

SENIOR ADVENTURES IN LEARNING AT CCBC SPRING 2024



This spring, 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 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: \$84 (Tuition: \$0 Fees: \$84)

CRN#	Day/Ses.	Dates	Time	Location
76515	R(10)	4/11-6/13	10 a.m.-12 p.m.	OM

ART 927

Basic Acrylic Painting, Part 2

Do you have intermediate painting skills? Advance your acrylic artistry with more advanced techniques in perspective, spatial relationships, composition, colorwork, brushwork and portrait painting. Enhance your talent with expert critiques. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
75816	F(10)	4/12-6/14	10 a.m.-12 p.m.	Zoom

Individuals 60+ years old only pay fees.

For more information, call 443-840-2222 or visit ccbcmd.edu/seniors.

ART 494**Adventures with Watercolor**

Enter the world of watercolors! Learn how to mix colors and paint with this wonderful medium in this introductory course. Explore basic color theory, color mixing, understanding the medium and its components (difference in brushes, paper, watercolors) and working from still life. Instructor: Karen Ruberry.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
73716	R(10)	4/11-6/13	9:30-11 a.m.	EC

ARB 247**Bits and Pieces: Collage Work**

Master the art of collage! Bring compositions to life by fusing glue, paper, pictures, memorabilia, cloth, etc. Learn four main techniques: paper collage, decoupage, photomontage and assemblage. Get collaging tips and discuss prominent collage artists. All skill levels are welcome. Instructor: Nan Howard.

Total Cost: \$79 (Tuition: \$0 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
75176	T(8)	4/9-5/28	10 a.m.-12 p.m.	CC

HIT 825**Introduction to Calligraphy**

Experience beautiful and artistic handwriting for creative invitations, business cards and announcements. Use the artistic writing known as calligraphy. Learn about the history of calligraphy, its impact on culture and society throughout the ages, the techniques and styles of this artistic form of writing, the various types of calligraphy writing and more. Explore the simple Roman, Bookhand and formal Italic alphabets. \$40 material fee paid to instructor at the first session. Instructor: Stephanie Gould.

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

CRN#	Day/Ses.	Dates	Time	Location
75117	R(10)	4/11-6/27	1-2:15 p.m.	CC

ART 934**Calligraphy: A Design Art of Writing**

Awaken your inner calligrapher! Learn creative handwriting for invitations, business cards and announcements. Dive into the rich history and cultural impact of calligraphy, discover various techniques and styles and master the elegance of simple Roman, Bookhand and formal Italic alphabets. \$40 material fee paid to instructor at the first session.

Total Cost: \$79 (Tuition: \$0 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
76254	M(7)	4/8-5/20	1-3:15 p.m.	HV Instructor: Katie Guida

ART 043**Drawing for Beginners**

Unlock your drawing skills! This hands-on course covers everything from lines and shapes to form, contour and perspective. Bring a 9"x12" or larger drawing pad, pencil and eraser to the first class; supply list to follow. Instructor: Marcia Bornfriend.

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

CRN#	Day/Ses.	Dates	Time	Location
75609	T(10)	4/9-6/18	10 a.m.-12 p.m.	OM

ARB 181**Drawing and Painting for the Senior Adult**

Learn the basic techniques of various two-dimensional media. Discuss the use of media and the techniques used to achieve desired effects, as well as the equipment necessary to complete a two-dimensional project.

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

CRN#	Day/Ses.	Dates	Time	Location
76459	T(10)	4/9-6/11	1:30-3:30 p.m.	HV Instructor: Nan Howard
73682	F(8)	4/12-5/31	11:35 a.m.-1:35 p.m.	HV Instructor: Joseph Cassar, Ph.D.
73681	F(8)	4/12-5/31	9:30-11:30 a.m.	HV Instructor: Joseph Cassar, Ph.D.

ART 902**Drawing Class Level 1**

Are you a drawing novice? Boost your skills in a supportive environment. Explore core drawing principles, materials and color values. Learn to simplify shapes, grasp perspective and perfect your straight-line drawing with the block-in technique. Instructor: Negin Nejad Mohseni.

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

CRN#	Day/Ses.	Dates	Time	Location
73674	M(10)	4/8-6/17	10 a.m.-12 p.m.	HV

ART 903**Drawing Class Level 2**

Already taken Drawing Level 1 and have a good understanding of the four major atelier principles of materials, values, block-in method and perspective? Now choose your drawing project to complete using either mechanical pencil and/or pan pastel and charcoal pencil. Instructor: Negin Nejad Mohseni.

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

CRN#	Day/Ses.	Dates	Time	Location
73675	M(10)	4/8-6/17	1-3 p.m.	HV

ART 872**Drawing with Charcoal for All Levels**

Unleash your creativity in this ancient and diverse drawing medium! Dive into the history and techniques of charcoal drawing, explore its versatile qualities and examine design elements in compositions. Demonstrate your new skills by creating a still life or landscape. Instructor: Wendy Cohen.

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

CRN#	Day/Ses.	Dates	Time	Location
75615	W(10)	4/10-6/12	10 a.m.-12 p.m.	Zoom

ART 074**Intermediate Drawing**

After completing Drawing for Beginners, build on your skills using materials like pen/ink, charcoal and pastels. Explore portrait, landscape, perspective and still-life drawing techniques. Bring a pencil and art pad to the first class; supply list to follow. Instructor: Marcia Bornfriend.

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

CRN#	Day/Ses.	Dates	Time	Location
75604	T(10)	4/9-6/18	1-3 p.m.	OM

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

Craft unique greeting cards! Examine various techniques, materials and styles to create cards for all occasions. Learn card-making terminology, experiment with different methods and unleash your creativity. Bring scissors, a ruler, pencils, 2-sided tape and a \$10 material fee on the first day. Instructor: Christine Tripson.

Total Cost: \$53 (Tuition: \$0 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75375	M(4)	4/8-29	1-2:30 p.m.	OM

ART 870**Pastel Painting for all Levels**

Discover the rich, vibrant world of pastels! Explore technique, color and still-life design. Master the design elements of form, shape, line and color theory. Journey through the history of pastel painting and pastels. Instructor: Wendy Cohen.

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

CRN#	Day/Ses.	Dates	Time	Location
75612	W(10)	4/10-6/12	1-3 p.m.	Zoom

ART 891**Portrait and Oil Painting Combo**

Refine your skills in portrait and oil painting! Draw from photos and work from a portrait model. Grasp techniques in lighting, posing and likeness. Explore oil painting methods suitable for still life, landscape and portraits. Bring your drawing pad, 2B, 4B, 6B graphite pencils, a kneaded eraser and a portrait photo to the first session; material list to follow. Instructor: Jennifer Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
73750	R(10)	4/11-6/13	10 a.m.-12 p.m.	HV

ART 904**Portrait Drawing Level 1**

Explore the basic principles of portrait drawing using the Loomis and Reilly methods. Learn measurement techniques for drawing front and side views and the ¾ view in portraiture. Beginners will learn anatomy nuances in the eyes, nose, ears and mouth to create lifelike portraits. Instructor: Negin Nejad Mohseni.

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

CRN#	Day/Ses.	Dates	Time	Location
73676	T(10)	4/9-6/11	10 a.m.-12 p.m.	HV

ART 905**Portrait Drawing Level 2**

Completed Portrait Drawing Level 1? Level up your skills! Complete a portrait drawing project using a mechanical pencil and/or Panpastel and a charcoal pencil. Instructor: Negin Nejad Mohseni.

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

CRN#	Day/Ses.	Dates	Time	Location
73677	F(10)	4/12-6/14	2:30-4:30 p.m.	HV

ART 844**Realistic Painting in Pastel and Oil**

Explore realistic art in charcoal, pastel and oil! Topics include medium selection, material recommendations, creating and overpainting underdrawings, adding layers, ideal lighting and applying chiaroscuro for lifelike results. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
75812	F(10)	4/12-6/14	1-3 p.m.	Zoom

ART 926**Realism in Pastels and Oils, Part 2**

Master realistic art in charcoal, pastel and oil! We'll build on Part 1 to deepen your skills and artistic knowledge in materials, surface selection, canvas preparation, perspective, composition, colorwork, spatial relationships, painting techniques and pastel layering. Receive expert critique. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
75805	R(10)	4/11-6/13	1-3 p.m.	OM

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

Acquire basic and intermediate painting skills while being introduced to wash, dry brush and masking techniques. Subject matter such as landscapes, still life, and portraits will be included. Materials list will be mailed. Please bring all supplies to the first class session. Instructor: Jennifer Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
73748	T(10)	4/9-6/11	10 a.m.-12 p.m.	HV
73749	R(10)	4/11-6/13	1-3 p.m.	HV

COMPUTERS**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, video and download books. Students must bring their own android device to each class.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
73768	M(5)	4/22-5/20	1-3 p.m.	HV Instructor: Jason Knauer
73770	F(5)	5/3-31	1-3 p.m.	EC Instructor: Carol Yingling

PCO 336**Basic iPad and iPhone for Seniors**

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.

MANDATORY: You MUST have your own Apple device and bring it to each class. Instructor: Dona Rucci.

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

CRN#	Day/Ses.	Dates	Time	Location
73760	M(10)	4/8-6/24	10 a.m.-12 p.m.	HV

PCO 357**Beginning iPhones for Seniors**

Trouble using your iPhone? Want to get full advantage of this handheld marvel? Operate, navigate and maintain your iPhone like a Pro! Use Apple apps and add on devices, operate the camera feature, use GPS with maps and interweave the many iPhone advantages into your daily life. **IMPORTANT NOTE:** Each Student **MUST HAVE** their own iPhone and bring it to each class session. Instructor: Ahsan Mushtag.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
73730	S(5)	4/13-5/11	10 a.m.-12 p.m.	EC

PCO 406**Communicating with Your Grandchildren Online**

Learn how to use social media platforms in order to keep in touch with the younger generation. Establish, maintain and use various social platforms, such as Facebook, Instagram, Twitter and Snapchat. Experience ways to find family and friends on each platform and implement private messaging. Receive methods to keep accounts as safe as possible. Instructor: Holli Friedland.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75553	T(4)	4/9-5/7	10:30 a.m.-12 p.m.	OM

PCO 356**Computer Literacy for Seniors**

Have you been standing on the sidelines? Get on the technology bandwagon!? Acquire some basic computer technology skills. Get introduced to PC hardware and software, the Windows operating environment, the internet components. Use Web browsers, cloud storage, online meeting tools, cybersecurity, email. Just the basic driving skills to get you speeding on the CyberHighway! Instructor: Jeny Jones.

Total Cost: \$99 (Tuition: \$20 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
74944	T(8)	4/9-5/28	10 a.m.-12 p.m.	EC

PCO 293**Computers: Getting to Know Email**

Discover how to create and operate an email account effectively including using text modification, attachments, columns and additional tool bars along with adjusting text sizes, creating stationery, receipts and signatures and blocking unwanted senders. While taking "Computers: Getting to Know Windows 10" is not required, it is beneficial when learning to use email. Instructor: Leroy Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75373	M(5)	5/20-6/24	10 a.m.-12 p.m.	OM

PCO 260**Computers: Getting to Know Them #1**

Learn to navigate the basics in using a computer in a relaxed and comfortable class setting. Topics to be covered include personalizing your computer, setting up screensavers, using the mouse, accessing files and programs, setting up security and back-up necessities and working with emails and browser.

Instructor: Leroy Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
73756	S(5)	5/18-6/22	10 a.m.-12 p.m.	HV

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

Build on the computer skills learned in "Computers: Getting To Know Them #1". Topics to be covered include creating and operating emails, modifying text, using and saving attachments, understanding tool bar controls, working with text size, columns, stationery, signatures and receipts. Instructor: Leroy Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
73758	W(5)	4/10-5/8	10 a.m.-12 p.m.	EC
73759	S(5)	4/13-5/11	10 a.m.-12 p.m.	HV

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

Discover all the things the spreadsheet Microsoft Excel can do and how to use it. Learn to use formulas, headers, colors, passwords, time stamp and paintbrush along with resizing rows and columns, saving documents, formatting and aligning cells, freezing frames and adding pictures and rosters. Bring a flash drive to class in order to save your work from week to week. Instructor: Leroy Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75620	R(5)	5/23-6/20	1-3 p.m.	OM

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

Explore the word processing program, Microsoft Word. Discover how to use the various buttons and dropdown lists on the toolbar to produce letters, flyers and memos and create and merge attachments for use with email.

Prerequisites: "Computers: Getting to Know Windows" and "Computers: Getting to Know Emails".

Instructor: Leroy Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75963	R(5)	4/11-5/9	10 a.m.-12 p.m.	OM

PCO 292**Computers: Getting to Know Windows 10**

Gain an introduction to the skills necessary to navigate and use Windows 10 operating system efficiently and with confidence. Learn how to personalize your own computer, how to select backgrounds and screensavers. Become familiar with operating the mouse along with accessing files and programs and creating internet security and back-up necessities. Instructor: Leroy Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75372	M(5)	4/8-5/6	10 a.m.-12 p.m.	OM

PCO 427**Family History Research with Ancestry.com**

Learn to use Ancestry.com as a means of conducting research into one's family history. Ancestry.com is an excellent resource to store your family history research and to increase your knowledge of your family's historical records, DNA and find other family tree members. Access the Ancestry.com website and subscribe to it, search and find historical family records. Discover interesting stories about your family's ancestors and expand your family tree. Determine the validity of records. Finally, discuss the importance of security awareness when using the internet. IMPORTANT NOTE: Ancestry.com is a paid subscription service so an active subscription is required for the course. The student can have a paid subscription set up prior to the course or it can be set up during the first class. Instructor: Dave Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
75209	R(8)	4/11-5/30	1-2:30 p.m.	HV

PDV 326**Finding Your Family Roots #2**

Advance your genealogical research and continue documenting your findings. Explore techniques for storing and cataloging genealogical data on your computer. Research such sources as newspapers, land and probate records, cemetery listings means of travel to the U.S. and marriage records. Learn how DNA can expand the research. Instructor: Dave Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
74512	T(8)	4/9-5/28	1-2:30 p.m.	HV

PCA 588**iPad for Seniors**

Learn how to get the most out of your iPad. Discover how to take complete advantage of this user-friendly technology. Explore setup, navigating screens, Wi-Fi connection, mobile data network and more. Work with photos/video/music files.

MANDATORY: You must own an Apple iPad and bring it to each class. Instructor: Ahsan Mushtaq.

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

CRN#	Day/Ses.	Dates	Time	Location
73731	S(5)	5/18-6/22	9:45 a.m.-12 p.m.	EC

PCA 782**Selling Online Successfully**

Learn how to upload your product information on the internet and how to successfully complete transactions. Find out the rules for selling items on eBay and Etsy, provide tips on how to visually present your items and what essential information is to sell, such as pricing, protecting your transactions, safeguards, and shipping. Instructor: Dixie Cook.

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

CRN#	Day/Ses.	Dates	Time	Location
73761	W(8)	4/10-5/29	10-11:30 a.m.	HV

PCO 426**Understanding Microsoft Outlook**

Students will learn the newest features of Microsoft Outlook including the new navigation bar, collaboration tools, creating email signatures, @mention and tips to enhance your Outlook experience. In addition, students will also work with and review the basic features of Outlook such as composing a message, saving a draft, enhancing your message with different fonts, font sizes, colors, highlights and more. 30-minute lunch break on your own. Instructor: Carol Yingling.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75180	S(1)	3/2	9:30 a.m.-3:30 p.m.	HV
75181	S(1)	5/11	9:30 a.m.-3:30 p.m.	HV

PCO 425**Understanding Microsoft Word**

Learn how to use Microsoft Word to create documents as well as tips and tricks to save time, improve document readability, and enhance your Word experience. This course will also include instruction on the basic functions of a Word Document such as how to create a new document, how to save a document, how to open a saved document, how to locate saved documents, how to enhance your document with different fonts, font sizes, colors, indentations and more. 30-minute lunch break on your own. Instructor: Carol Yingling.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75183	S(1)	3/9	9:30 a.m.-3:30 p.m.	HV
75182	S(1)	6/8	9:30 a.m.-3:30 p.m.	HV

COOKING

CKG 517

A Delicious Meal of Spring Soup and Salad

Create a refreshing spring meal! Learn to read and follow recipes, make precise measurements and prepare mouthwatering dishes like Caesar salad with homemade croutons, "Knock Your Socks off Easy Caesar Dressing" and Greek lemon chicken soup (Avgolemono). Ingredients and recipe booklet included. Note: Check for food allergies before registering. Instructor: Chef Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
75184	F(1)	4/12	10:30 a.m.–12 p.m.	HV

CKG 284

Cooking Healthy and Affordable Meals for One

Learn to purchase ingredients and prepare meals that provide the daily nutritional needs for one or two people. Examine how to find recipes, purchase ingredients and prepare these meals that are nutritionally healthy with plenty of vitamins, protein and fiber. Gain knowledge in safely defrosting and reheating these meals and in using the microwave and toaster oven. A \$40 material fee for ingredients will be collected at the first class, payable to Michelle's Kitchen. Instructor: Chef Michelle Sapp.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
75977	M(6)	4/8–5/13	10:30 a.m.–12 p.m.	OM

CKG 285

Italian Cooking

Prepare delicious Italian dishes that make use of easy to find everyday ingredients. Gain knowledge on purchasing ingredients and preparing such dishes as chicken piccata with lemon and capers, beef braciola which is rolled beef stuffed with fresh parmesan, breadcrumbs and herbs in a flavorful sauce and shrimp scampi, plus other Italian items. All recipes will be distributed. A \$40 fee for food will be collected at the first class, payable to Michelle's Kitchen. Instructor: Chef Michelle Sapp.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
76775	R(5)	4/11–5/9	10:30 a.m.–12 p.m.	OM

ART 924**Basket Weaving**

Join Bey-Her Baskets for a hands-on basket weaving experience! Create a beautiful, customizable basket inspired by Cherokee Indian designs. Craft a practical and gift-worthy piece with a personalized handle and accent color. Material cost: \$20 (due the day of the workshop).

Location: Manor Mill, 2029 Monkton Road, Monkton, MD 21111. Instructors: Louise Beyer and June Hersey.

Total Cost: \$125 (Tuition: \$0 Fees: \$125)

CRN#	Day/Ses.	Dates	Time	Location
75066	M(1)	5/20	10 a.m.–3 p.m.	OSX

ART 923**Broom Making**

Explore the traditional Appalachian art of crafting a Turkey Wing and Fan Whisk broom. Discover brush control and master the 'V-Up' technique as you make your own. Material cost: \$15 (due the day of the workshop, with the option to purchase additional materials).

Location: Manor Mill, 2029 Monkton Road, Monkton, MD 21111.

Total Cost: \$65 (Tuition: \$0 Fees: \$65)

CRN#	Day/Ses.	Dates	Time	Location
75065	M(1)	3/25	10 a.m.–12:30 p.m.	OSX

ART 921**Heart Shaped Dried Wreaths**

Craft a timeless heart-shaped dried flower wreath. Learn technique, explore design ideas and enjoy a demo before crafting your masterpiece! Material cost: \$30 (paid to Manor Mill at the workshop).

Location: Manor Mill, 2029 Monkton Road, Monkton, MD 21111. Instructor: Courtney from Spore and Seed.

Total Cost: \$65 (Tuition: \$0 Fees: \$65)

CRN#	Day/Ses.	Dates	Time	Location
75062	M(1)	5/6	10 a.m.–12 p.m.	OSX

ART 922**Zen of Contemporary Photography**

Learn to capture and share stunning photos more effectively on your smartphone. Capture still-life, portrait, low light and nature photography around picturesque Manor Mill. Bring your smartphone with a working camera or other camera. Location: Manor Mill, 2029 Monkton Road, Monkton, MD 21111. Instructor: Bo Wilse.

Total Cost: \$65 (Tuition: \$0 Fees: \$65)

CRN#	Day/Ses.	Dates	Time	Location
75063	M(1)	4/22	10 a.m.–12 p.m.	OSX

CCBC ART CENTER AT ZOLL STUDIOS

ARB 248

Introduction to Portrait Drawing with Pencil

Create a portrait drawing under expert guidance! During this five-hour workshop, you'll learn techniques for creating an accurate likeness, correcting proportions, blending, shading and highlighting. The fee includes materials. Enjoy an hour for lunch on your own. Location: Zoll's Fine Arts Studio, 15 W Aylesbury Road, #601, Timonium, MD 21093. Instructor: Palden Hamilton.

Total Cost: \$160 (Tuition \$0 Fees: \$160)

CRN#	Day/Ses.	Dates	Time	Location
75205	F(1)	5/17	10 a.m.–4 p.m.	OSX

ESSENTIAL INFORMATION SERIES FOR SENIORS

PDV 357

Identity Theft: How to Recognize it and Avoid it

Don't become a victim of identity theft! Understand how it happens, where it is most prominent and ways to reduce your risk. Learn to spot red flags and report nefarious activity. Instructor: Tom Urquhart.

Total Cost: \$15 (Tuition: \$0 Fees: \$15)

CRN#	Day/Ses.	Dates	Time	Location
74935	T(1)	3/19	11:30 a.m.–12:45 p.m.	HV
74969	R(1)	4/4	11:30 a.m.–12:45 p.m.	DC

PDV 358

SCAMS: How to Recognize Them and Deal with Them

Become scammer savvy! Scammers lurk online, on the phone, in-person and through other channels. Learn to detect and guard against scams, especially those targeting seniors. Instructor: Tom Urquhart.

Total Cost: \$15 (Tuition: \$0 Fees: \$15)

CRN#	Day/Ses.	Dates	Time	Location
74933	T(1)	3/19	10–11:15 a.m.	HV
74972	R(1)	4/4	10–11:15 a.m.	DC

GENEALOGY

PDV 365

Genealogy: Ancestry.com Website

Turbocharge your ancestral research! Learn to unlock a vast treasure trove of historical records, DNA info and family tree details from 80 countries using Ancestry.com. NOTE: Ancestry.com requires a paid subscription.

Location: Historical Society of Baltimore County, 9811 Van Buren Lane, Cockeysville, MD 21030.

Instructor: David Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
73636	F(1)	5/3	1:30–3 p.m.	HSB

PDV 363

Genealogy: Immigration and Naturalization

Delve into your family's fascinating immigration history and U.S. citizenship experience. Learn about entry ports, citizenship records and resources, emphasizing Maryland/Baltimore. Location: Historical Society of Baltimore County, 9811 Van Buren Lane, Cockeysville, MD 21030. Instructor: David Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
73634	F(1)	3/1	1:30–3 p.m.	HSB

PDV 364

Genealogy: Military Records

Discover the hidden stories of your ancestors' military service. Explore records from the Revolutionary War to recent conflicts, even during peacetime. Learn about the benefits available to service members, like land grants and pensions. Uncover valuable online resources for military research. Location: Historical Society of Baltimore County, 9811 Van Buren Lane, Cockeysville, MD 21030. Instructor: David Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
73635	F(1)	3/8	1:30–3 p.m.	HSB

HISTORY, POLITICS AND EVENTS

POS 047

2024 Primary Elections and the Race for President

Examine the results of the presidential primary elections thus far for both the Republican and Democratic candidates. Explore the following issues that may influence additional primaries and the final election in November: topics candidates choose to highlight, controversial splits in US politics, the legal travails of Trump, challenges confronting Biden, extreme campaign rhetoric taking hold, impact of the Supreme Court, Congressional gridlock, influence of international events and threats to electoral and civic institutions. Instructor: Barry Rascovar.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75806	R(4)	4/11-5/2	11 a.m.-12:30 p.m.	Zoom
75807	R(4)	4/11-5/2	11 a.m.-12:30 p.m.	OM

WRI 223

20th Century American Literature

Explore the work of some of the best American writers of the twentieth century! Read the great works of authors like F. Scott Fitzgerald, Kurt Vonnegut, Anne Tyler, Joan, Didion and James Baldwin and discover how history influenced their writings. Instructor: Roberts Jacobs.

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

CRN#	Day/Ses.	Dates	Time	Location
75312	F(10)	4/12-6/14	10-11:30 a.m.	Zoom

HIT 945

American Icons and Legends: Colonial America 1650s to 1700s

The discovery of America and the establishment of the American colonies produced various icons and historical legends many of whom have been forgotten in today's society. In this second in a series of courses, these icons and legends of the late 1600s and early 1700s will be brought back to life and historically reexamined. Students will discuss the real-life stories, legacies and impact of such colonial American icons such as Leonard Calvert and the Calvert Family, Margaret Brent, Anne Hutchinson, Anne Bradstreet, William Stone, Francis Nicholson, Pirates of Colonial America, Moll Dyer, as well as the legends of Busby's Chair, the Salem Witch Trials and more. Instructor: Patrick Heline.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75472	R(10)	4/11-6/13	10-11:30 a.m.	HV
75473	R(10)	4/11-6/13	10-11:30 a.m.	Zoom

HIT 594**Architecture and Landscape of the Chesapeake Region**

Learn about the cultural and economic factors that influenced the settlement patterns and development of the region's architecture and designed landscapes from 1600 to the present. Discuss the history of architecture in this region, how to "read" a building for its historical story, how different strata of society influenced their own landscapes through dwellings, religious structures and more. Instructor: Bryan Fischer.

Total Cost: \$90 (Tuition: \$20 Fees: \$70)

CRN#	Day/Ses.	Dates	Time	Location
75077	W(7)	4/24-6/5	4-5:30 p.m.	Zoom

HIT 903**Chihuly and Friends**

Learn about Chihuly's glass artistry, his role in the evolution of glass art and some of the world-renown artists who worked or studied with him from a collector and historian of contemporary glass art. Examine Chihuly's career and special techniques as a glass artist, his influence on making contemporary glass art and his founding of and instructor at the Pilchuck Glass School. Also learn about some of the most famous glass artists who studied with Chihuly and their important works. Instructor: Howard Cohen.

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

CRN#	Day/Ses.	Dates	Time	Location
75605	T(5)	4/9-5/14	1-2:30 p.m.	OM

HIT 865**Creative Partnerships**

Join art historian Joseph Cassar on Zoom as he focuses on artists working together and how their creativity developed while maintaining their individuality. The partnerships that will be studied cover the married couple Diego Rivera and Frida Kahlo, the short brotherhood between Vincent van Gogh and Paul Gauguin while staying in the yellow house in Arles, Henri Matisse and Andre Derain during the short-lived colorful period of the Fauves and the creative partnership between Futurists artists Giacomo Balla and Umberto Boccioni in Italy in 1910. Rich images presented on PowerPoint will invite questions and discussion. Instructor: Joseph Cassar, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
73580	T(8)	4/23-6/11	9:30-11 a.m.	Zoom

HIT 867**David Hockney (b.1937)**

Art historian Joseph Cassar presents a Zoom course on one of the most important living artists of our time. The course addresses his humble beginning and how he slowly rose to fame with his swimming pool paintings. His more recent achievements in reviving landscape painting will be put against the backdrop of his Royal Academy grand exhibition where he produced gigantic paintings made of several small canvases put together side-by-side. The course will show drawings as well as his use of photography and other technological developments like art on an iPad. Art works will be studied in detail. The course is in the form of a PowerPoint presentation rich in images that invite questions and discussion. Instructor: Joseph Cassar, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
73581	R(8)	4/25-6/13	9:30-11 a.m.	Zoom

POS 044**Democracy Discussion**

The Democracy Discussion (Cafe) is an opportunity to explore matters related to our democracy by using selected current issue topics chosen by the students and the instructor. This is intended to be an open discussion without debate or efforts to persuade anyone to change their point of view. Students will discuss the topics and voluntarily explain any particular position they may have in a safe, conversational and welcoming environment. The agenda will be moderated to allow all points of view and consist of reminders about civil discussions and the need for respect for differing viewpoints and beliefs. It is not intended to reach conclusions nor decide or try to convert opposing positions. Based on the will of the group each session will choose the topic for the next meeting together. Instructor: Al Muelhbergen.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
74729	R(10)	4/11-6/13	10-11:30 a.m.	EC

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

Learn about their lives, the different ways they carried out their duties, how they espoused their specific causes, how they handled many of their roles as wife, mother, ambassador, hostess, managers and helpmates to their husbands. This is a simulcast class and offered both live and on Zoom. Instructor: Patrick Heline.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
75148	R(6)	4/11-5/16	1-2:30 p.m.	Zoom
75147	R(6)	4/11-5/16	1-2:30 p.m.	HV

HIS 511**Great Decisions**

Gain non-partisan knowledge on eight of the most critical issues on world affairs facing the U.S. and the international community this year and then participate in a dynamic discussion on each weekly topic. Includes program booklet.

Total Cost: \$114 (Tuition: \$15 Fees: \$99)

CRN#	Day/Ses.	Dates	Time	Location
74511	T(8)	4/9–5/28	10–11:30 a.m.	HV Instructor: Deena Dugan

HIT 904**History of Imperial Russia**

Learn about the complicated history of Imperial Russia, ruled by the Romanovs from 1600–1917. Explore the influence of the Mongol dominance prior to Imperial Russia. Gain knowledge about its growth from isolated fiefdoms to a highly centralized autocracy, the impact of its geography and immensity of land, its political developments, its military conquests and its religious and cultural developments. Review the key personalities that drove Imperial Russia and compare the similarities and differences between Imperial Russia and the Soviet Union and the current Russian state. Instructor: Richard Caballero.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75602	T(10)	4/9–6/18	1–2:30 p.m.	OM

HIT 125**History of the American Presidency: Adams to Polk**

Continue examining the U.S. presidency through the legacies of John Quincy Adams, Andrew Jackson, Martin Van Buren, William Henry Harrison, John Tyler and James Polk and how these Jacksonian presidents redefined the office in their own ways. Discuss their education, career, lives before the presidency, accomplishments and struggles and legacy. Instructor: Patrick Heline.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75170	S(10)	4/13–6/15	10–11:30 a.m.	Zoom

HIT 905**History of Zionism: From Religious Movement to Antisemitic Catch Word**

Learn about Zionism from its biblical beginnings to the return to Judea (Israel) to a vehicle of antisemitism. Examine the biblical references to Zionism, its historic occurrences prior to 1492 and its development from 1492 to the founding of Israel to today. Explore the reasons why the use of the term Zionism is now considered the same as the terms: antisemitism and anti-Israel today. Instructor: Harry Ezratty, Esq.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75611	W(4)	4/10–5/1	10–11:30 a.m.	OM

HIT 883**Important Players in History Part IX**

Discuss and examine the achievement, failures, lives and legacies of these historical figures including Jane Goodall (English primatologist and anthropologist), members of the resistance in WWII, *The Wager: A Tale of Shipwreck, Mutiny and Murder*, Mrs. Frank (Miriam) Leslie (tycoon of the Gilded Age), Robert E. Lee (Military General and Confederate Leader), and lost cities around the world and more. Instructor: Nancy Lotz.

Total Cost: \$90 (Tuition: \$20 Fees: \$70)

CRN#	Day/Ses.	Dates	Time	Location
74427	W(7)	4/17-5/29	10:30 a.m.-12 p.m.	HV

HIT 900**Jewish Comediennes: Their Lives and Careers**

Learn about the lives and careers of four famous Jewish female comics: Gertrude Berg, Jean Carroll, Gilda Radner and Lily Tomlin. Explore their early lives, the beginning of each one's career, the special type of comedy of each, their successes, the use of media for the different women and the reflection of each one's comic work based on the times in which she performed. Examine the connections and comparisons among these women. Instructor: Karen Webber Gilat Cantor.

Total Cost: \$71 (Tuition: \$20 Fees: \$51)

CRN#	Day/Ses.	Dates	Time	Location
75991	T(5)	4/9-5/7	11 a.m.-12:30 p.m.	Zoom

PFA 191**Learning about Contemporary Issues and Ideas**

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

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
73715	M(10)	4/8-6/17	10:30 a.m.-12 p.m.	CC Instructor: Dexter Dickey
73717	R(10)	4/11-6/13	10-11:30 a.m.	HV Instructor: Deena Dugan

HIT 937**Lewis Carroll and Alice Liddell**

Join us as we explore the worlds of Oxford University, of Victorian Era childhood, of mathematics and logic, of word games and of a good deal of rampant nonsense, written as either high art, or nursery tales, of Lewis Carroll and Alice Liddell. Examine the life and times of the author, discuss the development of their stories and why they chose to write them down. Explore their creation of logic puzzles, word puzzles and math puzzles along with an examination of Victorian era upper-middle-class culture and society. Evaluate the inspirations for these stories and more. Instructor: Warren Bentley.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
75331	M(6)	5/6-6/17	1-2:30 p.m.	HV

HIT 926**Ordinary People: Fascinating Stories, Part II**

Baltimore, a fascinating place with stories of people and their determination to build a strong knit thriving community that stands out among all others. In this class, students will learn about the neighborhoods of Baltimore and the people who lived in them, stories of ordinary people of Baltimore City/County and the development of industry and events that shaped and changed people and the communities they lived in.

Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
75187	M(5)	4/15-5/13	10:30 a.m.-12 p.m.	HV

HIT 878**Revolutionary Characters: The Best of the Rest**

Revolutionary Figures Uncovered! This course will examine and discuss the extraordinary lives of the Founding Fathers and Mothers who largely go unnoticed in U.S. history books. These individuals made significant contributions to the winning of American independence and the establishment of the American republic. Learn about the lives, careers, accomplishments and influences of Daniel Boone, Nathaniel Greene, Benjamin Rush, John Marshall, Albert Gallatin, John Quincy Adams, Abigail Adams and more. Instructor: Dr. Lester Brooks.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75026	T(8)	4/9-5/28	10:30 a.m.-12 p.m.	HV

HIS 738**The History and Value of Antiques**

Learn about the fundamentals and historic periods of antiques including discussions of artwork, collectables, porcelain, glassware, sterling silver and furniture. Explore the difference between an antique and a reproduction and assess the historic changes in styles. Discover research tools, care and maintenance of antiques and how and where to liquidate antiques. Instructor: Dixie Cook.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
73762	R(10)	4/11-6/13	10-11:30 a.m.	HV

HIT 901**The History of Abortion in the United States**

Learn how abortion has been a part of our history since the beginning of our country. Explore and discuss what have been the changing attitudes toward abortion, what are the reasons for both illegal and legal abortions, how and why the ruling has been overturned, what groups are fighting for and against legalization, and what is the future of abortion laws, the abortion pills and contraceptives. Instructor: Barbara Blumberg Ressin.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75994	W(4)	5/1-22	10-11:30 a.m.	OM

HIT 875**The History of Hollywood and the Moguls that Created It**

Lights! Camera! Action! It's the History of Hollywood. In this course, students will learn about the history of Hollywood, the people that built it up, and the moguls that developed it into what it is today. Explore how the first studios were created and the eventual decline of the studio system. Discuss the House Un-American Activities Committee's investigation of studio heads, actors, actresses and writers. Evaluate the role of the film industry during World War II and more. Instructor: Barbara Blumberg Ressin.

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

CRN#	Day/Ses.	Dates	Time	Location
74478	T(5)	5/7-6/4	10:30 a.m.-12 p.m.	HV

HIT 920**The United States and Asia**

The United States, even before it extended its western boundaries to the Pacific Ocean, had an economic interest in Asia. As the U.S. rose to the status of world power in the late 19th century, the country's interest turned political and then to national security matters. In this class, students will consider how events unfolded, the motives of American involvement in Asian affairs and how and why the nature of the U.S. interests have changed throughout history. Students will discuss and examine the economic appeal of Asia to the U.S. during the 19th century, the history of the U.S. and Asian relationship during the 19th century, 20th century and the 21st century, events of the early 20th century that led to Pearl Harbor in 1941, the relationship between the U.S. and Asia during World War II, during the Korean War, during the Vietnam War and each of their resulting effects and more. Instructor: David Hatch.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75185	M(10)	4/8-6/17	7-8:30 p.m.	Zoom

HIT 915**U.S. Economic Policies of the Past and Current Administrations: Critical Perspectives**

Students will analyze and discuss economic policy under the framework and perspectives of two schools of economics: Free Market Economics and Structuralist/Keynesian Economics. Analyze the economic policies of the Trump and Biden administrations utilizing the definitions of these economic policies including the complexities of U.S. and international economic systems. Compare and contrast the specific economic measures taken by the two U.S. presidential administrations and the Federal Reserve from 2016 to present and more.

Instructor: Jose Lopez-Gonzalez, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
75468	M(10)	4/8-6/17	10:30 a.m.-12:30 p.m.	HV

HOBBIES

ENV 379

Bird Watching for Beginners: Eastern Baltimore County

Learn how to find, identify and catalog birds you observe firsthand in eastern Baltimore County: Honeygo Regional Park and White Marsh Wetlands, North Point State Park, Double Rock Park, Gunpowder Falls State Park (Hammerman area) and Marshy Point Nature Center. Begin using phone apps, field guides and your own list of birds. Gain experience in using a close-focus 8-power roof prism binoculars which can be purchased at an educational discount at the first session. The first and last classes will be held on the Essex campus and the others will meet at the different sites. Instructor: Marty Brazeau.

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

CRN#	Day/Ses.	Dates	Time	Location
75614	W(7)	4/17	8-11:15 a.m.	EC
75614	W(7)	4/24-5/22	8-11:15 a.m.	EC
75614	W(7)	5/29	8-11:15 a.m.	EC

ENV 380

Bird Watching for Beginners: Northern Baltimore County

Learn how to find, identify and catalog birds you observe firsthand in northern Baltimore County: Loch Raven Reservoir, Lake Roland, Oregon Ridge, Cromwell Valley Park and Soldiers Delight. Begin using phone apps, field guides and your own list of birds. Gain experience in using a close-focus 8-power roof prism binoculars which can be purchased at an educational discount at the first session. The first and last classes will be held on the Owings Mills campus and the others will meet at the different sites. Instructor: Marty Brazeau.

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

CRN#	Day/Ses.	Dates	Time	Location
75827	R(7)	4/11-5/23	8-11:15 a.m.	OM

ENV 100

Advanced Bird Finding with eBird Framework

Elevate your bird-watching expertise and expand your species list. Learn to identify birds using eBird's website and app, plan field sites and predict species locations. Delve into habitats, ecological niches and the significance of bird conservation. The first and last field adventures will occur on the Owings Mills campus. Instructor: Marty Brazeau.

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

CRN#	Day/Ses.	Dates	Time	Location
75610	T(7)	4/16-6/4	8-11 a.m.	OM

ART 932**Bead Weaving Embroidery: "Subtle Spring Elegance" Pendant and Spiral Rope Necklace**

Discover fundamental bead weaving and embroidery techniques! Master complicated-looking designs with detailed guidance, including written materials, live demos and videos. Build your confidence and complete a beautiful piece in class and at home. Ideal for those with beginner to beginner-intermediate skills.

Material fee: \$65 (paid to instructor at first class). Instructor: Vivan (Toni) Iacoboni.

Total Cost: \$79 (Tuition: \$0 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
75191	W(8)	5/22-7/10	1-3 p.m.	HV

PDV 350**Beginning Mahjong**

Become a Mahjong pro! Explore the game's history and rules. Practice playing while receiving expert tips.

Instructor: Geri Willen. Purchase a mahjong card at nationalmahjongleague.org.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
75617	M(6)	4/29-6/10	10-11:30 a.m.	OM

PDV 351**Introduction to Contract Bridge**

Learn bridge basics from an accredited teacher. Understand the rules, counting points, bidding strategies and card play tactics. Get ready to play while you learn! Instructor: Marci Friedman.

Total Cost: \$79 (Tuition: \$0 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
75813	F(8)	4/12-5/31	10 a.m.-12 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. Bring a 4H crochet hook and different color yarn.

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

CRN#	Day/Ses.	Dates	Time	Location
74746	W(10)	4/10-6/12	10 a.m.-12 p.m.	Zoom

ART 913**Jewelry Making With Wire Work: Make Your Own Accessories**

Unleash your inner jewelry designer! Learn the basics of wire work, essential tools and how to select the best wire for each jewelry piece. Personalize your designs with clasps, links, beads and more.

Material fee: \$30 (paid to instructor at first class). Instructor: Jackie Orsini.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
75279	W(4)	4/24-5/15	12-2:15 p.m.	HV

ENV 032

Native Plants

This course will take an in-depth look at native plants and see the definition, characteristics, impact and relationship they have with wildlife in Maryland. Students will explore the different definitions of native in the plant world, discover a variety of plants native to Maryland, explore the benefits of native plants, design a native garden and debate best practices to successfully support a healthy ecosystem. Instructor: Chelsea West.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
75219	M(6)	4/8-5/13	1-2:30 p.m.	HV

PDV 374

The Ins and Outs of Cross Stitching

Cross-stitch like a pro! Learn the fundamentals to complete at least one project. Practice basic stitches, then plan, design and prepare at least one future project. Material fee: \$10 (paid to instructor at first class).

Instructor: Barbara Ezratty.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75613	W(4)	4/10-5/1	1-2:30 p.m.	OM

HUMANITIES AND CULTURE

SCI 038

Current Issues in Science

Explore important scientific issues and data of today in order to more accurately understand what is happening in the world around us. Examine the effects of climate change, the implications of overpopulation, the consequences of endangered and invasive species, the impact of changing artificial intelligence on our lives, and the progress of COVID-19 pandemic and its vaccines. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
74513	T(8)	4/9-5/28	1-2:30 p.m.	CC

PDV 360

Downsizing and Organizing So Your Kids Won't Have To

Excess photos, clothing and furniture-oh my! Discover strategies and resources to declutter your home now. Learn how to make choices, research item values and sell online. Discover resources that will take your unneeded items. Instructor: Cindy Bernstein.

Total Cost: \$53 (Tuition: \$0 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75618	R(4)	4/11-5/2	10-11:30 a.m.	Zoom

HIT 880**For Love of a Good Story: Oral, Written and Visual Media**

Explore the different media used to tell stories and what we learn from them. Examine the stories presented and the elements of these stories, including plot, genre, theme, characterization and setting. Evaluate the media used and how the stories affect our lives. Some discussions may require a book that will be available through the Baltimore County Public Library system. Instructor: Christine Tripson.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75371	M(10)	4/8-6/17	10:30 a.m.-12 p.m.	OM

ART 931**Hairspray: A Review**

Join Broadway entertainer and educator, Ellen Katz, as we examine the musical, Hairspray. Set in the segregated 1960s city of Baltimore, Maryland, "Hairspray" was written by a hometown hero, John Waters. Tracy Turnblad, an overweight teenager who loves to dance, tries to integrate the Corny Collins TV Bandstand show. Her dancing exuberance and her fight for equality are captured in a nonstop rock and roll score that keeps us dancing from the first hit "Good Morning Baltimore" to its successful integrated ending "You Can't Stop the Beat. With a bevy of comic characters, including Tracy's mother, Edna, and its multicultural cast, this show was written as a comedy, but has more than music as its message. Instructor: Ellen Katz.

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

CRN#	Day/Ses.	Dates	Time	Location
75207	F(1)	5/17	10:30 a.m.-12 p.m.	HV

PDV 368**Sharing Your Legacy**

This course is a continuation of Living Your Legacy where you will expand your knowledge to prepare and preserve your life story. Explore unique ways to develop your legacy project, including ethical wills. Learn to use technology to preserve as well as, share your life story with family and/or the public. Research archival methods to preserve your memoirs and write a legacy letter. Instructor: Bettye Holt Haskins.

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

CRN#	Day/Ses.	Dates	Time	Location
75808	R(8)	4/11-5/30	10:30 a.m.-12 p.m.	Zoom

HIT 939**The Music of Beethoven, Part II**

In the second part of the Music of Beethoven, examine the music and life of Ludwig Van Beethoven from his Middle "Heroic" period through to his death. Compare his music after deafness to his earlier works, discuss his continued success with composing symphonies and piano sonatas and the ongoing evolution of his style as a composer during his later period. Evaluate how his music of the late Classical period foreshadowed the next era in music history known as the Romantic Era and more. Instructor: Kris Faatz.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75327	R(5)	5/2-30	10 a.m.-12 p.m.	HV

HIT 922**The Story of the Holocaust in Film**

Examine and chronicle the history of the Holocaust through discussion and film presentations (documentaries, movies, and television series) from 1933 to 1945. Through six films and discussing the development of events, explore the historical context and characters depicted in *The Dairy of Anne Frank*, *The Pawn Broker*, *The Holocaust*, *The Story of the Family Weiss* (TV mini-series), *Sophie's Choice* and *Schindler's List*.

Instructor: Bill Krause.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
75192	T(6)	5/7-6/11	1-2:30 p.m.	HV

HIT 906**What's in the Talmud?**

Come with an open mind and a fully charged thinking cap to examine and obtain a basic knowledge of the Talmud, the body of Jewish writings comprised of civil and ceremonial laws and sayings, ideas and stories. Learn about the origins of the Talmud and the basic structure. Discuss some of the topics included in the Talmud and certain Jewish customs and ideas. Explore and translate a few original pages (Hebrew proficiency is not necessary) to understand the logical puzzles and debates found. Instructor: Charles "Chip" Hanna.

Total Cost: \$98 (Tuition: \$20 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75809	F(10)	4/12-6/14	10:30 a.m.-12 p.m.	Zoom
75810	F(10)	4/12-6/14	10:30 a.m.-12 p.m.	OM

LANGUAGES**FLA 018****Conversational Sign Language**

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

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

CRN#	Day/Ses.	Dates	Time	Location
75027	F(7)	4/19-5/31	10 a.m.-12 p.m.	CC

FLA 088

Conversational Spanish for Beginners

Learn to speak basic conversational Spanish to include greetings, introductions, simple dialogue, short questions, expressions for daily activities, travel, shopping and communicating important needs and feelings. Gain an understanding of the elements of Latin American cultural sensitivity. Instructor: Jean Meyer.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75965	W(10)	4/10-6/12	10-11:30 a.m.	OM

FLA 093

Conversational Spanish for Beginners, Part 2

Expand your knowledge and ability to converse in Spanish after previously learning the basics of conversational Spanish. Learn to express your personal needs and feelings, increase your Spanish vocabulary, to identify many more items in Spanish and to hold longer conversations in Spanish.

Prerequisite: Conversational Spanish for Beginners. Instructor: Jean Meyer.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75608	T(10)	4/9-6/18	10-11:30 a.m.	OM

FLA 224

Spanish for Beginners, Part II

Continue learning basic conversational skills, reading comprehension and writing responses, including descriptions of health and moods, numbers, dates and times, construction of sentences for simple to beyond simple conversations in Spanish. Practice basic vocabulary and punctuation as well as examining the proper usage of adjectives, adverbs, verb tense, preposition, pronouns and more. Learn about the Spanish culture, ethnic background and elements that make the Spanish language distinctive. Instructor: Bertha Narvenz Ortiz.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
75471	T(7)	4/23-6/4	1:30-3:30 p.m.	EC

LEARN LECTURES

HIT 941

Baltimore 1861: The Pratt Street Riots

Baltimore divided! Delve into local history with a lecture on the Pratt Street Riots of 1861. Explore Baltimore's pre-Civil War era and the Battle of Fort Sumter. Uncover the events that triggered the riots and unpack the aftermath.

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

CRN#	Day/Ses.	Dates	Time	Location
75329	F(1)	4/19	10-11:30 a.m.	HV

HIS 620**From Stockholm to Broadway – The Journey of ABBA and Their Hits from Sweden to Broadway’s “Mama Mia”**

Experience the amazing story of this legendary Swedish group. Discuss how they met in the early 1970s, acquired their iconic sound and then took Australia, US and Europe by storm. Trace the development of their songs/content and how their hit “Mama Mia” found its way to Broadway and film. Instructor: Ellen Katz.

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

CRN#	Day/Ses.	Dates	Time	Location
75078	F(1)	6/21	10:30 a.m.–12 p.m.	HV

HIT 914**Ferdinand Magellan**

Explore the captivating life and experiences of Ferdinand Magellan! Uncover the Age of Discovery’s navigational challenges, as well as the reasons behind Magellan’s groundbreaking journey and how it altered our understanding of Earth and its geography. Instructor: Jerry Kahan.

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

CRN#	Day/Ses.	Dates	Time	Location
75168	S(1)	4/27	10–11:30 a.m.	HV

HIT 942**History of the Baltimore County Almshouse and Tour**

Explore the intriguing history of the Baltimore County Almshouse, now home to the Historical Society of Baltimore County. Absorb local stories for a unique window into Baltimore County's past. Includes a tour of the third and final Almshouse. Location: Historical Society of Baltimore County at 9811 Van Buren Lane, Cockeysville, MD 21030. Instructor: Patrick Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
75333	R(1)	4/18	1:30–3 p.m.	HSB

HIT 913**The History of Spices**

Welcome to Spice World! Focus on the history of spices from a Eurocentric point of view. Learn about different spice categories and their role in civilization. Discuss the Baltimore-rooted McCormick Company's history and its impact on local culture, society and the world of spices. Instructor: Jerry Kahan.

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

CRN#	Day/Ses.	Dates	Time	Location
75166	S(1)	3/9	10–11:30 a.m.	HV

HIT 890

"The Producers" – The Musical and Movie

Dive into the storyline and personalities behind "The Producers." Explore the lives of Mel Brooks, Susan Strohman and stars like Zero Mostel, Gene Wilder, Nathan Lane and Matthew Broderick. Understand the reasons behind the work's success, even with its depiction of Hitler and the Nazis. Instructor: Ellen Katz.

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

CRN#	Day/Ses.	Dates	Time	Location
75305	T(1)	3/12	10:30 a.m.–12 p.m.	Zoom

LUNCH & LEARN

HIT 887

The Strange Death of Rasputin

Unravel Rasputin's enigmatic demise in 1916 in St. Petersburg, Russia. Explore his role as an advisor to the last Tzar and Tzarina, the Russian monarchy's fragile state and why others reviled him. Uncover the motive for his murder and the challenges his enemies faced. Lunch to follow at Glyndon Grill. Instructor: Richard Caballero.

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

CRN#	Day/Ses.	Dates	Time	Location
75434	T(1)	3/5	10:30 a.m.–12 p.m.	OM

PDV 362

Informational Seminar for Seniors: CPR

Join us for a life-saving CPR seminar! Learn when and how to perform CPR effectively, including hand placement, chest compressions and rescue breaths. Discover the vital steps to saving a life! Followed by a heroic lunch at Barrett's Grill. Instructor: Trisheea Presley.

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

CRN#	Day/Ses.	Dates	Time	Location
73710	F(1)	3/8	10:30 a.m.–12 p.m.	HV
73712	F(1)	5/17	10:30 a.m.–12 p.m.	HV

HIT 891

Agatha Christie: Queen of Mystery

Unravel the legacy of Agatha Christie, the Queen of Mystery! Explore her literary impact and enchanting life, including her 1926 disappearance, which sparked one of the largest manhunts in England's history. Followed by an intriguing lunch at Pappa's Restaurant. Instructor: Nancy Lotz.

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

CRN#	Day/Ses.	Dates	Time	Location
74794	F(1)	3/15	10:30 a.m.–12 p.m.	HV

POS 046

Getting Ready for the 2024 Presidential Election

Stay informed! Examine the early months of the presidential election of 2024 and the major issues. Explore GOP contenders, the Republican-Democrat divide, key primary states, Trump's legal issues, Biden's effectiveness and other crucial issues. Followed by a lunch at Glyndon Grill. Instructor: Barry Rascovar.

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

CRN#	Day/Ses.	Dates	Time	Location
75307	M(1)	3/18	10:30 a.m.–12 p.m.	OM

HIT 872

Mahatma Gandhi: Prophet of Nonviolence

Learn about Mahatma Gandhi, who led India to freedom through nonviolence. Known as the "Father of India," his legacy inspired civil rights leaders like Martin Luther King, Jr. Followed by a peaceful lunch at Bluestone. Instructor: Dr. Bob Baer.

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

CRN#	Day/Ses.	Dates	Time	Location
73711	F(1)	4/5	10 a.m.–12 p.m.	HV

HIT 928

Baltimore's Road Wars

Join us for a captivating lecture with the author of "Stop the Road: Stories from Baltimore's Road Wars." Uncover the unsung heroes who battled to save the area's downtown waterfront from 1940–1980. Delve into the debates and racial implications surrounding the enigmatic 'Highway to Nowhere.' Indulge in captivating human-interest stories. Followed by lunch at Glyndon Grill. Instructor: E. Evans Paull.

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

CRN#	Day/Ses.	Dates	Time	Location
75825	W(1)	4/10	10:30 a.m.–12 p.m.	OM

HIT 911

Civil War Personalities: Ulysses S. Grant and Robert E. Lee

Uncover the extraordinary lives of Ulysses S. Grant and Robert E. Lee! Compare and contrast the leaders' pre-war lives, wartime strategies and more. Followed by lunch at Pappa's Restaurant. Instructor: Dr. Lester Brooks.

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

CRN#	Day/Ses.	Dates	Time	Location
75169	F(1)	4/12	10 a.m.–12 p.m.	HV

HIT 927**Founding Father: James Monroe**

Delve into the life of the 5th U.S. President, James Monroe, “the last of the revolutionary generation.” Learn more about his early and later years, Revolutionary War experiences, political career and legacy and the Era of Good Feeling. Followed by lunch at Bluestone. Instructor: Dr. Lester Brooks.

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

CRN#	Day/Ses.	Dates	Time	Location
75206	F(1)	4/26	10:30 a.m.–12 p.m.	HV

HIT 103**The Beatles in Baltimore**

Explore the Fab Four’s 1964 visit to Baltimore with a Beatles enthusiast! Examine their historic concert at the Baltimore Civic Center, discover fun facts and feel the Beatlemania that swept through Baltimore. Afterward, enjoy a rockin’ lunch at Barrett’s Grill. Instructor: Amy Andrews.

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

CRN#	Day/Ses.	Dates	Time	Location
75028	F(1)	5/3	10:30 a.m.–12 p.m.	HV

HIT 916**A Brief History of the Critical Race Theory**

What is Critical Race Theory? Learn how a complicated and expansive academic theory from the 1980s became a hot-button political issue today. Review its definition, contents, significance and consequences through a contemporary political lens. Followed by lunch at Glyndon Grill. Instructor: Betty Holt Haskins.

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

CRN#	Day/Ses.	Dates	Time	Location
75822	T(1)	5/14	10:30 a.m.–12 p.m.	OM

HIT 512**The Dead Sea Scrolls**

Uncover the profound impact of the Dead Sea Scrolls on religion. Dive into first-century Judea's history and the scrolls' significance to Judaism and early Christianity. Followed by lunch at Glyndon Grill. Instructor: Dr. Robert Baer.

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

CRN#	Day/Ses.	Dates	Time	Location
75962	M(1)	5/20	10:30 a.m.–12:30 p.m.	OM

POS 048

The 2024 Presidential Primaries

Explore the vital components of the 2024 presidential primaries. Analyze candidate stances on critical issues, Trump's legal battles, the threat of GOP extremists, Biden's effectiveness and more. Followed by a patriotic lunch at Glyndon Grill. Instructor: Barry Rascovar.

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

CRN#	Day/Ses.	Dates	Time	Location
75959	R(1)	5/30	10:30 a.m.–12 p.m.	OM

HIT 893

Women in Rock Stevie Nicks and Christine McVie

Join Fleetwood Mac Enthusiast, Amy Andrews, as she teaches about the Women in Rock: Stevie Nicks and Christine McVie and their musical works from 1970 to present. Students will analyze and discuss their life stories, review their influences that brought them into the music field, examine their musical elements and lyrics that made them so popular in rock music and more. Lunch to Follow at Barrett's Grill.

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

CRN#	Day/Ses.	Dates	Time	Location
75029	S(1)	6/1	10:30 a.m.–12 p.m.	HV

MUSIC

HIT 896

Concert Piano Performance with Kris Faatz

Join us for a musical adventure in classical piano! Pianist Kris Faatz will perform pieces spanning the Renaissance to Modern eras. Delve into the music's history, composers and Kris's personal insights. Audience Q&A to follow. Instructor: Kris Faatz.

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

CRN#	Day/Ses.	Dates	Time	Location
74566	M(1)	3/18	10–11:30 a.m.	HV
74567	M(1)	5/20	10–11:30 a.m.	HV
74568	M(1)	6/24	10–11:30 a.m.	HV

HIT 876

Finding Their Voice: Women Composers of the Romantic Era in Music History

Rediscover essential female composers in music history. Explore the lives and music of Fanny Mendelssohn Hensel, Clara Wieck Schumann and Amy Beach. Learn about their inspiring stories and remarkable achievements in a traditionally male-dominated field. Instructor: Lisa Woznicki.

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

CRN#	Day/Ses.	Dates	Time	Location
74477	M(4)	4/29–5/20	1–3 p.m.	HV

HIT 923**Music Revolution: Dick Clark's U.S. American Bandstand**

Join instructor Jackie Dailey for an exploration of Dick Clark's American Bandstand. Explore the legacy of Richard (Dick) Clark as an American television and radio personality, television producer, film actor and cultural icon dubbed "America's Oldest Teenager. As host of American Bandstand, Clark was among the first pioneers to integrate live studio audiences without racial segregation, introduced rock and roll to many American youth and showcased newly discovered music artists, including Ike and Tina Turner, Smokey Robinson and the Miracles, Stevie Wonder, Simon & Garfunkel and others to a nationwide audience. Instructor: Jackie Daily.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
75278	R(4)	5/2-23	10:30 a.m.-12 p.m.	Zoom Simulcast
75277	R(4)	5/2-23	10:30 a.m.-12 p.m.	CC Simulcast

HIT 893**Women in Rock Stevie Nicks and Christine McVie**

Join Fleetwood Mac Enthusiast, Amy Andrews, as she teaches about the Women in Rock: Stevie Nicks and Christine McVie and their musical works from 1970 to present. Students will analyze and discuss their life stories, review their influences that brought them into the music field, examine their musical elements and lyrics that made them so popular in rock music and more. Lunch to Follow at Barrett's Grill.

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

CRN#	Day/Ses.	Dates	Time	Location
75029	S(1)	6/1	10:30 a.m.-12 p.m.	HV

PHOTOGRAPHY**ART 080****Art in Photography**

Awaken your inner Annie Leibovitz! Master pro techniques—rule of thirds, photojournalistic eye and design principles—to infuse your photos with a WOW factor. Instructor: Marcia Bornfriend.

Total Cost: \$76 (Tuition: \$0 Fees: \$76)

CRN#	Day/Ses.	Dates	Time	Location
75814	F(7)	4/12-5/24	10 a.m.-12 p.m.	OM

ART 821**Digital Photograph Enhancement**

Learn how to enhance, edit and touch-up digital photographic images as well as, restore faded and torn photographs on the computer from Photoshop and other free photo-enhancing programs.

Prerequisite: Introduction to Digital Photography. Instructor: Leroy Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
73754	S(5)	5/18-6/22	1-3 p.m.	HV
75376	M(5)	5/20-6/24	1-3 p.m.	OM

ART 704**Introduction to Digital Photography**

Learn how to become confident in using your digital camera: the various symbols and buttons, loading, organizing, printing, storing and sharing images. Instructor: Leroy Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75374	M(5)	4/8-5/6	1-3 p.m.	OM
73753	S(5)	4/13-5/11	1-3 p.m.	HV

PCA 899**Photography for Mobile Devices**

Learn how to make the best photograph possible using an Android or iPhone. Through hands-on practice learn the functions and features of your particular phone camera along with composition and framing, awareness and use of lighting, manipulating focus, photo editing and being able to think like a photographer.

Instructor: Jason Knauer.

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

CRN#	Day/Ses.	Dates	Time	Location
73765	M(8)	4/8-6/3	10:30 a.m.-12 p.m.	HV
73767	R(8)	4/11-5/30	10:30 a.m.-12 p.m.	DC

WALKING TOURS**HIT 925****Colonial Annapolis and the United States Naval Academy Walking Tour**

Immerse yourself in Annapolis's charming and unique history! Join a knowledgeable period-attired guide to embark on a whirlwind four-century journey and delve into the city's 18th century splendor. Meet at the Visitor Information Booth. Location: 1 Dock Street, Annapolis, MD. Lunch to follow at Middleton Tavern.

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

CRN#	Day/Ses.	Dates	Time	Location
75193	S(1)	5/4	10 a.m.-12:30 p.m.	OSX

HIT 744**Green Mount Cemetery Walking Tour**

Unearth local history at this historic cemetery, constructed in 1838 with captivating Gothic Revival architecture. Johns Hopkins, Enoch Pratt, Betsy Patterson, John Wilkes Booth and numerous military, political and business leaders are buried here. The 2-hour walking tour covers about 1 mile, rain or shine. Meet at the main entrance. On-site parking is available. Location: 1501 Greenmount Avenue, Baltimore, MD.

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

CRN#	Day/Ses.	Dates	Time	Location
73771	S(1)	5/11	9:30-11:30 a.m.	OSX

HIT 884**Hampton Mansion Tour**

Step into history at Hampton Mansion! Take in over 150 years of impressive architecture, artwork and collections. Learn about the lives of the Ridgely family and their enslaved and indentured servants. Also, discuss the local iron industry. Location: 535 Hampton Lane, Towson, MD 21286.

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

CRN#	Day/Ses.	Dates	Time	Location
74932	S(1)	3/23	10 a.m.–12 p.m.	OSX

HIT 912**Out of the Ashes: Walking Tour of the Great Baltimore Fire of 1904**

Retrace the devastating path of Baltimore's great fire. Visit the site to learn about its origins and rapid spread. Get inspired by the heroes, the profound firefighting efforts and the collective drive to recover and rebuild the city. An inspiring lunch to follow at Werner's. Instructor: Bev Rosen.

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

CRN#	Day/Ses.	Dates	Time	Location
75824	T(1)	4/30	10:30 a.m.–12 p.m.	CVS

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

Join guided walks in Baltimore's scenic parks: Centennial, Sawmill Creek, Middle Branch, Gunpowder Falls and Leakin Park at Winans Meadow. Attend the orientation at CCBC Hunt Valley Extension for vital details. Enhance your fitness, well-being and friendships! Each session is approximately 3 miles, so wear comfy shoes and bring water. Instructor: Robin Minor.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
75072	S(1)	3/2	10–11:30 a.m.	HV
	S(6)	3/16–5/18	10–11:30 a.m.	HV

HIS 514**Walking Tour of Guilford: A Streetcar Suburb**

Join an architectural historian and author on a walking tour through Baltimore's elegant streetcar suburb. Explore the original plan, parks and historic structures. Driving and parking directions will be provided in advance. Instructor: David Gleason.

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

CRN#	Day/Ses.	Dates	Time	Location
75984	W(1)	4/17	10:30 a.m.–12 p.m.	GGP

HIT 788**Walking Tour of Little Italy**

Walk alongside a local historian and explore Little Italy's vibrant history, amazing architecture and notable natives! View local sites including St. Leo's Church, which was founded and built specifically for Italian immigrants. Lunch of delicious traditional Italian fare to follow at Sabatino's. Instructor: Sally Johnston.

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

CRN#	Day/Ses.	Dates	Time	Location
75823	W(1)	5/8	10:30 a.m.–12 p.m.	SBR

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

Keep your fitness on track! This low-impact workout focuses equally on cardio and body toning. Perfect for learning the basics, crafting a tailored exercise routine and having fun while staying safe and active.

Instructor: Nina Bazemore.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
73752	R(10)	4/11–6/13	12–1 p.m.	HV
73751	F(10)	4/12–6/14	11:30 a.m.–12:30 p.m.	HV
73346	R(10)	1/11–3/14	12–1 p.m.	HV
73347	F(10)	1/12–3/15	11:30 a.m.–12:30 p.m.	HV

PDV 379**Brain Health Strategies**

Gain knowledge, experiences and inspiration that will improve your overall brain health. Explore how the brain ages and brain healthy strategies for your body, mind and spirit, including memory hacks, brain games, stress busters, sounder sleep, brain-building foods, socialization and laughter. Developmental techniques that compensate for, and even reverse, aging of the brain and incorporate fun and easy activities into a weekly routine. Learn ways to make new friends that will support your brain healthy journey. Instructor: Joanna Brandt.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
76918	F(10)	4/12–6/14	1–2:30 p.m.	OM

FIT 083**Chair Pilates**

Preserve your independence and well-being! Target core strength, balance and posture through modified chair instruction. Enjoy improved muscle strengthening, mental clarity, stress reduction and joint pain alleviation.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75603	T(10)	4/9–6/18	1–2 p.m.	OM Instructor: Sandi Rubin
75076	F(10)	4/12–6/14	10–11 a.m.	HV Instructor: Nina Bazemore

FIT 123**Gentle Yoga**

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 comfy clothes. Instructor: Debbie Vojik.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75377	M(10)	4/8-6/17	11 a.m.-12 p.m.	OM

FIT 145**Lively Drumming for Better Health and Wellness**

Feel the beat and let the rhythm move you! This unique and fun exercise program uses beats, choreography and dance to enhance your health and dissolve stress. Equipment provided. Warm-up, workout and cool-down included. Wear comfy clothes and shoes. Instructor: Rachael Fuller.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
74476	T(10)	4/9-6/11	11:30 a.m.-12:30 p.m.	HV

FIT 125**Low Impact Cardio, Mobility and Strength Exercises**

Show your heart some love! Join us to learn low-impact aerobic exercises, cardio workout techniques, strength building and gentle stretching for improved mobility and fitness. Instructor: Debbie Vojik.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75616	R(10)	4/11-6/13	10-11 a.m.	OM

FIT 149**Introduction to Tap Dancing for Seniors**

Step into the world of tap dance! Discover basic tap skills, rhythms and simple routines while getting familiar with the terminology. Enjoy a safe, enjoyable tap-based exercise routine. Tap shoes are optional; check Amazon for affordable options. Instructor: Kathy Lally.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75074	R(10)	4/11-6/13	1-2 p.m.	EC

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: Carol Yingling.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
74949	F(10)	4/12-6/14	10-11 a.m.	EC

PDV 301**Mindfulness Meditation**

Embrace the calm. Discover techniques to quiet your mind and break the patterns holding you back. Learn techniques that can reduce stress and boost your emotional, physical and mental health.

Instructor: Eva Sivan, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
75606	T(8)	4/9-6/4	10-11 a.m.	Zoom

FIT 160**Pickleball for Beginners**

Discover why pickleball is the fastest-growing U.S. sport! Develop fundamental skills to start playing—including ball hitting, serving, rallying and scoring—with the aid of a skilled instructor. Wear court shoes and weather-appropriate attire. Equipment provided. Meet at Court 1.

Locations: CMR – Coppermine Pikesville, 1726 Reisterstown Road, Pikesville, MD;

PVS – Pine Valley Swim and Tennis Club, 4638 White Marsh Road, Baltimore, MD.

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

CRN#	Day/Ses.	Dates	Time	Location
73631	T(8)	3/5-4/23	2-3 p.m.	PVS
73804	W(8)	3/13-5/1	9-10 a.m.	CMR
73632	T(8)	5/7-6/25	9-10 a.m.	PVS
76806	W(8)	5/15-7/3	9-10 a.m.	CMR

FIT 161**Pickleball: Skills and Drills, Beyond Beginners**

Ready to become a Pickleball pro? Hone your dinking, third-shot drives, positioning skills and more. Must have mastered basic skills from Pickleball for Beginners. Wear court shoes and weather-appropriate attire. Bring water and your paddle.

Locations: CMR – Coppermine Pikesville, 1726 Reisterstown Road, Pikesville, MD;

PVS – Pine Valley Swim and Tennis Club, 4638 White Marsh Road, Baltimore, MD.

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

CRN#	Day/Ses.	Dates	Time	Location
76808	W(8)	5/7-6/25	1-2 p.m.	CMR
73633	T(8)	5/7-6/25	10:30-11:30 a.m.	PVS
76809	T(8)	5/15-7/23	1-2 p.m.	CMR

FIT 962**Qigong Flow**

Discover balance and harmony with Qigong Flow! Learn guided meditative movements to enhance your balance, strength and focus. Create a higher sense of well-being and energy. Instructor: Jackie Dailey.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
74475	M(9)	4/8-6/10	11:30 a.m.-12:30 p.m.	CC

Stress – What You Need to Know to Manage It

Unlock stress management techniques for better health! Explore the pervasiveness of stress, its impact on your well-being and effective strategies for taming it. Instructor: Al Muelhbergen.

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

CRN#	Day/Ses.	Dates	Time	Location
73766	W(1)	5/1	10–11:30 a.m.	EC

FIT 963

Say Yes to Yoga

Discover mindfulness for inner peace and balance! Practice breathing, visualization and gentle movement to create a calm space within. Learn adaptive techniques for yoga poses and vinyasa flows. Perfect for beginners. Instructor: Nan Howard.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
75178	W(10)	4/10–6/12	10–11 a.m.	CC

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: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
74474	M(9)	4/8–6/10	10–11 a.m.	CC

FIT 094

Tai Chi I

Reclaim vitality with the "Dance of Life!" Learn Tai Chi to improve your coordination and balance with gentle, rhythmic movements. All ages are welcome. Wear comfy clothing and flat shoes.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
73704	F(10)	4/12–6/14	9:30–10:30 a.m.	HV Instructor: Paul Jakubowski
73706	S(10)	4/13–6/15	9–10 a.m.	EC Instructor: Ed Livingston

FIT 091

Tai Chi II

Advance your Tai Chi journey!! Build on foundational moves and deepen your practice with coordinated breathing, weight shifts and total body movement. Prerequisite: Tai Chi I. Instructor: Paul Jakubowski.

Total Cost: \$68 (Tuition: \$0 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
73705	F(10)	4/12–6/14	11 a.m.–12 p.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
75290	M(10)	4/8-6/17	6:30-7:30 p.m.	DC
75291	T(10)	4/9-6/11	10-11 a.m.	DC
75292	W(10)	4/10-6/12	6:30-7:30 p.m.	DC
75293	F(10)	4/12-6/14	10-11 a.m.	DC
74130	F(10)	5/10-7/19	9:30-10:30 a.m.	EC
74131	F(10)	5/10-7/19	10:40-11:40 a.m.	EC
74132	F(10)	5/10-7/19	11:50 a.m.-12:50 p.m.	EC

WRITING**WRI 152****Poetic Reflections: Use Creative Writing to Articulate Your Life's Journey**

Have you ever read the profound works of Rilke, Whitman, Dickinson, Poe, Frost, L. Hughes, Angelou, Ntozake Shange or David Whyte? Do you often hear their voices in unison urging you to put pen to paper and create your own poems? If so, then why not be adventurous and join the class "Poetic Reflections"? You will meet new people, learn various literary techniques and tools, show your life's journey through poetry and have some fun! Instructor: Leon Thorton.

Total Cost: \$99 (Tuition: \$20 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
74514	T(8)	4/6-5/28	2-4 p.m.	HV

WRI 133**Writing a Book**

Whether you want to write a memoir, novel, children's book, travel journal or other non-fiction book, learn about the use of materials, methods for capturing and communicating ideas, what details to include, starting and finishing the book, polishing and proofing the writing and getting your book printed. Instructor: Leslie Atkins.

Total Cost: \$94 (Tuition: \$20 Fees: \$74)

CRN#	Day/Ses.	Dates	Time	Location
75607	T(8)	4/9-6/4	10 a.m.-12 p.m.	Zoom

WRI 118

Writing Intriguing Stories

Whether you are compiling a memoir or creating an imaginative piece of fiction, this class will help you find inspiration and motivation to keep writing while gaining valuable knowledge about technique and publishing. Explore creative writing strategies while working on a book-length or short story piece with peer and instructor guidance. Instructor: Leslie Atkins.

Total Cost: \$99 (Tuition: \$20 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
74948	W(8)	4/10-5/29	10 a.m.-12 p.m.	Zoom

FRIENDLY SENIORS AT CCBC ESSEX

SPRING 2024 SEMESTER

Wednesdays, April 10–Jun 12

In-person, CCBC Essex, Arts and Humanities Hall, Room 211

Join this group of senior students every Wednesday at CCBC Essex for three classes per semester. You'll enjoy learning experiences, interacting with other seniors and having a fun and informative time. Registration for **Friendly Seniors** is held at the first class session. Simply fill out a registration form and present a check for the payment.

For over 40 years, **Friendly Seniors** has been providing a fun and gratifying social learning experience. **Come along with us!**

The Music of Beethoven

10–11:30 a.m.

Instructor: Kris Faatz

History of Architecture

1:30–3 p.m.

Instructor: Chip Hanna

Better Health and Wellness for the Senior Adult

11:45 a.m.–1 p.m.

Instructor: Nina Bazemore

Concert Piano Performance by Kris Faatz

Wednesday, June 19

10–11:30 a.m.

For more information, contact Patrick Heline at pheline@cbbcmd.edu or **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@cbbcmd.edu.