

# SENIOR ADVENTURES IN LEARNING AT CCBC

## FALL 2025



**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. Explore underpainting, tackle complex subject matter and receive personalized guidance and constructive critiques to perfect your art. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
71920	R(10)	10/9-12/18	10 a.m.-12 p.m.	OM

*Individuals 60+ years old only pay fees.*

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

**ART 494****Adventures with Watercolor**

Explore watercolors in this introductory course. Learn color theory, color mixing and still-life painting techniques. Perfect for beginners. Bring a few brushes, paints and watercolor paper to first class; additional materials will be discussed then. Instructor: Karen Ruberry.

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

CRN#	Day/Ses.	Dates	Time	Location
71126	R(10)	10/2-12/11	9:30-11 a.m.	EC

**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
71907	F(10)	10/3-12/12	10 a.m.-12 p.m.	Zoom

**ART 983****Beginning Collage**

Craft stunning collages using a grid pattern. Explore neutral color palettes, focal points and paper accent techniques. Master value and presentation for visually balanced artworks. Instructor: Pamela Kosmeyer.

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

CRN#	Day/Ses.	Dates	Time	Location
72583	S(2)	10/11-10/18	9:30 a.m.-12:45 p.m.	HV

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71545	T(10)	10/7-12/9	1-3 p.m.	OM

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

Explore the world of collage. Discover the art of combining materials like paper, photos, fabric and wood to create compositions. Learn techniques in paper collage, decoupage, photomontage and assemblage. Materials fee: \$25; due to instructor at first class. Instructor: Nan Howard.

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

CRN#	Day/Ses.	Dates	Time	Location
71035	T(8)	10/7-11/25	10 a.m.-12 p.m.	HV

ARB 181

## Drawing and Painting for the Senior Adult

Learn basic techniques for creating two-dimensional media, focusing on media use, techniques for desired effects and essential equipment for completing projects. Instructor: Joseph Cassar.

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

CRN#	Day/Ses.	Dates	Time	Location
71044	F(8)	10/3–11/21	9:30–11:30 a.m.	HV
71048	F(8)	10/3–11/21	11:35 a.m.–1:35 p.m.	HV

ART 043

## Drawing for Beginners

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

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

CRN#	Day/Ses.	Dates	Time	Location
71548	T(10)	10/7–12/9	10 a.m.–12 p.m.	OM

ARB 251

## Drawing I

Develop essential drawing skills and create confident, accurate artwork through hands-on guidance and instructor-led demos. Topics include art and drawing terminology, principles of drawing and critical thinking skills. Instructor: Negin Nejad Mohseni.

Total Cost: \$129 (Tuition: \$0 Fees: \$129)

CRN#	Day/Ses.	Dates	Time	Location
71114	M(10)	9/29–12/1	9:30 a.m.–12:45 p.m.	HV

ARB 252

## Drawing II

Apply principles from Drawing I, including the four major atelier techniques, to complete a project using a mechanical pencil, pan pastel and/or charcoal pencil. Topics include simplifying shapes, applying a full range of values, block-in and mass-in methods, and more. Instructor: Negin Nejad Mohseni.

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

CRN#	Day/Ses.	Dates	Time	Location
71102	M(10)	9/29–12/1	1:30–3:30 p.m.	HV

ARB 257

## Drawing with Imagination

Stretch your artistic and storytelling abilities by merging technical drawing skills with creative expression. Create captivating artwork in class with patterns and composition. Basic drawing skills recommended. Instructor: Barb Kiwak.

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

CRN#	Day/Ses.	Dates	Time	Location
71308	W(8)	10/15–12/10	10 a.m.–12 p.m.	HV

**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
71483	M(10)	10/6–12/8	1–3 p.m.	OM

**ARB 258****Ink and Watercolor Art Journaling in Autumn**

Capture autumn's beauty through pencil and ink drawing, watercolor application and fundamental composition principles. Open to beginners and experienced artists. Instructor: Alina Kurbiel.

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

CRN#	Day/Ses.	Dates	Time	Location
71146	M(10)	9/15–11/17	10 a.m.–12 p.m.	Zoom

**ARB 255****Painting Scenery**

Uncover your hidden artistic talents and style in a relaxing group setting while painting various landscapes. Materials and supplies will be discussed in the first class. Instructor: April Freeman.

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

CRN#	Day/Ses.	Dates	Time	Location
71153	S(8)	10/4–12/13	10–11 a.m.	HV

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

Refine portrait and oil painting skills, focusing on lighting, posing and techniques. Basic drawing and painting skills required. Bring a drawing pad, graphite pencils, kneaded eraser and a portrait photo to first class; additional materials will be discussed then. Instructor: Jennifer Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
70798	R(10)	10/2–12/11	10 a.m.–12 p.m.	HV

**ARB 253****Portrait Drawing I**

Beginners, step into portrait drawing and explore the Loomis and Reilly methods, facial anatomy and perspective with instructor-led demos and personalized guidance. Instructor: Negin Nejad Mohseni.

Total Cost: \$129 (Tuition: \$0 Fees: \$129)

CRN#	Day/Ses.	Dates	Time	Location
71113	T(10)	9/30–12/2	9:30 a.m.–12:45 p.m.	HV

**ARB 254****Portrait Drawing II**

Employ principles from Portrait Drawing I, including the Loomis and Reilly methods, to complete a portrait drawing using a mechanical pencil, pan pastel or charcoal pencil. Topics include techniques to simplify shapes, apply a full range of values and more. Instructor: Negin Nejad Mohseni.

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

CRN#	Day/Ses.	Dates	Time	Location
71100	T(10)	9/30–12/2	1:30–3:30 p.m.	HV

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

Improve realistic art with charcoal, pastel and oil. Deepen skills in materials, composition, techniques and layering. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
71910	R(10)	10/9–12/18	1–3 p.m.	OM

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

Enhance painting skills, including wash, dry brush and masking techniques for subjects such as landscapes, still life and portraits. Supply list will be emailed. Basic drawing and painting skills required.

Instructor: Jennifer Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
71037	T(10)	9/30–12/2	1–3 p.m.	HV
70797	R(10)	10/2–12/11	1–3 p.m.	HV

**ART 949****Watercolor Pencil Painting**

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

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

CRN#	Day/Ses.	Dates	Time	Location
71546	T(6)	10/7–11/11	1–2:30 p.m.	OM

# 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, shoot videos and download books. Instructor: Jason Knauer.

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

CRN#	Day/Ses.	Dates	Time	Location
71036	M(5)	10/27-11/24	1-3 p.m.	HV

PCO 357

## Beginning iPhones for Seniors

Use your iPhone like a pro. Learn to use apps, your camera and GPS, and integrate using your phone's features into your daily life. Bring your iPhone to class.

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

CRN#	Day/Ses.	Dates	Time	Location
71901	M(6)	10/6-11/10	10 a.m.-12 p.m.	CC Instructor: Brigitte Waites
71903	R(6)	10/9-11/13	1-3 p.m.	HV Instructor: Katessa Trafton

PCO 260

## Computers: Getting to Know Them #1

Gain computer basics in a relaxed class setting. Learn how to personalize and back up your device, use a mouse, access files, create emails, navigate browsers and set up security. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
71042	S(5)	10/4-11/1	10 a.m.-12 p.m.	HV
71733	M(5)	10/6-11/3	10 a.m.-12 p.m.	OM

PCO 261

## Computers: Getting to Know Them #2

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

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

CRN#	Day/Ses.	Dates	Time	Location
71046	S(5)	11/8-12/13	10 a.m.-12 p.m.	HV
71734	M(5)	11/17-12/15	10 a.m.-12 p.m.	OM



**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
71925	R(5)	10/9–11/6	10 a.m.–12 p.m.	OM

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

Learn Microsoft Excel formulas, headers, passwords, timestamps, paintbrush, row and column resizing, cell formatting, freeze frames and more. Bring a flash drive to save work weekly. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
72703	R(5)	11/13–12/18	10 a.m.–12 p.m.	OM

**PCO 461****Cyber for Seniors: Stay Safe Online**

Learn to spot online scams and stay safe on the internet. Engage in fun, hands-on activities to reinforce your skills. Topics include protecting personal identifiable information, secure internet surfing and shopping, and more. Instructor: Kim Thornton.

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

CRN#	Day/Ses.	Dates	Time	Location
71124	R(6)	10/9–11/13	10 a.m.–12 p.m.	CC

**PCO 455****Introduction to Chromebooks**

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

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

CRN#	Day/Ses.	Dates	Time	Location
71045	S(5)	11/8–12/13	1–3 p.m.	HV

**PCA 794****Introduction to Using Your MacBook**

Set up and use your MacBook with confidence. Learn to organize and store files and folders, use iCloud, maintain your MacBook, navigate the built-in programs for music, word-processing and photography. Instructor: Brigitte Waites.

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

CRN#	Day/Ses.	Dates	Time	Location
71902	T(6)	10/7–11/11	10 a.m.–12 p.m.	CC

# COOKING

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

CKG 301

## Chinese Cooking

Learn to prepare and critique Chinese and Chinese American dishes like shrimp egg foo young and mapo tofu. \$35 material fee due to Michelle's Kitchen at the first class. Instructor: Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
70532	R(6)	9/11–10/23	10:30 a.m.–12 p.m.	OM

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
71357	W(6)	10/8–11/12	12–1:15 p.m.	HV

CKG 306

## Soup and Salad Day Easy Thai

Join Chef Michelle for a demo, as she prepares and serves Thai coconut shrimp soup, crunchy salad with peanut butter dressing and more. Note: This is a demonstration lecture. Instructor: Michele Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
71105	M(1)	10/13	10:30 a.m.–12 p.m.	HV

CKG 304

## Super Seafood

Uncover the secrets to preparing tasty seafood dishes like crispy fried shrimp, salmon cakes and flounder in lemon butter sauce, then enjoy critiquing the finished dishes. \$35 material fee payable to Michelle's Kitchen due at first class. Instructor: Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
71917	R(6)	10/30–12/11	10:30 a.m.–12 p.m.	OM



CKG 307

## Thai Rice and Noodle Cooking (NEW)

Discover Thai spices, tour H Mart for authentic ingredients and create delicious Pad Thai, Khao Pad (crab fried rice) and chicken lemongrass soup. \$50 materials fee payable to the instructor at first class. Instructor: Ang Robinson.

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

CRN#	Day/Ses.	Dates	Time	Location
71736	M(3)	10/6–20	10:30 a.m.–1 p.m.	OM

CKG 305

## Mini Holiday Desserts and Appetizers

Join Chef Michelle for a demo as she creates bite-sized treats, including crab cake egg rolls, brown butter pecan pie bars and festive surprises. Note: This is a demonstration lecture. Instructor: Michele Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
71104	M(1)	12/1	10:30 a.m.–12 p.m.	HV

## CRAFTS AND HOBBIES

PDV 350

### Beginning Mahjong

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
71493	T(6)	10/7–11/11	10–11:30 a.m.	OM

PDV 463

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71350	T(4)	9/9–10/7	1:30–3 p.m.	HV

ART 956

### Fused Glass Art 101

Discover the ancient art of kiln glass fusing from 1500 BC. Learn its history and vocabulary, including dichroic glass, and create stunning art pieces. Materials fee: \$55; due to instructor at first class. Instructor: Sally Shapiro-Gould.

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

CRN#	Day/Ses.	Dates	Time	Location
71053	W(8)	10/1–11/19	11 a.m.–1 p.m.	HV

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

Develop 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. Bring 4-H Hook and a few different color yarns to first class. Instructor: Colleen Harbison.

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

CRN#	Day/Ses.	Dates	Time	Location
71065	W(10)	10/1-12/10	10 a.m.-12 p.m.	Zoom

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71908	F(6)	10/10-11/14	10 a.m.-12 p.m.	OM

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71112	W(6)	10/8-11/12	1-3:30 p.m.	HV

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71487	M(6)	10/6-11/10	1-2:30 p.m.	OM

**PDV 383****Learn to Play Canasta**

Learn the Canasta rules, scoring and strategic play 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
71735	M(6)	10/6-11/10	10-11:30 a.m.	OM

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

Learn techniques, styles and materials to create masterful greeting cards for all occasions. Bring scissors, a ruler, pencils and two-sided tape. Materials fee: \$10, due at first class. Instructor: Christine Tripson.

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

CRN#	Day/Ses.	Dates	Time	Location
71484	M(4)	10/6-27	1-2:30 p.m.	OM

**ART 958****Mixed Media Mosaics**

Craft personalized art by merging mosaic and collage techniques. Mix instructor-provided glass, buttons, ceramics and other trinkets with your own. Learn about substrates, grouting and glueing techniques. Materials fee: \$45; due to instructor at first class. Instructor: Sally Shapiro-Gould.

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

CRN#	Day/Ses.	Dates	Time	Location
71055	W(8)	10/1-11/19	2-4 p.m.	HV

**PDV 374****The Ins and Outs of Counted Cross Stitch**

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

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

CRN#	Day/Ses.	Dates	Time	Location
71741	W(4)	10/8-29	1-2:30 p.m.	OM

**ESSENTIAL INFORMATION FOR SENIORS****ENV 037****Environmental Issues for the Homeowner**

Learn about environmental issues found within the home and how to deal with them. Topics include lead-based paint, radon, asbestos, hazardous materials, underground storage tanks, drinking water, standards of care and more. Instructor: Jerry Gietka.

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

CRN#	Day/Ses.	Dates	Time	Location
72109	R(4)	9/4-9/25	9:30-11:30 am	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, how to reduce your risk and when to report suspicious activity. Instructor: Jason Kanuer.

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

CRN#	Day/Ses.	Dates	Time	Location
70142	T(1)	9/23	9–10:15 a.m.	HV

FIN 063

## Online Banking for Seniors

Unlock the potential of online banking while keeping your finances secure. Join our senior-focused course to delve into the advantages and pitfalls of the digital landscape, gaining comfort and competence along the way. Instructor: Maria Lourdes Montes-Greenan.

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

CRN#	Day/Ses.	Dates	Time	Location
71637	W(1)	9/24	10–11:30 a.m.	HV

PDV 358

## SCAMS: How to Recognize Them and Deal with Them

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

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

CRN#	Day/Ses.	Dates	Time	Location
70144	T(1)	9/23	10:30–11:45 a.m.	HV

PDV 462

## Yoga for Dementia and Alzheimer's Disease Prevention

This evidence-based workshop explores yoga's role in preventing dementia and Alzheimer's disease. Discuss research findings, stress management, lifestyle, daily exercises and the importance of community. Instructor: Jana Long.

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

CRN#	Day/Ses.	Dates	Time	Location
71358	T(1)	9/23	1:30–3 p.m.	HV

# GENEALOGY

PCO 428

## Family History Research with Familysearch.org

Learn to use Familysearch.org for family history research. Understand how to access historical records, expand your family tree and ensure online security. A paid subscription may be needed to fully utilize the site. Instructor: Dave Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
71061	R(8)	10/2-11/20	1-2:30 p.m.	HV

HIT 999

## Finding Your Family Roots, Beyond Beginners

Deepen your ancestral knowledge! Learn to digitally organize genealogical data and explore resources such as newspapers, land records and cemetery listings. Discover how DNA analysis can enrich your research journey. Instructor: Dave Powell.

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

CRN#	Day/Ses.	Dates	Time	Location
71060	T(8)	10/7-11/25	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
71120	F(4)	10/10-31	10 a.m.-12 p.m.	HV

# HISTORY, POLITICS AND EVENTS

WRI 223

## 20th Century American Literature

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

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

CRN#	Day/Ses.	Dates	Time	Location
71123	F(10)	10/3-12/12	10-11:30 a.m.	Zoom

**HST 233****Abraham and Isaac in Philosophy and Poetry (NEW)**

Examine the biblical story of Abraham's near sacrifice of his son Isaac through several different lenses, including Christian philosophy, modern poetic imagery, paintings, Jewish commentary and instructor's knowledge.

Instructor: Sarah Rosenman.

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

CRN#	Day/Ses.	Dates	Time	Location
71739	M(4)	10/20-11/10	10:30 a.m.-12 p.m.	Zoom

**HST 219****Art and Architecture in Spain (NEW)**

This course, focused on the art and architecture of Spain, is rich in colored images that invite questions and discussion. Learn about special artists like El Greco, Velazques, Goya and Picasso, and enjoy the stunning architecture and innovative work of Antoni Gaudí. Instructor: Joseph Cassar, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
71261	T(8)	9/9-10/28	9:30-11 a.m.	Zoom

**HST 218****Baltimore's History through its Buildings (NEW)**

Get to know Baltimore stories told through the diverse architecture, materials and character of its historic hospitals, schools, churches, homes and more. Instructor: Meg Fairfax Fielding.

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

CRN#	Day/Ses.	Dates	Time	Location
72255	W(6)	10/8-11/12	10 a.m.-12 p.m.	OM

**SCI 047****Current Issues in Science: Where are We?**

Explore today's biggest science questions! From climate change and COVID-19 to space travel for seniors, the future of food, endangered species, electric cars and more. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
71034	T(8)	10/7-11/25	1:00-2:30 pm	HV

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

Explore the diverse roles of first ladies, from their personal lives to public duties, revealing their multifaceted contributions as spouses, mothers, ambassadors, hostesses and supportive partners. Will cover Harriet Lane to Lucy Hayes. This class is simulcast (held simultaneously on Zoom and in person). Instructor: Patrick Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
70802	R(6)	9/25-10/30	1:30-3 p.m.	HV
70803	R(6)	9/25-10/30	1:30-3 p.m.	Zoom

HST 238

## From Jim Crow to Civil Rights: U.S. Supreme Court Cases

Explore the Civil Rights Movement, from Reconstruction to the 1960s. Discuss key Supreme Court cases, activism and landmark legislation, including Jim Crow laws, NAACP efforts and major protests. Instructor: Bill Krause.

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

CRN#	Day/Ses.	Dates	Time	Location
71351	W(8)	10/1–11/19	1–2:30 p.m.	HV

HST 229

## German Baltimore and the World Wars: From Anarchist and Nazis to Defenders of America

Examine the lives and history of Baltimore's German population, including how the world wars, anarchist and Nazi influences impacted their lived experiences. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
71144	M(6)	10/6–11/10	10–11:30 a.m.	HV

POS 076

## Government and Politics of Israel

Explore the evolution of Israel's government, focusing on its parliamentary system, political parties, elections, courts and constitutional challenges. Discuss its impact on domestic and foreign policy. Instructor: Deena Dugan.

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

CRN#	Day/Ses.	Dates	Time	Location
71347	T(6)	10/7–11/11	1–2:30 p.m.	HV

HST 243

## Great Civilizations of the Ancient Near East

Investigate the history and cultural achievements of the ancient Near East, from writing and law to art and philosophy, and their impact on Western civilization. Instructor: Bob Baer, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
71635	F(6)	10/3–11/7	10–11:30 a.m.	HV

HST 231

## Hidden Gems: Great Unknown Women in Medicine

Explore the remarkable achievements of women scientists, including their medical discoveries regarding cystic fibrosis, Hodgkin's disease, vaccines, cataract surgery and more. Instructor: Paula Mister.

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

CRN#	Day/Ses.	Dates	Time	Location
71352	W(5)	10/22–11/19	10:15–11:15 a.m.	HV



**HST 247****Hispanic Culture of the US**

Explore the rich culture Hispanic communities bring to the U.S., shaped by a tapestry of Indigenous, European and Latin American traditions, migration, music, cuisine, values and customs.

Instructor: Maria Lourdes Montes-Greenan.

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

CRN#	Day/Ses.	Dates	Time	Location
72110	F(4)	11/14–12/12	9:30–11:30 a.m.	HV

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

Explore key moments in American history. Each class will delve into significant events that happened on that date in history. Understand the past and its influence on today by analyzing pivotal figures and their legacies. This class is simulcast (held simultaneously on Zoom and in person). Instructor: Patrick Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
71063	R(7)	10/2–11/13	11:45 a.m.–12:45 p.m.	HV
71064	R(7)	10/2–11/13	11:45 a.m.–12:45 p.m.	Zoom

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71121	F(5)	10/3–31	10–11:30 a.m.	HV

**POS 075****History of NATO and its Relevance Today**

Explore NATO's post-WWII origins, Cold War evolution, pivotal role in today's global security and how its influence has expanded to other countries. Instructor: Rich Caballero.

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

CRN#	Day/Ses.	Dates	Time	Location
71348	R(5)	11/6–12/11	1–2:30 p.m.	HV

**HST 217****History of the Changing Roles of American Women**

Explore how American women's roles have changed — from early settlers to today — covering gender norms, suffrage, work, health care and the rise of feminism. Discuss how historical factors influenced the development of the women's movement. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
71547	T(6)	10/7–11/11	10:30 a.m.–12 p.m.	OM

**HST 230****History Through the Decades: 1910s, Changing U.S. and World Order**

Explore the transformative 1910s. Topics include the U.S. presidencies of Taft and Wilson, the Progressive Movement and major social reforms, the causes and impact of World War I, and the lasting effects of the Treaty of Versailles. This class is simulcast (held simultaneously on Zoom and in person). Instructor: Patrick Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
71311	R(10)	10/2-12/11	10-11:30 a.m.	Zoom
71310	R(10)	10/2-12/11	10-11:30 a.m.	HV

**SCI 049****Introduction to the Philosophy of Technology**

Examine the intersection of philosophy and technology, through logical reasoning, knowledge and ethics. Explore natural and artificial objects, AI, scientific and engineering perspectives and more. Instructor: Jose Lopez-Gonzalez.

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

CRN#	Day/Ses.	Dates	Time	Location
71145	M(10)	9/29-12/1	10:30 a.m.-12:30 p.m.	HV

**HST 241****Jewish Migration to America 1492-1870: The Real Story**

Trace Jewish immigration to the Americas, uncovering causes, myths and impact. Explore early Caribbean settlements, the Inquisition's effects on Jews and the influence of Sephardic and German migrants. Instructor: Harry Ezratty, Esq.

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

CRN#	Day/Ses.	Dates	Time	Location
71730	W(4)	10/8-29	1-2:30 p.m.	OM

**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. Each class is conducted as an open discussion and not in a lecture format. Instructor: Deena Dugan.

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

CRN#	Day/Ses.	Dates	Time	Location
71056	T(10)	9/30-12/2	10:30 a.m.-12 p.m.	HV

HIT 923

## Music Revolution: Dick Clark's U.S. American Bandstand

Explore Dick Clark's legacy as host of American Bandstand, where he was among the first to racially integrate live audiences and introduced iconic music artists to America. Instructor: Jackie Dailey.

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

CRN#	Day/Ses.	Dates	Time	Location
71109	T(4)	9/9-30	10-11:30 a.m.	CC

HST 175

## Navigating Different International Cultures

Enhance your understanding of diversity and cultural norms. Gain insight from "Culture Map" by Erin Meyer, review the eight categories of cultural differences, create a culture map and more. Instructor: Randy Everett.

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

CRN#	Day/Ses.	Dates	Time	Location
71117	W(6)	10/15-11/19	10:30 a.m.-12 p.m.	HV

HST 182

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71062	W(7)	10/1-11/12	1-2:30 p.m.	HV

SCI 050

## Pandemics – Past, Present and Future

Explore infectious disease outbreaks from the past century, from the Spanish flu, COVID-19 and more. Discuss their differences, economic, political and social impact and increases. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
71911	R(6)	10/9-11/13	1-2:30 p.m.	OM

ART 981

## Reflections on Verse; Poetry for Committed and Curious Fans (NEW)

If you love poetry — or think you might — explore masterpieces and diverse poems that range from serious to silly, melodic to poignant and fun. Enjoy lively discussions and interpretations! Instructor: Judy Frye Jones.

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

CRN#	Day/Ses.	Dates	Time	Location
72254	W(6)	10/8-11/12	11 a.m.-12:30 p.m.	OM

**HIT 878**

## **Revolutionary Characters: The Best of the Rest**

Discover the untold stories of America's Founding Fathers and Mothers who shaped independence and the republic, including Daniel Boone, Abigail Adams, John Marshall and more. Instructor: Lester Brooks, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
71067	T(7)	10/7-11/18	10 a.m.-12 p.m.	HV

**HST 240**

## **Tales from Greek Mythology**

Investigate the larger-than-life gods and captivating tales from Greek Mythology and their influence on entertainment, education, Ancient Greece and Western society. Instructor: Bob Baer, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
71740	M(6)	10/6-11/10	10:30 a.m.-12 p.m.	OM

**HST 222**

## **Thank You for Being a Friend: TV Shows and the Philosophies Behind their Episodes (NEW)**

Link philosophical lessons on friendship, gender and humanity from Aristotle and Socrates to those found in episodes of "The Golden Girls," "MASH," "Good Times" and other classic TV shows. Instructor: Katessa Trafton.

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

CRN#	Day/Ses.	Dates	Time	Location
71103	M(10)	10/6-12/8	1:30-3 p.m.	HV

**HIS 738**

## **The History and Value of Antiques**

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

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

CRN#	Day/Ses.	Dates	Time	Location
70800	W(10)	10/1-12/10	10-11:30 a.m.	HV
70801	R(10)	10/2-12/11	10-11:30 a.m.	HV

**POS 078**

## **The History of the Russian and Soviet Secret Police (NEW)**

Explore how Russian rulers, from Ivan the Terrible to Putin, used a police state to maintain power. Study security practices, secret police organizations and the impact of centuries of control. Instructor: Richard Caballero.

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

CRN#	Day/Ses.	Dates	Time	Location
71731	W(5)	11/5-12/10	1-2:30 p.m.	OM

POS 077

## The Unitary Executive: Power and Limits (NEW)

Examine and analyze the Unitary Executive Theory. Explore its origins, impact on presidential power, separation of powers, modern governance and its relevance today. Instructor: Matthew Harding.

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

CRN#	Day/Ses.	Dates	Time	Location
71738	M(10)	10/6–12/8	1–2:30 p.m.	Zoom

POS 074

## Trump II: The First Year

Examine Trump's second term, including its impact on federal programs, the economy, Congress, the courts, foreign relations, democracy and U.S. citizens. Review both parties and assess the nation's future. Instructor: Barry Rascovar.

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

CRN#	Day/Ses.	Dates	Time	Location
71924	R(4)	10/16–11/6	10:30 a.m.–12 p.m.	Zoom
71923	R(4)	10/16–11/6	10:30 a.m.–12 p.m.	OM

## LANGUAGES

HST 161

## French Culture and Language for Everyone

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
71059	T(8)	10/7–11/25	1–2:30 p.m.	HV

FLA 088

## Conversational Spanish for Beginners

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

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

CRN#	Day/Ses.	Dates	Time	Location
71494	T(10)	10/7–12/9	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: Jean Meyer.

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

CRN#	Day/Ses.	Dates	Time	Location
71737	W(10)	10/1–12/10	10–11:30 a.m.	OM

## LEARN LECTURES

Lunch not included for Learn Lectures.

PCO 430

## Applications of Artificial Intelligence: Where Are We?

Learn about artificial intelligence and its evolution into one of the fastest-growing technologies. Explore its many uses, especially in the business sector, and future impact on our lives. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
71118	F(1)	11/7	10:30 a.m.–12 p.m.	HV

HST 185

## From Sole to Soul: The Fascinating History of Women's Footwear

Uncover women's shoes through history, from ancient foot coverings to daring heels. Learn about designer Salvatore Ferragamo's legacy and enjoy a virtual tour of his Milan and Florence museums. Instructor: Barbara Blumberg.

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

CRN#	Day/Ses.	Dates	Time	Location
70171	F(1)	9/5	10–11:30 a.m.	HV

HST 225

## Marjorie Merriweather Post

Explore the legacy of Marjorie Merriweather Post, an American businesswoman and philanthropist, who profoundly influenced business, charity and culture. Instructor: Nancy Lotz.

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

CRN#	Day/Ses.	Dates	Time	Location
71313	F(1)	10/24	10:30 a.m.–12 p.m.	HV

**HST 226****The Jones Falls: The Giant That Created Baltimore and Almost Did Her In**

Unpack the intrigue of Jones Falls through a rich retelling of its history and firsthand narratives. Explore their namesake, role in the Great Fire of 1904, industrial impact and more. Instructor: Bev Rosen.

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

CRN#	Day/Ses.	Dates	Time	Location
71349	F(1)	11/14	10:30 a.m.–12 p.m.	HV

**HIT 832****Trick or Treat: The History of Halloween**

From its roots in ancient, mystic and religious rituals to the secular phenomenon that Halloween has become today, this lecture will examine the history of Halloween and the causes behind its drastic evolution. Instructor: Colleen Harbison.

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

CRN#	Day/Ses.	Dates	Time	Location
71316	F(1)	10/31	10 a.m.–12 p.m.	HV

**LUNCH AND LEARN****HST 239****A Hero That Saved a City and Nation: General Samuel Smith**

Discover the remarkable life of Gen. Samuel Smith, hero of the Revolutionary War and War of 1812, whose leadership saved Baltimore — and the nation. Lunch to follow at Blue Stone. Instructor: Patrick Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
71346	F(1)	10/10	10:30 a.m.–12 p.m.	HV

**HST 244****Alice Paul – The Woman Who Won the Vote**

Alice Paul, a suffragist, feminist and activist, was a pivotal leader in women's rights. Discover her political beliefs and personal life. Lunch to Follow at Blue Stone Restaurant. Instructor: Bob Baer.

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

CRN#	Day/Ses.	Dates	Time	Location
71636	F(1)	11/21	10 a.m.–12 p.m.	HV



POS 073

## Assessing Donald Trump's Impact on Maryland and Beyond

Assess how Trump's actions impact Maryland and American society. Topics include immigration, federal downsizing, taxes, tariffs, the economy, foreign policy and climate change. Lunch to follow at Glyndon Grill. Instructor: Barry Rascovar.

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

CRN#	Day/Ses.	Dates	Time	Location
72035	T(1)	12/9	10:30 a.m.–12 p.m.	OM

HST 221

## Beyond the Shadow – The Extraordinary Life of Robert Todd Lincoln

Explore Robert Todd Lincoln's intriguing life. See how he forged his own identity while navigating education, military service, politics, business and his father's towering legacy. Lunch to follow at (TBD). Instructor: Dave Udris.

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

CRN#	Day/Ses.	Dates	Time	Location
71119	F(1)	12/5	10:30 a.m.–12 p.m.	HV

FIN 067

## Cryptocurrency: Gold or Not?

Dive into cryptocurrency — its definition, history, technology, benefits and risks — and its potential impact on the future of finance. Lunch to follow at Glyndon Grill. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
72121	W(1)	10/22	10:30 a.m.–12 p.m.	OM

HST 237

## Estee Lauder and Charles Revson: Makeup Mavens

Learn about the collaboration and animosity between the two major makeup founders who built a billion-dollar industry. Discover their lives, inspirations and contributions to makeup history. Lunch to follow at Glyndon Grill. Instructor: Barbara Blumberg Ressin.

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

CRN#	Day/Ses.	Dates	Time	Location
72123	T(1)	11/11	10:30 a.m.–12 p.m.	OM

ART 487

## Here's Looking at You: Casablanca

Explore the plot and characterizations in the movie "Casablanca" and its depiction of the issues and effects of World War II and Nazism. Discuss the plight of immigrants, Hitler's rule, escaping tyranny and the control of other countries. Lunch to follow at Glyndon Grill. Instructor: Sandy Livingston.

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

CRN#	Day/Ses.	Dates	Time	Location
72119	W(1)	10/15	10:30 a.m.–12 p.m.	OM

**HST 197****History of Women's Handbags, including the Life of Judith Leiber**

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

Instructor: Barbara Blumberg Ressin.

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

CRN#	Day/Ses.	Dates	Time	Location
70576	T(1)	9/2	10:30 a.m.–12 p.m.	OM

**POS 071****Sanctuary and Asylum in America Now**

Gain insights into U.S. immigration history, asylum and sanctuary. Learn key definitions, discuss current issues and examine Trump-era policies vs. sanctuary cities to form your own opinions on immigration matters. Lunch to follow at Glyndon Grill. Instructor: Linda Rabben.

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

CRN#	Day/Ses.	Dates	Time	Location
70575	T(1)	9/9	10:30 a.m.–12 p.m.	OM

**CKG 310****Tapas with Jose Andres**

Learn about Spanish chef José Andrés — his work, his passion and his food. Then, make and enjoy two small Spanish appetizers (tapas) — chicken croquettes and piquillo pepper sliders. \$35 materials fee payable to Michelle's Kitchen at first class. Instructor: Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
72022	M(1)	12/8	10:30 a.m.–12:30 p.m.	OM

**HST 242****The Fall of the Berlin Wall in 1989 Began with a Picnic**

Uncover how an innocent picnic sparked the fall of the Iron Curtain, Berlin Wall and Soviet Union. Explore Gorbachev's reforms, the forces shaping Eastern Europe's shift and Putin's rise. Lunch to follow at Glyndon Grill. Instructor: Richard Caballero.

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

CRN#	Day/Ses.	Dates	Time	Location
72034	T(1)	12/2	10:30 a.m.–12 p.m.	OM

**HST 236****The Mound Builders: America's First Monuments**

Uncover the culture and history of the Native Americans known as the Mound Builders and the structures that they built. Discuss the controversial 19th-century "Mound Builder Myth." Lunch to follow at Glyndon Grill.

Instructor: Bob Baer, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
72026	M(1)	11/17	10:30 a.m.–12:30 p.m.	OM

**ENV 027****The Songs and Calls of Maryland Birds**

Learn how to recognize birds of Maryland by their unique vocalizations from videos and sound recordings. Examine the purposes of different songs and calls and the ways birds create their sounds. Practice identifying the patterns and habitat of birds of Maryland. Lunch to follow at Glyndon Grill. Instructor: Marty Brazeau.

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

CRN#	Day/Ses.	Dates	Time	Location
72120	T(1)	11/4	10:30 a.m.–12 p.m.	OM

**PHOTOGRAPHY****ART 704****Introduction to Digital Photography**

Become a confident digital camera user. Learn your camera's various symbols and buttons, and how to load, organize, store and share images. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
71043	S(5)	10/4–11/1	1–3 p.m.	HV
71486	M(5)	10/6–11/3	1–3 p.m.	OM

**ART 821****Digital Photograph Enhancement**

Learn how to enhance, edit and touch-up digital images and restore faded and torn photographs with Photoshop and other free photo-enhancing programs. Prerequisite: Introduction to Digital Photography. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
71485	M(5)	11/17–12/15	1–3 p.m.	OM

PCA 899

## Photography for Mobile Devices

Master photography with your smartphone. Explore camera functions, composition, lighting, focus and editing. Develop a photographer's mindset through practical exercises. Instructor: Jason Knauer.

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

CRN#	Day/Ses.	Dates	Time	Location
71041	M(8)	10/6–11/24	10:30 a.m.–12 p.m.	HV
71039	R(8)	10/2–11/20	10:30 a.m.–12 p.m.	DC

## TOURS

HST 183

### Federal Hill Walking Tour

Explore Federal Hill's rich history on a guided tour! Visit historic sites, including the last wooden house, oldest home and War of 1812 fortifications. Meet at 301 Warren Ave. Ample metered parking.

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

CRN#	Day/Ses.	Dates	Time	Location
70195	S(1)	9/6	10–11:15 a.m.	OSX

HST 220

### Touring Gramercy Mansion

Tour the historic Gramercy Mansion, including the guest rooms, carriage house and grounds, while discovering its history and restoration. Receive a map and lunch options in advance. Address: 1400 Greenspring Valley Road, Stevenson, MD 21153. Meet in the parking lot.

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

CRN#	Day/Ses.	Dates	Time	Location
72122	R(1)	10/9	10:30 a.m.–12 p.m.	OSX

## WELLNESS AND FITNESS

FIT 073

### Aerobics for the Senior Adult: A Low Impact Routine

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

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

CRN#	Day/Ses.	Dates	Time	Location	
71356	W(10)	10/1–12/10	12:15–1:15 p.m.	HV	Instructor: Harold Harris
70799	R(10)	10/2–12/11	12–1 p.m.	HV	Instructor: Nina Bazemore

## Are You Caring for Someone?

Connect with fellow caregivers in a supportive, compassionate space. Share experiences, build your caregiving skills and learn how to maintain your own well-being. Instructor: Eva Sivan, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
71996	R(8)	10/9–12/4	1–2 p.m.	Zoom

### FIT 083

## Chair Pilates

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

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

CRN#	Day/Ses.	Dates	Time	Location	
71122	R(10)	10/2–12/11	10:30–11:30 a.m.	Zoom	Instructor: Rebecca Voelpel
70795	F(10)	10/3–12/12	10–11 a.m.	HV	Instructor: Nina Bazemore

### 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.

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

CRN#	Day/Ses.	Dates	Time	Location	
71111	W(10)	10/1–12/10	1:30–2:30 p.m.	HV	Instructor: April Freeman
71108	F(10)	10/3–12/12	1:30–2:30 p.m.	CC	Instructor: April Freeman
71732	M(10)	10/6–12/8	11 a.m.–12 p.m.	OM	Instructor: Debbie Vojik

### FIT 217

## Great Physio Balls of Fire

Connect with your inner music, nostalgia and health. Drum to the beats of various music genres from the 50s, 60s and 70s. Percussion instruments provided. Instructor: Al Muehlberger.

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

CRN#	Day/Ses.	Dates	Time	Location
71125	S(10)	10/4–12/13	10–11:15 a.m.	HV

### FIT 089

## Introduction to Kung Fu: Tien Shan Pai Style

Practice Tien Shan Pai, a 1,000-year-old martial art blending self-defense with graceful, circular movements that build strength, focus and mental clarity. Instructor: Paul Jakubowski.

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

CRN#	Day/Ses.	Dates	Time	Location
71101	T(8)	10/7–11/25	9:30–10:30 a.m.	HV

**FIT 150****Line Dancing for Seniors**

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

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

CRN#	Day/Ses.	Dates	Time	Location
71051	F(10)	10/3–12/12	10–11 a.m.	EC

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71038	M(10)	9/29–12/1	1:30–2:30 p.m.	HV

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71922	R(10)	10/9–12/18	10–11 a.m.	OM

**FIT 231****Mat Pilates**

Enhance your core strength and posture through Pilates poses, movements and breathing. You must be able to move to and from the floor independently. Bring a cushioned Pilates mat. Instructor: Sheila Chelton.

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

CRN#	Day/Ses.	Dates	Time	Location
71309	W(10)	10/1–12/10	9:15–10:15 a.m.	HV

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

Embrace the calm. 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
71496	T(8)	10/7–11/25	10–11 a.m.	Zoom

**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
71115	F(10)	9/12–11/21	11:30 a.m.–12:30 p.m.	CC

**FIT 232**

## **Qigong Flow**

Harness the power of Qi through fluid movement, intentional breathing and meditation. Enhance your strength, flexibility and balance while promoting mind-body harmony and stress reduction. Instructor: Jackie Dailey.

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

CRN#	Day/Ses.	Dates	Time	Location
71915	R(4)	10/9–30	10:30–11:45 a.m.	OM

**FIT 238**

## **Senior Aquatic Wellness**

Learn the benefits of aquatic exercise for arthritis, cardiovascular health and overall fitness. Topics include joint fitness, muscle tone, balance and both physiological and cognitive benefits. Students engage in guided pool exercises, with instructors demonstrating each activity and reviewing safety protocols. Instructor: Buchie Lynch.

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

CRN#	Day/Ses.	Dates	Time	Location
72663	F(10)	8/29–10/31	11:50 a.m.–12:50 p.m.	EC

**PDV 461**

## **Serene Mind: Calming Meditation to Relax and Unwind**

Master soothing guided meditation techniques to reduce your stress, enhance your focus and promote deep relaxation. Explore breathing methods, guided visualizations and more. Instructor: Jamila Weber.

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

CRN#	Day/Ses.	Dates	Time	Location
71459	W(6)	10/8–11/12	2–3 p.m.	HV

**FIT 188**

## **Slow, Soothing Yoga for Older Individuals**

Experience yoga tailored to your fitness level and health needs. Learn poses for enhanced body alignment, balance and stamina, and breathing techniques for relaxation. Instructor: Freddi Flax.

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

CRN#	Day/Ses.	Dates	Time	Location
71909	F(10)	10/3–12/12	11 a.m.–12 p.m.	OM



**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
71110	F(10)	9/12-11/21	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 by learning a variety of exercises, perfect for beginners and seniors. Instructor: Jackie Dailey.

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

CRN#	Day/Ses.	Dates	Time	Location
71913	R(4)	10/9-30	12-1:15 p.m.	OM

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71106	F(10)	10/3-12/12	9:30-10:30 a.m.	HV

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
71107	F(10)	10/3-12/12	11 a.m.-12 p.m.	HV

XXX 841

## Water Aerobics

Wade into the shallow end! Use water resistance for effective exercise without swimming or getting your head wet.

Total Cost: \$94 (Tuition: \$0 Fees: \$94)

CRN#	Day/Ses.	Dates	Time	Location	
71049	W(14)	9/3-12/10	6:30-7:30 p.m.	DC	Instructor: Angie Carpenter
71058	W(14)	9/3-12/10	9:30-10:30 a.m.	CC	Instructor: Debbie Warner
71052	F(14)	9/5-12/12	10-11 a.m.	DC	Instructor: Linda Watson
71054	F(14)	9/5-12/12	10:40-11:40 a.m.	EC	Instructor: Barb Cochnar
71047	M(14)	9/8-12/8	6:30-7:30 p.m.	DC	Instructor: Angie Carpenter
71050	T(14)	9/9-12/9	10-11 a.m.	DC	Instructor: Linda Watson

FIT 064

## Yoga Therapeutics for Seniors

Learn the ways that yoga can help improve your well-being and gain techniques for deep relaxation and mental clarity. This practice can be beneficial for those with acute and chronic conditions. Bring a yoga (sticky) mat and wear loose, comfortable clothing. Instructor: Jana Long.

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

CRN#	Day/Ses.	Dates	Time	Location
71353	T(6)	10/14-11/18	1:30-2:30 p.m.	HV

## WRITING

WRI 234

### Journal Writing for Family Legacy

Learn to build a journaling habit, discover your unique writing style and document memories to preserve stories for future generations. Instructor: Sharon Ricks.

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

CRN#	Day/Ses.	Dates	Time	Location
71147	T(8)	10/7-11/25	10 a.m.-12 p.m.	Zoom

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
71491	T(8)	10/7-11/25	10 a.m.-12 p.m.	Zoom

Writing Intriguing Stories

This class boosts your creative writing, offering strategy, inspiration and insights into publishing, with guidance on crafting stories or book-length works. Instructor: Leslie Atkins.

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

CRN#	Day/Ses.	Dates	Time	Location
71066	W(8)	10/1-11/19	10 a.m.-12 p.m.	Zoom

FRIENDLY SENIORS AT CCBC ESSEX

FALL 2025 SEMESTER

Wednesdays, October 1-December 10, 2025  
(Exclude November 26)  
CCBC Essex, Arts and Humanities Building, Room 211

Saddle Up! Exploring the History and Landscape of the American West

10-11:30 a.m.  
Instructor: Ellen Katz

Better Health and Wellness for the Senior Adult

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

The History of the Battle of Gettysburg

1:30-3 p.m.  
Instructor: Bruce Reinke

For more information contact Patrick Heline at 443.840.1036.

BECOME AN INSTRUCTOR

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

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

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