



Course Catalog
Fall Semester 2025

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 fall semester classes, to view our upcoming events, to submit a course proposal, or to join our mailing list, visit **www.instituteforadultlearning.org**.

SEPTEMBER

2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
10:30-noon	NO CLASSES	NO CLASSES	Answers to Your Burning Questions-Cremation Ryan Helfenbein		Sourdough Bakers Community Cindy Nichols
1-2:30 pm	NO CLASSES	NO CLASSES		African American History in QA Co. Chris Pupke	
3-4:30 pm	NO CLASSES	NO CLASSES		Book Club Mary Jo Volpicelli	
	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
10:30-noon	Intro to American Sign Language (ASL) Corinne Vinopol	Dream Physiology, Interpretation & Analysis Steve Quigley	Seashell Picture Frame 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	Gems of Spanish Literature: Misericordia Ray Vergne	Beginner Pickleball Susan Claggett Grasonville Park		African American History in QA Co. Chris Pupke	
3-4:30 pm					
	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
10:30-noon	Intro to American Sign Language Corinne Vinopol	Dream Physiology, Interpretation & Analysis Steve Quigley	Time & Space Tony Loscalzo	Gentle Yoga Susan Claggett	Let's Go Birding Adele Claggett 8:30 a.m. - 11:00 a.m.
1-2:30 pm	Gems of Spanish Literature: Misericordia Ray Vergne	Beginner Pickleball Susan Claggett Grasonville Park	Sleep & Performance Tracy Davenport	African American History in QA Co. Chris Pupke	Sourdough Bread for Beginners Cindy Nichols
3-4:30 pm		Growing & Using Culinary Herbs Darcey Schoeninger/ Gayle Jayne	Go Take a Hike Dona Roderick		
	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep
10:30-noon	Intro to American Sign Language Corinne Vinopol	Dream Physiology, Interpretation & Analysis Steve Quigley	NO CLASSES Poplar Island Trip Tour boat departs Tilghman Island at 8:45 a.m. Tour boat departs Poplar Island at Noon	Gentle Yoga Susan Claggett	Let's Go Birding Adele Claggett 8:30 a.m. - 11:00 a.m.
1-2:30 pm	Gems of Spanish Literature: Misericordia Ray Vergne	Beginner Pickleball Susan Claggett Grasonville Park		African American History in QA Co. Chris Pupke	
3-4:30 pm		Growing & Using Culinary Herbs Darcey Schoeninger/ Gayle Jayne		Book Club Mary Jo Volpicelli	
	29-Sep	30-Sep			
10:30-noon	Intro to American Sign Language Corinne Vinopol	Dream Physiology, Interpretation & Analysis Steve Quigley			
1-2:30 pm	Gems of Spanish Literature: Misericordia Ray Vergne	Beginner Pickleball Susan Claggett Grasonville Park			
3-4:30 pm		Becoming UnDizzy Kate Mills			

OCTOBER

2025

			1-Oct	2-Oct	3-Oct
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10:30-noon				Gentle Yoga Susan Claggett	Sourdough Bakers Community Cindy Nichols
1-2:30 pm			A, B, C's of Meditation Fred McNeil	Intermediate Pickleball Susan Claggett Grasonville Park	
3-4:30 pm			Go Take a Hike Dona Roderick		
	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
10:30-noon	Current Events Nancy Fink/Elaine Friedman	Dream Physiology, Interpretation & Analysis Steve Quigley	Mosaic Starfish Candace Liccione 4300 Main St., Grasonville 10:00 a.m. - 1:00 p.m.	Gentle Yoga Susan Claggett	Understanding Land Use & Local Development Owen Bailey
1-2:30 pm		Tai Chi 2 Susan Claggett	A, B, C's of Meditation Fred McNeil	Intermediate Pickleball Susan Claggett Grasonville Park	
3-4:30 pm		Becoming UnDizzy Kate Mills			
	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
10:30-noon	Current Events Nancy Fink/Elaine Friedman	Dream Physiology, Interpretation & Analysis Steve Quigley	AI and the Future Tony Loscalzo	Gentle Yoga Susan Claggett	Understanding Land Use & Local Development Owen Bailey
1-2:30 pm		Tai Chi 2 Susan Claggett	A, B, C's of Meditation Fred McNeil	Intermediate Pickleball Susan Claggett Grasonville Park	Sourdough Bread for Beginners 2 Cindy Nichols
3-4:30 pm		Becoming UnDizzy Kate Mills	Go Take a Hike Dona Roderick	Book Club Mary Jo Volpicelli	
	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
10:30-noon	Current Events Nancy Fink/Elaine Friedman		AI and the Future Tony Loscalzo	Gentle Yoga Susan Claggett	Understanding Land Use & Local Development Owen Bailey
1-2:30 pm		Tai Chi Susan Claggett	A, B, C's of Meditation Fred McNeil	Intermediate Pickleball Susan Claggett Grasonville Park	
3-4:30 pm		Becoming UnDizzy Kate Mills	Holiday Sun Catcher Juanda Rogers		Pork Dumplings & Fried Rice Jenny Gallo 3:00 p.m. - 5:00 p.m.
	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
10:30-noon	Current Events Nancy Fink/Elaine Friedman		AI and the Future Tony Loscalzo		Understanding Land Use & Local Development Owen Bailey
1-2:30 pm		Tai Chi Susan Claggett	A, B, C's of Meditation Fred McNeil	Human Powered Submarine Races David Peterson	
3-4:30 pm		Wine Tasting Dave Menzie			Pork Dumplings & Fried Rice 2 Jenny Gallo 3:00 p.m. - 5:00 p.m.

NOVEMBER

2025

	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
10:30-noon	Current Events Nancy Fink/Elaine Friedman	IAL Test Kitchen Nancy Brandenberger	Collage Butterfly Candace Liccione 4300 Main St., Grasonville 10:00 a.m. - 1:00 p.m.	IAL Test Kitchen 2 Nancy Brandenberger	

1-2:30 pm			Brain Games Nancy Brandenberger	Kent Island History John Conley, KI Heritage Society	
3-4:30 pm		Wine Tasting Dave Menzie		Book Club Mary Jo Volpicelli	Cookie Decorating Mary-Helen Risler
	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov
10:30-noon	Current Events Nancy Fink/Elaine Friedman	Discussion of the Constitution & Bill of Rights Terri O'Connell	Bead Weaving - Herringbone 2 Teddy Griffin		Bead Weaving - Herringbone Stitch Teddy Griffin
1-2:30 pm	Nutrition Topics for Discussion Julianna Pax	Tai Chi Susan Claggett	Brain Games Nancy Brandenberger	Kent Island History John Conley, KI Heritage Society	Sourdough Bakers Community Cindy Nichols
3-4:30 pm		Wine Tasting Dave Menzie			
	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov
10:30-noon		Discussion of the Constitution & Bill of Rights Terri O'Connell	Bead Weaving - Herringbone 2 Teddy Griffin		Bead Weaving - Herringbone Stitch Teddy Griffin
1-2:30 pm	Nutrition Topics for Discussion Julianna Pax		Brain Games Nancy Brandenberger	Kent Island History John Conley, KI Heritage Society	
3-4:30 pm		Wine Tasting Dave Menzie		Book Club Mary Jo Volpicelli	
10:30-noon					
1-2:30 pm					
3-4:30 pm					

Brain, Body and Soul

ABC's of Meditation

This course will provide the essentials of meditation and useful practices in living the awakened life. We will explore the physical, mental, emotional, relational, and spiritual benefits of meditation. Each class will provide a directed meditation experience and open the door to future meditation activities!

Wednesday, 10/1 – 10/29 (5 sessions)
1:00 – 2:30 pm
Instructor: Fred McNeil

Answers to Your Burning Questions - Cremation

Join us as we answer your questions surrounding cremation. Topics will include celebration and ceremony options, what to do with cremated remains after the gathering is over, and how to select the right cremation container for you. We will also help you avoid what we call the “grocery store gathering” and unveil the truth behind cremation societies and body donation. Bring your questions as we delve into this important topic.

Wednesday, 9/3 (1 session)
10:30 – Noon
Instructor: Ryan Helfenbein

Becoming UnDizzy

Participants will learn the main causes of dizziness, the role of Vestibular Rehab in treating dizziness and related imbalance, and how they can resolve their own symptoms in less time, with less medication and without having to wait to see multiple health professionals.

Tuesday, 9/30 – 10/21 (4 sessions)
3:00 – 4:30 pm
Instructor: Kate Mills

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, 9/9 – 9/30 (4 sessions)
1:00 – 2:00 pm
Instructor: Susan Claggett

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

Brain Games

Brain games are cognitive training exercises—often digital puzzles, memory tasks, problem-solving activities, or pattern recognition challenges—designed to stimulate mental function. Common examples include Sudoku, crosswords, memory match games, and specialized apps like Lumosity or BrainHQ. We play some games and talk about the strategy and science behind them.

Wednesday, 11/5 – 11/19 (3 sessions)
1:00 – 2:30 pm
Instructor: Nancy Brandenburger

Dream Physiology, Interpretation and Analysis

This continuing education course is designed to introduce the layperson to the topic of dreams. The course will include a brief consideration of sleep and dream physiology, differing perspectives on dream analysis and interpretation and the construction of a dream journal along with other dream assignments. Brief in class lectures, paired sharing and class discussion will make up the core of class activities.

Limited to 20 participants.

Tuesday, 9/9 - 10/14 (6 sessions)
10:30 am – Noon
Instructor: Steve Quigley

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

Thursday, 9/18-10/23 (6 sessions)

10:30 am - 11:30 am

Instructor: Susan Claggett

Go Take a Hike

Take a beautiful 4-to-6-mile fall hike. Enjoy the fall colors in our own "backyard". All trails are unpaved and there will be some hills on several hikes. Good hiking shoes are a must and hiking poles will be helpful on several of the trails.

Wednesday, 9/17, 10/1, 10/15 (3 sessions)

3:00 – 4:30 pm

Instructor: Dona Roderick

Location: Will vary each week.

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, 10/2 - 10/23 (4 sessions)

1:00 – 2:00 pm

Instructor: Susan Claggett

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

Introduction to American Sign Language (ASL)

This course introduces the basics of American Sign Language (ASL), a nonwritten visual-gestural language with its own grammatical structure. Course participants will learn the American Manual Alphabet, fingerspelling, basic vocabulary, and essential cultural etiquette. In addition, the course will explain the importance of facial expressions

and body language in conveying meaning in ASL. A brief history of ASL, including its origins, evolution, and significance within the Deaf community, will also be reviewed.

Monday, 9/8 – 9/29 (4 sessions)

10:30 am – Noon

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.

Sleep and Performance

Learn the basics about why we sleep and how it can impact us both short term and long term.

Wednesday, 9/17 (1 session)

1:00 – 2:30 pm

Instructor: Tracy Davenport

Tai Chi- Movement for Better Balance

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

Limited to 12 participants

Tuesday, 10/21, 10/28, 11/11 (3 sessions)

1:00 – 2:00 pm

Instructor: Susan Claggett

Tai Chi- 2 Movement for Better Balance

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

Limited to 12 participants

Tuesday, 10/7, 10/14 (2 sessions)

1:00 – 2:00 pm

History and Current Events

African American History in Queen Anne's County 1631-1870

This course will survey the deep history of African Americans in Queen Anne's County. Starting with the establishment of the colony of Maryland and ending with the post-Civil War period, participants will learn about freedom seekers, soldiers in the Civil War and much more.

Limited to 30 participants.

Thursday, 9/4 – 9/25 (4 sessions)

1:00 – 2:30 pm

Instructor: Chris Pupke

Constitution and the Bill of Rights

Discussion of the Constitution and the Bill of Rights.

Tuesday, 11/11 – 11/18 (2 sessions)

10:30 am – Noon

Instructor: Terri O'Connell

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. 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.

Monday, 10/6 – 11/10 (6 sessions)

10:30 a.m. – Noon

Instructors: Nancy Fink and Elaine Friedman

Kent Island History

Three presentations to cover the history of Kent Island in Queen Anne's County. Kent Island was founded in 1631 by William Claiborne. It was the first Old World settlement in today's Maryland. The course will offer three sections

on the cultural, commercial, environmental and key historical events of Kent Island.

1. Kent Island History from 1631 through today will include the time of the Matapeake and other Native American tribes to its emergence as Gateway to the Eastern Shore to the Kent Island today.

2. Senator James Kirwan and Saving Kent Island from becoming a War Department testing ground prior to WWI (today's Aberdeen Proving Grounds.) The focus will be on early 20th Century life on Kent Island.

3. Transportation on Kent Island from the Wading Place to early ships, railroads, steamboats, Chesapeake ferry boats, and the Bay and Kent Narrows Bridges.

Thursday, 11/6 - 11/20 (3 sessions)

1:00 – 2:30 pm

Instructor: John Conley, Kent Island Heritage Society

Trip: Kent Island Heritage Society Sites

Join us for docent-led tours of the Kent Island Heritage Society sites in Stevensville and Chester. At each site, learn about its importance in Kent Island history and other intriguing facts about the building and its past owners. What began with a donation of the Cray House in Historic Stevensville has expanded to include The Old Stevensville Post Office, The Stevensville Train Depot and Caboose, and The James E. Kirwan House, General Store and Museum and its farm in Chester. Don't miss this opportunity to see unique buildings and artifacts from the 1800's and 1900's.

Wednesday, 12/3

Noon – 4:00 pm

Coordinator: John Conley, Kent Island Heritage Society

Gather afterwards (optional) for favorite food and beverages.

Local Environment and Science

AI and the Future

This course will add to last year's course on AI and include:

1. A review and update of how AI works
2. A look at the future with AI and how it will affect Humanity.

Wednesday, 10/15 – 10/29 (3 sessions)

10:30 am – Noon

Instructor: Anthony Loscalzo

Growing & Using Culinary Herbs

Learn about herbs you can grow in your garden, in a pot, or in a sunny window. Learn growing and propagation techniques and try starting your own herbs to take home. The class will cover the history of using herbs, how to enhance your meals with herbs and how to store them for use throughout the year.

Tuesday, 9/16 – 9/23 (2 sessions)

3:00 – 4:30 pm

Instructors: Darcey Schoeninger and Gayle Jayne

Human Powered Submarine Races

High school, college and independent teams compete to see who can go the fastest on a 100 meter underwater course. All submarines have to be human powered and can be one or two person subs. The 18th International Submarine Race was held at the Navy's Model Boat Basin at Carderock, MD. Course will cover issues faced by contestants, design successes/failures and what some of the contestants have done after the races.

Thursday, 10/30 (1 session)

1:00 – 2:30 pm

Instructor: David Peterson

Let's Go Birding

Three 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

Friday 9/12- 9/26 (3 sessions)

Time: 8:30 – 11:00 am

Instructor: Adele Claggett

Locations will vary each week.

Nutrition Topics for Discussion

How much protein do we really need? What supplements do we need? What happens to excess nutrients that bodies do not need? What nutrition is needed for the Brain as we age? What is the gut microbiome and what does it do for us? What are micro-processed foods and why are they a concern?

Limited to 25 participants.

Monday, 11/10 – 11/17 (2 sessions)

1:00-2:30 pm

Instructor: Julianna Pax

Time and Space

Explore Einstein's revolutionary discovery that space and time form a single fabric that bends around massive objects, creating gravity and why Time is not what you think. No math required—just bring your curiosity about how our universe really works.

Wednesday, 9/17 (1 session)

10:30 – Noon

Instructor: Anthony Loscalzo

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, 9/24

8:45 am – 12:30 pm

Coordinator: Alicia Siegrist
Meet: 8:45 am at 21548 Chicken Point Road,
Tilghman, MD
Carpooling (optional) may be available.

Gather afterwards (optional) for favorite food
and beverage.

Understanding Land Use and Local Development

This four-week course introduces participants to the principles of sustainable land use, zoning and comprehensive planning, the economics of land development, and the public processes that shape our communities. Designed for engaged citizens, community leaders, and lifelong learners, the course demystifies how local governments make land use decisions and how individuals can participate meaningfully.

Friday, 10/10 – 10/31 (4 sessions)
10:30 am – Noon
Instructor: Owen Bailey

Literature, Arts and Crafts

Bead Weaving: Herringbone Stitch

Bead weaving is a beadwork technique where beads are woven together using a needle and thread to create jewelry, tapestries, or 3-dimensional objects. We will review the basics of bead weaving, including supplies and tools used, types of stitches, and types of beads available. You will learn how to do the Herringbone stitch, how to start and end threads, and how to attach a clasp by making a bracelet.

Limited to 5 participants

Friday, 11/14 – 11/21 (2 sessions)
10:00 am – Noon
Instructor: Teddy Griffin

Fees: \$12 for materials will be collected the day of the class

Bead Weaving: Herringbone 2

Bead weaving is a beadwork technique where beads are woven together using a needle and thread to create jewelry, tapestries, or 3-dimensional objects. We will review the basics

of bead weaving, including supplies and tools used, types of stitches, and types of beads available. You will learn how to do the Herringbone stitch, how to start and end threads, and how to attach a clasp by making a bracelet.

Limited to 5 participants

Friday, 11/12 – 11/19 (2 sessions)
10:00 am – Noon

Instructor: Teddy Griffin

Fees: \$12 for materials will be collected the day of the class

Book Club for Both Men and Women

The Book Club will discuss the following biographies. The first 3 books will be: The Accidental President, Billionaire, Nerd, Savior, King: Bill Gates, And His Quest to Shape Our World, and Thunder Dog. The other two books will be selected by the participants in the book club.

Thursday, 9/4, 9/25, 10/16, 11/6, 11/20
(5 sessions)
3:00 – 4:30 pm
Instructor: Mary Jo Volpicelli

Collage Butterfly

You will be collaging an 8x8" wood butterfly with scrapbooking paper, washi tape, paper flowers, resin flowers and leaves, charms, old jewelry, and other embellishments.

Limited to 8 participants.

Wednesday, 11/5 (1 session)
10:00 am – 1:00 pm
Instructor: Candace Liccione

Location: Wye River Designs, 4300 Main Street, Grasonville

Fees: \$25.00 for materials will be collected the day of the class

Gems of Spanish Literature: *Misericordia*

Benito Perez Galdos is Spain's greatest novelist after Cervantes. Published in 1989, *Misericordia* is a classic of Spanish literature, required reading in colleges and universities.

Misericordia is to Spanish-speaking cultures what Charles Dickens' *Great Expectations* is to English-speaking societies. The novel is full of

unforgettable characters and deals with fundamental and universal issues like charity, compassion, loyalty, truth, friendship, faith, hope, realism, and fantasy. Reading and discussing *Misericordia* is a truly memorable experience.

Limited to 20 participants.

English translations will be loaned to participants.

Monday, 9/8 – 9/29 (4 sessions)

1:00 - 2:30 pm

Instructor: Raymond Vergne

Holiday Sun Catcher

Using a variety of beads, sea glass and charms, participants will create their own one-of-a kind holiday Sun Catcher.

Limited to 8 participants.

Wednesday, 10/22 (1 session)

3:00 – 4:30 pm

Instructor: Juanda Rogers

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

Mosaic Starfish

Create a beautiful mosaic tile starfish using paint, stain glass tiles and glass tiles and then finish it by grouting it.

Limited to 8 participants.

Wednesday, 10/8 (1 session)

10:00 am - 1:00 pm

Instructor: Candace Liccione

Location: Wye River Designs, 4300 Main Street, Grasonville

Fees: \$25.00 for materials will be collected the day of the class

Seashell Picture Frame

You will paint on an 8x8" wood picture frame and then embellish it with a variety of seashells, tiny starfish, and other beachy embellishments.

Limited to 8 participants.

Wednesday, 9/10 (1 session)

10:00 am - 1:00 pm

Instructor: Candace Liccione

Location: Wye River Designs, 4300 Main Street, Grasonville

Fees: \$25.00 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 11/7 (1 session)

1:00 – 4:30 pm

Instructor: Mary-Helen Risler

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

IAL Test Kitchen

Ever eaten Farro or Eikorn? (it's an ancient grain) How do you feel about flavored balsamic vinegar? Ever think, I wonder what that recipe would taste like or that dressing sound intriguing? This class will have ingredients to try and combine with recipes as a guide but not a bible. Come and have fun with some new and familiar ingredients.

Limited to 10 participants.

Tuesday, 11/4 (1 session)

9:30 am – Noon

Instructor: Nancy Brandenburger

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

IAL Test Kitchen 2

Ever eaten Farro or Eikorn? (it's an ancient grain) How do you feel about flavored balsamic vinegar? Ever think, I wonder what that recipe would taste like or that dressing sound intriguing? This class will have ingredients to try and combine with recipes as a guide but not a bible. Come and have fun with some new and familiar ingredients.

Limited to 10 participants.

Tuesday, 11/6 (1 session)

9:30 am – Noon

Instructor: Nancy Brandenburger

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

Introduction to Wine Tasting

The class consists of tasting wines from different wine producing regions. Tentative plans (subject to availability of wines) are to investigate wines from Tuscany, which will be divided into two sessions due to the large number of producing areas, Alto Adige which I have previously covered but for which new information is available, and Alsace. 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.

Tuesday, 10/28 – 11/18 (4 sessions)

3:00 – 4:30 pm

Instructor: David Menzie

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

Pork Dumplings and Fried Rice

We will make a “skinny” version of fried pork dumplings and vegetable fried rice. Do not let the “fried” in fried rice fool you. We will use the smallest amount of oil for both dishes and produce a delicious healthy late afternoon snack. Class will begin at 3:00 pm followed by wine and eating.

Limited to 10 participants.

Friday, 10/24 (1 session)

3:00 – 5:00 pm

Instructor: Jenny Gallo

Fees: \$20.00 for materials will be invoiced prior to the date of the class.

Pork Dumplings and Fried Rice 2

We will make a “skinny” version of fried pork dumplings and vegetable fried rice. Do not let the “fried” in fried rice fool you. We will use the smallest amount of oil for both dishes and

produce a delicious healthy late afternoon snack. Class will begin at 3:00 pm followed by wine and eating.

Limited to 10 participants.

Friday, 10/31 (1 session)

3:00 – 5:00 pm

Instructor: Jenny Gallo

Fees: \$20.00 for materials will be invoiced prior to the date of the class.

Sourdough Bakers Community

This course will give those who have 1). taken the Sourdough for Beginners class, OR 2) have tried sourdough baking and are struggling OR 3) are using sourdough regularly for bread and other goodies. This class will focus on one aspect of sourdough at a time, but will allow time for questions and sharing between members. This is more discussion than hands on but could involve some demonstration.

Friday (3 sessions once a month)

9/5 – Baking with NO Special Tools

10/3 – Unlimited Inclusions

10:30 am – Noon

11/14 – What I Wish I’d Known When I ...

1:00 - 2:30 pm

Instructor: Cindy Nichols

Sourdough Bread for Beginners

Learn the basics of sourdough from starter to baking. Participants will receive a small amount of starter and instruction on care and feeding.

Limited to 6 participants.

Friday, 9/19 (1 session)

1:00 - 4:00 pm

Instructor: Cindy Nichols

Fees: \$10 for materials will be invoiced prior to the date of the class

Sourdough Bread for Beginners 2

Learn the basics of sourdough from starter to baking. Participants will receive a small amount of starter and instruction on care and feeding.

Limited to 6 participants.

Friday, 10/17 (1 session)

1:00 - 4:00 pm

Instructor: Cindy Nichols

Fees: \$10 for materials will be invoiced prior to the date of the class

Instructor Biographical Information

Owen Bailey is the Director of Land Use and Policy at Eastern Shore Land Conservancy. He teaches and speaks regularly on sustainable development, including a two-week course on Sustainable Communities with the Institute for Adult Learning and a Lunch and Learn at Washington College. He frequently presents at planning commission and council meetings, serves as Chair of the Eastern Shore Regional Trails Steering Committee and Partners for Open Space, and serves as Vice-Chair on the Chestertown Planning Commission.

Nancy Brandenburger is a speech-language pathologist with many years of experience working with adults with cognitive challenges.

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.

Tracy Davenport has been working with high performing athletes over the last nine years to help them get the rest they need to perform their best. She holds a B.S. in engineering, an M.A., in psychology, and a Ph.D. in Human Growth and Development. Some of her recent clients have included Johns Hopkins Men's Lacrosse and University of Maryland Women's Basketball.

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 the IAL for approximately 15 years.

Jenny Gallo, a resident at Symphony Village, enjoys cooking and sharing her recipes with IAL.

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.

Gayle Jayne has been home gardening for many years and a Maryland Master Gardener for over 25 years. She raises vegetables and herbs and landscapes with native plants. She volunteers for ShoreRivers and the Corsica River Conservancy in addition to Maryland Master Gardeners.

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.

Anthony Loscalzo worked as an aerospace simulation engineer. He is the author of a computer program which creates 12-hour weather predictions. He was a participant in the International Geophysical Year research project. He worked for various computer companies, including Sun Microsystems, which contributed to the creation of the internet. He is a pilot involved with search and rescue via the Civil Air Patrol, now a subsidiary of the U.S. Air Force Auxiliary.

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.

Kate Mills is a Physical Therapist who has specialized in the treatment of Neurological and Vestibular Disorders for 20 years. She has treated patients in multiple settings, including hospitals, acute and sub-acute in-patient rehab, out-patient clinics and in homes. She currently owns her own out-patient clinic.

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.

Terri O'Connell has 25 years teaching experience-23 of which were in Howard County as a Middle School US History/ Government teacher.

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.

David Peterson is a retired United States Navy captain. He attended the Navy's Diving and Salvage School in 1968 and spent 27 years in the Navy diving and salvage community, including three years on active duty aboard a salvage repair ship in the Pacific and Harbor Clearance Unit One in Vietnam as well as 24 years in the Reserves, specializing in diving and salvage.

Chris Pupke is a past President of the Queen Anne's County Historical Society. He is a member of the Advisory Board of Kennard African American Cultural and Heritage Center. He has co-taught this course for several years with Clayton Washington.

Steve Quigley is a retired old man. When not retired he was a semiconductor engineer and manager at IBM with previous assignments at Motorola, National Semiconductor and Bell Laboratories. He holds a couple of degrees, none having to do with political analysis, psychology nor bias mitigation. Hence it should be a learning experience for all.

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.

Darcey Schoeninger has been a Master Gardener for six years. She is also certified as a Bay-Wise consultant. Home gardening and propagation techniques are her primary outdoor pursuits. She is seasonally employed at Unity Church Hill Nursery in

Church Hill, MD. An experienced cook who uses herbs in both savory and sweet applications, experimentation is always on her table.

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.

Mary Jo Volpicelli spent her career working in nursing and health care administration. She has taken several literature classes through IAL and has been a member of various book clubs for many years.