



Course Catalog
Spring Semester 2026

About the IAL

The Institute for Adult Learning is a non-profit membership organization of adults ages 50+ from the Mid-Shore area who share a love of learning and a desire to socialize. We strive to create a culture of connection which is vitally important to aging well, as documented by numerous studies.

What We Do

Each year we offer two semesters of courses in Brain, Body and Soul; History and Current Events; Culinary Arts; Environment and Science; and Literature, Arts and Crafts.

Courses range from one to eight sessions and classes are held Monday - Friday between 10:30 a.m. and 4:30 p.m. Most classes are held at the Kennard African American Cultural Heritage Center at 410 Little Kidwell Avenue, Centreville, MD. The focus is on personal enrichment and fun; there are no grades and no tests.

Additionally, we offer monthly happy hour gatherings throughout the Mid-Shore area, and we sponsor occasional day trips to areas of interest within driving distance.

How to Join Us

For a single membership fee of \$90 per semester, you can register for as many classes as you would like. Or, if you have an area of expertise that you would like to share with others, sign up to teach a course.

Happy hours are open to anyone who is interested in our mission.

For more information about current course offerings, to register for Spring semester classes, to view our upcoming events, to submit a course proposal, or to join our mailing list, visit [**www.instituteforadultlearning.org**](http://www.instituteforadultlearning.org).

			FEBRUARY	2026	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
10:30-noon	Combating Micro-plastics in Our Bodies Bente Cooney			The Book of Micah: Ancient Words Same Issues Peter Hyman	Intro to American Sign Language (ASL) continued Corinne Vinopol
1-2:30 pm	Mah Jongg for Beginners Susan Buckingham/Kay Alston	Let's Build an 18th Century Grandfather Clock Stephen Sieracki		Understanding Plants & Their Roles in Our World Cindy King	
3-4:30 pm					
	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
10:30-noon	Current Events Elaine Friedman/Nancy Fink			The Book of Micah: Ancient Words Same Issues Peter Hyman	Intro to American Sign Language (ASL) continued Corinne Vinopol
1-2:30 pm	Mah Jongg for Beginners Susan Buckingham/Kay Alston		Great Decisions Joe Sikes		
3-4:30 pm			Understanding Plants & Their Roles in Our World Cindy King		
	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
10:30-noon	Current Events Elaine Friedman/Nancy Fink	Fancy a Cuppa? Tea, Scones & Clotted Cream Alicia Siegrist 9:00 a.m. - 12:00 p.m.	Mosaic Stained Glass Mirror Candace Liccione 4300 Main St, Grasonville 10:00 a.m. - 1:00 p.m.	The Book of Micah: Ancient Words Same Issues Peter Hyman	Intro to American Sign Language (ASL) continued Corinne Vinopol
1-2:30 pm	Mah Jongg for Beginners Susan Buckingham/Kay Alston		Great Decisions Joe Sikes	Understanding Plants & Their Roles in Our World Cindy King	
3-4:30 pm					
	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
10:30-noon	Current Events Elaine Friedman/Nancy Fink	Gentle Yoga Susan Claggett	Easy Entertaining: Appetizers & Sides Nancy Brandenburger 9:00 a.m. -12:00 p.m.	The Book of Micah: Ancient Words Same Issues Peter Hyman	Intro to American Sign Language (ASL) continued Corinne Vinopol
1-2:30 pm	Mah Jongg for Beginners Susan Buckingham/Kay Alston	Tai Chi Quan Susan Claggett	Great Decisions Joe Sikes	Understanding Plants & Their Roles in Our World Cindy King	
3-4:30 pm					

			MARCH	2026	
	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
10:30-noon	Current Events Elaine Friedman/Nancy Fink	Gentle Yoga Susan Claggett	The Really, Really, Really Forgotten War Dennis Conrad	The Book of Micah: Ancient Words Same Issues Peter Hyman	Intro to American Sign Language (ASL) continued Corinne Vinopol
1-2:30 pm	Arctic Travels Paul Ceccorulli	Tai Chi Quan Susan Claggett	Great Decisions Joe Sikes	Understanding Plants & Their Roles in Our World Cindy King	Sourdough Bakers Community Cindy Nichols
3-4:30 pm		Sail Yourself to the Caribbean Ted Grant			
	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
10:30-noon	Current Events Elaine Friedman/Nancy Fink	Gentle Yoga Susan Claggett	The Really, Really, Really Forgotten War Dennis Conrad	The Book of Micah: Ancient Words Same Issues Peter Hyman	Intro to American Sign Language (ASL) continued Corinne Vinopol
1-2:30 pm	Arctic Travels Paul Ceccorulli	Tai Chi Quan Susan Claggett	Great Decisions Joe Sikes		Cookie Decorating Mary-Helen Risler
3-4:30 pm		Sail Yourself to the Caribbean Ted Grant	Understanding Plants & Their Roles in Our World Cindy King		
	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
10:30-noon	Current Events Elaine Friedman/Nancy Fink	Gentle Yoga Susan Claggett	The Really, Really, Really Forgotten War Dennis Conrad	Herbs & Foods of Italy Katie Barney 9:30 a.m. - 12:30 p.m.	G'day Mate! DownUnder to New Zealand & Australia Carol Conrad
1-2:30 pm	Arctic Travels Paul Ceccorulli	Tai Chi Quan Susan Claggett	Great Decisions Joe Sikes	Wire Sculpture Tree of Life Suncatcher Juanda 1:00 Rogers p.m. - 4:00 p.m.	Art from Impressionism to the End of the 19th Century Beverly Hall Smith
3-4:30 pm		Sail Yourself to the Caribbean Ted Grant			
	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
10:30-noon		Gentle Yoga Susan Claggett	The Really, Really, Really Forgotten War Dennis Conrad	Crow Vineyard Trip 11:30 a.m. - 2:00 p.m.	G'day Mate! DownUnder to New Zealand & Australia Carol Conrad
1-2:30 pm	Your Brain at Work: Memory, Speed & Focus in Aging Nancy Brandenburger	Tai Chi Quan Susan Claggett	Great Decisions Joe Sikes		
3-4:30 pm		Sail Yourself to the Caribbean Ted Grant	The Roots of Classic Rock Kathy Jones		Art from Impressionism to the End of the 19th Century Beverly Hall Smith
	30-Mar	31-Mar			
10:30-noon	Culinary Delights of Turkey Katie Barney 9:30 a.m. - 12:30 p.m.	Gentle Yoga Susan Claggett			
1-2:30 pm	Your Brain at Work: Memory, Speed & Focus in Aging Nancy Brandenburger	Doodling & More Teddy Griffin			
3-4:30 pm	Beautiful Melodies from Bach to Rock Diane Briggs	Genealogy Workshop Sue Elter			

			APRIL	2026	
			1-Apr	2-Apr	3-Apr
10:30-noon			Easy Entertaining: Appetizers & Sides Nancy Brandenburger 9:00 a.m. - 12:00 p.m.		Bead Weaving - Right Angle Weave Bracelet Teddy Griffin 10:00 a.m. - 12:00 p.m.
1-2:30 pm			Great Decisions Joe Sikes		
3-4:30 pm				Wine Appreciation Dave Menzie	Art from Impressionism to the End of the 19th Century Beverly Hall Smith
	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
10:30-noon		Poetry for PhD's, HS Dropouts & Dreamers Fred McNeal		Let's Go Birding Adele Claggett 8:30 a.m. - 11:00 a.m.	Bead Weaving - Right Angle Weave Bracelet Teddy Griffin 10:00 a.m. - 12:00 p.m.
1-2:30 pm	Your Brain at Work: Memory, Speed & Focus in Aging Nancy Brandenburger	Doodling & More Teddy Griffin	Nutrition Discussion Julianna Pax	Intermediate Pickleball Susan Claggett Grasonville Park	
3-4:30 pm	Beautiful Melodies from Bach to Rock Diane Briggs	Genealogy Workshop Sue Elter		Wine Appreciation Dave Menzie	Art from Impressionism to the End of the 19th Century Beverly Hall Smith
	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
10:30-noon		Poetry for PhD's, HS Dropouts & Dreamers Fred McNeal	Aromatheraphy Candace Liccione 4300 Main St, Grasonville 10:00 a.m. - 1:00 p.m.	Let's Go Birding Adele Claggett 8:30 a.m. - 11:00 a.m.	
1-2:30 pm		Beginner Pickleball Susan Claggett Grasonville Park 1:30 p.m. - 2:30 p.m.	Nutrition Discussion Julianna Pax	Intermediate Pickleball Susan Claggett Grasonville Park	Sourdough Bakers Community Cindy Nichols
3-4:30 pm	Beautiful Melodies from Bach to Rock Diane Briggs	Genealogy Workshop Sue Elter	Let's Walk Dona Roderick	Wine Appreciation Dave Menzie	Art from Impressionism to the End of the 19th Century Beverly Hall Smith
	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
10:30-noon		Poetry for PhD's, HS Dropouts & Dreamers Fred McNeal	American Visionary Arts Museum Trip Guided Tour 10:00 a.m. - 11:00 a.m. Free to roam after tour	Let's Go Birding Adele Claggett 8:30 a.m. - 11:00 a.m.	
1-2:30 pm	Gems of Spanish Literature: Dona Barbara Ray Vergne	Beginner Pickleball Susan Claggett Grasonville Park 1:30 p.m. - 2:30 p.m.		Intermediate Pickleball Susan Claggett Grasonville Park	
3-4:30 pm				Wine Appreciation Dave Menzie	
	27-Apr	28-Apr	29-Apr	30-Apr	
10:30-noon		Poetry for PhD's, HS Dropouts & Dreamers Fred McNeal	Bead Weaving - Right Angle Weave Bracelet Teddy Griffin 10:00 a.m. - 12:00 p.m.	Let's Go Birding Adele Claggett 8:30 a.m. - 11:00 a.m.	
1-2:30 pm	Gems of Spanish Literature: Dona Barbara Ray Vergne	Beginner Pickleball Susan Claggett Grasonville Park 1:30 p.m. - 2:30 p.m.		Intermediate Pickleball Susan Claggett Grasonville Park	
3-4:30 pm			Let's Walk Dona Roderick	Energy Policy Issues, Updates & Choices Ben Schlesinger	

			MAY	2026	
					1-May
10:30-noon					Fancy a Cuppa? Tea, Scones & Clotted Cream Alicia Siegrist 9:00 a.m. - 12:00 p.m.
1-2:30 pm					
3-4:30 pm					
	4-May	5-May	6-May	7-May	8-May
10:30-noon		Funeral Finance: The Cost of Saying Goodbye Ryan Helfenbein	Bead Weaving - Right Angle Weave Bracelet Teddy Griffin 10:00 a.m. - 12:00 p.m.		
1-2:30 pm	Gems of Spanish Literature: Dona Barbara Ray Vergne	Beginner Pickleball Susan Claggett Grasonville Park 1:30 p.m. - 2:30 p.m.			Sourdough Bakers Community Cindy Nichols
3-4:30 pm			Let's Walk Dona Roderick	Energy Policy Issues, Updates & Choices Ben Schlesinger	
	11-May	12-May	13-May	14-May	15-May
10:30-noon					
1-2:30 pm	Gems of Spanish Literature: Dona Barbara Ray Vergne				
3-4:30 pm				Energy Policy Issues, Updates & Choices Ben Schlesinger	

Brain, Body and Soul

Introduction to American Sign Language (ASL) Continued

This is a follow-on course to the Introduction to American Sign Language (ASL) that was taught during the Fall 2025 semester. New students are invited as well, and all efforts will be made to bring them up to speed. ASL is a nonwritten visual-gestural language with its own grammatical structure. Course participants will increase practice and learning fingerspelling, basic vocabulary, nonmanual markers (e.g. facial expression, sign modification for context), and essential cultural etiquette through modeling and games.

Friday, 2/6 - 3/13 (6 sessions)

10:30 am – 12:00 pm

Instructor: Corinne Vinopol

Fee: A one-month subscription to myASLTech.com (\$16) is highly recommended as it can be used during class and will supplement the class instruction. The subscription will enable you to have access to a dictionary of over 16,000 ASL signs, idioms, phrases, letters, and definitions, as well as 25 apps that enable you to make your own ASL materials, play games, and see stories. Please check out the website for additional information. You can pay for the subscription at <https://idrt.com/store/myasl-tech-monthly-rate>. The subscription begins after payment so please wait until just before the first course date.

Arctic Travels

Arctic North America is a remote and at times an almost inaccessible wilderness. This course will focus on the challenges and the rewards that travel in the far north presents. Included will be discussions on subjects such as geology, physical geography, wildlife, history and anthropology.

Monday, 3/2 – 3/16 (3 sessions)

1:00 – 2:30 pm

Instructor: Paul Ceccorulli

Beginner Pickleball

This one-hour 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.

Limited to 12 participants

Tuesday, 4/14 – 5/5 (4 sessions)

1:30 – 2:30 pm

Instructor: Susan Claggett

Location: Grasonville Park, 301 Perry's Corner Road, Grasonville

Funeral Finance: The Cost of Saying Goodbye

Have you ever thought about what really goes into the cost of a funeral — not just emotionally, but financially? In this class, we'll explore Funeral Finance, a topic that affects everyone but is rarely discussed. We'll trace how funerals evolved from simple home-based ceremonies to today's highly organized, often costly events. You will learn how the Civil War spurred embalming, how undertakers became funeral directors, and how funeral homes grew into full-scale businesses. We'll unpack what's inside a funeral contract, what you're truly paying for, and how costs can surprise families. We'll examine how the FTC Funeral Rule of 1984 brought transparency but also increased expenses and corporate consolidation. Finally, we'll look ahead at the future of death care — from cremation and green burials to personalized Celebrations of Life — and explore how history, regulation, and culture continue to shape how we say goodbye.

Tuesday, 5/5 (1 session)

10:30 – 12:00 pm

Instructor: Ryan Helfenbein

Gentle Yoga

This one-hour class will focus on gentle stretching and traditional yoga movements with elements of balance and strength. Students should bring their own yoga mat and wear loose fitting clothing.

Limited to 12 participants

Tuesday, 2/24 – 3/31 (6 sessions)

10:30 am - 11:30 am

Instructor: Susan Claggett

G'day Mate! Down Under to New Zealand and Australia

Where can you get Krispy Kreme donuts, Subway, and shop at Westfield malls? Join me for a trip Down Under, to find out! Having traveled the entire month of October 2025 to New Zealand, and Australia, this course will be a travelogue of our adventure with Road Scholar (an IAL ancestor/affiliate). I will share photos, gleanings from lectures, my highlights, and comparisons and reactions to both nations which are so much the same but so very different. Included will be historical insights, cultural and environmental significance, and the individual unique qualities of both nations, one roughly the size of Colorado and the other larger than the continental US.

Friday, 3/20 – 3/27 (2 sessions)

10:30 – 12:00 pm

Instructor: Carol Conrad

Intermediate Pickleball

This one-hour class is designed for the intermediate player who prefers a more challenging game and has more than a year of regular play experience. 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.

Limited to 12 participants

Thursday, 4/9 – 4/30 (4 sessions)

1:00 – 2:00 pm

Instructor: Susan Claggett

Location: Grasonville Park, 301 Perry's Corner Road, Grasonville

Let's Walk

Join our walking group at three different Queen Anne's County Parks. All parks have paved, mostly flat walking trails. We will enjoy some exercise, fresh air and social time, which are all great for our physical and mental health.

Wednesday, 4/15, 4/29, 5/6 (3 sessions)

3:00 – 4:30 pm

Instructor: Dona Roderick

Location: Will vary each week.

Mah Jongg for Beginners

Mah Jongg is equal parts skill and luck. There is a learning curve, but with practice, anyone who wants to play can master the game. It's fun and social. Each session will include some introductory material as well as some practice at the game. We hope that by the end of the 4th session, you'll be ready to join your local Mah Jongg game.

Limited to 12 participants

Monday, 2/2 – 2/23 (4 sessions)

1:00 – 2:30 pm

Instructors: Susan Buckingham and Kay Alston

The Roots of Classic Rock

An acoustic guitar concert tracing the development of music from Folk and early Rock and Roll to the beginnings of Classic Rock.

Wednesday, 3/25 (1 session)

3:00 – 4:30 pm

Instructor: Kathy Jones

Tai Chi Quan - Movement for Better Balance

This one-hour class is an alternative exercise training program for improving balance and preventing falls.

Limited to 18 participants

Tuesday, 2/24 – 3/24 (5 sessions)

1:00 – 2:00 pm

Instructor: Susan Claggett

Trip: Crow Vineyard & Winery

Enjoy this "Farm to Table" event with foods and wines coming right from this farm. Experience wines from grapes growing beside you in the vineyard. Build a sandwich from the buffet featuring rotisserie Crow Grass-fed Angus Beef. Sip wine while listening to a brief presentation of the Crow Vineyard & Winery business. Taste 3 wines as each is discussed and, after lunch, contemplate purchases of Crow beef, cheese, pork and wines from their shop. Bring your cooler!

Limited to 45 participants.

Thursday, 3/26

11:30 am – 2:00 pm

Fee \$45 p.p. inclusive. Fee will be invoiced prior to the date of the trip.

Coordinator: Nancy Ceccorulli

Sail Yourself to the Caribbean

How to acquire the boat, equipment and skills to sail across the ocean and live on your boat in the Caribbean.

Tuesday, 3/3– 3/24 (4 sessions)

3:00 – 4:30 pm

Instructor: Ted Grant

World's Most Beautiful Melodies from Bach to Rock

The course is a listening experience rather than a music history lesson and the goal is exposure to a wide range of excellent music. By listening to beautiful melodies throughout or periodically throughout the day, individuals may experience peace and joy on a daily basis.

Selections are from each of the following eras: Baroque Period, Classical Period, Romantic Period, Post Romantic Period, Impressionist Period, Italian and German Opera arias, Early

20th Century, Jazz, Gospel, Early Rock, Mature Rock, and K-pop. Information will be available about each composer, composition, era, etc. Since this selection of beautiful melodies is entirely subjective, suggestions will be offered and requests encouraged for additional melodies from each era.

Monday, 3/30 – 4/13 (3 sessions)

3:00 – 4:30 pm

Instructor: Diane Briggs

Your Brain at Work: Memory, Speed, & Focus in Aging

This three-part series explores the areas of cognition that shift most over time: memory, processing speed, and executive functioning. Each class focuses on one of these areas.

Monday, 3/23 – 4/6 (3 sessions)

1:00 – 2:30 pm

Instructor: Nancy Brandenburger

History and Current Events

Art from Impressionism to the end of the 19th Century

Artists in the second half of the 19th Century in France, challenged the world of art forever. Impressionism and Post-Impressionism generated major attention to the changing political, social, scientific, and industrial changes in the world. In 1874 the Impressionist held their first exhibition. Well-known artists Monet, Degas, and Renoir, will be discussed, but an emphasis will be placed on the lesser-known work of Pissarro "father of Impressionism, and Sisley, and outsider, Caillebotte. The Post-Impressionist Seurat, Gauguin, Van Gogh, and Lautrec will also be discussed, but the emphasis will be on the Nabi artists that they inspired, Redon, Bonnard, and Vuillard, and the Symbolist artists Moreau, Redon, Denis, and Vuillard. The influence of Japanese art in the 1870's and 1880's in Paris was also a major influence. No previous

knowledge of these artists and styles is necessary. The class is open to all, and your thoughts and opinions are welcome.

Friday, 3/20 – 4/17 (5 sessions)

3:00 -4:30 pm

Instructor: Beverly Hall Smith

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. In a safe space, participants will discuss events and issues that affect our lives and share their perceptions of issues and policy options.

Monday, 2/9 – 3/16 (6 sessions)

10:30 a.m. – 12:00 pm

Instructors: Nancy Fink and Elaine Friedman

Genealogy Workshop

This workshop is your opportunity to receive one-on-one help with your family genealogy. Bring your laptop or tablet, a library card and your research, and receive individual assistance. Family group sheets and pedigree forms will be provided.

Limited to 6 participants.

Tuesday, 3/31 – 4/14 (3 sessions)

3:00 – 4:30 pm

Instructor: Sue Elter

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. Eight international topics with readings and videos for each topic.

Wednesday, 2/11 – 4/1 (8 sessions)

1:00 – 2:30 pm

Instructor: Joe Sikes

The Book of Micah: Ancient Words Same Issues

The course will be an in-depth analysis of the Book of Micah. We will analyze the text from an historical and literary perspective.

Thursday, 2/5 – 3/12 (6 sessions)

10:30 – 12:00 pm

Instructor: Peter Hyman

The Really, Really, Really Forgotten War

This course will examine America at the end of the 19th and beginning of the 20th century through the prism of the Spanish-American War. It will explore the nature of American society and politics during the Gilded Age and why the U.S. decided to declare war on Spain, looking at both the short-term and long-term causes. It will discuss the war itself and “explode” some of the myths that have arisen about the war. Finally, it will examine the war's aftermath and how the conflict changed America and impacted the world.

Wednesday, 3/4 – 3/25 (4 sessions)

10:30 am – 12:00 pm

Instructor: Dennis Conrad

Environment and Science

Energy Policy Issues: Update and Choices

Dr. Schlesinger will guide participants through the building blocks of energy & environmental engineering, economics and policy options. Home uses, transportation fuels, industry and power generation will be included. Discussion will focus on how the choices have changed as current events have played out globally and close to home – ‘the good, the bad and the ugly’!

Thursday, 4/30 -5/14 (3 sessions)

3:00 – 4:30 pm

Instructor: Ben Schlesinger

Let's Go Birding

Four guided bird walks, each 2.5 hours. At the start of each walk will be a brief instruction.

The location for these walks (subject to change):

- The Chesapeake Bay Environmental Center, Grasonville, MD
- Terrapin Nature Park, Stevensville, MD
- Adkins Arboretum, Ridgley, MD
- Conquest Preserve, Centreville, MD

Limited to 10 participants

Thursday, 4/9 -4/30 (4 sessions)

8:30 – 11:00 am

Instructor: Adele Clagett

Locations will vary each week.

How to Combat the Microplastics in Our Bodies

Segments of the PBS documentary entitled: “We are all Plastic People Now” will be shown. Followed by a “Panel of Hope” consisting of 3 speakers: 1. Ginger Cushing, a scientist working with the providers to make their packing more environmentally friendly; 2. Loni Matthew, a 2nd year UMD graduate student working with microplastics in the Chesapeake will talk about the plastic-free diet she went on; 3. Bente Cooney, Founder and President of Plastic Free QAC will provide ideas of how to reduce the single-use plastic in your life and in your body.

Monday, 2/2 (1 session)

10:30 – 12:00 pm

Instructor: Bente Cooney

Nutrition Discussion

Discussion of the latest topics in nutrition including ultra-processed foods, protein needs, nutrition for the brain as we age, what is the gut microbiome? What are the healthy fats, and other current nutrition news.

Wednesday, 4/8 – 4/15 (2 sessions)

1:00 – 2:30 pm

Instructor: Julianna Pax

Understanding Plants and Their Roles in Our World

Discover how plants interact with their environments, and the roles they play in ecosystems, agriculture, climate and human well-being.

Wednesday, 2/11 & 3/11 3:00 – 4:30 pm

Thursday, 2/5, 2/19, 2/26, 3/5 (6 sessions)

1:00 – 2:30 pm

Instructor: Cindy King

Trip: Poplar Island Tour

The tour boat departs Tilghman Island for Poplar Island, 8:45 a.m. The Poplar Island tour focuses on details related to the use of dredged material from the shipping channels of the Baltimore Harbor to restore the eroded habitat of remote islands of the Chesapeake Bay. Our tour guide will cover erosion rates, the process of habitat restoration, water quality monitoring, and species diversity. Participants also learn about the cultural history on the Chesapeake from the 1600s through today, including how the Poplar Island chain hosted first a thriving Bay community and later a retreat for politicians, including President Franklin D. Roosevelt. Tour boat departs Poplar Island for Tilghman Island, Noon.

Limited to 24 participants.

Wednesday, 5/13

8:45 am – 12:30 pm

Coordinator: Bob Brandenburger

Meet: 8:45 am at 21548 Chicken Point Road, Tilghman, MD

Carpooling (optional) may be available.

Gather afterwards (optional) for favorite food and beverage.

Literature, Arts and Crafts

Aromatherapy

Aromatherapy is the use of essential oils to improve health and well-being. In this class you will find out about the art of healing with essential oils. These oils are extracted from flowers, leaves, roots, bark, seeds and peels. We will explore the different oils and learn how to use them to improve your mood and feel better. You will also make an aromatherapy blend to take home.

Limited to 8 participants.

Wednesday, 4/15 (1 session)

10:30 am – 12 pm

Instructor: Candace Liccione

Location: Wye River Designs, 4300 Main Street, Grasonville

Fees: \$10.00 for materials will be collected the day of the class

1 -Bead Weaving: Right Angle Weave Bracelet

Bead weaving is a beadwork technique where beads are woven together using a needle and thread to create jewelry, tapestries, or 3-dimensional objects. By popular request we will be making a bracelet that's full of bling with approximately 60 crystal bicones and 30 crystal pearls. We will use the right-angle weave technique. The instructor will contact the students approximately 1 month prior to the class to review color choices.

Limited to 5 participants.

Friday, 4/3 - 4/10 (2 sessions)

10:00 am – 12:00 pm

Instructor: Teddy Griffin

Fees: \$20 for materials will be collected the day of the class

2 - Bead Weaving: Right Angle Weave Bracelet

Bead weaving is a beadwork technique where beads are woven together using a needle and thread to create jewelry, tapestries, or 3-dimensional objects. By popular request we will

be making a bracelet that's full of bling with approximately 60 crystal bicones and 30 crystal pearls. We will use the right-angle weave technique. The instructor will contact the students approximately 1 month prior to the class to review color choices.

Limited to 5 participants.

Wednesday, 4/29 – 5/6 (2 sessions)

10:00 am – 12:00 pm

Instructor: Teddy Griffin

Fees: \$20 for materials will be collected the day of the class

Doodling and More

Did you know that doodling can be a powerful tool for brain health? Doodling can increase concentration, enhance memory, boost creativity and reduce stress. Learn what doodling is, the benefits, and how to doodle. We'll also explore art doodling which uses more structured patterns which are made up of dots, lines, simple curves and circles. Materials are simple – paper will be supplied and you bring a pencil, pen and/or markers.

Limited to 15 participants

Tuesday, 3/31 – 4/7 (2 sessions)

1:00 – 2:30 pm

Instructor: Teddy Griffin

Gems of Spanish Literature: *Dona Barbara*

Dona Barbara is the story of a powerful woman in the plains of Venezuela and her younger rival, Santos Luzardo, and the confrontation of the forces of nature and civilization at the beginning of the twentieth century. The novel presents fabulous prose, unforgettable characters and unavoidable conflicts, with a peaceful resolution. English translation available for Kindle on Amazon.

Monday, 4/20 – 5/4 (4 sessions)

1:00 - 2:30 pm

Instructor: Raymond Vergne

Let's Build an 18th Century Grandfather Clock

In this presentation members of the audience will assist the clockmaker in assembling an actual 1720's grandfather clock movement. Each part will be explained, and participants will place them in the movement. The movement will then have the dial and hands installed. The presentation will end with installing the movement in the case and the clock started!

Tuesday, 2/3 (1 session)

1:00 – 2:30 pm

Instructor: Stephen Sieracki

Mosaic-Stained Glass Mirror

Join us to create an elegant Mosaic-Stained Glass Mirror. This mirror uses standard glass pieces, mosaic tiles, grout and mirror tiles to style this mirror. This project is fun and easy to make.

Limited to 8 participants.

Wednesday, 2/18 (1 session)

10:00 am - 1:00 pm

Instructor: Candace Liccione

Location: Wye River Designs, 4300 Main Street, Grasonville

Fees: \$28.00 for materials will be invoiced prior to the date of the class.

Poetry for PhDs, High School Dropouts and Dreamers

This class is designed to explore the world of masters of the world of poetry and to try our hand at writing poetry. Fun, low key and a chance to try your hand at being creative. Frost, Wordsworth, Neruda, Yeats and class members will explore the creative world of poetry.

Tuesday, 4/7 – 4/28 (4 sessions)

10:30 am - 12:00 pm

Instructor: Fred McNeil

Trip: American Visionary Arts Museum (AVAM)

Take a guided tour (10:00 – 11:00 am) of the AVAM, located in Baltimore at 800 Key Highway. Leave your traditional perceptions of museums behind and visit the American Visionary Art Museum (AVAM), a must-see Baltimore landmark dedicated to fresh thought, humor, and creative intuition. Featuring the work of self-taught artists—including farmers, mathematicians, prison inmates, and people with mental illness—AVAM challenges the notions of what it means to be an artist. If you like walking to the beat of your own drum, you'll love this inclusive space for "outsider" art.

Limited to 20 participants.

Coordinator: Bob Brandenburger

Carpooling is encouraged.

Wednesday, 4/27

Meet at 10:00 am at AVAM, Baltimore. Free to roam after the tour.

Fee: \$12 per person will be invoiced prior to date of the trip.

Wire Sculpture Tree-of-Life Suncatcher

Working with wire, participants will be instructed step-by-step and create a Tree-of-Life Suncatcher.

Limited to 8 participants.

Thursday, 3/19 (1 session)

1:00 – 4:00 pm

Instructor: Juanda Rogers

Fees: \$25 for materials will be collected the day of the class.

Culinary Arts

NOTE: Culinary classes often are booked beyond capacity. Students will be notified within one week of Showcase whether they are in the class or on the waitlist.

Cookie Decorating

Participants will decorate about 9 sugar cookies using royal icing. The instructor will prepare the cookies and icing and provide a handout with decorating ideas. Participants will need to bring their creativity.

Limited to 12 participants.

Friday 3/13 (1 session)

1:00 – 4:00 pm

Instructor: Mary-Helen Risler

Fees: \$5.00 for materials will be collected on the day of the class.

Culinary Delights of Turkey

Learn about the history of Turkish cuisine and then cook a menu from that country. After cooking the meal, we will sit down for a delicious lunch.

Limited to 9 participants.

Monday, 3/30 (1 session)

9:30 am – 12:30 pm

Instructor: Katie Barney

Fees: \$30.00 for materials will be invoiced prior to the date of the class.

1 -Easy Entertaining: Appetizers and Sides

Learn how to create simple, crowd-pleasing appetizers and side dishes that take minimal effort. We will explore make-ahead ideas to make entertaining easy and fun.

Limited to 10 participants.

Wednesday, 2/25 (1 session)

9:00 am – 12:00 pm

Instructor: Nancy Brandenburger

Fees: \$25.00 for materials will be invoiced prior to the date of the class.

2 -Easy Entertaining: Appetizers and Sides

Learn how to create simple, crowd-pleasing appetizers and side dishes that take minimal effort. We will explore make-ahead ideas to make entertaining easy and fun.

Limited to 10 participants.

Wednesday, 4/1 (1 session)

9:00 am – 12:00 pm

Instructor: Nancy Brandenburger

Fees: \$25.00 for materials will be invoiced prior to the date of the class.

Herbs and Food of Italy

Learn about the history of Italian cuisine and then cook a menu from that country. After cooking the meal, we will sit down for a delicious lunch.

Limited to 9 participants.

Thursday, 3/19 (1 session)

9:30 am – 12:30 pm

Instructor: Katie Barney

Fees: \$30.00 for materials will be invoiced prior to the date of the class.

1 -Tea, Scones, Clotted Cream.

Fancy a cuppa? Prepare absolutely spectacular scones and daily cuppa with black tea or a similar variety. Clotted cream and strawberries? Oh yes, please!

Limited to 8 participants.

Tuesday, 2/17 – 9:00 – 12:00 pm (1 session)

Instructor: Alicia Siegrist

Fees: \$12.00 for materials will be collected the day of class.

2 -Tea, Scones, Clotted Cream.

Fancy a cuppa? Prepare absolutely spectacular scones and daily cuppa with black tea or a similar variety. Clotted cream and strawberries? Oh yes, please!

Limited to 8 participants.

Friday, 5/1 – 9:00 – 12:00 pm (1 session)

Instructor: Alicia Siegrist

Fees: \$12.00 for materials will be collected the day of class.

Sourdough Bakers Community

This “course” has more of a club format; each member will ideally have some experience with sourdough bread baking and will add their own experiences to the discussions and hands-on activities. Topics that are beyond the basics of sourdough baking will be introduced according to the members’ interest. These can range from methods of maintaining a healthy starter to advanced methods and types of bread; inclusions, sweet breads, open baking, and how to use up sourdough discard are examples. The class will involve some level of discussion as well as hands-on activities.

Friday (3 sessions once a month)

3/6, 4/17, 5/8

1:00 – 2:30 pm

Instructor: Cindy Nichols

Fees: \$5.00 will be collected on the first day of class.

Wine Appreciation

The class consists of tasting wines from different wine producing regions. The classes will discuss the factors that affect wine including the geology, climate, topography, and cultures of the people producing the wines. Some attention will be given to wine and food pairing. Each class will taste about 5 wines that are characteristic of the region.

Limited to 12 participants.

Thursday, 4/2 – 4/23 (4 sessions)

3:00 – 4:30 pm

Instructor: David Menzie

Fees: \$60 for materials will be invoiced prior to the date of the class.

Instructor Biographical Information

Katie Barney is the author of six cookbooks and has taught in the IAL program for a number of years.

Nancy Brandenburger is a retired Speech-language pathologist who spent much of her career with atypical learners, including those whose changes were related to aging. As the owner and operator of my own aging brain, I have been continuing my interest in how thinking changes as I have aged.

Diane Briggs - Classroom teacher, Prince George's County Public Schools 1967-1971; Teacher, music and algebra Music Department Chair 1969-1971; Piano Teacher, Choirmaster, Organist, 1972-1978. Assistant Executive Director, Montgomery County Medical Society, 1978-1987; Executive Director, Prince George's County Medical Society, 1987-1994; Executive Director, Montgomery County Medical Society, 1994-2006. Retired in June 2006. Director of External Affairs, Primary Care Coalition (PCC) 2006-2014.

Susan Buckingham & Kay Alston are both former English teachers and addicted Mah Jongg players.

Paul Ceccorulli grew up, far from the arctic, in the DC suburbs of northern PG County. His travels in the far north include canoe and backpacking trips in both Alaska and northeastern Canada.

Adele Claggett is a volunteer at Chesapeake Bay Environmental Center who manages the care and feeding of the captive birds of prey, works with American kestrels and takes part in birds of prey educational

programs. Adele monitors and documents nests of bald eagles, great horned owls, wood ducks, and American kestrels. As a Member of the Maryland Ornithological Society, she attends and leads bird walks. Adele maintains an active website (Birding.Pictures) which includes a catalog of the birds she has photographed, nest monitoring information and commentary, raptor identification information and more.

Susan Claggett has been teaching yoga for more than ten years, including at IAL and at Queen Anne's County and Talbot County senior centers. She has taught Pickleball for more than five years and is certified through the Professional Pickleball Registry. She loves to exercise and enjoys all aspects of the game from teaching a spin serve to volleying with confidence. She also has taught a variety of exercise classes focusing on building strength, flexibility and working with balance. She tries to provide a supportive classroom to be more confident with everyday movement.

Carol Conrad has widely traveled as a history teacher chaperone and since retirement: Asia, Africa, South America, Europe, Middle East.

Dennis Conrad earned a Ph.D. in early American history from Duke University. His dissertation topic is Nathanael Greene and the Southern Campaigns, 1780-1783. He has published Papers of General Nathanael Greene (10 of the 13 volumes in the series), serving as editor and project director of the Greene Papers for volumes 7 through 13 (the War in the South volumes). He is the editor of Naval Documents of the American Revolution, volumes 11-13 and has written essays on Greene and other Revolutionary War topics in several anthologies and

journals. He is the recipient of a Lifetime Achievement Award from Southern Campaigns of the American Revolution Association. As a historian with the Naval History and Heritage Command, he published a digital documentary edition entitled *The United States Navy in World War I*.

Bente Cooney is co-founder and president of Plastic Free QAC, a lobbyist, and author of a presentation titled "The Good, the Bad, the Ugly."

Sue Elter is a self-taught genealogist and loves to share what she knows. She has a B.A. and an M.A. in history and is a retired archivist; she worked 32 years at the National Archives and six and a half years at Washington College. She has been interested in genealogy since the age of ten and has traveled overseas in search of ancestors.

Nancy Fink has worked in a management capacity in both the public and private sectors in workforce and organizational development and human resources. She holds a B.A. in sociology and French and an M.A. in education from the George Washington University.

Elaine Friedman spent most of her career working in education as a secondary math teacher, department head, and an assistant principal for Montgomery County Public Schools. Prior to that she taught in Bergenfield, NJ. She went to Ohio State University for her undergraduate degree and Fairleigh Dickinson University for her master's degree. She received her Maryland administrative certification from Trinity. She has lived on the Eastern Shore for more

than 31 years and has been a part of IAL for approximately 15 years.

Ted Grant has over 50 years of sailing experience, including two seasons in the Caribbean and two in the Bahamas.

Teddy Griffin has a B.S. in computer science from the University of Maryland and spent over 30 years in application and system programming. After retirement, she has enjoyed making jewelry and other beaded projects and is eager to share that passion with others.

Ryan Helfenbein is an owner, certified preplanning counselor, and undertaker at Fellows, Helfenbein & Newman Funeral Homes. He was "born and raised in the death care profession" and makes presentations and writes a column called Ask the Undertaker for several local publications.

Rabbi Peter Hyman recently retired as the rabbi of Temple B'nai Israel and has an M.A. of Hebrew Letters and a Doctor of Divinity. He has taught many courses on religious history, Jewish scripture, the New Testament and western theology.

Kathy Jones is a former teacher of Deaf and Hard of Hearing students who now spends her time performing music, acting, directing, producing and writing for Community Theatre and serving as Chairman of the Board of Directors for Church Hill Theatre.

Cindy King worked in wholesale nursery for eight years and ran The Mill of Kingstown Garden Center for 22 years; she is a graduate of Longwood Gardens Horticultural Series 1 and a certified

professional horticulturalist through the State of Maryland. She also holds specialty titles in composting, weed identification and control, plant identification, herbaceous perennials, and pest identification and control. She has a pesticide license, fertilizer license and is certified for lanternfly. She is also a Board member of the Maryland Nursery, Landscape, and Greenhouse Association.

Candace Liccione is the owner of Wye River Designs, a creativity and wellness studio in Grasonville. Wye River Designs features classes in mosaics, collage, mixed media and jewelry making. Before she moved to the Eastern Shore, she had an herb business in PA. Wye River Designs combines her love of arts & crafts and wellness. Wye River Designs also offers more than 200 kinds of medicinal herbs, teas, aromatherapy and wellness classes.

Fred McNeil worked as an educator from 1975 - 2000. He is a former Queen Anne's County Board of Education member and PTA president and has served on the board of directors for several local organizations, including the library, Knights of Columbus and his church.

David Menzie developed an interest in wines when he was a graduate student in Geology and Statistics at Penn State. Work with U.S. Geological Survey in Northern California gave him the opportunity to become familiar with the wines of Sonoma and Napa Valley. After retiring in 2014 he took courses on Viniculture, Wine Making and Soil Science.

Cindy Nichols is a speech-language pathologist in private practice in Queen Anne's County. She learned the art of

sourdough baking during the pandemic like many others - through YouTube. She loves how healthy and versatile sourdough bread is and enjoys the many variations that are possible, like focaccia, brioche, crackers, granola and pizza dough.

Julianna Pax retired from Montgomery County Schools in 1999 where she developed and taught the nutrition science curriculum in addition to her chemistry classes. She has a B.S. in chemistry from the University of Dayton, an M.S. from University of Michigan and a Ph.D. in nutrition science from the University of Maryland and is the author of several cookbooks. Her fifth cookbook is Cooking for One (or more). She also manages the "Soup and Walk" program at Adkins Arboretum in Ridgely and teaches line dancing at the YMCA in Cambridge.

Dona Roderick loves outdoor activities, including hiking, kayaking, bird watching and walking, and since retiring she has had more time to enjoy them. She encourages those who are lucky enough to live in this area to enjoy these opportunities.

Juanda Rogers is the owner, designer and crafter for The Real Stuff Jewelry, LLC. She has been making unique jewelry for over ten years using various gems, stones, sea glass and sterling silver.

Ben Schlesinger is a senior fellow at the University of Maryland's Public Policy Center for Global Sustainability. Over five decades he has advised more than 600 clients in 28 countries on the direction of the energy and natural gas industries, gas pricing valuation and trading mechanisms, and regulatory and litigation strategies. He has testified as an expert in legal and

regulatory proceedings in federal and state bodies in 16 states and Ontario. He received his A.B. and B.E. degrees from Dartmouth College and M.S. and Ph.D. degrees from Stanford University in industrial engineering. As an adjunct at the University of Maryland, Dr Schlesinger has taught a graduate level course in energy economics.

Alicia Siegrist earned a B.S. in geology from University of Maryland, College Park and an M.S. in geochemistry and mineralogy from Penn State. She worked for NASA-Goddard and University of Maryland's Computer Center, and has taught geology, oceanography, and computer science to students ages 5 to 90. Her Grandma advised to always have something sweet in the freezer for unexpected guests. Scones do the trick!

Stephen Sieracki has been working on clocks for 22 years. He has worked on and researched several clocks for both Historic Annapolis and the Hammond Harwood House in Annapolis.

Joe Sikes has 52 years of experience with the Navy and the Department of Defense. He has traveled to most of the locations included in the Foreign Policy Association curriculum. He served as guest leadership instructor at the United States Naval Academy and taught courses while on exchange with the Royal New Zealand Air Force.

Beverly Hall Smith was a professor of art history for forty years. Since retiring to Chestertown in 2014, she has taught art history classes at IAL and WC-ALL. Since April 2020, she has been writing weekly articles for the Spy titled *Looking at the*

Masters. She is also an artist whose work is sometimes in exhibitions at Chestertown River Arts, and she paints sets for the Garfield Center for the Arts in Chestertown.

Raymond Vergne is a retired cardiologist with a graduate degree in education and interests in literature, history, music and art. He has taught an array of classes for IAL.

Corinne K. Vinopol has been working in the field of deafness for over 50 years as a teacher, school administrator, college professor, educational consultant, researcher, and due process hearing officer. She has been President and CEO of the Institute for Disabilities Research and Training, Inc. (IDRT) since 1986. Prior to her work at IDRT, Dr. Vinopol was a principal at two schools for the deaf and Director of Professional Training at Gallaudet University. She holds three graduate degrees in deafness and deaf blindness.



Institute for Adult Learning

Courses for Spring Semester 2026

Course	Day	Start Date	End Date	Start Time	End Time
Arctic Travels	Monday	3/2/2026	3/16/2026	1:00 PM	2:30 PM
Aromatherapy	Wednesday	4/15/2026	4/15/2026	10:30 AM	12:00 PM
Art from Impressionism to the End of the 19th Century	Friday	3/20/2026	4/17/2026	3:00 PM	4:30 PM
4/3 Bead Weaving: Right Angle Weave Bracelet	Friday	4/3/2026	4/10/2026	10:00 AM	12:00 PM
4/29 Bead Weaving: Right Angle Weave Bracelet	Wednesday	4/29/2026	5/6/2026	10:00 AM	12:00 PM
Beginner Pickleball	Tuesday	4/14/2026	5/5/2026	1:30 PM	2:30 PM
Cookie Decorating	Friday	3/13/2026	3/13/2026	1:00 PM	4:00 PM
Culinary Delights of Turkey	Monday	3/30/2026	3/30/2026	9:30 AM	12:30 PM
Current Events and Social Issues	Monday	2/9/2026	3/16/2026	10:30 AM	12:00 PM
Doodling and More	Tuesday	3/31/2026	4/7/2026	1:00 PM	2:30 PM
2/25 Easy Entertaining Appetizers and Sides	Wednesday	2/25/2026	2/25/2026	9:00 AM	12:00 PM
4/1 Easy Entertaining Appetizers and Sides	Wednesday	4/1/2026	4/1/2026	9:00 AM	12:00 PM
Energy Policy Issues: Update and Choices	Thursday	4/30/2026	5/14/2026	3:00 PM	4:30 PM
Funeral Finance: The Cost of Saying Goodbye	Tuesday	5/5/2026	5/5/2026	10:30 AM	12:00 PM
G'day Mate! Down Under to New Zealand and Australia	Friday	3/20/2026	3/27/2026	1:00 PM	2:30 PM
Genealogy Workshop	Tuesday	3/31/2026	4/14/2026	3:00 PM	4:30 PM
Gentle Yoga	Tuesday	2/24/2026	3/31/2026	10:30 AM	11:30 AM
Great Decisions	Wednesday	2/11/2026	4/1/2026	1:00 PM	2:30 PM
Herbs and Food of Italy	Thursday	5/7/2026	5/7/2026	9:30 AM	12:30 PM
How to Combat the Microplastics in Our Bodies	Monday	2/2/2026	2/2/2026	10:30 AM	12:00 PM
Intermediate Pickleball	Thursday	4/9/2026	4/30/2026	1:00 PM	2:00 PM
Introduction to American Sign Language (ASL)	Friday	2/6/2026	3/13/2026	10:30 AM	12:00 PM
Let's Build an 18th Century Grandfather Clock	Tuesday	2/3/2026	2/3/2026	1:00 PM	2:30 PM
Let's Go Birding	Thursday	4/9/2026	4/30/2026	8:30 AM	11:00 AM
Let's Walk	Wednesday	4/15/2026	5/6/2026	3:00 PM	4:30 PM
Mah Jongg for Beginners	Monday	2/2/2026	2/23/2026	1:00 PM	2:30 PM
Mosaic Stained Glass Mirror	Wednesday	2/18/2026	2/18/2026	10:00 AM	1:00 PM
Nutrition Discussion	Wednesday	4/8/2026	4/15/2026	1:00 PM	2:30 PM
Poetry for PhD's, High School Dropouts and Dreamers	Tuesday	4/7/2026	4/28/2026	10:30 AM	12:00 PM
Roots of Classic Rock	Wednesday	3/25/2026	3/25/2026	3:00 PM	4:30 PM
Sail Yourself to the Caribbean	Tuesday	3/3/2026	3/24/2026	3:00 PM	4:30 PM
Sourdough Bread for Beginners (Once a Month)	Friday	3/6/2026	5/8/2026	1:00 PM	2:30 PM
Tai Chi - Movement for Better Balance	Tuesday	2/24/2026	3/24/2026	1:00 PM	2:00 PM
2/17 Tea, Scones and Clotted Cream	Tuesday	2/17/2026	2/17/2026	9:00 AM	12:00 PM
5/1 Tea, Scones and Clotted Cream	Friday	5/1/2026	5/1/2026	9:00 AM	12:00 PM
The Book of Micah: Ancient Words Same Issues	Thursday	2/5/2026	3/12/2026	10:30 AM	12:00 PM
The Really, Really, Really Forgotten War	Wednesday	3/4/2026	3/25/2026	10:30 AM	12:00 PM
Your Brain at Work: Memory, Speed, & Focus in Aging	Monday	3/23/2026	4/6/2026	1:00 AM	2:30 PM
Trip: American Visionary Arts Museum (AVAM)	Wednesday	4/27/2026	4/27/2026	10:00 AM	12:00 PM
Trip: Crow Vineyard & Winery	Thursday	3/26/2026	3/26/2026	11:30 AM	2:00 PM
Trip: Poplar Island Tour	Wednesday	5/13/2026	5/13/2026	8:45 AM	12:30 PM
Understanding Plants and Their Roles in Our World	Wed & Thurs	2/5/2026	3/11/2026	1:00 PM	2:30 PM
Wine Appreciation	Thursday	4/2/2026	4/23/2026	3:00 PM	4:30 PM
Wire Sculpture Tree-of-Life Suncatcher	Thursday	3/19/2026	3/19/2026	1:00 PM	4:00 PM
World's Most Beautiful Melodies from Bach to Rock	Monday	3/30/2026	4/13/2026	3:00 PM	4:30 PM

Membership Fee is \$90 for the semester.

Please register and pay on line at www.instituteforadultlearning.org