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

Course: LLI297  10 Hours
$65 + $92 fee = $157; NMR add $120

Rockville Campus
CRN#: 25597  5 Sessions  M
11/11-12/9  6:30-8:30 p.m.  MK 101
Instructor: Naomi Daremblum

A Taste of History: Sugar NEW
This class is about a socio-historical legacy of sugar—with a delicious emphasis on eating it, drinking it, and the appreciation of both. Explore the history of sugar cane cultivation, the present day state of the global sugar industry, and the diverse cultural constructions surrounding it. Analyze how sugar has been used in various ways to symbolize, reinforce, and occasionally challenge cultural values, social norms, and political realities. Learn about the emergence of an anti-sugar food movement and examine the role sugar played in culture, industrialization, local and international politics, as well as racial and ethnic differences. Discuss sugar’s position in popular culture and globalization. TWA

Course: LLI422  8 Hours
$65 + $79 fee = $144; NMR add $120

Rockville Campus
CRN#: 25620  4 Sessions  M
11/11-12/2  2-4 p.m.  MK 103
Instructor: Naomi Daremblum

Archaeology: 12,000 Years of Montgomery County’s Past
Ever wonder 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. TWA

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

Rockville Campus
CRN#: 25668  5 Sessions  M
9/23-10/28  1-4 p.m.  MK 101
No class 9/30
Instructor: Eugenia Robinson

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.

Lifelong Learning serves students age 50 and over; however, adults of any age can register for these classes. Maryland residents 60 years or older by the start date of class pay fee only. Senior Tuition Waiver (TWA)
Global Issues Through History, Literature, and Philosophy

Explore a number of topics related to global issues through historical, literary, linguistic, and philosophical lenses. Recognize your responsibilities to society—locally, nationally, and globally. Examine current issues of global importance. Note: You will be joining credit students in this co-listed credit class. TWA

Course: LLI890 37.5 Hours
$396 + $136.20 fee = $532.20; NMR add $871.20

Germantown Campus
CRN#: 25665 29 Sessions T,R
9/10-12/19 12:30-1:55 p.m. PK179
No class 11/28
Instructor: Joan Naake

Takoma Park/Silver Spring Campus
CRN#: 25666 29 Sessions T,R
9/10-12/19 11 a.m.-12:25 p.m. T in MP 143 and R in P3 206
No class 11/28
Instructor: Deborah Taylor

Introduction to Archaeology

This course is an introduction to the discipline of archaeology. Learn how this discipline emerged 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. TWA

Course: LLI802 37.5 Hours
$396 + $136.20 fee = $532.20; NMR add $871.20

Rockville Campus
CRN#: 25659 31 Sessions T,R
9/3-12/19 9:30-10:45 a.m. HU 221
No class 11/28
Instructor: Barbara Wolff

The City We Knew: Life and Times in New York

Class Content: 1960—2000
Explore how New York redefined urban life. Look at how the city slid and then recovered from the depths of its financial and political crisis during the 1970s and ‘80s. Discuss the roots of the city’s financial crisis and how it was solved. Analyze the role of the mayors of the period: Lindsay, Beame, Dinkins, Giuliani, and Bloomberg. Discuss the city’s vibrant cultural life, demographics, and neighborhoods. Analyze the city’s strengths and problems. TWA

Course: LLI450 8 Hours
$24 + $75 fee = $99; NMR add $50

Rockville Campus
CRN#: 25642 4 Sessions W
11/6-12/4 6:30-8:30 p.m. MK 102
No class 11/27
Instructor: Jesse Stiller

The Kingdom of Saudi Arabia

Explore the historical, regional, political, and geostrategic context for the current situation in Saudi Arabia. Discuss the politics of the Arabian peninsula and that of America’s role in it. Compare the American alliance with Saudi Arabia during the Cold War and after 9/11. Analyze the twin pillars of the Kingdom’s century of stability: the Al Saud family and the discovery of oil. Learn about the familial rivalries at the heart of the current crisis. Examine how the U.S. - Saudi alliance moves forward. TWA

Course: LLI364 10 Hours
$31 + $79 fee = $110; NMR add $120

Rockville Campus
CRN#: 25609 5 Sessions M
10/7-11/4 6:30-8:30 p.m. MK 102
Instructor: Naomi Daremblum

The Rocky Mountains of Canada and the United States

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

Course: LLI348 8 Hours
$20 + $79 fee = $99; NMR add $50

Rockville Campus
CRN#: 25602 4 Sessions T
10/29-11/19 6:30-8:30 p.m. MK 102
Instructor: Steve Pittleman

Please register early!
Class cancellations are processed at least a week before the start date due to low enrollments.

Interested in receiving the Lifelong Learning Institute e-newsletter, class updates, and free events? Just e-mail: tracy.rittenour@montgomerycollege.edu or visit our website to sign-up to be placed on our mailing list.
http://www.montgomerycollege.edu//lifelong-learning.html
ART

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

Course: LLI698 12 Hours
$95 + $92 fee = $187; NMR add $120
Gaithersburg Business Training Center
CRN#: 25646 6 Sessions M 10/7-11/11 10:30 a.m.-12:30 p.m. 442
Instructor: Tatiana Martin

Rockville Campus
CRN#: 25647 6 Sessions W 10/16-11/20 6:30-8:30 p.m. MK 124
Instructor: Evan Goldman

How to Paint Like an Impressionist
This course will introduce you to the Impressionist movement and explain how it came about. Discuss the historical context, style, and inspiration for the movement. Explore techniques such as pointillism, impasto, use of palette-knife, layering, and Impressionist use of color. Apply these methods with individual instruction to create your own Impressionist painting with watercolor or acrylic. Supply list is available on the LLI website.

Course: LLI652 12 Hours
$89 + $89 fee = $178; NMR add $120
Rockville Campus
CRN#: 25680 6 Sessions F 10/25-11/5 1-3 p.m. MK 103
Instructor: Tatiana Martin

Knitting: An Introduction
Learn the basics of knitting including how to read a pattern and how to cast on and off. Practice knitting and purling while making a scarf or neck cowl. No experience is needed. Supply list is available on the LLI website.

Course: LLI366 12 Hours
$10 + $89 fee = $99; NMR add $50
Gaithersburg Business Training Center
CRN#: 25610 6 Sessions W 9/25-11/6 10:30 a.m.-12:30 p.m. 442
No class 10/9
Instructor: Joanne Simeon

Oils and Acrylics II—Introduction
Explore shapes, shading, and perspective beginning with basic instruction. Painting in oil or acrylic from still life and photographs, learn composition, shading texture by blending colors, and using different brush strokes to create an individual style. Bring a #2 pencil, a 12-inch ruler, and two sheets of 11x14-inch paper to first class. Supply list is available on the LLI website. 

Course: LLI653 12 Hours
$89 + $89 fee = $178; NMR add $120
Rockville Campus
CRN#: 25682 6 Sessions M 9/23-11/4 2:45-4:45 p.m. SB 009
No class 9/30
Instructor: Evan Goldman

Quilting for Beginners
Have you always wanted to learn to quilt? Not only is quilting fun and a chance to enjoy socializing with others, but studies have found that pursuing such creative passions can help improve your brain. Hand sewing has been proven to reduce stress, enhance mindfulness, and stimulate flow. Create a small hand-made quilt featuring a variety of blocks complete with borders and binding. Learn to select fabrics and colors, make templates, mark, cut, and sew blocks with a basic running stitch, press, and arrange and assemble quilt blocks into a quilt top. After you measure, cut and attach borders, you will create the ever-popular “Quilt Sandwich” before completing your project by bastng, quilting, and binding. This project is created entirely by hand. Sewing machines are not required either in class or at home. Supply list is available on the LLI website.

Course: LLI223 12 Hours
$65 + $89 fee = $154; NMR add $120
Rockville Campus
CRN#: 25584 6 Sessions T 10/1-11/5 10:30 a.m.-12:30 p.m. MK 101
Instructor: Lauren Kingsland

Please give what you can...
The Food Pantry is continually in need of non-perishable food items for students in need.

Drop off location:
Rockville Campus Mannakee Building
900 Hungerford Drive
First floor inside the front door

TWA

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
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. Examine different types of sketches, such as, drawings, or quick paintings. Explore adding short captions, notes, parts of conversations, and observations to create a journal. Utilize sketches to plan an organic garden, create a preliminary drawing for a painting or portrait, or provide an outlet for discovering solutions to a variety of problems. Learn 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. TWA

Course: LLI970 12 Hours
$95 + $89 fee = $184; NMR add $120
Gaithersburg Business Training Center
CRN#: 25681 6 Sessions R
9/19-10/24 10:30 a.m.-12:30 p.m. 442
Instructor: Tatiana Martin

Rockville Campus
CRN#: 25683 6 Sessions T
10/15-11/19 6:30-8:30 p.m. MK 122
Instructor: Tatiana Martin

The Brain and Art
In this studio art course, you will examine how the brain looks at new ways of creating art. With hands-on art projects, learn how to break up images into parts and then rearrange them to create a new image (deconstructionism), or how to associate colors with objects and moments and use color based on emotion (abstract expressionism). Practice pulling images from dreams and the unconscious and placing them in a new environment (surrealism). Projects will focus on how to reduce a picture into basic shapes, reinterpret shapes, colors, and arrangements mimicking the art of Kandinsky, Dali, Picasso, Rothko, Newman, Magritte and other contemporary artists. Acrylics, watercolors, and mixed media will be used. Supply list is available on the LLI website. TWA

Course: LLI345 12 Hours
$65 + $89 fee = $154; NMR add $120
Rockville Campus
CRN#: 25601 6 Sessions R
10/17-11/21 6:30-8:30 p.m. SB 009
Instructor: Kristine DeNinno

Watercolor Advanced—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. Explore how 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. TWA

Course: LLI987 20 Hours
$114 + $109 fee = $223; NMR add $140

Rockville Campus
CRN#: 25688 8 Sessions F
9/27-11/15 10 a.m.-12:30 p.m. AR 405
Instructor: Michaele Harrington

Watercolor Techniques I
Explore the beauty and magic of watercolor painting through a structured series of exciting classes that focus on basic watercolor techniques. Learn techniques of various washes, “wet-on-wet,” and dry brush on wet and dry paper by watching the instructor demonstrate before performing the technique yourself. Basic drawing will be reviewed as needed. Practice the techniques by painting from a still life or photo. Creation of an individual style is encouraged. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI609 12 Hours
$89 + $89 fee = $178; NMR add $120

Rockville Campus
CRN#: 25670 6 Sessions T
10/29-12/3 2:15-4:15 p.m. SB 009
Instructor: Evan Goldman

ART HISTORY

Paul Gauguin
Examine the life of the great post-impressionist painter, Paul Gauguin. Discuss how his use of bold colors and synthesis set him apart from his contemporaries. Explore his time in Tahiti, where he created many of his finest paintings. This course is offered in collaboration with Kentlands Village.

Course: LLI447 2 Hours
$10 + $10 fee = $20; NMR add $30
Kentlands Clubhouse
CRN#: 25640 1 Session R
9/12 1-3 p.m.
485 Tschiffely Square Rd, Gaithersburg, MD 20878
Instructor: Adrienne Wyman

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

Art Supply List!
Henri de Toulouse-Lautrec and the Belle Époque
Henri de Toulouse-Lautrec (1864-1901), a representative of the Post-Impressionist and Art Nouveau movements of the second half of the nineteenth century is most famous for his scenes of the Parisian cabarets and café-concerts. A thoroughly modern entertainment scene of contemporary Paris provided him with a diverse set of models - dancers, singers, prostitutes - as well as representatives of the fashionable set, who frequented such haunts as Moulin Rouge and Chat Noir. Examine his most important works and explore Post-Impressionism and Art Nouveau eras. Discuss the significance of the Belle Époque to the art scene and come to recognize Toulouse-Lautrec’s style. TWA

Course: LLI129  6 Hours
$30 + $69 fee = $99; NMR add $50
Rockville Campus
CRN#: 25575  3 Sessions  T
10/1-10/15  6:30-8:30 p.m.  MK 102
Instructor: Irina Stotland

History of Fashion: Revolutionary Design
A fashion revolution was experienced during the 18th and 19th centuries that is still influencing modern designers. European and American costumes were influenced by the changing political and cultural events, and the changing aesthetics from baroque styles to the classically inspired. Explore the emergence of European silk designers and the influence of aesthetic style on fashion and textiles. Discuss how fashion was influenced by the political and philosophical revolutions. Analyze how the trade with Eastern cultures transformed fashion and the ramifications for the Western market. Discuss modern designers’ use of eighteenth century fashion plates and costumes for their collections’ inspiration. TWA

Course: LLI442  8 Hours
$30 + $69 fee = $99; NMR add $50
Rockville Campus
CRN#: 25635  4 Sessions  R
10/3-10/24  6:30-8:30 p.m.  MK 101
Instructor: Dawn Moses

How to Decipher Paintings
Byzantine-Renaissance-Baroque
What makes paintings timeless? Do you want to understand paintings on a more profound level? This course will help you appreciate the language of paintings, understand the meaning behind symbols, identify focal points, and recognize cultural and historical elements in different paintings. Explore visual elements: line, shape, tone, color, patterns, texture, and form, and see how artists utilize these elements to express their ideas. TWA

Course: LLI957  10 Hours
$55 + $79 fee = $134; NMR add $120
Westfield South
CRN#: 25677  5 Sessions  R
10/3-11/7  1:30-3:30 p.m.  306B
No class 10/24
Instructor: Irina Stotland

How to Decipher Paintings: Artists of Renaissance Venice
This survey of Venetian art during the sixteenth century will provide an introduction to the most significant developments in painting created in Venice during the Italian Renaissance. Explore the most celebrated painters of the period that worked in the city: Bellini, Giorgione, Titian, Veronese, Tintoretto, and Lotto and discuss their most important works. Examine the Venetian innovations in style and technique; the rise of secular genres, such as landscape, female nudes, and portraits; and the subjects of music, love, and mortality. Engage visual analysis to understand the artists’ style and composition. Focus on the historic context to decipher the iconography by seeing each painting as a product of its culture. TWA

Course: LLI423  10 Hours
$55 + $79 fee = $134; NMR add $120
Rockville Campus
CRN#: 25621  5 Sessions  W
9/18-10/30  1:30-3:30 p.m.  MK 101
No class 10/9, 10/23  Instructor: Irina Stotland

How to Decipher Paintings: Artists of the Barbizon Art School to Abstract Expressionism
Explore the history of art from the Barbizon Art School to Abstract Expressionism with the emphasis on European paintings. Discuss the movements of the Barbizon Art School, Post-Impressionism, Expressionism, Constructivism, Surrealism, and Abstract Expressionism. Learn how to read an artistic style by explaining its historical setting and objectives. Decipher the most important works of the period in the context of their culture. TWA

Course: LLI219  10 Hours
$55 + $79 fee = $134; NMR add $120
Gaithersburg Business Training Center
CRN#: 25583  5 Sessions  T
10/29-11/26  1:30-3:30 p.m.  442
Instructor: Irina Stotland

Paintings and Private Lives of the Impressionists
Today we think of Impressionism as one of the most popular movements in art history, but that was not always the case. The young men and women who entered the rigid 19th century art world were outliers. With bravery and tenacity, they were determined to make art on their own terms, and the art world would never be the same. Discuss the personal lives of the artists: loves, losses, friendships, successes and failures. Examine the changes taking place in France that contributed to the development of the movement. Analyze the differences between the Impressionists and French establishment. Learn about the artists who paved the path for Impressionism and their methods, materials, and use of color. TWA

Course: LLI436  4 Hours
$45 + $59 fee = $104; NMR add $120
Rockville Campus
CRN#: 25630  2 Sessions  R
10/10-10/17  6:30-8:30 p.m.  MK 102
Instructor: Adrienne Wyman
Treasures of Washington DC Art Museums  NEW
Washington, D.C. art museums have so much to see that it is often hard to know where to start. What are the “must see” masterpieces? Why are they so important; and, where do you even find them? View art history through the eyes of an artist. Take virtual tours of art museums without leaving your seat. Travel through time exploring paintings in chronological order, unveiling why they were ground breaking or important for their time, and how they affected the next generation. This course will cover highlights from The Smithsonian American Art Museum, National Portrait Gallery, National Gallery of Art, Sackler Freer, Kreeger, and the Philips Collection. TWA
Course: LLI441  10 Hours
$55 + $79 fee = $134; NMR add $120
Rockville Campus
CRN#: 25634  5 Sessions  R
10/24-11/21  6:30-8:30 p.m.  MK 102
Instructor: Adrienne Wyman

Trends in American Art, 1840-1950  NEW
Trace the development of American landscape painting, follow the American Impressionists and artists of the Gilded Age, discover how art of the early 20th century depicted modernity, and examine the role of art in shaping and expressing our national identity. This course provides an optional free field trip component for students interested in touring the works of American modernism in the National Gallery of Art East Bldg. TWA
Course: LLI452  6 Hours
$55 + $75 fee = $130; NMR add $120
Rockville Campus
CRN#: 25775  4 Sessions  T
11/5-12/3  10:30 a.m.-12 p.m.  MK 102
No class 11/26
Optional trip: 12/10 from 10:15 a.m.-2 p.m. to the National Gallery of Art (NGA ) curated by Susan Rudy, docent at NGA. Transportation on your own. Lunch price is not included.
Instructor: Susan Rudy

Brain Fitness Institute
Boost Your Brain Power and Memory: Research, Strategies, and Activities
Come explore the research and strategies on how to boost your brain power and memory by Dr. Dana Plude, Deputy Director, Division of Behavioral and Social Research, National Institute on Aging (NIA) at the National Institute of Health. Then put some of that knowledge to work as you join other students in two mini lectures.
10:00 a.m.-11:00 a.m. Presentation: “Brain Health: What the Latest Research Tells Us” by Dr. Plude.
11:00 a.m.-11:15 a.m. Break
11:15 a.m.-12:45 p.m. Two mini lectures on brain and memory enhancement. Free parking is available.
Please bring non-perishable food items for students in need.
Course: LLI200
$25 fee only
Gaithersburg Business Training Center
CRN#: 25582  1 Session  F
10/4  10 a.m.-12:45 p.m.  402

Please register early!
Class cancellations are processed at least a week before the start date due to low enrollments.

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

NMR Non-Md. resident  TWA Tuition Waiver Applies; Seniors Pay Fee Only

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
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. 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. 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. Analyze the stage of late adulthood through mental, social, physical, and spiritual factors. Explore the tools needed to build resilience. TWA
Course: LLI281 6 Hours
$35 + $79 fee = $114; NMR add $120
Rockville Campus
CRN#: 25595 3 Sessions W
11/6-11/20 1:30-3:30 p.m. MK 103
Instructor: Frayda Penini

Expanding Vocabulary—Building Memory  NEW
Mentally stimulating activities, such as learning new words and their meanings, help boost your brain power. Practice techniques to improve your ability to remember definitions of new words and a number of items at once. Explore the cognitive science behind effective vocabulary learning: definition, context, connections, morphology, and semantic clunking. Examine how these techniques will enhance your reading and writing and improve your overall memory skills. TWA
Course: LLI367 12 Hours
$65 + $85 fee = $150; NMR add $120
Rockville Campus
CRN#: 25611 6 Sessions F
9/20-10/25 10:30 a.m.-12:30 p.m. MK 101
Instructor: TBA
Takoma Park/Silver Spring Campus
CRN#: 25612 6 Sessions R
10/24-12/5 1:30-3:30 p.m. CM 218
No class 11/28
Instructor: TBA

Healthy Aging—Lessons from Japan
Japan is a country with the one of the largest centenarian populations and with the fastest growing population of older adults. These adults also tend to stay healthy longer than American adults. What factors contribute to health and long life? There are marked differences between Japan and the US in nutrition, medical system, life attitudes, and more. Learn how to apply best practices. Join Natasha Sacks as she discusses her research on this topic and observations from her recent Study Abroad trip to Japan.
Course: LLI335 2 Hours
$15 + $15 fee = $30; NMR add $30
Rockville Campus
CRN#: 25599 1 Session R
10/24 6:30-8:30 p.m. MK 103
Instructor: Natasha Sacks

Meditation Practices—Heart, Brain, Body Connections
The many benefits of meditation range from decreased stress, anxiety and depression to improved memory and attention. It even reduces inflammation, boosts immune function, and increases empathy and compassion. This course weaves together lecture, discussion, and meditation practices to offer a survey of a variety of approaches including guided meditations, Heart Rhythm Meditation (HRM), walking meditation and more. Weather permitting; the class will occasionally meditate outside. TWA
Course: LLI185 12 Hours
$40 + $89 fee = $129; NMR add $120
Rockville Campus
CRN#: 25577 8 Sessions W
10/2-11/20 10-11:30 a.m. MK 103
Instructor: Carol Moore

Meditation Practices—Heart, Brain, Body Connections—Continued  NEW
Examine a variety of topics relevant to meditation based on the published work of leading experts. Topics may include: mindfulness, the intersection between yoga and meditation, and the neuroscience of meditation. Each class session will include a period of meditation practice. Prerequisite: Completion of Meditation Practices—Heart, Brain, Body Connections, Meditation for Mindfulness and Stress Reduction or previous experience with meditation. TWA
Course: LLI445 12 Hours
$40 + $89 fee = $129; NMR add $120
Rockville Campus
CRN#: 25638 8 Sessions W
10/2-11/20 1-2:30 p.m. MK 102
Instructor: Carol Moore

Mindfulness: An Introduction to Awareness and Reflection  NEW
Learn how to utilize mindfulness practice when dealing with a variety of situations, in particular stressful or unpleasant. Gain practical knowledge about the foundational components of mindfulness and practice grounding and breathing techniques. Participate in interactive activities in order to understand how emotions, needs, and wants play a role when communicating with others. Explore the importance of mindful communication and develop emotional and self-regulation strategies. TWA
Course: LLI430 12 Hours
$40 + $89 fee = $129; NMR add $120
Germantown Campus
CRN#: 25627 8 Sessions W
9/4-11/6 10-11:30 a.m. HS 175
No class 10/9, 10/30
Instructor: Gwendolyn Dorsey

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
The Science of Well-Being: A Six-Week Personal Wellness Journey

Examine lifestyle strategies that contribute to living a life of vibrancy and vitality. Choose one or more dimensions of optimal well-being on which to focus and create weekly goals for moving closer to your personal vision of flourishing. Learn about the fundamental principles of healthy living, including meditation, distress tolerance, physical activity, nutrition, sleep, mental fitness, meaning/purpose, and social connection. Identify the forces that affect your pattern of healthy living and develop strategies to overcome the challenges that keep you from living your best life. Create a personal wellness vision, identify values, motivators, and strengths. TWA

Course: LLI428 12 Hours
$40 + $79 fee = $119; NMR add $120

Rockville Campus
CRN#: 25625 6 Sessions  M
9/23-11/4 2-4 p.m.  MK 103
No class 9/30
Instructor: Monica Byrd

Writing— or Wellness and Stress Reduction

New

Journaling and expressive writing can relieve stress and help you develop valuable insights and clarity about your life. Learn a variety of journaling and creative writing techniques to explore what it means to be healthy and how to take steps to achieve your goal for optimal well-being. Explore gratitude, simplicity, creativity, physical well-being, and spirituality for stress reduction and personal enrichment. Reading material will be provided; you are encouraged to bring a journal or laptop and your favorite writing implements. TWA

Course: LLI443 12 Hours
$59 + $79 fee = $138; NMR add $120

Westfield South
CRN#: 25636 6 Sessions  R
10/17-11/21 1:30-3:30 p.m.  210A
Instructor: Pam McFarland

Choose a Career that is Right for You

What are you good at? What are your natural and work-related strengths? Discover and match them with career areas in which you would be most successful. Choose to apply your skills to your career or volunteering and other life opportunities. Engage in a series of insightful individual and group exercises and conduct research into career areas of interest to you. Draft your career plan while being supported through your career exploration stage by your classmates and career coach. TWA

Course: CRP116 12 Hours
$30 + $59 fee = $89; NMR add $50

Rockville Campus
CRN#: 25505 4 Sessions  T,R
9/24-10/3 6:30-9:30 p.m.  MK 105
Instructor: Mary Pat Brennan

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. Explore how to distinguish yourself from others competing for the same jobs, try new job search strategies and get feedback on your practice interviews. Learn how to use career and job search resources, such as Career Coach, and networking and employment resources such as social media and LinkedIn. TWA

Course: CRP107 15 Hours
$25 fee only

Rockville Campus
CRN#: 25504 5 Sessions  T,R
10/15-10/29 6:30-9:30 p.m.  SC 260
Instructor: Nicole Cyrus

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. Explore the latest employment trends, learn where to find information on employment training and certification programs, and who to contact about employment training and financial resources.

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

Rockville Campus
CRN#: 25588 1 Session  M
9/16 6:30-8:30 p.m.  MK 105
Instructor: Nicole Cyrus

Please Join Us On Facebook®!
Lifelong Learning Institute is on Facebook! For updates, special events, photos, and more, visit our page at https://www.facebook.com/Montgomery-College-Lifelong-Learning-Institute-146054688809875/ Don’t forget to LIKE our page!

Please register early!
Class cancellations are processed at least a week before the start date due to low enrollments.

NMR Non-Md. resident TWA Tuition Waiver Applies; Seniors Pay Fee Only
Computers and Technology

Getting the Most Out of Your iPhone
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. Explore how to organize your phone, dictate instead of write texts, mute your phone at night, and many more tips. Basic iPhone photography will also be included. TWA
Course: LLI947 6 Hours
$30 + $69 fee = $99; NMR add $50
Gaithersburg Business Training Center
CRN#: 25676 3 Sessions T
10/29-11/12 1-3 p.m. 404
Instructor: Vicki McGill
Takoma Park/Silver Spring Campus
CRN#: 25675 3 Sessions T
9/24-10/8 1-3 p.m. CM 218
Instructor: Vicki McGill

Knowing Technology I: Your Computer, Cloud, and Internet of Things—How You Can Benefit
Content: Home Computers/Devices, the Internet, World Wide Web, and Internet of Things (IOT)
Home computing devices and networks are changing the way we live daily life, work and play. This course is for home users of computers and digital technology. Get to know what home digital devices can do for you. Discuss how the Internet, the World Wide Web, wireless devices and even the Internet of Things (IoT) are impacting your life. Get to know how to save money and get the best use of these new technologies to enhance your life. This class is the first class in a sequence of classes.
Course: LLI461 3 Hours
$15 + $10 fee = $25; NMR add $30
Rockville Campus
CRN#: 25668 1 Session R
10/10 6:30-9:30 p.m. SC 260
Instructor: Carl Burnett
Westfield South
CRN#: 25667 1 Session M
10/28 1-4 p.m. 306 C
Instructor: Carl Burnett

Knowing Technology II: Your Cloud Computing Services
Cloud computing apps are used every day for productivity at home and at work. What are the critical apps? Word processing, spreadsheets, email, file management, video, music, mapping and many more apps are available on all your devices. Also, cloud computing takes many forms and it can get confusing to figure out how to get the most of each service. From OneDrive to iCloud, Google drive to Netflix and iTunes, the course covers the critical productivity and media apps provided by desktops, mobile devices, and the Cloud. Learn how to determine which apps work best for you, how to find and access them, and how to manage these apps on any device. This class is part two of a sequence of classes. Prerequisite: Knowing Technology I or equivalent knowledge.
Course: LLI456 3 Hours
$10 + $25 fee = $35; NMR add $30
Rockville Campus
CRN#: 25651 1 Session R
10/17 6:30-9:30 p.m. MK 105
Instructor: Carl Burnett
Westfield South
CRN#: 25650 1 Session M
11/4 1-4 p.m. 306 C
Instructor: Carl Burnett

Knowing Technology III: Your Digital Security and 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. This class is part three of a sequence of classes. Prerequisite: Knowing Technology I and II or equivalent knowledge.
Course: LLI457 3 Hours
$15 + $20 fee = $35; NMR add $30
Rockville Campus
CRN#: 25655 1 Session R
10/24 6:30-9:30 p.m. MK 105
Instructor: Carl Burnett
Westfield South
CRN#: 25653 1 Session M
11/11 1-4 p.m. 306 C
Instructor: Carl Burnett

History and Current Events

1968: Year of Political Discontent and Cultural Richness
1968 was a tempestuous year; there was an assassination and riots, Presidents declining to run, and candidates promising peace in Vietnam. Examine the various groups that opposed the Vietnam War and discuss the frustrations of the American people with their leadership. Analyze the economic, social, and political factors of the year, as well as how these conditions were reflected in popular culture. TWA
Course: LLI454 8 Hours
$50 + $79 fee = $129; NMR add $120
Westfield South
CRN#: 25645 4 Sessions T
11/5-11/26 1:30-3:30 p.m. 210A
Instructor: Harry Cawood

America’s First National Park— Yellowstone
See course on page 2.
African American History Part I
This course is an overview of the history of African Americans to the end of the Civil War. Explore the origins of civilization in Africa. Discuss the origins and problems of slavery in the Americas. Learn about the development of African American culture. Examine the quest for emancipation and the antislavery movement. Discuss the role of African Americans in the Civil War. TWA

Course: LLI989 12 Hours
$60 + $85 fee = $145; NMR add $120

Westfield South
CRN#: 25689 6 Sessions M
10/21-12/2 1:30-3:30 p.m. 306D
No class 11/11
Offered to coincide with “400 Years of Perseverance 1619-2019.” For more information, please visit: https://asalh.org/400-years/
Instructor: Regennia Williams

After the Holocaust
The aftermath of World War II brought immense humanitarian and political challenges for the victorious allies. Explore how the allies had to treat the survivors of the Nazi death camps and administer justice to those responsible for Nazi crimes. Discuss how they had to deal with the millions of people who had been driven from their homes by the war and had become refugees scattered across Europe. Learn how they addressed the moral issues raised by Nazi behavior and the necessary steps they had to take in order to ensure that the horrors of the Nazi era never happened again. TWA

Course: LLI419 6 Hours
$59 + $69 fee = $128; NMR add $120

Gaithersburg Business Training Center
CRN#: 25617 3 Sessions R
10/17-10/31 1:30-3:30 p.m. 402
Instructor: Jesse Stiller

An Insight Into Politics and Current Events NEW CONTENT!
As we start our fall sessions on September 18, the run up to the 2020 Democratic primaries will be in full swing for more than 20 candidates. Will the economy still be going strong? Will there be a bipartisan infrastructure bill? How will the subpoena and testimony battle between the President and House Democrats play out? What new Supreme Court rulings will impact the country? Will immigration still be a hot button issue? On the foreign policy front, will our relations with North Korea still be in flux? What will be the situation in Venezuela, in the Middle East, and in Europe? Will the President still be accused of not being strong enough with Putin? Examine and discuss all of these issues and many more. The course is designed to foster rational discussion between students of all political persuasions. TWA

Course: LLI189 10 Hours
$65 + $85 fee = $150; NMR add $120

Gaithersburg Business Training Center
CRN#: 25580 5 Sessions W
9/18-11/13 10:30 a.m.-12:30 p.m. 402
No class 9/25, 10/9, 10/23, 11/6
Instructor: Joel Cockrell

Ashkenaz The Jews of Eastern Europe NEW
See course on page 2.

Cinema of Russia
This course will explore the cinema of Russia in a historical context. Watch six Russian films by different directors including Academy Awards winners for Best Foreign Language Film. Discuss Russia/Soviet history reflected in these films. Explore life in Russia through the eyes of the directors. Analyze the different genres of these films: the serious cinema art, war movies, comedy, and fascinating melodramas. TWA

Course: LLI444 15 Hours
$95 + $95 fee = $190; NMR add $120

Rockville Campus
CRN#: 25637 6 Sessions R
9/19-10/24 1:30-4 p.m. MK 102
Instructor: Elena Newland

Communism: Ideology and Reality, Past and Present
Examine Communism and its roots and foundations in Marxist theory. Discuss the attempts to establish Socialism and Communism on the world scene throughout the 20th and 21st centuries. Explore Marxist concepts, issues related to Capitalism, the Industrial Revolution, development, and modernity. 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. TWA

Course: LLI295 12 Hours
$95 + $92 fee = $187; NMR add $120

Rockville Campus
CRN#: 25596 6 Sessions W
9/25-11/6 1:30-3:30 p.m. MK 104
No class 10/9
Instructor: Naomi Daremblum

Eastern Europe History and Culture
This course is an overview of the turbulent history of what used to be called “Eastern” Europe. This semester we will focus on Poland and The Czech Republic. Identify their geographical, historical, political, and cultural boundaries. Examine in-depth the rise of nationalism and modernization leading into the World Wars. Discuss the Communist experience and the revolutionary transformations that followed it. Describe the transformations of Poland and the Czech Republic after the fall of the Berlin Wall. Explore the contemporary rise of ethno-nationalism as a consequence of reunification with the rest of Europe. TWA

Course: LLI446 12 Hours
$95 + $92 fee = $187; NMR add $120

Gaithersburg Business Training Center
CRN#: 25639 6 Sessions R
9/19-10/24 10:30 a.m.-12:30 p.m. 402/403
Instructor: Naomi Daremblum

NMR Non-Md. resident TWA Tuition Waiver Applies; Seniors Pay Fee Only
History of Modern Israel II

Israel, the world’s only Jewish state, is a source of pride to many, and a source of conflict to others. Explore Modern Israel from 1967 to the present. Discuss The Six Day War, the Camp David Accords, the Jordan Peace Treaty, as well as the roots of contemporary Israel. Analyze Israeli/Palestinian narratives. Instructor is the author of Return to Zion: The History of Modern Israel. TWA

Course: LLI435  
10 Hours  
$60 + $85 fee = $145; NMR add $120

Rockville Campus  
CRN#: 25629  
5 Sessions  
W  
10/16-11/13  
6:30-8:30 p.m.  
MK 101  
Instructor: Eric Gartman

Lawyers and Lawyering in American Cinema

View six full-length films with legal themes and engage in a stimulating discussion, facilitated by a lawyer, focused on the issues raised. This class uses a select cross-section of theatrically released motion pictures such as To Kill a Mockingbird, The Accused, A Civil Action, My Cousin Vinny, Counsellor at Law, and True Believer. TWA

Course: LLI448  
15 Hours  
$30 + $95 fee = $125; NMR add $120

Takoma Park/Silver Spring Campus  
CRN#: 25641  
6 Sessions  
W  
10/23-12/4  
1-3:30 p.m.  
RC 203  
No class 11/27  
Instructor: Bernie Siler

The City We Knew: Life and Times in New York

See course on page 3.

The History of Prejudice

How does prejudice and discrimination from one group to another begin? How do we define it? How do we tackle it? To answer these questions, this course will explore the principal concepts on the origins of prejudice, the history and institutions of prejudice, the consequences of prejudice, and ways to improve relationships between people who come from different social groups. Examine case studies across regions and from different time periods (China’s treatment of the Uyghurs today, post-WWII United States, pre 1990s-South Africa, Russia’s discrimination laws against LGBT, to name a few). This course is intended to help facilitate an understanding of discrimination and prejudice. TWA

Course: LLI439  
10 Hours  
$95 + $79 fee = $174; NMR add $120

Gaithersburg Business Training Center  
CRN#: 25632  
5 Sessions  
M  
9/23-10/28  
1:30-3:30 p.m.  
402  
No class 9/30  
Instructor: Naomi Daremblum

The Kingdom of Saudi Arabia

See course on page 3.

The Victorian Age

This course will cover the period from 1815 to 1919 and look at the Victorian Empire as the maker of the modern world. Discuss how Victoria, who began her career as an 18-year-old queen, would end her career as the “Empress of India.” Compare and contrast the ways in which Victorian politics in its varied forms contributed to the shaping of the modern world. Examine the industrial revolution that pushed Britain to become the most powerful nation in the world, with colonies so vast that “the sun never set on the British empire.” Learn about the cultural milestones of the Victorian Age. TWA

Course: LLI427  
12 Hours  
$95 + $92 fee = $187; NMR add $120

Gaithersburg Business Training Center  
CRN#: 25624  
6 Sessions  
T  
10/15-11/19  
1:30-3:30 p.m.  
402  
Instructor: Naomi Daremblum

Trade War or Peace: Where Are We Headed?

Do you wonder about the headlines warning of a global trade war? Examine how the current administration’s trade policies differ from previous administrations, and the reasons for underlying tensions between the United States and its main trading partners. Discuss what the current approach could portend for US leadership, the US economy, and your own financial situation. Explore the pathways to resolution of trade frictions and their implications. This class is offered by Barbara Weisel, Managing Director, Rock Creek Global Advisors and former Chief U.S. Negotiator for the Trans-Pacific Partnership Agreement.

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

Rockville Campus  
CRN#: 25600  
1 Session  
F  
10/25  
10:30 a.m.-12:30 p.m.  
MK 102  
Instructor: Barbara Weisel

U.S. History as Seen Through the Lens of Motion Pictures: 1930-1950

Despite the economic hardships and turbulent times faced by almost all of the United States between 1930 and 1950, Americans still packed into movie theatres every week. Some movies released during these two decades were designed for pure escapism. Others addressed, directly or indirectly, important issues of the day. Examine the US at the time of the Stock Market crash through the Depression, FDR’s New Deal, the build up to World War II, the war itself, and the early post-war era. View clips from movies released during this era and discuss the motion picture industry during these two decades.TWA

Course: LLI233  
12 Hours  
$65 + $92 fee = $157; NMR add $120

Rockville Campus  
CRN#: 25587  
6 Sessions  
R  
10/3-11/7  
1:30-3:30 p.m.  
MK 103  
Instructor: Joel Cockrell
All About Birds: Ornithology for the Beginner & Beyond
Did you know that some dinosaurs survived? This course takes a look at the fascinating world of these survivors - birds. Explore bird identification, anatomy, physiology, and behaviors. Examine their place in the natural world and the complex bird-human relationship. Meet for a field trip in a park to observe birds during the last class session. TWA
Course: LLI354  8 Hours
$50 + $79 fee = $129; NMR add $120
Rockville Campus
CRN#: 25604  4 Sessions  F
9/20-10/11  10:30 a.m.-12:30 p.m.  MK 101
Instructor: Mark Ludlow

America’s First National Park—Yellowstone
See course on page 2.

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. Start by examining the process individuals followed when immigrating to the United States. Discuss how DNA testing can be used as a tool to assist in discovering one’s roots. Learn about local institutions that can be visited to conduct genealogical research. Practice using free websites that aid in researching family history. TWA
Course: LLI908  8 Hours
$50 + $79 fee = $129; NMR add $120
Rockville Campus
CRN#: 25669  4 Sessions  R
10/31-11/21  6:30-8:30 p.m.  MK 101
Instructor: Jeff Miller

Introduction to the Psychology of Personality
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. Compare personality theories to determine the major similarities and differences in how each approach views personality development over the lifespan. 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. Discuss the methods used to study (i.e., case, study, correlation, and experimental) and assess (i.e., interview, objective, projective) personality. Note: You will be joining credit students in this co-listed class. TWA
Course: LLI186  37.5 Hours
$396 + $136.20 fee = $532.20; NMR add $871.20
Rockville Campus
CRN#: 25578  31 Sessions  T.R
9/3-12/19  11 a.m.-12:15 p.m.  HU 323
No class 11/28
Instructor: Judy Blumenthal

Orchids: A How to Guide for the Novice Gardener
Orchids are more popular than ever, and are readily available at mass markets, florists, and garden centers. Explore how to be successful with orchid selection in the home environment. Learn how to purchase, care, handle, repot, and rebloom your orchid. Observe live plant demonstrations for best practices. Bring your orchid plants for questions.
Course: LLI431  2 Hours
$10 + $15 fee = $25; NMR add $30
Rockville Campus
CRN#: 25628  1 Session  S
10/26  1-3 p.m.  MK 101
Instructor: Janet Johnson

The Age of Wonder: The Romantics and the Scientific Revolution
This course is an overview of the Second Scientific Revolution and the astronomical, chemical, poetical, and philosophical discoveries that were made. Explore the lives of William Herschel and his sister Caroline, who forever changed the public conception of the solar system. Learn of Humphry Davy, whose near-suicidal gas experiments revolutionized chemistry. Discuss works of the great Romantic writers, from Mary Shelley to Samuel Taylor Coleridge and John Keats, who were inspired by the scientific breakthroughs of their day. TWA
Course: LLI440  10 Hours
$95 + $79 fee = $174; NMR add $120
Rockville Campus
CRN#: 25633  5 Sessions  M
11/4-12/2  2-4 p.m.  MK 102
Instructor: Naomi Daremblum

The History of Prejudice
See course on page 12.

The Paris Climate Agreement Highlights: Why We Need It and Why We Don’t
The Paris Climate Agreement (PCA) is considered both the key for averting global climate chaos and a useless exercise. How can both be true? Discuss how the latest climate studies and social movements both help and hurt climate progress. Examine what makes the PCA so contentious and complex. Analyze what global parties need to do in the next decade to be relevant and accomplish the intentions of reducing catastrophic climate consequences, avoiding global warming, and accomplishing net zero greenhouse gas emissions within the 21st century. Engage in active learning through classroom discussion, presentation, and optional role-playing exercises. TWA
Course: LLI455  4 Hours
$45 + $49 fee = $94; NMR add $50
Takoma Park/Silver Spring Campus
CRN#: 25648  2 Sessions  R
10/24-10/31  2-4 p.m.  CM 221
Instructor: Doris Marlin
American Literature of the 1920’s (NEW)
The 1920’s were an incredibly rich period for American literature. During this period, some of the best works by ironic writers were produced. Examine works by fiction writers, poets, and writers of the Harlem Renaissance. Explore the playwright Eugene O’Neill and the great American songwriters such as Irving Berlin and George Gershwin. Discuss the varying visions of postwar America embodied in these works; and the emergence of Blacks and women as strong voices in the American literary world. Students should read Ernest Hemingway’s The Sun Also Rises before coming to the first class. Reading list is available on the LLI website. TWA

Course: LLI420 24 Hours
$90 + $135 fee = $225; NMR add $140
Rockville Campus
CRN#: 25618 12 Sessions T
9/17-12/10 1:30-3:30 p.m. MK 102
No class 10/1
Instructor: Bob Shoenberg

Film and Literature (NEW)
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. Explore how character development, plot, narrative, symbols, and language are translated from literary texts to film, and considers the limitations of film adaptation. Read, analyze, and respond critically to texts in class discussions, examinations, and essays. Note: You will be joining credit students in this co-listed credit and noncredit course. This class is open to all ages. TWA

Course: LLI984 37.5 Hours
$96 + $136.20 fee = $532.20; NMR add $871.20
Rockville Campus
CRN#: 25685 15 Sessions M
9/23-11/18 10:30 a.m.-12:30 p.m. MK 102
No class 10/31
Instructor: Pam McFarland

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

Course: LLI933 16 Hours
$70 + $109 fee = $179; NMR add $120
Rockville Campus
CRN#: 25672 8 Sessions M
9/23-11/18 10:30 a.m.-12:30 p.m. MK 102
No class 9/30
Instructor: Lidia Krasnov

Literary Café (NEW)
Join a group of insightful and interesting readers in a relaxed Parisian “Left Bank” café setting for engaging discussions about different literary genres and pieces of literature. Together we will focus on the following different examples of literary production: memoir, the novel, poetry, the short story, and drama. Some will be familiar, old favorites; others will be new to you and will introduce you to surprisingly rich and rewarding material. Readings include Michael Ondaatje, Running in the Family, F. Scott Fitzgerald, The Great Gatsby, poetry selected by participants, a selection from Chaucer’s The Wife of Bath’s Tale, two detective short stories, “Death and the Compass” by Jorge Luis Borges and “Murders in the Rue Morgue” by Edgar Allan Poe, and Les Liaisons Dangereuses, adapted by Christopher Hampton from the 1782 novel of the same title by Pierre Choderlos de Laclos. Please read Running in the Family before the first class. TWA

Course: LLI070 12 Hours
$65 + $89 fee = $154; NMR add $120
La Madeleine-Old Georgetown Rd
CRN#: 25573 6 Sessions R
10/3-12/12 2-4 p.m.
No class 10/10, 10/24, 11/14, 11/28, 12/5
Instructor: Adele Seeff

Russian Short Stories (NEW)
The short story as a literary genre has a much shorter history in Russia than in some Western countries, but it has nevertheless produced important works by some of the greatest names in Russian literature. Examine the works of Tolstoy, Pushkin, Chekhov, Bunin, Turgenev, and Leskov. Discuss historical and cultural aspects as described in the short stories by these six Russian authors. View clips from acclaimed films that are based on the Russian short stories. Reading list is available on the LLI website. TWA

Course: LLI426 16 Hours
$70 + $89 fee = $159; NMR add $120
Rockville Campus
CRN#: 25623 8 Sessions W
10/16-12/11 10 a.m.-12 p.m. MK 102
No class 11/27
Instructor: Lidia Krasnov

Please register early!
Class cancellations are processed at least a week before the start date due to low enrollments.

TWA
Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
**Writingf— or Wellness and Stress Reduction**

*NEW*

See course on page 9.

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**Music**

**Piano Conversations: Four Giants of Romantic Music**

Explore the world of music through a live piano performance by a concert pianist, listening to recordings, and fascinating discussions on the lives and works of four composer-geniuses of the Romantic Period. This course examines their works and how their paths intertwined, both socially and artistically.

- **Week 1**: Felix Mendelssohn: The Perfect Prodigy
- **Week 2**: Robert Schumann: Music and Madness
- **Week 3**: Fryderyk Chopin: A Fragile Revolutionary
- **Week 4**: Franz Liszt: Rock Star of the 19th Century

**Course**: LLI1662  
6 Hours  
$35 + $69 fee = $104; NMR add $120

**Twinbrook Public Library**

**CRN**: 25684  
4 Sessions  
9/20-10/11 1-2:30 p.m.

**Instructor**: Magda Melkonyan

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**The Art of Listening: A Fresh Look at Music You Love**

This course is designed to help you sharpen your critical listening skills, to learn what to listen for, and, thereby, to enhance your enjoyment of the music you love. Each class session will focus on a different musical genre: Great Symphonies, Choral Masterpieces, Broadway Musicals, and Classical Jazz. Musical examples in each genre will be examined using five analytical elements: melody, tone color, rhythm, dynamics and tempo. Discussion during sessions will further broaden participants' critical listening habits. This class is taught by an orchestra conductor.

**Course**: LLI716  
8 Hours  
$50 + $75 fee = $125; NMR add $120

**Rockville Campus**

**CRN**: 25649  
4 Sessions  
10/31-11/21 10:30 a.m.-12:30 p.m.

**Instructor**: Jesse Parker

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**The History of Opera**

Learn the history of opera over a period of more than 400 years, from 1590 to the present. Subjects covered include an historical presentation of Opera as an art form; opera production including staging, drama, dance, scenery, and costumes; biographies of opera composers; and the evolution of opera styles. View live opera performances captured on DVDs to obtain first-hand knowledge of the visual and audio aspects of operas.

**Course**: LLI459  
7.5 Hours  
$60 + $65 fee = $125; NMR add $120

**Westfield South**

**CRN**: 25660  
4 Sessions  
10/7-10/28 1:30-3:30 p.m.; 10/28 only 1:30-3 p.m.

**Instructor**: Donato Sorano

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**A.S.K.**

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

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

**Gaithersburg Business Training Center**

**CRN**: 25657  
12 Sessions  
9/11-12/11 1-2:15 p.m.

**No class 10/9, 11/27**

**Instructor**: Jeff Miller

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**All About Birds: Ornithology for the Beginner & Beyond**

See course on page 13.

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**Bridge for Beginners**

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

**Course**: LLI942  
12 Hours  
$37 + $89 fee = $126; NMR add $120

**Rockville Campus**

**CRN**: 25673  
6 Sessions  
9/25-11/6 7-9 p.m.

**No class 10/9**

**Instructor**: Regena Edwards

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**POP-UP LECTURES**

Watch our Facebook page and newsletters for pop-up lectures on HOT topics of the day.
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. TWA
Course: LLI958 12 Hours
$37 + $89 fee = $126; NMR add $120
Rockville Campus
CRN#: 25678 6 Sessions T
10/15-11/19 7-9 p.m. MK 101
Instructor: Natasha Sacks

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. 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. Examine the common roadblocks and issues surrounding downsizing.
Course: LLI165 4 Hours
$15 + $40 fee = $55; NMR add $50
Rockville Campus
CRN#: 25576 2 Sessions W
11/6-11/13 6:30-8:30 p.m. MK 104
Instructor: Libby Kinkead

Orchids: A How to Guide for the Novice Gardener
See course on page 13.

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? Identify and set your path in the right direction. Discuss your goals and preferences, examine successful retirement models or success stories; learn about resources in the community that can keep you engaged with community, civic, cultural, and learning opportunities. Examine the steps to positive emotional adjustment with self-satisfaction and personal growth. 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, or volunteer. No financial information is covered in this course. TWA
Course: LLI199 6 Hours
$45 + $69 fee = $114; NMR add $120
Rockville Campus
CRN#: 25581 3 Sessions R
11/7-11/21 6:30-8:30 p.m. SB 117
Instructor: Natasha Sacks

Successful Aging in Place: Assistive Technology for Increasing Independence in the Home
Would you like to live at home, as you age? Assistive technology devices can help older adults with getting around, communicating, and handling routine tasks. Discuss how to implement assistive technology solutions to address accessibility needs in each room of your home. Explore smart technologies for the home as well as smartphone applications that can support maintaining independence. Learn about Montgomery County resources that promote successful aging in place. This course is also suitable for caregivers and children of aging parents. TWA
Course: LLI351 4 Hours
$15 + $30 fee = $45; NMR add $30
Westfield South
CRN#: 25603 2 Sessions W
10/30-11/6 6:30-8:30 p.m. 306D
Instructor: Celene Moorer

Wedding Planning—What you Need to Know
Are you planning your own wedding, or that of a friend or family member? Or, are you thinking of starting a business in wedding planning? Learn from a professional wedding planner, utilizing their experience to get started. Receive eight templates to help you create a relaxing and organized event. Explore how to move from the planning process, to the execution of the event, and finally to what you need to do to relax and have fun. Examine benefits of each template so that you walk away prepared to guide yourself or your client through the entire planning process. Find ways to save money and still have a wedding of your dreams. TWA
Course: LLI429 4.5 Hours
$10 + $45 fee = $55; NMR add $50
Rockville Campus
CRN#: 25626 2 Sessions T
9/17-9/24 6:30-8:45 p.m. MK 101
Instructor: Cara Weiss

Personal Finance Academy
Health Care Insurance for Retirement
This course will address the major components of retiree health care: Medicare, Medicare Advantage Plans, and Long-Term Care. Health care costs typically rise at twice the inflation rate, so the course will also address ways to fund this expense through tax-advantaged plans. Determine the cost of supplemental coverage, evaluate your ability to pay for health care not covered by federal or state programs, and be able to project your health care expenses. The target audience for this course are those who are newly retired and those who plan to retire within 10 years. TWA
Course: PRF139 6 Hours
$26 + $69 fee = $95; NMR add $50
Rockville Campus
CRN#: 25534 3 Sessions M
10/7-10/21 6:30-8:30 p.m. MK 104
Instructor: Mark Gottlieb
Increase Cash, Decrease Debt, & Protect Your Financial Future
Learn to control your personal finances with spending, saving, paying loans and expenses, and earning money. Understand 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. Discuss how to track your money and expenses.

**Course: PRF161**
3 Hours
$20 + $20 fee = $40; NMR add $30

**Rockville Campus**
CRN#: 25545
1 Session
11/9 10:30 a.m.-1:30 p.m.  MK 101
Instructor: Maria Antokas

**Westfield South**
CRN#: 25544
1 Session
10/12 10:30 a.m.-1:30 p.m.  306D
Instructor: TBA

**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. TWA

**Course: PRF144**
27 Hours
$99 + $149 fee = $248; NMR add $140

**Walter Johnson High School**
CRN#: 25535
12 Sessions
9/19-12/12 7-9:15 p.m.
No class 11/28
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)? Learn about the differences in TSP investment funds, tax considerations, the Roth TSP option, short-term and long-term considerations, and withdrawal options. 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

**Rockville Campus**
CRN#: 25538
1 Session
11/6 6:30-9:30 p.m.  SB 201
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#: 25540
1 Session
10/31 6:30-9:30 p.m.  PK 179
Instructor: Brian Richmond

**Rockville Campus**
CRN#: 25539
1 Session
9/24 6:30-9:30 p.m.  MK 102
Instructor: Brian Richmond

**Paths to a Fulfilling and Successful Retirement**
See course description on page 16.

**Probate in Maryland: An Overview for Executors-To-Be**
An overview of the probate process in Maryland, and more specifically in Montgomery County, including: a review of determining whether a probate is necessary; how to open a probate estate; how the estate is administered; and how the estate is closed. Explore the documents used by the Register of Wills; learn how to determine if an asset is a “probate asset” or a “non-probate” asset; and how to deal with claims and debts against the estate. Discuss the costs of probate, including the fees owed to the personal representative (executor) and attorneys. TWA

**Course: PRF150**
4 Hours
$55 + $66 fee = $121; NMR add $120

**Rockville Campus**
CRN#: 25537
2 Sessions
11/13-11/20 6:30-8:30 p.m.  MK 123
Instructor: Linsey Sarowitz

**Protecting Your Hard Earned Money**
American retirees are often the target of fraud. Learning how to invest safely can mean a big difference in your retirement years. Explore investment risk and fees, the common red flags of investment fraud, and questions to ask before investing and choosing a financial professional. Discuss how to plan for diminished financial capacity well before it happens. This course is presented by a representative from the Securities and Exchange Commission.

**Course: PRF162**
2 Hours
$20 + $15 fee = $35; NMR add $30

**Gaithersburg Business Training Center**
CRN#: 25548
1 Session
11/11 1:30-3:30 p.m.  403
Instructor: Alan Sorcher

**Westfield South**
CRN#: 25546
1 Session
10/21 1:30-3:30 p.m.  306B
Instructor: Alan Sorcher
Retirement Planning Today
Learn about the many ways to save for retirement as well as the advantages and disadvantages of each. Discover how to save money on taxes, manage investment risks, and protect your assets from potential long-term health care expenses. Fee includes a course workbook and study aids. TWA
Course: PRF119 6 Hours
$25 + $57 fee = $82; NMR add $50

Bethesda-Chevy Chase High School
CRN#: 25508 2 Sessions W
9/18-9/25 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin
CRN#: 25514 2 Sessions T
9/24-10/1 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

Gaithersburg Business Training Center
CRN#: 25528 2 Sessions W
10/16-10/23 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

Germantown Campus
CRN#: 25529 2 Sessions R
10/3-10/10 6:30-9:30 p.m.
Instructor: Steve Abbett/John Gracyalny
CRN#: 25531 2 Sessions T
10/15-10/22 6:30-9:30 p.m.
Instructor: Jamie Ingoe/Russell Rifkin

Rockville Campus
CRN#: 25532 2 Sessions W
9/9-9/18 6:30-9:30 p.m.
Instructor: Allison McCarty
CRN#: 25533 2 Sessions M
10/7-10/14 6:30-9:30 p.m.
Instructor: Allison McCarty

Sherwood High School
CRN#: 25534 2 Sessions T
10/15-10/22 6:30-9:30 p.m.
Instructor: Allison McCarty

Takoma Park/Silver Spring Campus
CRN#: 25521 2 Sessions W
9/9-9/18 6:30-9:30 p.m.
Instructor: Allison McCarty
CRN#: 25532 2 Sessions R
9/12-9/19 6:30-9:30 p.m.
Instructor: Allison McCarty

Westfield South
CRN#: 25519 2 Sessions T
9/10-9/17 6:30-9:30 p.m. 306B
Instructor: Jamie Ingoe/Russell Rifkin
CRN#: 25518 2 Sessions R
9/19-9/26 6:30-9:30 p.m. 306D
Instructor: Jamie Ingoe/Russell Rifkin

Stocks, Bonds, Mutual Funds, and ETFs Explained
Whether you manage your own investments or someone manages them for you, it is important to understand the different types of investments. In this course, an experienced investment advisor and Certified Financial Planner explains advantages and disadvantages of different investments, risks, ways to own investments, asset allocation, tax considerations, historical performance, and more. For instance, are Exchange Traded Funds (ETFs) better than mutual funds? TWA
Course: PRF138 5 Hours
$50 + $65 fee = $115; NMR add $120

Rockville Campus
CRN#: 25534 3 Sessions T
11/5-11/19 6:30-9:30 p.m. (11/5-11/12) MK 104
6:30-8:30 p.m. (11/19 only) MK 104
Instructor: Larry Paul

Stocks: An In-Depth Look
This course will provide students with tools to understand and evaluate stocks and 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. Instructor cannot make stock recommendations. TWA
Course: PRF147 8 Hours
$50 + $75 fee = $125; NMR add $120

Rockville Campus
CRN#: 25536 3 Sessions T
11/5-11/19 6:30-9:30 p.m. (11/5-11/12) MK 104
6:30-8:30 p.m. (11/19 only) MK 104
Instructor: Larry Paul

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
Photography

Artistic Expression through Photography: Phones & Tablets
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. Assess a select group of apps for image capture, processing, and display. Practice ways of transferring images from your mobile device to a computer. This class is designed for users of iOS and Android mobile devices. Some apps demonstrated may need to be purchased. Purchase of these apps are approximately $20. TWA
Course: LL1112 8 Hours
$50 + $79 fee = $129; NMR add $120
Rockville Campus
CRN#: 25574 4 Sessions W
10/2-10/30 6:30-8:30 p.m. MK 102
No class 10/9
Instructor: Michael Koren

Digital Photography
A general introduction to electronic still photography, beginning with traditional photographic and art concepts. Explore image manipulation using personal computers supported by scanners, photo CDs, and digital cameras. Learn how to use the most advanced photo editing software available to create new artistic images. Note: You will be joining credit students in this co-listed credit class. TWA
Course: LLI623 75 Hours
$396 + $136.20 fee = $532.20; NMR add $871.20
Germantown Campus
CRN#: 26574 31 Sessions T,R
9/3-12/19 3-5:40 p.m. HT 200
No class 11/28
Instructor: Anne Benolken

Foundations of Digital Photography
Explore the settings found on a modern digital camera. Discuss the different exposure, metering, autofocus, and white balance modes of a digital camera. Practice the basic methods of saving and storing your digital images. This course is for beginners in digital photography or those who acquired a camera with manual controls. TWA
Course: LLI839 8 Hours
$50 + $75 fee = $125; NMR add $120
Rockville Campus
CRN#: 25661 4 Sessions M
11/4-11/25 6:30-8:30 p.m. CC 210
Instructor: Michael Koren

The Creative Process: Editing and Arranging Your Photos
Learn how to analyze your collection of images, and select and edit your best work. Bring your digital images to class and with the help of self and peer critique discussions as well as computer photo editing demonstrations, you will transform your images into a fine-tuned collection of photos ready for self-publishing or display. TWA
Course: LLI316 10 Hours
$65 + $85 fee = $150; NMR add $120
Rockville Campus
CRN#: 25598 5 Sessions R
10/31-12/5 6:30-8:30 p.m. CC 260
No class 11/28
Instructor: Michael Koren
**Wellness**

**Beginner Swimming**
Learn how to control your breathing; how to float; and how to perform four basic strokes - front crawl, back crawl, elementary backstroke, and breaststroke. Gain the confidence needed to swim in both shallow and deep water. Practice personal safety and survival skills. This is a skills class that requires consistent attendance. Note: You will be joining credit students in this co-listed class. TWA

**Course: LLI355**
$132 + $69 fee = $201; NMR add $266.80

**Germantown Campus**
CRN#: 25606 15 Sessions M
9/9-12/16 7-8:50 p.m. PG Pool
Instructor: Jon Pointer

CRN#: 25605 30 Sessions M,W
9/9-12/18 12-1 p.m. PG Pool
Instructor: Jon Pointer

**Building Bone and Muscle Strength**
Learn ways in which to strengthen your bones and muscles and keep them healthy. Explore proper posture and exercising techniques to help avoid injuries. Practice balance exercises, using low hand and leg weights, and resistance training to increase muscle strength and bone density. This course is taught in a controlled environment with expert supervision. TWA

**Course: LLI369**
$40 + $69 fee = $109; NMR add $120

**Rockville Campus**
CRN#: 25613 10 Sessions M,W
9/23-10/30 10-11 a.m. PE 121
No class 9/30, 10/9
Instructor: Neena Kapur

**Gentle Yoga for Mood and Strength**
Learn postures that strengthen muscles to support joints while creating stronger bones. Explore postures to balance strength with flexibility and create more energy. Practice breathing techniques to calm the nervous system and decrease anxiety. Bring awareness to alignment in the spine and body to achieve improved balance. Understand the interconnectedness of the body's systems to treat the body as a whole. TWA

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

**Rockville Campus**
CRN#: 25654 5 Sessions F
9/13-10/11 9:30-10:45 a.m. (9/13-10/4) PE 121
9:30-10:30 a.m. (10/11 only)
Instructor: Nancy Neves

CRN#: 25656 5 Sessions F
11/1-12/6 9:30-10:45 a.m. (11/1-11/22) PE 121
9:30-10:30 a.m. (12/6 only)
Instructor: Nancy Neves

**Gentle Water Fitness for Muscle Tone and Cardio**
Former Water Exercise, now LLI class for 50+
Learn how to use water resistance to develop muscle tone and flexibility, as well as increase endurance. Practice techniques using water buoyancy to aid in relaxation, stress reduction, and mood enhancement. Apply gentle water exercise to increase cardio health and help with chronic conditions. This course will be presented at several different difficulty levels and is not a swimming course. TWA

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

**Germantown Campus**
CRN#: 25791 20 Sessions T,R
9/10-11/26 10-10:50 a.m. PG Pool
Instructor: Nancy Kropetz

**Rockville Campus**
CRN#: 25790 20 Sessions M,W
9/23-12/16 9-9:50 a.m. PE Pool
No class 9/30, 10/9
Instructor: Christine Harrison

**Meditation Practices**
See courses on page 8.

**Mindfulness: An Introduction to Awareness and Reflection**
See courses on page 8.

**Personal Fitness I**
An individualized fitness course with emphasis on improving the health-related components of physical fitness. Principles of conditioning will be applied to develop a personalized training program to enhance cardiovascular conditioning, strength and muscular endurance, flexibility, and body composition. Note: You will be joining credit students in this co-listed credit class. TWA

**Course: LLI887**
25 Hours
$132 + $69 fee = $201; NMR add $266.80

**Rockville Campus**
CRN#: 25653 31 Sessions T,R
9/3-12/19 9-9:50 a.m. PE 137B
No class 11/28
Instructor: Michael Clark

CRN#: 25652 31 Sessions M,W
9/4-12/18 11-11:50 a.m. PE 137B
Instructor: Christine Harrison
T’ai Chi for Physical and Mental Well-being
T’ai Chi is an ancient Chinese exercise for health and conscious relaxation. Learn a series of quiet, slow, and connected movements from the Cheng Man-Ch’ing Yang style short form, which cultivate the spirit and nurture the body. Low impact movements put minimal stress on muscles and joints. Some of t’ai chi benefits are decreased stress, increased energy and flexibility, lower blood pressure, body awareness and balance. TWA
Course: LLI188  12 Hours
$40 + $79 fee = $119; NMR add $120
Rockville Campus
CRN#: 25579  12 Sessions  W
9/18-12/11  11:15 a.m.-12:15 p.m.  PE 121
No class 11/27
Instructor: Ellen Kennedy

The Science of Well-Being: A Six-Week Personal Wellness Journey  NEW
See courses on page 9.

Strength Training for Health and Fitness  NEW
Get in shape and build muscle tone! Implement individualized weight training programs to meet specific muscular fitness needs. Increase lean body tissue, reduce body fat, improve bone density, and develop firmer, more efficient muscles for enhanced appearance and performance. Utilize weight resistance bands and free weights TWA
Course: LLI453  20 Hours
$30 + $85 fee = $115; NMR add $120
Germantown Campus
CRN#: 25644  20 Sessions  T,R
9/10-11/14  9-10 a.m.  HS 213
Instructor: Nancy Kropetz

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. Experience and evaluate the potential benefit of weight training exercises to increase lean body tissue, reduce body fat, improve bone density, and develop firmer, more efficient muscles for enhanced appearance and performance. Conditioning techniques will focus on the utilization of weight resistance machines and free weights. Note: You will be joining credit students in this co-listed credit class. TWA
Course: LLI356  25.5 Hours
$132 + $69 fee = $201; NMR add $266.80
Rockville Campus
CRN#: 25607  31 Sessions  M,W
9/4-12/18  11-11:50 a.m.  PE 140
Instructor: Michael Clark

Yoga
Explore exercises, postures, and breathing techniques to relieve tension, increase muscle flexibility, and promote good health. Discuss the important aspects of yoga such as concentration, body awareness, and body-mind integration. Practice deep relaxation techniques at the end of each class. Note: You will be joining credit students in this co-listed credit class. TWA
Course: LLI279  25.5 Hours
$132 + $69 fee = $201; NMR add $266.80
Germantown Campus
CRN#: 25594  31 Sessions  T,R
9/3-12/19  10-10:50 a.m.  PG 108
No class 11/28
Instructor: Kurtis Kiesewetter

Rockville Campus
CRN#: 25590  16 Sessions  M
9/3-12/17  3-4:40 p.m.  PE 131
Instructor: TBA
CRN#: 25591  15 Sessions  R
9/5-12/19  6:30-8:10 p.m.  PE 131
No class 11/28
Instructor: TBA

Takoma Park/Silver Spring Campus
CRN#: 25593  16 Sessions  W
9/4-12/18  10-11:40 a.m.  CU 205
Instructor: TBA

Course Locations
Bethesda-Chevy Chase High School
4301 East-West Hwy. • Bethesda, MD 20814
Kentlands Clubhouse
485 Tschiffely Square Rd • Gaithersburg, MD 20878
Montgomery College, GTB
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 Training 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

NMR Non-Md. resident  TWA Tuition Waiver Applies; Seniors Pay Fee Only 21
Refunds for open enrollment classes will go to the registered student of record. For the Drop Form, contact the Admissions Office at 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.

Tuition Installment Plan
Courses with a ▲ have a tuition installment plan available: pay one-third of the class total as a down payment at time of registration, then pay the balance in two payments before the class ends. There is a nonrefundable fee to participate in the payment plan. Students desiring to use the payment plan must register online.

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

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

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

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

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

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

A. Students attending Montgomery College will pay tuition according to their residency.

B. To qualify, for tuition purposes, as a resident of the state of Maryland, legal domicile must have been maintained for a period of not less than three months prior to the first regularly scheduled class for the semester.

C. The domicile of a person registering in a noncredit course at Montgomery College shall be considered as a person’s permanent place of abode, where physical presence and possessions are maintained, and where he/she intends to remain indefinitely.

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

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

Payments due at time of registration.

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

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

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

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

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

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

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

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

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

Payments due at time of registration.

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:

| M2 |  |

### Birthdate:

- **Month:**
- **Day:**
- **Year:**

### Sex

- □ Female
- □ Male

### 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.):**
- **Apt. #:**

### City

|  |

### State

|  |

### Zip

|  |

### Home Phone

|  |

### Work Phone

|  |

### 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.

### How did you hear about us?

- □ Received brochure in mail
- □ Website
- □ Social media
- □ Advertisement
- □ On campus
- □ Other

### Military

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

### 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.

### Ethnicity

- □ Not Hispanic or Latino
- □ Hispanic or Latino

**Disclosure not mandatory by Montgomery College, but is required by the U.S. Department of Education.**

### Race

- □ American Indian or Alaskan Native
- □ Asian
- □ Black or African American
- □ Native Hawaiian and Other Pacific Islander
- □ White
- □ U.S. Citizen
- □ Permanent Resident
- □ Other Immigration Status

*(Used for tuition-setting purposes only.)*

### Check all that apply:

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

### CRN #

|  |

### Course #

|  |

### Course Title

|  |

### Start Date

|  |

### Tuition

|  |

### Course Fee

|  |

### Non-Md. Fee

|  |

### Course Total

|  |

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**Code: IL**

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 Information:**

- **Expiration date on card:**
- **3 or 4 digit Security code on your card:**

- **Credit Card Information:**

- **Credit Card Number:**

- **Name on Card:**

- **Card holder signature required**

|  |

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

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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.

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SAVE THE DATE!
Friday, October 4, 2019
10 a.m.–12:45 p.m.
Gaithersburg Business Training Center
Room 402
Boost Your Brain Power and Memory:
Research, Strategies, and Activities
Course #: LLI200 • CRN #: 25582
See page 7 for details.

240-567-5188
http://www.montgomerycollege.edu/lifelonglearning/