

SENIOR ADVENTURES IN LEARNING AT CCBC

SPRING 2025



This spring, explore Senior Adventures in Learning at CCBC! Embark on your next hobby, friendship or learning opportunity. Take courses at CCBC Hunt Valley, Owings Mills, Catonsville, Essex and Dundalk or online.

ART

ART 839

Acrylic Painting #2

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

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

CRN#	Day/Ses.	Dates	Time	Location
34809	R(10)	4/24-7/3	10 a.m.-noon	OM

Individuals 60+ years old only pay fees.

For more information, call 443.840.2222 or visit ccbcmd.edu/seniors.

ART 494**Adventures with Watercolor**

Explore watercolor in this introductory course. Learn color theory, color mixing, differences in tools and materials and still life painting techniques. Perfect for beginners. Instructor: Karen Ruberry. Supplies and Materials will be discussed during the first class session.

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

CRN#	Day/Ses.	Dates	Time	Location
34070	R(8)	4/24-6/12	9:30-11:15 a.m.	EC

HST 132**Art History: A Project-Based Approach**

Discover art history hands-on! Explore five eras, their characteristics and notable artists. A student project will reflect each era using various materials. Materials fee: \$20, due the first week. Instructor: Daniel Shapiro.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
34800	W(10)	4/23-6/25	1-2:30 p.m.	OM

ART 927**Basic Acrylic Painting Part 2**

Advance your intermediate acrylic artistry with techniques in perspective, spatial relationships, composition, colorwork, brushwork and portrait painting while receiving expert critique. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
34824	F(10)	4/25-6/27	10 a.m.-noon	Zoom

ART 977**Beginning Drawing Part 2**

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

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

CRN#	Day/Ses.	Dates	Time	Location
34778	T(10)	4/22-6/24	1-3 p.m.	OM

ART 984**Dabbling in the Arts**

Explore visual arts using diverse mediums and techniques. Create 2D and 3D projects, study artists and analyze art elements and design principles to boost your creativity. Instructor: Nan Howard.

Total Cost: \$99 (Tuition: \$20 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
34492	T(8)	4/29-6/17	1:30-3:30 p.m.	HV

ARB 181

Drawing and Painting for the Senior Adult

Learn the basic techniques of various two-dimensional media. Discuss the use of media and the techniques used to achieve desired effects, as well as the equipment necessary to complete a two-dimensional project.

Instructor: Dr. Joseph Cassar.

Total Cost: \$99 (Tuition: \$15 Fees: \$84)

CRN#	Day/Ses.	Dates	Time	Location
38692	F(8)	4/4-5/30	9:30-11:30 a.m.	HV
38693	F(8)	4/4-5/30	11:35 a.m.-1:35 p.m.	HV

ART 902

Drawing Class Level 1

Enhance your drawing skills in a supportive environment for beginners. Learn core principles, materials, simplifying shapes, perspective and straight-line techniques. Instructor: Negin Nejad Mohseni.

Total Cost: \$82 (Tuition: \$0 Fees: \$82)

CRN#	Day/Ses.	Dates	Time	Location
33428	M(9)	4/28-6/30	10 a.m.-noon	HV

ART 903

Drawing Class Level 2

Completed Drawing Level 1? Now, put your knowledge to work. Choose a drawing project to complete using a mechanical pencil, PanPastel or charcoal pencil. Instructor: Negin Nejad Mohseni.

Total Cost: \$82 (Tuition: \$0 Fees: \$82)

CRN#	Day/Ses.	Dates	Time	Location
33429	M(9)	4/28-6/30	1-3 p.m.	HV

ART 043

Drawing for Beginners

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

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

CRN#	Day/Ses.	Dates	Time	Location
34781	T(10)	4/22-6/24	10 a.m.-noon	OM

PDV 399

Fashion and Art Wellness

Release your emotions and thoughts through art, fashion pictures and writing prompts. Create a vision board of your future goals. Instructor: Trish Presley.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34783	T(6)	4/22-5/27	11 a.m.-12:30 p.m.	OM

ART 976**Independent Drawing Studio**

Explore various mediums, subjects and artistic styles of your choice. Create independent art while improving your drawing skills through critique and encouragement from your instructor. Instructor: Marcia Bornfriend

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

CRN#	Day/Ses.	Dates	Time	Location
34749	M(8)	4/28–6/23	1–3:30 p.m.	OM

ART 891**Portrait and Oil Painting Combo**

Refine your portrait and oil painting skills, focusing on lighting, posing and techniques. Bring a drawing pad, graphite pencils, kneaded eraser and a portrait photo to class. Materials list to follow. Instructor: Jennifer Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
33492	R(10)	4/10–6/19	10 a.m.–noon	HV

ART 904**Portrait Drawing Level 1**

Explore portrait drawing basics using the Loomis and Reilly methods. Learn measuring techniques for portraiture and anatomy nuances for drawing lifelike portraits. Beginners welcome. Instructor: Negin Nejad Mohseni.

Total Cost: \$82 (Tuition: \$0 Fees: \$82)

CRN#	Day/Ses.	Dates	Time	Location
33430	T(9)	4/29–6/24	10 a.m.–noon	HV

ART 905**Portrait Drawing Level 2**

Completed Portrait Drawing Level 1? Level up your skills! Complete a portrait drawing project using a mechanical pencil, PanPastel or charcoal pencil. Instructor: Negin Nejad Mohseni.

Total Cost: \$82 (Tuition: \$0 Fees: \$82)

CRN#	Day/Ses.	Dates	Time	Location
33431	F(9)	5/2–6/27	2:30–4:30 p.m.	HV

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

Improve realistic art with charcoal, pastel and oil, building on Part 1 of this course. Deepen your skills in materials, composition, techniques and layering. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
34806	R(10)	4/24–7/3	1–3 p.m.	OM

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

Learn painting skills, including wash, dry brush and masking techniques for subjects such as landscapes, still life and portraits. Instructor: Jennifer Murtha.

Total Cost: \$99 (Tuition: \$15 Fees: \$84)

CRN#	Day/Ses.	Dates	Time	Location
33489	T(10)	4/8–6/17	10 a.m.–noon	HV
33490	R(10)	4/10–6/19	1–3 p.m.	HV

ART 949**Watercolor Pencil Painting**

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

Total Cost: \$ 70 (Tuition: \$0 Fees: 70)

CRN#	Day/Ses.	Dates	Time	Location
34775	T(6)	4/22–5/27	1–2:30 p.m.	OM

COMPUTERS**PCA 696****Android Phones and Tablets**

Learn how to purchase and confidently use an Android smart device, including installing and using apps, taking photos, shooting videos and downloading books. Instructor: Jason Knauer.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
33432	M(5)	5/5–6/9	10 a.m.–noon	HV

PCO 357**Beginning iPhones for Seniors**

Use your iPhone like a pro. Learn to use apps, your camera and GPS, and begin to integrate the features into your daily life. Students must bring their iPhones to class. Instructor: Dona Rucci.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34532	T(6)	5/6–6/10	10 a.m.–noon	HV

PCO 293**Computers: Getting to Know Email**

Manage your email accounts effectively by learning how to use text formatting, attachments, customizations and toolbars, and block spam. Recommended but not mandatory: Computers: Getting to Know Windows 10. Instructor: Lee Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
34638	M(5)	3/3-31	10 a.m.-noon	OM
34737	M(4)	6/2-6/23	10 a.m.-12:30 p.m.	OM

PCO 295**Computers: Getting to Know Microsoft Excel**

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

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
34700	R(5)	3/6-4/3	10 a.m.-noon	OM
34813	R(5)	5/29-7/3	10 a.m.-noon	OM

PCO 294**Computers: Getting to Know Microsoft Word**

Use Microsoft Word effectively to create documents. Explore the toolbar, dropdown menus and email merging. Prerequisites: Computers: Getting to Know Windows 10; and Computers: Getting to Know Email. Instructor: Lee Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
34814	R(5)	4/24-5/22	10 a.m.-noon	OM

PCO 292**Computers: Getting to Know Windows 10**

Learn to effectively use Windows 10 by personalizing your computer with screensavers and backgrounds, using a mouse, accessing files and programs, exploring back-up solutions and adding internet security. Instructor: Lee Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
34740	M(4)	4/28-5/19	10 a.m.-12:30 p.m.	OM

PCO455**Introduction to Chromebooks**

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

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
34805	R(5)	4/24-5/22	1-3 p.m.	OM
34432	S(5)	4/26-5/31	10 a.m.-noon	HV

PCO456**Keeping Up with the Millennials**

Connect with younger generations by mastering social media. Learn to set up accounts, send messages, find friends and family and keep your accounts secure. Instructor: Holli Friedland.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
34785	T(4)	4/22-5/13	10:30 a.m.-noon	Zoom

COOKING

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

CKG 297**French Chefs**

Master French cooking with simple recipes by Julia Child, Jacques Pepin and Georges Auguste Escoffier. Recreate their dishes, learn their techniques and enjoy critiquing your creations. Materials fee: \$40, check payable to Michelle's Kitchen due first class. Instructor: Michelle Sapp.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34808	R(6)	4/24-5/29	10:30 a.m.-noon	OM

CRAFTS AND HOBBIES**ART 983****Beginning Collage**

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

Total Cost: \$53 (Tuition: \$0 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
34524	S(2)	5/10-17	9:30 a.m.-12:45 p.m.	HV

PDV 350

Beginning Mahjong

Explore the game's history and rules. Practice playing while receiving expert tips. Instructor: Geri Willen.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34764	T(6)	4/22-5/27	10-11:30 a.m.	OM

ENV 379

Bird Watching for Beginners: Eastern Baltimore County

Learn how to find, identify and catalog birds you observe firsthand in Eastern Baltimore County. Gain experience using close-focus 8-power roof prism binoculars (available to purchase, with discount, at first class). The first and last classes will be at CCBC Essex, other classes will meet at various sites.

Instructor: Marty Brazeau and John Robinson.

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

CRN#	Day/Ses.	Dates	Time	Location
34795	W(1)	4/23	8-11:15 a.m.	EC
34795	W(5)	4/30-5/28	8-11:15 a.m.	OSX
34795	W(1)	6/4	8-11:15 a.m.	EC

ENV 380

Bird Watching for Beginners: Northern Baltimore County

Learn how to find, identify and catalog birds you observe firsthand in Northern Baltimore County. Gain experience using close-focus 8-power roof prism binoculars (available to purchase, with discount, at first class). The first and last classes will be at CCBC Owings Mills, other classes will meet at various sites.

Instructor: Marty Brazeau and John Robinson.

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

CRN#	Day/Ses.	Dates	Time	Location
34767	T(1)	4/22	8-11:15 a.m.	OM
34767	T(5)	4/29-5/27	8-11:15 a.m.	OSX
34767	T(1)	6/3	8-11:15 a.m.	OM

ARB 247

Bits and Pieces: Collage Work

Discover the art of combining materials like paper, photos, fabric and wood to create compositions. Learn techniques in paper collage, decoupage, photomontage and assemblage. Suitable for all experience levels. Instructor: Nan Howard.

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

CRN#	Day/Ses.	Dates	Time	Location
34427	T(8)	4/29-6/17	10 a.m.-noon	HV

ART 975

Cardmaking and Paper Crafting

Enjoy learning card making and paper cutting with dies, stamps, stencils and more! Create greeting cards, photo folios, notebooks and gifts. Materials fee: \$10, due first class. Bring scissors, ruler, two-sided tape and glue or glue stick. Instructor: Christine Tripson.

Total Cost: \$53 (Tuition: \$0 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
34735	M(4)	4/28-5/19	1-2:30 p.m.	OM

PDV 393

Games Gallery

Looking for a fun way to embrace a healthy, positive and social lifestyle? Games Gallery is your answer! Enjoy playing Monopoly, card games, Scrabble and chess. Share your favorites and connect with fellow gamers. Instructor: Kim Bartosz.

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

CRN#	Day/Ses.	Dates	Time	Location
34073	W(8)	4/30-6/18	7-8 p.m.	CC

ART 987

Holiday Floral Arranging: Hop Your Way into Easter and Spring

Master Easter floral design! Learn techniques and tools to create vibrant spring arrangements. Materials fee: \$20, due first class. Instructor: Mary Hansen.

Total Cost: \$15 (Tuition: \$0 Fees: \$15)

CRN#	Day/Ses.	Dates	Time	Location
34579	R(1)	4/10	10:30 a.m.-noon	HV

ART 817

Introduction to Crochet

Master the essentials for crochet success! Learn hook/yarn selection, pattern reading and stitch mastery. Work on a semester project. Materials will be discussed in the first class. Instructor: Colleen Harbison.

Total Cost: \$82 (Tuition: \$0 Fees: \$82)

CRN#	Day/Ses.	Dates	Time	Location
34302	W(9)	4/23-6/18	10 a.m.-noon	Zoom

ART 953

Knitting for Beginners

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

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34755	M(6)	4/28-6/9	1-2:30 p.m.	OM

PDV 383

Learn to Play Canasta

Learn the Canasta rules, scoring and strategic play with a partner. Practice different hands and have fun!
Instructor: Geri Willen.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34733	M(6)	4/28-6/9	10-11:30 a.m.	OM

ART 978

The Art of Paper Folding

Students will explore basic paper folding concepts and techniques to turn paper into art, while increasing their artistic literacy and expression. Instructor: Tatiana Nelson-Joseph.

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

CRN#	Day/Ses.	Dates	Time	Location
34445	S(7)	4/26-6/14	9:45 a.m.-noon	HV

PDV 374

The Ins and Outs of Counted Cross Stitch

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

Total Cost: \$53 (Tuition: \$0 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
34803	W(4)	4/23-5/14	1-2:30 p.m.	OM

GENEALOGY

PCO427

Family History Research with Ancestry.com

Learn to use Ancestry.com to further your family history research, determine whether found records are true to your family or not, learn about security awareness on the web and more. IMPORTANT NOTE: Active subscription to Ancestry.com is required. Instructor: Dave Powell.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34452	R(8)	4/24-6/12	1-2:30 p.m.	HV

HIT 997

Finding your Family Roots, Beginners

Research your family tree by exploring genealogy forms, techniques and sources, including digital tools. Learn about citations, pedigree charts and naming variations for thorough documentation.

Instructor: Dave Powell.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34451	T(8)	4/29-6/17	1-2:30 p.m.	HV

HST 085

Understanding Genealogy Research

Learn the basics of genealogical research, review effective techniques for researching genealogy on the internet, find foreign records and interpret these records with English-language tools. Instructor: Dave Powell.

Total Cost: \$78 (Tuition: \$20 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
34435	F(4)	5/2-5/23	10 a.m.-noon	HV

HISTORY, POLITICS AND EVENTS

HST 159

American Icons and Legends: The French and Indian War

Explore the French and Indian War (1753-1763), its causes, key battles, figures, peace treaty and impact on the American Revolution. Analyze pivotal events and influential figures of this critical period.

Instructor: Patrick Heline. Class offered both in-person and on Zoom.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34549	R(8)	4/24-6/12	9:45-11 a.m.	Zoom
34548	R(8)	4/24-6/12	9:45-11 a.m.	HV

HST 151

A More Perfect Union: What did the Founding Fathers Mean?

In this class, explore the meaning of "A More Perfect Union" in the Preamble, its inclusion by the Founding Fathers and its relevance today. Analyze their vision and its modern applications. Instructor: Matthew Harding.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34391	W(6)	5/7-6/11	10 a.m.-noon	Zoom

HIT 826**Beer, Bread and Brothels of Baltimore**

Discover the fascinating history of Baltimore City, the impact of immigration on the creation, development and success of Baltimore City's breweries, bakeries, brothels and more. Instructor: Jennifer Liles.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34770	T(8)	4/22-6/10	10:30 a.m.-noon	OM

HIT 968**Changing Social Roles: Victorian and Modern Era Views on Sex**

Explore how Victorian and modern societies have been shaped by attitudes toward sex and gender. From historical shifts to legal and professional impacts, uncover the evolving landscape of human sexuality. Instructor: Jennifer Liles.

Total Cost: \$78 (Tuition: \$20 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
34411	W(5)	5/7-6/4	10:30 a.m.-noon	HV

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

Explore the diverse roles of first ladies, from their personal lives to public duties, revealing their multifaceted contributions as spouses, mothers, ambassadors, hostesses and supportive partners. Instructor: Patrick Heline. This course is simulcast, offered both in-person and on Zoom. Focus: Rachel Jackson to Julia Tyler.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34457	R(6)	4/24-5/29	1:30-3 p.m.	Zoom
34456	R(6)	4/24-5/29	1:30-3 p.m.	HV

HST 111**Genius of Ancient Greece**

Ancient Greece's cultural achievements influenced modern architecture, theater, arts, athletics, government, law, science, philosophy, history, language and literature. This course explores the impact of this pivotal civilization. Instructor: Dr. Bob Baer.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34395	F(6)	5/2-6/6	10-11:30 a.m.	HV

HIT 845**Historic Jonestown: Baltimore's Oldest Settlement of Immigrant Communities**

Learn about the historic Jonestown neighborhood. As Baltimore's oldest point of immigrant entry, explore how the ever-changing immigrant neighborhoods contributed to Baltimore's culture and commerce. Instructor: Bev Rosen. Walking tour of Historic Jonestown offered separately, see details in Tours section.

Total Cost: \$78 (Tuition: \$20 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
34521	W(5)	5/7-6/4	1-2:15 p.m.	HV

HST 144**Historical Days in American History**

Explore key moments in American history. Delve into significant events, dates and their lasting impact. Understand the past and its influence on today by analyzing pivotal figures and their legacies. Instructor: Patrick Heline. This course is simulcast, offered both in-person and on Zoom.

Total Cost: \$74 (Tuition: \$20 Fees: \$54)

CRN#	Day/Ses.	Dates	Time	Location
34438	R(7)	4/24-6/5	11:30 a.m.-12:30 p.m.	HV
34439	R(7)	4/24-6/5	11:30 a.m.-12:30 p.m.	Zoom

HST 120**History of Leaders and Leadership Across the World**

The ideology, principles, and core values of leaders and leadership styles have been for many thousands years a topics of debate and discussion from the days of the great Indus Civilizations to the ancient Egyptian hieroglyphics, and into modern day society today. The intellect, experiences, background, environment, and the circumstances are what generally suggest why personalities become great world leaders and define leadership styles. In this class, students will learn how these leaders and their leadership styles are often validated by the decisions they make, the social media influence, the might they show during travesty and how the media perceives them. Students will discuss and examine the evolution of leadership throughout history, what defines leadership and its characteristics and theories throughout history. In addition, students will learn about a world leader from a certain era and their leadership style in history for each class session. Instructor: Sudeep Mohandas.

Total Cost: \$93 (Tuition: \$20 Fees: \$93)

CRN#	Day/Ses.	Dates	Time	Location
34413	M(8)	4/28-6/23	10:30 a.m.-noon	HV

HST 117**Hopkins Heroes 2.0: The Next Chapter**

Johns Hopkins Hospital, Baltimore's renowned medical institution, has been pivotal to medical history. Explore its founders, key figures and major discoveries through a blend of history and science. Instructor: Paula Mister.

Total Cost: \$78 (Tuition: \$20 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
34425	M(4)	4/28-5/19	10 a.m.-noon	HV

PHI 007

Jewish Philosophy from Traditional Texts

Explore the meaning of life through Jewish texts like "The Just" and "Duties of the Heart." Examine their perspectives on money, love and personal growth, and analyze their philosophies. This course is simulcast, offered both in-person and on Zoom. Instructor: Charles Hanna.

Total Cost: \$98 (Tuition: \$20 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
34821	F(10)	4/25-6/27	10:30 a.m.-noon	OM
34822	F(10)	4/25-6/27	10:30 a.m.-noon	Zoom

PFA 516

Learning About Contemporary Issues and Ideas

Increase your awareness about current issues and ideas that influence contemporary American society. Topics include racial-ethnic matters, economic conditions, political situations, cultural issues and international issues. Instructor: Deena Dugan.

Total Cost: \$90 (Tuition: \$20 Fees: \$70)

CRN#	Day/Ses.	Dates	Time	Location
34503	T(8)	4/29-6/17	10-11:30 a.m.	HV

HST 160

Life and Adventures of Commodore Uriah Phillips Levy

Explore the remarkable Jewish seaman who rose to the highest U.S. Navy rank, faced six court-martials, campaigned against flogging and helped restore Thomas Jefferson's Monticello. Instructor: Harry Ezratty, Esq.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
35677	W(4)	4/23-5/14	1-2:30 p.m.	OM

HST 153

Museums in Vienna

Virtually explore the Belvedere, Leopold Albertina and the Viennese Secession Building. Discuss key artists from da Vinci to Durer to Klimt. Instructor: Joseph Cassar, PhD.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34670	R(8)	4/24-6/12	9:30-11 a.m.	Zoom

HST 133

Post Soviet Russia 1991 to Putin's Regime 2025

Explore the causes of the dissolution of Soviet Russia and the rise of Putin's regime. Examine the need for military security and prosperity rather than a democracy and the threats of NATO expansion and Western democracy. Instructor: Richard Caballero.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
34798	W(10)	4/23-6/25	1-2:30 p.m.	OM

HST 118**Queens of Ancient Egypt through Art**

Explore the role of Egyptian queens over 3,000 years, beyond the famous pharaohs. Examine the contributions of high priestesses and rulers like Hatshepsut, Nefertiti and Cleopatra through illustrated artworks and archaeological evidence. Instructor: Barbara Baxter.

Total Cost: \$78 (Tuition: \$20 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
34458	T(5)	5/6–6/3	1–2:30 p.m.	HV

ART 981**Reflections on Verse; Poetry for Committed and Curious Fans**

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

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34804	W(6)	4/23–5/28	11 a.m.–12:30 p.m.	OM

HST 155**Rembrandt**

Explore Rembrandt van Rijn and the Dutch Golden Age. Discuss his portraits, drawings, etchings, commissions, self-portraits and stylistic evolution in detail. Instructor: Joseph Cassar, PhD.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34668	T(8)	4/22–6/10	9:30–11 a.m.	Zoom

HST 140**Shel Silverstein: His Life and Career**

Examine Shel Silverstein’s fascinating life as an American writer, children’s author and illustrator, poet, cartoonist, singer-songwriter, musician and playwright. Discuss his famous book, “The Giving Tree.”

Instructor: Laurie Rosenberg.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34792	W(6)	4/23–5/28	10–11:30 a.m.	OM

HST 127**The American Civil War: A New Overview**

From 1861–65, the United States faced its greatest challenge—itsself. Gain a fresh perspective on the Civil War, including its causes, key figures, civilian impact, aftermath and evolving interpretations.

Instructor: David Hatch.

Total Cost: \$90 (Tuition: \$20 Fees: \$70)

CRN#	Day/Ses.	Dates	Time	Location
34075	M(7)	4/28–6/16	7–8:30 p.m.	Zoom

HST 126

The China Trade and the New World

Explore the origins of European and New World trade with China and its influence on early America's architecture, design, flora, fauna, finances and economics. Instructor: John Danz, Jr.

Total Cost: \$90 (Tuition: \$20 Fees: \$70)

CRN#	Day/Ses.	Dates	Time	Location
34426	T(7)	4/29-6/10	10-11:30 a.m.	HV

HIT 886

The Good, The Bad and The Ugly: History of the U.S. Nuclear Deterrent

Examine the evolution of the U.S. nuclear stockpile and its governance structure. Explore its testing, accidents and near-misses. Evaluate the challenges, advantages and disadvantages of maintaining the nuclear stockpile. Instructor: Richard Callabero.

Total Cost: \$73 (Tuition: \$20 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
34462	M(4)	5/5-6/2	1-2:30 p.m.	HV

HIS 738

The History and Value of Antiques

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

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
38755	W(10)	4/23-6/25	10-11:30 a.m.	HV

HST 162

The Kings of Egypt Part I

Explore Ancient Egypt's grandeur through its pharaohs, from the Predynastic Period to Alexander the Great's conquest. Learn about their lives, legacies and the impact of royal dynasties on Egyptian society and culture. Instructor: Tamee Bollinger.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
34581	S(5)	4/26-5/31	10 a.m.-noon	HV

HST 128

The Weimar Republic 1918 to 1933

Explore the Weimar Republic's history, including post-war chaos, the German Workers Party and Nazi Party formations, the Ruhr occupation, Paul von Hindenburg's presidential election, reparations and more. Instructor: Bill Krause.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34459	W(6)	5/7-6/11	1-2:30 p.m.	HV

HST 142**Twentieth Century Baltimore**

Examine Baltimore's key events by decade, including major concerns, emerging industries and their cultural, racial and ethnic impacts. The instructor's book, "Twentieth Century Baltimore," is available for \$24.95.
 Instructor: Jack Burkert.

Total Cost: \$96 (Tuition: \$20 Fees: \$76)

CRN#	Day/Ses.	Dates	Time	Location
34819	F(9)	4/25-6/20	10:30 a.m.-noon	OM

HIS 158**U.S. Supreme Court and the Bill of Rights**

Examine the 10 amendments in the U.S. Constitution's Bill of Rights and their effect on Supreme Court decisions, including Freedom of Speech, Freedom of Religion, Right to Bear Arms and state's rights.
 Instructor: Deena Dugan.

Total Cost: \$86 (Tuition: \$20 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34812	R(6)	4/24-5/29	10-11:30 a.m.	OM

HIT 957**World Cultures: Diversity of Ethnicity**

Immerse yourself in global cultures, cuisines and traditions to reduce misrepresentation and ease ethnic tensions. Explore communication's role in cultural conflict and explore strategies for harmony.
 Instructor: Sudeep Mohandas.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34390	T(8)	5/6-6/24	10:30 a.m.-noon	HV

LANGUAGES**FLA 088****Conversational Spanish for Beginners I**

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

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
34818	W(10)	4/23-6/25	10-11:30 a.m.	OM

FLA 093

Conversational Spanish for Beginners Part II

Advance your Spanish skills to express needs and feelings, expand vocabulary, recognize items and engage in longer conversations. Prerequisite: Conversational Spanish for Beginners. Instructor: Jean Meyer.

Total Cost: \$99 (Tuition: \$21 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
34817	T(10)	4/22-6/24	10-11:30 a.m.	OM

HST 161

French Culture and Language for Everyone

Gain basic French conversational skills, plus insight into the rich tapestry of French culture. Delve into music, cuisine, literature, dance, history and more. Instructor: Patricia Cornejo.

Total Cost: \$93 (Tuition: \$20 Fees: \$73)

CRN#	Day/Ses.	Dates	Time	Location
34523	R(8)	4/24-6/12	1-2:30 p.m.	HV

LEARN LECTURES

HIT 981

The Founding of Maryland

Dive into the captivating history of Maryland's founding! Explore colonization motives, the Calvert Family legacy, charter origins, the settlers' journey, survival tales and intriguing Maryland facts. Instructor: Patrick Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
32961	T(1)	3/25	10-11:30 a.m.	HV

HST 122

The History of Towson Part II

In part two, explore Towson's transformation from a village to a city, focusing on its businesses, schools, notable figures and evolution into Baltimore County's political hub. Instructor: Jennifer Liles. Lecture will take place at the Historical Society of Baltimore County (Address 9811 Van Buren Lane, Cockeysville, MD 21030).

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

CRN#	Day/Ses.	Dates	Time	Location
34152	F(1)	3/7	1:30-3 p.m.	HSB

HST 116**1918 Flu Pandemic Baltimore Stories**

The 1918 Spanish influenza pandemic and local Baltimore stories of those that lived through it. In this lecture, students will learn about the origins, history, and consequences of the devastating 1918 Spanish influenza pandemic, through the personal stories behind the 1918 flu, public health measures taken, personal stories of Baltimore families who suffered through this historical pandemic, what was learned (consequences) of the 1918 flu, advances in medicine and science as a result of the 1918 flu, and more. Instructor: Paula Mister.

Total Cost: \$93 (Tuition: \$0 Fees: \$35)

CRN#	Day/Ses.	Dates	Time	Location
34431	F(1)	6/6	10 a.m.–noon	HV

LUNCH AND LEARN**HST 105****Nazis, a Bicyclist and a Writer's Journey**

Explore the acclaimed true story, "Two Wheels to Freedom," which details a young Jewish resistor's daring escape from the Nazis. Join the author to learn about his research, storytelling strategies and writing process. Lunch to follow at Glyndon Grill. Instructor: Arthur Magida.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34716	T(1)	3/4	10:30 a.m.–noon	OM

HST 123**Cleopatra's Egypt**

Explore Cleopatra's reign as the last ruler of the Ptolemaic dynasty. Discover the fascinating stories and myths about her, including her romantic liaisons with Julius Caesar and Mark Antony. Lunch to follow at Glyndon Grill. Instructor: Dr. Robert Baer.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34720	M(1)	3/10	10:30 a.m.–12:30 p.m.	OM

CKG 294**Italian Chef: Giada De Laurentiis**

Learn about TV chef and author Giada De Laurentiis, her career, rise to fame and interesting family. Watch a demonstration and enjoy two of her renowned recipes: lamb osso buco and lemon ricotta cookies. A \$20 materials fee will be collected, paid to Michelle's Kitchen. Instructor: Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
34729	R(1)	3/13	10:30 a.m.–12:30 p.m.	OM

HST 121**Antietam—The Day that Changed America**

Examine the Battle of Antietam through eyewitness accounts, covering Lee’s Maryland Campaign, battle strategies, Mathew Brady’s photography, Lincoln’s visit, the aftermath and impact on America and the Civil War. Lunch to follow at Barrett’s Grill. Instructor: Dave Udris.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34295	F(1)	3/14	10:30 a.m.–noon	HV

POS 059**Post–Election Political Landscape**

Examine the 2024 election results to assess the future of American democracy. Explore election dynamics, international impact, the U.S. economic outlook, emerging issues, the state of political divides and compromise efforts. Lunch to follow at Glyndon Grill. Instructor: Barry Rascover.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34722	T(1)	3/18	10:30 a.m.–noon	OM

HIT 783**The Science Behind the 10 Plagues**

Examine the story of the 10 plagues that were used to free the Israelites from Egypt, as told in the biblical story of the Exodus. Explore the most plausible scientific explanations for these miracles. Lunch to follow at Glyndon Grill. Instructor: Don Finkelstein.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34724	T(1)	3/25	10:30 a.m.–noon	OM

HST 129**American Frontier**

Explore the American frontier in the late 18th and early 19th centuries. Topics include Native American history, culture and encounters with settlers, as well as frontier lifestyles, Manifest Destiny and legends like Daniel Boone. Lunch to follow at Blue Stone Restaurant. Instructor: Dr. Lester Brooks.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34294	F(1)	3/28	10 a.m.–noon	HV

HIS 586

Aftermath of the Lincoln Assassination

Examine how Abraham Lincoln spent his last day, hear a range of stories from ordinary citizens with him on that fateful day, and learn about several strange events following the assassination. Lunch to follow at Barrett's Grill. Instructor: Dave Udris.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34396	F(1)	4/11	10:30 a.m.–noon	HV

ENV 035

Climate Change: When Did It Happen?

Discuss historical climate changes in weather patterns, ecosystems, sea levels and human life caused by humans. Explore future climate change trends and their predicted impacts. Lunch to follow at Glyndon Grill. Instructor: Don Finkelstein.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34832	T(1)	4/22	10:30 a.m.–noon	OM

HIT 654

Gertrude Bell: Desert Adventurer

A desert explorer, archaeologist, pioneering mountaineer, spy, diplomat and popular travel writer, Bell blazed paths across the Near East. Examine her accomplishments and long-term contributions to the culture and politics of the region. Lunch to Follow at Pappa's Restaurant. Instructor: Dr. Bob Baer.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34394	F(1)	4/25	10 a.m.–noon	HV

HIT 971

Judy Garland: The Lady and the Legend

Get to know the legend Judy Garland. Examine her early life, career and lasting popularity. Identify events and behaviors that impacted her reputation and the people who enabled the destructive behavior that led to her early death. Lunch to follow at Glyndon Grill. Instructor: Sandy Livingston.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34831	W(1)	4/30	10:30 a.m.–noon	OM

ENV 034**Impact of Climate Change on Maryland**

Explore climate change's effects on Maryland's natural systems, including temperature shifts in grow zones, saltwater intrusion on Eastern Shore vegetation, forest canopy changes and regional differences across the United States. Lunch to follow at Blue Stone Restaurant. Instructor: Jim Himel.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34412	F(1)	5/2	10:30 a.m.–noon	HV

HST 146**Billie Holiday: Lady Sings the Blues**

Billie Holiday, jazz's greatest tragic heroine, has a legendary story marked by an impoverished Baltimore childhood, addiction struggles and early death. Explore her music in the context of her life. Lunch to follow at Glyndon Grill. Instructor: Seth Kibel.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34830	T(1)	5/6	10:30 a.m.–noon	OM

HST 147**History of Women's Shoes and the Life of Salvatore Ferragamo, a Master Shoe Designer**

Explore the history of women's shoes, focusing on Salvatore Ferragamo's rise as a master designer. Take a virtual tour of the Ferragamo Museum in Milan to view his unique creations. Lunch to follow at Glyndon Grill. Instructor: Barbara Blumberg Ressin.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34829	T(1)	5/13	10:30 a.m.–noon	OM

POS 062**America's Political Landscape in Mid-2025**

Examine the 2024 election's impact on American democracy, political parties, key issues and challenges for the White House and Congress. Assess the effects on indictments, federal trials, the Supreme Court and future prospects. Lunch to follow at Glyndon Grill. Instructor: Barry Rascovar.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34825	T(1)	5/27	10:30 a.m.–noon	OM

HST 103**Seven Wonders of the Ancient World**

Explore the Seven Wonders and the cultures that built them. Explore Egypt, Greece and the Near East, examining their history, legends and archaeological discoveries.

Total Cost: \$93 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
34827	M(1)	6/9	10:30 a.m.–12:30 p.m.	OM

PHOTOGRAPHY

ART 080

Art in Photography

Master professional techniques—the rule of thirds, photojournalistic eye and design principles—to infuse your photos with a WOW factor. Instructor: Marcia Bornfriend.

Total Cost: \$76 (Tuition: \$0 Fees: \$76)

CRN#	Day/Ses.	Dates	Time	Location
34823	F(7)	4/25–6/6	10 a.m.–noon	OM

ART 704

Introduction to Digital Photography

Become a confident digital camera user. Learn the various symbols and buttons, loading, organizing, printing, storing and sharing images and methods for taking pictures. Instructor: Lee Klima.

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
34433	S(5)	4/26–5/31	1–3 p.m.	HV
34753	M(4)	4/28–5/19	1–3:30 p.m.	OM

ART 821

Digital Photograph Enhancement

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

Total Cost: \$88 (Tuition: \$20 Fees: \$68)

CRN#	Day/Ses.	Dates	Time	Location
34640	M(5)	3/3–31	1–3 p.m.	OM
34751	M(4)	6/2–6/23	1–3:30 p.m.	OM

PCA 899

Photography for Mobile Devices

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

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

CRN#	Day/Ses.	Dates	Time	Location
33435	M(8)	4/28–6/23	1–2:30 p.m.	HV

TOURS

HIT 925

Colonial Annapolis and the United States Naval Academy

Join a knowledgeable period-attired guide to embark on a whirlwind journey and delve into the city's 18th century splendor. Meet at the Visitor Information Booth, 1 Dock Street, Annapolis, Maryland. Students will need walk 1–1.5 miles total for this walking tour. Lunch to follow at Middleton's Tavern after the tour.

Total Cost: \$64 (Tuition: \$0 Fees: \$64)

CRN#	Day/Ses.	Dates	Time	Location
32846	S(1)	5/3	10 a.m.–12:30 p.m.	OSX

HIT 744

Green Mount Cemetery Walking Tour

During a two-hour walking tour, discover the history of the Green Mount Cemetery, constructed in 1838 with Gothic Revival architecture. Meet at the main entrance, 1501 Greenmount Avenue, Baltimore. Parking available.

Total Cost: \$30 (Tuition: \$0 Fees: \$30)

CRN#	Day/Ses.	Dates	Time	Location
33436	S(1)	5/10	9:30–11:30 a.m.	OSX
33437	S(1)	6/28	9:30–11:30 a.m.	OSX

HST 108

Ridgely's Delight Walking Tour

Explore Ridgely's Delight, a historic neighborhood where George Washington stayed and much more. Wear comfortable clothes and bring water for this one-mile tour. Meet at the Babe Ruth Birthplace Museum, 216 Emory St., Baltimore, MD 21230.

Total Cost: \$20 (Tuition: \$0 Fees: \$20)

CRN#	Day/Ses.	Dates	Time	Location
34464	S(1)	5/17	10–11:30 a.m.	OSX

HST 109

LGBTQ History in Mt. Vernon Place

Tour Mount Vernon and learn about pioneering women who helped shape Baltimore's educational institutions, medical professionals who were on the front lines of the AIDS epidemic and residents who founded the first LGBTQ church. Participants MUST be able to walk about a mile, wear comfortable clothing and bring water. Meet in front of the Wexler Center, Address: 1000 Cathedral St. Baltimore, MD 21201).

Total Cost: \$20 (Tuition: \$0 Fees: \$20)

CRN#	Day/Ses.	Dates	Time	Location
34465	S(1)	6/7	10–11:30 a.m.	OSX

HIT 745**Historic Jonestown Walking Tour**

Anchored by the Phoenix Shot Tower, Historic Jonestown is one of the oldest neighborhoods in Baltimore City. Learn about the city's oldest religious buildings and synagogues, the life and impact of the longest-lived signer of the Declaration of Independence, Charles Carroll and more. This is a 2 hour walking tour of about one mile in total. Meet at the Carroll Mansion (Address: 800 Lombard Street, Baltimore, MD 21202).

Street parking available. Bring money for parking.

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

CRN#	Day/Ses.	Dates	Time	Location
34522	S(1)	6/14	9:30–11:30 a.m.	OSX

HST 110**Landmarks on the Inner Harbor**

Did you know that the Maryland Science Center has roots that go back to 1826? Or that at one time, Six Flags operated an amusement park out of the Power Plant? Or that Domino Sugar processes 6.5 million pounds of raw sugar on any given day? Join us to learn some of the back stories to the wonderful places that dot our Inner Harbor. Participants **MUST** be able to walk about a mile. Wear comfortable clothes and bring water. Meet at Miss Shirley's Cafe Inner Harbor (Address: 750 E. Pratt Street, Baltimore, MD 21202). Parking available at Pier 5 garage.

Total Cost: \$20 (Tuition: \$0 Fees: \$20)

CRN#	Day/Ses.	Dates	Time	Location
34466	S(1)	6/27	10–11:30 a.m.	OSX

WELLNESS AND FITNESS**FIT 073****Aerobics for the Senior Adult: A Low-Impact Routine**

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

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

CRN#	Day/Ses.	Dates	Time	Location
34429	R(10)	4/24–6/26	12–1 p.m.	HV

FIT 184**Cane-Fu: Self-Defense with a Cane**

Gain confidence walking with a cane and learn to use it for basic self-defense, including strikes and blocks. Explore exercises to strengthen muscles. Participants must be mobile and bring a wooden cane to class. Instructor: Alan Fink.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34793	W(6)	4/23–5/28	10–11:30 a.m.	OM

FIT 083

Chair Pilates

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

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

CRN#	Day/Ses.	Dates	Time	Location
34430	F(10)	4/25–6/27	10:30–11:30 a.m.	HV Instructor: Nina Bazemore
34299	F(8)	4/25–6/13	10:30–11:30 a.m.	Zoom Instructor: Sandi Rubin
34756	M(8)	4/28–6/23	9:30–10:45 a.m.	OM Instructor: Sandi Rubin

PDV 360

Downsizing and Organizing So Your Kids Won't Have To

Discover strategies and resources to declutter your home now. Learn how to make choices, research item values and sell online. Discover resources that will take your unneeded items. Instructor: Cindy Bernstein.

Total Cost: \$53 (Tuition: \$0 Fees: \$53)

CRN#	Day/Ses.	Dates	Time	Location
34807	R(4)	4/24–5/15	1–2:30 p.m.	Zoom

FIT 830

Drummin' in the Valley

Discover drumming as a fun, effective exercise that offers therapeutic benefits, stress relief and joy. Perfect for all ages; equipment provided. Just bring a positive attitude! Instructor: Al Muehlberger.

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

CRN#	Day/Ses.	Dates	Time	Location
34399	S(6)	5/3–6/14	10–11:15 a.m.	HV

PDV 446

Forest Bathing

Shinrin-yoku, or forest bathing, offers physical and mental benefits through mindful immersion in nature. The first class includes an orientation and a 25-minute forest bathing experience. Subsequent classes in Baltimore parks will cover up to a tenth of a mile over two hours; suitable for all fitness levels. Instructor: Janet Gross.

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

CRN#	Day/Ses.	Dates	Time	Location
34397	S(8)	4/26–6/21	9:30–11:30 a.m.	CC

FIT 189

Gentle Yoga for Seniors

Stretch your way to health! Learn and practice basic poses and breathing exercises for enhanced well-being, joint alignment and relaxation. Bring a yoga mat and wear comfy clothes.

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

CRN#	Day/Ses.	Dates	Time	Location
36351	M(10)	4/28–7/7	5–6 p.m.	DC (Instructor: Angie Carpenter)
36354	T(10)	4/22–6/24	11 a.m.–noon	OM (Instructor: Debbie Vojik)

FIT 150**Line Dancing for Seniors**

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

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

CRN#	Day/Ses.	Dates	Time	Location
34500	F(10)	4/25–6/27	10–11 a.m.	EC

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

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

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
33433	M(9)	4/28–6/30	1:30–2:30 p.m.	HV
33434	T(9)	4/29–6/24	11:30 a.m.–12:30 p.m.	HV

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

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

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

CRN#	Day/Ses.	Dates	Time	Location
34815	R(10)	4/24–7/3	10–11 a.m.	OM

PDV 301**Mindfulness Meditation**

Embrace the calm. Discover techniques to quiet your mind, reduce stress and boost your emotional, physical and mental health. Instructor: Eva Sivan, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
34766	T(8)	4/22–6/10	10–11 a.m.	Zoom

FIT 162**Pickleball for Beginners**

Learn pickleball in eight weeks! Master hitting, serving, rallying, scoring and rules. Get expert instruction, in-game feedback and safety tips. Court attire required. Bring water. Equipment provided.

Total Cost: \$110 (Tuition: \$0 Fees: \$110)

CRN#	Day/Ses.	Dates	Time	Location
34512	W(8)	4/2–5/21	9–10 a.m.	CMR (held indoors)
33048	M(8)	4/28–6/23	9–10 a.m.	EC (held outdoors)
33049	T(8)	4/29–6/17	1–2 p.m.	CC (held outdoors)

FIT 163**Pickleball: Skills and Drills: Beyond Beginners**

Enhance your pickleball skills in eight weeks. Refine dinking, serving, positioning and strategy. Court attire required. Bring water and paddles. Prerequisite: Beginner's course or equivalent skills.

Total Cost: \$110 (Tuition: \$0 Fees: \$110)

CRN#	Day/Ses.	Dates	Time	Location
34518	W(8)	4/2-5/21	1-2 p.m.	CMR (held indoors)
33087	W(8)	4/30-6/18	9-10 a.m.	EC (held outdoors)
33088	R(8)	5/1-6/26	1-2 p.m.	CC (held outdoors)

FIT 143**Standing Pilates**

Let's get vertical! Improve your core by adapting mat Pilates to standing exercises. Enhance your posture, flexibility and functionality with a low-impact workout perfect for seniors and beginners. Instructor: Jackie Daily.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
33426	F(9)	4/25-6/20	10-11 a.m.	CC

FIT 183**Standing Pilates**

Improve your physical health with a low-impact workout by adapting mat Pilates to standing exercises. Enhance your flexibility, core and posture by learning a variety of exercises, perfect for beginners and seniors. Instructor: Jackie Daily.

Total Cost: \$51 (Tuition: \$0 Fees: \$51)

CRN#	Day/Ses.	Dates	Time	Location
34816	R(4)	5/29-6/26	12-1:15 p.m.	OM

FIT 094**Tai Chi I**

Tai Chi enhances coordination and balance through gentle movements. Suitable for all ages. Wear comfortable clothes and flat shoes. Instructor: Jeff Zukor.

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

CRN#	Day/Ses.	Dates	Time	Location
34415	F(10)	4/25-6/27	9:30-10:30 a.m.	HV

FIT 091**Tai Chi II**

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

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

CRN#	Day/Ses.	Dates	Time	Location
34424	F(10)	4/25-6/27	11 a.m.-noon	HV

HIT 820**Walking Around Baltimore: Enjoying Our Reservoirs**

Prepare to walk for exercise and spend five Saturday mornings exploring different reservoirs and learning about their history and impact on surrounding Maryland communities. Each class will cover about 3 miles. First meeting at CCBC Hunt Valley for orientation. Instructor: Robin Minor.

Total Cost: \$66 (Tuition: \$0 Fees: \$66)

CRN#	Day/Ses.	Dates	Time	Location
34289	S(6)	3/8	10–11:30 a.m.	HV (in-class orientation)
34289	S(6)	3/15–5/24	10–11:30 a.m.	OSX

WRITING**WRI 223****20th Century American Literature**

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

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

CRN#	Day/Ses.	Dates	Time	Location
34300	F(10)	4/25–6/27	10–11:30 a.m.	Zoom

WRI 163**From Journal to Book**

Make your stories come alive! Master journaling techniques to craft compelling narratives. Explore themes, develop your story, review publishing options and create a book design prototype. All skill levels are welcome. Instructor: Sharon Ricks.

Total Cost: \$78 (Tuition: \$20 Fees: \$58)

CRN#	Day/Ses.	Dates	Time	Location
34398	S(8)	4/26–6/21	11 a.m.–noon	CC

WRI 152**Poetic Reflections: Use Creative Writing to Articulate Your Life's Journey**

Meet new people, learn various literary techniques and tools, show your life's journey through poetry and have some fun! Instructor: Leon Thornton.

Total Cost: \$99 (Tuition: \$20 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
35679	W(7)	5/7–6/18	2–4 p.m.	CC

WRI 133

Writing a Book

Learn to write a book of any genre. Explore material use, idea communication, essential details, beginning-to-end processes, editing and printing paths. Instructor: Leslie Atkins.

Total Cost: \$99 (Tuition: \$20 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
34762	T(8)	4/22-6/10	10 a.m.-noon	Zoom

WRI 118

Writing Intriguing Stories

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

Total Cost: \$99 (Tuition: \$20 Fees: \$79)

CRN#	Day/Ses.	Dates	Time	Location
34392	W(8)	4/30-6/18	10 a.m.-noon	Zoom

FRIENDLY SENIORS AT CCBC ESSEX

SPRING 2025 SEMESTER

Wednesdays, April 9 – June 18, 2025

In-person, CCBC Essex, AHUM Building, Room 211

Where Baltimore’s Best Were Laid to Rest: History of Greenmount Cemetery

10–11:30 a.m.

Instructor: Patrick Heline.

Better Health and Wellness for the Senior Adult

11:45 a.m.–1 p.m.

Instructor: Nina Basemore.

Introduction to Artificial Intelligence

1:30–3 p.m.

Instructor: Ope Amodu.

For more information contact Patrick Heline at [443.840.1036](tel:443.840.1036).

BECOME AN INSTRUCTOR

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

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

For more information, contact Steve Edmonston at sedmonston@ccbcmd.edu.