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.

- Art and Art History
- Brain Fitness
- History & Current Events
- Computers and Technology and Photography
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. Students 60+ pay fee only.

Course: LLI297
10 Hours
$65 + $89 fee = $154; NMR add $120

Gaithersburg Business Training Center
CRN#: 25451
10/4-11/1 1:30-3:30 p.m. 442
Instructor: Naomi Daremblum

Andalusia: A Cultural Tour of Southern Spain

Often considered merely an iconic caricature of Spanish culture, flamenco is almost the perfect embodiment of Andalusia because it is not only an ensemble of musical and dance forms, but a complex socio-cultural phenomenon as well. In this course, you will explore all aspects of Andalusian culture with flamenco as its anchor and as a mirror of Spanish history. You will also analyze the presence of flamenco in Spanish poetry and narrative and consequently the effects of poets and writers on the very development of flamenco itself. In addition, an examination of Andalusian and Gitan language will serve to illuminate how the regional culture was incorporated into Spain through flamenco. You will view performances of flamenco on YouTube. Students 60+ pay fee only.

Course: LLI288
8 Hours
$59 + $79 fee = $138; NMR add $120

Rockville Campus
CRN#: 25443
10/29-11/19 6:30-8:30 p.m. 201 SB
Instructor: Naomi Daremblum

Archeology: 12,000 Years of Montgomery County’s Past

Ever wonder about when people first came to Montgomery County and what their lives were like? Join the Montgomery College archaeologist for a first-hand look at remains from the last 12,000 years found at local prehistoric sites. After the first in-class meeting, you will have lectures on locations of historic sites including historic farms, taverns, or civil war sites and prehistoric camps, quarries, rock shelters, and Indian villages. Note: There is walking involved. Students 60+ pay fee only.

Course: LLI668
15 Hours
$75 + $97 fee = $172; NMR add $120

Rockville Campus
CRN#: 25473
9/17-10/15 1-4 p.m. 216 SB
Instructor: Eugenia Robinson

Costa Rica: Lucky Paradise or Future of the Region?

Do you want to know how Costa Rica became known as the Switzerland of the Americas? This course offers an overview of Costa Rican history, politics, and culture. You will explore the distinctive history of Costa Rica’s colonial experience—not just its distance from any center of colonial power but also the rise of its yeoman farmer society. You will learn about this country’s unique path to independence which was intimately linked with the belief in self-sufficiency of its yeoman farmers. You will also analyze how the focus on public education became the driving force towards a modern Costa Rica and a determining force in the country’s 1948 Revolution. In addition, you will compare and contrast the relative stability and peaceful modernization of the country to that of its warring neighbors through the 60s, 70s & 80s. Furthermore, you will discuss how at the beginning of the 21st century Costa Rica has established itself as the Switzerland of the Americas—a country without an army; a leader in human rights and eco-conservation; and a fairly stable economy. Students 60+ pay fee only.

Course: LLI208
8 Hours
$59 + $79 fee = $138; NMR add $120

Rockville Campus
CRN#: 25412
10/1-10/22 6:30-8:30 p.m. 201 SB
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.
Exploring The National Parks
NEW CONTENT! National Parks of the Washington, D.C. Metro Area
The Washington, D.C. metro area hosts a complete collection of national parks that includes iconic monuments, memorials, and natural habitats. But, did you know there are several lesser-known national park sites that are just a day trip away? Join your instructor, a 36-year career National Park Service employee, to discuss the history of the parks of the D.C. metro area and how they came to be part of the national park system. You will examine well—and lesser—known parks of the D.C. metro area and learn the best method to plan your next visit. Students 60+ pay fee only.

Course: LLI166  8 Hours
$50 + $79 fee = $129; NMR add $120

Rockville Campus
CRN#: 25393  4 Sessions  T
9/2-10/23  6:30-8:30 p.m.  212 SB
Instructor: Steve Pittleman

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. Students 60+ pay fee only.

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

Germantown Campus
CRN#: 25488  29 Sessions  T,R
9/4-12/13  12:30-1:55 p.m.  179 PK
No class 11/22  Instructor: Joan Naake

Rockville Campus
CRN#: 25490  29 Sessions  T,R
9/4-12/13  11 a.m.-12:25 p.m.  005 SB
No class 11/22  Instructor: Patricia Ruppert

Takoma Park/Silver Spring Campus
CRN#: 25489  29 Sessions  T,R
9/4-12/13  11 a.m.-12:25 p.m.  143 MP
No class 11/22  Instructor: Carol Armstrong-Moore

Introduction to Archaeology ▶
This course is an introduction to the discipline of archaeology. This discipline evolved slowly from explorations of ancient cultures to the science that it is today with accurate dating, archaeological data excavated with precision, theories that guide interpretation, and ethical concerns. The course also includes a survey of global prehistoric archaeological cultures and hands-on experiences. Note: You will be joining credit students in this co-listed credit class. Students 60+ pay fee only.

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

Rockville Campus
CRN#: 25479  29 Sessions  M,W
9/5-12/12  1:30-2:55 p.m.  221 HU
Instructor: Barbara Wolff

Japanese Culture, An Introduction  NEW
This course introduces important characteristics and elements of Japanese culture, both traditional and contemporary, as well as material and nonmaterial. You will explore nonmaterial culture, such as values, norms, and beliefs; and material culture including food, housing, clothing, and ceremonies. You will examine Japan’s educational system and gender relations. In addition, you will discuss Japan’s aging population and its impact. Students 60+ pay fee only.

Course: LLI287  6 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 25442  3 Sessions  R
9/6-9/20  1-3 p.m.  101 MK
Instructor: Takiko Mori-Saunders

Modern Scandinavia as Myth and Reality  NEW
The 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. Students 60+ pay fee only.

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

Gaithersburg Business Training Center
CRN#: 25452  4 Sessions  M
10/1-10/22  1:30-3:30 p.m.  102 MK
Instructor: Marie Rose Osfer

Russia: History and Culture From Kievian Rus to Romanov’s Dynasty
This course will provide an overview of Russian medieval history and culture from Kievian Rus to Romanov’s Dynasty. You will examine major historical events of Russian history as illustrated by masterpieces of great Russian artists, composers, and filmmakers. You will explore Russian medieval art and architecture. In addition, you will discuss old traditions, folk dances, songs, and lifestyle of Russian people. Students 60+ pay fee only.

Course: LLI202  8 Hours
$50 + $75 fee = $125; NMR add $120

Rockville Campus
CRN#: 25408  4 Sessions  W
10/10-10/31  10:30 a.m.-12:30 p.m.  103 MK
Instructor: Elena Newland

NMR Non-Md. resident  TWA Tuition Waiver Applies; Seniors Pay Fee Only
**Sepharad: The Spanish Jews, from the Middle Ages to the Present**

This course presents an overview of the human, historical, and cultural heritage of the Spanish Jews, from the Middle Ages to present day. You will study the cultural history of Sepharad, from its origins to the expulsion of the Jews in 1492. You will explore how the Sephardic Diaspora led to the development of a distinct Judeo-Hispanic culture and how the Shoah relates to Spain. You will also focus on the cultural, architectural, and human recovery of the Spanish Jewish heritage. Students 60+ pay fee only.

**Course: LLI259 8 Hours**

$59 + $79 fee = $138; NMR add $120

**Rockville Campus**

CRN#: 25593 4 Sessions  10/23-11/13 10:30 a.m.-12:30 p.m.  102 MK

Instructor: Naomi Daremblum

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**The Jazz Age and the Harlem Renaissance**

**African American Arts and Letters, c. 1923-1943**

During the 20th-century, African Americans produced a cultural movement known as the Harlem Renaissance and from this movement, Jazz emerged. In this course, you will examine the social, political, and economic conditions that gave rise to this movement in the Post-World War I era. You will discuss the roles of radio and cinema in making Jazz popular; the abundant literature and visual arts of the time; and the fine and performing artists who helped make New York’s Harlem community, the center for the Renaissance. In addition, you will discover and enjoy the works of Langston Hughes, Zora Neale Hurston, Duke Ellington, Lena Horne, and Billy Strayhorn. Students 60+ pay fee only.

**Course: LLI116 6 Hours**

$35 + $69 fee = $104; NMR add $120

**Rockville Campus**

CRN#: 25588 3 Sessions  10/17-10/22 6:30-8:30 p.m.  118 HU

Instructor: Regennia Williams

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**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*. Students 60+ pay fee only.

**Course: LLI247 12 Hours**

$95 + $89 fee = $184; NMR add $120

**Rockville Campus**

CRN#: 25424 6 Sessions  9/17-10/22 2:45-4:45 p.m.  009 SB

Instructor: TBA

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**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*. Students 60+ pay fee only.

**Course: LLI283 12 Hours**

$35 + $69 fee = $104; NMR add $120

**Rockville Campus**

CRN#: 25438 6 Sessions  10/31-12/12 10 a.m.-12 p.m.  233 TC

No class 11/21

Instructor: Nahid Linares

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**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*.

**Course: LLI205 3 Hours**

$20 + $15 fee = $35; NMR add $30

**Rockville Campus**

CRN#: 25409 1 Session  9/29 1-4 p.m.  009 SB

Instructor: Evan Goldman

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Art Supply List! 

Material lists for Art classes are available at [http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning/artsupplies.html](http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning/artsupplies.html)
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, and ink). This class is designed for students of any skill level. *Supply list is available on the LLI website.* Students 60+ pay fee only.

**Course: LLI698** 12 Hours
$95 + $89 fee = $184; NMR add $120

**Gaithersburg Business Training Center**
CRN#: 25475 6 Sessions  T
10/2-11/6 10:30 a.m.-12:30 p.m.  442
Instructor: Evan Goldman

**Rockville Campus**
CRN#: 25476 6 Sessions  M
11/5-12/10 6:30-8:30 p.m.  009 SB
Instructor: Evan Goldman

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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.* Students 60+ pay fee only.

**Course: LLI260** 8 Hours
$59 + $79 fee = $138; NMR add $120

**Rockville Campus**
CRN#: 25426 4 Sessions  T
10/9-10/30 2:40-6:40 p.m.  210 CC
Instructor: Kristine DeNinno

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English Paper Piecing—Hand Stitching a Sampler Quilt
English paper piecing is taking the crafting world by storm. Relaxing and portable, this technique and supplies can travel wherever you go providing hours of stitching enjoyment. In this course, you will incorporate various shapes to create quilt blocks that you will sew with sashing and borders to create a 30” x 36” finished quilt, a perfect size for the wall or a baby quilt. *Supply list is available on the LLI website.* Students 60+ pay fee only.

**Course: LLI307** 14 Hours
$89 + $99 fee = $188; NMR add $120

**Rockville Campus**
CRN#: 25459 7 Sessions  R
9/27-11/15 7-9 p.m.  123 MK
No class 10/11 Instructor: Annette Burns

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How to Paint Like an Impressionist
This course will introduce you to the Impressionist movement and explain how it came about. The historical context, style, and inspiration for the movement will be discussed. Techniques such as pointillism, impasto, use of palette-knife, layering, and Impressionist use of color will be demonstrated and explained. You will then apply these methods with individual instruction to create your own Impressionist painting with watercolor or acrylic. *Supply list is available on the LLI website.* Students 60+ pay fee only.

**Course: LLI652** 12 Hours
$95 + $89 fee = $184; NMR add $120

**Gaithersburg Business Training Center**
CRN#: 25472 6 Sessions  T
10/24-12/5 10:30 a.m.-12:30 p.m.  TBA
No class 11/21 Instructor: TBA

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My Life in Art: Collage, Mixed Media, and Zine
Memories like art are made of multiple layers that connect over time. Watch your history emerge through reflection by incorporating photographs, historical documents, and artifacts through collage techniques. You will then add mixed media elements to create color and design. As a final project, you will construct a zine, a small booklet, that can be photocopied and shared with family or friends. *Supply list is available on the LLI website.* Students 60+ pay fee only.

**Course: LLI264** 8 Hours
$59 + $79 fee = $138; NMR add $120

**Gaithersburg Business Training Center**
CRN#: 25428 4 Sessions  T
10/9-10/30 2-4 p.m.  402
Instructor: Kristine DeNinno

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Painting with Color: Acrylics—Primer
This course focuses on the role of color in acrylic paintings. You will 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.* Students 60+ pay fee only.

**Course: LLI301** 16 Hours
$99 + $99 fee = $198; NMR add $120

**Rockville Campus**
CRN#: 25454 8 Sessions  T
10/16-12/4 2:15-4:15 p.m.  009 SB
Instructor: TBA
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" x 19" 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. Students 60+ pay fee only.

Course: LLI223 12 Hours
$65 + $95 fee = $160; NMR add $120
Rockville Campus
CRN#: 25415 6 Sessions T
9/25-11/6 10:30 a.m.-12:30 p.m. 104 MK
No class 10/9 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. Students 60+ pay fee only.

Course: LLI970 12 Hours
$95 + $89 fee = $184; NMR add $120
Gaithersburg Business Training Center
CRN#: 25500 6 Sessions T
9/25-11/6 10:30 a.m.-12:30 p.m. 442 MK
Instructor: Evan Goldman

Rockville Campus
CRN#: 25499 6 Sessions W
9/26-10/31 6:30-8:30 p.m. 009 SB
Instructor: Evan Goldman

Watercolor Advanced—Fun or 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. Students 60+ pay fee only.

Course: LLI987 20 Hours
$114 + $109 fee = $223; NMR add $140
Rockville Campus
CRN#: 25504 8 Sessions F
10/5-11/30 10 a.m.-12:30 p.m. 405 AR
No class 11/23 Instructor: Michaele Harrington

Architecture of the Ancients: The Near East, Then and Now NEW
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 archeology 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. Students 60+ pay fee only.

Course: LLI300 10 Hours
$55 + $84 fee = $139; NMR add $120
Germantown Campus
CRN#: 25453 5 Sessions R
10/25-11/29 1-3 p.m. 110 BE
No class 11/22 Instructor: Ruth Manchester

Arts and Literature: The Roaring 20s and Great Depression 30s NEW
In this course, you will examine various artistic genres of two very different eras of American history, the Roaring Twenties and the Great Depression. You will discuss the music of Gershwin, Grofe, and Copeland; the writings of F. Scott Fitzgerald and other American writers; the poetry of Frost and Sandburg; and finally the art and architecture of Ansel Adams and Frank Lloyd Wright. You will explore a broad view of this very important epoch in history when American idiom was emerging in the arts. Students 60+ pay fee only.

Course: LLI305 10 Hours
$55 + $85 fee = $140; NMR add $120
Gaithersburg Business Training Center
CRN#: 25458 5 Sessions W
9/26-10/24 2-4 p.m. 442
Instructor: Harry Cawood
How to Decipher Paintings II
Survey of Western Art from Rococo to Realism
Explore the history of art from Rococo to Realism. In this course, you will examine the most significant developments in painting created in Western Europe during the 18th and the first half of the 19th century, including the movements of Rococo, Neoclassicism, Romanticism, & Realism. You will continue to employ visual analysis — “seeing” the stylistic elements of color, line, and the composition, the iconography, and the context—connecting the art style to the history and the culture of the time. Putting your deciphering skills to work, you will learn how to understand the most important works by painters such as Boucher, Fragonard, Gainsborough, Chardin, David, and Courbet. Students 60+ pay fee only.

Course: LLI171
10 Hours
$55 + $79 fee = $134; NMR add $120

Westfield South
CRN#: 25395
10/25-11/29
1:30-3:30 p.m.
306B
No class 11/22
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 Barbizon Art School to Abstract Expressionism with the 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. Students 60+ pay fee only.

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

Gaithersburg Business Training Center
CRN#: 25414
10/23-11/20
1:30-3:30 p.m.
442
Instructor: Irina Stotland

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. Students 60+ pay fee only.

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

Rockville Campus
CRN#: 25425
10/4-10/18
1:30-3:30 p.m.
215 SB
Instructor: Irina Stotland

The Jazz Age and the Harlem Renaissance
See course on page 4.

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. Students 60+ pay fee only.

Course: LLI254
6 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 25592
10/17-10/31
6:30-8:30 p.m.
103 MK
Instructor: Irina Stotland

Treasures of the Musée d’Orsay in Paris—Virtual Tour
In this class, you will take a virtual tour of the Musée d’Orsay, a premiere museum of impressionist and post-impressionist art in Paris. You will travel through time exploring paintings in chronological order, unveiling why they were considered to be ground breaking or important for their time. You will discuss the importance of the museum, its collection, and how the works of art effected the next generation. You will examine the stylistic shift from the French Academy Method through Post Impressionism. In addition, you will explore the techniques used to create the various effects in paintings. Students 60+ pay fee only.

Course: LLI273
4 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 25431
11/6-11/13
6:30-8:30 p.m.
103 MK
Instructor: Adrienne Wyman

Treasures of the Smithsonian Museums
Content: National Portrait Gallery and the American Art Museum—Virtual Tour
The Smithsonian American Art Museum tells the story of America through visual art. You will travel through time from colonial America captured in portraiture, through the spirit of the wild frontier, the lure of the landscape, American Impressionism, and opulence of the Gilded Age. Get to know remarkable Americans through their portraits at the National Portrait Gallery, from the popular American Presidents exhibition to icons of pop culture, all without leaving your seat. You will embark on a virtual tour of the museums through PowerPoint presentations examining the works from a historical and artistic perspective. Students 60+ pay fee only.

Course: LLI303
4 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 25456
10/16-10/23
6:30-8:30 p.m.
103 MK
Instructor: Adrienne Wyman
Brain Fitness Institute

A Lifetime of Learning: Understanding the Human Brain
Do you ever wonder how your brain works and how to keep it working? This course provides a basic introduction to the human brain and explores how experiences and behaviors impact the brain throughout life. You will learn basic brain anatomy and neurochemistry, and examine both fundamental brain processes and higher order cognitive functions. You will also learn strategies, for use in everyday life, to influence brain plasticity for long-term brain health. This class is offered by a neurobiologist who is a faculty member of a medical school. Students 60+ pay fee only.

Course: LLI207  10 Hours
$55 + $89 fee = $144; NMR add $120

Rockville Campus
CRN#: 25411  5 Sessions  T
10/9-11/6  7-9 p.m.  123 MK
Instructor: Eva Polston

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. Students 60+ pay fee only.

Course: LLI281  6 Hours
$35 + $79 fee = $114; NMR add $120

Gaithersburg Business Training Center
CRN#: 25436  3 Sessions  M
11/5-11/19  1:30-3:30 p.m.  102 MK
Instructor: Frayda Penini

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. Students 60+ pay fee only.

Course: LLI167  12 Hours
$65 + $92 fee = $157; NMR add $120

Rockville Campus
CRN#: 25394  6 Sessions  T
10/2-11/6  1:30-3:30 p.m.  102 MK
Instructor: Ron Goldberg

Expand Your Capacity for Happiness
Did you know that you could build mental and emotional capacity for happiness by adding simple practices to your daily routine? In this course, you will discuss six skills of happiness that anyone can master in 10-20 minutes a day. You will practice stress management, gratitude, mindfulness, movement, connection, and play to enhance your mood and enrich your life in significant, deep, and sustained ways. Students 60+ pay fee only.

Course: LLI318  6 Hours
$35 + $69 fee = $104; NMR add $120

Gaithersburg Business Training Center
CRN#: 25605  3 Sessions  R
9/13-10/4  10:30 a.m.-12:30 p.m.  442
No class 9/27  Instructor: Elena Khazanova

SAVE THE DATE!

Friday, October 12, 2018 • 10 a.m.–12:45 p.m.
at the Gaithersburg Business Training Center, Room 402/403

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 in the Division of Behavioral and Social Research (DBSR) at National Institute on Aging (NIA). Then put some of that knowledge to work as you join other students in 3 workshops on brain, meditation, and memory enhancement strategies and activities.

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.

Free parking is available.

Course: LLI200  CRN#: 25407  $25 fee only
**How We Learn NEW**

Research on the brain has changed the way we think about learning. There is ample evidence that our brains can continue to grow even as we age. However, did you know that the brain grows the most not when we get something right, but when we get it wrong? Struggle, striving, failure, and the capacity to reflect on what went wrong - these are the hallmarks of robust learning. The effort required to retrieve information as we learn versus merely repeating or memorizing it makes a world of difference in our capacity to access that information later. You will examine the research about how we learn and learn how to employ evidence-based strategies to improve the effectiveness of your own learning. Students 60+ pay fee only.

**Course: LLI286 6 Hours**

$35 + $79 fee = $114; NMR add $120

**Rockville Campus**

CRN#: 25441  3 Sessions  W
10/31-11/14  10:30 a.m.-12:30 p.m.  102 MK

Instructor: Carol Armstrong-Moore

**Meditation: Wellness for Life NEW**

Have you discovered that meditation is extremely beneficial, but have difficulty fitting it into your daily routine? Join other Lifelong Learning students in this class to build skills and devise strategies to integrate meditation into your life for maximum long-term benefit. This class is designed for those who have some familiarity with meditation. Students 60+ pay fee only.

**Course: LLI319 4 Hours**

$35 + $59 fee = $94; NMR add $50

**Germantown Campus**

CRN#: 26059  4 Sessions  F
9/7-12/14  10-11 a.m.  175 HS

Instructor: Carol Armstrong-Moore

**Meditation Practices—Heart, Brain, Body Connections**

The many benefits of meditation range from decreased stress, anxiety, and depression to improved memory and attention. It even reduces inflammation, boosts immune function, and increases empathy and compassion. Are you curious about the research behind these assertions? Would you like to explore whether or not meditation is for you? Perhaps you already meditate but would like to expand your practice and connect with others who share your interest. This course weaves together lecture, discussion, and meditation practice including Heart Rhythm Meditation (HRM), guided meditations, walking meditation and more. Weather permitting, the class will continue to grow even as we age. However, did you know that the brain grows the most not when we get something right, but when we get it wrong? Struggle, striving, failure, and the capacity to reflect on what went wrong - these are the hallmarks of robust learning. The effort required to retrieve information as we learn versus merely repeating or memorizing it makes a world of difference in our capacity to access that information later. You will examine the research about how we learn and learn how to employ evidence-based strategies to improve the effectiveness of your own learning. Students 60+ pay fee only.

**Course: LLI185 12 Hours**

$40 + $79 fee = $119; NMR add $120

**Germantown Campus**

CRN#: 25400  8 Sessions  M
9/24-11/12  10-11:30 a.m.  403 HT

Instructor: Carol Armstrong-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. Students 60+ pay fee only.

**Course: LLI241 14 Hours**

$50 + $75 fee = $125; NMR add $120

**Rockville Campus**

CRN#: 25421  7 Sessions  F
10/5-11/16  1-3 p.m.  101 MK

Instructor: Holy Cross Hospital

**The Art of Storytelling NEW**

Do you want to captivate your audience when speaking? Whether you are looking to enhance your professional career or connect in a social setting, storytelling can help you persuade, engage, and captivate. In this course, you will learn how to engage the listener, command attention, use body language, and find words that will paint a picture and convey a message. You will explore skills to help keep your listeners on the edge of their seats, laugh, or cry. In addition, you will learn how to deliver a story that listeners will remember. Students 60+ pay fee only.

**Course: LLI311 6 Hours**

$45 + $75 fee = $120; NMR add $120

**Gaithersburg Business Training Center**

CRN#: 25602  3 Sessions  M
10/1-10/15  10:30 a.m.-12:30 p.m.  442

Instructor: TBA

**What is Consciousness?**

Ever wonder how we wake up each morning and suddenly become aware of the world around us? 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? Is consciousness uniquely human or could a computer become conscious? How is it that someone can lose consciousness with sleep, anesthesia, or a coma, only to regain it again later? Ever wonder how we can get lost in thought driving and still manage to get home safely? Come join us for this fascinating discussion on the conscious experience. This course is taught by a physician.

**Course: LLI266 2 Hours**

$15 + $15 fee = $30; NMR add $30

**Rockville Campus**

CRN#: 25430  1 Sessions  W
9/12  6:30-8:30 p.m.  102 MK

Instructor: Arash Taleghani
**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#: 24993  
5 Sessions  
M,W  
10/29-11/12  
6:30-9:30 p.m.  
124 MK

Instructor: Nicole Cyrus

*This course is made possible with generous support from a donor.*

**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. Students 60+ pay fee only.

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

**Rockville Campus**

CRN#: 25480  
4 Sessions  
M,W  
9/24-10/3  
6:30-9:30 p.m.  
101 MK

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#: 25432  
1 Session  
R  
10/4  
6:30-8:30 p.m.  
101 MK

Instructor: Natasha Sacks

**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#: 25413  
1 Session  
W  
11/7  
6:30-9:30 p.m.  
208 CC

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. Students 60+ pay fee only.

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

**Gaithersburg Business Training Center**

CRN#: 25498  
6 Sessions  
W  
10/3-11/7  
2-4 p.m.  
404

Instructor: Carl Burnett

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**Need help looking for a career?  
Career Coach can help!**

Career Coach is an online search tool that will help you find a good career by providing the most current data on wages, employment, job postings, and associated education and training for our region.

For more information, go to cms.montgomerycollege.edu
Digital Technology Everything—everywhere—Anytime!
What is digital technology? What impact does digital technology have in your life? Many people feel like visitors in this new digital universe. They want to become digital residents, but do not know where to start. This course provides a roadmap to electronic tools, social media, online gaming, applications, 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. You will compare the difference between telecommunication and computer wireless networks. You will also discuss the World Wide Web, the Cloud, and the Internet of Things (IoT).

**Course: LLI232**  
3 Hours  
$15 + $20 fee = $35; NMR add $30  
**Rockville Campus**  
CRN#: 25417  
1 Session  
10/31  
6:30-9:30 p.m.  
103 MK  
Instructor: Carl Burnett

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. Students 60+ pay fee only.

**Course: LLI694**  
6 Hours  
$35 + $69 fee = $104; NMR add $120  
**Rockville Campus**  
CRN#: 25474  
3 Sessions  
10/17-10/31  
1:30-3:30 p.m.  
317 HU  
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. Students 60+ pay fee only.

**Course: LLI947**  
6 Hours  
$30 + $69 fee = $99; NMR add $50  
**Westfield South**  
CRN#: 25496  
3 Sessions  
10/16-10/30  
1:30-3:30 p.m.  
306B  
Instructor: Vicki McGill

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#: 25416  
1 Session  
11/14  
6:30-9:30 p.m.  
213 SB  
Instructor: Carl Burnett

Put Your iPad to Work
This course introduces you to the iPad touch screen technology interface. Learn to access the internet, take and store photos and videos, use maps, keep contact lists, manage music files, and other functions. You will learn how to navigate the iPad and how to find, download, and organize apps. Students 60+ pay fee only.

**Course: LLI639**  
6 Hours  
$35 + $45 fee = $80; NMR add $50  
**Rockville Campus**  
CRN#: 25469  
3 Sessions  
11/6-11/20  
1:30-3:30 p.m.  
201 SB  
Instructor: Vicki McGill

**History and Current Events**

**Hoy” and W h y—The Holocaust**
The near-destruction of European Jewry - the six million - was the greatest crime in modern history. How and why it happened is the focus of this course. You will examine the history of antisemitism in Western culture, the circumstances that led to the rise of Nazism in Germany, and the prosecution of Hitler’s anti-Jewish crusade. In addition, you will explore ghettoization and the resistance. By studying the Holocaust, you will also learn more about the moral imperatives that must be embraced to avoid the holocausts of the future. Seniors 60+ pay fee only.

**Course: LLI157**  
12 Hours  
$60 + $85 fee = $145; NMR add $120  
**Gaithersburg Business Training Center**  
CRN#: 25391  
6 Sessions  
10/10-11/14  
10:30 a.m.-12:30 p.m.  
404  
Instructor: Jesse Stiller

NEW CLASSROOM LOCATION!
Montgomery College, Rockville Campus  
Mannakee Building (MK)  
900 Hungerford Dr. • Rockville, MD 20850  
(Corner of Hungerford and Mannakee)  
Beautiful new classrooms on the first floor.
A Century of Middle Eastern History, 1917-2018

This course is a survey of developments in the Middle East since the early 20th century, focusing on the quest for modernization, the rise and subsequent disenchantment with secular nationalist governments, and the rise and impact of political Islam. Primary emphasis will be on events in the largest countries and on the Arab-Israeli conflict. You will follow current events in the region in preparation for classroom discussions. Students 60+ pay fee only.

Course: LLI290  16 Hours
$65 + $109 fee = $174; NMR add $120
Davis Library
CRN#: 25445  8 Sessions  M
10/1-12/17  10:30 a.m.-12:30 p.m.
No class 10/8, 11/5, 11/12, 11/19  Instructor: TBA

An Insight Into Politics and Current Events

September will mark 20 months after the inauguration of Donald Trump as the 45th President. In this course, you will explore - every other week - all of the important issues and current events within the local area, the nation, and the world. Past discussions have focused on NATO, Iran, North Korea, Syria, immigration, climate change, healthcare, tax reform, fake news, the Russia Investigation, and many other pressing issues. You will examine these issues with the understanding that the 2018 mid-term elections will occur during the time this course is running. In addition, you will discuss both the run up to the off-year elections and the aftermath of the November 6 vote. Join your fellow students to discuss all the current events that shape our world. Students 60+ pay fee only.

Course: LLI189  10 Hours
$65 + $85 fee = $150; NMR add $120
Gaithersburg Business Training Center
CRN#: 25404  5 Sessions  W
9/26-11/28  10:30 a.m.-12:30 p.m.  442
No class 10/3, 10/17, 10/31, 11/14, 11/21  Instructor: Joel Cockrell

Arts and Literature: The Roaring 20s and Great Depression 30s

In this course, you will examine various artistic genres of two very different eras of American history, the Roaring Twenties and the Great Depression. You will discuss the music of Gershwin, Grofe, and Copeland; the writings of F. Scott Fitzgerald and other American writers; the poetry of Frost and Sandburg; and finally the art and architecture of Ansel Adams and Frank Lloyd Wright. You will explore a broad view of this very important epoch in history when American idiom was emerging in the arts. Students 60+ pay fee only.

Course: LLI305  10 Hours
$55 + $85 fee = $140; NMR add $120
Gaithersburg Business Training Center
CRN#: 25458  5 Sessions  W
9/26-10/24  2:4 p.m.  442
Instructor: Harry Cawood

Communism: Ideology and Reality, Past and Present

In this course, you will examine Communism in its roots and foundations in Marxist theory while also studying the attempts to establish Socialism and Communism on the world scene throughout the 20th and 21st centuries. You will explore Marxist concepts, issues related to Capitalism, the Industrial Revolution, development, and modernity. You will also analyze the effects of lived-Communism on World War II, the launch of the Chinese Revolution, and the Cold War. This course will not only draw on recent scholarship on Communism, but will examine art, propaganda, and film from the specific periods. Students 60+ pay fee only.

Course: LLI295  12 Hours
$65 + $92 fee = $157; NMR add $120
Rockville Campus
CRN#: 25450  6 Sessions  R
10/4-11/8  10:30 a.m.-12:30 p.m.  102 MK
Instructor: Naomi Daremblum

Election 2018: Key Factors and Consequences

The fall elections will determine control of Congress for the next two years and heavily influence the remainder of President Trump’s term. You will explore the key factors influencing the vote, including: the rising influence of female voters and candidates; the continuing loyalty of core Trump supporters; the health of the economy; and the impact of social media. You will also discuss the potential impact of the election on Trump’s legislative agenda and judicial appointments, special counsel Mueller’s continuing investigation, and the presidential election of 2020.

Course: LLI289  2 Hours
$20 + $15 fee = $35; NMR add $30
Gaithersburg Business Training Center
CRN#: 25444  1 Sessions  F
10/19  10:30 a.m.-12:30 p.m.  402
Instructor: TBA

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.
www.montgomerycollege.edu/wdce/ce/lifelonglearning.html
Guns in American Society
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. Student 60+ pay fee only.

Course: LLI308 8 Hours
$59 + $79 fee = $138; NMR add $120

Germantown Campus
CRN#: 25460 4 Sessions  R
9/13-10/4 2-4 p.m. 153 PK
Instructor: Harry Cawood

History of Modern Israel, 1949-Present
This course provides an overview of Israel’s history from 1949 through the present. Utilizing first-person accounts from eye witnesses to these events, and contemporaneous illustrations, you will examine critical points during this period. You will discuss the emigration from Arab lands, the growth of the Jewish state, Israel’s wars, and the various peace processes. The instructor is an author of a book on Israel. Student 60+ pay fee only.

Course: LLI284 10 Hours
$95 + $89 fee = $184; NMR add $120

Rockville Campus
CRN#: 25439 5 Sessions R
9/4-11/16 6:30-8:30 p.m. 212 SB
Instructor: Eric Gartman

History of United States Immigration
Who is an immigrant? In what ways have ideas of immigration changed over time? How have categories of race, ethnicity, nationality, and citizenship shaped and been shaped by immigration debates? In this course, you will explore the search for religious freedom, the welcoming of European immigrants to the Eastern seaboard, and the supposed magnetic pull of a nation founded on the ideals of freedom and liberty. You will examine how immigrants have been treated differently because of their race, ethnicity, and nationality. You will discuss the politicians and ordinary United States citizens that have supported policies that denied people of certain races and nationalities entry and/or citizenship. In addition, you will examine how the United States transformed from a handful of struggling British colonies to a global superpower spanning a continent; and how immigration is central to America’s national narrative. Students 60+ pay fee only.

Course: LLI206 12 Hours
$65 + $92 fee = $157; NMR add $120

Westfield South
CRN#: 25410 6 Sessions M
10/29-12/3 1:30-3:30 p.m. 306B
Instructor: Naomi Daremblum

Introduction to Peace and Justice Studies
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. Students 60+ pay fee only.

Course: LLI244 37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Rockville Campus
CRN#: 25423 29 Sessions M,W
9/5-12/12 11 a.m.-12:25 p.m. 116 PE
Instructor: Tulin Levitas

President Putin’s Regime—Putinism Autocracy
This course will focus on analyzing the regime that President Vladimir Putin has created in Russia. You will explore Putinism as a form of autocracy and its constituting elements: a deeply conservative politics, a theatrical populism, and charismatic leadership in the persona of Putin himself. You will examine how it differs from other transformative dictatorships, including the former Soviet party-state, and you will analyze the future of Putinism. Students 60+ pay fee only.

Course: LLI261 8 Hours
$59 + $82 fee = $141; NMR add $120

Gaithersburg Business Training Center
CRN#: 25427 4 Sessions W
11/7-12/5 10:30 a.m.-12:30 p.m. 404
No class 11/21 Instructor: Naomi Daremblum

Rockville, Maryland: 250 Years of History
Rockville, Maryland was settled by the 1750s and has a long and fascinating history. You will learn about its selection as the seat of the Montgomery County government in 1776, its incorporation in 1860, and its phenomenal growth since World War II. You will discuss Rockville’s importance as a base for trade and legal matters for 250 years. You will explore the lives of the early residents, and those who passed through this area long before and since. This course will use a multimedia approach to bring Rockville history alive as well as a guided walking tour of historic Rockville. This class is presented by a Montgomery History speaker. Historical booklets and books written by the instructor will be available for those who may wish to purchase them. Note: Specific instructions and directions to the guided walking tour will be provided during the first class.

Course: LLI195 2 Hours
$20 + $20 fee = $40; NMR add $30

Rockville Campus
CRN#: 25405 2 Sessions M
9/24-10/1 10:30-11:30 a.m. 101 MK
Last class will meet in the field.
Instructor: Montgomery History
Russia: History and Culture From Kievan Rus to Romanov’s Dynasty
This course will provide an overview of Russian medieval history and culture from Kievan Rus to Romanov’s Dynasty. You will examine major historical events of Russian history as illustrated by masterpieces of great Russian artists, composers, and filmmakers. You will explore Russian medieval art and architecture. In addition, you will discuss old traditions, folk dances, songs, and lifestyle of Russian people. Students 60+ pay fee only.

Course: LLI202  8 Hours
$50 + $75 fee = $125; NMR add $120
Rockville Campus
CRN#: 25408  4 Sessions  W
10/10-10/31  10:30 a.m.-12:30 p.m.  103 MK
Instructor: Elena Newland

Social Media, Social Movements: Utopia or Dystopia?  NEW
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. Students 60+ pay fee only.

Course: LLI312  4 Hours
$45 + $69 fee = $114; NMR add $120
Rockville Campus
CRN#: 25463  2 Sessions  W
9/26-10/3  1:30-3:30 p.m.  101 MK
Instructor: Naomi Daremblum

Sugarloaf: The Singular History of a Singular Mountain
Sugarloaf Mountain, a private oasis of natural beauty and scenic vistas, nearly became Camp David. In addition, it was almost topped with a modernistic structure designed by one of America’s most famous architects, Frank Lloyd Wright. This extensively illustrated class, presented by Montgomery History, explores Sugarloaf’s unique flora and fauna; its geologic formation; and its connection to key figures and events in American history.

Course: LLI141  2 Hours
$10 + $15 fee = $25; NMR add $30
Gaithersburg Business Training Center
CRN#: 25390  1 Session  F
10/5  10:30 a.m.-12:30 p.m.  404
Instructor: Montgomery History

Terrorism: A Closer Look  NEW
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. Students 60+ pay fee only.

Course: LLI296  10 Hours
$65 + $85 fee = $150; NMR add $120
Gaithersburg Business Training Center
CRN#: 25600  5 Sessions  T
10/16-11/13  1:30-3:30 p.m.  101 MK
Instructor: Naomi Daremblum

The Dreyfus Affair: Europe, Nationalism, and Anti-Semitism  NEW
This course examines the Dreyfus Affair as a seminal moment in French and European history when modernity, nationalism, and anti-Semitism hinted at the horrors of the coming 20th century. You will examine the historical and political context in which France found itself during the post-1871 era, emphasizing those factors, which made her citizens vulnerable to an upsurge of political paranoia and religious bigotry. You will discuss the wrongful conviction of officer Alfred Dreyfus, of espionage, on behalf of Germany in 1894 and how his Jewish identity came to be the central element. You will also evaluate, in depth, the implications of this gross miscarriage of justice, which took place with the knowledge and collusion of important members of the military and political hierarchy. The course will not only draw on recent scholarship on European history and anti-Semitism, but will consider art, literature and news records from the specific periods. Students 60+ pay fee only.

Course: LLI296  10 Hours
$65 + $85 fee = $150; NMR add $120
Gaithersburg Business Training Center
CRN#: 25600  5 Sessions  T
10/16-11/13  1:30-3:30 p.m.  101 MK
Instructor: Naomi Daremblum
The United States Supreme Court and its Important Decisions

NEW CONTENT! Did you know that The United States Constitution provides only for a Supreme Court? Do you know how the lower courts were created and what they consist of? During this course, you will explore the framework of the federal court system, identify the jurisdiction that each level of the federal court system possesses, and learn the differences between presenting cases at all three levels. You will discuss how the federal court system intersects with the executive and legislative branches of the government; and the “Advice and Consent” process through which judges nominated by the President are evaluated by the United States Senate. In addition, you will examine the decisions of the Supreme Court from a historical perspective and some of the famous justices who have sat on the court. The decisions of the court that will be examined include Marbury v. Madison, Dred Scott, Plessy v. Ferguson, Brown v. the Board of Education, Roe v. Wade, the Heller case, and the Citizens United case. You will also discuss cases to be argued during the 2018-2019 term. Students 60+ pay fee only.

Course: LLI190
12 Hours
$60 + $85 fee = $145; NMR add $120

Rockville Campus
CRN#: 25590
6 Sessions
T
10/2-11/6
10:30 a.m.-12:30 p.m.
101 MK
Instructor: Joel Cockrell

Wall Street: History and Mystery

Do you know exactly what Wall Street is, when it originated, and how it operates? In this class, you will explore its origins as a slave market in the 1600s to its current status as the center of the United States and international finance. Topics include: The role of Wall Street in financing U.S. economic growth; Wall Street and the transition to a global financial system; and Wall Street in times of crisis. You will also examine the outsized role played by this 8-block strip of New York City real estate in the rise of the national economy and the modern financial marketplace. In addition, you will discuss Wall Street’s tracking of the rise and fall of stocks; and its designation as the barometer of the nation’s cultural and political climate and a powerful symbol of U.S. economic power. Students 60+ pay fee only.

Course: LLI238
6 Hours
$35 + $79 fee = $114; NMR add $120

Rockville Campus
CRN#: 25591
3 Sessions
M
10/15-10/29
6:30-8:30 p.m.
101 MK
Instructor: Jesse Stiller

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. Students 60+ pay fee only.

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

Rockville Campus
CRN#: 25448
3 Sessions
R
11/1-11/15
6:30-8:30 p.m.
122 MK
Instructor: Jesse Stiller

Human and Natural Science

Educational Psychology

Are you a visual or auditory learner? How about experiential, do you learn best through hands-on activities? In this course, you will explore principles of psychology as they relate to the teaching-learning process. You will discuss theories of learning and cognitive development as well as measurement and evaluation techniques. In addition, you will examine how individual learning differences affect our motivation and the methods of instruction that we need to learn. Note: You will be joining credit students in this co-listed class. Students 60+ pay fee only.

Course: LLI315
37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Rockville Campus
CRN#: 25466
16 Sessions
T
8/28-12/11
6:30-9:10 p.m.
116 HU
Instructor: Claire Agard

Genealogy: Researching Your Family History

Early in our lives we may wonder how our family members lived and how they accomplished what they did given the absence of conveniences and technology. We may not pursue researching our family legacies, resulting in an inability to tell current and future generations about important aspects of their heritage. Learn what you can do to put an end to such neglect and discover who you are and what binds past to present and future generations of your family. Students 60+ pay fee only.

Course: LLI908
8 Hours
$50 + $75 fee = $125; NMR add $120

Rockville Campus
CRN#: 25491
4 Sessions
R
10/25-11/15
6:30-8:30 p.m.
102 MK
Instructor: Jeff Miller
Genetics in Modern Society NEW

Genetics play a large role in the way our bodies work. In this course, you will learn about genes, what they are, and where to find them, as well as how the genetic code works. You will also discuss the ethical and legal concerns of modern genetic technology. No prior science experience necessary. Students 60+ pay fee only.

Course: LLI275 8 Hours
$50 + $79 fee = $129; NMR add $120

Rockville Campus
CRN#: 25594 4 Sessions T
11/13-12/4 6:30-8:30 p.m. 101 MK
Instructor: Peter Vos

Gun Laws and Safety of Retirees NEW

Content: Gun Laws and Safety of Our Senior Population.
Do you want to know more about gun laws? Join John McCarthy, the State’s Attorney for Montgomery County, as he shares his thoughts and insights to the national debate on gun laws. This course provides an overview of gun control laws both nationally and locally. You will explore real world events and provide insight and strategies on how we can make our streets, schools, and other public places safer for retirees, as well as all citizens of Montgomery County.

Course: LLI314 1.5 Hours
Free

Rockville Campus
CRN#: 25465 1 Session W
11/7 10:30 a.m.-12 p.m. 102 MK
Instructor: John McCarthy

How to Communicate Across Generations NEW

Content: This course is for parents, grandparents, and adult children.
This course offers an opportunity to learn and practice open and meaningful communication with your adolescent, adult children, and grandchildren. You will learn effective strategies and understand basic principles of communication that crosses generational boundaries in this technology centered age. You will discuss how to maintain openness, respect, and empathy. You will be offered an opportunity to practice your new skills. Students 60+ pay fee only.

Course: LLI309 6 Hours
$45 + $79 fee = $124; NMR add $120

Rockville Campus
CRN#: 25461 3 Sessions M
10/15-10/29 6:30-8:30 p.m. 102 MK
Instructor: TBA

Introduction to the Psychology of Personality

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. Students 60+ pay fee only.

Course: LLI186 37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Rockville Campus
CRN#: 25401 31 Sessions T,R
8/28-12/13 11 a.m.-12:15 p.m. 323 HU
No class 11/22 Instructor: Emily Scheer

Introduction to the Study of Religion

Have you ever wondered why religion is present in almost all cultures? Do you understand how religion influences human life? These questions, and more, will be explored in this course. You will discuss theories of the source of religion and examine representative Eastern and Western religions. You will also examine philosophical implications of the presence of religion in human life and humankind’s shared knowledge and wisdom on the perennial questions about religion. In addition, you will discuss the existence of God and various religious cultures’ treatment of evil. Note: You will be joining credit students in this co-listed class. This class is open to all ages. Students 60+ pay fee only.

Course: LLI181 37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Rockville Campus
CRN#: 25398 29 Sessions T,R
9/4-12/13 12:30-1:55 p.m. 202 SB
No class 11/22 Instructor: Christopher Collins

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
Psychology of Women

You will explore biological and social factors, gender roles, and sex differences and similarities. Women’s mental and physical health, including pregnancy, menstruation, and menopause will be discussed. In addition, work, women of color, love, relationships, and sexuality will be examined. Note: You will be joining credit students in this co-listed class. Students 60+ pay fee only.

Course: LLI981  37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40
Rockville Campus
CRN#: 25501  31 Sessions  T,R
8/28-12/13  2-3:15 p.m.  210 HU
No class 11/22  Instructor: Emily Scheer

Science in Current Events

What causes global warming? How are we transitioning from fossil fuels to renewable energy? In this course, you will learn what current scientific terms mean and their importance; about geology and the continental drift; and DNA and evolution of the species, as well as other topics - every session a new topic. You will discuss some of the most important and cutting-edge scientific issues today. The last class session will meet at the National Institute of Standards and Technology (NIST) for a tour. This course is taught by a scientist from NIST and affiliate professor at the University of Maryland. Students 60+ pay fee only.

Course: LLI292  14 Hours
$50 + $86 fee = $136; NMR add $120
Rockville Campus
CRN#: 25447  7 Sessions  M
10/22-12/3  2-4 p.m.  103 MK
Instructor: Boualem Hammouda

The Colorado Plateau

The Colorado Plateau is one of the most unique places on earth. In this course, you will explore its geological wonders and examine the unique features of each site in non-technical terms. You will discuss the interrelations of these sites: from the effects of water erosion in sculpting the Grand Canyon, to the wind carved Arches of Utah, the vivid colors of Bryce, and the awe inspiring peaks of Zion. You will examine not only the visual aspects of these features, but also their structure and evolution. Students 60+ pay fee only.

Course: LLI304  8 Hours
$50 + $75 fee = $125; NMR add $120
Germantown Campus
CRN#: 25457  4 Sessions  R
11/8-12/6  1:30-3:30 p.m.  178 PK
No class 11/22  Instructor: Harry Cawood

The Museum of the Bible

Content: The Role of the Bible in American History
This course will focus on the influence of the Bible in the history of the United States of America as reflected in the Museum of the Bible. The Museum of the Bible is one of the newest additions to Washington, D.C.’s incredibly rich community of cultural, historical, and artistic institutions. You will discuss the influence of the Bible in the exploration and colonization of the Americas, Manifest Destiny, and westward expansion, the slave trade, the rise of religious, educational, and medical institutions, and civil rights. In addition, you will explore the social justice movements in the late 20th century and beyond. At the end of this course, you will have the option to visit the Museum of the Bible. Students 60+ pay fee only.

Course: LLI299  8 Hours
$50 + $75 fee = $125; NMR add $120
Westfield South
CRN#: 25601  4 Sessions  W
10/24-11/14  1:30-3:30 p.m.  210A
Instructor: Regennia Williams

Understanding Birdst— he Surviving Dinosaur
Did you know that some dinosaurs survived? This course takes a look at the fascinating world of these survivors - birds. You will explore bird identification, anatomy, physiology, and behaviors. You will examine their place in the natural world and the complex bird-human relationship. You will meet for a field trip in a park to observe birds during the last class session. Students 60+ pay fee only.

Course: LLI147  8 Hours
$50 + $79 fee = $129; NMR add $120
Rockville Campus
CRN#: 25589  4 Sessions  F
9/21-10/12  10:30 a.m.-12:30 p.m.  204 SB
Instructor: Mark Ludlow

US Schools And Global Education
How do schools in the United States rank when compared to the rest of the world? Where do we stand relative to our economic competitors like China, Germany, Singapore, and Japan? Do top performing countries spend more on education than we do? In this course, you will discuss the complexities of what it means to be the best in the world in education. You will examine why politicians frequently misunderstand the task of educational improvement. In addition, you will explore what it will take for the US to improve its educational system. Students 60+ pay fee only.

Course: LLI291  6 Hours
$35 + $69 fee = $104; NMR add $120
Gaithersburg Business Training Center
CRN#: 25446  3 Sessions  T
10/16-10/30  10:30 a.m.-12:30 p.m.  402
Instructor: Laurence Peters
Literature and Writing

Contemporary Short Fiction

NEW CONTENT! Stories may be meant to instruct, to warn, or just to entertain; some are sad and some are joyful, but all are thought-provoking. In this course, you will read and discuss stories from The O. Henry Prize Stories 2017, edited by Laura Furman, who says, short stories, “give their readers the privilege of involvement in another life.” You will then share your perceptions and insights in class, thus broadening your understanding of these stories, this literary art form, and of the world in which we live. Students 60+ pay fee only.

Course: LLI282 20 Hours
$80 + $129 fee = $209; NMR add $140

Rockville Campus
CRN#: 25437 10 Sessions M
9/24-12/10 10:30 a.m.-12:30 p.m. 102 MK
No class 10/8, 11/12 Instructor: Connie Wones

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. Students 60+ pay fee only.

Course: LLI984 37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Rockville Campus
CRN#: 25502 14 Sessions M
9/10-10/12 2-4:55 p.m. 117 SB
Instructor: Leah Sneider

Takoma Park/Silver Spring Campus
CRN#: 25503 27 Sessions T,R
9/11-11/13 12:30-2 p.m. 331 ST
No class 11/22 Instructor: Matthew Decker

It's Alive! Mad Scientists" in Fiction and Film

NEW From Dr. Frankenstein, the archetype of the genre, to Dr. Strangelove, the “mad scientist” has long been a stereotype in fiction and film. In this course, you will examine how the “mad scientist” image has changed over time, and how actual scientific developments affected this stereotype. In addition, you will discuss the role of gender in the depiction of “mad scientists.” Readings and films will support discussion. Students 60+ pay fee only.

Course: LLI310 8 Hours
$50 + $79 fee = $129; NMR add $120

Germantown Campus
CRN#: 25462 4 Sessions R
10/4-10/25 1:30-3:30 p.m. 178 PK
Instructor: John Parascandola

Literary Café

NEW CONTENT! A study in genre: elements of fiction, poetry, and drama, fictionalized memoir, and the short story. In a café 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, and character. Readings include Albert Camus’ The First Man, E.M. Forster’s A Passage to India, Shakespeare’s Macbeth, selected poetry, including three poems by W.B. Yeats, and a short story, “The Circular Ruins” by Jorge Luis Borges. Students 60+ pay fee only.

Course: LLI070 12 Hours
$65 + $92 fee = $157; NMR add $120

La Madeline (7607 Old Georgetown Rd.) Free Parking
CRN#: 25386 6 Sessions R
9/20-11/29 2-4 p.m.
No class 9/27, 10/11, 10/25, 11/8, 11/12
Instructor: Adele Seeff
La Madeline 7607 Old Georgetown Rd, Bethesda, MD 20814

The Art of Storytelling

See course on page 9.

The Bible as Literature

Did you know the Bible has influenced some of the greatest works of music, film, and literature? In this course, you will examine the Hebrew and Christian scripture from literary and historical points of view. You will explore the political, socio-cultural, and historical contexts of the Bible. In addition, you will discuss the themes, symbols, and archetypes that have influenced subsequent literature. Note: You will be joining credit students in this co-listed class. Students 60+ pay fee only.

Course: LLI179 37.5 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Rockville Campus
CRN#: 25397 29 Sessions T,R
9/4-12/13 3:30-4:55 p.m. 123 HU
No class 11/22 Instructor: Rachael Wilson

The Comedy of Manners

Comedies of manners are plays that poke fun at the behaviors and values of particular social groups or individuals. The genre is as old as the Greeks and Romans and is as alive today as ever, particularly on television. You will examine plays, poems, and a Gilbert and Sullivan operetta, representative of the comedy of manners from Chaucer to the late 20th century. You will discuss such works as Sheridan’s The School for Scandal, Oscar Wilde’s The Importance of Being Ernest, Philip Barry’s The Philadelphia Story, Shaw’s Pygmalion, and Alexander Pope’s The Rape of the Lock. In addition, you will explore the characteristics of the style of manners and the reasons it continues to thrive. Students 60+ pay fee only.

Course: LLI294 24 Hours
$90 + $135 fee = $225; NMR add $140

Rockville Campus
CRN#: 25449 12 Sessions T
9/25-12/11 1:30-3:30 p.m. 103 MK
Instructor: Bob Shoenberg
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. Students 60+ pay fee only.

Course: LLI235 16 Hours
$50 + $75 fee = $125; NMR add $120

Rockville Campus
CRN#: 25419 8 Sessions  M
10/8-11/26 10:30 a.m.-12:30 p.m. 101 MK
Instructor: Judy Kelly

Music

Opera 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. Students 60+ pay fee only.

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

Rockville Campus
CRN#: 25402 4 Sessions  M
10/8-10/29 1:30-3:30 p.m. 104 MK
Last class on 10/29 meets 1:30-3 p.m.
Instructor: Donato Soranno

Piano Conversations: Mozart
In this course, you will discuss the music of Mozart, who composed more than 600 works of beauty and brilliance in just over 20 years. You will examine his use of pure lyricism of song with dramatic timing, depth of expression, and technical mastery of the complexities of phrase structure and harmony. You will discuss Mozart’s impact piano repertoire. You will explore compositions from different periods of his life through detailed class lectures and discussions augmented by life performances from your instructor, a concert pianist. Students 60+ pay fee only.

Course: LLI317 2 Hours
$15 + $10 fee = $25; NMR add $30

Kentlands Manor Clubhouse
CRN#: 25604 1 Sessions  R
10/11 12:30-2:30 p.m.
Instructor: Magda Melkonyan

Piano Conversations: Titans of Russian Music
Topics: Tchaikovsky and Rachmaninoff
Explore the life and music of two titans of Russian romantic music, Pyotr Illyich Tchaikovsky and Sergei Vasilievich Rachmaninoff, through detailed class lectures and discussions augmented by live performances by a concert pianist. This course will examine the major oeuvres, influences, themes, and life events of these two musical geniuses. Special attention will be paid to the innovative musical contributions, stylistic developments, and impacts upon Russian and world music engendered by the musical vision of these two masters. Students 60+ pay fee only.

Course: LLI986 8 Hours
$50 + $75 fee = $125; NMR add $120

Twinbrook Library
CRN#: 25607 4 Sessions  F
10/19-11/9 1-3 p.m.
Instructor: Magda Melkonyan

The Evolution of the Broadway Musical
How has the Broadway musical changed over the last 80 years? Using an historical perspective, the changes that took the Broadway Musical art form from a “gotta sing- gotta dance” format of the 1930’s to the ability to reach serious topics up to the present day will be explored. How did musicals such as Anything Goes evolve into the genre that created Oklahoma, Carousel, and My Fair Lady? You will discuss the composers, such as Lerner and Loewe, Rodgers and Hammerstein, Sondheim and Bernstein, as well as other creative teams that transitioned the musical. You will examine the way the characters presented the story of who they were in newly fashioned creative approaches and changes in style. You will gain an understanding of how story presentation has changed and the creative and technological advances that made new methods of storytelling in musical stage format possible. This five week course will move you through the decades of creative development from 1927 to the present featuring live song experts from many famous and popular musicals. The instructor, with his performance background and skilled tenor voice, will enhance the class with his own renditions of famous musical moments. Students 60+ pay fee only.

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

Gaithersburg Business Training Center
CRN#: 25396 4 Sessions  W
9/26-11/7 10:30 a.m.-12:30 p.m. 401
No class 10/17, 10/24, 10/31
Instructor: Steve Friedman

NEW CLASSROOM LOCATION!
Montgomery College, Rockville Campus
Mannakee Building (MK)
900 Hungerford Dr. • Rockville, MD 20850
(Corner of Hungerford and Mannakee)

Beautiful new classrooms on the first floor.
The Orchestra: From Page to Stage
Have you ever wondered what goes into bringing symphonic music to the stage? This class will take you behind the scenes to explore what makes up a modern orchestra. We will explore the structure of an orchestra including: types of instruments; seating arrangements; the role of the conductor; the preparation process for public performances; and the formatting of an orchestral score. You will watch recordings of rehearsals of the best orchestras. This class is taught by a conductor. Students 60+ pay fee only.

Course: LLI962 8 Hours
$50 + $75 fee = $125; NMR add $120

Rockville Campus
CRN#: 25606 4 Sessions R
11/1-11/29 1:30-3:30 p.m. 101 MK
No class 11/22 Instructor: Jesse Parker

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#: 25506 6 Sessions W
11/7-12/12 7-9 p.m. 215 CC
Instructor: Adam Gann

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 + $30 fee = $45; NMR add $30

Rockville Campus
CRN#: 25392 2 Sessions W
11/7-11/14 6:30-8:30 p.m. 212 SB
Instructor: Libby Kinkead

A.S.K. in a Nutshell
NEW CONTENT! 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, meditation for seniors, opera, alternative medicine, and fitness and health. Students 60+ pay fee only.

Course: LLI841 7.5 Hours
$35 + $59 fee = $94; NMR add $50

Gaithersburg Business Training Center
CRN#: 25481 6 Sessions W
10/24-12/5 1-2:15 p.m. 402
No class 11/21 Instructor: Jeff Miller
CRN#: 25482 6 Sessions W
10/24-12/5 2:45-4 p.m. 402
No class 11/21 Instructor: Jeff Miller

Paths to a Fulfilling and Successful Retirement
Are you nearing retirement and do not have a clue about what to do at this stage of life? Are you searching for ways to have a more fulfilling retirement? This course will help you identify and set your path in the right direction. You will discuss your goals and preferences, examine successful retirement models or success stories; learn about resources in the community, available to retirees, that can keep you engaged with community, civic, cultural, and learning opportunities. You will also examine the steps to positive emotional adjustment with self-satisfaction and personal growth. You will explore options that are right for you. Some options discussed might include: entrepreneurship; pursuing the “Dreams Deferred;” returning to school or enhancing transferrable skills in order to transition to a new career; travel; and volunteering. Students 60+ pay fee only.

Course: LLI199 6 Hours
$45 + $60 fee = $105; NMR add $120

Rockville Campus
CRN#: 25406 3 Sessions R
11/1-11/15 6:30-8:30 p.m. 215 SB
Instructor: Natasha Sacks
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.

Course: LLI234  5 Hours
$30 + $35 fee = $65; NMR add $50
Gaithersburg Business Training Center
CRN#: 25418  2 Sessions  R
9/13-9/20  1-3:30 p.m.  401
Instructor: Bruce Goldensohn

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. Students 60+ pay fee only.

Course: PRF139  6 Hours
$36 + $69 fee = $105; NMR add $120
Rockville Campus
CRN#: 25697  2 Sessions  T
11/6-11/13  6:30-9:30 p.m. 102 MK
Instructor: Mark Gottlieb

A.S.K. About Money and Legal Matters  NEW
This Adults Seeking Knowledge (A.S.K) course will provide you with information on various financial and legal topics that are particularly relevant to retired adults. Every class you will hear from a different expert who will lecture on retirement income, social security, legal documents, and safety information for older adults. Professor Miller will provide credible and competent instructors to each class. Students 60+ pay fee only.

Course: LLI313  7.5 Hours
$50 + $75 fee = $125; NMR add $120
Rockville Campus
CRN#: 25464  6 Sessions  M
10/22-11/26  1:30-2:45 p.m.  101 MK
Instructor: Jeff Miller

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#: 25718  1 Session  W
11/7  6:30-9:30 p.m.  102 MK
Instructor: Maria Antokas

Elder Law Planning and Options for Loved Ones
This course provides an understanding of the options available to a family faced with aging loved ones. You will examine options and costs of in-home care versus nursing homes. You will explore sources for medical and other care, causes of family conflicts and resolutions; and government programs and legal options available such as the ABLE Act, Special Needs Trust, and Long Term Care Planning. In addition, you will discuss the legal and other choices available for dealing with elder abuse. Students 60+ pay fee only.

Course: PRF157  4 Hours
$35 + $55 fee = $90; NMR add $50
Rockville Campus
CRN#: 25712  2 Sessions  R
11/15-11/29  6:30-8:30 p.m.  101 MK
No class 11/22
Instructor: Jeffrey Hammond

In-Depth Investment Skills: How to Become a Savvy Investor
This course will deliver a comprehensive examination of the investment tools required to take charge of your own investment portfolio, regardless of its size. Learn the pros and cons of investing in stocks, bonds, exchange-traded funds, REITs, convertibles, and mutual funds, and how to use asset allocation and diversification to reduce risk and increase return. Other topics include tax-deferred investments (401k, IRA) versus taxable investments, hedge funds, efficient market theory, indexing versus active management, minimizing taxes, market timing, and duration. Focus is on practical techniques that you can use immediately to improve investment return. Students 60+ pay fee only.

Course: PRF144  27 Hours
$99 + $149 fee = $248; NMR add $140
Walter Johnson High School
CRN#: 25699  12 Sessions  R
9/13-12/6  7-9:15 p.m.
No class 11/22
Instructor: Gary Cahn
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#: 25708 1 Session S 10/20 9:30 a.m.-12:30 p.m. 402
Instructor: Arthur Stein

Rockville Campus
CRN#: 25706 1 Session W 9/12 6:30-9:30 p.m. 101 MK
Instructor: Arthur Stein

Westfield South
CRN#: 25710 1 Session W 11/14 6:30-9:30 p.m. 210E
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#: 25714 1 Session R 10/4 6:30-9:30 p.m. 178 PK
Instructor: Brian Richmond

Rockville Campus
CRN#: 25713 1 Session T 11/6 6:30-9:30 p.m. 101 MK
Instructor: Brian Richmond

Paths to a Fulfilling and Successful Retirement
Are you nearing retirement and do not have a clue about what to do at this stage of life? Are you searching for ways to have a more fulfilling retirement? This course will help you identify and set your path in the right direction. You will discuss your goals and preferences, examine successful retirement models or success stories; learn about resources in the community, available to retirees, that can keep you engaged with community, civic, cultural, and learning opportunities. You will also examine the steps to positive emotional adjustment with self-satisfaction and personal growth. You will explore options that are right for you. Some options discussed might include: entrepreneurship; pursuing the “Dreams Deferred;” returning to school or enhancing transferrable skills in order to transition to a new career; travel; and volunteer- ing. Students 60+ pay fee only.

Course: LLI199 6 Hours
$45 + $60 fee = $105; NMR add $120

Rockville Campus
CRN#: 25490 3 Sessions R 11/1-11/15 6:30-8:30 p.m. 215 SB
Instructor: Natasha Sacks

Rockville Campus
CRN#: 25490 2 Sessions R 10/10-10/17 6:30-9:30 p.m. 101 MK
Instructor: Donald Hannahs

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. You will also explore how to plan for cash flow during retirement. This course is presented by a representative from Securities and Exchange Commission.

Course: PRF162 2 Hours
$10 + $10 fee = $20; NMR add $30

Rockville Campus
CRN#: 25719 1 Session W 10/17 10:30 a.m.-12:30 p.m. 101 MK
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, Roth's, etc. Students 60+ pay fee only.

Course: LLI196 6 Hours
$60 + $79 fee = $139; NMR add $120

Rockville Campus
CRN#: 25492 2 Sessions W 10/10-10/17 6:30-9:30 p.m. 101 MK
Instructor: Donald Hannahs
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. Students 60+ pay fee only.

Course: PRF119  6 Hours
$25 + $57 fee = $82; NMR add $50

Bethesda-Chevy Chase High School
CRN#: 25679  2 Sessions  R
9/20-9/27  6:30-9:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin
CRN#: 25680  2 Sessions  T
9/25-10/2  6:30-9:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin

Gaithersburg Business Training Center
CRN#: 25683  2 Sessions  R
11/1-11/8  6:30-9:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin
CRN#: 25684  2 Sessions  T
11/6-11/13  6:30-9:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin

Germantown Campus
CRN#: 25976  2 Sessions  R
9/13-9/20  6:30-9:30 p.m.
Instructor: Steven Abbett / John Gracyalny
CRN#: 25977  2 Sessions  M
9/17-9/24  6:30-9:30 p.m.
Instructor: Steven Abbett / John Gracyalny
CRN#: 25688  2 Sessions  S
10/6-10/13  9:30 a.m.-12:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin
CRN#: 25687  2 Sessions  W
10/10-10/17  6:30-9:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin

Rockville Campus
CRN#: 25692  2 Sessions  R
11/1-11/8  6:30-9:30 p.m.
Instructor: Allison McCarty

Takoma Park/Silver Spring Campus
CRN#: 25690  2 Sessions  T
9/25-10/2  6:30-9:30 p.m.
Instructor: Allison McCarty
CRN#: 25691  2 Sessions  R
10/4-10/11  6:30-9:30 p.m.
Instructor: Allison McCarty

Tilden Middle School
CRN#: 25678  2 Sessions  W
9/5-9/12  6:30-9:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin
CRN#: 25677  2 Sessions  R
9/6-9/13  6:30-9:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin

Westfield South
CRN#: 25685  2 Sessions  W
9/13-9/20  6:30-9:30 p.m.
Instructor: Jamie Ingoe / Russell Rifkin
CRN#: 25686  2 Sessions  R
9/6-9/13  6:30-9:30 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? Students 60+ pay fee only.

Course: PRF138  5 Hours
$50 + $65 fee = $115; NMR add $120

Rockville Campus
CRN#: 25694  2 Sessions  W
10/31-11/7  6:30-9 p.m.
Instructor: Arthur Stein

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. Students 60+ pay fee only.

Course: PRF147  8 Hours
$50 + $75 fee = $125; NMR add $120

Rockville Campus
CRN#: 25702  3 Sessions  T
10/9-10/23  6:30-9:30 p.m.
Last class on 10/23 meets 6:30-8:30 p.m.
Instructor: Larry Paul
Wall Street: History and Mystery
Do you know exactly what Wall Street is, when it originated, and how it operates? In this class, you will explore its origins as a slave market in the 1600s to its current status as the center of the United States and international finance. Topics include: The role of Wall Street in financing U.S. economic growth; Wall Street and the transition to a global financial system; and Wall Street in times of crisis. You will also examine the outsized role played by this 8-block strip of New York City real estate in the rise of the national economy and the modern financial marketplace. In addition, you will discuss Wall Street’s tracking of the rise and fall of stocks; and its designation as the barometer of the nation’s cultural and political climate and a powerful symbol of U.S. economic power. Students 60+ pay fee only.
Course: LLI238 6 Hours
$35 + $79 fee = $114; NMR add $120

Rockville Campus
CRN#: 25591 3 Sessions M
10/15-10/29 6:30-8:30 p.m. 101 MK
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. Students 60+ pay fee only.
Course: PRF160 6 Hours
$60 + $75 fee = $135; NMR add $120

Bethesda-Chevy Chase High School
CRN#: 25716 2 Sessions W
10/10-10/17 6:30-9:30 p.m.
Instructor: Marc Levine

Rockville Campus
CRN#: 25717 2 Sessions R
10/18-10/25 6:30-9:30 p.m. 101 MK
Instructor: Jeffrey Hammond

Westfield South
CRN#: 25715 2 Sessions T
11/6-11/13 6:30-9:30 p.m. 306D
Instructor: Norman Handler

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. Students 60+ pay fee only.
Course: LLI112 8 Hours
$50 + $85 fee = $135; NMR add $120

Rockville Campus
CRN#: 25387 4 Sessions W
10/31-11/28 6:30-8:30 p.m. 210 SB
No class 11/21 Instructor: Michael Koren

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. Students 60+ pay fee only.
Course: LLI623 75 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Germantown Campus
CRN#: 25468 31 Sessions T,R
8/28-12/13 3-5:40 p.m. 200 HT
Instructor: Grace Graham

CRN#: 25467 31 Sessions T,R
8/28-12/13 9-11:40 a.m. 200 HT
Instructor: Anita Hines

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. Students 60+ pay fee only.
Course: LLI644 75 Hours
$384 + $133.80 fee = $517.80; NMR add $842.40

Germantown Campus
CRN#: 25471 31 Sessions T,R
8/28-12/13 3-5:40 p.m. 200 HT
Instructor: Grace Graham

CRN#: 25470 31 Sessions T,R
8/28-12/13 9-11:40 a.m. 200 HT
Instructor: Anita Hines
How Did That Photographer Do That?  NEW
Ever wonder how professional photographers achieve great images? In this course, you will learn how to mimic techniques used by famous photographers of the past. Each class meeting you will study pivotal photographers and their works to analyze their methods and techniques. You will explore perspective, color, shape, and depth-of-field. You will examine their photographic images and learn how to adjust your camera and perspective to take your own images in that style. In addition, you will practice these techniques with weekly shooting assignments and bring results to class for constructive critique the following week. Students 60+ pay fee only.

Course: LLI302  10 Hours
$55 + $79 fee = $134; NMR add $120

Rockville Campus
CRN#: 25455  5 Sessions  R
10/11-11/8  6:30-8:30 p.m.  124 MK
Instructor: Na’ama Lewin

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. Students 60+ pay fee only.

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

Rockville Campus
CRN#: 25493  4 Sessions  M
10/1-10/22  6:30-8:30 p.m.  216 CC
Instructor: Michael Koren

The Creative Process: Editing and Arranging your Photos  NEW
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. Students 60+ pay fee only.

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

Rockville Campus
CRN#: 25603  5 Sessions  T
11/6-12/11  6:30-8:30 p.m.  105 MK
No class 11/20
Instructor: Na’ama Lewin

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. Students 60+ pay fee only.

Course: LLI119  12.5 Hours
$128 + $69 fee = $197; NMR add $256.40

Germantown Campus
CRN#: 25388  29 Sessions  M,W
9/5-12/12  12-1 p.m.  Pool
Instructor: Jon Pointer

CRN#: 25389  14 Sessions  M
9/10-12/10  7-8:50 p.m.  Pool
Instructor: Jon Pointer

Expand Your Capacity for Happiness  NEW
Did you know that you can build mental and emotional capacity for happiness by adding simple practices to your daily routine? In this course, you will discuss six skills of happiness that anyone can master in 10-20 minutes a day. You will practice stress management, gratitude, mindfulness, movement, connection, and play to enhance your mood and enrich your life in significant, deep, and sustained ways. Students 60+ pay fee only.

Course: LLI318  6 Hours
$35 + $69 fee = $104; NMR add $120

Gaithersburg Business Training Center
CRN#: 25605  3 Sessions  R
9/13-10/4  10:30 a.m.-12:30 p.m.  442
No class 9/27
Instructor: Elena Khazanova

NEW CLASSROOM LOCATION!
Montgomery College, Rockville Campus
Mannakee Building (MK)
900 Hungerford Dr. • Rockville, MD 20850
(Corner of Hungerford and Mannakee)
Beautiful new classrooms on the first floor.
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. Students 60+ pay fee only.

Course: LLI723 6 Hours
$35 + $65 fee = $100; NMR add $120

Rockville Campus
CRN#: 25477 5 Sessions F
9/14-10/12 9:30-10:30 a.m. 121 PE
Last class on 10/12 meets 10-11 a.m.
Instructor: Nancy Neves

CRN#: 25478 5 Sessions F
10/26-11/30 9:30-10:45 a.m. 121 PE
Last class on 11/30 meets 9:30-10:30 a.m.
No class 11/23  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. Students 60+ pay fee only.

Course: LLI280 19.2 Hours
$30 + $75 fee = $105; NMR add $120

Germantown Campus
CRN#: 25434 23 Sessions M,W
9/17-12/5 1:05-1:55 p.m. Pool
No class 11/21  Instructor: Nancy Kropetz

Rockville Campus
CRN#: 25435 23 Sessions M,W
9/17-12/5 9-9:50 a.m. Pool
No class 9/19  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. Students 60+ pay fee only.

Course: LLI265 7.5 Hours
$40 + $69 fee = $109; NMR add $120

Rockville Campus
CRN#: 25429 6 Sessions M
10/1-11/5 10-11:15 a.m. 121 PE
Instructor: Neena Kapur

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. Students 60+ pay fee only.

Course: LLI280 19.2 Hours
$30 + $75 fee = $105; NMR add $120

Germantown Campus
CRN#: 25434 23 Sessions M,W
9/17-12/5 1:05-1:55 p.m. Pool
No class 11/21  Instructor: Nancy Kropetz

Rockville Campus
CRN#: 25435 23 Sessions M,W
9/17-12/5 9-9:50 a.m. Pool
No class 9/19  Instructor: Christine Harrison

Meditation Practices — Heart, Brain, Body Connections
The many benefits of meditation range from decreased stress, anxiety, and depression to improved memory and attention. It even reduces inflammation, boosts immune function, and increases empathy and compassion. Are you curious about the research behind these assertions? Would you like to explore whether or not meditation is for you? Perhaps you already meditate but would like to expand your practice and connect with others who share your interest. This course weaves together lecture, discussion, and meditation practice including Heart Rhythm Meditation (HRM), guided meditations, walking meditation and more. Weather permitting, the class will occasionally meditate outside. Students 60+ pay fee only.

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

Germantown Campus
CRN#: 25400 8 Sessions M
9/24-11/12 10-11 a.m. 403 HT
Instructor: Carol Armstrong-Moore

Meditation: Wellness for Life NEW
Have you discovered that meditation is extremely beneficial, but have difficulty fitting it into your daily routine? Join other Lifelong Learning students in this class to build skills and devise strategies to integrate meditation into your life for maximum long-term benefit. This class is designed for those who have some familiarity with meditation. Students 60+ pay fee only.

Course: LLI319 4 Hours
$35 + $59 fee = $94; NMR add $50

Germantown Campus
CRN#: 26059 4 Sessions F
9/7-12/14 10-11 a.m. 175 HS
Instructor: Carol Armstrong-Moore
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 condition-
ing, strength and muscular endurance, flexibility, and body
composition. Note: You will be joining credit students in this
class-listed credit class. Students 60+ pay fee only.
Course:  LLI887  25 Hours
$128 + $69 fee = $197; NMR add $256.40

Rockville Campus
CRN#: 25483  31 Sessions  M,W
8/27-12/12  11-11:50 a.m.  137B PE
No class 9/3  Instructor: Christine Harrison

CRN#: 25484  31 Sessions  T,R
8/28-12/13  9-9:50 a.m.  137B PE
No class 11/22  Instructor: Michael Clark

Takoma Park/Silver Spring Campus
CRN#: 25485  31 Sessions  M,W
8/27-12/12  12-12:50 p.m.  201 FH
No class 9/3  Instructor: TBA

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 slow movements put minimal stress on muscles
and joints. Some of the benefits of tai chi are: decreased stress,
anxiety and depression; increased energy, stamina, flexibility,
and balance; lower blood pressure; and enhanced quality of
sleep. Students 60+ pay fee only.
Course:  LLI188  12 Hours
$40 + $79 fee = $119; NMR add $120

Rockville Campus
CRN#: 25403  12 Sessions  W
9/26-12/12  10-11 a.m.  121 PE
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. Con-
ditioning techniques will focus on the utilization of weight
resistance machines and free weights. Note: You will be join-
ing credit students in this class-listed credit class. Students 60+
pay fee only.
Course:  LLI889  12.5 Hours
$128 + $69 fee = $197; NMR add $256.40

Germantown Campus
CRN#: 25486  31 Sessions  M,W
8/27-12/12  6-6:50 p.m.  108 PG
No class 9/3  Instructor: Nancy Kropetz

CRN#: 25487  31 Sessions  M,W
8/27-12/12  10-10:50 a.m.  140 PE
No class 9/3  Instructor: Michael Clark

Rockville Campus
CRN#: 25485  31 Sessions  M,W
8/27-12/12  10-10:50 a.m.  201 FH
No class 9/3  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.

Instructor: TBA
SAVE THE DATE!

Friday, October 12, 2018
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 #: 25407

$25 fee only!

Come explore the research and strategies on how to boost your brain power and memory by Dr. Dana Plude, Deputy Director in the Division of Behavioral and Social Research (DBSR) at National Institute on Aging (NIA). Then put some of that knowledge to work as you join other students in 3 workshops on brain, meditation, and memory enhancement strategies and activities.

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.

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
Don’t forget to LIKE our page!

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.
www.montgomerycollege.edu/wdce/ce/lifelonglearning.html

COURSE LOCATIONS
Bethesda-Chevy Chase High School
4301 East-West Hwy. • Bethesda, MD 20814

Davis Library
6400 Democracy Blvd. • Bethesda, MD 20817

Kentlands Manor Clubhouse
485 Tschiffely Square Rd. • Gaithersburg, MD 20878

La Madeleine
7607 Old Georgetown Rd. • Bethesda, MD 20814

Montgomery College, Gaithersburg Business Training Center
12 S.Summit Ave. • Gaithersburg, MD 20877

Montgomery College, Germantown Campus
20200 Observation Dr. • Germantown, MD 20876

Montgomery College, Rockville Campus
51 Mannakee St. • Rockville, MD 20850

Montgomery College, Rockville Campus Center for Teaching Excellence
Mannakee Building (MK)
900 Hungerford Dr • Rockville, MD 20850

Montgomery College, Takoma Park/Silver Spring Campus
7600 Takoma Ave. • Takoma Park, MD 20912

Montgomery College, Westfield South
11002 Veirs Mill Rd., Suite 306 • Wheaton, MD 20902

Sherwood High School
300 Olney Sandy Spring Rd. • Sandy Spring, MD 20860

Tilden Middle School
11211 Old Georgetown Rd. • Rockville, MD 20852

Twinbrook Library
202 Meadow Hall Dr. • Rockville, MD 20851

Walter Johnson High School
6400 Rock Spring Dr. • Bethesda, MD 20814

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

Payments
Payment MUST be made IN FULL at the time of registration to avoid being deleted from the course. Complete information is required to process all registrations and payments. Further instructions for WEB, FAX or MAIL-IN payments can be found at cms.montgomerycollege.edu/wdce/registerops.html. Registration will not be processed without appropriate payment.

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.

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)

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.
### REGISTRATION FORM

**Workforce Development & Continuing Education**

Please Print Clearly

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.

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**College ID Number:** M 2

**Birthdate**

Month - Day - Year

**Sex** ☐ Female ☐ Male

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**Last Name**

**First Name**

**Middle Initial**

**Address**

House # and Street Name (Do NOT use P.O. Box or you will be charged Non-Md. resident fee.)

**City**

**State**

**Zip**

**Apt. #**

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**Home Phone**

**Work Phone**

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**Fax**

**E-Mail**

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**Have you 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.

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**How did you hear about us?**

☐ Received brochure in mail ☐ Website ☐ Social media ☐ Advertisement ☐ On campus ☐ Other

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

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**Students with Disabilities**

If you need support services due to a disability, call Workforce Development & Continuing Education at 240-567-4118 at least three weeks before class begins.

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**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

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**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

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☐ U.S. Citizen ☐ Permanent Resident (Circle one: Green Card / Working Card) ☐ Other Immigration Status (Used for tuition-setting purposes only)

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**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.

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<thead>
<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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Refunds will go to the registered student of record.  

Total Due $

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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.

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Student Signature Required__ ____________________________________________________________  __________________________

Date

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Please indicate payment by: ☐ Check (payable to Montgomery College)

Credit card: ☐ MasterCard ☐ VISA ☐ Discover

Credit Card Information: Expiration date on card __/___ 3 or 4 digit Security code on your card __________

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Credit Card Number __________

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Name on Card __________

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Card holder signature required________ __________________________

Date

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**NOTE:** Credit card information will be detached and disposed of promptly and properly after payment is approved.

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

2/21/17
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.

Archaeology and World Cultures.............. 2
Art ......................................................... 4
Art History............................................. 6
Brain Fitness Institute............................ 8
Careers and Employment for 50+............. 10
Computers and Technology.......................10
History and Current Events..................... 11
Human and Natural Science..................... 15
Literature and Writing............................ 18
Music ...................................................... 19
Personal Enrichment ...............................20
Personal Finance Academy.......................21
Photography ......................................... 24
Wellness .................................................. 25

SAVE THE DATE!
Lifelong Learning
Open House
December 7, 2018
10 a.m.–12:45 p.m.
at the Center for Teaching Excellence
(Mannakee Bldg.)
900 Hungerford Drive • Rockville, MD 20850
Join us for mini-classes, meetings with students and instructors, tours of our brand new classrooms, and fun activities.

240-567-5188  www.montgomerycollege.edu/wdce/ce/lifelonglearning.html