The Lifelong Learning Institute is committed to creating and fostering a variety of intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. However, adults of any age may register for these classes.
Archaeology and World Cultures

A Journey Through India With Indian Dance
In this course, you will journey through India, from North to South, exploring each regions’ style of dance. You will examine the differences in music, costume, textiles, and food of each region while learning about Indian classical and folk dances. The course will culminate in viewing an Indian film and dance demonstrations. TWA
Course: LLI257 6 Hours
$35 + $69 fee = $104; NMR add $120
Rockville Campus
CRN#: 14838 3 Sessions W 7/17-7/31 10:30 a.m.-12:30 p.m. 102 MK
Instructor: Deepti Navile

An Iberian Feast: The Culinary History & Culture of Portugal & Spain
In this course, you will explore the Iberian Peninsula through its culinary history and culture. Considered the granary of the Roman Empire, Iberia experienced a myriad of agricultural, culinary, and cultural influences ranging from the Romans to the Visigoths, the Berbers of North Africa and the Mexicans of Mesoamerica. Each week you will examine one aspect of Portuguese and Spanish gastronomy through the history of the first settlers to its cultural impact today. You will study the influence of Mediterranean and American cultures, the Mediterranean triad (olive oil, wine, and bread), and the importance of the Mediterranean diet as a way of life. The sources of study will include culinary histories and recipes, as well as literature, art, and food films. TWA
Course: LLI362 8 Hours
$65 + $79 fee = $144; NMR add $120
Gaithersburg Business Training Center
CRN#: 14845 4 Sessions T 7/16-8/6 1:30-3:30 p.m. 403
Instructor: Naomi Daremblum

Rockville Campus
CRN#: 45171 4 Sessions M 6/3-6/24 6:30-8:30 p.m. 102 MK
Instructor: Naomi Daremblum

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

Costa Rica: Lucky Paradise or Future of the Region?
Do you want to know how Costa Rica became known as the Switzerland of the Americas? This course offers an overview of Costa Rican history, politics, and culture. You will explore the distinctive history of Costa Rica’s colonial experience—not just its distance from any center of colonial power but also the rise of its yeoman farmer society. You will learn about this country’s unique path to independence which was intimately linked with the belief in self-sufficiency of its yeoman farmers. You will also analyze how the focus on public education became the driving force towards a modern Costa Rica and a determining force in the country’s 1948 Revolution. In addition, you will compare and contrast the relative stability and peaceful modernization of the country to that of its warring neighbors through the 60s, 70s & 80s. Furthermore, you will discuss how at the beginning of the 21st century Costa Rica has established itself as the Switzerland of the Americas—a country without an army; a leader in human rights and eco-conservation; and a fairly stable economy. TWA
Course: LLI208 8 Hours
$59 + $79 fee = $138; NMR add $120
Rockville Campus
CRN#: 14835 4 Sessions W 7/10-7/31 6:30-8:30 p.m. 104 MK
Instructor: Naomi Daremblum

Exploring The National Parks
NEW CONTENT! National Parks of the Washington, D.C. Metro Area
The Washington, D.C. metro area hosts a complete collection of national parks that includes iconic monuments, memorials, and natural habitats. But did you know there are several lesser-known national park sites that are just a day trip away? Join your instructor, a 36-year career National Park Service employee, to discuss the history of the parks of the D.C. metro area and how they came to be part of the national park system. You will examine well- and lesser-known parks of the D.C. metro area and learn the best method to plan your next visit. TWA
Course: LLI166 8 Hours
$50 + $79 fee = $129; NMR add $120
Rockville Campus
CRN#: 45154 4 Sessions T 6/11-7/2 6:30-8:30 p.m. 101 MK
Instructor: Steve Pittleman

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

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.
Jews of the Caribbean  
NEW
In this course, you will explore the culture and experiences of Jewish immigrants and exiles in the Caribbean from the colonial era to the present. You will begin with the expulsion of Sephardic Jews from Spain in 1492 and the establishment of both open and “cryptic” settlements of Jews in the New World. You will examine how Jewish identity evolved as some Jews chose to adapt to their changing circumstances in multiple ways. You will discuss the impact of events in Europe and their relationship to ideological debates and struggles among regional ruling elites and the laboring classes. In addition, you will learn about the religiosity and place of “crypto-Jews” in Spanish colonies; the role of Jews in smuggling networks and the African Slave Trade of the Caribbean. Furthermore, you will study the Dominican Republic projects for “whitening” their countries as a prerequisite to “modernization”; and the struggles of Cuban Jews with the Cuban Revolution, both in Miami and Havana. TWA
Course: LLI365  8 Hours
$65 + $79 fee = $144; NMR add $120
Rockville Campus
CRN#: 14847  4 Sessions  R
7/11-8/1  1:30-3:30 p.m.  102 MK
Instructor: Naomi Daremblum

Puerto Rico: From West Side Story to Hurricane Maria
This course is an overview of Puerto Rican history from the time of the U.S. military invasion in 1898, to the present. You will discuss how Puerto Rico became an official “territorial possession” of the United States. You will explore how the adoption of a political and social model conceived in the United States fostered a complex struggle for identity on the island which gave birth to an independence movement. You will explore how this struggle for identity has manifested itself in literature, poetry, song, and film. TWA
Course: LLI263  8 Hours
$65 + $85 fee = $150; NMR add $120
Westfield South
CRN#: 45161  4 Sessions  R
6/6-6/27  1:30-3:30 p.m.  306B
Instructor: Naomi Daremblum

Salem: Superstition, Witchcraft & the History of a Communal Panic  
NEW
No event in the history of colonial America is more controversial or magnetic as the Salem Witchcraft Trials (1691-93), prompting historian Mary Beth Norton to refer to it as “the 800-pound gorilla” of colonial American history. How and why did the accusations begin? How and why did they stop? In this course, you will learn about the Puritans’ worldview and the socio-political milieu that shaped their reactions to the events leading up to the trials. You will explore how this episode illuminates the dynamics of communal panics. You will use texts from American history, literature, and popular culture to explore the many ways in which witchcraft was depicted and understood in Britain and the United States in the 17th century. Additionally, the most gripping personal stories are to be found in the court records and you will use those to gain a more human understanding of this tragedy. TWA
Course: LLI363  8 Hours
$59 + $79 fee = $138; NMR add $120
Gaithersburg Business Training Center
CRN#: 14846  4 Sessions  W
7/10-7/31  2-4 p.m.  403
Instructor: Naomi Daremblum

The Kingdom of Saudi Arabia  
NEW
In this course, you will explore the historical, regional, political, and geostrategic context for the current situation in Saudi Arabia. You will discuss the politics of the Arabian peninsula and that of America’s role in it. You will compare the American alliance with Saudi Arabia during the Cold War and after 9/11. You will analyze the twin pillars of the Kingdom’s century of stability: the Al Saud family and the discovery of oil. In addition, you will learn about the familial rivalries at the heart of the current crisis. You will also examine how the U.S.—Saudi alliance moves forward. TWA
Course: LLI364  10 Hours
$59 + $89 fee = $148; NMR add $120
Rockville Campus
CRN#: 45172  5 Sessions  T
6/4-7/2  2-4 p.m.  101 MK
Instructor: Naomi Daremblum

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
Acrylic Painting: Basic Techniques
This course is designed to introduce the basic elements of painting to students with little or no experience, while working to attain an understanding of the painting medium. You will work with acrylic colors and explore the many ways paint can be handled, as well as how to prepare materials. You will explore color, light, transparency/impasto, and composition through in-class exercises in order to learn to translate concepts into visual images. Bring supplies to first class. Supply list is available on the LLI website. TWA

Course: LLI247 12 Hours
$95 + $89 fee = $184; NMR add $120
Rockville Campus
CRN#: 14837 6 Sessions M
7/8-8/12 2:45-4:45 p.m. 009 SB
Instructor: Nahid Linares

Decorative Painting on Wood
Are you looking to create some unique decorative pieces for your home? In this course, you will explore different styles of painting on wood using acrylics. You will learn standard techniques, such as sponging and stenciling as you create your own decorative wood plaque. Supply list is available on LLI website. TWA

Course: LLI372 12 Hours
$95 + $89 fee = $184; NMR add $120
Rockville Campus
CRN#: 45178 6 Sessions R
6/6-7/18 6:30-8:30 p.m. 009 SB
No class 7/4
Instructor: Tatiana Martin

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

Course: LLI698 12 Hours
$95 + $92 fee = $187; NMR add $120
Gaithersburg Business Training Center
CRN#: 14855 6 Sessions M
6/10-7/15 10:30 a.m.-12:30 p.m. 442
Instructor: Evan Goldman

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

Course: LLI652 12 Hours
$89 + $89 fee = $178; NMR add $120
Gaithersburg Business Training Center
CRN#: 45182 6 Sessions W
6/5-7/17 10:30 a.m.-12:30 p.m. 442
No class 7/3
Instructor: Tatiana Martin

Knitting: An Introduction
In this course, you will learn the basics of knitting including how to read a pattern and how to cast on and off. You will also practice knitting and purling while making a simple scarf or neck cowl. No experience is needed.

Course: LLI366 12 Hours
$65 + $34 fee = $99; NMR add $50
Germantown Campus
CRN#: 14848 6 Sessions R
6/13-7/25 10:30 a.m.-12:30 p.m. 178 PK
No class 7/4
Instructor: TBA

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

Course: LLI260 8 Hours
$59 + $79 fee = $138; NMR add $120
Gaithersburg Business Training Center
CRN#: 14839 4 Sessions T
7/9-7/30 10:30 a.m.-12:30 p.m. 009 SB
Instructor: Kristine DeNinno

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

Course: LLI264 8 Hours
$59 + $79 fee = $138; NMR add $120
Gaithersburg Business Training Center
CRN#: 14840 4 Sessions  T
7/9-7/30 2-4 p.m. 442
Instructor: Kristine DeNinno

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

Course: LLI301 16 Hours
$99 + $99 fee = $198; NMR add $120
Rockville Campus
CRN#: 45164 8 Sessions  T
5/14-7/9 2:15-4:15 p.m. 009 SB
No class 7/2
Instructor: TBA

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 also 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. In this class, you will create a small hand-made quilt featuring a variety of blocks complete with borders and binding. You will 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 basting, 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. TWA

Course: LLI223 12 Hours
$65 + $34 fee = $99; NMR add $50
Rockville Campus
CRN#: 45157 6 Sessions  T
6/4-7/16 10:30 a.m.-12:30 p.m. 101 MK
No class 7/2
Instructor: Lauren Kingsland

The Art of Sketching
Whether you are an avid sketcher or new to the art, sketching allows you to record events such as a trip to a foreign land, a tour of a local garden, or a special occasion such as a birth or anniversary. Sketching can include sketches, drawings, or quick paintings. You can add short captions, notes, parts of conversations, and observations to create a journal. Sketches can also be used for planning an organic garden, creating a preliminary drawing for a painting or portrait, and providing an outlet for discovering solutions to a variety of problems. This course will teach you how to improve your observational skills while sketching with pen, pencil, or watercolor. You will have an opportunity to sketch outside. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI970 12 Hours
$95 + $89 fee = $184; NMR add $120
Rockville Campus
CRN#: 45191 6 Sessions  W
5/15-6/19 10:30 a.m.-12:30 p.m. 101 MK
Instructor: Evan Goldman

Watercolor Advanced—For Creativity and Fun
Fun is the opening gambit of our specially designed watercolor class for students who are comfortable with the basics of watercolor and who want to explore alternative ways to paint. Learn to apply a variety of techniques, such as dry brush, wet-on-wet, glazing, stippling, controlled spray, lifts, and graded washes. Emphasizing textural effects in underpainting, will give you a different place to start each week. Each class begins with an analysis of the previous week’s work, followed by a demonstration of hands-on techniques for you to emulate in class. Learn to create masterful paintings from direct observation and sketches, as well as by assembling printed reference materials. Half sheet paintings (on the order of 15” x 22”) are suggested for a successful creative journey. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI987 20 Hours
$114 + $109 fee = $223; NMR add $140
Rockville Campus
CRN#: 14862 8 Sessions  F
6/7-8/2 10 a.m.-12:30 p.m. 405 AR
No class 7/5
Instructor: Michaele Harrington

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

Art Supply List!
Art History

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

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

Rockville Campus
CRN#: 45166
3 Sessions
W
6/5-6/26
6:30-8:30 p.m.
102 MK
No class 6/19
Instructor: Irina Stotland

Antoni Gaudi: Catalan Visionary (NEW)
Have you seen or visited Spain’s most popular tourist site - the La Sagrada Familia - and wondered about the architect? In this course, you will learn about the life and whimsical works of famed architect, Antoni Gaudi. You will examine his many architectural wonders in and around Barcelona including the iconic church, La Sagrada Familia, private residences, a park, and even furniture. You will explore the variety of materials he used to achieve his distinctive style including scrap iron, broken dishes, and reinforced concrete. You will also discuss how Gaudi looked back to the Gothic, Moorish, Islamic, and Indian styles in order to create his own unique language of architecture. TWA

Course: LLI359
4 Hours
$45 + $69 fee = $114; NMR add $120

Rockville Campus
CRN#: 14844
2 Sessions
R
7/18-7/25
1-3 p.m.
101 MK
Instructor: Ruth Manchester

Exploring the History of Venice Through Art and Literature (NEW)
Venice is a city-mystery that continues to fascinate through centuries. We will explore the Venice of history, the Venice of Italians, and the Venice of travelers (like John Ruskin), artists (like Tintoretto & Tiepolo) and writers (like Mary McCarthy and Thomas Mann). Following in their footsteps-many of whom we will be reading in the form of diaries, essays, or novels, or “seeing” on the painter’s canvas-we will discover the Venice that has beguiled so many. We will learn about Venice from the Middle Ages through the flowering of the Italian Renaissance, when Italian painters, sculptors, musicians, and writers remade the world and made Italy, once again, the center of Western Civilization. We will explore the history, politics, art, and culture of Venice in this interactive and engaging course. TWA

Course: LLI373
10 Hours
$59 + $89 fee = $148; NMR add $120

Rockville Campus
CRN#: 45179
5 Sessions
W
5/15-6/12
2-4 p.m.
101 MK
Instructor: Naomi Daremblum

How to Decipher Paintings: Abstract Expressionism (NEW)
This survey of Abstract Expressionism will provide an introduction to the most significant American art movement of the twentieth century and to its most celebrated artists. You will learn to employ visual analysis - “seeing” the stylistic elements of color, line, and composition -connecting the art style to the history and the culture of the time. You will discuss the reasons for the emergence of Abstract Expressionism in the United States following World War II. You will examine the difference between Action and Color Field paintings. In addition, you will learn how to identify works by artists such as Pollock, de Kooning, and Rothko. TWA

Course: LLI376
6 Hours
$45 + $69 fee = $114; NMR add $120

Gaithersburg Business Training Center
CRN#: 45180
3 Sessions
T
6/4-6/25
1:30-3:30 p.m.
442
No class 6/18
Instructor: Irina Stotland

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

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

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
Boost Your Brain Power and Memory: Research, Strategies, and Activities
Come explore the research and strategies on how to boost your brain power and memory by Dr. Dana Plude, Deputy Director, Division of Behavioral and Social Research, National Institute on Aging (NIA) at the National Institute of Health. Then put some of that knowledge to work as you join other students in three workshops on brain and memory enhancement.
10–11 a.m.: Presentation: “Brain Health: What the Latest Research Tells Us” by Dr. Plude. This lecture will be followed by a question and answer period.
11a.m.–11:15 a.m.: Break
11:15 a.m.–12:45 p.m.: Three workshops on brain and memory enhancement.

Course: LLI200
$25 fee only

Gaithersburg Business Training Center
CRN#: 45155 1 Session F
6/14 10 a.m.-12:45 p.m. 402
Free parking is available.

Brain Fitness: Fun with Numbers and Brain Games
In this course, you will challenge your brain and enhance your memory with interesting brain games, computer games, puzzles, and simple math problems. You will revisit mathematical concepts and analyze basic math problems. You will develop puzzle solving skills and practice problem solving through computer games. You will also learn games you can play with your kids and grandkids. This course will be interactive and fun with a focus on a different type of activity each class session. TWA

Course: LLI374
$59 + $89 fee = $148; NMR add $120

Gaithersburg Business Training Center
CRN#: 14849 5 Sessions F
7/19-8/16 10:30 a.m.-12:30 p.m. 442
Instructor: TBA

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

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

Rockville Campus
CRN#: 45167 1 Session F
6/21 11:30 a.m.-1:30 p.m. 101 MK
Instructor: Natasha Sacks

Meditation for Mindfulness and Stress Reduction
One of the most beneficial effects of meditation is a sense of calm and relaxation. In this course you will learn a few simple mindfulness meditation practices that can result in a more consistent sense of well-being, less reactivity to negative experiences, and an enhanced quality of sleep and brain development. This course does not require experience with meditation or sitting in any particular posture. You will practice sitting or walking meditation. TWA

Course: LLI249 6 Hours
$35 + $69 fee = $104; NMR add $120

Gaithersburg Business Training Center
CRN#: 45160 4 Sessions W
5/15-6/5 10-11:30 a.m. 401
Instructor: Carol Moore

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

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

Rockville Campus
CRN#: 45159 5 Sessions M
6/3-7/15 1-3 p.m. 117 SB
Instructor: Holy Cross Hospital

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

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

Rockville Campus
CRN#: 45168 2 Sessions M
6/10-6/17 6:30-8:30 p.m. 122 MK
Instructor: Celene Moorer
The Art of Storytelling
Do you want to captivate your audience when speaking? Whether you are looking to enhance your professional career or connect in a social setting, storytelling can help you persuade, engage, and captivate. In this course, you will learn how to engage the listener, command attention, use body language, and find words that will paint a picture and convey a message. You will explore skills to help keep your listeners on the edge of their seats, laugh, or cry. In addition, you will learn how to deliver a story that listeners will remember.

Course: LLI311 6 Hours
$45 + $79 fee = $124; NMR add $120
Gaithersburg Business Training Center
CRN#: 45165 3 Sessions T
6/11-6/25 10:30 a.m.-12:30 p.m. 442
Instructor: Noa Baum

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

Course: LLI276 2 Hours
$45 + $79 fee = $124; NMR add $120
Gaithersburg Business Training Center
CRN#: 45162 1 Session T
6/6 6:30-8:30 p.m. 101 MK
Instructor: Nicole Cyrus

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

Course: CRP107 15 Hours
$25 Fee only
Rockville Campus
CRN#: 45139 5 Sessions M,W
6/17-7/8 6:30-9:30 p.m. 313 HU
No class 7/1,7/3
Instructor: Nicole Cyrus

Find Your Strengths—F ind Your Career
What are you good at? What are your natural and work-related strengths? This course will help you discover and match them with career areas in which you would be most successful. In addition to careers, you may choose to apply your skills to business or other professional and life opportunities. You will engage in a series of insightful individual and group exercises and conduct research into career areas of interest to you. By the end of the class, you will draft your career plan and will be supported through your career exploration stage by your classmates and career coach.

Course: CRP100 12 Hours
$45 + $69 fee = $114; NMR add $120
Rockville Campus
CRN#: 45138 4 Sessions M,W
5/20-6/5 6:30-9:30 p.m. 105 MK
No class 5/27, 5/2
Instructor: Mary Pat Brennan

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

Course: LLI213 3 Hours
$15 + $20 fee = $35; NMR add $30
Rockville Campus
CRN#: 45156 1 Session W
6/19 6:30-9:30 p.m. 311 HU
Instructor: Carl Burnett

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

Course: LLI959 12 Hours
$60 + $85 fee = $145; NMR add $120
Gaithersburg Business Training Center
CRN#: 14861 6 Sessions W
6/19-7/31 2-4 p.m. 401
No class 7/3
Instructor: Carl Burnett
Getting Started with Social Media: Facebook and Twitter
This course is for anyone interested in learning the basics of social media communication and networking. In this class, you will learn how to create, customize, use, and maintain a Facebook page and Twitter account. In addition, you will explore how to update your status, post photos and videos, connect with friends and business accounts, and become familiar with privacy policies and settings on Facebook. Furthermore, you will learn how to tweet, find accounts to follow on Twitter, and post photos and videos.

**Course: LLI694**  
6 Hours  
$35 + $49 fee = $84; NMR add $50

**Rockville Campus**  
CRN#: 45183  
3 Sessions  
6/7-6/21  
10:30 a.m.-12:30 p.m.  
311 HU  
Instructor: Vicki McGill

Getting the Most Out of Your iPhone
Are you new to the world of Apple smart phones and a bit overwhelmed with all they can do? This course will help you begin to demystify and navigate this fabulous tool. Learn to effectively and efficiently use your Apple iPhone 5 or newer. Get to know its functions and features, including how to compose notes and messages. Learn how to organize your phone, dictate instead of write texts, mute your phone at night, and many more tips. Basic iPhone photography will also be included.

**Course: LLI947**  
6 Hours  
$30 + $69 fee = $99; NMR add $50

**Gaithersburg Business Training Center**  
CRN#: 14860  
3 Sessions  
7/11-7/25  
1:30-3:30 p.m.  
404  
Instructor: Vicki McGill

Personal Digital Security & Privacy
Everyone has created a digital footprint. Whether it’s your password, username, SSN, IP address, or your home address, everyone has a digital identity. Protecting and controlling your digital identity starts with understanding what it is, and how you control its use and privacy in the digital world. This course is designed to provide you with the tools to secure and protect your digital identity and privacy in your daily life.

**Course: LLI231**  
3 Hours  
$15 + $20 fee = $35; NMR add $30

**Rockville Campus**  
CRN#: 45158  
1 Session  
6/26  
6:30-9:30 p.m.  
101 MK  
Instructor: Carl Burnett

International Political and Social Issues
New Content! Learn about and share ideas on key pressing political and social issues that have an international impact. This is an opportunity for discussion and further learning on the headlines of the day, which may include the 2020 presidential campaign; U.S. relations with its allies and adversaries; the national and international economy; race, gender, and ethnic politics; climate change; and the role of technology in society. The moderator and/or guest speakers will provide a list of suggested readings and links on the topics discussed.

**Course: LLI692**  
12 Hours  
$65 + $92 fee = $157; NMR add $120

**Rockville Campus**  
CRN#: 14854  
6 Sessions  
6/20-8/1  
10:30 a.m.-12:30 p.m.  
101 MK  
No class 7/4  
Instructor: Jesse Stiller

Jewish Resistance during the Holocaust
Questions of Jewish resistance against the Nazis during the Holocaust has been a topic of great interest and controversy since World War II. In this course, you will examine the extent of Jewish resistance, its limitations, and its achievements. You will explore Jewish resistance in the ghettos, camps, and forests. You will discuss the daily life of Jews under the Nazi occupation. You will learn about the formation of an all-Jewish fighting unit in British army.

**Course: LLI368**  
8 Hours  
$59 + $79 fee = $138; NMR add $120

**Rockville Campus**  
CRN#: 45173  
4 Sessions  
6/6-6/27  
6:30-8:30 p.m.  
102 MK  
Instructor: Eric Garman

NATO: 1949 to the Present
In the aftermath of World War II, The United States, The United Kingdom, and the democratic nations of Western Europe formed a critical alliance to protect each of its member nations, both politically and militarily. In this course, you will examine the history of the alliance, and discuss the origin and current member nations. You will identify the structure of NATO, outline its operations on a daily and yearly basis, and examine the actions it has taken in past and recent years. You will seek to answer the question as to whether NATO is a critical organization for the democratic nations of the West or whether it is an institution that has outlived its usefulness.

**Course: LLI358**  
6 Hours  
$35 + $72 fee = $107; NMR add $120

**Gaithersburg Business Training Center**  
CRN#: 14843  
3 Sessions  
7/10-7/24  
10:30 a.m.-12:30 p.m.  
403  
Instructor: Joel Cockrell

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class pay fee only.
Prohibition & Sin: The Politics of Alcohol and Drugs in the U.S.  **NEW**
How did some intoxicating substances come to be illegal, while others are socially acceptable? In this course, you will examine the history of the nation’s efforts to control and regulate intoxicants, with special attention given to why specific substances are criminalized and decriminalized at various points in history. You will focus on the relationship between cultural, economic, and political upheaval and moral/policy campaigns to crack down on drugs. You will examine the growing trend to approach some drug and alcohol abuse as medical problems and the rise of self-help societies and substance abuse rehabilitation. In addition, you will review the rise of the legalization movement and its success in effecting political and cultural changes while creating a new and widely profitable industry. TWA

**Course: LLI361**  
**8 Hours**
$50 + $79 fee = $129; NMR add $120

**Rockville Campus**
CRN#: 45170  
4 Sessions  
5/9-5/30 2-4 p.m.  
102 MK  
Instructor: Naomi Daremblum

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

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

**Rockville Campus**
CRN#: 14836  
3 Sessions  
7/9-7/23 6:30-8:30 p.m.  
101 MK  
Jesse Stiller

Puerto Rico: From West Side Story to Hurricane Maria
See course on page 3.

Salem: Superstition, Witchcraft & the History of a Communal Panic  **NEW**
See course on page 3.

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

**Course: LLI141**  
**2 Hours**
$10 + $15 fee = $25; NMR add $30

**Germantown Campus**
CRN#: 14833  
1 Session  
7/15 10:30 a.m.-12:30 p.m.  
179 PK  
Instructor: Montgomery History

The Kingdom of Saudi Arabia  **NEW**
See course on page 3.

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class pay fee only.
Introduction to Organic Vegetable Gardening
This course provides gardeners a way to produce vegetables for their household while using sustainable gardening practices. This class will cover what to plant, when to plant, and how to plant vegetable crops that are well suited to Maryland. In addition, how to organically control pest and diseases will be discussed. Furthermore, guidance will be provided on designing vegetable gardens. TWA
Course: LLI825 5 Hours
$35 + $69 fee = $104; NMR add $120
Rockville Campus
CRN#: 45186 2 Sessions W
5/15-5/22 10 a.m.-12:30 p.m. 102 MK
Instructor: Terri Valenti

Prescription Drugs: How Medication is Developed, Approved, and Released to Market
NEW
Have you ever wondered how prescription drugs are made, approved, and released to market for use? How about the differences between brand name drugs and generic, and why the generic is typically cheaper? In this course, you will examine the differences between pharmaceutical drugs and dietary supplements, as well as important regulations and guidelines for their development, storage, and distribution. No science background is needed. The instructor is the author of Pharmaceutical Analysis for Small Molecules.
Course: LLI379 2 Hours
$10 + $10 fee = $20; NMR add $30
Gaithersburg Business Training Center
CRN#: 14851 1 Session W
7/17 1:30-3:30 p.m. 404
Instructor: Behnam Davani

Prohibition & Sin: The Politics of Alcohol and Drugs in the U.S. NEW
See course on page 10.

Science in Current Events
This course will offer students an opportunity to learn and discuss three major topics that are discussed in the news—space and the universe, geology, and Atmosphere and oceans. Each class session will include a power point presentation and a “show and tell” exercise, and a discussion of a science video. Class participants will visit the National Institute of Standards and Technology during the last session. The instructor is a senior scientist with the National Institute of Standards and Technology. No prior experience in science is necessary, only curiosity and willingness to learn. TWA
Course: LLI378 8 Hours
$59 + $79 fee = $138; NMR add $120
Gaithersburg Business Training Center
CRN#: 14850 4 Sessions M
6/17-7/8 2-4 p.m. 442
Instructor: Boualem Hammouda

US Education How To Gain The Global Edge
NEW
How do schools in the United States rank when compared to the rest of the world? Where do we stand relative to our economic competitors like China, Germany, Singapore, and Japan? In this overview course, you will discuss the complexities of what it means to be the best in the world in education. In addition, you will explore what it will take for the US to improve its educational system.
Course: LLI380 2 Hours
$10 + $10 fee = $20; NMR add $30
Gaithersburg Business Training Center
CRN#: 14852 1 Session F
7/12 10:30 a.m.-12:30 p.m. 403
Instructor: Laurence Peters

Science in Current Events
This course will offer students an opportunity to learn and discuss three major topics that are discussed in the news—space and the universe, geology, and Atmosphere and oceans. Each class session will include a power point presentation and a “show and tell” exercise, and a discussion of a science video. Class participants will visit the National Institute of Standards and Technology during the last session. The instructor is a senior scientist with the National Institute of Standards and Technology. No prior experience in science is necessary, only curiosity and willingness to learn. TWA
Course: LLI378 8 Hours
$59 + $79 fee = $138; NMR add $120
Gaithersburg Business Training Center
CRN#: 14850 4 Sessions M
6/17-7/8 2-4 p.m. 442
Instructor: Boualem Hammouda

Exploring the History of Venice Through Art and Literature
NEW
See course on page 6.

Short Story As Horror Genre
NEW
The horror story has been a part of American literary culture since the late 1700s. In this course, you will analyze the horror short story as a literary form; identify and understand the elements of fiction writing as they are applied to the short story form; and explore the attractions of “scary” writing for readers. You will examine brief excerpts from Freud, as well as horror short stories by Edgar Allan Poe, Roald Dahl, William Faulkner, Jorge Luis Borges, Julio Cortazar, and Lydia Davis. TWA
Course: LLI381 12 Hours
$65 + $89 fee = $154; NMR add $120
Rockville Campus
CRN#: 45181 6 Sessions W
5/8-6/12 2-4 p.m. 117 SB
Instructor: Adele Seeff

NMR Non-Md. resident TWA Tuition Waiver Applies; Seniors Pay Fee Only
The Art of Storytelling
See course on page 7.

Writing Memoirs, Writing Memories
Whether you wish to pass on the family heritage to your grandchildren, tell some of the funny stories or interesting events of your life, or if you want to explore your past in order to discover your own reality, writing is a wonderful way to begin. Writing for a group of other people who have stories to tell and who are also working to find the best way to tell them is a good way to begin and to keep going. In this class, students will form a writing group where they will share ideas, experiences, and some of the rewards and frustrations of writing. TWA

Course: LLI543 12 Hours
$60 + $89 fee = $149; NMR add $120
Rockville Campus
CRN#: 14853 6 Sessions W
5/29-7/10 10:30 a.m.-12:30 p.m. 101 MK
No class 6/26
Instructor: Pam McFarland

Music

Piano Conversations: Beethoven
Beethoven’s 32 piano sonatas represent not only some of the most celebrated music ever written, but also a revolutionary process that transformed the musical language of the time between the classical and romantic periods. This course will discuss his piano works and stylistic evolution in the context of his symbolic life story and struggle with deafness. It will cover Beethoven’s piano sonatas from his early period through the middle (“heroic”) period to his late, contemplative style, and explain their tremendous impact on piano music as we know it today. Join a concert pianist for a live piano performance, CD recordings and fascinating discussions. TWA

Course: LLI721 6 Hours
$35 + $72 fee = $107; NMR add $120
Twinbrook Library
CRN#: 45184 3 Sessions F
5/17-5/31 1-3 p.m.
Instructor: Magda Melkonyan

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

Course: LLI962 8 Hours
$50 + $75 fee = $125; NMR add $120
Rockville Campus
CRN#: 45190 4 Sessions R
6/6-7/11 1:30-3:30 p.m. 101 MK
No class 6/27, 7/4
Instructor: Jesse Parker

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

Course: LLI841 7.5 Hours
$35 + $59 fee = $94; NMR add $50
Gaithersburg Business Training Center
CRN#: 45187 6 Sessions W
5/22-6/26 1-2:15 p.m. 402
Instructor: Jeff Miller

All About Birds: Ornithology for the Beginner & Beyond
See course on page 10.

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

Course: LLI942 12 Hours
$47 + $82 fee = $129; NMR add $120
Rockville Campus
CRN#: 45188 6 Sessions W
6/5-7/10 7-9 p.m. 117 SB
Instructor: Regena Edwards

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.
Bridge: Intermediate
The game of bridge is as challenging as it is enjoyable. This course is appropriate for all players with a solid grasp of bridge basics who wish to improve their games. Lessons will focus on modern bidding techniques, sound competitive judgment, in-depth hand evaluation, and cardplay strategies for declarers and defenders. Prerequisite: Bridge for Beginners or equivalent experience.

Course: LLI958 12 Hours
$47 + $82 fee = $129; NMR add $120
Rockville Campus
CRN#: 45189 6 Sessions M
6/3-7/8 7-9 p.m. 104 MK
Instructor: Regena Edwards

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

Course: LLI165 4 Hours
$15 + $40 fee = $55; NMR add $50
Rockville Campus
CRN#: 14834 2 Sessions W
7/17-7/24 6:30-8:30 p.m. 103 MK
Instructor: Libby Kinkead

Garden Design NEW
See course on page 10.

Introduction to Organic Vegetable Gardening
See course on page 11.

Successful Aging in Place: Assistive Technology for Increasing Independence in the Home
See course on page 7.

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Just e-mail: tracy.ritenour@montgomerycollege.edu or visit our website to sign-up to be placed on our mailing list. montgomerycollege.edu/lifelonglearning

Health Care Insurance for Retirement
This course will address the major components of retiree health care: Medicare, Medicare Advantage Plans, and Long-Term Care. Health care costs typically rise at twice the inflation rate, so the course will also address ways to fund this expense through tax-advantaged plans. You will determine the cost of supplemental coverage, evaluate your ability to pay for health care not covered by federal or state programs, and be able to project your health care expenses. The target audience for this course are those who are newly retired and those who plan to retire within 10 years. TWA

Course: PRF139 6 Hours
$36 + $69 fee = $105; NMR add $120
Rockville Campus
CRN#: 45309 2 Sessions T
6/11-6/18 6:30-9:30 p.m. 103 MK
Instructor: Mark Gottlieb

Increase Cash, Decrease Debt, & Protect Your Financial Future
Learn to control your personal finances with spending, saving, paying loans and expenses, and earning money. You will learn when and how much you should be saving for specific goals. Topics include: banking, savings, credit loans/credit reports and insurance; protecting against financial scams and identify theft; setting financial goals; developing budgets; and creating a financial plan. You will also learn how to track your money and expenses.

Course: PRF161 3 Hours
$20 + $20 fee = $40; NMR add $30
Rockville Campus
CRN#: 45314 1 Session S
6/8 10:30 a.m.-1:30 p.m. 101 MK
Instructor: Maria Antokas

Investing in the Thrift Savings Plan When Working and Retired
Are you a Federal Government employee or retired from federal service? Do you understand the ins and outs of the Thrift Savings Plan (TSP)? In this course, you will learn about the differences in TSP investment funds, tax considerations, the Roth TSP option, short-term and long-term considerations, and withdrawal options. In addition, you will discuss required minimum distributions and the Life Annuity option. This course is only relevant to TSP participants or Federal employees considering participation.

Course: PRF155 3 Hours
$20 + $20 fee = $40; NMR add $30
Rockville Campus
CRN#: 14942 1 Session W
7/10 6:30-9:30 p.m. 101 MK
Instructor: Arthur Stein

NMR Non-Md. resident TWA Tuition Waiver Applies; Seniors Pay Fee Only
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#: 14943  1 Session  R
7/18  6:30-9:30 p.m.  178 PK
Instructor: Brian Richmond

Rockville Campus
CRN#: 45311  1 Session  T
6/25  6:30-9:30 p.m.  102 MK
Instructor: Brian Richmond

Protecting Your Hard Earned Money

American retirees are often the target of fraud. Learning how to invest safely can mean a big difference in your retirement years. In this course, you will discuss investment risk and fees, the common red flags of investment fraud, and questions to ask before investing and choosing a financial professional. The talk will also cover how to plan for diminished financial capacity well before it happens. This course is presented by a representative from the Securities and Exchange Commission.

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

Rockville Campus
CRN#: 45315  1 Session  W
6/12  10:30 a.m.-12:30 p.m.  102 MK
Instructor: Alan Sorcher

Retirement Distribution Strategies

Retirement Plans have many complicated rules. Rules regarding how you can access your money, how much you can contribute, and different tax rates for withdrawals. Learn 13 retirement strategies including the rules surrounding IRA’s, 401k’s, TSP’s, Roths’s, etc. You will also learn the optimal Social Security claiming strategies for married and single participants that will maximize retirement income. TWA

Course: LLI916  6 Hours
$60 + $69 fee = $129; NMR add $120

Rockville Campus
CRN#: 14858  2 Sessions  W
7/17-7/24  6:30-9:30 p.m.  101 MK
Instructor: Neal Seagle

Retirement Planning Today

Learn about the many ways to save for retirement as well as the advantages and disadvantages of each. Discover how to save money on taxes, manage investment risks, and protect your assets from potential long-term health care expenses. Fee includes a course workbook and study aids. TWA

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

Bethesda-Chevy Chase High School
CRN#: 45301  2 Sessions  R
5/16-5/23  6:30-9:30 p.m.  109C
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 45302  2 Sessions  T
5/21-5/28  6:30-9:30 p.m.  109C
Instructor: Jamie Ingoe/Russell Rifkin

Germantown Campus
CRN#: 45305  2 Sessions  W
5/1-5/8  6:30-9:30 p.m.  178 PK
Instructor: Allison McCarty

CRN#: 45306  2 Sessions  R
5/2-5/9  6:30-9:30 p.m.  178 PK
Instructor: Allison McCarty

CRN#: 45307  2 Sessions  R
5/9-5/16  6:30-9:30 p.m.  153 PK
Instructor: Steven Abbett/John Gracyalny

CRN#: 45308  2 Sessions  T
5/14-5/21  6:30-9:30 p.m.  178 PK
Instructor: Steven Abbett/John Gracyalny

Rockville Campus
CRN#: 45303  2 Sessions  W
5/8-5/15  6:30-9:30 p.m.  101 MK
Instructor: Jamie Ingoe/Russell Rifkin

CRN#: 45304  2 Sessions  S
5/11-5/18  9:30 a.m.-12:30 p.m.  123 MK
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#: 14941  2 Sessions  W
7/17-7/24  6:30-9 p.m.  102 MK
Instructor: Arthur Stein

TWA

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class pay fee only.
Stocks: An In-Depth Look
This course will provide students with tools to understand and evaluate stocks. In addition, this course will review multiple strategies for using stocks in a personal portfolio. Topics include: understanding U.S. and global economic cycles, how to evaluate a company’s financial health, and how to use stocks for personal finances. TWA

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

Rockville Campus
CRN#: 45310 3 Sessions T
6/4-6/18 6:30-9:30 p.m. 102 MK
Last class on 6/18 meets 6:30-8:30 p.m.
Instructor: Larry Paul

Wall Street: History and Mystery
See course on page 10.

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

Course: PRF160 6 Hours
$60 + $75 fee = $135; NMR add $120

Bethesda-Chevy Chase High School
CRN#: 45312 2 Sessions W
6/5-6/12 6:30-9:30 p.m.
Instructor: Marc Levine

Rockville Campus
CRN#: 14944 2 Sessions M
7/15-7/22 6:30-9:30 p.m. 101 MK
Instructor: Jeffrey Hammond

Westfield South
CRN#: 45313 2 Sessions T
6/4-6/11 6:30-9:30 p.m. 306D
Instructor: Norman Handler

Photography

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

Course: LL1112 8 Hours
$50 + $79 fee = $129; NMR add $120

Rockville Campus
CRN#: 45152 4 Sessions W
6/5-6/26 6:30-8:30 p.m. 104 MK
Instructor: Michael Koren

Foundations of Digital Photography
Digital cameras automatically take great pictures; however, taking the camera off auto mode opens up an entire world of photography where you can control how the final picture looks. In this course, you will explore the settings found on a modern digital camera. You will discuss the different exposure, metering, autofocus, and white balance modes of a digital camera. You will also 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: LL1371 10 Hours
$65 + $85 fee = $150; NMR add $120

Rockville Campus
CRN#: 45177 5 Sessions M
5/20-6/24 6:30-8:30 p.m. 103 MK
No class 5/27
Instructor: Michael Koren

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

Course: LL1937 8 Hours
$56 + $79 fee = $135; NMR add $120

Rockville Campus
CRN#: 14859 4 Sessions M
7/8-8/5 6:30-8:30 p.m. 102 MK
No class 7/15
Instructor: Michael Koren

POP-UP LECTURES

Watch our Facebook page and newsletters for pop-up lectures on HOT topics of the day.
Wellness

Gentle Water Fitness for Muscle Tone and Cardio
Former Water Exercise, now LLI class for 50+
Gentle exercises providing for optimum fitness. In this course, you will learn how to use water resistance to develop muscle tone and flexibility, as well as increase endurance. You will practice techniques using water buoyancy to aid in relaxation, stress reduction, and mood enhancement. In addition, you will apply gentle water exercise to increase cardio health and help with chronic conditions. This course will be presented at several different difficulty levels and is not a swimming course. TWA
Course: LLI383 20 Hours
$30 + $85 fee = $115; NMR add $120
Germantown Campus
CRN#: 15158 20 Sessions M,W 6/3-8/7 11 a.m.-12 p.m. 103 PE
Instructor: Nancy Kropetz

Gentle Yoga for Mood and Strength
The medical community is recognizing the numerous benefits of yoga for healing and living with chronic pain. Learn postures that strengthen muscles to support joints while creating stronger bones. Explore postures to balance strength with flexibility and create more energy. Learn to incorporate breathing techniques to calm the nervous system and decrease anxiety. Bring awareness to alignment in the spine and body to achieve improved balance. Understand the interconnectedness of the body’s systems to treat the body as a whole. TWA
Course: LLI723 6 Hours
$35 + $65 fee = $100; NMR add $120
Rockville Campus
CRN#: 45185 5 Sessions F 5/31-6/28 10-11:15 a.m. 202 SB
Last class on 6/28 meets 10-11 a.m.
Instructor: Nancy Neves

Meditation for Mindfulness and Stress Reduction
One of the most beneficial effects of meditation is a sense of calm and relaxation. In this course you will learn a few simple mindfulness meditation practices that can result in a more consistent sense of well-being, less reactivity to negative experiences, and an enhanced quality of sleep and brain development. This course does not require experience with meditation or sitting in any particular posture. You will practice sitting or walking meditation. TWA
Course: LLI249 6 Hours
$35 + $69 fee = $104; NMR add $120
Gaithersburg Business Training Center
CRN#: 45160 4 Sessions W 5/15-6/5 10-11:30 a.m. 401
Instructor: Carol Moore

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For updates, special events, photos, and more,
visit our page at

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

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

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

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

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

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

Montgomery College, Rockville Campus Center for 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

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

Interested in receiving the Lifelong Learning Institute e-newsletter?
Just e-mail: tracy.ritenour@montgomerycollege.edu
or visit our website to sign-up to be placed on our mailing list.
montgomerycollege.edu/lifelonglearning

Summer Youth Programs at MC
Exciting courses for Grades K-12!

Art, Automotive, Biology, Circus Camp,
Computer Programming, Cooking, Drone Adventures,
Engineering, Entrepreneurship, Etiquette, Fab Labs,
Forensics, Interior Design, Math, Minecraft®, Robotics,
Science, Web Design, Woodshop, Writing, Virtual Reality,
AND SO MUCH MORE!!!

Montgomery College Youth Programs provide high quality summer courses that offer a variety of fun, educational, and engaging learning activities in a safe and nurturing environment.

For more information, visit our website: www.montgomerycollege.edu/youth or call Youth Programs at 240-567-7264 or 240-567-7917
Asistencia en Español Disponible
Tuition Installment Plan
Courses with a ▲ have a tuition installment plan available: pay one-third of class total as a down payment at time of registration, then pay the balance in two payments before the class ends. There is a nonrefundable fee to participate in the payment plan. Students desiring to use the payment plan must register online.

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

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

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

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

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

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

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

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

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

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

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

4 EASY WAYS TO REGISTER

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

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

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

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

Gaithersburg Business Training Center, Room 400
8:30 a.m.–9 p.m. (Mon–Thur); 8:30 a.m.–5 p.m. (Fri);
8:30 a.m.–4 p.m. (Sat)

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

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

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

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

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

Payments due at time of registration.

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

If you are registering for a class on campus but do not have a parking permit, please be sure to park in the visitors parking or go to the security office or to customer service to obtain a pass.
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.

<table>
<thead>
<tr>
<th>College ID Number:</th>
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<tr>
<td>Birthdate</td>
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<td>Last Name</td>
<td>First Name</td>
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<td>Address</td>
<td>House # and Street Name (Do NOT use P.O. Box or you will be charged Non-Md. resident fee.)</td>
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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

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

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

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

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<tr>
<th>CRN #</th>
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<th>Course Title</th>
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<th>Non-Md. Fee</th>
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Refunds will go to the registered student of record.

Total Due $

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

Student Signature Required ____________________________ Date __________

Please indicate payment by: □ Check (payable to Montgomery College)
Credit card: □ MasterCard □ VISA □ Discover
Credit Card Information: Expiration date on card Month / Year 3 or 4 digit Security code on your card

Credit Card Number

Name on Card

Card holder signature required ____________________________ Date __________

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

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

2/21/17
The Lifelong Learning Institute is committed to creating and fostering a variety of intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. However, adults of any age may register for these classes.

SAVE THE DATE!
Friday, June 14, 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 #: 45155
See page 7 for details.