The Lifelong Learning Institute is committed to creating and fostering a variety of intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. However, adults of any age may register for these classes.
A Taste of History: Coffee and Chocolate
Chocolate and coffee have played important roles in indigenous, colonial, and post-colonial societies in Africa, Latin America, Asia, and Europe, as well as in modern industrial nations. You will explore the history of cacao cultivation; the present day state of the global chocolate industry; and the diverse cultural constructions surrounding chocolate. You will discuss the implications for chocolate’s future of international politics, alternative trade models, and the food movement. You will also examine the historical roots of coffee production and trade, including its roles in nation-building and international power relations, and its current implications for environmental change and economic development. TWA

**Course:** LLI802  
**37.5 Hours**  
$384 + $133.80 fee = $517.80; NMR add $842.40

**Rockville Campus**  
CRN#: 35326  
31 Session  M,W  
1/28-5/13  
1:30-2:55 p.m.  
HU221  
Instructor: Barbara Wolff

Global Issues Through History, Literature, and Philosophy ◘
In this course, you will explore a number of topics related to global issues through historical, literary, linguistic, and philosophical lenses. This class will encourage you to recognize your responsibilities to society-locally, nationally, and globally. You will also examine current issues of global importance. Note: You will be joining credit students in this co-listed credit class. TWA

**Course:** LLI890  
**37.5 Hours**  
$384 + $133.80 fee = $517.80; NMR add $842.40

**Germantown Campus**  
CRN#: 35328  
30 Session  T,R  
1/29-5/9  
12:30-1:55 p.m.  
PK108  
Instructor: Joan Naake

Takoma Park/Silver Spring Campus

**Course:** LLI324  
**8 Hours**  
$65 + $79 fee = $144; NMR add $120

**Rockville Campus**  
CRN#: 35185  
4 Session  T  
2/12-3/5  
1:30-3:30 p.m.  
MK101  
Instructor: Naomi Daremblum

Modern Scandinavia as Myth and Reality
Scandinavian culture is often described as bastions of equality and happiness. Is this description borne out of reality or the result of clever “advertisement?” In this course, you will examine fact and fiction when it comes to these images. You will explore the Nordic countries, in particular, Sweden, Norway, Denmark, and Iceland, and their cultures from different perspectives. You will discuss how history has shaped the Nordic cultures; what the media projects about Scandinavia; where and how stereotypes can proliferate; and where fact and fiction collide when it comes to providing the reader/viewer with accurate information about the many facets of contemporary Scandinavia. Sources for discussion will include official information by news agencies and government ministries, some modern short stories, as well as material by social scientists. TWA

**Course:** LLI298  
**8 Hours**  
$59 + $79 fee = $138; NMR add $120

**Rockville Campus**  
CRN#: 35171  
4 Session  R  
4/4-4/25  
1:30-3:30 p.m.  
MK101  
Instructor: TBA

Co-Listed Classes
Classes marked with this symbol ◘ are co-listed.
They are offered so that students may register either for credit or continuing education (noncredit) status.
These classes are open to all students at Montgomery College.
Modern Turkey

The foundation of the modern Republic of Turkey in 1923 was accompanied by sweeping religious, political, social, and linguistic reforms. Initiated by the founder of the Republic, Mustafa Kemal Atatürk, these changes were intended to create a new, modern society by breaking with past traditions. This course will be an introduction and overview of this great transformation and the challenges it faces today. You will begin by briefly examining the history of the Ottoman Empire, modern Turkey’s predecessor, with emphasis on its last century and the factors that brought about its demise. You will also discuss contemporary issues in Turkish politics, society, and international relations, while exploring the possible echoes from Turkey’s Ottoman heritage.

Course: LLI333
10 Hours
$95 + $82 fee = $177; NMR add $120

Rockville Campus
CRN#: 35194
5 Sessions
3/26-4/23
2-4 p.m.
MK 102
Instructor: Naomi Daremblum

Russia: History and Culture during Romanov’s Dynasty

This course will provide an overview of Russian history and culture from the 17th to the 20th centuries, including the Romanov dynasty, which reigned from 1613 until the abdication of Tsar Nicholas II in 1917. You will examine the importance of Peter the Great’s reforms, and Catherine the Great’s reign during the Golden Age of Russia. You will discuss major events in Russian history as illustrated by masterpieces of great Russian artists. You will explore Russian literature, art, architecture, music, and ballet.

Course: LLI252
8 Hours
$59 + $75 fee = $134; NMR add $120

Rockville Campus
CRN#: 35156
4 Sessions
2/13-3/6
10:30 a.m.-12:30 p.m.
MK101
Instructor: Elena Newland

Russia: History and Culture. 1917-1992

This course will address Russian culture of the 20th century after the Revolution of 1917 through the collapse of the Soviet Union. You will explore major historical events and developments in Russian literature, music, ballet, art, architecture, films, science, holidays, and the life styles of the Soviet people during this period. Travel in time through the periods of the Civil War, Industrialization, Stalin’s purges, World War II, the Cold War, and the events of Perestroika.

Course: LLI334
8 Hours
$59 + $75 fee = $134; NMR add $120

Rockville Campus
CRN#: 35195
4 Sessions
3/20-4/10
10:30 a.m.-12:30 p.m.
MK101
Instructor: Elena Newland

The Rocky Mountains of Canada and the United States

60 million years ago, the Rocky Mountains stretched from British Columbia, Canada south to the Rio Grande in New Mexico and reached heights of 20,000 feet. As those 60 million years passed, erosion caused by wind, rain, snow, and most importantly, glaciation stripped away the steep rocks, revealing the ancestral rocks beneath, which formed the current landscape of the Rockies. Join your instructor, a 36-year career National Park Service employee, to discuss the well and lesser-known parks of the Rocky Mountains. You will discuss the challenges of maintaining these scenic wonders in the face of growing tourism, demands of energy exploration, climate change, and wildland fire. You will engage in active learning through classroom, multi-media presentations, and discussions.

Course: LLI348
8 Hours
$50 + $79 fee = $129; NMR add $120

Rockville Campus
CRN#: 35322
4 Sessions
2/19-3/12
10:30 a.m.-12:30 p.m.
MK102
Instructor: Steve Pittleman

Why Migration to US: Honduras, El Salvador, Guatemala—Conflict Zones in Focus

This course provides a close examination of a region in conflict currently reverberating in American and world politics. You will explore the Central American nations of El Salvador, Honduras, and Guatemala, and the violent societal trends affecting migration towards the United States. To understand the present conflict, you will examine their recent history, civil wars, how each country addressed lingering unrest, and how the consequences of those decisions are affecting them at present. In addition, you will discuss how these events affect American foreign and immigration policy.

Course: LLI336
12 Hours
$95 + $89 fee = $184; NMR add $120

Gaithersburg Business Training Center
CRN#: 35197
6 Sessions
2/25-4/1
10:30 a.m.-12:30 p.m.
403
Instructor: Naomi Daremblum

Please Join Us On Facebook®!

Lifelong Learning Institute is on Facebook!
For updates, special events, photos, and more, visit our page at https://www.facebook.com/Montgomery-College-Lifelong-Learning-Institute-146054688809875/

Don’t forget to LIKE our page!
Acrylic Painting: Basic Techniques
This course is designed to introduce the basic elements of painting to students with little or no experience, while working to attain an understanding of the painting medium. You will work with acrylic colors and explore the many ways paint can be handled, as well as how to prepare materials. You will explore color, light, transparency/impasto, and composition through in-class exercises in order to learn to translate concepts into visual images. Bring supplies to first class. *Supply list is available on the LLI website.* TWA

**Course: LLI247**  
12 Hours  
$95 + $89 fee = $184; NMR add $120  
**Rockville Campus**  
CRN#: 35153  
6 Sessions  
3/28-5/2  
2:30-4:30 p.m.  
SB009  
Instructor: Nahid Linares

Art Composition
In the course, you will examine the fundamental concepts of composition and their practical application in studio-art practice. You will explore structure and balance, positive and negative space, as well as contrast and color. You will learn how to analyze and appreciate visual art. In addition, you will sketch different ideas based on the material provided. *Supply list is available on the LLI website.* TWA

**Course: LLI283**  
12 Hours  
$35 + $79 fee = $114; NMR add $120  
**Rockville Campus**  
CRN#: 35167  
6 Sessions  
2/14-3/21  
2:30-4:30 p.m.  
SB009  
Instructor: Nahid Linares

Creativity Booster: Try Your Hand at Modern Art
Pick up a brush and let your creativity flourish—even if you’ve never painted before. Learn to paint like a modern master such as Picasso, Matisse, or Dali. In this class, you will practice creating dynamic compositions and mixing vibrant colors. You will become familiar with the basic proportions of the head and learn how to transfer an image from a photo or your imagination onto a canvas mimicking the style of a modern master. This class is designed for beginners. *Supply list is available on the LLI website.* TWA

**Course: LLI205**  
3 Hours  
$20 + $15 fee = $35; NMR add $30  
**Rockville Campus**  
CRN#: 35143  
1 Session  
3/9  
1-4 p.m.  
SB009  
Instructor: Evan Goldman

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Drawing with Pencils, Charcoal, or Pastels
This course will help you develop fundamental drawing skills. You will learn basic techniques such as blocking in the composition with pencil, shading with charcoal, and using pastels to create vibrant color. We will begin by drawing a still life and move onto landscape and portrait drawings from photographs. You will also examine these subjects using a variety of media (pencil, color pencils, charcoal, pastel, ink, and watercolor). This class is designed for students of any skill level. *Supply list is available on the LLI website.* TWA

**Course: LLI698**  
12 Hours  
$95 + $92 fee = $187; NMR add $120  
**Gaithersburg Business Training Center**  
CRN#: 35222  
6 Sessions  
2/18-3/25  
10:30 a.m.-12:30 p.m.  
402  
Instructor: Evan Goldman  
**Rockville Campus**  
CRN#: 35221  
6 Sessions  
4/1-5/6  
6:30-8:30 p.m.  
SB009  
Instructor: Tatiana Martin

Mixed Media / Abstract Art Exploration
Do you ever wonder about the meaning behind an abstract piece of art? In this course, you will learn how to create a mixed media abstract artwork and find out what it means to you. You will explore how the creative process involved in making abstract mixed media can be a healing and life-enhancing experience. You will see a demonstration on basic techniques in painting, collage, assemblage, and photo montage. In addition, you will examine color theory, visual perception, and critical thinking skills. *Supply list is available on the LLI website.* TWA

**Course: LLI260**  
8 Hours  
$59 + $79 fee = $138; NMR add $120  
**Rockville Campus**  
CRN#: 35158  
4 Sessions  
3/12-4/2  
6:30-8:30 p.m.  
SB009  
Instructor: Kristine DeNinno

Painting with Color: AcrylicsA—Primer
This course focuses on the role of color in acrylic paintings. Join your instructor, Nahid Linares, as you examine the art of master painters and discuss the use of color for emotional and aesthetic impact; learn about color systems and color wheels; and discuss color symbolism. Course topics will include dimensions of hue, intensity, and temperature. You will paint from still life and photographs. *Supply list is available on the LLI website.* TWA

**Course: LLI301**  
16 Hours  
$99 + $99 fee = $198; NMR add $120  
**Rockville Campus**  
CRN#: 35174  
8 Sessions  
2/19-4/16  
11 a.m.-12:50 p.m.  
SB009  
Last class on 4/16 meets 11 a.m.-12:20 p.m.  
Instructor: Nahid Linares

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TWA
Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
Quilting for Beginners
Have you always wanted to learn how to quilt? Not only is quilting fun and a time to enjoy socializing with others, but studies have found that pursuing creative passions can help improve your brain. In this class, you will create a small 14"x19" quilt complete with borders and binding. You will learn how to select, mark, and cut fabric; make a template, press, and arrange fabric blocks into a quilt top. You will cut and attach borders with a basic running stitch; and complete your project by basting, quilting, and binding. This project is done entirely by hand; sewing machines are not required nor accommodated. Supply list is available on the LLI website.  
Course: LLI223  12 Hours  
$65 + $34 fee = $99; NMR add $50  
Rockville Campus  
CRN#: 35147  6 Sessions  T  
2/12-3/19  10:30 a.m.-12:30 p.m.  MK101  
Instructor: Annette Burns

The Art of Sketching
Whether you are an avid sketcher or new to the art, sketching allows you to record events such as a trip to a foreign land, a tour of a local garden, or a special occasion such as a birth or anniversary. Sketching can include sketches, drawings, or quick paintings. You can add short captions, notes, parts of conversations, and observations to create a journal. Sketches can also be used for planning an organic garden, creating a preliminary drawing for a painting or portrait, and providing an outlet for discovering solutions to a variety of problems. This course will teach you how to improve your observational skills while sketching with pen, pencil, or watercolor. You will have an opportunity to sketch outside. Bring supplies to the first class. Supply list is available on the LLI website.  
Course: LLI970  12 Hours  
$95 + $89 fee = $184; NMR add $120  
Gaithersburg Business Training Center  
CRN#: 35236  6 Sessions  T  
3/5-4/9  10:30 a.m.-12:30 p.m.  402  
Instructor: Evan Goldman  
Rockville Campus  
CRN#: 35235  6 Sessions  M  
2/18-3/25  6:30-8:30 p.m.  MK103  
Instructor: Tatiana Martin

The Brain and Art  
In this studio art course, you will examine how the brain looks at new ways of creating art. With hands-on art projects, you will learn how to break up images into parts and then rearrange them to create a new image (deconstructionism), or how to associate colors with objects and moments and use color based on emotion (abstract expressionism). You will practice pulling images from dreams and the unconscious and placing them in a new environment (surrealism). Projects will focus on how to reduce a picture into basic shapes, reinterpret shapes, colors, and arrangements mimicking the art of Kandinsky, Dali, Picasso, Rothko, Newman, Magritte and other contemporary artists. Acrylics, watercolors, and mixed media will be used. Supply list is available on the LLI website.  
Course: LLI345  12 Hours  
$65 + $89 fee = $154; NMR add $120  
Rockville Campus  
CRN#: 35206  6 Sessions  W  
3/6-4/10  2-4 p.m.  SB009  
Instructor: TBA

Watercolor Advanced—For Creativity and Fun
Fun is the opening gambit of our specially designed watercolor class for students who are comfortable with the basics of watercolor and who want to explore alternative ways to paint. Learn to apply a variety of techniques, such as dry brush, wet-on-wet, glazing, stippling, controlled spray, lifts, and graded washes. Emphasizing textural effects in underpainting, will give you a different place to start each week. Each class begins with an analysis of the previous week’s work, followed by a demonstration of hands-on techniques for you to emulate in class. Learn to create masterful paintings from direct observation and sketches, as well as by assembling printed reference materials. Half sheet paintings (on the order of 15” x 22”) are suggested for a successful creative journey. Bring supplies to the first class. Supply list is available on the LLI website.  
Course: LLI987  20 Hours  
$114 + $109 fee = $223; NMR add $140  
Rockville Campus  
CRN#: 35238  8 Sessions  F  
2/15-4/12  10 a.m.-12:30 p.m.  AR405  
No class 3/15  
Instructor: Michaele Harrington

Material lists for Art classes are available at http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning/artsupplies.html

Art Supply List!
American Artists in Paris

This course explores the paintings and the personalities of the most famous of the late nineteenth-century American expatriates in Paris—James Abbott McNeill Whistler, John Singer Sargent, and Mary Cassatt. You will examine their work in France and its profound effect on American art. You will discuss how their works lead to the introduction of new styles in America and helped establish American artists as celebrities in their own right. TWA

Course: LLI320 6 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 35181 3 Sessions W 3/6-3/20 6:30-8:30 p.m. MK101
Instructor: Irina Stotland

Architecture of the Ancients: The Near East, Then and Now

In this course, you will explore the architecture of Egypt, Turkey, and Mesopotamia from 10,000 BC until the time of the Roman Empire. You will discuss how each civilization developed a particular style and its influence on present-day styles. You will explore current concepts in archaeology and examine visual and literary sources (such as the Bible and narratives such as the Epic of Gilgamesh) to put the works of architecture in context. TWA

Course: LLI300 10 Hours
$55 + $82 fee = $137; NMR add $120

Gaithersburg Business Training Center
CRN#: 35173 5 Sessions R 2/7-3/7 1-3 p.m. 404
Instructor: Ruth Manchester

How to Decipher Art of the Ancient World

This course examines the art of Europe, Mesopotamia, and North Africa from prehistoric times to the fall of Rome. You will explore the architecture, sculpture, painting, and other art forms of these time and places. You will discuss the elements of symbolism, and the objectives of art for the society in which it was created. Focus will be on the general knowledge of the ancient art and the characteristics of style.

Course: LLI321 10 Hours
$55 + $79 fee = $134; NMR add $120

Gaithersburg Business Training Center
CRN#: 35182 5 Sessions R 2/28-3/28 10:30 a.m.-12:30 p.m. 442
Instructor: Irina Stotland

Leonardo da Vinci (1452-1591)

2019 marks the 500th anniversary of the death of Leonardo da Vinci: painter, draftsman, sculptor, architect, and engineer. How can we best understand this genius? How did his mind work? What were his enduring concerns and how do they find expression across the whole range of his activities? This richly illustrated 4-week course, presented by Barbara Evans, will attempt to answer these questions by tracing da Vinci’s career in all its variety. TWA

Course: LLI325 8 Hours
$59 + $79 fee = $138; NMR add $120

Gaithersburg Business Training Center
CRN#: 35186 4 Sessions T 4/30-5/21 1:30-3:30 p.m. 402
Instructor: Barbara Evans

The Art of Ancient Greece and Rome

In this class, you will explore the art of ancient Greece and Rome. In looking at ancient Greece, you will examine the development of art and sculpture from the geometric style of Greek vase painting up to the Classical and Hellenistic sculpture and architecture. You will study Roman art, architecture, and sculpture from the time of the Republic to the fall of the Roman Empire. In addition, you will discuss the social and historical context of Greece and Rome and analyze the most significant themes of Greco-Roman mythology. TWA

Course: LLI250 6 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 35154 3 Sessions R 4/4-4/25 6:30-8:30 p.m. MK104
No class 4/18
Instructor: Irina Stotland

How to Decipher Paintings III

From the Barbizon Art School to Abstract Expressionism

In this course, you will explore the history of art from the Barbizon Art School to Abstract Expressionism with emphasis on European paintings. You will discuss the movements of the Barbizon Art School, Post-Impressionism, Expressionism, Constructivism, Surrealism, and Abstract Expressionism. You will learn how to read an artistic style by explaining its historical setting and objectives. In addition, you will decipher the most important works of the period in the context of their culture. TWA

Course: LLI219 10 Hours
$55 + $79 fee = $134; NMR add $120

Westfield South
CRN#: 35146 5 Sessions T 3/19-4/16 1:30-3:30 p.m. 210A
Instructor: Irina Stotland

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
The Post-Impressionism: Seurat, Van Gogh, and Gauguin
The class will cover the paintings of three post-impressionist artists: Georges Seurat, Vincent van Gogh, and Paul Gauguin. All three drew on the previous movement of Impressionism and pushed its boundaries in an attempt to create a more monumental style. The politics and social changes of France will be the starting point for the lectures. You will explore the pointillist technique of Seurat, the spiritual symbolism of Van Gogh, and the primitivism of Gauguin. You will also discuss the relationship between Van Gogh and Gauguin, their collaboration, and the rift that followed. TWA
Course: LLI254 6 Hours
$45 + $69 fee = $114; NMR add $120
Rockville Campus
CRN#: 35157  3 Sessions  W
4/3-4/24  10:30 a.m.-12:30 p.m.  MK102
No class 4/17
Instructor: Irina Stotland

Treasures of the National Gallery of Art
19th Century Paintings—A Virtual Tour
Museums can be overwhelming due to their size and volume of artwork. What are the “must see” masterpieces? Why are they so important? And, where do you even find them? In this class, you can sit back, relax, and take a virtual tour of the museum. You’ll travel through time exploring paintings in chronological order, unveiling why they were ground breaking or important for their time, and how they effected the next generation. You will discuss the lives of the artists and analyze the artists’ methods, style, color use, materials, and techniques. In addition, you will compare the differences between the Impressionists and French establishment. TWA
Course: LLI725 8 Hours
$59 + $79 fee = $138; NMR add $120
Rockville Campus
CRN#: 35325  4 Sessions  T
3/5-3/26  6:30-8:30 p.m.  MK104
Instructor: TBA

Boost Your Brain Power and Memory:
Research, Strategies, and Activities
Come explore the research and strategies on how to boost your brain power and memory by Dr. Dana Plude, Deputy Director, Division of Behavioral and Social Research, National Institute on Aging (NIA) at the National Institute of Health. Then put some of that knowledge to work as you join other students in three workshops on brain and memory enhancement.
10-11 a.m.: Presentation: Brain Health: What the Latest Research Tells Us by Dr. Plude.
This lecture will be followed by a question and answer period.
11-11:15 a.m.: Break
11:15 a.m.–12:45 p.m.: Three workshops on brain and memory enhancement.
Course: LLI200  •  CRN # 35141
Gaithersburg Business Training Center 402
4/5  •  10-12:45  •  F
$25 Fee Only
Free parking is available

Bouncing Back: Successful Aging Through Resilience
Did you know that resilience can help you with life’s challenges? As “Boomers” enter a new phase of life, resilience becomes a key component in adapting to the challenges of aging. In this course, you will discuss the definition of resilience through the life stages, the attributes of resilience as a key to balanced aging, and how to become more resilient. You will learn how the key factors of resilience (flexibility, dependence on others, ability to make realistic plans, ability to be positive) can help you face life challenges. You will analyze the stage of late adulthood through mental, social, physical, and spiritual factors. In addition, you will explore the tools needed to build resilience. TWA
Course: LLI281 6 Hours
$35 + $79 fee = $114; NMR add $120
Rockville Campus
CRN#: 35166  3 Sessions  T
3/19-4/2  1:30-3:30 p.m.  MK103
Instructor: Frayda Penini

Material lists for Art classes are available at http://cms.montgomery college.edu/wdce/ce/lifelong learning/artsupplies.html

Art Supply List!
Brain Fitness: Critical Thinking and Problem Solving
How does emotion impact our thinking? How do we structure our thinking to get the best result? How do we sort fact from fiction, truth from opinion? In this course, you will focus on how we deal with information, the biases and uncertainties that affect our thinking, and how to get beyond them. In the process, you will learn to better array data, understand the nature of questions, develop sound answers, and analyze and solve problems more effectively. You will participate in the variety of fun exercises that will train your brain in better problem solving. This course is taught by a retired CIA trainer. TWA

Course: LLI167  12 Hours
$65 + $85 fee = $150; NMR add $120

Westfield South
CRN#: 35133  6 Sessions  M
3/25-4/29  1:30-3:30 p.m.  210A
Instructor: Ronald Goldberg

Healthy Aging—Lessons from Japan  NEW
Japan is a county with the one of the largest centenarian population and with the fastest growing population of older adults. These adults also tend to stay healthy longer than American adults. What factors contribute to health and long life? There are marked differences between Japan and US in nutrition, medical system, life attitudes, and more. Join Natasha Sacks as she discusses her research on this topic and observations from her recent Study Abroad trip to Japan.

Course: LLI335  2 Hours
$15 + $15 fee = $30; NMR add $30

Rockville Campus
CRN#: 35196  1 Session  R
3/28  6:30-8:30 p.m.  MK101
Instructor: Natasha Sacks

Meditation Practices—Heart, Brain, Body Connections
The many benefits of meditation range from decreased stress, anxiety, and depression, to improved memory and attention. Would you like to explore whether or not meditation is for you? Perhaps you already meditate, but would like to deepen your practice and connect with others who share your interest. This course is appropriate for beginners as well as those who are familiar with meditation. The format includes lecture, discussion, and a variety of meditation practices including Heart Rhythm Meditation (HRM), guided meditations, walking meditation, and more. Weather permitting, the class will occasionally meditate outside. Students may wish to repeat this course as the content will be continuously refreshed. TWA

Course: LLI185  12 Hours
$40 + $79 fee = $119; NMR add $120

Gaithersburg Business Training Center
CRN#: 35134  8 Sessions  W
3/6-4/24  10-11:30 a.m.  402
Instructor: Carol Moore

Memory Academy: Train Your Brain to Retain!
Have you have experienced “senior moments?” Struggled to remember where you placed your car keys, or experienced that “tip of the tongue” feeling when trying to recall someone’s name? This memory training course is designed to address these issues and other memory challenges that you experience in daily life. You will discuss what memory is and how it works. You will learn new techniques on how to: remember what you did in the past; put names to faces; and remember lists, errands, or other things you need to do. You will examine your individual learning style and the technique that works best for your style in order to improve your memory. In addition, you will practice applying learned memory techniques to real life situations. This program originated with the UCLA Center on Aging and is taught by a Holy Cross Hospital memory specialist. TWA

Course: LLI241  14 Hours
$50 + $75 fee = $125; NMR add $120

Rockville Campus
CRN#: 35152  7 Sessions  F
2/15-4/5  1-3 p.m.  SB214
No class 3/15
Instructor: Holy Cross Hospital

The Brain and Art  NEW
See course on page 5.

What is Consciousness?
New Content! Do other people experience the world in the same way you do? What do our senses of vision, hearing, touch, smell, and taste tell us about the world? In this course, you will examine the meaning of consciousness and the way it affects our lives including sleep, anesthesia, coma, and driving on autopilot. You will discuss the implications of consciousness and whether it is a uniquely human trait or possible for computers and robots. Join an anesthesiologist for a fascinating discussion on consciousness. TWA

Course: LLI341  10 Hours
$55 + $79 fee = $134; NMR add $120

Rockville Campus
CRN#: 35202  5 Sessions  M
3/11-4/8  6:30-8:30 p.m.  MK102
Instructor: Arash Taleghani

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
**Careers and Employment for 50+**

**Employment Search Boot Camp**
Learn traditional and innovative job search techniques to help you land the job you want. This class provides a comprehensive approach to employment search, including résumé writing, interviewing, and the latest self-marketing and networking techniques. You will explore how to distinguish yourself from others competing for the same jobs, try new job search strategies and get feedback on your practice interviews. You will also learn how to use career and job search resources, such as Career Coach, and networking and employment resources such as social media and LinkedIn.

**Course:** CRP107  
15 Hours  
$25 Fee only

**Rockville Campus**
CRN#: 35334  
5 Sessions  
M,W  
3/25-4/8  
6:30-9:30 p.m.  
MK105  
Instructor: Nicole Cyrus

This course is made possible with generous support from donors.

**Find Your Strengths—Find Your Future**
Discover your natural and work-related strengths and match them with career areas in which you would be most successful. Choose to apply your skills to careers, business, volunteer, or other professional and life opportunities. Engage in a series of insightful individual and group exercises, and conduct research into career areas of interest to you. This course may also help those who plan to retire, to find their second career. By the end of the class, you will draft your career plan. TWA

**Course:** LLI830  
12 Hours  
$49 + $54 fee = $103; NMR add $120

**Rockville Campus**
CRN#: 35226  
4 Sessions  
M,W  
3/4-3/13  
6:30-9:30 p.m.  
SC259  
Instructor: Mary Pat Brennan

**How Montgomery College Can Help You with Employment and Job Training**
Looking for a job or re-training? This class will introduce you to the wide range of employment and training resources that exist at Montgomery College (credit or non-credit) for adults to further your employment goals. You will learn how to get information on employment training and certification programs, how to learn about the latest employment trends, who to contact about employment training and financial resources.

**Course:** LLI276  
2 Hours  
$5 + $5 fee = $10; NMR add $30

**Rockville Campus**
CRN#: 35163  
1 Session  
R  
4/11  
6:30-8:30 p.m.  
MK101  
Instructor: Nicole Cyrus

**Teaching Skills for Everyone**
Teaching is a valuable life skill for everyone—not just professional educators. In this hands-on class, participants will learn how to plan and facilitate interesting, engaging and effective learning experiences for all ages. If you find yourself in a teaching role as a parent, grandparent, mentor, instructor at a community or religious organization, or if you want to teach as a non-credit instructor, consider taking this course to hone your skills at the craft. You will earn a certificate of completion. TWA

**Course:** LLI337  
16 Hours  
$40 + $89 fee = $129; NMR add $120

**Rockville Campus**
CRN#: 35198  
8 Sessions  
M  
3/4-4/22  
6:30-8:30 p.m.  
MK101  
Instructor: TBA

**Computers and Technology**

**Cloud-Based Applications for the Home**
Apps are used every day at home and at work and are now available online in the Cloud. Word processing, spreadsheets, email, file management, video, music, mapping, and many more apps are available on all your devices. In addition, cloud computing takes many forms and it can be confusing to figure out how to get the most of each service. In this course, you will explore the critical productivity and media apps, from OneDrive to iCloud, Google drive to Netflix and iTunes, provided by desktops, mobile devices, and the Cloud. You will also explore the best way to manage these apps on any device.

**Course:** LLI213  
3 Hours  
$15 + $20 fee = $35; NMR add $30

**Rockville Campus**
CRN#: 35145  
1 Session  
T  
3/5  
6:30-9:30 p.m.  
MK105  
Instructor: Carl Burnett

**Digital Literacy for the 21st Century**
This introductory course is designed to provide students with a broad overview of technology. Each class will be dedicated to a specific topic: mobile devices and how to use mobile devices in daily living; cloud computing and how it can be helpful to you; social media: popular sites and best uses; digital media technology and life enhancement; and digital security and privacy. This class is designed to help make technology an engaging and fun experience for students. TWA

**Course:** LLI959  
12 Hours  
$60 + $85 fee = $145; NMR add $120

**Gaithersburg Business Training Center**
CRN#: 35234  
6 Sessions  
W  
2/27-4/3  
10:30 a.m.-12:30 p.m.  
404  
Instructor: Carl Burnett

NMR Non-Md. resident  
TWA Tuition Waiver Applies; Seniors Pay Fee Only
Getting Started with Social Media: Facebook and Twitter
This course is for anyone interested in learning the basics of social media communication and networking. In this class, you will learn how to create, customize, use, and maintain a Facebook page and Twitter account. In addition, you will explore how to update your status, post photos and videos, connect with friends and business accounts, and become familiar with privacy policies and settings on Facebook. Furthermore, you will learn how to tweet, find accounts to follow on Twitter, and post photos and videos. TWA
Course: LLI694 6 Hours
$35 + $49 fee = $84; NMR add $50
Westfield South
CRN#: 35220 3 Sessions R
3/21-4/4 1:30-3:30 p.m. 306C
Instructor: Vicki McGill

Getting the Most Out of Your iPhone
Are you new to the world of Apple smart phones and a bit overwhelmed with all they can do? This course will help you begin to demystify and navigate this fabulous tool. Learn to effectively and efficiently use your Apple iPhone 5 or newer. Get to know its functions and features, including how to compose notes and messages. Learn how to organize your phone, dictate instead of write texts, mute your phone at night, and many more tips. Basic iPhone photography will also be included. TWA
Course: LLI947 6 Hours
$30 + $69 fee = $99; NMR add $50
Gaithersburg Business Training Center
CRN#: 35232 3 Sessions R
2/14-2/28 1:30-3:30 p.m. 405
Instructor: Vicki McGill

Learn About New Digital and Mobile Technology
What is digital technology? What is the Internet of Things? What impact does digital technology have in your life? This class is for beginners who want to gain an understanding of today’s new digital universe to keep up with their kids and grandkids. This course provides a roadmap to electronic tools, social media, popular apps, multi-media, cloud computing, and mobile devices. You will explore what is a digital network, and what are the components of a wired and wireless network.
Course: LLI350 3 Hours
$15 + $15 fee = $30; NMR add $30
Germantown Campus
CRN#: 35211 1 Session T
4/23 10:30 a.m.-1:30 p.m. BE148
Instructor: Carl Burnett

Personal Digital Security & Privacy
Everyone has created a digital footprint. Whether it’s your password, username, SSN, IP address, or your home address, everyone has a digital identity. Protecting and controlling your digital identity starts with understanding what it is, and how you control its use and privacy in the digital world. This course is designed to provide you with the tools to secure and protect your digital identity and privacy in your daily life.
Course: LLI231 3 Hours
$15 + $20 fee = $35; NMR add $30
Rockville Campus
CRN#: 35149 1 Session T
3/19 6:30-9:30 p.m. MK101
Instructor: Carl Burnett

American Political and Social Movements of the 19th and 20th Centuries
The social movements of the 19th and 20th centuries brought about some of the biggest changes to the American culture and influenced movements around the world. In this course, you will examine American social movements of the 19th and 20th centuries and discuss the social and economic conditions that influenced and motivated them. You will also discuss the leaders of the social movements and the implications that these movements had on American society as a whole. TWA
Course: LLI346 8 Hours
$59 + $79 fee = $138; NMR add $120
Germantown Campus
CRN#: 35207 4 Sessions M
3/4-3/25 2-4 p.m. PK153
Instructor: Andrew Kreiger

An Insight Into Politics and Current Events
New content! On the date of our first class, March 20, President Donald Trump will have been in office for exactly 26 months. The first several 2020 presidential caucuses and primaries will be less than a year away and we may already know some of the names of potential candidates. In this course, you will explore important current events from around the globe. You will examine the new Congress, which took office in January of 2019, where the Mueller probe stands, and whether the Supreme Court will shift further to the right. You will also discuss Russia’s role in the 2018 elections, whether North Korea intends to take significant steps to denuclearize the Korean peninsula, and the impact of tariffs imposed by the Trump administration both domestically and abroad. Join your fellow students to discuss current events that shape our world. TWA
Course: LLI189 10 Hours
$65 + $85 fee = $150; NMR add $120
Gaithersburg Business Training Center
CRN#: 35139 5 Sessions W
3/20-5/15 10:30 a.m.-12:30 p.m. 442
No class 3/27, 4/10, 4/24, 5/8
Instructor: Joel Cockrell
Fascism: Ideology and Reality, Past and Present  NEW
Was Fascism reactionary or revolutionary? A coherent ideology or the rejection of ideas? Limited to interwar Europe or alive today in our own country? This course addresses the vexing questions of what fascism is, whether it was a global phenomenon, and whether it is at present thriving in European and American societies. You will begin with a consideration of conceptual issues related to nationalism, modernity, and fascism. You will explore fascism’s intellectual origins, the mobilization of culture, the totalitarian state, and political violence. You will also discuss case studies, noting comparative continuities and regional peculiarities (the focus will range from interwar Europe to present day Turkey and the United States). The course will not only draw on recent scholarship on fascism, but will consider art, propaganda, and film from the specific periods. TWA
Course: LLI209  12 Hours
$65 + $92 fee = $157; NMR add $120
Rockville Campus
CRN#: 35144  6 Sessions  R
2/7-3/14  10:30 a.m.-12:30 p.m.  MK102
Instructor: Naomi Daremblum

History of Modern Israel
Israel, the world’s only Jewish state, is a source of pride to many, and a source of conflict to others. In this class, you will explore its early history from the first Aliyah in the late 19th Century to the War of Independence in 1948. You will discuss the roots of contemporary Israel as well as the Ashkenazi civilization from which most American Jews derive. You will also discuss Israeli/Palestinian narratives. Instructor is the author of Return to Zion: The History of Modern Israel. TWA
Course: LLI203  10 Hours
$60 + $85 fee = $145; NMR add $120
Rockville Campus
CRN#: 35142  5 Sessions  R
3/7-4/4  6:30-8:30 p.m.  MK102
Instructor: Eric Gartman

Introduction to Peace and Justice Studies  NEW
Ever wonder how other cultures and religions view peace and justice? This course introduces you to peace and justice thought both in Western and Eastern philosophic literature. You will explore how the Hindu, Buddhist, Chinese, Jewish, Christian, and Islamic traditions address the issues of peace and justice in individual, family, communal, national, and global life. Note: You will be joining credit students in this co-listed class. TWA
Course: LLI244  37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40
Rockville Campus
CRN#: 29 Sessions  M,W
1/28-5/13  11 a.m.-12:25 p.m.  HU128
Instructor: Tulin Levitas

Labor Unions in America: A Historical and Contemporary Exploration  NEW
The power struggle between management and labor has been a fixture of the American political scene dating back to the rise of our industrial society almost 200 years ago. Workers organized to achieve a more equitable distribution of a firm’s wealth, to improve pay and working conditions. In this course, you will explore the origins of labor unions and their historical role in the protection of workers. You will discuss if they are necessary in today’s economy. In addition, you will analyze this answer against the backdrop of decreasing union membership and widening wealth inequality in the United States. This class is taught by a former Department of Treasury historian. TWA
Course: LLI332  8 Hours
$40 + $79 fee = $119; NMR add $120
Gaithersburg Business Training Center
CRN#: 35193  4 Sessions  W
2/13-3/6  1:30-3:30 p.m.  442
Instructor: Jesse Stiller

Modern Turkey  NEW
See course on page 3.

Roe v. Wade: Past, Present, and Future  NEW
The Supreme Court’s decision in Roe v. Wade was issued on January 22, 1973. It changed the way women’s reproduction health was administered in the United States. With the retirement of Supreme Court Justice Kennedy, and the appointment of a more conservative justice, the future of the abortion rights decision in Roe v. Wade is plainly in jeopardy. In this course, you will examine the abortion related laws in this country before Roe, the status of the law during the almost half century it has been the law of the land, and how abortion may be treated by federal and state laws if Roe is severely limited or overturned altogether. TWA
Course: LLI353  8 Hours
$35 + $79 fee = $114; NMR add $120
Rockville Campus
CRN#: 35214  4 Sessions  T
4/9-4/30  1:30-3:30 p.m.  MK103
Instructor: Joel Cockrell

Social Media, Social Movements: Utopia or Dystopia?
With the explosion of virtual communities and social media, technology and its effect on society has become a daily reality, invading all areas and aspects of our lives. In this course, you will examine the changes these technologies are bringing to daily life, how they affect behavior, connections, democracy, and the possibility of change. You will analyze various approaches to understanding democracy and social change and look at specific cases of how technology has helped or hindered these processes. You will discuss the intersection of data, security, and privacy: from increased surveillance and filtering capacity, to delivering propaganda over the internet. In addition, you will examine how governments around the world are broadening their social, technical, and legal tools
for control and suppression, and how technology might help citizens trying to avoid it. TWA

Course: LLI312
4 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 35177 2 Sessions T
2/26-3/5 6:30-8:30 p.m. MK102
Instructor: Naomi Daremblum

Terrorism: A Closer Look
After the attacks in the United States on September 11, 2001, terrorism became a continuing cause of concern for most Americans. In many cases, however, the real threat has had little association with the perception. In this course, you will gain an understanding into the true nature of terrorism. You will explore the minds of the terrorist and the objectives and goals of terrorists. You will discuss which terrorist organizations present the biggest threat and the limits on what they can achieve. In addition, you will examine the efforts used to combat terrorism; and how these security measures bring risk to our civil liberties. This class is taught by a former CIA trainer. TWA

Course: LLI285
12 Hours
$95 + $89 fee = $184; NMR add $120

Rockville Campus
CRN#: 35168 6 Sessions T
3/26-4/30 10:30 a.m.-12:30 p.m. MK101
Instructor: Ronald Goldberg

The European Union: In Modern Times
After World War II, the devastated countries of Western Europe, supported by the United States, reorganized themselves into a free trade zone, as a way for Europe to recover from the war and to lay a foundation of peaceful competition. In this course, you will analyze the benefits of the European Union versus the loss of national autonomy required. You will also discuss increasing immigration, the rise of nationalism, Brexit, trade wars, and the political instability. This class will be taught by a retired historian from the Department of Treasury. TWA

Course: LLI343
8 Hours
$50 + $79 fee = $129; NMR add $120

Rockville Campus
CRN#: 35204 4 Sessions W
2/27-3/20 6:30-8:30 p.m. MK102
Instructor: Jesse Stiller

The Land of the Re-Rising Sun—Japan After WWII
At the end of the Second World War, Japan was not only beaten, but its population was starving. The United States was in the unique position of not only imposing their will on the Japanese people, but to also assume the role of an enlightened victor. You will trace the recovery of the Japanese nation from a prostrate enemy, to an American ally, to an Asian economic powerhouse. TWA

Course: LLI323
8 Hours
$59 + $79 fee = $138; NMR add $120

Germantown Campus
CRN#: 35184 4 Sessions R
3/14-4/4 2-4 p.m. PK153
Instructor: Harry Cawood

The Race to the Moon
On this 50th Anniversary of the first moon landing, you will trace the triumphs and tragedies of the race to the moon and the Space Race against the Soviet Union who had a substantial lead. This class is taught by a docent of the Smithsonian Air and Space Museum. TWA

Course: LLI347
8 Hours
$50 + $79 fee = $129; NMR add $120

Rockville Campus
CRN#: 35208 4 Sessions R
4/11-5/2 10:30 a.m.-12:30 p.m. MK101
Instructor: Harry Cawood

Trade War or Peace: Where Are We Headed?
Do you wonder about the headlines warning of a global trade war? In this course, you will examine how the Trump administration’s trade policies differ from previous administrations, and the reasons for underlying tensions between the United States and its main trading partners. You will discuss why the current approach could portend for US leadership, the US economy, and your own financial situation. In addition, you will explore the pathways to resolution of trade frictions and their implications. This class is offered by Barbara Weisel, Managing Director, Rock Creek Global Advisors and former Chief U.S. Negotiator for the Trans-Pacific Partnership Agreement.

Course: LLI344
2 Hours
$15 + $15 fee = $30; NMR add $30

Rockville Campus
CRN#: 35205 1 Session W
4/3 6:30-8:30 p.m. MK101
Instructor: Barbara Weisel

TWA
Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
Triumph or Defeat: A Tale of German Reunification

In 1989, after the fall of the wall, Berlin came to represent not only a new reunified Germany, but also an embodiment of the challenges the world faces in the 21st century. In this course, you will explore this transformation, its successes, challenges, and implications for Europe and the future of our international political system. You will pay special attention to Cold War milestones such as the Berlin Blockade, the construction of the wall, the 1968 revolutions and protests, as well as reassurance of the radical nationalists. The course will not only draw on recent research, but will consider art, propaganda, and film from the specific periods. TWA

Course: LLI342 12 Hours
$95 + $89 fee = $184; NMR add $120

Gaithersburg Business Training Center
CRN#: 35203 6 Sessions R
3/21-4/25 10:30 a.m.-12:30 p.m. 402
Instructor: Naomi Daremblum

United States History 1950-1970: Through the Lens of the Motion Picture Industry

In 1950, the world was five years removed from World War II. The Cold War was in its infancy with an Iron Curtain having descended around Eastern Europe, the Red Scare was growing across the nation—particularly in Hollywood as Senator Joseph McCarthy took center stage, and the Korean War had just begun. In this course, you will view American and world history through a 20-year period of the motion picture industry. You will examine the election of Presidents Kennedy and Nixon, the Space Race, the Cuban Missile Crisis, the assassinations of President Kennedy, Robert Kennedy, and Martin Luther King Jr. You will analyze the Civil Rights and Voting Rights Act, the Vietnam War and student protests, and the Hollywood blacklist. You will also discuss popular directors, actors/actresses, and genres that dominated the movie scene. TWA

Course: LLI340 12 Hours
$65 + $89 fee = $154; NMR add $120

Gaithersburg Business Training Center
CRN#: 35201 6 Sessions R
3/28-5/2 1:30-3:30 p.m. 442
Instructor: Joel Cockrell

War Comes to Montgomery County

This course will tell the story of how, on July 9, 1864, Frederick and Montgomery counties were overrun with 10,000 men in grey uniforms who were intent on capturing the capital of the Union. They had to contend with a hastily organized detail of 7,500 Union men and then make their way down the Georgetown Pike, now Route 355. In this course, you will follow the army to the Rockville Courthouse Square where fierce fighting took place and then down Viers Mill Road through Wheaton and, finally, Silver Spring. In addition, you will discuss what became an obstacle to capturing Washington. TWA

Course: LLI339 8 Hours
$59 + $79 fee = $138; NMR add $120

Takoma Park/Silver Spring Campus
CRN#: 35200 4 Sessions M
4/8-4/29 1:30-3:30 p.m. CU202
Instructor: Bernie Siler

Washington Women: The Female Side of History

From its early days as a malarial river port to its current incarnation as one of the world’s great capitals, Washington DC has always drawn ambitious, visionary, and sometimes unscrupulous women intent upon making their name here. You will explore how the women of Washington influenced legislation, plotted assassinations, broke secret codes, invented the civil rights march, and planned slave escapes. You will discuss world famous books, songs, and plays by these women, as well as landscape designs. You will examine how these women fought wars, robbed graves, generated money, forged scientific discoveries, and made history. The instructor, Rebecca Roberts, is an author of a book on this subject. TWA

Course: LLI338 6 Hours
$59 + $69 fee = $128; NMR add $120

Gaithersburg Business Training Center
CRN#: 35199 3 Sessions M
4/1-4/15 10:30 a.m.-12:30 p.m. 402
Instructor: Rebecca Roberts

Why Democracies Collapse

Do you believe our democracy is in danger? You might think so in light of what we hear and read every day from around the world. Attacks on the media, threats to judicial independence, and open criticism of religious and racial minorities raise questions about the health of our democratic institutions and what, if anything, must be done to safeguard them. In this course, you will seek to answer these questions and other issues. Drawing on recent scholarship and journalism, you will examine case studies of struggling and failed democracies, such as Venezuela and Russia. In addition, you will explore how they failed, and how their experiences may hold lessons for Americans in 2018. TWA

Course: LLI293 6 Hours
$35 + $69 fee = $104; NMR add $120

Gaithersburg Business Training Center
CRN#: 35169 3 Sessions M
2/11-2/25 1:30-3:30 p.m. 442
Instructor: Jesse Stiller

Interested in receiving the Lifelong Learning Institute e-newsletter?

Just e-mail:
tracy.ritenour@montgomerycollege.edu
or visit our website to sign-up to be placed on our mailing list.
http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html
Why Migration to US: Honduras, El Salvador, Guatemala—Conflict Zones in Focus NEW
See course on page 3.

Human and Natural Science

Guns in American Society NEW
Join the class for lectures and discussions on the most important and polarized issue in our country—guns and gun control. You will be engaged in discussions—is the 2nd Amendment, still valid, given that all major governments have weapons of mass destruction? Would an armed citizenry be any deterrent against such weapons? What are the current events and opinions for/against possession of guns and why they are valid/invalid. TWA

Course: LLI308  8 Hours
$59 + $79 fee = $138; NMR add $120
Rockville Campus
CRN#: 35176  4 Sessions  M
4/1-4/22  1:30-3:30 p.m.  MK101
Instructor: Harry Cawood

Introduction to the Psychology of Personality NEW
No doubt, you’ve heard the term personality, and you can probably describe your own or your friend’s personality. However, did you know that personality is one of the most theorized and most researched aspects of psychology? Do you want to know what makes up and defines a personality? In this course you will examine the varying definitions and views on the formation and maintenance of personality according to the major schools, which include the psychoanalytic, psychodynamic, behavioral, cognitive, social learning, biological, trait, and humanistic approaches. You will compare personality theories to determine the major similarities and differences in how each approach views personality development over the lifespan. And you will explore classic theory as well as current research that discusses the central theme to each theoretical approach and to what degree each approach is supported in the literature. In addition, you will discuss the methods used to study (i.e. case, study, correlation, and experimental) and assess (i.e., interview, objective, projective) personality. Note: You will be joining credit students in this co-listed class. TWA

Course: LLI186  37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40
Rockville Campus
CRN#: 35135  32 Sessions  T,R
1/22-5/9  12:30-1:45 p.m.  HU129
Instructor: TBA
Takoma Park/Silver Spring Campus
CRN#: 35136  32 Sessions  T,R
1/22-5/9  9:30-10:45 a.m.  CM112
Instructor: Keli Holmes

Teaching Skills for Everyone NEW
See course on page 9.

Film and Literature
This course is a comparative study of films and literature with special attention given to the practical and theoretical problems of adapting literature to film and the basic differences between the two. The course explores how character development, plot, narrative, symbols, and language are translated from literary texts to film, and considers the limitations of film adaptation. You will read, analyze, and respond critically to texts in class discussions, examinations, and essays. Note: You will be joining credit students in this co-listed credit and noncredit course. This class is open to all ages. TWA

Course: LLI984  37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40
Rockville Campus
CRN#: 35237  16 Sessions  W
1/23-5/8  1-3:40 p.m.  CS020
Instructor: Leah Snider

Folklore, History, and Literature: How a Cholera Epidemic Inspired Frankenstein and Other Tales NEW
Mary Shelley’s Frankenstein was published in its first popular edition in 1831. The following year the city of London suffered its first cholera epidemic, claiming around 7,000 lives. The ensuing frenzied fear that gripped the city gave rise to dark tales of grave robbers, an interrupted after-life, and a myriad of superstitions that merged with the Frankenstein tale in the public imagination. In this course, you will examine such tales and the relationship between history, literature and folklore. You will discuss novels/short stories that are based on historical myths, tales, and rituals (Frankenstein, Dracula, and The Flutist of Hamelin to name a few). Join Naomi Daremblum to trace the historical grounding of these folk narratives and the translation of these ancient myths, fears, and superstitions into a more modern context. TWA

Course: LLI322  10 Hours
$50 + $83 fee = $133; NMR add $120
Rockville Campus
CRN#: 35183  5 Sessions  W
3/20-4/17  1:30-3:30 p.m.  MK101
Instructor: Naomi Daremblum

Co-Listed Classes
Classes marked with this symbol are co-listed.
They are offered so that students may register either for credit or continuing education (noncredit) status.
These classes are open to all students at Montgomery College.
International Short Stories

New Content! This class will read and discuss a selection of short stories from The Art of the Story, an International Anthology of Contemporary Short Stories, edited by Daniel Halpern. This anthology includes stories from thirty-five countries and represents the world views of such authors as Margaret Atwood, Raymond Carver, Junot Diaz, Column McCann, Haruki Murakami, Amos Oz, and Zoe Wicomb. TWA

Course: LLI933 16 Hours
$70 + $109 fee = $179; NMR add $120

Rockville Campus
CRN#: 35228 8 Sessions M
2/25-4/15 10:30 a.m.-12:30 p.m. MK102
Instructor: TBA

Literary Café

New Content. Anyone who enjoys reading will enjoy this varied selection of offerings. You will read a fictionalized memoir, a novel, a selection of poetry, a short story, and will explore a central character in a play. In an informal setting where lively discussion will predominate over a lecture format, you will begin with an overview of literary genres and their key elements: narrative voice, point of view, tone, structure, language, style, irony, and character. Readings include Kurt Vonnegut’s Slaughter House-Five, William Faulkner’s As I Lay Dying, selected poetry, a passage from Chaucer’s Troilus and Criseyde, a short story by Gabriel Garcia Marquez, and a study of the character of Desdemona as portrayed by Shakespeare’s Othello and Toni Morrison’s Desdemona. TWA

Course: LLI070 12 Hours
$65 + $89 fee = $154; NMR add $120

La Madeleine
CRN#: 35129 6 Sessions R
2/28-5/9 2-4 p.m.
No class 3/7, 3/21, 4/4, 4/18, 5/2
La Madeleine 7607 Old Georgetown Rd.
Free Parking
Instructor: Adele Seeff

Literary Memoirs Worth Reading

Memoirs have become a popular literary form, but they are nothing new, dating back to Greek and Roman times, and have been composed by people in all fields. Memoirs are not full autobiographies, but rather focus on some particular stage of the author’s life. In this course, you will examine representative memoirs and diaries, chosen to represent people in varying circumstances and exhibiting different tones of voice. Please read Richard Russo’s Elsewhere, prior to the first class. TWA

Course: LLI330 12 Hours
$65 + $89 fee = $154; NMR add $120

Rockville Campus
CRN#: 35191 6 Sessions T
4/2-5/7 1:30-3:30 p.m. MK101
Instructor: Bob Shoenberg

Literature of the Holocaust

How has history been shaped by hatred, apathy, ignorance, and denial? How has it also been changed by compassion, acceptance, and responsibility? In this course, you will examine the experience of the Holocaust through poetry, drama, the novel, and the diary. Explore literary responses of individual survivors and of witnesses, and the literature of atrocity the Holocaust evoked. Note: You will be taking this credit class as audit. TWA

Course: LLI124 37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Rockville Campus
CRN#: 35321 32 Sessions T,R
1/22-5/9 4-5:15 p.m. HU122
Instructor: Pamela Wilson

Saints or Sinners: Films of the United Kingdom

NEW

There are saints, but who are the sinners? In this course, through films of the United Kingdom, you will explore topics such as immigration and poverty, injustice of court systems, British and Scottish prep schools, health issues, and traditions. Many of the films were made from novels and plays which have won various awards. You will watch and discuss: In America, In the Name of the Father, The History Boys, The Prime of Miss Jean Brodie, My Left Foot, and Dancing at Lughasa. TWA

Course: LLI326 18 Hours
$60 + $99 fee = $159; NMR add $120

Rockville Campus
CRN#: 35187 6 Sessions M
3/14-4/22 1-4 p.m.
Instructor: Sally McClean

Writing Your Novel or Short Story

This course is designed for those individuals who are beginning or in the process of writing a novel or short story. You will delve deeply into each element of storytelling to analyze its purpose, meaning, and benefits to the story. You will develop characters, plot, scene, and settings. You will also learn the art of point-of-view. In addition, you will work on applying tension, conflict, suspense, and empathy to your work. This course is taught by a published author. TWA

Course: LLI235 16 Hours
$50 + $89 fee = $139; NMR add $120

Rockville Campus
CRN#: 35151 8 Sessions M
2/25-4/22 10:30 a.m.-12:30 p.m. MK101
Instructor: Pauline Kelly

TWA

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.

NMR Non-Md. resident TWA Tuition Waiver Applies; Seniors Pay Fee Only
**Musical Masterpieces**
You will see and hear scenes from famous/familiar operas presented on DVDs. The opera presentations will include La Traviata, Rigoletto, La Boheme, Madama Butterfly, Don Giovanni, The Marriage Of Figaro, Lucia Di Lammermoore, The Valkyrie, and Siegfried. Before presenting each opera scene on DVD, your instructor will provide information about the composer, the setting, and the cast, as well as a synopsis of the opera. Following each video presentation, you will discuss the music, the opera singers singing and acting, costumes, scenery, props, and lighting. TWA.

**Course: LLI187**
7.5 Hours
$60 + $69 fee = $129; NMR add $120

**Westfield South**
CRN#: 35137
5 Sessions
M
2/25-3/25
1:30-3 p.m.
306B
Instructor: Donato Soranno

**The Art of Listening: A Fresh Look at Music You Love**
Did you ever wish you understood great symphonies, Broadway musicals or classic jazz at a deeper level? This course, led by a conductor, will help you to sharpen your critical listening skills, to learn what to listen for, and thereby to enhance your enjoyment of the music you love. Each class session will focus on a different classical musical genre: symphony, sonata, concerto, and oratorio. Join the class for insightful explanations, timeless music and engaging discussion. This class is taught by an orchestra conductor. TWA.

**Course: LLI176**
8 Hours
$50 + $75 fee = $125; NMR add $120

**Rockville Campus**
CRN#: 35324
4 Sessions
R
3/21-4/11
10 a.m.-12 p.m.
MK102
Instructor: Jesse Parker

**A.S.K.**
Are you intellectually curious? If so, then A.S.K. (Adults Seeking Knowledge) is for you! A.S.K. offers an array of weekly programs and lectures, including invited experts who present lectures covering a wide range of topics. Past topics have included current events, science, history, world travels, mediation for seniors, opera, alternative medicine, and fitness and health. TWA.

**Course: LLI458**
15 Hours
$30 + $72 fee = $102; NMR add $120

**Gaithersburg Business Training Center**
CRN#: 35215
12 Sessions
W
2/27-5/15
1-2:15 p.m.
402
Instructor: Jeff Miller

**A.S.K. About Food**
This Adults Seeking Knowledge (A.S.K) course will provide you with information on food and hunger with particular emphasis on local, national, and international crises. Every class you will hear from a different expert who will lecture on food availability, shortages, and factors affecting distribution. You will listen to a panel of speakers representing area food banks who will discuss collection, distribution, and how you can get involved. On-site visits and volunteer opportunities will be discussed. TWA.

**Course: LLI349**
8 Hours
$50 + $69 fee = $119; NMR add $120

**Rockville Campus**
CRN#: 35209
4 Sessions
R
3/7-3/28
1:30-3:30 p.m.
MK101
Instructor: Jeff Miller

**Bridge for Beginners**
Bridge is by far the greatest card game of all. It provides immense challenges and enjoyment for the rest of your life. This course is intended for newcomers to the game and players who haven’t played in years. The 6-week course will cover the fundamentals of modern bidding, play of the hand, some defensive principles, and more.

**Course: LLI942**
12 Hours
$47 + $82 fee = $129; NMR add $120

**Germantown Campus**
CRN#: 35230
6 Sessions
M
3/4-4/15
1:30-3:30 p.m.
HS175
No class 4/1
Instructor: Regena Edwards

**Rockville Campus**
CRN#: 35231
6 Sessions
W
2/20-3/27
7-9 p.m.
CC210
Instructor: Regena Edwards
**Bridge: Intermediate**
The game of bridge is as challenging as it is enjoyable. This course is appropriate for all players with a solid grasp of bridge basics who wish to improve their games. Lessons will focus on modern bidding techniques, sound competitive judgment, in-depth hand evaluation, and cardplay strategies for declarers and defenders. **Prerequisite: Bridge for Beginners or equivalent experience.**

**Course: LLI958**  **12 Hours**
$47 + $82 fee = $129; NMR add $120

**Rockville Campus**
CRN#: 35233  6 Sessions  W
4/10-5/15  7-9 p.m.  CC210
Instructor: Regena Edwards

**Celebrate Life…with Party Planning**
It’s high time to celebrate life, your birthday, important anniversaries, and milestones by organizing a party. Enter our class with your best imagination to learn how you can organize a fun and successful event. You will learn about creative do-it-yourself catering ideas—fancy but healthy; transform a plain place to fab space; entertainment ideas—from quick party to elaborate celebration; and money saving tips. This class is taught by a wedding and party planner.

**Course: LLI328**  **6 Hours**
$20 + $49 fee = $69; NMR add $50

**Rockville Campus**
CRN#: 35189  2 Sessions  T
4/2-4/16  6:30-9:30 p.m.  MK101
Instructor: Cara Weiss

**Declutter Your Life and Space**
Preparing for retirement or living in a newly-empty nest space? This is the perfect time to take stock of your belongings and part ways with items that no longer serve you. Downsizing your home can be a great way to enter a new phase of your life - one that’s less stressful and more relaxing. You will learn strategies to help you organize and prioritize your belongings; create a more calming environment; reduce your stress levels; save time and money; and improve your quality of life. In addition, you will examine the common roadblocks and issues surrounding downsizing.

**Course: LLI165**  **4 Hours**
$15 + $40 fee = $55; NMR add $50

**Rockville Campus**
CRN#: 35132  2 Sessions  W
3/6-3/13  6:30-8:30 p.m.  MK103
Instructor: Libby Kinkead

**Herbs and Aromatherapy in Everyday Life**
In this course, you will learn how to prepare and use herbs and essential oils in your everyday life. You will observe a demonstration on how to make products such as soaps, balms, teas, and spice mixes for your health. You will also explore safety practices that ensure products are safe for consumption. In addition, you will discuss how to handle and use essential oils. **TWA**

**Course: LLI331**  **4 Hours**
$10 + $49 fee = $59; NMR add $50

**Rockville Campus**
CRN#: 35192  1 Session  S
3/23  12-4 p.m.  MK101
Instructor: Laina Poulakos

**Phalaenopsis Orchids: How to Care and Bloom Your Orchids**
Orchids are more popular than ever, and are readily available at mass markets, florists, and garden centers. In this course, you will explore how to be successful with orchid selection in the home environment. You will learn how to purchase, care, handle, repot, and rebloom your orchid. The instructor will use live plants to demonstrate best practices. You are encouraged to bring your orchid plants for questions.

**Course: LLI327**  **1.5 Hours**
$15 + $15 fee = $30; NMR add $30

**Rockville Campus**
CRN#: 35188  1 Session  R
4/4  6:30-8 p.m.  MK101
Instructor: Janet Johnson

**Successful Aging in Place: Assistive Technology for Increasing Independence in the Home**
Would you like to live at home, as you age? Assistive technology devices can help older adults with getting around, communicating, and handling routine tasks. In this course, you will learn how to implement assistive technology solutions to address accessibility needs in each room of your home. You will also explore smart technologies for the home as well as smartphone applications that can support maintaining independence. In addition, you will learn about Montgomery County resources that promote successful aging in place. This course is also suitable for caregivers and children of aging parents. **TWA**

**Course: LLI351**  **4 Hours**
$15 + $30 fee = $45; NMR add $30

**Rockville Campus**
CRN#: 35212  2 Sessions  W
3/20-3/27  6:30-8:30 p.m.  MK103
Instructor: Celene Moorer

**Teaching Skills for Everyone**
See course on page 9.
Travel Abroad: What You Need to Know
Thinking about traveling abroad and not sure how to start? In this course, you will explore: the basics of how to choose a destination; and what is the best style for you—examining the pros and cons of individual vs group travel. You will discuss how to choose when to go, how to get there, and how to ensure that you get the best deal possible on airfares and lodging. You will also gain insight into travel preparations, including legal, medical, and safety considerations. TWA
Course: LLI234  5 Hours
$25 + $55 fee = $80; NMR add $50
Rockville Campus
CRN#: 35150  2 Sessions  R
3/7-3/14  6:30-9 p.m.  MK101
Instructor: Bruce Goldensohn

Personal Finance Academy

Health Care Insurance for Retirement
This course will address the major components of retiree health care: Medicare, Medicare Advantage Plans, and Long-Term Care. Health care costs typically rise at twice the inflation rate, so the course will also address ways to fund this expense through tax-advantaged plans. You will determine the cost of supplemental coverage, evaluate your ability to pay for health care not covered by federal or state programs, and be able to project your health care expenses. The target audience for this course are those who are newly retired and those who plan to retire within 10 years. TWA
Course: PRF139  6 Hours
$36 + $69 fee = $105; NMR add $120
Rockville Campus
CRN#: 35308  2 Sessions  T
3/19-3/26  6:30-9:30 p.m.  MK102
Instructor: Mark Gottlieb

Increase Cash, Decrease Debt, & Protect Your Financial Future
Learn to control your personal finances with spending, saving, paying loans and expenses, and earning money. You will learn when and how much you should be saving for specific goals. Topics include: banking, savings, credit loans/credit reports and insurance; protecting against financial scams and identify theft; setting financial goals; developing budgets; and creating a financial plan. You will also learn how to track your money and expenses.
Course: PRF161  3 Hours
$20 + $20 fee = $40; NMR add $30
Rockville Campus
CRN#: 35319  1 Session  S
4/6  10:30 a.m.-1:30 p.m.  MK101
Instructor: Maria Antokas

Investing in the Thrift Savings Plan When Working and Retired
Are you a Federal Government employee or retired from federal service? Do you understand the ins and outs of the Thrift Savings Plan (TSP)? In this course, you will learn about the differences in TSP investment funds, tax considerations, the Roth TSP option, short-term and long-term considerations, and withdrawal options. In addition, you will discuss required minimum distributions and the Life Annuity option. This course is only relevant to TSP participants or Federal employees considering participation.
Course: PRF155  3 Hours
$20 + $20 fee = $40; NMR add $30
Gaithersburg Business Training Center
CRN#: 35313  1 Session  S
3/9  9:30 a.m.-12:30 p.m.  404
Instructor: Arthur Stein

Maximizing Social Security Benefits
Social Security is a cornerstone of retirement income for most Americans. Yet the nuances of how/when to receive benefits are often overlooked and can lead to missed opportunities. This course will address individual and couples’ benefits, special situations for widows and ex-spouses, reductions due to federal pensions, and taxation of benefits. The target audience for this course are those who are newly retired and who plan to retire within 10 years.
Course: PRF159  3 Hours
$20 + $20 fee = $40; NMR add $30
Germantown Campus
CRN#: 35315  1 Session  F
4/12  6:30-9:30 p.m.  BE107
Instructor: Brian Richmond

Please Join Us On Facebook®!
Lifelong Learning Institute is on Facebook! For updates, special events, photos, and more, visit our page at https://www.facebook.com/Montgomery-College-Lifelong-Learning-Institute-146054688809875/
Don’t forget to LIKE our page!
Probate in Maryland: An Overview for Executors-To-Be
An overview of the probate process in Maryland, and more specifically in Montgomery County, including: a review of determining whether a probate is necessary; how to open a probate estate; how the estate is administered; and how the estate is closed. You will explore the documents used by the Register of Wills; learn how to determine if an asset is a “probate asset” or a “non-probate” asset; and how to deal with claims and debts against the estate. In addition, you will discuss the costs of probate, including the fees owed to the personal representative (executor) and attorneys. TWA
Course: PRF150 4 Hours
$55 + $66 fee = $121; NMR add $120
Rockville Campus
CRN#: 35310 2 Sessions M
3/4-3/11 6:30-8:30 p.m. MK104
Instructor: Lindsey Sarowitz

Protecting Your Hard Earned Money
American retirees are often the target of fraud. Learning how to invest safely can mean a big difference in your retirement years. In this course, you will discuss investment risk and fees, the common red flags of investment fraud, and questions to ask before investing and choosing a financial professional. The talk will also cover how to plan for diminished financial capacity well before it happens. This course is presented by a representative from the Securities and Exchange Commission.
Course: PRF162 2 Hours
$20 + $15 fee = $35; NMR add $30
Rockville Campus
CRN#: 35320 1 Session M
4/8 10:30 a.m.-12:30 p.m. MK104
Instructor: Alan Sorcher

Retirement Distribution Strategies
Retirement Plans have many complicated rules. Rules regarding how you can access your money, how much you can contribute, and different tax rates for withdrawals. Learn 13 retirement strategies including the rules surrounding IRA’s, 401k’s, TSP’s, Roths’s, etc. TWA
Course: LLI916 6 Hours
$60 + $69 fee = $129; NMR add $120
Rockville Campus
CRN#: 35227 2 Sessions W
4/3-4/10 6:30-9:30 p.m. MK102
Instructor: Neal Seagle

Retirement Planning Today
Learn about the many ways to save for retirement as well as the advantages and disadvantages of each. Discover how to save money on taxes, manage investment risks, and protect your assets from potential long-term health care expenses. Fee includes a course workbook and study aids. TWA
Course: PRF159 6 Hours
$25 + $57 fee = $82; NMR add $50
Bethesda-Chevy Chase High School
CRN#: 35298 2 Sessions T
1/29-2/5 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin
CRN#: 35297 2 Sessions W
2/6-2/13 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

Gaithersburg Business Training Center
CRN#: 35294 2 Sessions R
3/7-3/14 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin
CRN#: 35293 2 Sessions S
3/16-3/23 9:30 a.m.-12:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

Rockville Campus
CRN#: 35299 2 Sessions R
1/24-1/31 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin
CRN#: 35300 2 Sessions T
1/29-2/5 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

Sherwood High School
CRN#: 35303 2 Sessions T
2/12-2/19 6:30-9:30 p.m.
Instructor: Allison McCarty
CRN#: 35306 2 Sessions R
2/21-2/28 6:30-9:30 p.m.
Instructor: Allison McCarty

Takoma Park/Silver Spring Campus
CRN#: 35304 2 Sessions T
3/19-3/26 6:30-9:30 p.m.
Instructor: Allison McCarty
CRN#: 35305 2 Sessions R
3/28-4/4 6:30-9:30 p.m.
Instructor: Allison McCarty

Tilden Middle School
CRN#: 35295 2 Sessions R
2/21-2/28 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

Westfield South
CRN#: 35301 2 Sessions W
1/23-1/30 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin
CRN#: 35302 2 Sessions S
1/26-2/2 9:30 a.m.-12:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin
Stocks, Bonds, Mutual Funds, and ETFs
Explained
Whether you manage your own investments or someone manages them for you, it is important to understand the different types of investments. In this course, an experienced investment advisor and Certified Financial Planner explains advantages and disadvantages of different investments, risks, ways to own investments, asset allocation, tax considerations, historical performance, and more. For instance, are Exchange Traded Funds (ETFs) better than mutual funds? TWA

Course: PRF138
$50 + $65 fee = $115; NMR add $120

Rockville Campus
CRN#: 35307
2 Sessions
4/17-4/24 6:30-9 p.m.
Instructor: Arthur Stein

Understanding the U.S. Financial System:
A History-Based Guide for Citizens and Consumers
Commercial banks, investment banks, savings banks, credit unions, and savings and loan associations all vie for your savings and investment dollars. What makes them different and how do they influence politics and the economy? In this course, you will learn what historical forces and public policies gave rise to such a diverse financial system and what services and protections they offer. You will explore the benefits and risks they offer consumers. You will discuss the key issues facing the financial sector today, how they influence the economy, and how consumers can interact with these institutions. This class is taught by the former Department of Treasury Historian. TWA

Course: LLI267
$50 + $79 fee = $129; NMR add $120

Rockville Campus
CRN#: 35161
4 Sessions
4/22-5/13 6:30-8:30 p.m.
Instructor: Jesse Stiller

Stocks: An In-Depth Look
This course will provide students with tools to understand and evaluate stocks. In addition, this course will review multiple strategies for using stocks in a personal portfolio. Topics include: understanding U.S. and global economic cycles, how to evaluate a company’s financial health, and how to use stocks for personal finances. TWA

Course: PRF147
$50 + $75 fee = $125; NMR add $120

Rockville Campus
CRN#: 35309
4 Sessions
3/19-4/9 6:30-8:30 p.m.
Instructor: Larry Paul

Artistic Expression through Photography:
Phones & Tablets
This class will help you express your artistic vision through mobile photography using your phone or tablet. Start with the basics of learning to use a mobile phone camera; review the settings for optimal image capture; and explore pro tips and techniques of exposure, composition, and focus to produce the best results. In addition, you will assess a select group of apps for image capture, processing, and display. You will also practice ways of transferring images from your mobile device to a computer. This class is designed for users of iOS and Android mobile devices. Some apps demonstrated may need to be purchased. Purchase of these apps are approximately $20. TWA

Course: LLI112
$50 + $85 fee = $135; NMR add $120

Rockville Campus
CRN#: 35130
4 Sessions
3/6-3/27 6:30-8:30 p.m.
Instructor: Jesse Stiller

Wills and Estates
Take a deep dive into personal estate planning. Learn about the real differences between wills and revocable trusts; why everyone always needs a power of attorney and health care directives; and what it really means to go through Maryland probate (and how to avoid that if appropriate). Topics include the use (and misuse) of revocable living trusts, the pros, cons and dangers of joint ownership, the right way to make and receive gifts (and why there is a very wrong way), and the impact of the Federal estate tax and Maryland’s two separate death taxes on your estate. TWA

Course: PRF160
$60 + $75 fee = $135; NMR add $120

Bethesda-Chevy Chase High School
CRN#: 35317
2 Sessions
4/3-4/10 6:30-9:30 p.m.
Instructor: Marc Levine

Rockville Campus
CRN#: 35318
2 Sessions
2/28-3/7 6:30-9:30 p.m.
Instructor: Jeffrey Hammond

Westfield South Campus
CRN#: 35316
2 Sessions
3/19-3/26 6:30-9:30 p.m.
Instructor: Norman Handler
**Digital Photography**
A general introduction to electronic still photography, beginning with traditional photographic and art concepts. You will explore image manipulation using personal computers supported by scanners, photo CDs, and digital cameras. You will also use the most advanced photo editing software available to create new artistic images. Note: You will be joining credit students in this co-listed credit class. TWA

**Course:** LLI623  
**75 Hours**  
$384 + $133.80 fee = $517.80; NMR add $842.40

**Germantown Campus**  
CRN#: 35217  
32 Sessions  
1/22-5/9  
9-11:40 a.m.  
HT200  
Instructor: Anita Hines

CRN#: 35218  
32 Sessions  
1/22-5/9  
3-5:40 p.m.  
HT200  
Instructor: Grace Graham

**Digital Photography for Fine Arts II**
This is an advanced course that will enable you to use digital photography to create sophisticated, aesthetic images. You will be encouraged to develop a personal style and technical proficiency for personal expression. Note: You will be joining credit students in this co-listed credit class. TWA

**Course:** LLI644  
**75 Hours**  
$384 + $133.80 fee = $517.80; NMR add $842.40

**Germantown Campus**  
CRN#: 35219  
32 Sessions  
1/22-5/9  
9-11:40 a.m.  
HT200  
Instructor: Anita Hines

CRN#: 35323  
32 Sessions  
1/22-5/9  
3-5:40 p.m.  
HT200  
Instructor: Grace Graham

**Landscape and Cityscape Photography**
Learn the fundamentals of taking photographs of outdoor scenic spaces including both city scapes and classic landscapes. Develop compositional and exposure techniques for creative framing and dealing with tricky lighting situations. TWA

**Course:** LLI937  
**8 Hours**  
$56 + $79 fee = $135; NMR add $120

**Rockville Campus**  
CRN#: 35229  
4 Sessions  
4/10-5/1  
6:30-8:30 p.m.  
CC216  
Instructor: Michael Koren

**Wellness**

**Beginner Swimming**
Did you take swimming lessons as a child but still do not feel confident in your abilities? Do you sit by the edge of the pool and watch others swim past? Do you wish you could swim as effortlessly as them? This course is for you! You will learn how to control your breathing; how to float; and how to perform four basic strokes - front crawl, back crawl, elementary backstroke, and breaststroke. You will gain the confidence needed to swim in both shallow and deep water. In addition, you will practice personal safety and survival skills. This is a skills class that requires consistent attendance. Note: You will be joining credit students in this co-listed class. TWA

**Course:** LLI355  
**25.5 Hours**  
$128 + $69 fee = $197; NMR add $256.40

**Germantown Campus**  
CRN#: 35504  
31 Sessions  
1/28-5/13  
12-12:55 p.m.  
PG Pool  
Instructor: Jon Pointer

CRN#: 35505  
15 Sessions  
2/4-5/13  
7-8:50 p.m.  
PG Pool  
Instructor: Jon Pointer

**The Creative Process: Editing and Arranging your Photos**
Do you take a lot of photos but aren’t sure how to evaluate and select the strongest ones? In this course, you will learn how to analyze your collection of images, and select and edit your best work. Bring your digital images to class and with the help of self and peer critique discussions as well as computer photo editing demonstrations, you will transform your images into a fine-tuned collection of photos ready for self-publishing or display. TWA

**Course:** LLI316  
**10 Hours**  
$55 + $79 fee = $134; NMR add $120

**Rockville Campus**  
CRN#: 35179  
5 Sessions  
2/21-3/21  
6:30-8:30 p.m.  
HU319  
Instructor: Na’ama Lewin

**Give the gift of Lifelong Learning!**
Register your loved one for a Lifelong Learning class.

Please contact Natasha Sacks at 240-567-1828 or e-mail natasha.sacks@montgomerycollege.edu
Gentle Yoga for Mood and Strength
The medical community is recognizing the numerous benefits of yoga for healing and living with chronic pain. Learn postures that strengthen muscles to support joints while creating stronger bones. Explore postures to balance strength with flexibility and create more energy. Learn to incorporate breathing techniques to calm the nervous system and decrease anxiety. Bring awareness to alignment in the spine and body to achieve improved balance. Understand the interconnectedness of the body’s systems to treat the body as a whole. TWA
Course: LLI723 6 Hours
Cost: $35 + $65 fee = $100; NMR add $120
Rockville Campus
CRN#: 35224 5 Sessions  F 2/8-3/8 9:30-10:45 a.m. PE217
Last class on 3/8 meets 9:30-10:30 a.m.
Instructor: Nancy Neves
CRN#: 35225 5 Sessions  F 3/29-5/3 9:30-10:45 a.m. PE217
Last class on 5/3 meets 9:30-10:30 a.m.
No class 4/19
Instructor: Nancy Neves

Gentle Water Fitness for Muscle Tone and Cardio
Former Water Exercise, now LLI class for 50+
Gentle exercises providing for optimum fitness. In this course, you will learn how to use water resistance to develop muscle tone and flexibility, as well as increase endurance. You will practice techniques using water buoyancy to aid in relaxation, stress reduction, and mood enhancement. In addition, you will apply gentle water exercise to increase cardio health and help with chronic conditions. This course will be presented at several different difficulty levels and is not a swimming course. TWA
Course: LLI280 19.2 Hours
Cost: $30 + $75 fee = $105; NMR add $120
Germantown Campus
CRN#: 35164 23 Sessions  T,R 2/5-4/30 12-12:50 p.m. PG Pool
Instructor: Nancy Kropetz
No class 3/12, 3/14
Rockville Campus
CRN#: 35165 23 Sessions  T,R 2/5-4/30 9-9:50 a.m. PE Pool
No class 3/12, 3/14
Instructor: Christine Harrison

Gentle Cardio Dance for Fitness
Join in the fun! An invigorating, energizing dance fitness class for active 50+ adults! You will learn simple yet fun dance moves, with no such thing as a wrong step. You will exercise your hips, legs, and arms while addressing balance, range of motion, and coordination at the same time. You will increase your endurance, enhance your muscle tone, and improve your overall cardiovascular fitness. TWA
Course: LLI265 7.5 Hours
Cost: $40 + $69 fee = $109; NMR add $120
Rockville Campus
CRN#: 35160 6 Sessions  M 3/18-5/6 10-11:30 a.m. PE121
No class 3/25, 4/1
Instructor: Neena Kapur

Meditation Practices—Heart, Brain, Body Connections
The many benefits of meditation range from decreased stress, anxiety, and depression, to improved memory and attention. Would you like to explore whether or not meditation is for you? Perhaps you already meditate, but would like to deepen your practice and connect with others who share your interest. This course is appropriate for beginners as well as those who are familiar with meditation. The format includes lecture, discussion, and a variety of meditation practices including Heart Rhythm Meditation (HRM), guided meditations, walking meditation, and more. Weather permitting, the class will occasionally meditate outside. Students may wish to repeat this course as the content will be continuously refreshed. TWA
Course: LLI185 12 Hours
Cost: $40 + $79 fee = $119; NMR add $120
Gaithersburg Business Training Center
CRN#: 35134 8 Sessions  W 3/6-4/24 10-11:30 a.m. 402
Instructor: Carol Moore

Co-Listed Classes
Classes marked with this symbol ☘ are co-listed.
They are offered so that students may register either for credit or continuing education (noncredit) status. These classes are open to all students at Montgomery College.

TWA
Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
Personal Fitness I
An individualized fitness course with emphasis on improving the health-related components of physical fitness. Principles of conditioning will be applied to develop a personalized training program to enhance cardiovascular conditioning, strength and muscular endurance, flexibility, and body composition. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI887 25 Hours
$128 + $69 fee = $197; NMR add $256.40

Rockville Campus
CRN#: 35501 32 Sessions T,R
1/22-5/9 10-10:50 a.m. PE137B
Instructor: Christine Harrison

CRN#: 35503 32 Sessions M,W
1/23-5/13 10-10:50 a.m. PE137B
Instructor: Michael Clark

CRN#: 35502 32 Sessions M,W
1/23-5/13 11-11:50 a.m. PE137B
Instructor: Alberto Baca

Successful Aging in Place: Assistive Technology for Increasing Independence in the Home (NEW)
See course on page 17.

Tai Chi for Physical and Mental Well-being
It is common knowledge that exercise is beneficial to both physical and mental health. While there are many forms of gentle exercise practiced today, tai chi, an ancient Chinese tradition, is widely popular and beneficial. In this course, you will learn a variety of graceful, slow movements performed in a focused manner and accompanied by deep breathing. These low impact movements put minimal stress on muscles and joints. Some of tai chi benefits are: decreased stress, anxiety and depression; increased energy, stamina, flexibility, and balance; lower blood pressure; and enhanced quality of sleep. TWA

Course: LLI188 12 Hours
$40 + $79 fee = $119; NMR add $120

Rockville Campus
CRN#: 35138 12 Sessions W
2/13-5/8 10-11 a.m. PE121
No class 3/13
Instructor: Ellen Kennedy

Weight Training Designed for Women
This course emphasizes the design and implementation of individualized weight training programs to meet the specific muscular fitness needs and interests of women. Students will experience and evaluate the potential benefit of weight training exercises to increase lean body tissue, reduce body fat, improve bone density, and develop firmer, more efficient muscles for enhanced appearance and performance. Conditioning techniques will focus on the utilization of weight resistance machines and free weights. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI356 25.5 Hours
$128 + $69 fee = $197; NoMR add $256.40

Germantown Campus
CRN#: 35507 32 Sessions M,W
1/23-5/13 6-6:50 p.m. PG108
Instructor: Nancy Kropetz

Rockville Campus
CRN#: 35506 32 Sessions M,W
1/23-5/13 1-1:50 p.m. PE137B
Instructor: TBA

Yoga
In this course, you will explore exercises, postures, and breathing techniques to relieve tension, increase muscle flexibility, and promote good health. In addition, the important aspects of yoga such as concentration, body awareness, and body-mind integration will be discussed. Furthermore, you will practice deep relaxation techniques at the end of each class. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI279 25.5 Hours
$128 + $69 fee = $197; NMR add $256.40

Germantown Campus
CRN#: 35488 32 Sessions T,R
1/22-5/9 10-10:50 a.m. PG108
Instructor: TBA

Rockville Campus
CRN#: 35487 16 Sessions M
1/28-5/13 4:30-6:10 p.m. PE131
Instructor: TBA

CRN#: 35489 15 Sessions W
1/30-5/8 6:30-8:20 p.m. PE131
Instructor: TBA

CRN#: 35485 14 Sessions T
2/5-5/7 3-5:10 p.m. PE131
Instructor: Nancy Kropetz

Co-Listed Classes
Classes marked with this symbol ➤ are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. These classes are open to all students at Montgomery College.

TWA Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
SAVE THE DATE!
Friday, April 5, 2019
10 a.m.–12:45 p.m.
Gaithersburg Business Training Center–Room 402/403

Boost Your Brain Power and Memory:
Research, Strategies, and Activities
Course #: LLI200  CRN #: 35141

Come explore the research and strategies on how to boost your brain power and memory by Dr. Dana Plude, Deputy Director, Division of Behavioral and Social Research, National Institute on Aging (NIA) at the National Institute of Health. Then put some of that knowledge to work as you join other students in three workshops on brain and memory enhancement.

10:00–11:00 a.m.  Presentation—“Brain Health: What the Latest Research Tells Us” by Dr. Plude. This lecture will be followed by a question and answer period.
11:00–11:15 a.m.  Break
11:15 a.m.–12:45 p.m.  Three workshops on brain and memory enhancement.

For more information, please e-mail lynda.schrack@montgomerycollege.edu or call 240-567-7809 or check our website for up-to-date information.

$25 fee only!

Give the gift of Lifelong Learning!
Register your loved one for a Lifelong Learning class.
Please contact Natasha Sacks at 240-567-1828 or e-mail natasha.sacks@montgomerycollege.edu
Co-Listed Classes
Classes marked with this symbol ☘ are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status.

Please Join Us On Facebook®!
Lifelong Learning Institute is on Facebook! For updates, special events, photos, and more, visit our page at https://www.facebook.com/Montgomery-College-Lifelong-Learning-Institute-14605468809875/ Don’t forget to LIKE our page!

NEW CLASSROOM LOCATION!
Montgomery College, Rockville Campus Center for Training Excellence Mannakee Building (MK)
900 Hungerford Dr. • Rockville, MD 20850
(Corner of Hungerford and Mannakee)
Beautiful new classrooms on the first floor.

Interested in receiving the Lifelong Learning Institute e-newsletter? Just e-mail: tracy.ritenour@montgomerycollege.edu or visit our website to sign-up to be placed on our mailing list.
http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html
Tuition Installment Plan
Courses with a ▲ have a tuition installment plan available: pay one-third of class total as a down payment at time of registration, then pay the balance in two payments before the class ends. There is a nonrefundable fee to participate in the payment plan. Students desiring to use the payment plan must register online.

Tuition Waiver
Only noncredit courses designated “TWA” tuition waiver applies in each publication will be available for tuition waiver. This statement appears in each applicable course description. Only tuition is waived; required fees must be paid by the student. Documents must be received at time of registration.

Senior Tuition Waiver: Maryland residents 60 years or older by the start date of the class may have tuition waived.

Disability Tuition Waiver: This waiver has been reinstated. Please go to montgomerycollege.edu/wdce/register/disabilitywaiver.html for information.

National Guard Tuition Waiver: If you are currently a member of the Maryland National guard and are enlisted for at least a 24-month period, you are eligible for a 50 percent tuition waiver. You must submit proof of such from the adjutant general’s office.

VA-Approved Course: Courses indicated with this ♥ symbol are approved for VA educational benefits under Title 38, U.S.C., Section 3676. (Post 9/11 GI Bill). For more information, visit http://cms.montgomerycollege.edu/wdce/register/vabenefits.html.

Residency Policy
The following are general guidelines taken from the College policy on residency for tuition purposes. A complete copy of the policy is available in the Montgomery College Catalog.

A. Students attending Montgomery College will pay tuition according to their residency.
B. To qualify, for tuition purposes, as a resident of the state of Maryland, legal domicile must have been maintained for a period of not less than three months prior to the first regularly scheduled class for the semester.
C. The domicile of a person registering in a noncredit course at Montgomery College shall be considered as a person’s permanent place of abode, where physical presence and possessions are maintained, and where he/she intends to remain indefinitely.

Transfer Policy
To transfer from one CRN to another CRN of the same course, a letter must be received in the Admissions, Records, and Registration Office, Montgomery College, 51 Mannakee Street, Rockville, MD 20850 before the beginning date of both CRNs of the course. If you have enrolled in a co-listed course you will have only one day after the class has begun to transfer. After that, you are committed to your path for the remainder of the course. If the course has a required assessment level to be a credit student, you must first complete the assessment testing and meet the appropriate assessment level before you can change to credit status.

Refund Policy
Refunds are paid at 100% for classes cancelled, dropped online, or in person (using a Drop Form), prior to the start date of the class. Refunds are also paid at 100% if class is dropped prior to the Refund Date printed on your registration confirmation. DO NOT drop classes online on or after the day the class begins; you will not receive a refund. APPE students must call 240-567-7262 for refund/withdrawal instructions. Refunds for open enrollment classes will go to the registered student of record. For the Drop Form and more information, visit www.montgomerycollege.edu/wdce/register/refundpolicy.html.

On the Web
If you have enrolled in a Montgomery College class, and are paying by credit card or checking account, you can register on the web. Visit: www.montgomerycollege.edu/wdce/registerops.html and click on “Register by Web.”

By Mail
Mail completed registration form with payment to: Montgomery College Workforce Development & Continuing Education, Rockville Campus Campus Center, Room 220 51 Mannakee Street Rockville, MD 20850

By Fax
Fax completed registration form indicating credit card payment to Montgomery College at 240–567–1877.

Walk–In
A completed registration form with payment may be submitted at any of these locations:

Gaithersburg Business Training Center, Room 400 8:30 a.m.–9 p.m. (Mon–Fri); 8:30 a.m.–4 p.m. (Sat)

Germantown Campus Humanities and Social Sciences Building, Room 241 and/or 243 8:30 a.m.–4 p.m. (Mon–Fri)

Rockville Campus 220 Campus Center 8 a.m.–7 p.m. (Mon–Thur); 8 a.m.–5 p.m. (Fri) 8:30 a.m.–12 p.m. (Sat)

Takoma Park/Silver Spring Campus CF 230, Customer Service 8:30 a.m.–5 p.m. (Mon–Fri)

Westfield South, Suite 306 ** 8:30 a.m.–9 p.m. (Mon–Thur); 8:30 a.m.–4:30 p.m. (Fri); 8:30 a.m.–4 p.m. (Sat)

NOTE: Cash payments must be paid in the Cashiers’ Offices at the Germantown, Rockville, or Takoma Park/Silver Spring campuses between 8:30 a.m.–1 p.m. and 2–4:30 p.m., Mon–Fri.

Payments due at time of registration.

** Disability access for this leased site is on the same side as the movie theatre entrance. For more information regarding disability access at this site, or if any individuals are facing accessibility issues anywhere in the Westfield South Center, please call 240-567-8841.

If you are registering for a class on campus but do not have a parking permit, please be sure to park in the visitors parking or go to the security office or to customer service to obtain a pass.
I certify that the information on this registration is correct and complete. I am aware of and will adhere to College policies as published in the Student Handbook.

I understand that non-attendance and/or failure to file all registration changes in writing with the Admissions and Records Office does not relieve me of responsibility for tuition and fee charges incurred. I agree to abide by the policies and procedures of the College, including without limitation, the Student Code of Conduct and any payment liabilities. I hold the College harmless for any errors I have made that may affect a request for a subsequent refund or academic appeal.

_____________________________          __________________________
Student Signature Required                                         Date
2/21/17

Montgomery College is an Equal Opportunity Affirmative Action Title IX institution.

I have attended MC before?  □Yes  □No  If you have ever taken a credit class at MC and the last class (credit or non-credit) you took at MC was more than 4 years ago, you must also complete and submit a Student Reactivation form found at: http://www.montgomerycollege.edu/studentforms.

How did you hear about us?  □Received brochure in mail  □Website  □Social media  □Advertisement  □On campus  □Other

Military: If the military is paying for your course(s), you must submit the last 4 digits of your SSN.

ETHNICITY: Choose one. (Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.)
□Not Hispanic or Latino  □Hispanic or Latino

RACE: Choose all that apply, you may choose more than one. (Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.)
□American Indian or Alaskan Native  □Asian  □Black or African American  □Native Hawaiian and other Pacific Islander  □White
□U.S. Citizen  □Permanent Resident (Circle one: Green Card / Working Card)  □Other Immigration Status (Used for tuition-setting purposes only)

CHECK ALL THAT APPLY:
□I have been a Maryland resident [as defined in the Montgomery College Catalog] for at least three months.
□I am 60 years of age or older. (Applicable to designated tuition waiver courses for Maryland residents only.)
□I am a Maryland National Guard member enlisted for at least a 24 month period and submitting proof of such from the adjutant general’s office.

<table>
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<tr>
<th>CRN #</th>
<th>Course #</th>
<th>Course Title</th>
<th>Start Date</th>
<th>Tuition</th>
<th>Course Fee</th>
<th>Non-Md. Fee</th>
<th>Course Total</th>
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</table>

Refunds will go to the registered student of record.  Total Due $

All information is required. Incomplete forms will be returned to the student unprocessed. For registration assistance call 240-567-5188.

FAX completed registration form with credit card information to 240-567-1877 or 240-567-5615 or 240-567-7937.

Mail completed registration form with payment to WD&CE Registration, 51 Mannakee Street, CC 220, Rockville, MD 20850.
The Lifelong Learning Institute is committed to creating and fostering a variety of intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. However, adults of any age may register for these classes.

SAVE THE DATE!
Friday, April 5, 2019
10 a.m.–12:45 p.m.
Gaithersburg Business Training Center

Boost Your Brain Power and Memory: Research, Strategies, and Activities
Course #: LLI200 • CRN #: 35141

See page 7 for details.

240-567-5188 http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html