

## ***Monday Classes***

### **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. 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 each session**

Monday, 2/7 - 3/14  
10:30 a.m. - Noon (6 sessions)  
Instructor: Charles Mylander

Monday, 4/4 - 5/9  
10:30 a.m. - Noon (6 sessions)  
Instructor: Charles Mylander

### **Introduction to Maryland Beekeeping and Pollinators**

In this course we will introduce you to beekeeping in Maryland and discuss how you can help honey bees and other pollinators. In the first session we will learn about the honey bee and how it is used to pollinate crops and produce honey. The second session will be dedicated to native pollinators and what you can do to help provide safe spaces for them to thrive. The course will be delivered via PowerPoint instruction and students will be provided links to online information throughout the course.

Monday, 2/7 - 2/14 (2 sessions)  
1:00 - 2:30 p.m.  
Instructor: Mark Dykes

### **The Meaning of the Bible: How Jews & Christians Read Holy Scripture**

The Scriptures of ancient Israel (what Christians call the Old Testament and Jews call the Tanakh) are foundational to Judaism and Christianity. Yet the two faith traditions read these texts very differently. This class will examine common themes and various approaches to these ancient

texts through the eyes of modern scholars and translators.

Monday, 2/7 - 2/28 (4 sessions)  
3:00 - 4:30 p.m.  
Instructor: Mark Delcuze

### **Jazz Dance**

Classes will consist of fun and easy-to-follow dance steps to upbeat songs, some old and some new, including Broadway show tunes. Some dance experience is suggested. **Limited to 12 participants.**

Monday, 2/21 - 4/11 (8 sessions)  
1:00 - 2:30 p.m.  
Instructor: Robin Marchionni

### **Birding Tips for the Beginner Birder**

This session will include both lecture and a guided bird walk at Chesapeake Bay Environmental Center (CBEC). Lecture topics include bird identification by season, by habitat, by behavior and shape and by sound as well as reference and resource tips. The 1 1/2 hour walk will apply the tips covered in the lecture. **Limited to 10 participants.**

Monday, 4/18 (1 session)  
10:00 a.m. - 1:30 p.m.  
Instructor: Adele Claggett and Judy Wink  
**Location: Chesapeake Bay Environmental Center**

## ***Tuesday Classes***

### **Aging Brain and Communication**

This class will focus on discussion of thinking and remembering as we age. We will explore the effects of aging and how it impacts functioning. We will also review key techniques and activities demonstrated to maintain brain health. We will also discuss the most effective communication and interaction with persons experiencing cognitive decline.

Tuesday, 2/8 - 3/1 (4 sessions)  
10:30 a.m. - Noon  
Instructor: Nancy Brandenburger

### **Urban Trees: A Tree-mendous Opportunity**

This overview explains the importance of trees to the Chesapeake Bay with a specific focus on urban trees and their advantages/disadvantages, how they help urban environments, and the work ShoreRivers is doing to increase the number of urban trees on the Eastern Shore.

Tuesday, 2/15 (1 session)

1:00 - 2:30 p.m.

Instructor: Amy Narimatsu

### **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 changing demographics, outer space, climate change, Russia, Myanmar and the ASEAN, the Quad alliance, industrial policy, drug policy in Latin America, and the Biden agenda.

Tuesday, 3/1 - 4/19 (8 sessions)

1:00 - 2:30 p.m.

Instructor: Larry Blount

### **Core Principles of Psychology VI: Stress**

We will define stress, consider mechanisms and methods of adaptation to stress, discuss and analyze the impact of stress on health, and discuss and develop methods of positively coping with stress. The course will include lecture and wide-ranging discussion, including linking events of the day to course material.

Tuesday, 3/15 - 4/5 (4 sessions)

10:30 a.m. - Noon

Instructor: Steve Kinlock

### **Angels and Demons in Western Culture, Literature and the Arts**

This class will explore the concept of angels and demons in Western civilization, and review how they have been depicted in literature, painting, sculpture and music through the centuries.

Tuesday, 4/5 - 5/10 (6 sessions)

3:00 - 4:30 p.m.

Instructor: Raymond Vergne

### **Community Dance**

Have fun learning the traditional and modern American and English folk dances done in various formations such as square dances, longways sets, and circles. All dances are done with partners, but students do not have to bring their own partner. Partners will be selected from the participants.

Tuesday, 4/12 - 5/3 (4 sessions)

10:30 a.m. - Noon

Instructor: Ann Fallon

## ***Wednesday Classes***

### **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.**

Wednesday, 2/9 - 3/2 (4 sessions)

10:30 - Noon

Instructor: Kathy Leary

### **Suspension of Disbelief: Explore the World of Community Theatre**

This course is designed to take students behind the scenes of community theatre. Students will learn how a production comes about, including auditions, set design, lighting, costumes, the business end of the theatre and more. Students will be introduced to the many volunteer opportunities available in local theatre.

Wednesday, 2/9 - 3/16 (6 sessions)

1:00 - 2:30 p.m.

Instructor: Kathy Jones

### **Landscaping Basics and Plant Choices**

Class discussion will start with basic landscaping and plant conversations and expand into specific gardening practices such as cutting gardens, butterfly gardens, rain gardens, and vegetable gardens. We will discuss planting techniques,

pruning techniques, right plant/right place, natives, roses, perennials, trees and shrubs, and habitat development so you can become comfortable developing your landscape.

Wednesday, 3/2 - 4/6 (6 sessions)  
3:00 - 4:30 p.m.  
Instructor: Cindy King

### **Seashell Picture Frame**

In this class you will learn how to create a seashell picture frame. We will use natural materials such as seashells, tiny starfish, sand, pearls and other embellishments. You will learn how to adhere seashells to the picture frame and how to use sand as a grout material. **Limited to 12 participants.**

Wednesday, 3/16 (1 session)  
10:00 a.m. - Noon  
Instructor: Candace Liccione

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

### **Things Fall Apart: A Reflection on the 60s in America**

Using primary source materials, this course will explore a variety of themes and events from the 1960s. This was the decade of JFK, the New Frontier, the Cuban Missile Crisis, the beginning of Medicare, hippies and Woodstock. We will begin with an overview and then branch off as participant interest informs. Music, civil rights of a variety of groups, Vietnam, politics, and popular culture are all possible topics. **Limited to 20 participants**

Wednesday, 3/23 - 4/13 (4 sessions)  
1:00 - 2:30 p.m.  
Instructor: Carol Conrad

### **Broken Plate Fish Picture Frame**

In this class we will be making a mosaic on a bisque fish shape using broken plates. You will learn how to cut the plates using tile nippers, the proper glue to use and how to grout if you choose to grout your project. **Limited to 12 participants.**

Wednesday, 4/13 (1 session)  
10:00 a.m. - Noon  
Instructor: Candace Liccione

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

### **Delmarvelous Groundwater**

We will describe the potable groundwater under the Delmarva peninsula. Discussions will summarize the aquifer types, locations and geology, water extraction, quality, sustainability and vulnerability. A reliable source of potable water remains key to the economic prosperity of our region and the welfare of its citizens. Our groundwater aquifers are the principal and most reliable source of this resource.

Wednesday, 4/20 - 5/11 (4 sessions)  
10:30 a.m. - Noon  
Instructor: Galt Siegrist

### **Access to Justice**

We will address topics that include the idea of Access to Justice and what that means for low- and moderate-income residents of the Eastern Shore. We will delve in the idea of "civil right to counsel" and the notion of access to legal assistance as a right and not a privilege. Participants will engage in robust discussion about the definitions and perceptions of justice, social justice and civil justice. We will delve into challenges and barriers that most Eastern Shore residents face and also try to conceptualize solutions that can be shared with the civil legal aid community.

Wednesday, 4/20 - 5/11 (4 sessions)  
1:00 - 2:30 p.m.  
Instructor: Sandy Brown

## ***Thursday Classes***

### **Beginner Bead Weaving - Pinch Bead Bracelet**

This course will review the basics of bead weaving including types of bead weaving stitches, types of beads available, and supplies/tools used. Students will have hands-on experience making a bracelet using right-angle weave with pinch beads, rondelles, and round seed beads. Bracelet kits will be available at the first class. **Limited to 6 participants**

Thursday, 2/10 - 2/17 (2 sessions)  
10:00 a.m. - Noon  
Instructor: Teddy Griffin

**Fees: \$20 for materials is due at the first class**

### **American Revolution in the South (including Maryland and Delaware)**

The American Revolution in the South is terra incognita for most Americans. Beyond the surrender of Lord Cornwallis at Yorktown, virtually nothing is known about the war in this region. Despite this, it can easily be argued that the Revolution was nearly lost and then ultimately won in the Southern Department. This course will explore the war in the South from 1775 through the Peace of Paris. The course will feature Power Point presentations including primary documents in the form of letters of contemporaries, followed by discussion and debate on issues related to the Revolution. There will be a heavy military component to the course, but it will not be strictly military, and political and social issues will be covered and discussed.

Thursday, 2/10 - 3/3 (4 sessions)  
1:00 - 2:30 p.m.  
Instructor: Dennis Conrad

### **Armenian Cuisine**

Learn about the rich and diverse history of Armenian cooking, enjoy the experience of cooking an Armenian meal, and then sit down for a delicious lunch! **Limited to 15 participants**

Thursday, 2/24 (1 session)  
10:00 a.m. - 1:00 p.m.  
Instructor: Katie Barney  
**Fees: \$25 for materials is due at the class**

### **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, 3/10 - 3/31 (4 sessions)  
1:00 - 2:30 p.m.  
Instructor: Clayton Washington

### **Argentine Cuisine**

Argentina is noted for its beef, and the blend of many cultures on its food. Learn about the wonderful flavors of Argentine cooking and their incredible wines – *vino tinto* - especially Malbec. The class will enjoy a *delicioso* meal together at the end of the session. Many of the ingredients

date back hundreds of years. **Limited to 15 participants**

Thursday, 3/24 (1 session)  
10:00 a.m. - 1:00 p.m.  
Instructor: Katie Barney  
**Fees: \$25 for materials is due at the class**

### **Bead Weaving – Peyote Stitch Bracelet**

Bead weaving is essentially sewing beads together using a beading needle and beading thread to form an object such as jewelry, tapestry, or a geometric shape. This course is for students interested in learning about bead weaving or in learning a new type of stitch. Students will get hands-on experience learning peyote stitch by making a bracelet. Bracelet kits will be available at the first class. **Limited to 6 participants**

Thursday, 4/7- 4/14 (2 sessions)  
10:00 a.m. - Noon  
Instructor: Teddy Griffin  
**Fees: \$20 for materials is due at the first class**

### **The Mediterranean Diet**

As we get past 60, many of us start to think about our heart, but what we eat for our heart has now been shown to help our brain with thinking and memory skills. What are those powerful foods for our heart that taste great and may also preserve memory and reduce the odds of developing dementia? Foster an interest in making simple foods to get you on the path to fight obesity and live better.

Thursday, 4/7 - 4/28 (4 sessions)  
1:00 - 2:30 p.m.  
Instructor: Julianna Pax

### **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, 4/7 - 5/5 (5 sessions)  
3:00 - 4:30 p.m.  
Instructor: Alicia Siegrist

## **Friday Classes**

### **Basic Senior Computer Navigation I and II**

The Computer Basics training session is a seven-week course 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 20 participants each session**

Friday, 2/11 - 3/25 (7 sessions)

10:30 a.m. - Noon

Instructor: Alvin White

Friday, 4/1 - 5/13 (7 sessions)

10:30 a.m. - Noon

Instructor: Alvin White

### **Sustainable Eastern Shore: Communities**

What does land conservation have to do with towns? The Eastern Shore Land Conservancy works to protect land for farms, habitat, and open spaces, but also recognizes the importance of sustainable growth in towns. From planning urban parks and connecting residents to existing parks and open spaces to smart growth, land use in towns plays a key role in creating vibrant and sustainable communities.

Friday, 2/11 - 2/18 (2 sessions)

1:00 - 2:30 p.m.

Instructors: Owen Bailey and Sara Ramotnik

### **Sustainable Eastern Shore: Lands**

The lands of the Delmarva Peninsula face various environmental pressures, such as changing climates, sea level rise, development, and habitat loss. Eastern Shore Land Conservancy's vision for a Sustainable Landscape is the Delmarva Oasis, an initiative to protect 50% of the peninsula by 2030. Addressing conservation, stewardship, and restoration, ESLC staff will discuss tools, partnerships, and tactics to achieve this conservation goal.

Friday, 2/25 - 3/4 (2 sessions)

1:00 - 2:30 p.m.

Instructors: David Satterfield and Larisa Prezioso

### **Artists of the 19th Century in Paris: Up Close and Personal**

Mid-19th century Paris was the center of the western art world, and a small group of artists who lived and worked there responded to the events of their time. These Impressionist and Post-Impressionist artists and those associated with them became the catalyst for the new art of the 20th century. We will look up close and personal at five specific artists: Degas, Toulouse-Lautrec, Gauguin, Van Gogh, and Munch. Significant inventions and events propelled them to move beyond the official French Academy rules for art, that still echoed 15th Italian Renaissance art, to create a new language for the fine arts in the 20th century. No knowledge of art is necessary to take this course.

Friday, 4/8 - 5/6 (5 sessions)

1:00 - 2:30 p.m.

Instructor: Beverly Smith