

SENIOR ADVENTURES IN LEARNING AT CCBC

FALL 2026



This fall, 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: \$89 (Tuition: \$0 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
30848	R(10)	9/17– 11/19	10 a.m.–12 p.m.	OM

ARB 290**Animalistic Painting with Soft Pastels (NEW)**

Explore the vibrant world of animal art using soft pastels. Apply proportion, anatomy, layering and shading to create expressive, lifelike artwork. Prerequisite: basic drawing and painting skills. Supply list will be discussed during the first class. Instructor: Maryna Novohorodska.

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

CRN#	Day/Ses.	Dates	Time	Location
31108	S(6)	10/10–11/14	10 a.m.–12 p.m.	HV

ARB 286**Applied Individual Drawing (NEW)**

Build foundational drawing and painting skills through reference-based projects, focusing on technique, composition, structure, material selection and personal artistic decision-making. All levels welcome. Supply list will be discussed during the first class. Instructor: Negin Nejad Mohseni.

Total Cost: \$139 (Tuition: \$0 Fees: \$139)

CRN#	Day/Ses.	Dates	Time	Location
30824	M(10)	10/5–12/7	1–4:15 p.m.	HV

ARB 285**Autumn in Watercolor: Color, Light and Atmosphere (NEW)**

Capture the rich colors and quiet beauty of autumn. With guidance, create a watercolor painting each week while applying learned techniques in color, light, atmosphere and landscape painting. Instructor: Alina Kurbiel.

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

CRN#	Day/Ses.	Dates	Time	Location
30814	M(10)	9/14–11/16	10 a.m.–12 p.m.	Zoom

ART 746**Basic Acrylic Painting (NEW)**

Learn to create balanced paintings using acrylics. Explore how to use and mix colors and pigments, apply techniques using different kinds of brushes, mediums and materials, prepare painting surfaces and use the color wheel to balance color and composition. Supply list will be discussed during the first class. Instructor: Maryna Novohorodska.

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

CRN#	Day/Ses.	Dates	Time	Location
30831	W(8)	10/7–12/2	10 a.m.–12 p.m.	HV

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
30803	F(10)	9/18– 11/20	10 a.m.–12 p.m.	Zoom

ART 977**Beginning Drawing Part 2**

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

Instructor: Marcia Bornfriend.

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

CRN#	Day/Ses.	Dates	Time	Location
30817	T(10)	10/6–12/8	1–3 p.m.	OM

ARB 289**Core Drawing (NEW)**

Develop systematic monotone drawing skills using a mechanical pencil and the Florence Academy method, emphasizing proportion, shading, texture, value control and three-dimensional form. All levels welcome. Supply list will be discussed during the first class. Instructor: Negin Nejad Mohseni.

Total Cost: \$139 (Tuition: \$0 Fees: \$139)

CRN#	Day/Ses.	Dates	Time	Location
30823	M(10)	10/5–12/7	9:30 a.m.–12:45 p.m.	HV

ARB 181**Drawing and Painting for the Senior Adult (Beginners)**

Learn basic techniques for creating two-dimensional media, focusing on media use, techniques for desired effects and essential equipment for completing projects. Important note: This course is for absolute beginners in drawing and painting. Instructor: Dr. Joseph Cassar.

Total Cost: \$104 (Tuition: \$15 Fees: \$89)

CRN#	Day/Ses.	Dates	Time	Location
32776	F(8)	10/2–11/20	1:45–3:45 p.m.	HV

ART 043**Drawing for Beginners**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30815	T(8)	10/6–11/24	10 a.m.–12 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
30808	M(10)	10/5–12/7	1–3 p.m.	OM

ART 996**Modern Watercolor**

Wake up your watercolor skills! Explore a new technique each week, such as pouring, negative painting, masking, Yupo paper, watercolor crayons and salting. Important note: This class is not for beginners. You must have basic drawing and painting skills to take this class. Instructor: Jennifer Kohn Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
30862	T(10)	10/6–12/8	1–3 p.m.	HV

ART 891**Portrait and Oil Painting Combo**

Refine your portrait and oil painting skills, focusing on lighting, posing and technique. Bring a drawing pad, graphite pencils, a kneaded eraser and portrait photo to class. Prerequisites: basic drawing and painting skills. Instructor: Jennifer Kohn Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
30858	R(10)	10/1–12/10	10 a.m.–12 p.m.	HV

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

Learn watercolor painting techniques like wash, dry brush and masking to create landscapes, still life's and portraits. Note: For the beginner watercolor class, please register for CRN# 30856. For CRNs 30857 and 30861, basic drawing and painting skills are required. Supply lists will be discussed during first class session.

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

CRN#	Day/Ses.	Dates	Time	Location	
30856	W(10)	10/1–12/10	9:30–11 a.m.	EC	Instructor: Karen Ruberry
30857	R(10)	10/1–12/10	1–3 p.m.	HV	Instructor: Jennifer Kohn Murtha
30861	T(10)	10/6–12/8	10 a.m.–12 p.m.	HV	Instructor: Jennifer Kohn Murtha

COMPUTERS**PCO 509****Adapting to AI Awareness and Usage (NEW)**

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

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

CRN#	Day/Ses.	Dates	Time	Location	
31867	W(5)	10/7–11/5	1–2:30 p.m.	OM	

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

Use your iPad and iPhone with ease! Learn to navigate the software, updates and apps. Explore your camera and iCloud to get the most from your devices. Instructor: Katessa Trafton.

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

CRN#	Day/Ses.	Dates	Time	Location	
30771	M(10)	10/5–12/7	10 a.m.–12 p.m.	HV	

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

Learn how to purchase and confidently use an Android smart device, including how to install and use apps, take photos, shoot videos and more. Note: You must bring your device(s) to each class.

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

CRN#	Day/Ses.	Dates	Time	Location	
30826	S(5)	10/3–31	10 a.m.–12 p.m.	HV	Instructor: Charles Pepersack
30811	M(5)	10/5–11/2	10 a.m.–12 p.m.	OM	Instructor: Lee Klima

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
30152	S(5)	8/22–9/26	10 a.m.–12 p.m.	HV Instructor: Charles Pepersack
30828	S(5)	11/7–12/12	10 a.m.–12 p.m.	HV Instructor: Charles Pepersack
30812	M(5)	11/16–12/14	10 a.m.–12 p.m.	OM Instructor: Lee Klima

PCO 464**Computers Part 3: Getting to Know Microsoft Word**

Gain critical Microsoft Word skills, including creating documents, using the toolbar and dropdown menus, and email merging. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30829	R(5)	10/1–29	10 a.m.–12 p.m.	OM

PCO 465**Computers Part 4: Getting to Know Microsoft Excel**

Boost your Excel skills! Learn formulas, headers, passwords, timestamps, formatting, freeze frames and more. Note: Bring a flash drive to each class to save your work. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30821	R(5)	11/5–12/10	10 a.m.–12 p.m.	OM

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

Get comfortable with Microsoft Excel's formulas, headers, passwords, timestamps, paintbrush, row and column resizing, cell formatting, freeze frames and more. Note: Bring a flash drive to each class to save your work. Instructor: Lee Klima.

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

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

PCO 455**Introduction to Chromebooks (NEW)**

Learn to navigate setup, basic functions, app usage and file management on your Chromebook. Perfect for beginners needing step-by-step guidance. Note: Bring your Chromebook to each class. Instructor: Charles Pepersack.

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

CRN#	Day/Ses.	Dates	Time	Location
30827	S(5)	10/3–31	1–3 p.m.	HV

PCA 808**iPad for Seniors**

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

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

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

PCO 357**Beginning iPhones for Seniors**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30129	F(5)	8/21–9/18	2–4 p.m.	DC Instructor: Kayla Tullis
30930	R(6)	10/1–11/5	1–3 p.m.	EC Instructor: Katessa Trafton

INDIVIDUALIZED CELL PHONE INSTRUCTION

Build confidence using your cell phone through individualized, hands-on instruction tailored to your needs and comfort level. Register with the CRN for your desired hours; the instructor will contact you to schedule your session(s). You must provide your own device. Instructor: Tess Trafton.

PCO 357**Beginning iPhones for Seniors**

6 weeks, 2 hours per session

Total Cost: \$650 (Tuition: \$10 Fees: \$640)

CRN#	Day/Ses.	Dates	Time	Location
30781	Arranged	9/14–10/24	Arranged	Arranged
30780	Arranged	10/5–11/14	Arranged	Arranged

PCO 514**Beginning iPhones for Seniors**

6 weeks, 1.5 hours per session

Total Cost: \$510 (Tuition: \$10 Fees: \$500)

CRN#	Day/Ses.	Dates	Time	Location
31115	Arranged	9/14–10/24	Arranged	Arranged
31114	Arranged	10/5–11/14	Arranged	Arranged

PCA 696**Android Phones and Tablets**

Learn how to confidently use an Android smart device, including how to install and use apps, take photos, shoot videos and more. Note: You must bring your device to each class. Instructor: Katessa Trafton.

Total Cost: \$600 (Tuition: \$10 Fees: \$590)

CRN#	Day/Ses.	Dates	Time	Location
30779	Arranged	10/19–11/21	Arranged	Arranged

COOKING**CKG 323****Core Values: Cooking with Apples**

Celebrate peak apple season with a cooking demonstration and tasting of instructor-prepared delights such as autumn maple pork tenderloin, apple galette and mulled cider. Consider food allergies before registering. Important note: This is a demonstration lecture, not a hands-on cooking class. Instructor: Chef Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
30825	M(1)	10/5	10:30 a.m.–12 p.m.	HV

CKG 308**Delicious Delights: Fun and Easy Plant-Based Cooking**

Get inspired! Learn about the plant-based lifestyle and explore simple, flavorful recipes and practical techniques to craft your own Earth-friendly dishes. Instructor: Jamila Weber.

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

CRN#	Day/Ses.	Dates	Time	Location
30813	F(6)	10/9–11/13	11 a.m.–12:15 p.m.	OM

CKG 320**Harvest to Home: Farm to Table**

Learn how to select and prepare fresh, local ingredients using simple recipes. Discover key cooking terms and taste the finished dishes. Note: \$50 materials fee due at first class, payable to Michelle's Kitchen. Instructor: Michelle Sapp.

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

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

CKG 292**Thai Spices, Rice and Noodles**

Discover Thai spices and sauces to make traditional dishes including pad thai, tom yum gai and khao pad. Visit H Mart in the last class to locate key ingredients. Note: \$40 materials fee due at first class. Instructor: Ang Robinson.

otal Cost: \$75 (Tuition: \$0 Fees: \$75)

CRN#	Day/Ses.	Dates	Time	Location
30936	M(3)	11/2–16	11 a.m.–1:30 p.m.	OM

CKG 324**Thanksgiving and Christmas: Timeless Traditions and New Twists (NEW)**

Celebrate the season by learning to craft vibrant appetizers, hearty holiday entrees and elegant mini desserts—from whipped ricotta crostini to herb–roasted chicken and spiced gingerbread cheesecake minis. Note: \$40 materials fee due at first class, payable to Michelles Kitchen. Instructor: Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
31612	R(6)	11/5–12/17	10–11:30 a.m.	OM

CKG 325**Yum, Yum!**

Learn how to use Thai spices, herbs and sauces to create quick, healthy dishes like spicy shrimp salad, broiled Thai-style salmon, rice salad and crying tiger. Note: \$50 materials fee due first class. Instructor: Ang Robinson.

Total Cost: \$75 (Tuition: \$0 Fees: \$75)

CRN#	Day/Ses.	Dates	Time	Location
30979	M(3)	10/5–19	11 a.m.–1:30 p.m.	OM

CRAFTS AND HOBBIES

PDV 350

Beginning Mahjong

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

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

CRN#	Day/Ses.	Dates	Time	Location
30810	T(6)	10/6–11/10	10–11:30 a.m.	OM

ARB 292

Festive Craft Making

Create props for a variety of settings as you develop your ideas and bring them to life using recycled materials. Note: \$25 materials fee due first class or bring your own from the supply list. Instructor: Trish Presley.

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

CRN#	Day/Ses.	Dates	Time	Location
31622	T(6)	9/22–10/27	11 a.m.–12:30 p.m.	OM

HIT 825

Introduction to Calligraphy

Discover the art of calligraphy to create original invitations, business cards and announcements. Learn about calligraphy's techniques, styles, history and cultural impact. Note: \$50 materials fee due at first class; materials to be distributed upon payment. Instructor: Stephanie Gould.

Total Cost: \$91 (Tuition: \$10 Fees: \$81)

CRN#	Day/Ses.	Dates	Time	Location
30764	M(6)	10/5–11/9	10 a.m.–12 p.m.	CC

ART 817

Introduction to Crochet

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

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

CRN#	Day/Ses.	Dates	Time	Location
30776	W(10)	9/30–12/9	10 a.m.–12 p.m.	Zoom

ART 953**Knitting for Beginners**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30799	M(6)	10/5–11/9	1–2:30 p.m.	OM

PDV 383**Learn to Play Canasta**

Master Canasta rules, scoring and strategic play with us! Learn with a partner, practice different hands and have fun! Instructor: Geri Willen.

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

CRN#	Day/Ses.	Dates	Time	Location
30809	M(6)	10/5–11/9	10–11:30 a.m.	OM

ART 936
**Next Step: Beyond the Basics –
Jewelry Making with Wire Work: Make Your Own Accessories**

Build more advanced wirework jewelry, use key tools on small projects and personalize pieces with clasps, links and beads. Basic wirework skills are recommended, open to beginners and intermediate makers. Note: \$45 materials fee due at first class; materials to be distributed upon payment. Instructor: Jackie Orsini.

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

CRN#	Day/Ses.	Dates	Time	Location
30791	W(5)	10/7–11/4	1–3:30 p.m.	HV

ARB 291**Paper Mache Decor (NEW)**

Create seasonal papier-mache sculptures such as pumpkins, mushrooms and snowmen. Instruction covers building an armature and techniques for pasting, layering, sanding and painting your work. Note: \$25 materials fee due at first class; materials to be distributed upon payment. Instructor: Amanda Bienko.

Total Cost: \$88 (Tuition: \$0 Fees: \$88)

CRN#	Day/Ses.	Dates	Time	Location
31302	M(6)	10/5–11/9	1–3 p.m.	HV

ART 958**Mixed Media Mosaics**

Craft unique art by merging mosaic and collage techniques. Create highly personalized masterpieces in class by mixing instructor-provided glass, buttons, ceramics and other trinkets with your own. Note: \$45 materials fee due at first class; materials to be distributed upon payment. Instructor: Amanda Bienko.

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

CRN#	Day/Ses.	Dates	Time	Location
31092	T(8)	10/6–11/24	1–3 p.m.	EC

ARB 288**UV Resin: Beyond the Basics (NEW)**

Practice UV resin art through hands-on projects emphasizing safety, materials and core techniques including pouring, embedding, layering and finishing to create polished jewelry, keychains and coasters. Note: \$45 materials fee due at first class; materials to be distributed upon payment. Instructor: Jackie Orsini.

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

CRN#	Day/Ses.	Dates	Time	Location
31104	W(2)	12/2–9	12–2:30 p.m.	HV

ART 967**Holiday Floral Arranging – Thanksgiving Table Centerpiece**

Create a festive Thanksgiving table with your own fresh floral arrangement. Learn floral arranging basics and take home your handmade piece. A \$30 materials fee is due the day of the workshop to be paid directly to the instructor. Instructor: Rene Epps.

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

CRN#	Day/Ses.	Dates	Time	Location
33154	M(1)	11/16	10–11:30 a.m.	HV

ART 968**Holiday Floral Arranging – Deck Out Your Christmas Table**

Create a festive Christmas table with your own fresh floral arrangement. Learn floral arranging basics and take home your handmade piece. A \$30 materials fee is due the day of the workshop to be paid directly to the instructor. Instructor: Rene Epps.

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

CRN#	Day/Ses.	Dates	Time	Location
33155	M(1)	12/14	10–11:30 a.m.	HV

ESSENTIAL INFORMATION FOR SENIORS

CED 002

Do you live in an Over 55 Community or Are you Planning to? (NEW)

Explore the essentials of living in an over-55 community! Understand your rights and responsibilities, learn how to navigate laws and paperwork, and discover ways to make the most of your new community. Instructor: Jerry Gietika.

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

CRN#	Day/Ses.	Dates	Time	Location
30179	F(4)	9/4-25	1:30-2:30 p.m.	HV

PDV 481

The Art of Conscious Aging: Living Fully into Life's Later Seasons (NEW)

Use reflection, journaling, discussion and mindfulness practices to explore aging as a season of growth and possibility centered on wisdom and conscious living. Instructor: Chasity Wiener.

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

CRN#	Day/Ses.	Dates	Time	Location
31219	W(5)	10/7-11/4	5:30-7 p.m.	HV

HST 410

The Benefits and History of Social Security

Examine Social Security's role in retirement security, including its history, benefits, future challenges and strategies for coordinating retirement income and long-term financial planning. Instructor: Jonathan Holcomb.

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

CRN#	Day/Ses.	Dates	Time	Location
31700	R(1)	9/24	10-11:30 a.m.	HV

ENV 037

Environmental Issues for the Homeowner

Learn to assess and address environmental risks in your home, including lead-based paint, radon, asbestos, hazardous materials, underground tanks, drinking water and potential liabilities. Instructor: Jerry Gietika.

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

CRN#	Day/Ses.	Dates	Time	Location
30160	F(4)	9/4-25	10 a.m.-12 p.m.	HV

PDV 357**Identity Theft: How to Recognize it and Avoid it**

Protect yourself from identity theft by learning how it happens, how to spot red flags and reduce your risk and when to report suspicious activity. Instructor: Jason Knauer.

Total Cost: \$25 (Tuition: \$0 Fees: \$25)

CRN#	Day/Ses.	Dates	Time	Location
30138	T(1)	9/22	9–10:15 a.m.	HV

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
30774	T(6)	10/6–11/10	10 a.m.–12 p.m.	HV
30766	M(6)	11/2–12/7	10 a.m.–12 p.m.	CC

PDV 334**Let My Clutter Go!**

Learn how to dispose of things you no longer want or need. Discover tips, tricks and strategies to help you downsize, declutter and reorganize your space. Locate local resources for your unwanted items and products you can use to reorganize your space. Instructor Cindy Bernstein.

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

CRN#	Day/Ses.	Dates	Time	Location
30773	W(4)	10/7–28	1–2:30 p.m.	HV

PDV 358**SCAMS: How to Recognize Them and Deal with Them**

Become scam-aware! Recognize and protect yourself against scams targeting seniors online, on the phone and in person. Instructor: Jason Knauer.

Total Cost: \$25 (Tuition: \$0 Fees: \$25)

CRN#	Day/Ses.	Dates	Time	Location
30139	T(1)	9/22	10:30–11:45 a.m.	HV

PDV 487**Taking the Mystery Out of Medicare: Medicare**

Demystify the U. S. Medicare system to make informed healthcare decisions. Learn about Parts A, B, C and D, eligibility, enrollment timelines, coverage options, costs and Medicare fraud prevention.

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

CRN#	Day/Ses.	Dates	Time	Location
31698	R(1)	9/24	1–2:30 p.m.	HV

GENEALOGY

PCO 427

Family History Research with Ancestry.com

Learn to use **Ancestry.com** to research your family history, build your tree, verify records and stay safe online. A paid subscription is required before class. Instructor: Dave Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
30915	F(8)	10/2–11/20	10–11:30 a.m.	HV

HIT 997

Finding your Family Roots, Beginners

Research your family tree by exploring genealogy forms, techniques, and sources, including digital tools. Learn about citations, pedigree charts and naming variations for thorough documentation. Instructor: Dave Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
30860	R(8)	10/1–11/19	1–2:30 p.m.	HV

PDV 459

Using Artificial Intelligence for Genealogy Research

Give your genealogical research a boost. Explore how AI tools can assist with family history organization, storytelling and research. Instructor: Dave Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
31121	T(6)	10/6–11/10	1–2:20 p.m.	HV

HISTORY, POLITICS AND EVENTS

HST 405

African American Cinema Part I (NEW)

Examine African American cinema through its history, controversies and cultural impact, analyzing filmmaking traditions, key movements and selected films through contemporary debates on race and American culture. Instructor: Yasmin Thomas.

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

CRN#	Day/Ses.	Dates	Time	Location
31288	R(2)	10/22–29	9:30 a.m.–12:45 p.m.	RAC

HST 393**Art and Archaeology of Roman Britain (NEW)**

Examine the artistic culture of Roman Britain through archaeological discoveries, analyzing how Celtic and Roman traditions shaped architecture, sculpture, mosaics and material culture.

Instructor: Dr. Bob Baer

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

CRN#	Day/Ses.	Dates	Time	Location
30918	F(6)	10/9–11/13	10–11:30 a.m.	HV

HST 390**Baltimore's Gilded Age: Bootstraps to Boon (NEW)**

Explore Baltimore's Gilded Age, including its elite families and cultural influence rivaling New York's. Examine figures such as Hopkins and Garrett and how industry, philanthropy and scandal shaped the city's rise. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
30818	M(5)	10/5–11/9	10:30 a.m.–12 p.m.	HV

HST 403**Rock-N-Roll Series: History of Billboard #1 Hits from 1976, 1966 and 1956 (NEW)**

Dive into the advent, explosion and evolution of rock 'n roll across three decades, analyzing Billboard charts and stories behind No. 1 hits from 1956, 1966 and 1976. Instructor: Patrick M. Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
31442	S(3)	11/7–21	10 a.m.–12 p.m.	HV

HIS 483**Egypt's Golden Age: The New Kingdom**

Explore Egypt's greatest era of artistic and intellectual growth and its major cultural achievements. Learn about pharaohs like Tutankhamun, Ramesses, Akhenaton and Hatshepsut and the temple complexes they built in the Valley of the Kings. Instructor: Robert Baer, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
30838	M(6)	11/2–12/7	10:30 a.m.–12 p.m.	OM

HST 411**Eight Exceptional Women of Maryland**

Explore the legacies of the Cone sisters (art collectors), Mary Garrett (philanthropist and education reformer), Marcia Crocker Noyes (medical librarian), Virginia Hall (WWII spy), Barbara Holdridge (spoken-word recording pioneer), Lucille Clifton (poet) and the Peale women (artists). Instructor: Margaret Fielding.

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

CRN#	Day/Ses.	Dates	Time	Location
31623	W(8)	10/7–11/25	10–11:30 a.m.	OM

HST 406**Ernest Hemingway's The Sun Also Rises (NEW)**

Read and discuss Hemingway's groundbreaking novel "The Sun Also Rises." Examine the author's life, influences, spare prose style and portrayal of the Lost Generation's post-World War I disillusionment. Instructor: Rob Jacobs.

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

CRN#	Day/Ses.	Dates	Time	Location
31293	W(10)	9/30–12/9	10:30 a.m.–12 p.m.	Zoom

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

Explore the diverse roles of first ladies, from Ellen Arthur to Ida McKinely. Learn about their personal lives, public duties, and multifaceted contributions as spouses, mothers, ambassadors, hostesses and supportive partners. Instructor: Patrick M Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
32323	R(6)	10/1–11/5	1:30–3 p.m.	Zoom
32322	R(6)	10/1–11/5	1:30–3 p.m.	HV

HST 325**Great American Short Stories**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30912	F(10)	10/2–12/11	10–11:30 a.m.	Zoom

HST 386**Hidden Gems 2.0: More Great Unknown Women in Science (NEW)**

Discover overlooked women scientists, such as Mary Sherman Morgan, Esther Lederberg and Anushka Naiknaware. Analyze their achievements, barriers to inclusion, resilience and place in scientific history. Instructor: Paula Mister.

Total Cost: \$66 (Tuition: \$10 Fees: \$56)

CRN#	Day/Ses.	Dates	Time	Location
30836	W(4)	9/9–30	10–11 a.m.	HV

HST 144**Historical Days in American History**

Explore two to three events in U.S. history that occurred on each session date, to include figures, events and dates that shaped American history and continue to influence our modern world. Note: This is a simulcast class where a live, in-person class and a virtual Zoom class will occur at the same time. Instructor: Patrick Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
30835	R(7)	10/1–11/12	11:45 a.m.–12:45 p.m.	Zoom
30832	R(7)	10/1–11/12	11:45 a.m.–12:45 p.m.	HV

HST 392**History of American Patriotic Music and Composers (NEW)**

Trace the evolution of American patriotic music from early national songs to modern ceremonial works, examining context, culture, musical styles and notable composers including Irving Berlin and George M. Cohan. Instructor: Patrick M. Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
30903	S(5)	9/12–10/10	10–11:30 a.m.	HV

HST 387**History of Baltimore County Parks (NEW)**

Learn about Baltimore County parks and select state and national parks, including their names, locations, historical significance and stylistic differences. Discuss the value of preservation and community engagement. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
30820	M(5)	11/16–12/14	10:30 a.m.–12 p.m.	HV

HST 402**History's Myths – Myth's History (NEW)**

Examine how myths and historical narratives intersect in accounts of famous people and events across the ancient world, Europe and America, and how to distinguish myth from historical fact.

Instructor: David Hatch.

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

CRN#	Day/Ses.	Dates	Time	Location
31095	M(8)	10/5–11/23	7–8:30 p.m.	Zoom

HST 395**Laughing Matters: Philosophy through 70s and 80s Sitcoms (NEW)**

Explore ancient philosophy through 1970s and 80s sitcoms, examining themes of freedom, justice, identity, morality and authenticity and how humor reflects and challenges human existence.

Instructor: Katessa Trafton.

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

CRN#	Day/Ses.	Dates	Time	Location
30933	M(5)	11/9–12/7	1–2:30 p.m.	HV

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

Discuss current issues and ideas influencing contemporary American society. Contribute your thoughts on political situations, economic conditions and cultural issues, as well as local, national and international news. Note: This class is discussion-based, not lecture-based. Instructor: Deena Dugan.

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

CRN#	Day/Ses.	Dates	Time	Location
30772	T(10)	10/6–12/8	10:30 a.m.–12 p.m.	HV

HIT 737**Merchant Princes: American Department Stores**

Explore the rise of U.S. department stores, their founders and their influence on American culture. From Macy's and Neiman-Marcus, to Hutzler's and Stewart's, learn how major national and local stores competed through design, services and innovation. Instructor: Barbara Blumberg Ressin.

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

CRN#	Day/Ses.	Dates	Time	Location
32362	F(5)	10/2–30	1:30–3 p.m.	HV

HST 385**Mysterious Deaths of Intriguing Historical Figures (NEW)**

Investigate the extraordinary lives and mysterious deaths of historical giants, including Edgar Allan Poe, Rasputin and Alexander the Great. Evaluate the scientific explanations and cultural myths surrounding their deaths. Instructor: Paula Mister.

Total Cost: \$66 (Tuition: \$10 Fees: \$56)

CRN#	Day/Ses.	Dates	Time	Location
30854	T(5)	9/29–10/27	10–11 a.m.	HV

HST 380**Northern Renaissance Art: A Brief History**

Discover Northern Europe's 15th- and 16th-century artists from van Eyck to Bruegel. Explore their techniques, use of symbolism, blend of medieval and Renaissance traditions, and how social and economic forces shaped their art. Instructor: Barbara Baxter.

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

CRN#	Day/Ses.	Dates	Time	Location
30789	T(5)	11/10–12/8	1–2:30 p.m.	HV

HST 382**Paul Cezanne to the Futurists**

Explore Paul Cezanne's art and legacy through Zoom-based analysis of his influence on Picasso, Cubism and Futurism, using color images and discussion of related works by major modern artists. Instructor: Joseph Cassar, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
30785	T(8)	9/8–10/27	9:30–11 a.m.	Zoom

HIT 787**Scientists of the 20th Century (NEW)**

Learn about key scientists from 1900 to 1999 and the inventions and technologies that shaped the century. Explore figures like Niels Bohr, Marie Curie, Albert Einstein, Enrico Fermi, Sigmund Freud, Robert Goddard, Ivan Pavlov, Max Planck and Jonas Salk. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
30775	T(6)	10/20–11/24	1–2:30 p.m.	HV

HST 394**Thank you for Being a Friend – Philosophical Morals through TV Shows (NEW)**

Link philosophical lessons on friendship, gender and humanity from Aristotle and Socrates to those found primarily in “The Golden Girls,” but also in “MASH,” “Good Times” and other classic TV shows. Instructor: Katessa Trafton.

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

CRN#	Day/Ses.	Dates	Time	Location
30934	M(5)	10/5–11/2	1–2:30 p.m.	HV

HST 384**The Fall of The Dynasties:****The Collapse of the Old Order and Chaos Post World War I (NEW)**

Trace the fall of Europe’s pre-World War I monarchies and ensuing instability, examining wartime collapse, revolutionary upheaval and the turbulent 1920s. Instructor: Bill Krause.

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

CRN#	Day/Ses.	Dates	Time	Location
30833	W(10)	9/30–12/9	1–2:30 p.m.	HV

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

Explore the fundamentals and historical periods of antiques, including artwork, collectibles, and more. Learn to distinguish antiques from reproductions and understand style evolution, research tools, care and liquidation methods. Instructor: Dixie Cook.

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

CRN#	Day/Ses.	Dates	Time	Location
30793	W(10)	9/30–12/9	10–11:30 a.m.	HV
30794	R(10)	10/1–12/10	10–11:30 a.m.	HV

HST 396**The History of the American Presidency (NEW)**

Study the development of the U.S. presidency and its occupants, from James Polk to Franklin Pierce, examining constitutional foundations, political evolution, presidential backgrounds, achievements, controversies and enduring national impact. Instructor: Patrick M. Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
30932	R(8)	10/1–11/19	10–11:30 a.m.	Zoom
30931	R(8)	10/1–11/19	10–11:30 a.m.	HV

HST 223**The History of the Battle of Gettysburg (NEW)**

Step into the Battle of Gettysburg, from its Civil War lead-up to Lincoln's 1863 speech. Explore each day of battle, the aftermath and the lives of commanders, soldiers and citizens. Instructor: Bruce Reinke.

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

CRN#	Day/Ses.	Dates	Time	Location
30765	M(10)	10/5–12/7	1–2:30 p.m.	HV

HST 348**The Interrelationship of Dance, Culture and Global Travel (NEW)**

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

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

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

HIT 818**The Scottish American Identity**

Explore Scottish history, music, language, innovations and folklore and how they influenced American culture and shaped the modern world.

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

CRN#	Day/Ses.	Dates	Time	Location
30140	W(10)	9/16–11/18	1:30–2:45 p.m.	HV

HST 404**The Vietnam War: Full Picture (NEW)**

Trace the Vietnam War through French colonization, regional conflicts and U.S. involvement, analyzing its impact on America, Southeast Asia, global politics and the modern world.

Instructor: Jonathan Holcomb.

Total Cost: \$86 (Tuition: \$10 Fees: \$76)

CRN#	Day/Ses.	Dates	Time	Location
31286	R(7)	10/1–11/12	1–2:30 p.m.	HV

HST 399**The Wonders and Mysticism of Southeast Asia (NEW)**

Build a deeper understanding of Southeast Asia as a crossroads of global civilizations. Examine how religion, spiritual traditions, economic development and environmental issues shape this complex and dynamic region. Instructor: Sudeep Mohandas.

Total Cost: \$91 (Tuition: \$10 Fees: \$81)

CRN#	Day/Ses.	Dates	Time	Location
31218	T(7)	10/6–11/17	10–11:35 a.m.	Zoom

POS 092**Trump and the Post-Election Congress**

Examine how President Trump may work with a newly elected Congress in the remaining years of his term. Predict and discuss election outcomes, party dynamics and future relations between Congress and the White House. Instructor: Barry Rascovar.

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

CRN#	Day/Ses.	Dates	Time	Location
30805	R(4)	10/15–11/5	10:30 a.m.–12 p.m.	Zoom
30804	R(4)	10/15–11/5	10:30 a.m.–12 p.m.	OM

LAW 057**U.S. Supreme Court Decisions from the 2025 to 2026 Term (NEW)**

Explore the Supreme Court's decision-making process and major rulings from the 2025–2026 term. Study Court history, case selection and decisions affecting executive power, elections, rights, immigration, DEI, privacy and parental rights, emphasizing legal interpretation and contemporary impact. Instructor: Deena Dugan.

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

CRN#	Day/Ses.	Dates	Time	Location
31094	T(6)	10/13–11/17	1–2:30 p.m.	HV

HST 397**Ukrainian Culture and Language through Visual Art (NEW)**

Practice basic Ukrainian while exploring the country's traditions, folklore and folk-art motifs. Participate in hands-on art projects and group reflection to create personal artwork that celebrates Ukrainian identity. Instructor: Maryna Novohorodska.

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

CRN#	Day/Ses.	Dates	Time	Location
31103	R(6)	11/5–12/17	10:30 a.m.–12 p.m.	HV

HST 409**Unearthing History: The Science of Archaeology (NEW)**

Examine how archaeologists use modern science to investigate ancient civilizations, uncover artifacts and reconstruct human history. Study archaeological methods, fieldwork and processes for dating, analyzing and conserving artifacts. Instructor: Tamee Bollinger.

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

CRN#	Day/Ses.	Dates	Time	Location
31697	S(6)	10/10–11/14	10 a.m.–12 p.m.	HV

HST 398**Civilizations of Ancient Maya and Mesoamerica (NEW)**

Explore the history of the Maya, Olmec and Aztec civilizations, examining major archaeological sites, societal achievements and factors contributing to each civilization's decline and lasting cultural impact. Instructor: Glenn Meyer.

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

CRN#	Day/Ses.	Dates	Time	Location
31091	T(6)	10/6–11/10	1–2:30 p.m.	HV

HUMANITIES**ARB 281****Comedy, What It Is and What It Isn't (NEW)**

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

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

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

HST 349**Everyday Mysticism: Finding the Sacred in the Ordinary (NEW)**

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

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

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

PDV 482**Milestones: Recording Memorable Conversations (NEW)**

With guidance, the class will share and record meaningful life stories, milestones and reflections, creating a lasting record to share with family and others. Instructor: Kim Munchel.

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

CRN#	Day/Ses.	Dates	Time	Location
30935	T(7)	10/13–12/1	10 a.m.–12 p.m.	HV

PDV 476**Politics of a Human**

Explore human life through polis, meaning “the shared life of community” in Greek. Explore relationships, identity and belonging through historical events and personal narratives, and how values and social norms shape interaction and understanding.

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

CRN#	Day/Ses.	Dates	Time	Location
31593	F(7)	10/9–11/20	9:30–11 a.m.	OM

LANGUAGES**FLA 088****Conversational Spanish for Beginners**

Learn basic conversational Spanish for greetings, introductions, conversations, travel, shopping, and expressing needs and feelings. Explore the cultural diversity of Latin America. Instructor: Meredith Heyl.

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

CRN#	Day/Ses.	Dates	Time	Location
30816	T(10)	10/6–12/8	10–11:30 a.m.	OM

FLA 093**Conversational Spanish for Beginners Part 2**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30822	W(10)	9/30–12/9	10–11:30 a.m.	OM

FLA 234**Conversational Spanish for Beginners Part III**

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

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

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

HST 161**French Culture and Language for Everyone (NEW)**

Gain basic French conversational skills, plus insight into the rich tapestry of French culture. Delve into music, cuisine, literature, dance, history and more. Instructor: Patricia Cornejo.

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

CRN#	Day/Ses.	Dates	Time	Location
31460	R(8)	10/1–11/19	1–2:30 p.m.	HV

FLA 248**Hola Amigos – Spanish for Beginners (NEW)**

Develop basic conversational and grammar skills in Spanish. Explore cultures of the Spanish-speaking world while building vocabulary and travel communication skills for use in restaurants, markets and hotels. Topics include essential vocabulary, core grammar, practical communication and functional skills. Instructor: Carolyn Cosentino.

Total Cost: \$89 (Tuition: \$10 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
31297	M(7)	10/5–11/16	10 a.m.–12 p.m.	CC

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
30767	T(6)	10/13–11/17	1:30–3:30 p.m.	EC

FLA 249

Spanish Language and Culture (NEW)

Learn basic conversational Spanish and essential grammar while exploring the cultures of the Spanish speaking world. Build practical vocabulary, travel communication skills, and confidence for everyday interactions in restaurants, markets and hotels. Instructor: Carolyn Cosentino.

Total Cost: \$89 (Tuition: \$10 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
31301	M(7)	10/5–11/16	1–3 p.m.	CC

LEARN LECTURES

PCO 498

Brief Overview of Chromebooks (NEW)

Learn about Chromebook setup, basic functions, apps and file management. Reduce your frustration and get a smooth start to using your device. Perfect for beginners. Note: You must bring your Chromebook to the lecture. Instructor: Katessa Trafton.

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

CRN#	Day/Ses.	Dates	Time	Location
30135	T(1)	9/1	1:30–3 p.m.	HV

HIS 458

Genealogy DNA

Gain some knowledge on the types and uses of genealogical DNA testing. Learn about the various tests that are available and what they provide you, learn how you can find out what your ethnic background is, and even, perhaps, a few surprises along the way. Instructor: Dave Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
30909	F(1)	12/4	10:30 a.m.–12 p.m.	HV

HST 391

The American March King: John Phillip Sousa (NEW)

Explore John Philip Sousa's life and musical legacy, including his early training, U.S. Marine Band leadership and iconic marches that shaped national identity and band music across generations. Instructor: Patrick M. Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
30902	F(1)	9/11	10 a.m.–12 p.m.	HV

HST 353**Historical Colonial Lecture Series on Jefferson and Williamsburg (NEW)**

Explore Thomas Jefferson's life and his work as an architect, inventor and Founding Father. Learn how George Wythe and Colonial Williamsburg shaped his legacy. This series includes four standalone lectures: At Home With Mr. Jefferson; Jefferson and Poplar Forest and the Fate of Monticello; Jefferson's Second Father – The Story of George Wythe; and Williamsburg, Virginia: A History and Restoration. Note: If you would like to attend three or all of these lectures, use the CRN# below. Instructor: Dave Udris.

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

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

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

Study Thomas Jefferson through the lens of Monticello in Charlottesville, VA. Examine his personal life, how the estate shaped his influence and its continued role as a center of power. Instructor: Dave Udris.

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

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

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

After his presidency, Jefferson designed Poplar Forest and Monticello as private retreats. Poplar Forest supported his work and study, while Monticello became a financial burden that led to bankruptcy. Learn about the sale, purchase and efforts to save the home. Instructor: Dave Udris.

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

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

HIT 599**Jefferson's Second Father – The life and times of George Wythe**

Discuss the life, accomplishments and impact of this influential lawyer, legislator, mayor, judge and opponent of slavery. Wythe taught students like a young Thomas Jefferson and is regarded as one of the most important Revolutionaries and Founding Fathers in U.S. history. Instructor: Dave Udris.

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

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

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

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

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

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

HST 400**The Babe, Brooks and Me (NEW)**

Hear captivating stories and personal insights about Babe Ruth and nine Hall of Famers, including a special tribute to Brooks Robinson and an exploration of Baltimore's baseball history. Instructor: Richard George.

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

CRN#	Day/Ses.	Dates	Time	Location
31111	F(1)	10/2	10:30 a.m.–12 p.m.	HV

HST 150**The History of the Baltimore Slave Trade**

Explore Baltimore's early 19th century slave trade, from its informal beginnings to its rise as a major business. Uncover the forgotten sites where these transactions occurred and learn about prominent traders, including Austin Woolfolk and Hope Slatter. Instructor: Richard Messick.

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

CRN#	Day/Ses.	Dates	Time	Location
31087	T(1)	10/6	10:30 a.m.–12 p.m.	EC

HST 373**The Musical Genius of George Gershwin (NEW)**

Discover how George Gershwin transformed American music. Examine works like Rhapsody in Blue and Porgy and Bess and discuss how he bridged classical and jazz to define a new sound. Instructor: Keith Derrickson.

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

CRN#	Day/Ses.	Dates	Time	Location
31116	F(1)	12/11	10:30 a.m.–12 p.m.	HV

HST 347

Woodstock Festival: Now and Then (NEW)

Revisit the magic of Woodstock, from 1969 to modern Bethel Woods celebrations.

Discuss the performances and firsthand accounts to recapture a magical moment in history and art.

Instructor: Denny Lynch.

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

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

PDV 477

What Has Happened to My Memory ... I Forgot

Learn how memory works and why we forget. Examine dementia types, risk factors and diagnosis,

evaluate memory-enhancing products and apply evidence-based insights to support cognitive health.

Important note: This is a lecture only; no lunch follows. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
30907	F(1)	11/6	10:30 a.m.–12 p.m.	HV

LUNCH AND LEARN

PDV 489

Autonomous Vehicles ... Who's Driving That Car of Mine (NEW)

Learn about self-driving technology in this short introduction to autonomous vehicles. Explore what they are, how they evolved, levels of automated driving and where this rapidly advancing field is headed.

Instructor: Don Finkelstein. Lunch to follow at Glyndon Grill.

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

CRN#	Day/Ses.	Dates	Time	Location
31793	W(1)	10/21	10:30 a.m.–12 p.m.	OM

HST 362

From the Front Porch: Old Time Music (NEW)

Discover American old-time music's roots. Explore toe-tapping recordings, live demonstrations

and the instruments and melodies that shape this homegrown sound. Lunch to follow; location TBA.

Instructors: Karen Webber and James Wilson.

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

CRN#	Day/Ses.	Dates	Time	Location
30398	M(1)	8/24	10:30 a.m.–12 p.m.	OM

ART 487**Here's Looking at You: Casablanca**

Study the plot and characters of Casablanca and its portrayal of World War II issues including immigration, Nazism and resistance to tyranny. Examine the role of music and the impact of 1940s censorship on the film industry. Lunch to follow at Pappa's Restaurant. Instructor: Sandy Livingston.

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

CRN#	Day/Ses.	Dates	Time	Location
30904	F(1)	10/2	10:30 a.m.–12 p.m.	HV

HIS 527**King Arthur and the Holy Grail: History and Myth**

Explore the history, legends and myths of King Arthur and the Holy Grail. Learn how these stories emerged, why they inspired such fascination and how they shaped western civilization. Review key historical texts and modern interpretations. Lunch to follow at BlueStone Restaurant. Instructor: Bob Baer, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
30906	F(1)	11/20	10 a.m.–12 p.m.	HV

HST 388**Baltimore's Resurrection Men: Grave Robbing and Body Snatching in Baltimore (NEW)**

Examine the controversial history of Baltimore's resurrection men, who supplied cadavers to anatomy schools, the medical institutions involved and the scientific knowledge gained from Baltimore's bodies. Lunch to follow at BlueStone Restaurant. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
30908	F(1)	11/13	10:30 a.m.–12 p.m.	HV

POS 093**Washington 2027: Will Things Change?**

Examine what political Washington might look like in 2027. Discuss an emboldened Congress, an assertive judiciary and lame duck dynamics, along with possible outcomes. Lunch follows at Glyndon Grill. Instructor: Barry Rascovar.

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

CRN#	Day/Ses.	Dates	Time	Location
31619	T(1)	12/8	10:30 a.m.–12 p.m.	OM

HIT 128**China's First Emperor and His Terracotta Army**

Learn about the life and accomplishments of Emperor Qin Shi Huang and the origins of the early Chinese nation. Explore the archeological discoveries associated with his reign, such as the terracotta soldiers, the Great Wall and his tomb. Discuss the legacy he left for the modern world. Lunch to follow at Glyndon Grill. Instructor: Robert Baer, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
30837	M(1)	12/14	10:30 a.m.–12:30 p.m.	OM

POS 091**Get Ready for the Midterm Elections**

Identify the candidates and key issues shaping the 2026 midterm elections, including gerrymandering, immigration and federal policies. Assess party appeal, President Trump's potential influence and what's at stake. Lunch to follow at Glyndon Grill. Instructor: Barry Rascovar.

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

CRN#	Day/Ses.	Dates	Time	Location
30531	T(1)	9/8	10:30 a.m.–12 p.m.	OM

HST 389**Georgia Tann: Hero or Villain (NEW)**

Investigate the life and actions of Tennessee social worker Georgia Tann, who orchestrated child abductions for elite adoptions from the 1920s to 1950, and the societal conditions that enabled her practices. Lunch to follow at Pappá's Restaurant. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
30905	F(1)	10/9	10:30 a.m.–12 p.m.	HV

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

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

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

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

PHI 011

The Practical Wisdom of Marcus Aurelius's "Meditations" (NEW)

Build practical habits and mindset shifts based on Marcus Aurelius' "Meditations" to better manage stress, difficult people, setbacks and what you cannot control with greater calm and intention.

Lunch to follow at Glyndon Grill. Instructor: Eric Costello.

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

CRN#	Day/Ses.	Dates	Time	Location
31792	R(1)	11/12	10:30 a.m.–12 p.m.	OM

AHL 369

What Happened to My Mind ... I Forgot!

Learn the normal signs of memory changes that occur with aging. Discuss causes, risk factors, treatments, prevention and products, and the difference between dementia and Alzheimer's disease.

Lunch to follow at Glyndon Grill. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
30394	T(1)	8/4	10:30 a.m.–12 p.m.	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. Bring your own digital camera or devices to each class. Prerequisite: Introduction to Digital Photography. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30154	S(5)	8/22–9/26	1–3 p.m.	HV
30807	M(5)	11/16–12/14	1–3 p.m.	OM

ART 704

Introduction to Digital Photography

Become a confident digital camera user. Learn how to use the various symbols and buttons, load, organize, print, store and share images. Bring your digital camera or device to each class. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30806	M(5)	10/5–11/2	1–3 p.m.	OM

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. Important note: You must bring your own device to each class session.

Instructor: Jason Knauer.

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

CRN#	Day/Ses.	Dates	Time	Location
33092	M(8)	10/5–11/23	10:30 a.m.–12 p.m.	HV

TOURS**HST 365****Tour the Historic MedChi Building in Mt. Vernon (NEW)**

Step inside Baltimore's historic MedChi building. Explore early medicine, rare books, portraits and antique instruments while uncovering the city's lasting contributions to medical history.

Instructor: Margaret Fielding.

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

CRN#	Day/Ses.	Dates	Time	Location
30396	W(1)	9/2	10:30 a.m.–12 p.m.	OM

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: Darryl Brown.

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

CRN#	Day/Ses.	Dates	Time	Location
30859	R(10)	10/1–12/10	12–1 p.m.	HV
31097	M(10)	10/5–12/7	11:45 a.m.–12:45 p.m.	HV

FIT 047**Basic Self Defense**

Learn how to effectively protect yourself and develop valuable self-defense techniques while you get in shape. All skills and ability levels are welcome. Instructor: Paul Jakubowski.

Total Cost: \$99 (Tuition: \$0 Fees: \$99)

CRN#	Day/Ses.	Dates	Time	Location
30769	T(10)	10/6–12/8	10–11 a.m.	HV

DAN 037**Beginning Ballroom Dancing for Seniors**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30921	F(10)	10/2–12/11	11:15 a.m.–12:15 p.m.	EC

FIT 269**Chair Aerobics for the Senior Adult (NEW)**

Explore a fun, low-intensity chair aerobics class designed to improve mobility, balance, strength, flexibility, range of motion and cardiovascular health. Light weights are recommended. Instructor: Beni Davis.

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

CRN#	Day/Ses.	Dates	Time	Location
31093	M(10)	10/5–12/7	12–1 p.m.	Zoom

FIT 083**Chair Pilates**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30928	R(10)	10/1–12/10	10:30–11:30 a.m.	Zoom Instructor: Ashly McClellan
30911	F(10)	10/2–12/11	10–11 a.m.	HV Instructor: Jamila Weber

FIT 262**Fall Prevention Fitness (NEW)**

Discover the role of exercise in preventing falls and promoting healthy aging. Gain practical strategies to improve strength, balance, energy, cognitive health and overall independence. Instructor: Dan Cenidoza.

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

CRN#	Day/Ses.	Dates	Time	Location
30136	T(1)	9/15	1–2:30 p.m.	HV
30137	R(1)	9/24	1–2:30 p.m.	EC

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 to class. Instructor: Debbie Vojik.

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

CRN#	Day/Ses.	Dates	Time	Location
30801	M(10)	10/5–12/7	11 a.m.–12 p.m.	OM

FIT 150**Line Dancing for Seniors**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30919	F(10)	10/2–12/11	10–11 a.m.	EC

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
30762	M(10)	9/28–12/7	1:30–2:30 p.m.	HV
30761	T(10)	9/29–12/8	11:30 a.m.–12:30 p.m.	HV

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
30802	R(10)	10/8–12/17	10–11 a.m.	OM

FIT 388**Mat Pilates (NEW)**

Improve your abdominal power and appearance and posture while strengthening your lower back. Practice controlled movements designed to center the body, lengthen muscles, and enhance balance. For all ages and fitness levels. Cushioned exercise mat required. Instructor: Jamila Weber.

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

CRN#	Day/Ses.	Dates	Time	Location
31703	W(10)	9/30–12/9	1–2 p.m.	HV

PDV 301**Mindfulness Meditation**

Discover techniques to quiet your mind, reduce stress and boost your emotional, physical and mental health. Instructor: Eva Sivan, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
31616	T(8)	10/6–11/24	10–11 a.m.	Zoom

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
30760	M(10)	9/28–12/7	3–4 p.m.	HV
30763	T(10)	9/29–12/8	1–2 p.m.	HV

FIT 232**Qigong Flow**

Practice fluid movement, intentional breathing and meditation to enhance your strength, flexibility, balance and mind-body connection. Instructor: Jackie Dailey.

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

CRN#	Day/Ses.	Dates	Time	Location
30122	F(5)	8/21–9/18	10–11 a.m.	CC
31603	R(4)	10/22–11/19	11:15 a.m.–12:15 p.m.	OM

FIT 962**Qigong Flow**

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

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

CRN#	Day/Ses.	Dates	Time	Location
30910	F(7)	10/2–11/20	11:30 a.m.–12:30 p.m.	CC

FIT 235**Senior Aquatic Wellness**

Learn how aquatic exercise improves joint, muscle and heart health and provides amazing physiological and cognitive benefits. The course includes significant lecture-based instruction, discussion and guided pool exercises.

Total Cost: \$87 (Tuition: \$10 Fees: \$77)

CRN#	Day/Ses.	Dates	Time	Location
30786	W(12)	9/9–12/2	6:30–7:30 p.m.	DC Instructor: Angie Carpenter
30923	R(12)	9/10–12/3	9:30–10:30 a.m.	EC Instructor: Darryl Brown
30922	F(12)	9/4–11/20	11:50 a.m.–12:50 p.m.	EC Instructor: Darryl Brown
30788	F(12)	9/4–11/20	10:40–11:40 a.m.	EC Instructor: Barb Cochnar
30787	F(12)	9/4–11/20	10–11 a.m.	DC Instructor: Linda Watson
30792	M(12)	8/31–11/23	6:30–7:30 p.m.	DC Instructor: Angie Carpenter
30925	T(12)	9/8–11/24	9:30–10:30 a.m.	EC Instructor: Darryl Brown
30795	T(12)	9/1–11/24	10–11 a.m.	DC Instructor: Linda Watson
32692	F(12)	9/4–11/20	9:30–10:30 a.m.	CC Instructor: Debbie Warner

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 Dailey.

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

CRN#	Day/Ses.	Dates	Time	Location
30920	F(9)	10/2–12/11	10–11 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 through a variety of exercises designed with beginners and seniors in mind. Instructor: Jackie Dailey.

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

CRN#	Day/Ses.	Dates	Time	Location
31607	R(4)	10/22–11/19	12:20–1:20 p.m.	OM

FIT 094**Tai Chi I**

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

Instructor: Paul Jakubowski.

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

CRN#	Day/Ses.	Dates	Time	Location
30913	F(10)	10/2–12/11	9:30–10:30 a.m.	HV

FIT 091**Tai Chi II**

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

Prerequisite: Tai Chi I. Instructor: Paul Jakubowski.

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

CRN#	Day/Ses.	Dates	Time	Location
30914	F(10)	10/2–12/11	11 a.m.–12 p.m.	HV

FIT 277**Tango Chair Flash Dance (NEW)**

Explore Argentine tango through chair-based movement. Learn its history, simple choreography and modified techniques for all abilities, with an emphasis on musicality, expression, balance, wellness and confidence. Instructor: Patricia Conejo.

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

CRN#	Day/Ses.	Dates	Time	Location
31702	R(1)	9/24	10:30–11:45 a.m.	Zoom

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

Build healthy walking habits while exploring the beauty and history of Baltimore area parks (Centennial, Sawmill Creek, Middle Branch, Gunpowder Falls and Leakin at Winans Meadow). Each walk covers about 3 miles. Wear comfy shoes and bring water. First meeting held at CCBC Hunt Valley for an orientation.

Instructor: Robin Minor.

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

CRN#	Day/Ses.	Dates	Time	Location
30800	S(6)	8/22	10–11:30 a.m.	HV
30800	S(6)	8/29–10/31	10–11:30 a.m.	Area Parks

FIT 267**Yoga for Arthritis (NEW)**

Engage in gentle, evidence-informed yoga practices designed to improve joint mobility, reduce stiffness and enhance well-being for people living with arthritis, with an emphasis on safe pose adaptation.

Instructor: Maura-Leigh Ingegno.

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

CRN#	Day/Ses.	Dates	Time	Location
30790	W(10)	9/30–12/9	10–11 a.m.	HV

FIT 243**Yoga for Seniors**

Explore gentle yet focused stretching, breathing and strengthening techniques to enhance your posture, balance and overall wellness.

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

CRN#	Day/Ses.	Dates	Time	Location
31102	W(8)	9/30–11/18	2:15–3:15 p.m.	HV Instructor: Jamila Weber
30926	R(8)	10/8–12/3	1–2 p.m.	DC Instructor: Maura-Leigh Ingegno

FIT 784**Zumba Gold**

Boost your energy and enjoy a full body workout as you move to lively international and Latin rhythms. Zumba Gold offers the fun of Latin inspired dance fitness at a lower intensity, designed for beginner to active older adults. Instructor: Beni Davis.

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

CRN#	Day/Ses.	Dates	Time	Location
30927	M(10)	10/5–12/7	11 a.m.–12 p.m.	Zoom

WRITING**WRI 167****Journaling through Seasons of Change**

Use guided reflective journaling and an examination of life stages to explore, organize and write about meaningful life lessons, career changes, personal growth and future aspirations. Preserve your stories to inspire future generations. Instructor: Sharon Ricks.

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

CRN#	Day/Ses.	Dates	Time	Location
30929	R(8)	10/1–11/19	10 a.m.–12 p.m.	CC

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
30819	T(8)	10/6–11/24	10 a.m.–12 p.m.	Zoom

WRI 118**Writing Intriguing Stories**

Boosts your creative writing through strategy, inspiration, insights into publishing and on crafting stories or book-length works. Instructor: Leslie Atkins.

Total Cost: \$114 (Tuition: \$10 Fees: \$104)

CRN#	Day/Ses.	Dates	Time	Location
31303	W(8)	10/7–12/2	10 a.m.–12 p.m.	Zoom

FRIENDLY SENIORS AT CCBC ESSEX**Fall 2026 Semester**

Wednesdays, September 30–December 9, 2026

(Skip date: 11/25)

CCBC Essex, Arts and Humanities Building, Room 211, In person

Learning and Improving Dimensions of Health and Wellness for Senior Populations

10–11:30 a.m.

Instructor: Darryl Brown

Better Health and Wellness for the Senior Adult

11:45 a.m.–1:00 p.m.

Instructor: Darryl Brown

Invisible Leaders: Eleanor Roosevelt and Other Women in Leadership, Past and Present

1:30–3:00 p.m.

Instructor: Patrick Heline (First four weeks: Eleanor Roosevelt)

Instructor: Gineen Gray (Last six weeks: Other Women in Leadership, Past and Present)

SAMPLING DAY EVENT

CCBC Catonsville

PDV 484

A Sampling of All Areas: Experience the Ultimate Sampling Day

Join us for a fun-filled half-day sampling courses from all the areas of the SAIL program, including art, history, exercise and writing.

Total Cost: \$25 (Tuition: \$0 Fees: \$25)

CRN#	Day/Ses.	Dates	Time	Location
31445	F(1)	9/18	9am–1:15 p.m.	CC

WRI 168

A Sampling of Calligraphy: Unleash Your Creativity

Participate in a 50-minute demo of a calligraphy class. Practice basic lettering, learn simple techniques and produce a small piece of work to take home. Explore additional SAIL art classes. Instructor: Stephanie Gould.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
31447	F(1)	9/18	10–10:50 a.m.	CC

FIT 146

A Sampling of Exercise: Exercise Your Way to Fun and a Healthy Lifestyle

Join our 50-minute demo class to try fun exercise routines, learn safety tips, and explore SAIL's full class offerings. Wear comfy clothes and shoes and bring water.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
31279	F(1)	9/18	12–12:50 p.m.	CC Instructor: Jackie Dailey

PDV 488

A Sampling of Psychology: Psychology of Thriving after 60

Sample topics from the course Psychology of Thriving after 60. Learn about and discuss mindsets and actions that support later-life well-being. Explore additional SAIL offerings. Instructor: Asia Johnson.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
31692	F(1)	9/18	11–11:50 a.m.	CC

WRI 150**A Sampling of Writing: Let the Creative Skills Pour out in Words**

Attend a 50-minute demo of a writing class. Explore and practice basic writing techniques to help enhance your creative and memoir writing skills, and discuss additional writing classes.

Instructor: Sharon Ricks.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
31281	F(1)	9/18	9–9:50 a.m.	CC

CCBC Hunt Valley**HIT 752****A Sampling of All Areas: Experience the Ultimate Sampling Day**

Join our daylong SAIL program sampler! Explore art, tech, history, exercise, writing, and photography. Bring a lunch for the hour-long break.

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

CRN#	Day/Ses.	Dates	Time	Location
30784	W(1)	9/16	9 a.m.–4 p.m.	HV

ART 879**A Sampling of Art: Unleash Your Creativity**

Experience art with a 50-minute demo class, offering basic drawing and painting skills, a small artwork creation, and info on other SAIL program classes. Instructor: Maryna Novohorodska.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
30782	W(1)	9/16	9–9:50 a.m.	HV

FIT 146**A Sampling of Exercise: Exercise Your Way to Fun and a Healthy Lifestyle**

Join our 50-minute demo class to try fun exercise routines, learn safety tips, and explore SAIL's full class offerings. Wear comfy clothes and shoes and bring water.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
30783	W(1)	9/16	3–3:50 p.m.	HV Instructor: Darryl Brown

HST 407**A Sampling of History: Mysterious Death of Famous Historical Figures**

Attend a 50-minute demo of Mysterious Deaths of Historical Figures for a preview of course content, format and expectations, and explore additional SAIL history courses. Instructor: Paula Mister.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
31446	W(1)	9/16	11–11:50 a.m.	HV

HST 408

A Sampling of Local Baltimore History

Attend a 50-minute demo and vibrant discussion of two history courses being offered next semester, Gilded Age Baltimore and Baltimore County Parks. Explore additional SAIL history offerings. Instructor: Jennifer Liles.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
31443	W(1)	9/16	12–12:50 p.m.	HV

HST 412

A Sampling of Music: Let the Good Times Rock N Roll

Attend a 50-minute demo of a rock 'n roll history course. Listen to historic No. 1 hits and discuss the genre's roots and enduring influence. Explore additional SAIL offerings. Instructor: Patrick M. Helene.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
31691	W(1)	9/16	2–2:50 p.m.	HV

PCO 386

A Sampling of Technology: Cell Phones – Calling, Texting and Apping

Attend a 50-minute demo of a technology class. Learn basic functions of iPhone and Android cell phones. Explore additional computer and technology classes. Instructor: Katessa Trafton.

Total Cost: \$10 (Tuition: \$0 Fees: \$10)

CRN#	Day/Ses.	Dates	Time	Location
31283	W(1)	9/16	10–10:50 a.m.	HV



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.

Baltimore County Department of Aging

BCDA

5K RUN / 1M WALK

20th ANNIVERSARY

GET READY • GET SET • GET FIT

2026 5K Run/Walk 1 Mile Walk

Race proceeds support BCDA's wellness programs for older adults.



Sunday, September 20, 2026 • 8 a.m.

CCBC Essex Campus 7201 Rossville Blvd., Baltimore, MD 21237

Roads close at 8 a.m., Warm-Up is at 8:15 a.m. and 5K begins at 8:30 a.m.

**TO
REGISTER**

- Register online at www.getreadygetsetgetfit5k.com
- In person at any BCDA Senior Center
- Mail entry form with check back to BCDA

WT
WHITING-TURNER



Maryland
MEDICARE 101



CCBC



LONG HOME



Maryland Relay
Dial 7-1-1

Van Dyke & Bacon
Shoes



410-887-2040 • www.getreadygetsetgetfit5K.com

**Thursday
October 22, 2026**

9 a.m. - 6 p.m. Timonium Fairgrounds

Featuring:

- Over 300 Vendors
- Continuous Entertainment
- Silent Auction
- Creative Arts Exhibit/Contest
- Vaccination Clinic
- Government Resources and more!

Baltimore County Department of Aging

Power of Age

EXPO
**2026 HEART • MIND
& COMMUNITY**



**For more information, please call 410-887-2594
or visit www.powerofageexpo.com**



Baltimore County Executive Katherine Klausmeier
and the County Council

For event or sponsorship/vendor information, call 410-887-2002.