

Monday Classes

Current Events and Social Issues

This course is designed to enhance the participant's interest in and understanding of current events and contemporary social issues. Local, national and international events and issues will be the subject of group discussion. 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, 2/5, 2/12, 2/26, 3/4, 3/18, 3/25
(6 sessions)

10:30 a.m. - Noon

Instructor: Charles Mylander

Advance Directives

This class will provide and review documents that are necessary to allow a health care agent to speak for you and make medical decisions for you if something were to happen and you were unable to speak for yourself.

Monday, 2/19 (1 session)

10:30 a.m. - Noon

Instructor: Kara Greene

Birthstone Geology

This course will review key physical and optical properties of gem minerals currently marketed commercially as "birthstones." It will summarize the geologic origin, point out important domestic and foreign occurrences, describe mining methodologies as practiced today and perhaps even share directions to collecting sites in the United States and beyond.

Monday, 3/4 - 4/1 (5 sessions)

1:00 - 2:30 p.m.

Instructor: Galt Siegrist

Let's Go Birding

Early spring can be a wonderful time to go birding. The summer birds are beginning to arrive and claim territories by singing; some may also be building nests to raise their young. During these guided bird walks, we will visit diverse

habitats increasing the possibility of seeing a variety of species. Each walk starts with a brief introduction. The class will meet at the Chesapeake Bay Environmental Center (Grasonville), Conquest Preserve (Centreville), Terrapin Nature Park (Stevensville), Adkins Arboretum (Ridgely). **Limited to 10 participants**

Monday, 4/8 - 4/29 (4 sessions)

8:30 - 11:30 a.m.

Instructor: Adele Clagett

Location: Will vary each week

Nutrition to Help the Planet and Us

Food accounts for nearly a third of global emissions, so what we eat matters. This course focuses on eating to help save our planet. Topics addressed will include what a flexitarian diet is, what we know about ultraprocessed foods and weight gain, how much protein and what kind we need, and how to choose bread at the grocery store. Nutrition that is good for the heart is good for the brain, and exercise helps both.

Monday, 4/8 - 4/29 (4 sessions)

1:00 - 2:30 p.m.

Instructor: Julianna Pax

Energy Economics Workshop

This course will focus on offering practical problem-solving for decision-making about home energy, green energy, electric cars, etc. Participants will gain a better understanding of how to make choices in the energy sphere on the Eastern Shore through examples and discussion, including topics of specific interest to participants.

Monday, 5/6 - 5/13 (2 sessions)

1:00 - 2:30 p.m.

Instructor: Ben Schlesinger

Soups For All Seasons - Spring and Summer

Explore the light and fresh tastes of spring and summer soups. Lemon, dill, cilantro, salmon, tomato, corn and tomatillo are just a few of the ingredients that will show up in our bowls. There will be warm and cool soups to delight the taste buds.

Monday, 5/13 (1 session)

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

Instructor: Paula Wolflin

Fees: \$32 for materials will be invoiced prior to the date of the class

Tuesday Classes

Low-Impact Fitness

This 45-minute fitness class features components of low-impact cardio movement, balance, and stretching set to energetic and upbeat music.

Participants should dress comfortably but not too warmly and wear proper “athletic-style” footwear.

Limited to 20 participants

Tuesday, 2/6 - 3/19 (7 sessions)

10:30 - 11:15 a.m.

Instructor: Michelle O’Brien

What We Know About the Universe: James Webb Telescope Update

This course will provide an update on what we know and what we don’t know about the universe, based on discoveries made by the James Webb telescope.

Tuesday, 2/6 - 2/13 (2 sessions)

1:00 - 2:30 p.m.

Instructor: Anthony Loscalzo

Line Dancing

The steps to several line dance routines will be taught using music from a range of genres, including country, oldies and contemporary music. The routines are a combination of dance steps and low-impact exercise moves which slowly raise your heart rate so you are getting exercise and burning calories, while having a great time. No prior dance experience is necessary. The goal is to get some exercise and have fun! **Limited to 15 participants**

Tuesday, 2/27 - 4/2 (5 sessions)

NO CLASS ON 3/26

1:00 - 2:30 p.m.

Instructor: Kathy Leary

Artificial Intelligence Update

Students will be updated on the latest artificial intelligence developments, learn about plug-ins and be given instructions on how to use them.

Tuesday, 3/12 - 3/19 (2 sessions)

3:00 - 4:30 p.m.

Instructor: Anthony Loscalzo

Beginner Pickleball

This class is designed for beginner players or players who would like a refresher. The key components of the game will be covered including scoring, serving, two bounce rule and play positioning. Balls will be provided. Paddles will be available for participants who do not have their own. **Limited to 12 participants**

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

10:00 - 11:00 a.m.

Instructor: Susan Claggett

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

Intermediate Pickleball

This 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**

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

11:00 a.m. - Noon

Instructor: Susan Claggett

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

Wednesday Classes

Book Club: Mysteries and Thrillers

The Book Club will discuss five books in the genre of mysteries and thrillers: *Thursday Murder Club* by Richard Osman; *What Happened to the Bennetts* by Lisa Scottoline; *The Girl Who Survived* by Lisa Jackson; *The Spy Coast* by Tess Gerritsen; and *Where Are The Children?* by Mary Higgins Clark. For each book, the instructor will

provide a brief biography of the author and will have set questions prepared for discussions, which will be a helpful guide as participants read the books.

Wednesday, 2/7, 2/28, 3/20, 4/10, 5/8

(5 sessions)

3:00 - 4:30 p.m.

Instructor: Mary Jo Volpicelli

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**

Wednesday, 2/14, 2/21, 3/6, 3/13 (4 sessions)

NO CLASS ON 2/28

10:30 - 11:30 a.m.

Instructor: Susan Claggett

Butterflies, Skippers and Moths

This class will discuss how to provide habitat and food for specific species. The first class will focus on butterflies and the second class will cover skippers and moths.

Wednesday, 2/21- 2/28 (2 sessions)

1:00 - 2:30 p.m.

Instructor: Cindy King

The Last Word - How to Tell It Like It Was

Have you ever read an obituary and thought to yourself, "This could be anyone"? Do you wonder if the funeral home has one template they use for every obituary? It's time to take the matter into your own hands and leave your family with a roadmap to the way you want to be remembered. In this seminar you'll learn what you should include, how to organize your thoughts, who should be mentioned and what's really important to readers. Join us as we dive into the reasons we have obituaries and the creative ways you can leave a remembrance as unique as you are.

Wednesday, 2/28 (1 session)

10:30 a.m. - Noon

Instructor: Ryan Helfenbein

Aging Brain

This course will present the basics of storing and retrieving information and the speed with which we complete cognitive tasks and how it changes as we age. Tips for maintaining cognitive processes will also be provided.

Wednesday, 3/6 - 3/27 (4 sessions)

1:00 - 2:30 p.m.

Instructor: Nancy Brandenburger

Broken Plate Coat Rack

Join us to create a wonderful and practical broken plate coat rack which can be used for dog leashes or as a jewelry holder. We will glue broken plates and mosaic tiles on this coat rack. The outside will be edged in mosaic tiles and the inside will be filled with plates and mosaic pieces and then grouted. **Limited to 6 participants**

Wednesday, 3/20 (1 session)

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

Instructor: Candace Liccione

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

Location: Wye River Designs, 4300 Main Street, Grasonville

Bead Weaving - Peyote Stitch Bracelet With Bugle Beads

This course is suited for students who have some previous bead weaving experience, especially with the peyote stitch. Students will make a bracelet using three types of beads which will add texture to the bracelet. The beads used will be delicatas, round seed beads and bugle beads. Several color choices will be available. **Limited to 5 participants**

Wednesday, 3/27 - 4/3 (2 sessions)

10:00 a.m. - Noon

Instructor: Teddy Griffin

Fees: \$15 for materials will be collected at the first class

Adventures in Iceland and Norway

Join in a photographic journey of the sites and adventures of Iceland and Norway. Dive into the thermal pools of the Blue Lagoon and take a trip around the Golden Circle! Fly off to Oslo and

marvel at the work of Edward Munch. From Oslo, travel to Tromso in the Arctic Circle and visit and play with the dogs who are taught how to become sled dogs. Take a trip to see the Northern Lights. Next stop is Bergen, a charming city that offers Johore tours and a trip up the funicular. Hop on a train to Myrdal and then take the incredibly scenic Flamsbana to Flam. There you can take the RIB Boat tour of the fjord and stop in a village where goat cheese is made and get taste samplings. Join this action-filled adventure of some of the most beautiful countries in the world.

Wednesday, 3/27 (1 session)
3:00 - 4:30 p.m.
Instructor: Peggy Robertson

Philippine Cuisine

The Philippines have some of the most tasty food in the Pacific. Come learn how to cook lumpia, dishes using rice, coconut, fresh fish, pineapple, spices and herbs, and ingredients native to the islands. **Limited to 8 participants**

Wednesday, 4/17 (1 session)
9:30 a.m. - 1:00 p.m.
Instructor: Katie Barney

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

The Art of Pecha Kucha

What is a pecha kucha? Perhaps kucha is Japanese for chitchat or the sound of conversation. It is now being used in schools and organizations to tell a story about you. Here's the catch - you use PowerPoint and each slide is displayed for 20 seconds. There are only 20 slides, so that's six minutes and 40 seconds to talk about your life, your passions, your adventures, etc., using mostly photos and graphics with very little text.

Wednesday, 4/17 - 5/8 (3 sessions)
NO CLASS ON 5/1
1:00 - 2:30 p.m.
Instructor: Nancy Ceccorulli

Mosaic Trivet

Create a mosaic trivet which will make a great addition to your kitchen or to give as a gift. You will paint the trivet and using mosaic tiles you will

make an abstract design or do a pattern or have a motif, such as a flower. **Limited to 6 participants**

Wednesday, 4/24 (1 session)
10:00 a.m. - 1:00 p.m.
Instructor: Candace Liccione

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

Pressed Flower Suncatcher

Make a pressed flower suncatcher that combines real pressed flowers that are glued in place and covered with tempered glass. This project is not grouted and is a wonderful item for a window in your home or to give as a gift. **Limited to 6 participants**

Wednesday, 5/8 (1 session)
10:00 a.m. - 1:00 p.m.
Instructor: Candace Liccione

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

Thursday Classes

Discover the State of Our Eastern Shore Waterways

Guest lecturers from different departments of ShoreRivers will discuss a wide range of topics including environmental stewardship, river friendly yards, aquatic restoration, environmental justice, riverkeepers, and more. Students will be exposed to a variety of efforts and methods to address water quality issues on the Eastern Shore and learn how they can get involved.

Thursday, 2/8 - 3/14 (6 sessions)
10:30 - Noon
Instructors: Maegan White and Courtney Leigh

Wine Tasting - Three Regions

The first session of this class will focus on sensory characteristics of wine. The next three sessions will involve tasting of four wines from a famous wine region followed by a small glass of a signature wine from the region and discussion of

the characteristics of the wine. **Limited to 12 participants**

Thursday, 2/8 - 2/29 (4 sessions)

3:00 - 4:30 p.m.

Instructor: Dave Menzie

Fees: \$54 for materials will be invoiced prior to the date of the class

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 Mideast realignment, climate technology and competition, science across borders, U.S. - China trade rivalry, NATO's future, understanding Indonesia, High Seas Treaty, and pandemic preparedness.

Thursday, 3/7 - 4/25 (8 sessions)

1:00 - 2:30 p.m.

Instructor: Joe Sikes

Ukrainian/Pysanky Egg Decorating Workshop

This will be a hands-on workshop decorating eggs in the Pysanky method. We will use blown-out eggs, wax and kystra (special pens) and dyes to create multi-step designs on the egg shells. There will be sample designs or participants can create their own. Traditionally these were made for Easter but the designs tend to be more secular so no religious connotation is explicit. Students should bring a medium jar with a lid (such as a 12 oz Mason jar) with an opening that an egg will fit into. **Limited to 10 participants**

Thursday, 3/21 - 3/28 (2 sessions)

10:30 a.m. - Noon

Instructor: Carol Conrad

Fees: \$13 for materials will be invoiced prior to the date of the class

Let's Walk

Exercise, fresh air and social time are all good for our physical and mental health. Join this walking group and walk the parks in Queen Anne's County at your own pace. You can choose the distance you want to walk from one to three

miles. Come discover new parks, trails and walking buddies. Plus you'll get a health or fitness tip each week.

Thursday, 4/4 - 4/25 (4 sessions)

3:00 - 4:30 p.m.

Instructor: Dona Roderick

Location: Will vary each week

Music to Our Ears: More All-time Favorites

This is an exercise in classical music appreciation. Each session will focus on one or two composers and their work. A short biography of the composer will be reviewed, and the composer's position in the history of music discussed. Each session will include one or two videos of famous works.

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

10:30 a.m. - Noon

Instructor: Raymond Vergne

Friday Classes

Kitchen Gadgets, Gizmos, Tricks and Tips

Participants will sample wines and cheeses recommended for entertaining, and will have hands-on exposure to more than 25 gadgets and gizmos which make life in the kitchen a lot more fun. There will be several opportunities to use the gadgets and see some very fun demonstrations.

Limited to 10 participants

Friday, 2/16 (1 session)

3:00 - 4:30 p.m.

Instructor: Jenny Gallo

Fees: \$27 will be invoiced prior to the date of the class

English Herbs and Food

In this cooking class students will learn about English herbs and English cuisine. Food in England years ago was mainly meat and potatoes, providing little variety. Today the food uses ingredients, herbs and spices from around the world and has some top-notch restaurants.

Limited to 8 participants

Friday, 2/23 (1 session)

9:30 a.m. - 1:00 p.m.

Instructor: Katie Barney

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

Pizza Making

Participants should bring a heavy-duty cookie sheet or 14-inch fry pan. Participants will see a demonstration on dough making, learn techniques for stretching dough to cover the pan, and cooking pizza. Then they will make a pizza to bake at home. All ingredients and supplies will be provided except for the cookie sheet or fry pan.

Limited to 10 participants

Friday, 3/1 (1 session)
10:00 a.m. - 1:00 p.m.
Instructor: Jenny Gallo

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

Bead Weaving - Superduo Bracelet

Bead weaving is a beadwork technique where beads are woven together using a needle and thread to create jewelry, tapestries or three-dimensional objects. We'll review the basics of bead weaving, including supplies and tools used, types of stitches and types of beads available. This class is good for beginners; it will teach how to do the peyote stitch using two-hole superduo beads, how to start and end thread and how to attach a clasp. **Limited to 5 participants**

Friday, 3/8 - 3/15 (2 sessions)
10:00 a.m. - Noon
Instructor: Teddy Griffin

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

Tea in the 18th Century

This course will present a brief history of tea in Britain, types of tea, proper etiquette, tea equipage, the importance of tea in the colonies and busting myths. (The presentation will not include tea drinking or food for the participants.)

Friday, 3/8 (1 session)
1:00 - 2:30 p.m.
Instructor: Robin Marchionni

Maritime Salvage

This course is designed to give an idea as to what is involved in the refloating or recovery of a

stranded or sunken vessel. A variety of methods used to refloat or recover a sunken or lost vessel, plane or vehicle will be covered. Most of the methods presented are based on 20+ years with Navy Diving and Salvage.

Friday, 3/15 - 3/29 (3 sessions)
1:00 - 2:30 p.m.
Instructor: David Peterson

Greek Easter Celebration

A cooking class celebrating the Greek Easter. Learn about the tradition of red eggs, special breads, roasting lamb, and the history of the Greek Easter. **Limited to 8 participants**

Friday, 3/22 (1 session)
9:30 a.m. - 1:00 p.m.
Instructor: Katie Barney

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

American Art From the Colonial Period to 1940

American artists had to find their way in a new land with new ideas. In the early years they were guided by the art of the country of their origin. Buyers were limited, supplies were limited and art had to take second place to food, housing and security. Despite this, America developed, as every society does, a desire for paintings and sculptures that represented them. Many artists went to London and Italy for training and then brought back the academic style. Within that context, unique aspects of American life and history began to assert themselves. From portraits of famous Americans to the westward movement, the Civil War, the Depression and other important events, American artists responded to the American way of life.

Friday, 3/22 - 4/19 (5 sessions)
3:00 - 4:30 p.m.
Instructor: Beverly Hall Smith

The Book of Genesis: A Study of Text and Texture

This course will provide an in-depth study of Genesis, the first book of the Bible. It will focus on the culture and religious practices out of which Genesis comes and to which it responds. The

course will show the transformative and radically unique perspective that Genesis and the Hebrew Bible present to the world.

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

10:30 a.m. - Noon

Instructor: Rabbi Peter Hyman

Even More Buckets of Warm Spit: Vice Presidents of the United States in the Twentieth Century

Vice President John Nance Garner, when asked his opinion of the Vice Presidency, said it was “. . . not worth a bucket of warm spit . . .” This exercise in history will review the origins of the Vice Presidency, its history and evolution and its various crises. The lives and careers of several vice presidents will be discussed in detail.

Friday, 4/12 - 5/17 (6 sessions)

1:00 - 2:30 p.m.

Instructor: Raymond Vergne