

SENIOR ADVENTURES IN LEARNING AT CCBC SUMMER 2024



This summer, 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 prowess! Explore underpainting, tackle complex subject matter and receive personalized guidance and constructive critiques to perfect your art. Prerequisite: Basic Acrylic Painting. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
30479	R(10)	7/11-9/12	10 a.m.-12 p.m.	Zoom

Individuals 60+ years old only pay fees.

For more information, call 443-840-2222 or visit ccbcmd.edu/seniors.

ART 494**Adventures with Watercolor**

Enter the world of watercolors! Learn how to mix colors and paint with this wonderful medium in this introductory course. Explore basic color theory, color mixing, medium and its components (differences in brushes, paper, watercolors) and work from still life. Instructor: Karen Ruberry.

Total Cost: \$78 (Tuition: \$0 Fees: \$78)

CRN#	Day/Ses.	Dates	Time	Location
30284	R(10)	7/11-9/12	9:30-11 a.m.	EC

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 critiques. Instructor: Alan Fink.

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

CRN#	Day/Ses.	Dates	Time	Location
30518	F(10)	7/12-9/13	10 a.m.-12 p.m.	Zoom

ARB 247**Bits and Pieces: Collage Work**

Master the art of collage! Bring compositions to life by fusing glue, paper, pictures, memorabilia, cloth, etc. Learn four main techniques: paper collage, decoupage, photomontage and assemblage. Get collaging tips and discuss prominent collage artists. All skill levels are welcome. Instructor: Nan Howard.

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

CRN#	Day/Ses.	Dates	Time	Location
30137	T(8)	7/9-8/27	10 a.m.-12 p.m.	HV

ART 918**Crayons for Grown Ups ^{new}**

Rediscover childhood's joy using Swiss crayons and sumi ink, elevated for adults. Create art with textures and patterns via paper techniques. Join us for a playful yet mature workshop to craft unique, fridge-worthy pieces. Class held at Manor Mill Education Center, 2029 Monkton Rd., Monkton, MD 21111.

Total Cost: \$95 (Tuition: \$0 Fees: \$95)

CRN#	Day/Ses.	Dates	Time	Location
75092	M(1)	6/3	10 a.m.-1 p.m.	MME

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: Nan Howard (30085) and Joseph Cassar (30086, 30087).

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

CRN#	Day/Ses.	Dates	Time	Location
30085	T(10)	7/9-9/10	1:30-3:30 p.m.	HV
30086	F(8)	7/12-8/30	9:30-11:30 a.m.	HV
30087	F(8)	7/12-8/30	11:35 a.m.-1:35 p.m.	HV

ART 043

Drawing for Beginners

Unlock your drawing skills! This hands-on course covers everything from lines and shapes to form, contour and perspective. Bring a 9"x12" or larger drawing pad, pencil and eraser to the first class; supply list to follow.

Instructor: Marcia Bornfriend.

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

CRN#	Day/Ses.	Dates	Time	Location
30395	T(10)	7/9-9/10	10 a.m.-12 p.m.	OM

ART 946

Healing through Fashion and Art

Healing through fashion and art will allow students to express feelings, emotions and thoughts using fashion and artwork. Students will create artwork after completing writing prompts in order to outline their projects. These writing prompts will provoke thought and allow students to discuss reactions and create artwork from them. Students will outline goals in a creative way, share feelings and ideas in a safe place, generate all their work into an artform, learn how to cut out mini-clothing patterns to construct a fashion art picture and more. A materials list will be provided through email prior to the start of class. Instructor: Trish Presley.

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

CRN#	Day/Ses.	Dates	Time	Location
30189	W(7)	7/10-8/21	6-7:30 p.m.	CC

ART 074

Intermediate Drawing

After completing Drawing for Beginners, build on your skills using materials like pen/ink, charcoal and pastels. Explore portrait, landscape, perspective and still-life drawing techniques. Bring a pencil and art pad to the first class; supply list to follow. Instructor: Marcia Bornfriend.

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

CRN#	Day/Ses.	Dates	Time	Location
30417	T(10)	7/9-9/10	1-3 p.m.	OM

ART 944**Landscape Painting for Everyone**

If you've ever been attracted to landscape painting, this is the class for you. Students will cover all aspects of landscape art including, weather permitting, painting en plein aire (outside). Students will also explore all media, including oil painting, watercolor and drawing. Learn composition techniques (using your hands and a viewfinder), why you must wear a hat even in the shade and how to set up a plein air easel. This is your chance to live your dream! And who knows, you might be the next Thomas Moran! Instructor: Jennifer Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
30165	W(10)	7/10-9/11	10 a.m.-12 p.m.	HV

ART 891**Portrait and Oil Painting Combo**

Refine your skills in portrait and oil painting! Draw from photos and work from a portrait model. Grasp techniques in lighting, posing and likeness. Explore oil painting methods suitable for still life, landscape and portraits. Bring your drawing pad, 2B, 4B, 6B graphite pencils, a kneaded eraser and a portrait photo to the first session; material list to follow. Instructor: Jennifer Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
30073	R(10)	7/11-9/12	10 a.m.-12 p.m.	HV

ART 947**Summer Vibes in Watercolors new**

Unleash your creativity with this Zoom watercolor course dedicated to capturing the very essence of summer. Students will explore diverse facets of this vibrant season and immerse themselves in sunny mountain vistas, beach scenes, floral arrangements and luscious fruit displays. Through guided step-by-step instructions, students will master watercolor techniques, using them to vividly portray the warmth, radiance and liveliness synonymous with summer. Instructor: Alina Kurbiel.

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

CRN#	Day/Ses.	Dates	Time	Location
30198	M(6)	6/17-7/22	10 a.m.-12 p.m.	Zoom

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

Acquire basic and intermediate painting skills while being introduced to wash, dry brush and masking techniques. Subject matter such as landscapes, still life and portraits will be included. Material list will be mailed. Please bring all supplies to the first class. Instructor: Jennifer Murtha.

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

CRN#	Day/Ses.	Dates	Time	Location
30071	T(10)	7/9-9/10	10 a.m.-12 p.m.	HV
30072	R(10)	7/11-9/12	1-3 p.m.	HV

ART 949

Watercolor Pencil Painting new

Learn to use the art medium of watercolor pencil painting. Identify basic color theory concepts and complementary colors. Practice the mixing, blending, shadowing and grating techniques and add texture and dimension to your art pieces. Create a variety of art pieces of landscape, nature and/or still life.

Instructor: Trish Presley.

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

CRN#	Day/Ses.	Dates	Time	Location
30416	T(6)	7/9-8/13	1-2:30 p.m.	OM

COMPUTERS

PCO 357

Beginning iPhones for Seniors

Trouble using your iPhone? Want to get full advantage of this handheld marvel? Operate, navigate and maintain your iPhone like a Pro! Use Apple apps and add-on devices, operate the camera feature, use GPS with maps and interweave the many iPhone advantages into your daily life. IMPORTANT NOTE: Each Student MUST HAVE their own iPhone and bring it to each class. Instructor: Dona Rucci.

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

CRN#	Day/Ses.	Dates	Time	Location
30103	T(6)	8/6-9/10	10 a.m.-12 p.m.	HV

PCO 406

Communicating with your Grandchildren Online

Learn how to use social media platforms in order to keep in touch with the younger generation. Establish, maintain and use various social platforms such as Facebook, Instagram, Twitter and Snapchat. Experience ways to find family and friends on each platform and implement private messaging. Receive methods to keep accounts as safe as possible. Instructor: Holli Friedland.

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

CRN#	Day/Ses.	Dates	Time	Location
30528	T(4)	7/9-8/13	10:30 a.m.-12 p.m.	Zoom

PCO 292

Computers: Getting to Know Windows 10

Gain an introduction to the skills necessary to navigate and use the Windows 10 operating system efficiently and with confidence. Learn how to personalize your own computer with backgrounds and screensavers. Become familiar with operating the mouse along with accessing files and programs and creating internet security and backup necessities. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30382	M(5)	7/8-8/5	10 a.m.-12 p.m.	OM

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

Explore the word processing program, Microsoft Word. Discover how to use the various buttons and dropdown lists on the toolbar to produce letters, flyers and memos and create attachments for use with email. 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
30429	R(5)	7/11-8/8	10 a.m.-12 p.m.	OM

PCO 260**Computers: Getting to Know Them #1**

Learn to navigate the basics of using a computer in a relaxed and comfortable class setting. Topics to be covered include personalizing your computer, setting up screensavers, using the mouse, accessing files and programs, setting up security and backup necessities and working with emails and browsers. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30098	S(5)	8/17-9/21	10 a.m.-12 p.m.	HV

PCO 261**Computers: Getting to Know Them #2**

Build on the computer skills learned in Computers: Getting To Know Them #1. Topics to be covered include creating and operating emails; modifying text; using and saving attachments; understanding toolbar controls; working with text size, columns, stationery, signatures and receipts. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30097	S(5)	7/13-8/10	10 a.m.-12 p.m.	HV

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

Discover how to create and operate an email account effectively including using text modification, attachments, columns and additional toolbars adjust text sizes, create stationery, receipts and signatures, block unwanted senders. While taking "Computers: Getting to Know Windows 10" is not required, it is beneficial when learning to use email. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30381	M(5)	8/19-9/23	10 a.m.-12 p.m.	OM

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

Discover all the things Microsoft Excel spreadsheets can do and how to use them. Learn to use formulas, headers, colors, passwords, timestamp and paintbrush, along with resizing rows and columns, saving documents, formatting and aligning cells, freezing frames and adding pictures and rosters. Bring a flash drive to class in order to save your work from week to week. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30430	R(5)	8/22-9/19	10 a.m.-12 p.m.	OM

TEC 100**Healthy Habits for Social Media** new

In this course, students will learn the essential knowledge and skills needed to develop a healthy relationship with social media. Participants will learn to navigate the digital world safely, protect their privacy, identify and learn how to deal with different forms of online harassment, engage in online communities positively and more. Instructor: Olivia Baylor.

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

CRN#	Day/Ses.	Dates	Time	Location
30176	F(5)	7/12-8/9	10:30 a.m.-12 p.m.	CC

PCO 425**Understanding Microsoft Word**

Learn how to use Microsoft Word to create documents as well as tips and tricks to save time, improve document readability and enhance your Word experience. This course will also include instruction on the basic functions of a Word document, such as how to create a new document, save a document, open a saved document, locate saved documents and enhance your document with different fonts, font sizes, colors, indentations and more. Instructor: Carol Yingling.

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

CRN#	Day/Ses.	Dates	Time	Location
75182	S(1)	6/8	9:30 a.m.-3:30 p.m.	HV

COOKING**CKG 286****Jewish Holiday Cooking and More** new

Explore the wonderful world of Jewish cooking, concentrating on the holidays as well as exploring some year-round recipes. Learn about these Jewish holidays. Identify where to find and purchase ingredients. Examine how to prepare, cook and serve such dishes as fluffy matzah balls and chicken stock, Jewish apple cake, melt-in-your-mouth brisket and others. All recipes will be provided. Materials fee: \$40, paid to instructor at the first class; make checks out to Michelle's Kitchen. Instructor: Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
30427	R(6)	8/29-10/10	10:30 a.m.-12 p.m.	OM

Lunch with Julia Child

Learn about the background and life of chef and author Julia Child. View a demonstration of the preparation and cooking of French onion soup and coq au vin (chicken with wine). Gain knowledge of some of her special techniques and tips to uncomplicate her recipes. Enjoy this wonderful lunch! \$20 fee for food, paid to instructor at the first class; make checks out to Michelle's Kitchen. Instructor: Michelle Sapp.

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

CRN#	Day/Ses.	Dates	Time	Location
75958	R(1)	6/6	10:30 a.m.–12 p.m.	OM

CRAFTS

ART 950

Basket Weaving: Bread Basket new

Weave a breadbasket and make a great addition to your buffet or dining table. The basket fits a standard loaf of bread, muffins or assorted rolls. Rows of different colors create a background for added embellishment. Color choices will be available. Students will learn basic weaving techniques that are used in a multitude of basket styles. Size: 9" l x 5" w x 4" h. Bring lunch to class, there will be a 30-minute lunch break. Class held at Manor Mill Education Center, 2029 Monkton Rd., Monkton, MD 21111.

Total Cost: \$120 (Tuition: \$0 Fees: \$120)

CRN#	Day/Ses.	Dates	Time	Location
30285	M(1)	8/12	10 a.m.–2:30 p.m.	MME

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

CRN#	Day/Ses.	Dates	Time	Location
30093	W(10)	7/10–9/11	10 a.m.–12 p.m.	Zoom

ART 945

Jewelry Making for Wirework Beyond the Basics

Deepen your artistic journey with advanced wirework techniques! Explore diverse tools, wires, clasps, beads and materials. Craft intricate, unique designer pieces and elevate your jewelry-making skills.

Materials fee: \$40, paid to instructor at the first class. Instructor: Jackie Orsini.

Total Cost: \$74 (Tuition: \$0 Fees: \$74)

CRN#	Day/Ses.	Dates	Time	Location
30190	F(5)	7/19–8/16	1–3:30 p.m.	HV

ART 901**Jewelry Making with Wirework: Make Your Own Accessories**

Come and join the fun and learn how to make your own designer jewelry. Grasp the basics of wirework in jewelry making. Learn the various uses of jewelry tools and practice using them on small class projects. Determine which wire to use for different purposes in jewelry making and add your own personal touch with different clasps, links and beads. Materials fee: \$40, paid to instructor at the first class.

Instructor: Jackie Orsini.

Total Cost: \$74 (Tuition: \$0 Fees: \$74)

CRN#	Day/Ses.	Dates	Time	Location
77427	M(5)	6/17-7/15	1-3:30 p.m.	HV

ART 953**Knitting for Beginners** new

Begin a knitting adventure. Learn such terminology as cast-on, knit, purl and bind-off and practice knitting. Familiarize yourself with the uses of different size needles and the fiber content and weights of yarn. Materials fee: \$18, paid to instructor at the first class. Instructor: Margie Granek.

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

CRN#	Day/Ses.	Dates	Time	Location
30664	M(6)	7/8-8/12	1-2:30 p.m.	OM

ART 914**Making Beautiful and Fun Greeting Cards**

Craft unique greeting cards! Examine various techniques, materials and styles to create cards for all occasions. Learn card-making terminology, experiment with different methods and unleash your creativity. Bring scissors, a ruler, pencils, 2-sided tape and a \$10 materials fee to the first class. Instructor: Christine Tripson.

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

CRN#	Day/Ses.	Dates	Time	Location
30379	M(4)	7/8-7/29	1-2:30 p.m.	OM

ART 952**Stained Glass for Beginners** new

Experience the joy of stained glass art and leave with your very own stained glass sun catcher. Explore the colors and textures of stained glass, learn about design rules and experience every step of the stained glass process from start to finish. Choose from a selection of designs and glass. All materials included. Class is geared toward beginners; no experience needed. Materials fee: \$60, paid to instructor at the first class. Class held at Manor Mill Education Center, 2029 Monkton Rd., Monkton, MD 21111.

Total Cost: \$180 (Tuition: \$0 Fees: \$180)

CRN#	Day/Ses.	Dates	Time	Location
30287	M(2)	8/19-8/26	10 a.m.-1:15 p.m.	MME

PDV 374

The Ins and Outs of Counted Cross Stitch

Cross stitch like a pro! Learn the fundamentals to complete at least one project. Practice basic stitches, then plan, design and prepare for a future project. Materials fee: \$10, paid to instructor at the first class.

Instructor: Barbara Ezratty.

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

CRN#	Day/Ses.	Dates	Time	Location
30426	W(4)	7/10-7/31	1-2:30 p.m.	OM

HISTORY, POLITICS & EVENTS

WRI 223

20th Century American Literature

Explore the work of some of the best American writers of the twentieth century! Read the great works of authors like F. Scott Fitzgerald, Kurt Vonnegut, Anne Tyler, Joan Didion and James Baldwin and discover how history influenced their writings. Instructor: Robert Jacobs.

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

CRN#	Day/Ses.	Dates	Time	Location
30434	F(10)	7/12-9/13	10-11:30 a.m.	Zoom

HIT 960

After Beethoven: Classical Music From the 19th Century to the Present

In this class, students will begin with an overview of the impact Ludwig van Beethoven had on music history, and will focus on developments in classical music after his death. Students will study music from the Romantic, Post-Romantic, Impressionist and Modern eras of music, featuring and reviewing the lives and music of composers such as Frederic Chopin, Johannes Brahms, Sergei Prokofiev, Benjamin Britten and George Gershwin. Students will also discuss how national and world events influenced the lives and art of many of the musicians as well. This class will include live demos on the piano by instructor Kris Faatz.

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

CRN#	Day/Ses.	Dates	Time	Location
30170	W(5)	7/31-8/28	10 a.m.-12 p.m.	HV

HIT 965

Archaeology Today: New Answers to Old Questions

Explore exciting new archaeological discoveries, from unearthing lost cities to new interpretations of historic events and human behavior. Modern technologies and multidisciplinary approaches are now utilized to uncover new answers to age-old questions. Study discoveries from Egypt, Greece, the Middle East, Europe, the Americas, Asia and more. Instructor: Robert Baer.

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

CRN#	Day/Ses.	Dates	Time	Location
30184	F(5)	7/12-8/9	10-11:30 a.m.	HV

HIT 956**Authoritarian Populism vs Liberal Democracy** new

This course will Examine the impact of the populist wave that is affecting democratic politics in several countries, such as the Authoritarian Populism movement that has developed in the United States and European countries. Explore the implications of populism in democratic politics along with reactions in liberal democracies in matters of the rule of law and citizenship. Discuss the potential for a replication of fascism from the 1930s. The need for effective government accountability to the people will be discussed and Examined as well.

Instructor: Jose Lopez-Gonzalez, Ph.D.

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

CRN#	Day/Ses.	Dates	Time	Location
30155	M(10)	7/8-9/16	10:30 a.m.-12:30 p.m.	HV

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

Beer, bread, brothels — and Baltimore City — oh my! Join us as we discover the fascinating history and stories that are associated with Baltimore City's breweries, bakeries and brothels. Examine the background of Baltimore City's history, including 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
30139	F(8)	7/12-8/30	10-11:30 a.m.	HV

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

Sex and culture in an ever-changing society! In this class, students will learn about how sex influenced culture in both the Victorian and Modern Era and how they have changed over the years. Discuss life and society in the Victorian and modern times and the way that they include sex and the role of sex and gender in culture, as well as how culture shaped our views on sex. Review how advancements in medicine played a role in changing attitudes. Explore the role of sex and gender in the law and the professional world. Evaluate changing attitudes regarding sex and how gender roles will continue to evolve. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
30229	T(5)	7/23-8/20	10:30 a.m.-12 p.m.	HV

HIT 817**Civilizations of the Ancient World**

Discuss the humble beginnings of some of the world's earliest civilizations to some of the most advanced ones of the ancient world. Examine the society, culture, religious practices, government organizations, art and architecture of Mesopotamia, Egypt, Minoans, Myceneans, Greece and Romans. Determine their common characteristics, and how they contributed to the advancement of the modern Western world.

Instructor: Tamee Bollinger.

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

CRN#	Day/Ses.	Dates	Time	Location
30166	S(5)	7/13-8/10	10-11:30 a.m.	HV

HIT 516**History of Architecture**

Explore the development of architecture from ancient civilizations to modern skyscrapers. Investigate stylistic developments, key features and methods of building that are unique to each period. Learn about the lasting structures of each period of architecture including those from ancient Egypt, Rome and Greece through contemporary styles. Instructor: Charles Hanna.

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

CRN#	Day/Ses.	Dates	Time	Location
30549	F(10)	7/12–9/13	10:30 a.m.–12 p.m.	OM
30517	F(10)	7/12–9/13	10:30 a.m.–12 p.m.	Zoom

HIT 934**History of the Russian Revolutions of 1917** new

Discover how a small Marxist group seized power and created Soviet Russia. Examine the causes and historical trends that led to both the civil and revolutionary wars, the weaknesses of the Romanov dynasty and the development of Socialist and Marxist political/economic theories. Identify the key personalities, such as Lenin, Trotsky and Kerensky, and their roles and influence within the broad range of political parties. Examine the adversarial relationships that developed with the Western powers. Instructor: Richard Caballero.

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

CRN#	Day/Ses.	Dates	Time	Location
30393	W(4)	7/10–31	1–2:30 p.m.	OM

HIT 955**International Relations: A General History**

This course is designed to allow students to discuss and Examine the way the world is supposed to work between sovereign states and how it works in reality. Topics to be covered include the ancient and medieval worlds, the rise of the Western state system, international law, war and “isms” such as fascism, Naziism, socialism, Marxism, communism and imperialism. Review how international organizations operate and the rise and fall of nations. Instructor: David Hatch.

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

CRN#	Day/Ses.	Dates	Time	Location
30154	M(10)	7/8–9/16	7–8:30 p.m.	Zoom

HIT 977**It Takes a Woman's Touch: Famous Women Inventors in History** new

Learn about numerous women who invented everyday machines — such as the dishwasher, life raft, solar power and home alarm system — and products that have helped advance society into the modern age. Students will discuss the lives of these women and the inspirations for their inventions. Explore the need for these inventions, their importance in history, the reasons why these women were never recognized and more. Instructor: Patrick Heline.

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

CRN#	Day/Ses.	Dates	Time	Location
30731	R(10)	7/11–9/12	10–11:30 a.m.	Zoom
30665	R(10)	7/11–9/12	10–11:30 a.m.	HV

HIT 969**Jews and the Supreme Court Since 1853** new

Trace the history of the participation of Jews on the Supreme Court since 1853. Learn about the first Jewish interactions and reasons for the selection of the first Jew to serve. Gain an understanding of the functions of the Supreme Court. Examine the lives, careers and roles of the eight Jewish Supreme Court Justices who served and the analysis of some of the important cases over which these Justices presided. Instructor: Harry Ezratty, Esq.

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

CRN#	Day/Ses.	Dates	Time	Location
30425	W(4)	7/10-31	1-2:30 p.m.	OM

PFA 191**Learning About Contemporary Issues and Ideas**

Analyze and evaluate current issues and ideas that influence contemporary American society. View political situations, economic conditions and cultural issues, as well as local, national and international news.

Instructor: Matthew Harding (30081) and Deena Dugan (30435).

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

CRN#	Day/Ses.	Dates	Time	Location
30081	M(10)	7/8-9/16	10:30 a.m.-12 p.m.	Zoom
30435	R(10)	7/11-9/19	10-11:30 a.m.	HV

HIT 809**Ordinary People, Fascinating Stories: Baltimore** new

Discover local history through the fascinating and intriguing stories of ordinary people that lived in, worked in and helped develop Baltimore. Delve into the forgotten history of Baltimore neighborhoods, industries, society and more through recently discovered fascinating stories. Compare and contrast these accounts of everyday people with your family's local history. Examine how these stories resurfaced and how forgotten local history comes alive through these narratives of Baltimore. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
30432	T(5)	7/9-8/6	1-2:30 p.m.	OM

POS 047**The 2024 Primary Elections and the Race for President**

Explore the results of the presidential primary elections for both Republican and Democratic candidates. Delve into key issues highlighted by candidates and controversial divides in U.S. politics. Assess Trump's legal challenges and Biden's obstacles. Examine extreme campaign rhetoric, the Supreme Court's impact, Congressional gridlock, international events' influence, and threats to electoral and civic institutions. Analyze these factors shaping the upcoming November election. Instructor: Barry Rascover.

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

CRN#	Day/Ses.	Dates	Time	Location
79083	R(4)	6/6-6/27	11 a.m.-12:30 p.m.	OM
79084	R(4)	6/6-6/27	11 a.m.-12:30 p.m.	Zoom

HIT 967**Putting the Presidential Election in Perspective** new

Explore the issues and personalities of the presidential election of 2024. Identify the strengths and weaknesses of the nominees and issues that resonate with voters. Examine the deep divisions between the two political parties and each candidate's approach to domestic and world challenges. Discuss the reasons why this election could be a turning point for our nation. Instructor: Barry Rascovar.

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

CRN#	Day/Ses.	Dates	Time	Location
30420	T(4)	7/30–8/20	11 a.m.–12:30 p.m.	Zoom
30419	T(4)	7/30–8/20	11 a.m.–12:30 p.m.	OM

HIT 950**The Mysteries of Ancient Egypt Part I**

Delve into the fascinating history of one of the classic civilizations of the ancient world, Egypt. Get an overview of Egypt's ancient history, art, architecture, technology, government, economy and foreign relations. Our study will traverse the Predynastic period through the Ptolemaic period while offering insights into the rise of the Egyptian civilization, its enigmatic kings, mysterious gods, imposing architecture and many other fascinating wonders. We will focus on the achievements of the ancient Egyptians that have inspired our imagination for millennia. This is the first of a two-part series. Instructor: Tamee Bollinger.

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

CRN#	Day/Ses.	Dates	Time	Location
30167	S(5)	8/17–9/21	10–11:30 a.m.	EC

HIT 954**The Rise of National Socialist Germany 1920–1934** new

In this course students will learn about and discuss the historical factors that contributed to the rise of National Socialism in Germany between 1920 and 1934. Explore the post-war chaos in Germany following the end of World War I, the Treaty of Versailles, the Weimar Republic and the rise of Adolf Hitler and the Nazi party. Instructor: George Krause.

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

CRN#	Day/Ses.	Dates	Time	Location
30160	W(5)	7/24–8/21	1–2:30 p.m.	HV

HIT 959**The U.S. Constitution and Foreign Involvement** new

The world has become accustomed to the United States as the leader of the free world in both economic and military strength. Since its inception, the United States has played a centralized role in shaping the global, international order. However, was the United States meant to be so entangled in foreign affairs as intended by the U.S. Constitution? Did the Founding Fathers envision the newly minted republic and its posterity as one day carrying the mantle of being "global peacekeepers"? In this course, students will discuss and examine several topics involving the U.S. Constitution and its intent toward America's foreign involvement.

Instructor: Matthew Harding.

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

CRN#	Day/Ses.	Dates	Time	Location
30159	W(6)	8/7-9/11	10 a.m.-12 p.m.	Zoom

HIT 932**Today's Labor Issues** new

Delve into the current surge in union activities with a review of historical background through instruction and personal anecdotes from guests. Examine the union movement from 1947-2024 and recent developments in organizing and strike issues. Explore recent strikes and organizing campaigns and the shift in management attitudes over the last 40 years. Discover the impact of new technology on contract negotiations.

Instructor: Bill Barry.

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

CRN#	Day/Ses.	Dates	Time	Location
30478	R(6)	7/11-8/15	1-2:30 p.m.	Zoom

HIT 978**U.S. Supreme Court and its Decisions for Term 2023 to 2024**

Examine the decision-making process of the U.S. Supreme Court. Its recent term began in October 2023 and will end in June 2024. In this term, SCOTUS will hear cases and determine decisions involving a number of constitutional issues and rights such as gun ownership, abortion, voting rights, executive branch power and more. Students will have ample opportunity to discuss their reactions to the cases and the merits of the Justices' opinions. In addition to learning about the specific cases, students will look at the rulings that have led up to those decisions and the judicial philosophies of the Justices. Instructor: Deena Dugan.

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

CRN#	Day/Ses.	Dates	Time	Location
30541	T(5)	7/16-8/13	10-11:30 a.m.	HV

HUMANITIES AND CULTURE

HIT 944

Banned Books: Contemporary Literature

Examine the politics of contemporary literature that has been banned or challenged across the U.S. Explore the changing definition of "obscenity," the implications of the First amendment that specifies the right to free speech, the reasons for banning books and those who decide what literature is offensive. Review the plots, characters, settings, narrative structures and themes of "The Bluest Eye" by Tony Morrison, "The Handmaid's Tale" by Margaret Atwood and "The Road" by Cormac McCarthy, as well as some short stories and poems.

Instructor: Marci Messick.

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

CRN#	Day/Ses.	Dates	Time	Location
30424	W(10)	7/10-9/11	10-11:30 a.m.	Zoom

HIT 896

Concert Piano Performance with Kris Faatz

Join us for a musical adventure in classical piano! Pianist Kris Faatz will perform pieces spanning the Renaissance to Modern eras. Delve into the music's history, composers and Kris's personal insights.

Audience Q&A to follow. Instructor: Kris Faatz.

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

CRN#	Day/Ses.	Dates	Time	Location
74568	M(1)	6/24	10-11:30 a.m.	HV

PDV 368

Sharing Your Legacy new

Expand your knowledge to prepare and preserve your life story. Explore unique ways to develop your legacy project, including ethical wills. Learn to use technology to preserve and share your life story with family and/or the public. Research archival methods to preserve your memoirs and write a legacy letter.

Instructor: Bettye Holt-Haskins.

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

CRN#	Day/Ses.	Dates	Time	Location
30431	R(8)	7/11-8/29	11 a.m.-12:30 p.m.	Zoom

HIT 957

World Cultures: Diversity of Ethnicity

Immersing ourselves in other cultures is one way we can learn about others and appreciate where people come from, what their traditions are, their struggles and more. In this class, students will learn about and examine a multitude of cultures, different countries and cuisines, dresses, languages, customs, traditions and social factors that help avoid the common practice of misrepresentation, generalization and racial tension.

Instructor: Sudeep Mohandas.

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

CRN#	Day/Ses.	Dates	Time	Location
30156	M(6)	7/22-8/26	10 a.m.-12 p.m.	HV

LANGUAGES

FLA 090

Basic French I

Learn the basics of this language along with a view of French culture. Whether you are interested in learning a new language or have travel plans to a French-speaking country, you will enjoy covering vocabulary, punctuation, elementary grammar, basic sentence writing, reading, and more. Textbook is included in the cost of the course and will be distributed at the first class. Instructor: Marie Conde.

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

CRN#	Day/Ses.	Dates	Time	Location
30177	S(10)	7/13-9/21	10-11:30 a.m.	Zoom

FLA 227

Conversational Spanish for Beginners #1

Start to speak Spanish. Learn the alphabet and its pronunciation, communicate greetings, goodbyes, simple questions and pleasantries. Review grammar and use verbs correctly. Discuss family relationships in Spanish and explore Spanish culture. Purchase the workbook "Spanish is Fun, Book 1", fifth edition, by Armco Lively Lessons for Beginners for use in class. Instructor: Jean Meyer.

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

CRN#	Day/Ses.	Dates	Time	Location
30396	T(6)	8/6-9/10	10-11:30 a.m.	OM

FLA 228

Conversational Spanish for Beginners #2

Expand your ability to speak Spanish and continue to use the "Spanish is Fun, Book 1" workbook. Develop a greater vocabulary, learn numbers, tell time, discover words for different professions, use adjectives to make conversations more interesting and read and compose short stories in Spanish. Instructor: Jean Meyer.

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

CRN#	Day/Ses.	Dates	Time	Location
30423	W(6)	8/7-9/11	10-11:30 a.m.	OM

LEARN LECTURES

HIT 919

The History of Towson

Towson, Maryland: The County Seat of Baltimore County and embodiment of Baltimore County history. In this course, students will learn about the history of Towson from its founding to modern day. Learn about the indigenous groups that called the Towson area home, the first families that settled the area of Towson, how and when Towson became the county seat, as well as the expansion of education, churches, businesses and more. Lecture to be held at Historical Society of Baltimore County, 9811 Van Buren Ln., Cockeysville, MD 21030. Instructor: Jennifer Liles.

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

CRN#	Day/Ses.	Dates	Time	Location
75194	W(1)	6/5	1:30–3 p.m.	HSB

HIS 620

From Stockholm to Broadway — The Journey of ABBA

Experience the amazing story of this legendary Swedish group. Discuss how they met in the early '70s, acquired their iconic sound and then took Australia, U.S. and Europe by storm. Trace the development of their songs/content and how their hit "Mama Mia" found its way to Broadway and film. Instructor: Helen Katz.

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

CRN#	Day/Ses.	Dates	Time	Location
75078	F(1)	6/21	10:30 a.m.–12 p.m.	HV

HIT 963

Marco Polo

Marco Polo was a young man who traveled to the Far East in 1271 and spent the next 24 years in an exotic new world of emperors and concubines, huge armies, amazing cities and alien customs. His travels took him across the vast Mongol Empire to Cathay, today known as China. In this lecture students will Examine the life, travels, accomplishments, failures and legacy of explorer Marco Polo. Instructor: Gerry Kahan.

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

CRN#	Day/Ses.	Dates	Time	Location
30183	S(1)	7/20	10–11:30 a.m.	HV

ENV 027

The Songs and Calls of Maryland Birds

Each bird has a distinctive sound. Learn how to recognize birds of Maryland by their unique vocalizations from videos and sound recordings. Examine the purposes of different songs and calls and the ways birds create their sounds. Practice identifying the patterns and habitats of birds of Maryland. Instructor: Marty Brazeau.

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

CRN#	Day/Ses.	Dates	Time	Location
30512	R(1)	8/1	10:30 a.m.–12 p.m.	OM

HIT 964**A Brief History of the Jewish People**

It all began about 3,500 years ago when people called the “Israelites” embraced the idea of one God. Central to the religion are several sacred texts, the most important of which is the Old Testament, known by Jews as the Torah. Although Jews have sustained centuries of persecution and antisemitism, they have managed to make significant contributions to society in the fields of music, theater, business, commerce, medicine, law and others. In this lecture, students will review and discuss a brief history, background and culture of the Jewish people. Instructor: Gerry Kahan.

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

CRN#	Day/Ses.	Dates	Time	Location
30187	S(1)	8/17	10 a.m.–12 p.m.	HV

HIT 806**The Solo Work of Paul McCartney: 1970–Present**

Join Beatles enthusiast, Amy Andrews, as she explores Paul McCartney's solo work following the breakup of The Beatles in 1970. Discover how this musical legend continues to inspire fans to this day. Discuss his many albums, book releases and documentary films. Analyze his prolific and versatile work that continues to convey positive messages to others and entertain millions. Instructor: Amy Andrews.

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

CRN#	Day/Ses.	Dates	Time	Location
30161	F(1)	8/23	10:30 a.m.–12 p.m.	HV

LUNCH AND LEARN**HIT 935****42nd Street: Broadway Production and Film**

Explore the development, production, presentation and importance of the show “42nd Street”. Learn how the Broadway show was created from a 1933 film. Examine the lives and careers of the choreographers, Busby Berkeley and Gower Champion, and the composer and lyricist, Harry Warren and Al Dubin, and its many actors. Gain an appreciation for the iconic songs and dances that are still being performed today. Lunch to follow at Glyndon Grill. Instructor: Ellen Katz.

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

CRN#	Day/Ses.	Dates	Time	Location
75957	T(1)	6/11	10:30 a.m.–12 p.m.	OM

PCO 430**Applications of Artificial Intelligence: Where are We?**

Learn about artificial intelligence and its evolution into one of the fastest-growing technologies. Examine its definition and development as an important future technology. Gain information on its many uses, especially in the business sector and its future impact on our lives. Lunch to follow at Glyndon Grill. Instructor: Don Finkelstein.

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

CRN#	Day/Ses.	Dates	Time	Location
75956	W(1)	6/19	10:30 a.m.–12 p.m.	OM

HIT 975**Barbie's Mom: The Story of Ruth Handler**

Learn about the incredible story of the woman who created one of the most phenomenal toys ever, the anatomically correct doll — Barbie. Examine Ruth Handler's early life, unusual upbringing and humble beginnings. Discover her rise, along with her husband, as the owners of the third-largest toy company in the U.S., her fight to launch Barbie as a new doll and the reasons for Barbie's long-term popularity. Explore the development of the non-profit she established for prosthetics for mastectomy patients.

Lunch to follow at Glyndon Grill. Instructor: Barbara Blumberg Ressin.

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

CRN#	Day/Ses.	Dates	Time	Location
30508	T(1)	7/23	10:30 a.m.–12 p.m.	OM

HIT 698**Magic Time: The Life and Times of Jack Lemmon**

John Uhler Lemmon, III, known as Jack Lemmon, was not only a comedic genius but also an “everyman” who captured the hearts of moviegoers and movie lovers worldwide. Explore his personal and professional lives and note that he came from a Baltimore family! Learn about his early attraction to the entertainment industry. Movie clips from his films will be shown. Lunch to follow at Bluestone. Instructor: Amy Andrews.

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

CRN#	Day/Ses.	Dates	Time	Location
30162	F(1)	7/26	10 a.m.–12 p.m.	HV

HIT 970**The Murder of Tsar Nicholas II and His Family in 1918**

Learn about the causes and trends that led to the abdication and eventual slaughter of the ruling Romanov family of Russia in 1918. Discover the weaknesses of the Romanov dynasty in the 20th century; the political, military and economic issues that led to the Russian Revolution; and the rise to power of the Bolsheviks who murdered the Romanovs. Explore the conflicting theories and stories surrounding the final fate of the Romanov family. Lunch to follow at Glyndon Grill. Instructor: Richard Caballero.

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

CRN#	Day/Ses.	Dates	Time	Location
30511	T(1)	7/30	10:30 a.m.–12 p.m.	OM

PHOTOGRAPHY**ART 080****Art in Photography**

Awaken your inner Annie Leibovitz! Master professional techniques including 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
30550	F(7)	7/12–8/23	10 a.m.–12 p.m.	OM

ART 821**Digital Photograph Enhancement**

Learn how to enhance, edit and touch-up digital photographic images, as well as restore faded and torn photographs on the computer from 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
30096	W(5)	8/14-9/11	10 a.m.-12 p.m.	HV
30378	M(5)	8/19-9/23	1-3 p.m.	OM

ART 704**Introduction to Digital Photography**

Learn how to become confident in using your digital camera: the various symbols and buttons, loading, organizing, printing, storing and sharing images. Instructor: Lee Klima.

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

CRN#	Day/Ses.	Dates	Time	Location
30377	M(5)	7/8-8/5	1-3 p.m.	OM
30095	W(5)	7/10-8/7	10 a.m.-12 p.m.	HV

TOURS**HIT 933****Tour Historic President Street Station**

Learn about the significance of the President Street Station, formally called the Baltimore Civil War Museum. Examine its unique and historical architecture as an example of the growth of the railroad industry. Explore its part in the Underground Railroad, leading slaves to freedom and immigrant transportation. Dissect its role, as well as the dangers and important events during the Civil War. Tour with docents. Meet at the museum, 601 President St., Baltimore, MD 21202.

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

CRN#	Day/Ses.	Dates	Time	Location
30524	M(1)	7/15	10:30 a.m.-12 p.m.	OSX

HIT 744**Green Mount Cemetery Walking Tour**

Unearth local history at this historic cemetery, constructed in 1838 with captivating Gothic Revival architecture. Johns Hopkins, Enoch Pratt, Betsy Patterson, John Wilkes Booth and numerous military, political and business leaders are buried here. The 2-hour walking tour covers about one mile, rain or shine. Meet at the main entrance. On-site parking is available. Location: 1501 Greenmount Avenue, Baltimore, MD 21202.

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

CRN#	Day/Ses.	Dates	Time	Location
30079	S(1)	7/27	9:30-11:30 a.m.	OSX

HIT 958**Feisty Females of Fells Point Walking Tour**

Everyone knows that this neighborhood has a rich history, but do you know about the Caribbean immigrant, Mary Lange, who dared to teach children of color out of her home and rose to be the first Black mother-superior in American history? How about the single mom who helped stop the development of an interstate highway through these historic streets? Spoiler — it's not Barbara Mikulski! But we'll talk about her important work too. We will stop by the former rowhouse of Billie Holiday. We hope you will join us and tour guide Robin Minor to hear about these fierce women who helped forge Fells Point into the vibrant, distinctive neighborhood it is today. Total distance for the walking tour is about three miles. Wear comfortable shoes and bring water. Location: 301 S. Broadway Street, Baltimore, MD 21231. Meet in the median of Gough and Broadway Street.

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

CRN#	Day/Ses.	Dates	Time	Location
30168	S(1)	8/10	9:30–11:30 a.m.	OSX

HIT 973**Walking Tour of Patterson Park**

Explore the history and grounds of the oldest city park in Baltimore. Learn about its place in history during both the War of 1812 and Civil War and the importance of the Pagoda as a centerpiece. Examine the plan and activities today which make it one of the most used parks in Baltimore City. Tour guide: Johns Hopkins. Meet at the arch on Patterson Park Ave. near E. Lombard St.

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

CRN#	Day/Ses.	Dates	Time	Location
30525	W(1)	8/28	10:30 a.m.–12 p.m.	OSX

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

Keep your fitness on track! This low-impact workout focuses equally on cardio and body toning. Perfect for learning the basics, crafting a tailored exercise routine and having fun while staying safe and active.

Instructor: Nina Bazemore.

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

CRN#	Day/Ses.	Dates	Time	Location
30091	R(10)	7/11–9/12	12–1 p.m.	HV
30090	F(10)	7/12–9/13	11 a.m.–12:30 p.m.	HV

FIT 169**Beginner Tennis for Seniors**

In eight weeks, learn tennis basics including strokes, scoring, doubles positioning and safety rules. Experience not required; racquets provided. Wear comfortable, weather-appropriate clothes and tennis shoes and bring water to class. Tennis courts located at the top of the hill. All classes are outdoors.

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

CRN#	Day/Ses.	Dates	Time	Location
30193	W(8)	7/17-9/4	6-7 p.m.	PVS
30194	F(8)	7/19-9/6	8-9 a.m.	PVS
30195	S(8)	7/20-9/7	9-10 a.m.	PVS

FIT 167**Chair Dance Exercises**

Use a chair as your dance partner! Practice modified dance moves to enhance your strength, balance and cardio fitness. Learn safety procedures and enjoy improved circulation in a fun, supportive environment.

Instructor: Maribeth Cox-Livingston.

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

CRN#	Day/Ses.	Dates	Time	Location
30141	W(10)	7/10-9/11	1:15-2:15 p.m.	HV

FIT 083**Chair Pilates**

Focus on improving core strength, balance, posture, flexibility, breathing, muscle tone and more in this modified program. Specifically designed to maintain independence and quality of life. Expect to practice exercises dealing with muscle strengthening, nervous system improvement, mental clarity, stress reduction, balance control, joint pain reduction and more. Instructor: Sandy Rubin (30418, 30070) and Nina Bazemore (30088).

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

CRN#	Day/Ses.	Dates	Time	Location
30418	T(10)	7/9-9/10	1-2 p.m.	OM
30070	F(10)	7/12-9/13	10:30-11:30 a.m.	Zoom
30088	F(10)	7/12-9/13	10-11 a.m.	HV

FIT 170**Chair Yoga**

Unlock the benefits of chair yoga. This modified format is designed for seniors or those with limited mobility. Discover how traditional poses can be adapted for comfort and no pressure on hands, wrists or knees!

Instructor: Maura-Leigh Ingegno.

Total Cost: \$48 (Tuition: \$0 Fees: \$48)

CRN#	Day/Ses.	Dates	Time	Location
30181	W(4)	7/10-7/31	10-11 a.m.	HV

FIT 171**Gentle Mat Yoga**

This non-strenuous, meditative and restorative practice is especially welcome for those who don't have the flexibility, coordination and strength which many yoga poses portray. A good option for those who want a slower pace. Includes range-of-motion exercises. Students will need to wear comfortable clothing and bring a yoga mat, yoga strap and blanket with them to each class. Some movement to get up and down will be expected. Instructor: Maura-Leigh Ingegno.

Total Cost: \$48 (Tuition: \$0 Fees: \$48)

CRN#	Day/Ses.	Dates	Time	Location
30182	W(4)	7/10-7/31	12-1 p.m.	HV

FIT 123**Gentle Yoga**

Learn and practice basic poses and breathing exercises for enhanced well-being, joint alignment and relaxation. Bring a yoga mat and wear comfy clothes. Instructor: Debbie Vojik.

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

CRN#	Day/Ses.	Dates	Time	Location
30380	M(10)	7/8-9/16	11 a.m.-12 p.m.	OM

FIT 089**Introduction to Kung Fu: Tien Shan Pai Style**

Every major civilization has a history of martial arts primarily for self-defense but also to promote mental and physical abilities along with focus and concentration. The graceful, flowing style of Tien Shan Pai employs circular motions and precise footwork to defend oneself. This is a very old martial art with roots dating back over 1,000 years. Instructor: Paul Jakubowski.

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

CRN#	Day/Ses.	Dates	Time	Location
30102	R(10)	7/11-9/12	9:30-10:30 a.m.	HV

FIT 149**Introduction to Tap Dancing for Seniors**

Step into the world of tap dance! Discover basic tap skills, rhythms and simple routines while getting familiar with the terminology. Enjoy a safe, enjoyable tap-based exercise routine. Tap shoes are optional; check Amazon for affordable options. Instructor: Kathy Lally.

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

CRN#	Day/Ses.	Dates	Time	Location
30173	R(10)	7/11-9/12	1-2 p.m.	EC

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

Join us to 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
30428	R(10)	7/11-9/12	10-11 a.m.	OM

PDV 301**Mindfulness Meditation**

Embrace the calm. Discover techniques to quiet your mind and break the patterns holding you back. Learn techniques that can 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
30397	T(8)	7/9-8/27	10-11 a.m.	Zoom

FIT 162**Pickleball for Beginners**

Learn pickleball in eight weeks! Practice essential skills like hitting, serving, rallying and scoring. Understand the sport's rules, strokes, safety measures and guidelines. Enhance your game with expert instruction and in-game feedback. Wear proper court attire and shoes to class; bring water. Equipment provided.

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

CRN#	Day/Ses.	Dates	Time	Location
30077	T(8)	7/9-8/27	9-10 a.m.	PVS
30075	W(8)	7/17-9/4	9-10 a.m.	CMR

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

Enhance your pickleball prowess over eight weeks. Go beyond the basics, refining your dinking, third shot techniques, serves, positioning and strategic play. Wear proper court attire and shoes to class; bring water and your own paddle. Pre-requisite: Pickleball for Beginners or equivalent skills.

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

CRN#	Day/Ses.	Dates	Time	Location
30078	T(8)	7/9-8/27	10:30-11:30 a.m.	PVS
30076	W(8)	7/17-9/4	1-2 p.m.	CMR

FIT 962**Qigong Flow**

Discover balance and harmony with Qigong Flow! Learn guided meditative movements to enhance your balance, strength and focus. Create a higher sense of well-being and energy. Instructor: Jackie Dailey.

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

CRN#	Day/Ses.	Dates	Time	Location
30083	M(9)	7/15-9/16	11:30 a.m.-12:30 p.m.	CC

FIT 963**Say Yes to Yoga**

Discover mindfulness for inner peace and balance! Practice breathing, visualization and gentle movement to create a calm space within. Learn adaptive techniques for yoga poses and vinyasa flows. Perfect for beginners. Instructor: Nan Howard.

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

CRN#	Day/Ses.	Dates	Time	Location
30094	W(10)	7/10-9/11	10-11 a.m.	CC

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 Dailey.

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

CRN#	Day/Ses.	Dates	Time	Location
30082	M(9)	7/15-9/16	10-11 a.m.	CC

FIT 094**Tai Chi I**

Reclaim vitality with the "Dance of Life!" Learn Tai Chi to improve your coordination and balance with gentle, rhythmic movements. All ages are welcome. Wear comfy clothing and flat shoes.

Instructor: Paul Jakubowski (30100) and Ed Livingston (30099).

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

CRN#	Day/Ses.	Dates	Time	Location
30100	F(10)	7/12-9/13	9:30-10:30 a.m.	HV
30099	S(10)	7/13-9/21	9-10 a.m.	EC

FIT 165**Tai Chi I**

Reclaim vitality with the "Dance of Life!" Learn Tai Chi to improve your coordination and balance with gentle, rhythmic movements. All ages are welcome. Wear comfortable clothing and flat shoes. Instructor: Jeff Zukor.

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

CRN#	Day/Ses.	Dates	Time	Location
30134	R(6)	8/1-9/5	9:30-10:30 a.m.	EC
30135	F(6)	8/2-9/6	9:30-10:30 a.m.	DC

FIT 091**Tai Chi II**

Advance your Tai Chi journey! Build on foundational moves and deepen your practice with coordinated breathing, weight shifts and total body movement. Prerequisite: Tai Chi I. Instructor: Paul Jakubowski.

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

CRN#	Day/Ses.	Dates	Time	Location
30101	F(10)	7/12-9/13	11 a.m.-12 p.m.	HV

FIT 144**Walking Around Baltimore: Exploring the NCR Trail**

Explore the Northern Central Railroad Trail is a walking, exercise and learning course for a healthier lifestyle, physically and mentally. Learn how to prepare to walk on the NCR trail safely, and then spend five Saturday mornings enjoying healthy walks (about three miles per class) and fun conversation from different locations along the trail. Get to know the parking and facilities at various points on the trail and learn about the history and impact this railroad had on various Maryland communities as you step into health and history. It is a great way to get out, get active and enjoy all the benefits that come from walking. First class will be held at CCBC Hunt Valley. Instructor: Robin Minor.

Total Cost: \$61 (Tuition: \$0 Fees: \$61)

CRN#	Day/Ses.	Dates	Time	Location
30180	S(6)	8/24-11/9	10-11:30 a.m.	HV

FIT 166**Zumba Gold for Seniors**

Join the fitness fun with Zumba Gold! Boost your strength, coordination, cardiovascular health, stamina and calorie burn to the spicy rhythms of international and Latin music. Learn adapted Zumba routines that are great for beginners and active older adults. Instructor: Maribeth Cox-Livingston.

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

CRN#	Day/Ses.	Dates	Time	Location
30140	T(10)	7/9-9/10	1-2 p.m.	HV

WRITING

WRI 154

A Place to Stand: Creative Writing for Well-Being

When facing the ordinary busyness of life or dealing with particular challenges, it can be easy to lose ourselves in stress and feel overwhelmed. Creativity is a powerful resource to help us find breathing room and reconnect with what's important to us. Writing, especially, lets us explore what's on our minds, find refreshment in our imaginations and give ourselves a new perspective. Join professional writer Kris Faatz for fun, welcoming sessions that will explore creative writing as a resource for personal expression, grounding and stress relief. Creative prompts will help students get past the "perfectionism barrier." Class sessions will include free writing time, prompts, discussion about storytelling (with examples) and optional time for students to share their work with each other. Writers of all experience levels and beginners are welcome. Instructor: Kris Faatz.

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

CRN#	Day/Ses.	Dates	Time	Location
30171	R(5)	8/1-8/29	10 a.m.-12 p.m.	HV

WRI 234

Journal Writing for Family Legacy

Explore the different types of journal writing and learn ways to preserve memories for future generations. Learn how to cultivate a regular habit of journaling, discover individual writing styles, find ways to document events and explore new ideas. Use writing prompts, pictures and word associations to help and become familiar with different types of journaling. Instructor: Sharon Ricks.

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

CRN#	Day/Ses.	Dates	Time	Location
30164	R(8)	7/11-8/29	10 a.m.-12 p.m.	CC

WRI 155

Journaling Through Grief

We grieve the loss of our loved ones when they pass on. Just as the experience of grief is different for each person, so are the ways we learn to grow and deal with these feelings. This class will provide a safe place to let your pain go. Students will focus on the various types of grief and how to cope with those emotions through the art of writing (journaling). This class will cover both written and pictorial forms of expression. Each class will use writing prompts to focus on various ways to journal through this new chapter of your life.

Instructor: Sharon Ricks.

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

CRN#	Day/Ses.	Dates	Time	Location
30188	R(8)	7/11-8/29	1-3 p.m.	CC

WRI 133**Writing a Book**

Whether you want to write a memoir, novel, children's book, travel journal or other non-fiction book, learn about the use of materials, methods for capturing and communicating ideas, which details to include, starting and finishing the book, polishing and proofing and getting your book printed. Instructor: Leslie Atkins.

Total Cost: \$94 (Tuition: \$20 Fees: \$74)

CRN#	Day/Ses.	Dates	Time	Location
30398	T(8)	7/9-8/27	10 a.m.-12 p.m.	Zoom

WRI 110**Writing to Capture Memories**

Whether it is a memoir or a fictional account that resonates with something from the past, writing a book is a great way to capture and share memories of a time, place, person, idea or event. Explore creative strategies while you work on book-length or shorter pieces. Learn how to progress from draft to published book.

Instructor: Leslie Atkins.

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

CRN#	Day/Ses.	Dates	Time	Location
30739	W(8)	7/10-8/28	10 a.m.-12 p.m.	Zoom

SAMPLING DAY EVENT

On June 26, come see what a senior class at CCBC is like! You can register for the full day or just the topics that interest you most.

HIT 752**A Sampling of All Areas: Experience the Ultimate Sampling Day**

Join us for a day of sampling! This daylong event allows you to try your hand at all the areas of the seniors program. Register for this CRN# to sample six topic areas: Art, Computers/Technology, History, Exercise, Writing and Photography. Brown-bag your lunch and enjoy it during the hour-long break.

Total Cost: \$25 (Tuition: \$0 Fees: \$25)

CRN#	Day/Ses.	Dates	Time	Location
77254	W(1)	6/26	9 a.m.-3:50 p.m.	HV

ART 879**A Sampling of Art: Unleash Your Creativity**

Unleash your creativity with this 50-minute demonstration, a sample of what takes place in an art class. Get hands-on practice with easy-to-use basic drawing and painting skills, learn simple techniques to produce a very small piece of artwork and learn about the additional art classes and opportunities that are offered.

Total Cost: \$6 (Tuition: \$0 Fees: \$6)

CRN#	Day/Ses.	Dates	Time	Location
77251	W(1)	6/26	9-9:50 a.m.	HV

ART 941

A Sampling of Crafts: Crafting Through Crochet

Get a taste of our full-length crochet class! Master a simple granny square in this 50-minute demo. Learn about all the full-length crafting classes being offered next semester. Instructor: Colleen Harbison.

Total Cost: \$6 (Tuition: \$0 Fees: \$6)

CRN#	Day/Ses.	Dates	Time	Location
77527	W(1)	6/26	12–12:50 p.m.	HV

HIT 953

A Sampling of Broadway: History and Hit Musicals

In this 50-minute demonstration, students will be provided with a sampling of a new course called the history of Broadway and musicals in order to develop interest in taking the full class offered next semester. Participate in a lively discussion involving historical analysis, enjoy a performance demonstration and learn about the additional history classes and topics that are offered. Instructor: Ellen Katz.

Total Cost: \$6 (Tuition: \$0 Fees: \$6)

CRN#	Day/Ses.	Dates	Time	Location
77528	W(1)	6/26	2–2:50 p.m.	HV

HIT 952

A Sampling of History: Cultures Around the World

Get your history fix in 50 minutes! In this demo, you'll enjoy a historical overview and analysis of diverse world cultures, engage in lively discussion and discover additional history classes and topics offered. Instructor: Sudeep Mohandas.

Total Cost: \$6 (Tuition: \$0 Fees: \$6)

CRN#	Day/Ses.	Dates	Time	Location
77526	W(1)	6/26	11–11:50 a.m.	HV

FIT 146

A Sampling of Exercise: Exercise Your Way to Fun and a Healthy Lifestyle

Exercise your way to fun with this 50-minute demonstration and see what takes place in a full-length exercise class. Get hands-on practice with fun and enjoyable exercise moves and programs, learn about safety when exercising and hear about the additional exercise classes and opportunities offered. Wear comfortable clothes and shoes and bring water with you. Instructor: Nina Bazemore.

Total Cost: \$6 (Tuition: \$0 Fees: \$6)

CRN#	Day/Ses.	Dates	Time	Location
77253	W(1)	6/26	3–3:50 p.m.	HV

PCO 386

A Sampling of Technology: Cell Phones — Calling, Texting and Apps

In this 50-minute demonstration find out what an iPhone/Android and technology class is all about. Learn the basic functions of an iPhone and/or Android cellphone. Get hands-on practice with using basic functions; hear about our computer and technology classes and other opportunities offered. Instructor: Jason Knauer.

Total Cost: \$6 (Tuition: \$0 Fees: \$6)

CRN#	Day/Ses.	Dates	Time	Location
77252	W(1)	6/26	10–10:50 a.m.	HV

FRIENDLY SENIORS AT CCBC ESSEX

SUMMER 2024 SEMESTER

Wednesdays, July 10–September 11

In-person, CCBC Essex, Arts and Humanities Hall, Room 211

Join this group of senior students every Wednesday at CCBC Essex for three classes per semester. You'll enjoy learning experiences, interacting with other seniors and having a fun and informative time. Registration for **Friendly Seniors** is held at the first class session. Simply fill out a registration form and present a check for the payment.

For over 40 years, **Friendly Seniors** has been providing a fun and gratifying social learning experience. **Come along with us!**

Beer, Bread and Brothels of Baltimore

10–11:30 a.m.

Instructor: Jennifer Liles

It Takes a Woman's Touch:

Famous Women Inventors in History

1:30–3 p.m.

Instructor: Patrick Heline

Better Health and Wellness for the Senior Adult

11:45 a.m.–1 p.m.

Instructor: Nina Bazemore

For more information, contact Patrick Heline at pheline@ccbcmd.edu or **443-840-1036**.

CONCERT PIANO PERFORMANCE BY KRIS FAATZ

Wednesday, September 18

10–11:30 a.m.

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.