

Monday Classes

Current Events and Social Issues

This course is designed to enhance the participant's interest in and understanding of current events and contemporary social issues. Local, national and international events and issues will be the subject of group discussion. Opinions on the significance of news events and social issues are shared, and policy options explored. Objectives of the course are to make the participants aware of the opinions of others about the events and issues that affect our lives and share with other members of the class our perceptions of the issues and policy options shaping our world in a safe space. **Limited to 25 participants**

Monday, 2/6 - 3/20 - (6 sessions) NO CLASS ON 2/27
10:30 a.m. - Noon
Instructor: Charles Mylander

Nutrition For Your Health

Students will learn how the digestive system works to keep us healthy. Additionally, the course will address inflammation and foods that combat it and present information about prebiotics and probiotics and the role they play in the digestive system.

Monday 2/6 - 2/20 (3 sessions)
1:00 - 2:30 p.m.
Instructor: Julianna Pax

A Reader's Guide to the Bible

The Bible offers a diverse library of sacred texts for Jews and Christians. This course will consider the sources, translations, and literary history of the TANAKH (the Old Testament) and the Christian Scriptures (the New Testament). Participants will encounter these ancient documents and engage in the astonishing stories of their origins and use. The course is not doctrinal, but rather literary and historical.

Monday, 2/6 - 2/27 (4 sessions)
3:00 - 4:30 p.m.
Instructor: Rev. Mark Delcuze

Hands-on History through Art

Art is inextricably embedded in history. Historical context, choice of medium, and individual inspiration are all at work in artistic expression. Participants will use criteria to engage in analyzing works of art through the human experience. This course will consider the interpretation of the human body across time, including Neolithic cave art, ancient Egypt, Renaissance and Baroque art. Each topic will be explored through discussion, slide images and hands-on activities. Students are encouraged to bring art supplies, such as crayons or colored pencils and glue sticks to class to supplement materials provided by the instructor.

Monday, 3/20 - 4/10 (4 sessions)
1:00 - 2:30 p.m.
Instructor: Carol Conrad

Fees: \$5 for materials is due at the first class

What You Need to Know When You Call 9-1-1

When should you call 9-1-1? When you do, what should you do next? What hospital will you go to? Who will decide if you should fly in a helicopter? Why do you have to share embarrassing information? What can you expect in terms of privacy? These questions and more will be answered in this session about local emergency medical services.

Monday, 3/27 (1 session)
10:30 a.m. - Noon
Instructor: Robert Seitz

Next Stop, The Twilight Zone!

The TV series "The Twilight Zone (1959-1964) is a legendary source of terror, imagination, and social commentary. Under the guise of science fiction, the stories addressed such real human themes as fear, isolation, prejudice, greed, power and survival. Each class will focus on one of the ultimate must-see episodes, with discussions preceding and following viewing the episode. From hungry aliens to talking dolls to the monsters living next door, join us in the fantastic and the frightening.

Monday, 3/27 - 4/24 (5 sessions)
3:00 - 4:30 p.m.
Instructor: Alicia Siegrist

Charcoal Still Life Drawing

Students will learn how to correctly see the object in a still life setting and how to use shadows to define the object. Students should purchase and bring one pack of vine charcoal (soft), one pack of vine charcoal (medium) and one 11 x 17 Strathmore 500 series charcoal pad (white) OR a 9 x 12 sketchpad and a kneaded eraser (all are available through Amazon) to class.

Limited to 8 participants

Monday, 4/17 - 5/8 (4 sessions)

1:00 - 2:30 p.m.

Instructor: Ann Sharp

Moroccan Cooking

Learn about the history of Moroccan cooking, spices and herbs. Cook a meal with your classmates and enjoy lunch afterwards. **Limited to 8 participants**

Monday, 4/24 (1 session)

10:00 a.m. - 1:00 p.m.

Instructor: Katie Barney

Fee: \$27 for materials will be invoiced prior to the date of the class

Mexican Cooking

Learn about the wonderful foods, herbs and spices of Mexico. Then cook a meal with your classmates and enjoy a delicious lunch with beer or wine! **Limited to 8 participants**

Monday, 5/1 (1 session)

10:00 a.m. - 1:00 p.m.

Instructor: Katie Barney

Fee: \$27 for materials will be invoiced prior to the date of the class

Tuesday Classes

Bringing Light to a Dark Topic

At some point in our lives we all question what will happen when we leave this world. This course is designed to provide insight into the options available today for a final farewell and ways we can plan in advance. We will discuss topics such as traditional burial options,

cremation plans, green burial, cemetery offerings, veterans burial benefits, creating a meaningful life celebration and pre-planning.

Tuesday, 3/7 (1 session)

10:30 - Noon

Instructor: Ryan Helfenbein

Line Dancing

The steps to several line dance routines will be taught using music from a range of genres including country, oldies and contemporary. The routines are a combination of dance steps and low-impact exercise moves which slowly raise your heart rate so you are getting exercise and burning calories, while having a great time. No prior dance experience is necessary. The goal is to get some exercise and have fun! **Limited to 12 participants.**

Tuesday, 3/7 - 4/4 (4 sessions) NO CLASS ON 3/28

1:00 - 2:30 p.m.

Instructor: Kathy Leary

Gentle Yoga

This one-hour class will focus on easy stretching, relaxation and breathing exercises with balance and coordination movement and poses. Students should bring their own yoga mat and wear loose-fitting clothing. **Limited to 12 participants**

Tuesday, 3/14 - 4/4 (3 sessions) NO CLASS ON 3/28

10:30 a.m. - Noon

Instructor: Susan Claggett

Holy Times and Sacred Seasons: Understanding Jewish Holidays

This course will present an overview of the Jewish holiday cycle and explain why it is unique.

Tuesday, 4/11 - 5/16 (6 sessions)

10:30 - Noon

Instructor: Rabbi Peter Hyman

The Romantic Symphony

This exercise in music appreciation will focus on the development of the symphony during the middle of the 19th century. Composers will include Berlioz, Mendelssohn, Schumann, Brahms and Saint Saens. Each session will begin

with a brief overview of the life of the composer and a few thoughts on the work to be studied and will be followed by watching a performance of a symphony.

Tuesday, 4/11 - 5/16 (6 sessions)

1:00 - 2:30 p.m.

Instructor: Raymond Vergne

Wednesday Classes

How Weather Works

Did you ever wonder how the world's weather actually works? This course gives you a non-technical basic understanding of how and why the world's weather works. You will learn about the world's atmosphere, the seasons, and how and why storms form.

Wednesday, 2/8 (1 session)

10:30 a.m. - Noon

Instructor: Anthony Loscalzo

The Banned Book Club

Participants will review four banned books. Discussion topics will include why the books were controversial and what readers learned from the books. The books selected are *Maus II: A Survivor's Tale: And Here My Troubles Began* by Art Spiegelman, *The Handmaid's Tale* by Margaret Atwood, *Me and Earl and The Dying Girl* by Jesse Andrews, and *To Kill a Mockingbird* by Harper Lee.

Wednesday, 2/8, 4/5, 4/26, 5/17 (4 sessions)

3:00 - 4:30 p.m.

Instructor: Mary Jo Volpicelli

What is Time?

Time is not what you think it is. This non-technical lecture will help you understand the significance of Einstein's thought experiments as well as what time is and what it is not.

Wednesday, 2/15 (1 session)

10:30 a.m. - Noon

Instructor: Anthony Loscalzo

James Webb Telescope Update

This lecture describes the functions of the incredible James Webb Telescope currently sitting 1 million miles from earth. Students will learn what has been discovered so far and why the discoveries this telescope will make will create questions we have never thought of asking about the universe.

Wednesday, 2/22 (1 session)

10:30 a.m. - Noon

Instructor: Anthony Loscalzo

Mah Jongg for Beginners

Mah Jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is equal parts skill and luck. There is a learning curve but with practice anyone can master the game. It is fun and social. Each session will include some introductory material as well as some practice at the game. By the end of the course, you'll be ready to join your local Mah Jongg game! **Limited to 12 participants**

Wednesday, 3/1 - 3/22 (4 sessions)

1:00 - 2:30 p.m.

Instructors: Susan Buckingham and Kay Alston

Improving Your Photographs Through an Understanding of Composition

There are an estimated 3.3 billion pictures taken each day around the world. The vast majority are simple snapshots to record a specific point in time to remember later. However, to convey a feeling or tell a story, you need to put more thought into the process. We will discuss several aspects of composition, such as the "rule of thirds" (which is not a rule but guidance), horizon placement, point of view, the importance of lines as well as other approaches that will improve your photographs. Examples will be reviewed and discussed. Participants should have a working knowledge of their camera (whether it is a DSLR or a smartphone) and a desire to improve their photography. **Limited to 15 participants**

Wednesday, 3/1 - 3/15 (3 sessions)

3:00 - 4:30 p.m.

Instructor: Norman Bell

Mosaic Flower in Pot

Join this fun mosaic class and make a mosaic tulip flower in a pot. You will learn how to mosaic, cut tile, glue and grout on a wood flower shape. You can choose from a large selection of colors and different kinds of mosaic tiles to make this project match any decor. **Limited to 7 participants**

Wednesday, 3/8 (1 session)

10:00 a.m. - 1:00 p.m.

Instructor: Candace Liccione

Location: Wye River Designs, 4300 Main Street, Grasonville

Fees: \$25 for materials is due at the class

Kenyan Adventure - A Photographic Journey

Explore the culture, beauty and wildlife of Kenya. You will enjoy great photos of the elephant orphanage and the giraffe center in Nairobi. At Amboseli National Park at the foot of Mt. Kilimanjaro, early morning and late afternoon game drives put you within a couple of feet of fabulous beasts! Mt. Kenya boasts beautiful scenery and you will hear about High Drama Llama Drama! You will travel to the Great Rift Valley, stopping at Lake Naivasha for a boat ride to Crescent Island Game Sanctuary, home to giraffes, water bucks, elands, wildebeests, zebras, impalas, incredible birds and huge hippos. The Maasai Mara Game Reserve is one of the biggest in Kenya and borders the Serengeti National Park in Tanzania. Take a ringside seat for the greatest wildlife show on earth without having to take a 28-hour journey to get there or experience jet lag!

Wednesday, 3/22 - 3/29 (2 sessions)

3:00 - 4:30 p.m.

Instructor: Peggy Robertson

Great Decisions

Great Decisions is a course offered through the American Foreign Policy Association. A set of readings on various topics of national and international significance is published in the fall of each year. **Students are asked to purchase the readings (\$35)** and the instructor will purchase the DVD and supplemental materials for each reading. Issues to be discussed include energy geopolitics, war crimes, China and the U.S.,

economic warfare, politics in Latin America, global famine, Iran at a crossroads, and climate migration.

Wednesday, 3/29 - 5/17 (8 sessions)

1:00 - 2:30 p.m.

Instructor: Joe Sikes

Let's Go Birding

Following an informal lesson each week, students will participate in bird walks at four locations: Chesapeake Bay Environmental Center, Terrapin Nature Park, Conquest Preserve and Kinder Farm Park. **Limited to 10 participants**

Wednesday, 4/5 - 4/26 (4 sessions)

8:30 - 11:00 a.m.

Instructor: Adele Clagett

Location: Will vary each week

Our Songbirds: How We Can Help Make Their Lives and Survivability Better With Plantings and Gardening Practices

Participants will learn how to help songbirds so they can rear their hatchlings to adulthood. Topics covered will include native plants, gardening practices, outdoor space and predation. The first class will be a lecture and the second class will be a field trip to Foreman's Branch Bird Observatory, a migratory bird banding station. **Limited to 20 participants**

Wednesday, 4/19

3:00 - 4:30 p.m. at Kennard

Saturday, 4/22

7:45 a.m. - 9:45 a.m. Meet at The Mill at Kingstown

(Rain date for field trip is 4/29)

Instructor: Cindy King

Broken Plate Mosaic Fish

Students will use broken plate mosaic pieces and learn to mosaic upon a bisque fish shape. Learn how to cut plates into pieces to mosaic on the fish plaque and how to glue and grout a mosaic. **Limited to 10 participants**

Wednesday, 5/17 (1 session)

10:00 a.m. - 1:00 p.m.

Instructor: Candace Liccione

Location: Wye River Designs, 4300 Main Street, Grasonville
Fees: \$25 for materials is due at the class

Thursday Classes

The Good, The Bad, and The Ugly of Plastics

This course will provide an overview of our life and relationship with plastic, including the dangers of what plastic additives are doing to our bodies and why we need to reduce our use of single-use plastics in our daily lives.

Thursday, 2/9 (1 session)
3:00 - 4:30 p.m.
Instructor: Bente Cooney

How to Recycle Effectively

Recycling is confusing! Plastic Free QAC has followed the trail of recycling to find out where it goes, what happens to it when it gets there, and if it is really recycled. Come learn best practices for recycling in your area. Bring all your questions - Laura has the answers.

Thursday, 2/23 (1 session)
3:00 - 4:30 p.m.
Instructor: Laura Connor

French Food and Herbs

Learn about French food and herbs, cook a meal, and sit down and enjoy the food and wine!

Limited to 8 participants

Thursday, 3/2 (1 session)
10:00 a.m. - 1:00 p.m.
Instructor: Katie Barney
Fee: \$27 for materials will be invoiced prior to the date of the class

What Women Wore in the 18th Century

Students will learn how women dressed in the second half of the eighteenth century. Topics to be discussed will include how women's clothing was created using patterns and materials, clothing changes over the decades and clothing distinctions based on social class. Clothing samples representing the 18th century time period will be available for viewing.

Thursday, 3/2 (1 session)
1:00 - 2:30 p.m.
Instructor: Robin Marchionni

Creating a New Relationship With Plastic

Explore the history of plastics, examine personal behaviors that involve plastics, conduct a personalized plastic home audit and learn about how to reduce the plastic in your life.

Thursday, 3/2 (1 session)
3:00 - 4:30 p.m.
Instructor: Courtney Leigh

The Aging Brain

This class will focus on typical and atypical changes to the anatomy of the brain and how it impacts behavior. The class will also explore ways to enhance successful cognitive aging. Some time will be spent on demonstrating online brain games and their efficacy. Techniques and suggestions for successfully supporting others with cognitive decline will also be discussed.

Thursday, 3/9 - 4/6 (5 sessions)
10:30 - Noon
Instructor: Nancy Brandenburger

Exploring Your Plastic-Free Options

This session will help you investigate options that are available to replace the plastics that exist in our lives through a field trip to Refill Goodness, Target and Food Lion.

Thursday, 3/9 (1 session)
3:00 - 4:30 p.m.
Instructor: Jennifer Vedrani
Location: Meet at Refill Goodness, 460 Main Street, Stevensville

Mountains and Molehills

Mountains are born, grow, disintegrate, decompose, then vanish . . . or maybe not. Some seem to be "forever" mountains while remarkably, some mountains actually return, and reappear in the same location and are just as impressive. This course describes the origins and crazy evolution of a number of mountains and mountain ranges.

Many examples from North America and beyond will be offered.

Thursday, 3/16 - 4/13 (5 sessions)
1:00 - 2:30 p.m.
Instructor: Galt Siegrist

Documentary and Amateur Films: 100 Years of 16mm Film

In 1923 George Eastman announced the production of 16mm motion picture film, which revolutionized the audiovisual landscape much as digital media has today. Exploring amateur and documentary film genres will uncover the communication impact that this smaller film size had on the world. The new format opened up new possibilities for home movies, travel films and classic documentaries, selections of which will be screened.

Thursday, 3/16, 3/30, 4/13 (4 sessions)
3:00 - 4:30 p.m.
Thursday, 4/27
1:00 - 2:30 p.m.
Instructor: Pamela Wintle

Bead Weaving – Peyote Stitch Pendant

This class is for students with some bead weaving experience, especially with the peyote stitch. This is an intermediate project in which students will make a triangle-shaped pendant. There will be two designs available and several color options which will be provided to students at least two weeks before the first day of class.
Limited to 5 participants

Thursday, 4/20 - 4/27 (2 sessions)
10:00 a.m. - Noon
Instructor: Teddy Griffin
Fees: \$12 for materials is due at the first class

Mindful Walking

Put on some comfortable shoes, meet your classmates outside, and enjoy all the mental and physical health benefits of putting one foot in front of the other. Walkers of all experience levels are welcome. Walk at your own pace and distance. Be in the present with fresh air, good company, and an opportunity to get fit for living well.

Thursday, 4/27 - 5/18 (4 sessions)
3:00 - 4:30 p.m.
Instructor: Dona Roderick

Friday Classes

Bead Weaving - Herringbone Stitch Bracelet

Bead weaving is essentially sewing beads together using a needle and beading thread to create an object. This class is a good beginner project and will teach students how to do the herringbone stitch while making a bracelet. Students will learn how to start and end threads and how to attach a clasp. Several bead and color options will be available. **Limited to 6 participants**

Friday, 2/10 - 2/17 (2 sessions)
10:00 a.m. - Noon
Instructor: Teddy Griffin
Fees: \$12 for materials is due at the first class

Art of the 21st Century

Art is a never-ending stream of observations about human nature and how we deal with the world. In the 21st century, the art world is international and artists present a wide range of themes and techniques that help us keep in touch with the world at large. We will look at a variety of artists whose work deals with climate change, gender issues, social justice, immigration, racial themes, defiance of authoritarian governments and other issues. Other artists create work that helps us find peace, quiet, joy and beauty in our chaotic world. No prior knowledge is required for this class.

Friday, 3/3 - 3/31 (5 sessions)
1:00 - 2:30 p.m.
Instructor: Beverly Hall Smith

Introduction to Energy Economics

This course will provide an overview of energy fuels and electricity trading valuation, commercial and political developments in energy, and consumer and industrial trade-offs from a perspective of price and climate priorities.

Friday, 3/10 - 3/24 (3 sessions)
10:30 a.m. - Noon
Instructor: Ben Schlesinger

Restoring Oysters Through Oyster Gardening in Maryland

Oysters are a keystone species in the Chesapeake Bay. Learn more about what the Chesapeake Bay Foundation is doing to restore oyster populations throughout the state. Learn about the ecology of oyster reefs and ways to get involved in the restoration process through volunteer work and oyster gardening in your own community.

Friday, 3/31 (1 session)
10:30 a.m. - Noon
Instructor: Kellie Fiala

Beginner Pickleball

This class is designed for beginner players or players who would like a refresher. The key components of the game will be covered including scoring, serving, two bounce rule and play positioning. Balls will be provided. Paddles will be available for participants who do not have their own.

Friday, 4/7 - 5/5 (4 sessions) NO CLASS ON 4/21
9:30 - 10:30 a.m.
Instructor: Susan Claggett
Location: Grasonville Park, 301 Perry's Corner Road, Grasonville

Intermediate Pickleball

This class is designed for the intermediate player or players who prefer a more challenging game. The key rules will be reviewed with an emphasis on strategy and player positioning. Balls will be provided. Paddles will be available for participants who do not have their own.

Friday, 4/7 - 5/5 (4 sessions) NO CLASS ON 4/21
10:30 - 11:30 a.m.
Instructor: Susan Claggett
Location: Grasonville Park, 301 Perry's Corner Road, Grasonville

The Many Faces of Fascism, Part I

After considering various definitions of Fascism, its origins, background and development will be discussed in the first two sessions. The political history and evolution of Italian Fascism under Benito Mussolini and German Nazism under Adolf Hitler will then be reviewed in the next four sessions. Special attention will be given to critical moments which defined the course of history. World War II and the Holocaust will be considered only as part of the Fascist experience. Everyday life for the average citizen in Fascist Italy and Nazi Germany will be explored.

Friday, 4/7 - 5/19 (6 sessions) NO CLASS ON 4/21
1:00 - 2:30 p.m.
Instructor: Raymond Vergne