/Ses. | Dates    | Time         | Location |
|-------|----------|----------|--------------|----------|
| 70077 | M(6)     | 8/4–9/15 | 10 a.m.–noon | CC       |

## LANGUAGES

FLA 018

### Conversational Sign Language

Learn the fundamentals of conversational American Sign Language (ASL) such as signed alphabet and essential nouns, pronouns, verb, adverbs and adjectives, and research and choose appropriate signs from an ASL dictionary. Special emphasis will be made on encouraging expressive communication incorporating music and poetry. Instructor: Rosemary Plummer.

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

| CRN#  | Day/Ses. | Dates    | Time            | Location |
|-------|----------|----------|-----------------|----------|
| 70157 | T(8)     | 7/8–8/26 | 10:30 a.m.–noon | HV       |

FLA 088

### Conversational Spanish for Beginners

Learn basic conversational Spanish for greetings, introductions, conversations, travel, shopping and expressing needs and feelings. Gain an awareness of the cultural diversity of Latin America. Instructor: Jean Meyer.

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

| CRN#  | Day/Ses. | Dates    | Time          | Location |
|-------|----------|----------|---------------|----------|
| 70520 | W(10)    | 7/9–9/17 | 10–11:30 a.m. | OM       |

FLA 093

## Conversational Spanish for Beginners – Part II

Advance your Spanish skills to express needs and feelings, expand vocabulary, recognize items and engage in longer conversations. Prerequisite: Conversational Spanish for Beginners. Instructor: Jean Meyer.

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

| CRN#  | Day/Ses. | Dates    | Time          | Location |
|-------|----------|----------|---------------|----------|
| 70514 | T(10)    | 7/8–9/16 | 10–11:30 a.m. | OM       |

FLA 426

## Spanish for Beginners I

Learn conversational Spanish, including basic conversational skills, reading comprehension, grammar and writing responses, such as greetings. Practice vocabulary, pronunciation and common expressions while exploring Spanish culture. Instructor: Bertha Narvaez Ortiz.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

| CRN#  | Day/Ses. | Dates     | Time           | Location |
|-------|----------|-----------|----------------|----------|
| 70159 | T(6)     | 8/12–9/16 | 1:30–3:30 p.m. | EC       |

## LEARN LECTURES

HST 116

### 1918 Flu Pandemic: Baltimore Stories

Explore the 1918 Spanish Influenza pandemic through the personal stories of Baltimore residents. This lecture provides perspective on a global tragedy through a poignant, local lens. Instructor: Paula Mister.

Total Cost: \$35 (Tuition: \$0 Fees: \$35)

| CRN#  | Day/Ses. | Dates | Time         | Location |
|-------|----------|-------|--------------|----------|
| 34431 | F(1)     | 6/6   | 10 a.m.–noon | HV       |

HST 180

### A Father's Son: John Quincy Adams

Explore John Quincy Adams' life, including his early years as the son of a Founding Father and president, diplomacy career, controversial presidential election and final years in Congress. Instructor: Dr. Lester Brooks.

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

| CRN#  | Day/Ses. | Dates | Time         | Location |
|-------|----------|-------|--------------|----------|
| 70162 | F(1)     | 7/11  | 10 a.m.–noon | HV       |

HST 181

### Abraham Lincoln

How did Lincoln rise from humble prairie lawyer to revered U.S. president? Explore his early years, political battles, Civil War leadership, assassination and legacy. Instructor: Dr. Lester Brooks.

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

| CRN#  | Day/Ses. | Dates | Time         | Location |
|-------|----------|-------|--------------|----------|
| 70163 | F(1)     | 8/22  | 10 a.m.–noon | HV       |

HIT 919

## The History of Towson

Learn about the history of Towson, Maryland from its founding to modern day. Learn about the Indigenous groups that called the area home, the first families that settled there, how and when Towson became the county seat of Baltimore County, the expansion of education, churches, businesses and more. Instructor: Jennifer Liles.

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

| CRN#  | Day/Ses. | Dates | Time          | Location |
|-------|----------|-------|---------------|----------|
| 70105 | F(1)     | 8/1   | 10-11:30 a.m. | HV       |

HST 122

## The History of Towson – Part II

In part two, explore Towson's transformation from a village to a city, focusing on its businesses, schools, notable figures and evolution into Baltimore County's political hub. Instructor: Jennifer Liles.

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

| CRN#  | Day/Ses. | Dates | Time          | Location |
|-------|----------|-------|---------------|----------|
| 70104 | F(1)     | 8/8   | 10-11:30 a.m. | HV       |

HIT 097

## Top 10 Greatest Musical Duets of All Time

Sometimes two can be better than one given the right formula, chemistry and connection. Learn what elements make a successful duo between two voices, how the ranking was determined and listen to the greatest duet songs of all time. Discuss the performers, the chart history of the duet songs and more. Instructor: Patrick Heline.

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

| CRN#  | Day/Ses. | Dates | Time     | Location |
|-------|----------|-------|----------|----------|
| 70121 | F(1)     | 8/15  | 1-3 p.m. | HV       |

HIS 472

## Rock 'N' Roll Legends: Bill Haley and His Comets

Enjoy how this musical pioneer laid down the essential components of rock 'n' roll music and developed what would become the standard of a rock 'n' roll band. Explore the impact the band had on the development of rock 'n' roll as "mainstream" and on the music industry itself. Instructor: Patrick Heline.

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

| CRN#  | Day/Ses. | Dates | Time     | Location |
|-------|----------|-------|----------|----------|
| 70131 | F(1)     | 7/11  | 1-3 p.m. | HV       |



# LUNCH AND LEARN

CKG 298

## Classic Italian Cooking with Lidia Bastianich

Experience the Italian cooking of TV chef Lidia Bastianich. Explore how her childhood influenced her culinary journey, learn to purchase ingredients, prepare and cook her recipes and enjoy a delicious lunch! \$25 fee due to Michelle's Kitchen at first class. Instructor: Michelle Sapp.

Total Cost: \$35 (Tuition: \$0 Fees: \$35)

| CRN#  | Day/Ses. | Dates | Time             | Location |
|-------|----------|-------|------------------|----------|
| 34826 | R(1)     | 6/5   | 10:30 a.m.-12:30 | OM       |

HST 103

## Seven Wonders of the Ancient World

Explore the Seven Wonders and the cultures that built them, including Egypt, Greece and the Near East. Discover their history, legends and archaeological discoveries. Lunch will follow at Glyndon Grill. Instructor: Bob Baer.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

| CRN#  | Day/Ses. | Dates | Time                  | Location |
|-------|----------|-------|-----------------------|----------|
| 34827 | M(1)     | 6/9   | 10:30 a.m.-12:30 p.m. | OM       |

HST 173

## Happy Birthday, Gilda!

Gilda Radner, born June 28, 1946, was a brilliant comedienne gone too soon. Join us for insights, video clips and a special performance honoring her life and legacy. Lunch will follow at Glyndon Grill. Instructor: Karen Webber, Cantor.

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

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 70605 | T(1)     | 7/8   | 10:30 a.m.-noon | OM       |

HST 191

## Joyce Scott – Artistic Royalty in Baltimore

Learn about the life and work of a multi-talented local weaver, quilter, jewelry maker, sculptor, multimedia artist and printmaker. Explore her artistry and performances addressing racism, rape and inequality. Lunch will follow at Glyndon Grill. Instructor: Howard Cohen.

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

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 70603 | W(1)     | 7/16  | 10:30 a.m.-noon | OM       |

**HST 190****The Original Inhabitants of Maryland**

Join the chief terrestrial archaeologist of the Maryland Historical Trust to explore the state's early Indigenous tribes, their lives and the impact of European settlers arriving in 1634. Lunch will follow at Glyndon Grill.  
Instructor: Zachary Singer, PhD.

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

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 70602 | W(1)     | 7/23  | 10:30 a.m.–noon | OM       |

**HST 194****The Rise of Duke Ellington**

Discover the life and music of icon Duke Ellington, from his Washington, D.C., childhood to Harlem, where he rose as a legendary pianist, composer and dance band leader. Lunch to follow at Glyndon Grill.  
Instructor: Seth Kibel

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

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 70601 | T(1)     | 7/29  | 10:30 a.m.–noon | OM       |

**HST 192****The History Behind Bridgerton**

Dive into the rich cultural and historical backdrop of "Bridgerton," exploring topics like Regency-era royalty, courtship, fashion, inheritance and Black and Indian immigrants in Britain. Lunch will follow at Glyndon Grill.  
Instructor: Amy Froide.

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

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 70600 | T(1)     | 8/12  | 10:30 a.m.–noon | OM       |

**ART 998****Wicked, an Edutainer's Presentation**

Learn about the storyline and production of Wicked's magical Broadway and film versions, exploring the score, costumes and history of the story's creators. Lunch will follow at Glyndon Grill. Instructor: Ellen Katz.

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

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 70578 | W(1)     | 8/20  | 10:30 a.m.–noon | OM       |

**HST 195****Julia Child Revisited**

Learn more about world renowned chef and cookbook author Julia Child and how she revolutionized home cooking. Examine the preparations and recipes of beef bourguignon and tarte tatin, a caramelized pear tart, and enjoy a delicious lunch. A \$25 food fee will be collected in class. Instructor: Michelle Sapp.

Total Cost: \$35 (Tuition: \$0 Fees: \$35)

| CRN#  | Day/Ses. | Dates | Time                  | Location |
|-------|----------|-------|-----------------------|----------|
| 70577 | R(1)     | 8/21  | 10:30 a.m.–12:30 p.m. | OM       |

# PHOTOGRAPHY

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. Instructor: Lee Klima.

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

| CRN#  | Day/Ses. | Dates     | Time        | Location |
|-------|----------|-----------|-------------|----------|
| 34751 | M(4)     | 6/2-23    | 1-3:30 p.m. | OM       |
| 70521 | M(5)     | 8/18-9/15 | 1-3 p.m.    | OM       |

ART 704

## Introduction to Digital Photography

Become a confident digital camera user in this class. Learn the various symbols and buttons, loading, organizing, printing, storing and sharing images. Instructor: Lee Klima.

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

| CRN#  | Day/Ses. | Dates   | Time     | Location |
|-------|----------|---------|----------|----------|
| 70523 | M(5)     | 7/7-8/4 | 1-3 p.m. | OM       |

# TOURS

HST 198

## Aquatic Adventures with the National Aquarium

Tour the National Aquarium, then enjoy lunch on your own before embarking on a sightseeing cruise through Baltimore's Inner Harbor. Meet at the aquarium Will Call window by 9:45 a.m. (501 E. Pratt Street) and the Baltimore Finger Piers by 1:45 p.m. Bring money for parking.

Total cost: \$100 (Tuition: \$0 Fees: \$100)

| CRN#  | Day/Ses. | Dates | Time           | Location |
|-------|----------|-------|----------------|----------|
| 70940 | S(1)     | 7/19  | 10 a.m.-3 p.m. | OSX      |

HST 199

## Day on the Bay Cruise to St. Michaels

Cruise across the Bay to historic St. Michaels. Enjoy a self-guided walking tour, visit the Chesapeake Bay Maritime Museum and have lunch on your own. Depart at 9:45 a.m. from Annapolis City Dock. Park at Noah Hillman Garage off Main St. Bring money for parking.

Total Cost: \$145 (Tuition: \$0 Fees: \$145)

| CRN#  | Day/Ses. | Dates | Time                | Location |
|-------|----------|-------|---------------------|----------|
| 70941 | W(1)     | 8/13  | 9:30 a.m.-5:30 p.m. | OSX      |

**HIT 744****Green Mount Cemetery Walking Tour**

During a two-hour walking tour, discover the history of the Green Mount Cemetery, constructed in 1838 with Gothic Revival architecture. Meet at the main entrance, 1501 Greenmount Avenue, Baltimore. Parking available inside the cemetery.

Total Cost: \$30 (Tuition: \$0 Fees: \$30)

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 33437 | S(1)     | 6/28  | 9:30–11:30 a.m. | OSX      |
| 70143 | S(1)     | 8/16  | 9:30–11:30 a.m. | OSX      |

**HIS 745****Historic Jonestown Walking Tour**

Anchored by the Phoenix Shot Tower, Historic Jonestown is one of the oldest neighborhoods in Baltimore City and includes often overlooked landmarks that describe a rich past history. In addition to going into the Shot Tower, on this walking tour we will learn about the city's oldest religious buildings and synagogues, the life and impact of the longest-lived signer of the Declaration of Independence, Charles Carroll, and more. This is a 2 hour walking tour of about one (1) mile in total. Participants will meet at the Carroll Mansion at 800 Lombard Street, Baltimore, MD. 21202 and there is street parking on Front Street (which you will have to pay for).

Total Cost: \$35 (Tuition: \$0 Fees: \$35)

| CRN#  | Day/Ses. | Dates | Time            | Location |
|-------|----------|-------|-----------------|----------|
| 34522 | S(1)     | 6/14  | 9:30-11:30 a.m. | OSX      |

**HST 110****Landmarks on the Inner Harbor**

Did you know the Maryland Science Center dates to 1826, Six Flags operated at the Power Plant and Domino Sugar processes 6.5 million pounds of raw sugar daily? Meet at Miss Shirley's Cafe, then walk a mile discovering Inner Harbor landmarks. Bring water. Pier 5 parking garage is across the street Bring money for parking.

Total Cost: \$35 (Tuition: \$0 Fees: \$35)

| CRN#  | Day/Ses. | Dates | Time          | Location |
|-------|----------|-------|---------------|----------|
| 34466 | F(1)     | 6/27  | 10–11:30 a.m. | OSX      |

**HST 109****LGBTQ History in Mt. Vernon Place Walking Tour**

Explore Mount Vernon, a historic LGBTQ neighborhood with 19th-century homes and cultural landmarks. Learn about pioneering lesbian women, AIDS-era medical professionals and founders of Baltimore's first Black LGBTQ church. Walk a mile; wear comfortable clothes and bring water. Meet in front of the Waxter Center, 1000 Cathedral St., Baltimore, MD 21201.

Total Cost: \$35 (Tuition: \$0 Fees: \$35)

| CRN#  | Day/Ses. | Dates | Time          | Location |
|-------|----------|-------|---------------|----------|
| 34465 | S(1)     | 6/7   | 10–11:30 a.m. | OSX      |

**HST 184****Walking Tour of Lexington Market and the Surrounding Neighborhood**

Explore Baltimore's Lexington Market! Discover stories of immigration, slavery and commerce, discuss underground tunnels, see wagon curbstones and end at the new market brimming with art and merchants. Meet at Paca St. entrance. Bring money for parking.

Total Cost: \$35 (Tuition: \$0 Fees: \$35)

| CRN#  | Day/Ses. | Dates | Time          | Location |
|-------|----------|-------|---------------|----------|
| 70194 | S(1)     | 8/23  | 10-11:15 a.m. | OSX      |

**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. Instructor: Nina Bazemore.

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

| CRN#  | Day/Ses. | Dates     | Time      | Location |
|-------|----------|-----------|-----------|----------|
| 70122 | R(10)    | 7/10-9/11 | 12-1 p.m. | HV       |

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

Improve core strength, balance, posture and flexibility with chair yoga. Exercises support muscle strength, mental clarity, stress reduction and joint pain relief and are designed to boost independence and life quality.

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

| CRN#  | Day/Ses. | Dates     | Time             | Location |                             |
|-------|----------|-----------|------------------|----------|-----------------------------|
| 70127 | R(10)    | 7/10-9/11 | 10:30-11:30 a.m. | Zoom     | Instructor: Rebecca Voelpel |
| 70126 | F(10)    | 7/11-9/12 | 10-11 a.m.       | HV       | Instructor: Nina Bazemore   |

**FIT 196****Easy Does It Gentle Yoga**

Learn gentle yoga poses and breathing techniques to build your strength, flexibility and balance while reducing stress and enhancing relaxation. Bring a mat and wear comfortable clothes. Instructor: Freddi Flax.

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70529 | F(10)    | 7/11-9/12 | 11 a.m.-noon | OM       |

**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 |
|-------|----------|----------|--------------|----------|
| 70509 | M(10)    | 7/7-9/15 | 11 a.m.-noon | OM       |

**FIT 150**

## Line Dancing for Seniors

Embrace line dancing fearlessly! Master basic steps for five or more diverse line dances, perfect for beginners. No partner required! Instructor: Joseph Leskovar.

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

| CRN#  | Day/Ses. | Dates     | Time       | Location |
|-------|----------|-----------|------------|----------|
| 70152 | F(10)    | 7/11-9/12 | 10-11 a.m. | EC       |

**FIT 145**

## Lively Drumming for Better Health and Wellness

Join our fun exercise program! Dance to the beat, improve your health and relieve stress. All equipment included. Dress comfortably. Instructor: Rachael Fuller.

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

| CRN#  | Day/Ses. | Dates    | Time                  | Location |
|-------|----------|----------|-----------------------|----------|
| 70116 | M(10)    | 7/7-9/15 | 1:30-2:30 p.m.        | HV       |
| 70118 | T(10)    | 7/8-9/9  | 11:30 a.m.-12:30 p.m. | HV       |

**FIT 125**

## Low Impact Cardio, Mobility and Strength Exercises

Learn low-impact aerobic exercises, cardio workout techniques, 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 |
|-------|----------|-----------|------------|----------|
| 70537 | R(10)    | 7/10-9/11 | 10-11 a.m. | OM       |

**PDV 455**

## Mindfulness Meditation Practice

Practice mindfulness meditation with a certified instructor to reduce your stress and enhance your well-being, relationships and self-esteem. Open to all levels. Instructor: Eva Sivan, PhD.

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

| CRN#  | Day/Ses. | Dates    | Time       | Location |
|-------|----------|----------|------------|----------|
| 70513 | T(8)     | 7/8-8/26 | 10-11 a.m. | Zoom     |

**FIT 162**

## Pickleball for Beginners

Learn pickleball in eight weeks! Master hitting, serving, rallying, scoring and rules. Get expert instruction, in-game feedback and safety tips. Court attire required. Bring water. Equipment provided.

Total Cost: \$110 (Tuition: \$0 Fees: \$110)

| CRN#  | Day/Ses. | Dates    | Time      | Location |
|-------|----------|----------|-----------|----------|
| 33050 | T(8)     | 6/3-7/22 | 9-10 a.m. | PVS      |
| 70115 | T(8)     | 8/5-9/23 | 9-10 a.m. | PVS      |

**FIT 163****Pickleball: Skills and Drills: Beyond Beginners**

Enhance your pickleball skills in eight weeks. Refine dinking, serving, positioning and strategy. Court attire required. Bring water and paddles. Prerequisite: Beginner's course or equivalent skills.

Total Cost: \$110 (Tuition: \$0 Fees: \$110)

| CRN#  | Day/Ses. | Dates    | Time             | Location |
|-------|----------|----------|------------------|----------|
| 33089 | T(8)     | 6/3–7/22 | 10:30–11:30 a.m. | PVS      |
| 70117 | T(8)     | 8/5–9/23 | 10:30–11:30 a.m. | PVS      |

**FIT 143****Standing Pilates**

Let's get vertical! Improve your core by adapting mat Pilates to standing exercises. Enhance your posture, flexibility and functionality with a low-impact workout perfect for seniors and beginners. Instructor: Jackie Daily.

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

| CRN#  | Day/Ses. | Dates     | Time            | Location |
|-------|----------|-----------|-----------------|----------|
| 70075 | M(7)     | 7/14–8/25 | 9:30–10:35 a.m. | CC       |

**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 by learning a variety of exercises, perfect for beginners and seniors. Instructor: Jackie Dailey.

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

| CRN#  | Day/Ses. | Dates   | Time         | Location |
|-------|----------|---------|--------------|----------|
| 70627 | R(4)     | 7/10–31 | 12–1:15 p.m. | OM       |

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

Reclaim your vitality with the "dance of life!" Tai Chi enhances coordination and balance through gentle movements. Suitable for all ages. Wear comfortable clothes and flat shoes. Instructor: Jeff Zukor.

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

| CRN#  | Day/Ses. | Dates     | Time            | Location |
|-------|----------|-----------|-----------------|----------|
| 37267 | R(10)    | 6/5–8/21  | 9:30–10:30 a.m. | EC       |
| 70134 | F(10)    | 7/11–9/12 | 9:30–10:30 a.m. | HV       |

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

Deepen your Tai Chi practice for advanced mastery of breathing, weight shifts and movement. Prerequisite: Tai Chi I. Instructor: Jeff Zukor

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

| CRN#  | Day/Ses. | Dates     | Time         | Location |
|-------|----------|-----------|--------------|----------|
| 70133 | F(10)    | 7/11–9/12 | 11 a.m.–noon | HV       |

## Walking Around Baltimore: Baltimore's Beautiful Parks

Learn about wellness while exploring Baltimore's natural parks, including Centennial Park and Gunpowder Falls. Walk three miles and enjoy the scenery. Wear comfortable shoes and bring water. First class will be an orientation at CCBC Hunt Valley; all registered students MUST attend. Instructor: Robin Minor.

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

| CRN#  | Day/Ses. | Dates     | Time          | Location |
|-------|----------|-----------|---------------|----------|
| 70170 | S(6)     | 8/23-11/1 | 10-11:30 a.m. | HV       |

### FIT 103

## Water Aerobics

Enjoy water workouts in the shallow end! Utilize water resistance for effective exercise without swimming or getting your head wet.

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

| CRN#  | Day/Ses. | Dates    | Time                  | Location |                             |
|-------|----------|----------|-----------------------|----------|-----------------------------|
| 37150 | M(10)    | 6/2-8/4  | 6:30-7:30 p.m.        | DC       | Instructor: Angie Carpenter |
| 37149 | T(10)    | 6/3-8/5  | 10-11 a.m.            | DC       | Instructor: Linda Watson    |
| 37151 | W(10)    | 6/4-8/6  | 6:30-7:30 p.m.        | DC       | Instructor: Angie Carpenter |
| 37182 | F(10)    | 6/6-8/15 | 11:50 a.m.-12:50 p.m. | EC       | Instructor: Buchie Lynch    |
| 37183 | F(10)    | 6/6-8/15 | 10:40-11:40 a.m.      | EC       | Instructor: Sally Cochnar   |
| 37148 | F(10)    | 6/6-8/15 | 10-11 a.m.            | DC       | Instructor: Linda Watson    |

### FIT 952

## Yoga Therapeutics for Seniors

Learn how these practices can improve flexibility and help develop/regain muscle and bone strength. Gain techniques for deep relaxation and mental clarity. Instructor: Rebecca Voelpel.

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

| CRN#  | Day/Ses. | Dates    | Time       | Location |
|-------|----------|----------|------------|----------|
| 70135 | W(10)    | 7/9-9/10 | 10-11 a.m. | HV       |

## 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 |
|-------|----------|----------|--------------|----------|
| 70516 | T(8)     | 7/8-8/26 | 10 a.m.-noon | Zoom     |



Writing to Capture Memories

Whether writing a memoir or a fictional account, writing a book is a great way to capture and share memories of a time, place, person, idea or event. Explore creative strategies while you work on book-length or shorter pieces. Learn how to progress from draft to published book. Instructor: Leslie Atkins.

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

| CRN#  | Day/Ses. | Dates    | Time               | Location |
|-------|----------|----------|--------------------|----------|
| 70141 | W(6)     | 7/9-8/13 | 10 a.m.-12:05 p.m. | Zoom     |



FRIENDLY SENIORS AT CCBC ESSEX

SUMMER 2025 SEMESTER

Wednesdays, July 9–September 10, 2025  
In-person, CCBC Essex, AHUM Building, Room 211

Old “New World”: Settlement of the Americas Prior to Columbus

10–11:30 a.m.  
Instructor: Jack Danz.

Better Health and Wellness for the Senior Adult

11:45 a.m.–1 p.m.  
Instructor: Nina Basemore.

Thank You for Being a Friend: TV Shows and the Philosophies Behind their Episodes

1:30–3 p.m.  
Instructor: Katessa Trafton.

For more information contact Patrick Heline at 443.840.1036.



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).