

Monday Classes

The Winter of Their Discontent: Disunion and Secession 1860-1861

This exercise in history will try to clarify the processes by which slavery and secession resulted in disunion, uncompromising discord and armed conflict. This is not a course on the Civil War; no campaigns or strategy will be covered. Although slavery will be discussed and selected statistics quoted, the focus will not be on slavery but on secession.

Monday, 9/12 - 10/17 (6 sessions)
3:00 - 4:30 p.m.
Instructor: Raymond Vergne

Current Events and Social Issues I and II

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. Objectives are to make the participants aware of the opinions of others about events and issues that affect our lives and share perceptions of the issues and policy options shaping our world in a safe space. **Limited to 25 participants each session**

Monday, 9/19 - 10/10 (4 sessions)
10:30 a.m. - Noon
Instructor: Charles Mylander

Monday, 10/24 - 11/28 (6 sessions)
10:30 a.m. - Noon
Instructor: Charles Mylander

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 white 9 X 12 sketchpad (available through Amazon) to class. **Limited to 10 participants**

Monday, 10/3 - 10/24 (4 sessions)
1:00 - 2:30 p.m.
Instructor: Ann Sharp

Listening to Voices of the Spirit - Five Faith Leaders

This class will explore five contemporary interfaith leaders: Howard Thurman, Thich Nhat Hahn, Amina Wadud, Jonathan Sacks and Rachel Held Evans. We will discuss their struggles and teachings on race, peace, feminism, culture and doubt. Video and written articles will encourage participants to engage in their own questions.

Monday, 10/24 - 11/21 (5 sessions)
3:00 - 4:30 p.m.
Instructor: Rev. Mark Delcuze

Nutrition For Your Health

Students will learn about prebiotics, probiotics and how the digestive system helps us stay healthy. Additionally, the course will address inflammation and foods that combat it.

Monday, 11/7 - 11/21 (3 sessions)
1:00 - 2:30 p.m.
Instructor: Julianna Pax

Appetizers and Adult Drinks

Learn to make wonderful appetizers and enjoy them afterwards with special drinks and/or wine. We will make a nice variety with ingredients that are easy to find. Menus and recipes will be provided. **Limited to 8 participants**

Monday, 11/28 (1 session)
1:00 - 4:00 p.m.
Instructor: Katie Barney

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

Tuesday Classes

Vintage Base Ball

Learn about the origins of base ball (yes, it is two words), America's favorite pastime, including uniforms, equipment and 19th century rules, from an individual who played the game for fourteen years with the Fair Play Base Ball Club of Talbot.

Tuesday, 9/6 (1 session)
10:30 a.m. - Noon
Instructor: Jim Apple

Bringing Water and Sight to Africa

Learn the role that a local man is playing in providing access to water to people in Ghana and Tanzania by drilling wells in impoverished villages, as well as providing prescription eyeglasses and cataract surgeries to people in those countries.

Tuesday, 9/6 (1 session)
1:00 - 2:30 p.m.
Instructor: Ken Wood

Gentle Yoga I and II

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 15 participants**

Tuesday, 9/13 - 9/20 (2 sessions)
10:30 - 11:30 a.m.
Instructor: Susan Claggett

Thursday, 10/27 - 11/17 (4 sessions)
1:00 - 2:00 p.m.
Instructor: Susan Claggett

Beginners Basic Computer Training For Adult Seniors

The computer basics training session is designed to introduce seniors to the basic navigation necessary to operate a computer. Students will learn to send and receive emails, explore social media, create documents and spreadsheets and perform other types of computer techniques. Students will also learn about file management and why it is important. **Limited to 10 participants**

Tuesday, 9/20 - 10/25 (6 sessions)
1:00 - 2:30 p.m.
Instructor: Alvin White

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.

Tuesday, 10/4 (1 session)
10:30 a.m. - Noon
Instructor: Robert Seitz

Political Psychology

This course is designed to provide the attendee with the opportunity to analyze and challenge personal political attitudes, consider polarization and confirmation bias and to interact with other students to address and reach consensus on political issues. The course will include in-class readings and activities, completion of an analysis instrument along with interpersonal interaction, Socratic seminars, brief lectures and discussion.

Tuesday, 10/11 - 11/15 (6 sessions)
10:30 a.m. - Noon
Instructor: Steve Kinlock

Aerobic Dance

This class combines elements of line dancing, ballroom dancing, and aerobic dance/exercise. 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 learning some dance steps and having a great time. No prior dance experience is necessary. The goal for the class is for students to get some exercise and have fun.

Limited to 15 participants

Tuesday, 10/18 - 11/22 (6 sessions)
3:00 - 4:30 p.m.
Instructor: Kathy Leary

Introduction to Beekeeping

This course will introduce students to beekeeping. It is appropriate for those wishing to start with beekeeping, beginning beekeepers and those who are just fascinated by the subject. We will explore the workings of the hive, seasonal tasks, a little biology, honey, wax, and pollination, as well as what equipment is needed to start. We will also discuss current topics such as bee diseases and pesticides as well as suggestions about how to plant your garden.

Tuesday, 11/1- 11/29 (5 sessions)
1:00 - 2:30 p.m.
Instructor: George Meyer

Fall Feast

The fall is a lovely time to enjoy squash, apples, pears, goose and venison (if available). The menu will range from an appetizer, soup, entree, and vegetable dish to a delicious dessert. Enjoy learning about some spices and herbs for this time of year! Menus and recipes for all dishes will be provided. **Limited to 8 participants**

Tuesday, 11/22 (1 session)
10:00 a.m. - 1:00 p.m.
Instructor: Katie Barney

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

Wednesday Classes

Beginner Bead Weaving - Peanut Bead Bracelet

Bead weaving is a beadwork technique where beads are woven together using a needle and thread to create jewelry, tapestries or three-dimensional shapes. We'll review the basics of bead weaving, including supplies and tools used, types of stitches and types of beads available. This class will teach the student how to do right-angle weave to make a bracelet, how to start and end thread and how to add a clasp to the bracelet. The bracelet will be made with peanut beads, rondelles and round seed beads. **Limited to 6 participants**

Wednesday, 9/7 - 9/14 (2 sessions)
10:30 a.m. - Noon
Instructor: Teddy Griffin

Fees: \$15 for materials is due at the first class

LYT Yoga

LYT Yoga is a non-classical style of yoga focusing on functional anatomy. It was developed by a licensed physical therapist and uses targeted movement sequences to help individuals of all fitness levels retrain habitual movement patterns and postural imbalances to feel stronger, more energized, and more balanced both on and off the mat. Participants should wear loose-fitting

clothing and provide their own yoga mat. **Limited to 15 participants**

Wednesday, 9/7 - 9/28 (4 sessions)
1:00 - 2:30 p.m.
Instructor: Stacey Davis

Landscaping Ideas and Plant Knowledge

The course will focus on plants, their proper placement, planting and maintenance. Landscaping ideas, along with required conditions and proper maintenance for success, will also be discussed. **Limited to 30 participants**

Wednesday, 9/14 - 11/2 (6 sessions - no class on 10/12 or 10/19)
3:00 - 4:30 p.m.
Instructor: Cindy King

Mosaic Paper Mache Bowl

In this class you will learn how to mosaic a paper mache bowl using mosaic tiles, stained glass tiles, beads and other embellishments. The project is not grouted so it is fast and easy to do. The bowl will be sealed with a clear coat of crystal lacquer. **Limited to 9 participants**

Wednesday, 9/21 (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

The Banned Book Club

Banned Book Club participants will meet every three weeks to review four banned books. Discussion topics will include why the books were controversial and what readers learned from the books. The books selected are *The Bluest Eye* (9/21) by Toni Morrison, *Gender Queer* by Mala Kobabe (10/12), *The Absolutely True Diary of a Part-time Indian* by Sherman Alexia (11/2), and *Maus* by Art Spiegelman (11/23).

Wednesday, 9/21, 10/12, 11/2, 11/23 (4 sessions)
10:30 - Noon
Instructor: Mary Jo Volpicelli

The Rise and Fall of Rock, Mineral and Fossil Fuel Mining in Maryland

This course will summarize the origin, historical importance, and demise of many of Maryland's significant mineral deposits. Rock deposits in Maryland became foundations, walls, columns, steeples, roofs, flooring, and fronts steps of many famous build structures in the Eastern United States. They provided the raw material for cannons and cannon balls, curbs, culverts, pavements, driveways, revetments, bulkheads, jetties, canals and canal locks, concrete, fertilizer, bricks, iron and steel making, window and plate glass, tiles, plastics, paper and paint, kitchen and bathroom fixtures and so much more. The mines may be long gone but resulting manufactured products are still here. Maps and rock specimens will supplement the material. **Limited to 20 participants**

Wednesday, 10/5 - 10/26 (4 sessions)
1:00 - 2:30 p.m.
Instructor: Galt Siegrist

Wacky Cat Mosaic

In this class you will mosaic a "wacky cat" wood shape. You can use mosaic tiles, stained glass and other embellishments to personalize your cat mosaic with the colors of your own cat or a favorite cat. This project will be grouted, so you will also learn to grout a mosaic. **Limited to 12 participants**

Wednesday, 10/19 (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

Chop Chop

Do you ever feel like you could handle kitchen knives and utensils better? Come join us to learn some simple techniques and feel more comfortable cutting onions, peppers, apples, pineapples, beef and more. We will create healthy, attractive dishes to sample. **Limited to 10 participants**

Wednesday, 11/9 (1 session)
10:30 a.m. - Noon

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

Collage Picture Frame

Learn how to collage a picture frame using decorative napkins and collage glue. This is a fun and easy project. You will learn the basics of how to collage properly. Learn the difference between collage and decoupage for this project. You can use both techniques in making this project. **Limited to 12 participants**

Wednesday, 11/16 (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

Mixed Media Tree

Learn how to create a wonderful mixed media old jewelry tree. Mixed media melds many different mediums of art in one project. We will use scrapbooking papers and old jewelry (can be provided or you are welcome to bring your own from home). You can also add beads, charms, and other embellishments to this project. **Limited to 12 participants**

Wednesday, 12/7 (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

Anti-Semitism

This course will examine scriptural sources and their interpretation as well as the political agenda and societal climate that allowed historic anti-Semitism to take hold and develop. **Limited to 25 participants**

Thursday, 9/8 - 10/13 (6 sessions)
10:30 a.m. - Noon
Instructor: Rabbi Peter Hyman

Local African American History and Culture

This course will present the history of the Kennard High School and the local African American citizens that have influenced education, jobs and business, community living and wars and military.

Thursday, 9/15 - 10/20 (6 sessions)
1:00 - 2:30 p.m.
Instructor: Clayton Washington

Mindful Walking

Put on some comfortable shoes, meet us 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. Before each outing, become inspired by a few of the 100 reasons why walking is the true Fountain of Youth. 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, 9/22 - 10/13 (4 sessions)
3:00 - 4:30 p.m.
Instructor: Alicia Siegrist

Chinese Cuisine

The cuisine of China is unique, and is spread across many regions, each serving different dishes. We will focus on a few favorites so students can savor some special flavors, learn about various spices and herbs and also perhaps try some new vegetables. Be adventurous! (No, we will not eat dog, rat, horse or anything like that!) Menus and recipes for all dishes will be provided. **Limited to 8 participants**

Thursday, 10/20 (1 session)
10:00 a.m. - 1:00 p.m.
Instructor: Katie Barney
Fees: \$25 for materials is due at the class

How to Live Sustainably

This course will provide an overview of our life and relationship with plastic and discuss the steps to take to make sure your recycling ends up in the right place. You will also conduct a "trash audit" to examine your plastic

consumption and create new habits through product replacement.

Thursday, 10/20 - 11/17 (5 sessions)
3:00 - 4:30 p.m.
Instructors: Bente Cooney, Laura Connor, Jenny Vedrani, Courtney Leigh and Alex Aiosa

Bead Weaving – Peyote Pendant and Earrings

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 and matching earrings. 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 6 participants**

Thursday, 11/3- 11/10 (2 sessions)
10:00 a.m. - Noon
Instructor: Teddy Griffin
Fees: \$20 for materials is due at the first class

Friday Classes

The Classical Symphony, Part I

This exercise in music appreciation will study the development of the symphony over three centuries. Each session will focus on one composer, whose biography will be reviewed as well as his contributions to the development of the symphony. Part I will focus on Hayden, Mozart, Beethoven and Schubert. A video of a performance will be presented during each session, with scant running commentary.

Friday, 9/9 - 10/14 (6 sessions)
10:30 - Noon
Instructor: Raymond Vergne

Up Close and Personal: Brueghel, Bernini, Goya, 19th Century Photography and Kandinsky

Each of the five weeks will concentrate on one of the five topics in the title. From the 16th century we will look at Pieter Brueghel the Elder of Flanders, a painter and printmaker who lived and worked during the Protestant Reformation. Bernini, an Italian sculptor of the 17th century

reflects the Catholic response to Protestantism. Goya, a Spanish painter and printmaker, depicts an emotional reaction to the conditions in 18th century Spain, as the government reels from revolution. Photography, invented in the 19th century, presented the world with black and white images of real events and people. Kandinsky, a Russian painter of the 20th century, was the first artist to transition from images of reality to the abstract. We will view each artist and period, up close and personal, examining their lives and their work. Discussion and questions are encouraged; no previous art history is necessary.

Friday, 10/7 - 11/4 (5 sessions)
1:00 - 2:30 p.m.
Instructor: Beverly Hall Smith