CRAFTS

**Bracelet Basics**
Students will learn to design several types of bracelet, ranging from easiest to a wire wrapped bangle. Students will use various materials to create a one of a kind wearable art jewelry as a beautiful keepsake or as a gift. Students will take home several completed pieces.

Notes: No senior tuition waiver. All materials will be provided by instructor. Supply fee of $10 will be collected by instructor. Instructor: Hunter

1 session, 3 hours, $49
Course #: GAC145

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**Wire and Fiber**
Students will learn to create Bohemian style art beads to create their own jewelry. Students will use fabric, yarn, thread, beads, and wires to complete their project. Once the beads are complete students will design and complete a piece of jewelry to take home.

Notes: No senior tuition waiver. All materials will be provided by instructor. Supply fee of $10 will be collected by instructor. Instructor: Hunter

1 session, 3 hours, $49
Course #: GAC146

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**Wire Wrapping Jewelry**
In this class you will learn a variety of wire wrapping techniques. Several material techniques will be used to design and create your own focal piece used for jewelry making. This artwork can be used in your basic jewelry making to bring your jewelry to the next level.

Notes: No senior tuition waiver. Supply fee $10 will be collected at the 1st class by instructor. Instructor: Hunter

1 session, 3 hours, $49
Course #: GAC225

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ARTS / STUDIO ARTS

**Art Workshop**
A project-driven class teaching students to focus on the elements and principles of Art and Design. These elements and principles are the building blocks of understanding and creating art that expresses and moves us. The students will be exposed to various mediums as they develop the fundamental language of art. Instructor: Hunter

7 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GAD539). $5 Senior Network Members (SAD539).

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**Basic Acrylics – Part I**
This class is for people who want to explore painting with acrylics. Students will create still-lifes, landscapes, and portraits while practicing color mixing and acrylic painting techniques. Instructor: Hunter

8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GAP399). $5 Senior Network Members (SAP399).

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*01D – No class Sep. 7.
*02D – No class Sep. 7.

**Basic Acrylics – Part II**
This is a hands-on approach to learning the materials and techniques associated with acrylics. The focus will continue to be the development of painting techniques, brush skills, and aesthetic sensibilities in this medium, with emphasis on composition and color. Pre-requisite: Basic Acrylics I. Instructor: Hunter

8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GAP532). $5 Senior Network Members (SAP532).

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Basic Watercolor I
Learn the basics and skills of watercolor painting! Start at the fundamental building blocks to gain the knowledge and experience to help you advance in your painting abilities. Students will learn the different properties of watercolor, color wheel, mixing colors, and more. Students will work on projects which will reinforce their new skills. Instructor: Hunter
$135 persons under 60. $25 MD residents over 60 (GAP502). $5 Senior Network Members (SAP502).
8 sessions, 16 hours
Sec# Day Dates Times Location
01D T 8/25-10/13 6-8p Online
7 sessions, 16 hours
Sec# Day Dates Times Location
02D Th 8/27-10/8 12:30-2:45p Online

Basic Watercolor II
Develop basics and skills in watercolor painting through exercises and projects. Emphasis on good composition, color properties, and watercolor techniques including wet into wet, lost edges and glazing. Students will create exciting compositions using varying techniques, with still life and landscapes as the focus. Pre-requisite: Basic Watercolor I. Instructor: Hunter
$135 persons under 60. $25 MD residents over 60 (GAP503). $5 Senior Network Members (SAP503).
8 sessions, 16 hours
Sec# Day Dates Times Location
01D T 11/3-12/22 6-8p Online
7 sessions, 16 hours
Sec# Day Dates Times Location
02D*Th 10/22-12/10 12:30-2:45p Online
*02D – No class Nov. 26.

Drawing Basics
Study great drawings and learn techniques to create still life, landscapes and figurative portraits. Classes will explore pencil, charcoal and ink. We will focus on perspective, value, and creating expressive and eye-catching drawings. Beginners to advanced artists welcome. Instructor: Hunter
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GAD178). $5 Senior Network Members (SAD178).
Sec# Day Dates Times Location
01D T 8/25-10/13 9:30-11:30a Online

Everyone Can Draw
Learn to “see” like an artist. Improve your perceptional skills as you learn to translate a three-dimensional world onto the two-dimensional plan. Through a series of drawing exercises, you will develop your observational and thinking skills to be able to draw more realistically. Instructor: Hunter
7 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GAD102). $5 Senior Network Members (SAD103).
Sec# Day Dates Times Location
01D* Th 10/22-12/10 9:30-11:45a Online
*01D – No class Nov. 26.

Exploratory Art
This class is for people who have a deep appreciation for art, but aren’t sure which artistic technique suits them best. You will sketch still life, create colorful mixed media collage, explore chalk, pastels, and dabble with acrylic paints on canvas. If you would like to have fun exploring different mediums to discover where your talents and interests lie, this is the class for you! Instructor: Hunter
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GAP365). $5 Senior Network Members (SAP365).
Sec# Day Dates Times Location
01D T 10/27-12/15 9:30-11:30a Online

Intermediate Painting I: Acrylics and Watercolor
We will build on skills achieved in beginning painting classes. As you progress from a basic understanding of your media toward more complex subject matter and methods, you will be guided and encouraged with individualized instruction cultivating your own style. Pre-requisite: Basic Watercolor I or Basic Acrylics. Instructor: Hunter
$135 persons under 60. $25 MD residents over 60 (GAP462). $5 Senior Network Members (SAP462).
8 sessions, 16 hours
Sec# Day Dates Times Location
01D* M 8/24-10/19 3-5p Online
7 sessions, 16 hours
Sec# Day Dates Times Location
02D* Th 8/27-10/8 3-5:15p Online
*02D – No class Sep. 7.
Intermediate Painting II: Acrylics and Watercolor
Students will continue to build on skills achieved in Intermediate Painting I. Gain further confidence as you fine-tune and master your work in your media. Receive individual instruction and encouragement as you explore personal modes of expression. Pre-requisite: Intermediate Painting I: Acrylics and Watercolor.
Instructor: Hunter
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GAP531). $5 Senior Network Members (SAP531).

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$135 persons under 60. $25 MD residents over 60 (GAP531). $5 Senior Network Members (SAP531).

BOATING & BOATER SAFETY

Antique Canoe Repair & Restoration
This course focuses on the traditional canoe. Students will learn rib, plank, and canvas repair and replacement using hands-on activities. Note: No senior tuition waiver.
Instructor: CWBBS Staff
15 sessions, 37.5 hours, $175
Course #: GAM210

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Windows in a Day
Course will provide an overview of the fundamentals of the Windows operating system. Students will learn the basics of the operating system in an easy step-by-step manner. Course will provide the information and skills needed to install, configure, manage, monitor, troubleshoot, and administer the Microsoft Windows operating system. Topics include how to use the computer and the mouse, how to surf the Internet, send and receive e-mails, and customize your computer settings. Instructor: Hassig
1 session, 5 hours
$79 persons under 60. $25 MD residents over 60 (GPC545). $10 Senior Network members (SPU545).

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Model Ship Building
Students will learn model ship building of full and half-hull models. This class is for beginners but accommodations will be made for more experienced model builders. Note: No senior tuition waiver.
Instructor: CWBBS Staff
15 sessions, 37.5 hours, $175
Course #: GAM212

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Wooden Boat Building, Repair and Restoration
This course offers the opportunity to examine different types of wooden boat construction from traditional to composite. There are 8 to 10 boats under construction at any one time and students are involved in all aspects from lofting to construction and finishing. Plus, students gain hands-on experience in the problems of repair and refinishing. Note: No senior tuition waiver. Instructor: CWBBS Staff
15 sessions, 37.5 hours, $175
Course #: GAM214

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Computers

Introduction to the PC in a Day
Course is designed for students who have little or no experience with computers. Students will receive a brief introduction of how a computer operates, followed by an introduction to the basic features of MS Windows. Topics include computer terminology, hardware components, software applications, the Internet, basic windows operations, and file systems. Instructor: Hassig
1 session, 5 hours
$79 persons under 60. $25 MD residents over 60 (GPC300). $10 Senior Network members (SPU300).

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Excel in a Day
Course is designed to teach the fundamentals of Microsoft's spreadsheet program. Students will learn dozens of shortcuts for setting up fully formatted worksheets quickly and efficiently. Topics include the Excel Window, sorting and analyzing data, creating three-dimensional workbooks, and building links between files. Instructor: Hassig
1 session, 5 hours
$79 persons under 60. $25 MD residents over 60 (GPC549). $10 Senior Network members (SPU549).
Sec# Day Dates Times Location
01D S 11/7 8:30a-2p Online

Intermediate Excel in a Day
This course is designed to build upon the fundamentals taught in Excel in a Day. Developing on a solid understanding of basic formulas and functions, students explore how to utilize more complex functions, including date & time functions and IF statements. Students will also organize data, working with multiple worksheets and basic charting. Topics include how to customize toolbars, edit a workbook, use Web Tools, use advanced filtering and sorting techniques, and print worksheets. Note: 30-minute lunch break included. Instructor: Hassig
1 session, 5 hours
$79 persons under 60. $25 MD residents over 60 (GPC591). $10 Senior Network members (SPU591).
Sec# Day Dates Times Location
01D S 11/21 8:30a-2p Online

PowerPoint in a Day
Course is designed to provide the fundamentals of PowerPoint. Students learn how to create dazzling presentations formatted with themes and a variety of slide layouts. Students can explore the latest features of PowerPoint. Topics include how to embellish slides with text, objects, SmartArt, multimedia, animation, sound, charts, clip art, and hyperlinks. Instructor: Hassig
1 session, 5 hours
$79 persons under 60. $25 MD residents over 60 (GPC593). $10 Senior Network members (SPU593).
Sec# Day Dates Times Location
01D S 12/12 8:30a-2p Online

Word in a Day
Course is designed to provide beginning instruction in Microsoft Word software. The main focus will be learning the primary functions and features of the software product. Learn how to create and modify documents using this word processing program. Find out how to add, move through, change the size or appearance of text, and print your documents. Topics include creating and saving a document, file management, editing techniques, multiple pages, and document image. Instructor: Hassig
1 session, 5 hours
$79 persons under 60. $25 MD residents over 60 (GPC589). $10 Senior Network members (SPU589).
Sec# Day Dates Times Location
01D S 10/24 8:30a-2p Online

Intermediate Word in a Day
This course is designed to build upon the fundamentals taught in Word in a Day. This course will show students how to work more efficiently by automating tasks and providing methods to maintain consistency between documents. Students will create more complex documents which include lists, tables, charts, graphics, and newsletter layouts. Students will learn how to use styles and outlines, format tables, create SmartArt, diagrams, draw shapes, format text graphically, create sections and format text in columns, use themes and design elements, manage document revisions, and mail merge. Topics will include using the outline feature, creating tables, formatting and editing a table, desktop publishing, and integrating Word with other Windows programs. Instructor: Hassig
1 session, 5 hours
$79 persons under 60. $25 MD residents over 60 (GPC140). $10 Senior Network members (SPF100).
Sec# Day Dates Times Location
01D M/W/F 9/9-9/18 9:30a-12p Online
MS Windows 10
What is Windows 10? This course will provide the information and skills needed to install, configure, manage, monitor, troubleshoot, and administer this version of the Microsoft Windows operating system. Learn how to do it all from the word install. Note: Last class is 2 hours. Pre-requisite: Introduction to the Personal Computer.
5 sessions, 12 hours
$149 persons under 60. $25 MD residents over 60 (GPC233). $10 Senior Network members (SPF233).
Sec# Day Dates Times Location
01D M/W/F 9/23-10/2 9:30a-12p Online

Intermediate MS Windows 10
Your next logical step. This course will explore the interconnectivity between Windows 10 and the Internet and how to utilize the diagnostic tools of Windows 10. This class is a must for Windows 10 users. Note: Last class is 2 hours. Pre-requisite: MS Windows 10.
5 sessions, 12 hours
$149 persons under 60. $25 MD residents over 60 (GPC234). $10 Senior Network members (SPF234).
Sec# Day Dates Times Location
01D M/W/F 10/5-10/14 9:30a-12p Online

Advanced MS Windows 10
You know how to keep your MS Windows 10 computer healthy, and you've even tweaked your interface to fit your personal style. So what's next? In this class, you'll learn advanced customization and optimization techniques, most of which require you to edit the registry. If you are ready to go to the next level, this class is for you. Last class is 2 hours. Pre-requisite: Intermediate MS Windows 10.
5 sessions, 12 hours
$149 persons under 60. $25 MD residents over 60 (GPC235). $10 Senior Network members (SPF235).
Sec# Day Dates Times Location
01D M/W/F 10/16-10/26 9:30a-12p Online

COMPUTER APPS

Google Drive and Productivity Apps
Course is designed to enable students to learn the capability of Google Drive and its productivity applications and work with Google Apps environment. Students will use Google Apps to create, manage, store, and share various types of files. Topics include navigating Google Apps, cloud storage, document editing, and spreadsheets and presentation slides. Instructor: Hassig
2 sessions, 6 hours
$89 persons under 60. $25 MD residents over 60 (GPC598). $10 Senior Network members (SPS598).
Sec# Day Dates Times Location
01D W 10/14-10/21 5:30-8:30p Online

INTERNET

Internet & Email Using Windows 10
For anyone who wants to learn how to use the internet and understand basic e-mail features. Learn how to search the internet effectively to find information, send and receive e-mail, and download software and programs on the internet. Note: Last class is 2 hours. Pre-requisites: Introduction to the Personal Computer and MS Windows 10.
5 sessions, 12 hours
$149 persons under 60. $25 MD residents over 60 (GPC117). $10 Senior Network members (SPI117).
Sec# Day Dates Times Location
01D M/W/F 11/2-11/11 9:30a-12p Online

MICROSOFT OFFICE

Beginning Word-2016
Word processing is an important tool in computer competency. Word processing allows the creation and editing of many types of documents. The course will cover the basics of Word including the window arrangement; file management, editing techniques, multiple pages, and document merge. Note: Last class is 2 hours. Pre-requisites: Introduction to the Personal Computer and MS Windows 10.
5 sessions, 12 hours
$149 persons under 60. $25 MD residents over 60 (GPC250). $10 Senior Network members (SPS150).
Sec# Day Dates Times Location
01D M/W/F 11/13-11/23 9:30a-12p Online
Excel I - 2016
In this introductory course, learn all about spreadsheets: how to navigate a worksheet, enter labels and values, build simple formulas, use common functions for calculations, and format a worksheet for easy reading and printing. Pre-requisites: Introduction to the Personal Computer and MS Windows 10.
4 sessions, 12 hours
$149 persons under 60. $25 MD residents over 60 (GPC628). $10 Senior Network members (SPS628).
Sec#  Day  Dates       Times         Location
01D  M/W/F  11/30-12/7  9:30a-12:30p  Online

PowerPoint Fundamentals
Course is designed to provide the fundamentals of PowerPoint. Students learn how to create dazzling presentations formatted with themes and a variety of slide layouts. Students can explore the latest features of PowerPoint, from the File menu to the Backstage View. Topics include how to embellish slides with text, objects, SmartArt, multimedia, animation, sound, charts, clip art, and hyperlinks. Pre-requisites: Introduction to the Personal Computer and MS Windows 10.
3 sessions, 8 hours
$100 persons under 60. $25 MD residents over 60 (GPC131). $10 Senior Network members (SPS130).
Sec#  Day  Dates       Times         Location
01D  T/Th/M  9/15-9/21  9:45a-12:15p  Online

Android Smartphone for Beginner’s
Would you like to know how to navigate your smartphone better to get the most out of it? Do you have trouble keeping in touch with your family because the technology seems too hard? This class will help build your confidence by teaching you the basics of using a smartphone. You will learn a handful of useful apps that are out there to help you and that will make your life easier. Notes: Students must bring a smartphone to class. Last class is 2 hours.
3 sessions, 8 hours
$69 persons under 60. $25 MD residents over 60 (GPC627). $10 Senior Network members (SPS627).
Sec#  Day  Dates       Times         Location
01D  T/Th/M  9/15-9/21  9:45a-12:15p  Online

COOKING
Instant Pot Cooking Workshop
Great cooking is about more than recipes—it’s about techniques. Discover the ins and outs of cooking under pressure to save time and amp up the flavor. Learn Instant Pot settings, guidelines, and safety tips that will make you an Instant Pot expert in your own kitchen. All recipes use whole ingredients, no processed foods or additives. Course provides resources, knowledge, and tips to achieve ultimate wellness goals. Work with other students in a fun, hands-on environment. Notes: Each workshop features a different recipe. Bring your Instant Pot / or electric pressure cooker. Instructor: Hassig
1 session, 3 hours, $39
Course #: GAK122
Sec#  Day  Dates       Times         Location
01*  W  9/30       5:30-8:30p  Online
02*  W  10/28      5:30-8:30p  Online
03*  W  11/18      5:30-8:30p  Online
*01 – Recipe: Spaghetti / Italian theme
*02 – Recipe: Orange Chicken/ Asian Theme
*03 – Recipe: Pulled Pork/ South American Theme

DANCE / FITNESS
Beginner Ballet
A beginning ballet course for those who have ever wanted to take ballet, or for those who wish to return to the art form. Students will study classical barre work, proper technique, and stretching. Whether you wish to gain or re-establish perspective of your body and the joy of dancing, this class is for you. Note: No prior experience is required. Instructor: Smith, S.
8 sessions, 8 hours
$79 persons under 60. $25 MD residents over 60 (GFD616). $5 Senior Network members (SFD616).
Sec#  Day  Dates       Times         Location
01D  W  9/2-10/7     6:15-7:15p  Online
02D*W 10/21-12/2  6:15-7:15p  Online
*02D - No class Nov. 25.

Intro to Tap Dancing
If you are new to Tap, or need a refresher course, then Intro to Tap Dancing is perfect for you. Develop confidence, concentration, coordination and musicality in this course designed for beginners. Notes: No senior tuition waiver. No experience necessary. Tap shoes are required. Instructor: Smith, S.
6 sessions, 3 hours, $25
Course #: GFD161
Sec#  Day  Dates       Times         Location
01  F  9/4-10/9     9-9:30a  Online
02* F  10/23-12/4  9-9:30a  Online
*02 - No class Nov. 27.

410-287-1078 • learning4life@cecil.edu • cecil.edu
**Beginner Tap**  
A beginning tap course for those who have wanted to take tap or for those who want to return to the art form. Students will learn basic tap steps, combinations, and routines. Notes: No senior tuition waiver. Tap shoes are required. Students should wear comfortable clothing. No prior experience required. Instructor: Smith, S.  
6 sessions, 6 hours  
$49 persons under 60. $25 MD residents over 60 (GFD615). $5 Senior Network members (SFD615).  
Sec# Day Dates Times Location  
01D F 9/4-10/9 9:30-10:30a Online  
02D*F 10/23-12/4 9:30-10:30a Online  
*02D - No class Nov. 27.  

**Dance Sport - Level I – Ballroom Dancing**  
This class is for students with no dance experience in Waltz, Foxtrot, Cha-Cha, Rumba, Salsa, Swing, and Tango. Dance Sport can make you a hit at a party or wedding and provides wonderful aerobic exercise for all ages. Notes: No partner necessary. No senior tuition waiver.  
Instructor: Cardillo  
6 sessions, 6 hours, $45  
Course #: GFD105  
Sec# Day Dates Times Location  
02 M 9/14-10/19 6-7p Online  
03 M 11/2-12/7 6-7p Online  

**Dance Sport - Level II – Ballroom Dancing**  
Sign up for this course, add more steps, and style for the Waltz, Foxtrot, Cha-Cha, Rumba, Salsa, Swing, and Tango. This course assumes a good knowledge of steps and figures from Dance Sport Level I. Pre-requisite Dance Sport Level I or instructor permission. It may benefit you to complete Level I twice. Notes: No partner necessary. No senior tuition waiver.  
Instructor: Cardillo  
6 sessions, 6 hours, $45  
Course #: GFD106  
Sec# Day Dates Times Location  
02 M 9/14-10/19 7-8p Online  
03 M 11/2-12/7 7-8p Online  

**Latin Dance I**  
Sexy, energetic, and exciting! Remember the Lambada, the forbidden dance? We’ll heat up the dance floor and start from the beginning steps to obtain a well-rounded knowledge of the foundations of Salsa, Merengue, Bachata, and Brazilian (traditional) Zouk. Re-take over a few semesters to really solidify your basics in these social dances, as not all are covered every series. Notes: No partner necessary. No senior tuition waiver. Instructor: McConnell  
6 sessions, 6 hours, $45  
Course #: GFD123  
Sec# Day Dates Times Location  
02 Th 9/3-10/8 7-8p Online  
03* Th 10/22-12/3 7-8p Online  
*02 - No class Nov. 26.  

**Latin Dance II**  
We continue the theory and practice of Latin Dance I material with a focus on precision and quality of movement. This course offers students comprehensive experience in rhythm, timing, syncopation, form, and interpretation. Not all dances may be covered in a single series. Instructor approval required to advance to this level. Notes: No senior tuition waiver. Instructor: McConnell  
6 sessions, 6 hours, $45  
Course #: GFD124  
Sec# Day Dates Times Location  
02 Th 9/3-10/8 7-8p Online  
03* Th 10/22-12/3 7-8p Online  
*02 - No class Nov. 26.  

**SharQui - The Bellydance Workout**  
Designed by world-famous belly-dancer Oreet, SharQui will help you shimmy your way to fitness using authentic bellydance moves in a fun, easy-to-follow, non-stop dance class. There is no need for previous dance experience. This class is designed for every level!  
Students should be dressed for movement. Bare feet or dance shoes are recommended (shoes with strong tread will hinder movement). Hip scarves are not required but absolutely welcome! Note: No senior tuition waiver. Instructor: Burril  
6 sessions, 6 hours, $25  
Course #: GFD150  
Sec# Day Dates Times Location  
03 M 9/14-10/19 3:30-4:30p Online  
04 M 9/14-10/19 5:30-6:30p Online  
05 M 11/2-12/7 3:30-4:30p Online  
06 M 11/2-12/7 5:30-6:30p Online
Swing Dance I
Come get your groove on with a great workout while socializing! Join us for learning the defining techniques of East Coast (triple) Swing, Jitterbug (single swing), and West Coast (sophisticated) Swing as well as their grandfather dances, Lindy Hop and Blues. Re-take over a few semesters to really solidify your basics in these social dances, as not all are covered every series. Notes: No partner necessary. No senior tuition waiver. Instructor: McConnell
6 sessions, 6 hours, $45
Course #: GFD115
Sec# Day Dates Times Location
02  Th  9/3-10/8  5-6p  Online
03*  Th  10/22-12/3  5-6p  Online

*02 - No class Nov. 26.

Swing Dance II
Building and advancing from Swing Dance I, we give some fun variety to your dancing. More complicated footwork with amalgamations will have you seamlessly switching between both basic and complex moves to show what you got on the social dance floor. Re-take over a few semesters to reinforce your own movement in addition to moving with a partner. Not all dances may be covered in a single series. Instructor approval required to advance to this level. Notes: No partner necessary. No senior tuition waiver. Instructor: McConnell
6 sessions, 6 hours, $45
Course #: GFD116
Sec# Day Dates Times Location
02  Th  9/3-10/8  6-7p  Online
03*  Th  10/22-12/3  6-7p  Online

*02 - No class Nov. 26.

FINANCIAL PLANNING

Estate and Financial Planning
Have you ever noticed that friends and relatives who have their financial affairs in order live less stressful lives? This course is designed to enable students to learn about the concepts and skills needed for effective estate and financial planning. Students will learn how to maximize retirement income, lower investment risk, and minimize tax burden. Course will cover leaving retirement assets to heirs, reading investment statements, and understanding bond and equity funds. Topics include reliable planning tools, wills, trusts, estates, Power of Attorney, and the latest developments in tax and trust laws. Note: Class is co-instructed by a Certified Financial Planner and CPA specializing in retirement income planning. Instructor: Albidress
2 sessions, 5 hours
$55 persons under 60. $25 MD residents over 60 (GLF600). $5 Senior Network Members (SLF600).
Sec# Day Dates Times Location
01D  T  9/22-9/29  6-8:30p  Online
02D  S  10/17-10/24  10a-12:30p  Online

FITNESS / TAI CHI / YOGA

30 Minute Circuit
30-Minute Circuit is an intense workout mixing traditional calisthenics and body weight exercises with interval training and strength training. Several stations comprise a circuit to target each muscle group as well as cardiovascular training for a full-body workout. This class combines both cardiovascular and muscular fitness in a short but effective 30-minute workout. Note: No senior tuition waiver. Instructor: Gerace
8 sessions, 6 hours, $25
Course #: GFN196
Sec# Day Dates Times Location
02  Th  9/17-11/5  5:30-6:15p  Online
03*  Th  11/19-1/28  5:30-6:15p  Online

*03 - No class Nov. 26, Dec. 24 & 31.
Cardio Stretch
A fitness class designed to increase cardiovascular endurance and flexibility. Aerobic routines will pull from traditional dance basics to improve cardiovascular strength, stamina, and overall physical fitness. Stretching will take root in dance and yoga basics to improve flexibility, strength, and balance. This class will provide a relaxing, stress free environment for anyone looking for a light, low impact workout. Note: No senior tuition waiver.
Instructor: Smith, S.
6 sessions, 6 hours, $25
Course #: GFN413

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Hatha Yoga- Level I
Yoga is a mind/body exercise program for increasing flexibility with strength, stamina, concentration, relaxation, balance, weight, and stress management. This class is for men and women of all ages and abilities. The instructor will share their experience with beginners and continuing students. Note: No prior experience needed.
9 sessions, 9 hours
$75 persons under 60. $25 MD residents over 60 (GFN105). $5 Senior Network members (SFN115).

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Hatha Yoga- Level II
Position yourself for more progressive yoga instruction. This course will focus on advanced physical exercise as it involves both psychological and physiological processes, and the principles of relaxation. Each student is given an individual routine to follow throughout the semester. Pre-requisite: Hatha Yoga Level I.
9 sessions, 9 hours
$75 persons under 60. $25 MD residents over 60 (GFN106). $5 Senior Network members (SFN106).

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Living Well with Chronic Conditions
The Chronic Disease Self-Management Program workshop is FREE and meets for two hours once a week for six weeks. Classes are highly participative, where mutual support and success build the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives.
6 sessions, 12 hours, FREE
Course #: GCO141

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*01 - No class Nov. 25.

Living Well with Diabetes
The Diabetes Self-Management Program workshop is FREE and meets for two hours once a week for six weeks. Participants make weekly action plans, share experiences, and help each other solve the problems they encounter in creating and carrying out their self-management program. Note: Companion book and relaxation tape included.
6 sessions, 12 hours, FREE
Course #: GCO140

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Pilates Fusion
Pilates Fusion combines concepts from both Pilates and yoga to form a dynamic strength-training workout. This unique exercise class will improve your balance and flexibility while sculpting your body. Core conditioning ensures a challenging and productive workout. Pilates Fusion is non-impact and suitable for all levels. Note: No senior tuition waiver. Instructor: Gerace
8 sessions, 6 hours, $25
Course #: GFN137

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*03 - No class Nov. 26, Dec. 24 & 31.

SHiNE Dance Fitness
SHiNE Dance Fitness™: SHiNE™ is a high cardio dance fitness class rooted in Jazz, Ballet and Hip Hop. We use current music and the routines are choreographed to make you feel strong, happy, confident and inspired. This class is guaranteed to energize your soul. All abilities welcome! Note: No senior tuition waiver. Note: No senior tuition waiver. Instructor: Smith, A.
6 sessions, 6 hours, $25
Course #: GFN416

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**Tai Chi & Qigong for Healthy Living**

Improve your fitness and enrich your overall health, balance, posture, strength, and energy. Qigong exercises blended with Tai Chi principles make a positive combination for promoting good health and vitality. Discover your own internal energy through several sets of forms, which participants will be able to perform as complete, self-contained Qigong routines. Notes: This class is taught with the needs of seniors and people with arthritis in mind. No prior experience is necessary. Wear loose clothing and soft, flexible, flat shoes. Instructor: Martinez

6 sessions, 6 hours

$32 persons under 60. $25 MD residents over 60 (GFN125). $5 Senior Network Members (SFN125).

**Zumba**

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and effective fitness system. Our Zumba program incorporates footwork and body movements from flamenco, salsa and other dances. Note: No senior tuition waiver. Instructor: Askew

6 sessions, 6 hours, $25

Course #: GFN141

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**HANDGUN SAFETY**

**Maryland HQL**

The Maryland State Police Handgun Qualification License course is now being offered at Cecil College. Completion of this course allows you to apply for your Maryland Handgun Qualification License and is designed to promote firearm safety in Maryland. This course includes firearms safety, nomenclature, live fire exercises, information on mechanisms and operations, discussion on Maryland State Law and more! After successfully completing this class you will be able to submit your application. Notes: Live Scan included in cost of class and offered on campus. All materials will be provided. One hour will be on the shooting range, time arranged through instructor. Instructor: Hardy

1 session, 4 hours

$229 persons under 60. $90 MD residents 60 and above.

Course #: GRL190

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**Women Specific Firearms - Maryland HQL**

The Maryland State Police Handgun Qualification License course is now being offered at Cecil College. Completion of this course allows you to apply for your Maryland Handgun Qualification License and is designed to promote firearm safety in Maryland. This course includes firearms safety, nomenclature, live fire exercises, information on mechanisms and operations, discussion on Maryland State Law and more! After successfully completing this class you will be able to submit your application. Notes: Live Scan included in cost of class and offered on campus. All materials will be provided. One hour will be on the shooting range, time arranged through instructor. Instructor: Hardy

1 session, 4 hours

$229 persons under 60. $90 MD residents 60 and above.

Course #: GRL191

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**HISTORY & HUMANITIES**

**A Tale of Two Colonial Towns**

Discover Elkton and New Castle! Examine the development of these two towns from the Revolutionary Period to the present. How did the settlements originally occur? What societal changes can be traced? What does present day development look like? Note: To enhance course material presented in the classroom a field trip may be included. Instructor: Dixon

3 sessions, 9 hours

$79 persons under 60. $25 MD residents over 60 (GZH477). $5 Senior Network Members (SZH477).

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**America’s National Parks**

A former NPS Park Ranger/Museum Curator gives her take on the history of the National Park System. Learn about its mission in the past and its future. Get insider tips and information about how best to visit your local National Parks. Note: No senior tuition waiver. Instructor: Rasa

1 session, 2 hours, $39

Course #: GZH 125

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Castles of Germany
Did Walt Disney really model the Cinderella Castle after King Ludwig II’s Neuschwanstein Castle? Study a select group of Germany’s most extraordinary castles - their architecture, owners, and special features. Take a step back in time and learn of these beautiful, fairy-tale structures! Instructor: Lenhoff
4 sessions, 8 hours
$69 persons under 60. $25 MD residents over 60 (GZH175). $5 Senior Network Members (SZH175).
Sec# Day Dates Times Location
01D W 9/16-10/7 9-11a Online

Exploring the Lower Susquehanna
This course explores the history of the Lower Susquehanna River, from Harrisburg to Havre de Grace. Explore how the waterway shaped the development of this part of northeastern Maryland and southcentral Pennsylvania. Beginning with the natural history of the waterway, we will look at life in this area and the progress of towns and villages along the river’s route. Topics include the history of little known places such as Arkhaven, McCall’s Ferry, York Haven, and Peach Bottom. Plus, larger towns such as Columbia, Delta, Port Deposit, and Havre de Grace. Instructor: Dixon
3 sessions, 9 hours
$79 persons under 60. $25 MD residents over 60 (GZH595). $5 Senior Network Members (SZH595).
Sec# Day Dates Times Location
01D W 9/16-9/30 9a-12p Online

History of German Culture
Dive into the German culture and learn the history, culture, people, food and drink, geography, climate, and language. It is ideal for anyone considering a trip to Germany or just learning more about the country. The course will be conducted in English and is not a German language course. Instructor: Lenhoff
5 sessions, 10 hours
$99 persons under 60. $25 MD residents over 60 (GZH443). $5 Senior Network Members (SZH443).
Sec# Day Dates Times Location
01D W 10/21-11/18 9-11a Online

History of Russian Culture
An introductory Russian appreciation course designed to give insight into Russia’s culture, heritage, and history. The course is geared towards anyone interested in the art, geography, history, literature, music, food, and language of Russia. Instructor: Sheriff
6 sessions, 12 hours
$99 persons under 60. $25 MD residents over 60 (GZH543). $5 Senior Network Members (SZH543).
Sec# Day Dates Times Location
01D Th 9/17-10/22 1-3p Online

Introduction to Art History
This course is a chronological study of art and architecture from the Renaissance to the 20th century. Class will study the visual characteristics of works of art and interpret the meaning of the objects in their cultural and historical contexts. A series of lectures and interactive discussions will explore how artists and art historians have used art to examine and critique society. Students will develop critical thinking skills and a broad knowledge of the western artistic traditions since the 15th century. Topics include an overview of specific historical periods, artistic styles, cultural, political, and religious differences. Instructor: Bilas
8 sessions, 16 hours
$110 persons under 60. $25 MD residents over 60 (GZH621). $5 Senior Network Members (SZH621).
Sec# Day Dates Times Location
01D T 9/29-11/17 6-8p Online

Jamestowne vs Plimoth: America the Beautiful
They came for different reasons: one seeking religious freedom, the other gold and for decades they have been in competition as the first two successful English settlements in North America. Plimoth, while the second of the two, is believed to be first by many Americans, due mostly to the “First” Thanksgiving myth. While slavery was not uncommon in Plimoth and all of Massachusetts, Jamestowne has the burden of having to defend itself for being the first colony to have slavery, though not the first to legalize it. That forgotten distinction goes to… wait for it… Massachusetts! Then there’s tobacco. This course will compare and contrast the competitive histories of these two pioneering English colonies from their beginnings in 1607 and 1620 respectively, and show how these different establishments were a critical part of creating “America the Beautiful.” Instructor: Mease
4 sessions, 8 hours
$69 persons under 60. $25 MD residents over 60 (GZH505). $5 Senior Network Members (SZH505).
Sec# Day Dates Times Location
01D W 9/9-9/30 6-8p Online
**Lighthouses, Shipwrecks, Lifesavers, and the Formation of the US Coast Guard**
This course highlights the history of the US Coast Guard through its predecessor organizations which include: the US Lighthouse Service, the US Life-Saving Service, and the Revenue Cutter Service from colonial days to modern times. Topics include a history of American Lighthouses and life at a lighthouse. This includes lighthouse keepers, their families, and women lighthouse keepers including Cecil County’s own Fanny Salter at Turkey Point Light. History of shipwrecks and lifesavers will examine how the US government began funding life-saving stations on our shores to rescue shipwreck victims. Note: No senior tuition waiver. Instructor: Rasa
2 sessions, 4 hours, $39
Course #: GZH 119
Sec#  Day Dates  Times  Location
01  Th  10/1-10/8  10a-12p  Online

**Tales from the Rails**
The local depot was the center of the community, a place to catch a train and learn the news of the day. As tracks spread through the region, growth followed the lines. Trace the social history of trains on the Peninsula from the beginning of the railroad age to the present.
Instructor: Dixon
3 sessions, 9 hours
$79 persons under 60. $25 MD residents over 60
(GZH172). $5 Senior Network Members (SZH172).
Sec#  Day Dates  Times  Location
01D  W  8/26-9/9  9a-12p  Online

**Tales the Stones Whisper**
Lots of history can be gained by studying the past in old burial grounds. The legacy of the region will be explored between the 18th and 20th centuries. Hear the factual stories the tombstones whisper and learn about Revolutionary and Civil War soldiers. Instructor: Dixon
4 sessions, 12 hours
$99 persons under 60. $25 MD residents over 60
(GZH171). $5 Senior Network Members (SZH171).
Sec#  Day Dates  Times  Location
01D  W  10/7-10/28  9a-12p  Online

**The Age of Renaissance**
Following the fall of Rome and subsequent languishing of the dark ages, a cultural awakening occurred in the 14th century city-states of the Italian peninsula. The renaissance set in motion dramatic change. The arts flourished while merchants and bankers became leading citizens. Florence and Venice became extremely wealthy.
Join us as we explore the renaissance. Instructor: Lenhoff
9 sessions, 18 hours
$149 persons under 60. $25 MD residents over 60
(GZH419). $5 Senior Network Members (SZH419).
Sec#  Day Dates  Times  Location
01D  Th  9/24-11/20  9-11a  Online

**The Rapture of the Church**
What does the prophetic word of God in Holy Scripture tell us about the next greatest event to happen in all of history? What is the rapture of the church and how is it different from the 2nd Coming of the Lord Jesus Christ? What passages in the Holy Bible clearly state the doctrine of the Rapture? What is its historical bases in Christianity? Why is there so much doubt and disbelief, even confusion over the plan and promises Christ made to his believers? Instructor: Mehosky
4 sessions, 8 hours
$69 persons under 60. $25 MD residents over 60
(GZH630). $5 Senior Network Members (SZH630).
Sec#  Day Dates  Times  Location
01D  M  10/5-10/26  9:30-11:30a  Online

**The Star Spangled Banner**
The Star-Spangled Banner, a source of pride in good times and comfort in bad, remains controversial, not only for what it stands for, but for how it was composed and by whom. This course will explore the anthem, the war and battle that generated it, the author, and the tune that accompanies it.
Instructor: Mease
4 sessions, 8 hours
$69 persons under 60. $25 MD residents over 60
(GZH629). $5 Senior Network Members (SZH629).
Sec#  Day Dates  Times  Location
01D  W  10/21-11/11  6-8p  Online
The Underground Railroad on the Northern Chesapeake & Delmarva Peninsula
With a special spotlight on Cecil County, this course examines the story of the Underground Railroad on the northern Chesapeake and the Delmarva Peninsula. Overlapping national events with local history, the course considers questions about this troubling era by investigating slavery in the area, the experience of freedom seekers, the abolition movement, and how the Underground Railroad functions across this area. Instructor: Dixon
2 sessions, 6 hours
$59 persons under 60. $25 MD residents over 60 (GZH501). $5 Senior Network Members (SZH501).

Sec# Day Dates Times Location
01D W 12/9-12/16 9a-12p Online

HOLISTIC & HEALTHY LIVING

Anchoring the Light
There are three aspects to Anchoring the Light on this planet: 1) Strengthening Your Connection to Spirit, 2) Creating Your Own Heaven on Earth, and 3) Tapping into the Network of Light. We will hold three Mastermind Groups online where you will be reminded that you are high vibration Light living in a low vibration world, that you have the power to decide that your perceived limitations are no longer your limitations, and that you can live your Heaven on Earth right now. We will practice living in alignment with our highest thoughts, our Highest Good. We will gather via a Zoom connection, and share and meditate together, listening within for our homework for each coming week. Your instructor, Zing, will make sure you get the most you can from this course! Note: No senior tuition waiver. Instructor: Nafzinger
3 sessions, 6 hours, 45
Course #: GWE295

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Back to School - Essential Oils
How to use essential oils and other natural products to help concentrate, focus, give you energy and help keep you healthy through the school year. Note: No senior tuition waiver. Instructor: Reynolds
1 session, 2 hours, $39
Course #: GWE137

Sec# Day Dates Times Location
01 F 9/11 12-2p Online
02 S 9/12 12-2p Online

Communicating with Faerie Elementals
Elementals are the thought-forms which work to manifest God’s Creation. Humans call these industrious thought-forms “faeries”. They are the spirits of Mother Nature which animate every living thing. The Human and Faerie Kingdoms depend upon each other in maintaining a clean, well-balanced world. Come practice listening to the Faeries of Earth, Sea, Sky, and Air! What would you like to ask them? Note: No senior tuition waiver. Instructor: Nafzinger
1 session, 2 hours, 29
Course #: GWE134

Sec# Day Dates Times Location
01 M 10/5 10a -12p Online
02 M 11/23 10a -12p Online

Entering the Space of Utmost Possibility
This is a class about communicating with the parts of you that you may be avoiding. Running away from them is not the best policy when they have wisdom to teach you. Join us guided by your sword of truth, and enter the Space of Utmost Possibility, as a Seeker among the Fourteen Kingdoms. Dare to allow your imagination to aid you in resolving your conflicts and becoming a more whole being. Note: No senior tuition waiver. Instructor: Nafzinger
1 session, 2 hours, 29
Course #: GWE136

Sec# Day Dates Times Location
01 M 11/2 10a-12p Online
02 M 12/21 10a-12p Online

410-287-1078 • learning4life@cecil.edu • cecil.edu
Green Cleaning & Essential Oils
Cleaning products are some of the most harmful and toxic products we have in our homes today. We will teach you some new recipes which you can use to get rid of the chemicals that are causing so many health issues in our homes! We will make an all-purpose spray and a cleaning paste. Come and learn how to ditch and switch!
Note: No senior tuition waiver.
Instructor: Reynolds
1 session, 2 hours, $39
Course #: GWE362

Holiday Make & Take Essential Oils
Join us as we make fabulous oil infused holiday gifts.
Students will make lip balm, hot cocoa mix, a sugar scrub, a room spray, and bath salts. These gifts will make perfect stocking stuffers, hostess gifts, or gifts for teachers or co-workers.
Note: No senior tuition waiver.
Instructor: Reynolds
1 session, 2 hours, $39
Course #: GWE367

Household Excavation – Unearthing Your Life Room by Room
Get practical guidance through the decision-making process to address the clutter throughout your home. Follow up with room by room highlights of trouble spots and solutions. Instructor has over 30 years of experience in home organizing.
Note: No senior tuition waiver.
Instructor: Goffinet
1 session, 2 hours, $29
Course #: GWE138

In-Depth Tarot
Learn to read the tarot and get a basic knowledge of the 78-card system while connecting with the cards on a very deep and personal level. Suitable for beginners. Practical information and hands-on practice are provided.
Notes: No prior experience necessary.
Required materials include a standard Tarot deck.
Instructor: Miller
1 session, 3 hours, $39
Course #: GWE118

Intro to Past Life Regression
Are you curious about Past Life Regression and how it works? Come be introduced to the fundamentals and try it out for yourself. Your instructor Zing has helped many people understand why they have had certain relationships and circumstances in their life that were puzzling. You feel you’ve lived somewhere else before? Have an obsession with a particular part of history? Come unveil the mystery.
Note: No senior tuition waiver.
Instructor: Nafzinger
1 session, 2 hours, $29
Course #: GWE135

Intuitive Tarot Workshop
Learn how to use tarot cards to tap into your natural intuitive abilities. Study the basic structure of tarot, color meanings, the suits, the court cards, and card layouts. Then pair up to practice seeing messages in the cards, feel their energy, and make connections between them.
Notes: Bring your favorite tarot deck and notebook to class with you! No prior experience necessary.
Instructor: Miller
1 session, 2 hours, $29
Course #: GWE129

Living Reiki as a Lifestyle
You will learn the basic principles of “Reiki”, a Japanese concept referring to living as a bridge between heaven and earth, as a conscious healer in the world. You will practice the technique of self-healing, Reiki-style. You will learn how the five components of the Reiki healing technique can be used in your everyday life, so you become more conscious of being a “healer” in every moment.
Note: No senior tuition waiver.
Instructor: Nafzinger
1 session, 2 hours, $29
Course #: GWE118
Medicare & Medicaid - The Basics
Most Americans will go on Medicare at 65 and many need Medicaid to pay for their long-term care. We’ll compare these two critical government programs: who and what is covered, when and how to apply, common misperceptions, skilled vs custodial care, and making sense of the “alphabet soup”–Parts A, B, C, D. Learn to navigate these complicated benefits programs. Note: No senior tuition waiver. Instructor: Howie
1 session, 2 hours, $29
Course #: GFH632

Oils of Ancient Scripture
Unlocking the secrets of essentials oils and biblical healing. Essential oils were used before, during and after the time of Christ. They were used for emotional, physical and spiritual support. In this class we will discuss 12 essentials oils all used during ancient times, what they were used for, how you can use them today, and where they are mentioned in the bible. Notes: We will make 2 oil infused make-n-takes. No senior tuition waiver.
Instructor: Reynolds
1 session, 2 hours, $39
Course #: GWE368

Tarot Combinations
We’ll go deeper into tarot interpretation as we look at how combining the cards changes the way you look at the card meanings. Notes: No senior tuition waiver.
Instructor: Miller
1 session, 2 hours, $29
Course #: GWE336

Tarot for Personal Insight
In this class, we will look at the Major Arcana as representing the archetypal stages of a soul’s journey through the duality of life toward the ultimate goal of union, a journey of self-discovery through our challenges of socialization, the birth of authenticity, and transformation. We will dialogue with the cards for personal insight. BYO cards, if you like. Note: No senior tuition waiver. Instructor: Miller
1 session, 3 hours, $39
Course #: GWE319

The Lenormand Oracle
The Lenormand Oracle is an amazing system of divination that is more straightforward than the tarot, yet allows for insightful answers to everyday questions. We’ll review the 36-card system and it’s symbolism, then dive in to start interpreting the cards using several techniques that allow for a layered reading of the cards. If you’ve been looking for a new tool to add to your magical toolbox, this is a good one. Notes: No senior tuition waiver. No need to purchase a deck. Instructor: Miller
1 session, 3 hours, $39
Course #: GWE276

Walking the Path of the Major Arcana
Tarot is a book of metaphysics designed to teach us to travel the journey of life to realize our power when we fully connect to the Divine. Go on a journey through the Major Arcana cards, which show us the aspects of life and how we are no longer at the mercy of chance, but instead capable of creating our own destiny. Note: No senior tuition waiver. Instructor: Miller
1 session, 2 hours, $29
Course #: GWE161

Winter Wellness
Using essentials oils, herbs, berries and other natural products to boost your immune system and other ways to help keep you healthier through the winter months. Notes: We will make an essential oil roller and another oil infused make-n-take. No senior tuition waiver. Instructor: Reynolds
1 session, 2 hours, $39
Course #: GWE369

Sec# Day Dates Times Location
01 T 11/3 7-9p Online
02 T 11/10 7-9p Online
03 T 11/17 7-9p Online

Sec# Day Dates Times Location
01 S 10/3 10a-1p Online

Sec# Day Dates Times Location
01 S 10/17 10a-1p Online

Sec# Day Dates Times Location
01 F 11/6 12-2p Online
02 S 11/7 12-2p Online
HOME & GARDEN

BFGC - Erosion and Storm - Water Management
This workshop focuses on erosion and storm-water management, which are vital to reducing the negative elements. Understand the water runoff cycle and current trends and practices to help control and lessen the negative impact on the Chesapeake Bay. Note: No senior tuition waiver. Instructor: Michaud
1 session, 2 hours, $29
Course #: GSG211
Sec# Day Dates Times Location
01 S 9/19 12:30-2:30p Online

BFGC - Native Plants
This workshop focuses on Native Plants which play a huge role on ecosystem sustainability. Attention on native plants ID and their presence in the natural landscape, but deforestation and loss of buffer zones have accelerated the Chesapeake Bays decline. Recycling and re-using our products and resources are extremely important to future sustainability. This simple lifestyle practice has major impact on planet sustainability. Note: No senior tuition waiver. Instructor: Michaud
1 session, 2 hours, $29
Course #: GSG242
Sec# Day Dates Times Location
01 S 10/3 12:30-2:30p Online

Regional Bullies - Plants, Pests and Mammals – Invasive Species
Invasive species are in the news. Learn about the impact invasive plants, pests and mammals have on our regional environment. Learn their ID, characteristics and best methods of control. Note: No senior tuition waiver. Instructor: Michaud
4 sessions, 6 hours, $59
Course #: GSG250
Sec# Day Dates Times Location
01 S 10/17-11/7 12:30-2:30p Online

LANGUAGES / FOREIGN LANGUAGE

American Sign Language II
Extend your signing and reception skills! This second level ASL class will teach more descriptive signs, and cover topics of family, friends, and food. Class is designed for anyone who has completed ASL I or has a basic knowledge of ASL. Pre-requisite: ASL I or permission of instructor. Note: Textbook required.
Instructor: Brown
10 sessions, 20 hours
$155 persons under 60. $25 MD residents over 60 (GCL204). $5 Senior Network Members (SCL107).
Sec# Day Dates Times Location
01D* S 10/3-12/12 9-11a Online
*01D – No class Nov. 28.

French
Learn the most romantic language of the world. Class is designed for beginning students who wish to learn basic grammar, oral communication, and common vocabulary. Learn the language and the culture will come alive.
Instructor: Ndikum
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL105). $5 Senior Network Members (SCL107).
Sec# Day Dates Times Location
01D Th 8/27-10/15 6-8p Online

French II
Expand your French vocabulary with this class designed for students who wish to advance their basic grammar, oral communication, and common vocabulary. Pre-requisite: French I or permission of instructor. Instructor: Ndikum
7 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL305). $5 Senior Network Members (SCL305).
Sec# Day Dates Times Location
01D Th 8/27-10/15 6-8p Online

French III
Improve your ability to comprehend, converse, and write in French. Increase vocabulary, master written and verbal communication, and expand your grammar. Learn to express possession, past events, future time, and future action. Pre-requisite: French II or permission of the instructor. Instructor: Ndikum
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL308). $5 Senior Network Members (SCL308).
Sec# Day Dates Times Location
01D* Th 10/22-12/17 6-8p Online
*01D – No class Nov. 26.
French IV
This upper level French course will improve your listening and translating skills and continue to create dialogue with many practical applications. You will learn about cultures and traditions of French-speaking nations. Pre-requisite: French III or permission of the instructor. Note: Textbook required. Instructor: Ndikum
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL325). $5 Senior Network Members (SCL325).

Sec# Day Dates Times Location
01D* Th 10/22-12/17 6-8p Online
*01D - No class Nov. 26.

German I
Discover the German culture and language. Simple grammar, pronunciation rules and vocabulary relevant to daily conversation will be stressed. Instructor: Lenhoff
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL101). $5 Senior Network Members (SCL101).

Sec# Day Dates Times Location
01D T 8/25-10/13 9-11a Online

German II
Improve the basic skills acquired in German I. Continue with progressive reading and speaking skills through dialogue, role-playing, and conversational exercises. Grammar will be emphasized. Pre-requisite: German I or permission of instructor. Instructor: Lenhoff
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL201). $5 Senior Network Members (SCL201).

Sec# Day Dates Times Location
01D T 10/20-12/8 9-11a Online

Russian I
Begin a new language study here. This introductory course covers the alphabet, vocabulary, grammar, pronunciation, and comprehension necessary for basic communication in Russian. Discover the rich culture and history of Russia. Note: Textbook required. Instructor: Sheriff
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL106). $5 Senior Network Members (SCL106).

Sec# Day Dates Times Location
01D W 8/26-10/14 1-3p Online

Russian II
Continue your Russian exploration. Increase vocabulary, and your reading, writing and communication skills. Rush into Russian II. Pre-requisite: Russian I or permission of instructor. Note: Textbook required. Instructor: Sheriff
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL206). $5 Senior Network Members (SCL206).

Sec# Day Dates Times Location
01D* W 10/21-12/16 1-3p Online
*01D - No class Nov. 25.

Spanish I
Study the Spanish culture through its language. Grammar, pronunciation, and practical vocabulary will be covered. Students will also practice answering questions and writing simple sentences. A good first step for travel or study. Note: Textbook required.
8 sessions, 16 hours
$135 persons under 60. $25 MD residents over 60 (GCL103). $5 Senior Network Members (SCL103).

Sec# Day Dates Times Location
01D M 10/5-11/23 6-8p Online

LITERATURE & WRITING
Write and Publish a Book
Have you dreamed of writing and publishing a book but just need some help? Whether you’re writing fiction or non-fiction, whether or not you’ve already started, bestselling author Michele Chynoweth will instruct you on how to successfully write your first book – guiding you on everything from planning and organization to plot, voice and style. She will also share her 30 years of experience in editing, publishing and marketing, covering everything from which publishing path to take to tips on promoting your book to successfully get it out into the world! Instructor: Chynoweth
3 sessions, 9 hours
$79 persons under 60. $25 MD residents over 60 (GHW113). $5 Senior Network Members (SHW113).

Sec# Day Dates Times Location
01D S 9/19-10/3 9a-12p Online
MUSIC/DRAMA/THEATER

Acting Coaching Lessons
Working with an experienced director can make all the difference when preparing a performance. Whether you’re looking to strengthen your skills or workshop a specific piece, our acting coaching sessions can help you meet your goals as a performer. During your sessions, you will work one-on-one with one of Cecil College’s acting professors to receive individualized instruction and coaching designed to meet your personal goals.

Notes: No senior tuition waiver. After registering, please contact the lesson coordinator Kelsy Bostic at kbostic@cecil.edu for additional class information.

Corresponds to youth course YPT236. Instructor: Bostic
1 session, 1 hour, $30
Course #: GHM236

Music Lessons
Discover your musical talent and learn to play the music you have always loved! Lessons on most instruments are available, including guitar, voice, piano, drums, woodwinds, strings, brass, and more. Our instructors have performed worldwide and have graduated from some of the finest schools, including Peabody Conservatory, New England Conservatory, Towson University, music schools in Italy, and others. Notes: No senior tuition waiver. Beginner to advanced welcomed.

After registering, please contact the lesson coordinator adickenson@cecil.edu for additional class information.

Textbook required. Corresponds to youth courses YES/YHS550, YES/YHS551, and YES/YHS549.

14 sessions, 7 hours, $409
Course #: GHM550
7 sessions, 3.5 hours, $215
Course #: GHM551
4 sessions, 2 hours, $125
Course #: GHM549

Piano I
Piano Class is the study of basic music skills as they apply to piano playing. Music theory, sound production, pedal techniques, posture, hand position and knowledge of repertoire are developed through weekly reinforcement in a group setting. Students should expect approximately 20 minutes of individual lessons, and the remainder of the time will be spent as individual practice and/or group learning. Note: Textbook required.

Instructor: Luther
12 sessions, 24 hours
$175 persons under 60. $25 MD residents 60 and above.
Course #: GHM497

Rock Band Academy
So you want to be a rock superstar? This class offers budding musicians a unique opportunity to play in bands, write their own music, perform, and record demos. Become a Master of Rock! Notes: No senior tuition waiver. Vocalists and all instrumentalists are welcome. Students who sign up for this class should have a minimum of one year of experience either singing or playing an instrument. Textbook required.

Performance Friday Nov. 13th at 6pm. Corresponds to youth courses YES/YHS488. Instructor: Luther
13 sessions, 39 hours, $199
Course #: GHM488

PHOTOGRAPHY

Developing Your Vision
The key to taking better photographs is less a matter of technique and more of that intangible thing called “vision.” Learn how to develop and refine your vision, create compositions that have impact, exploit natural light, capture the decisive moment, and develop your style. Note: Students should bring their own cameras.

Instructor: Watkins
3 sessions, 6 hours
$59 persons under 60. $25 MD residents over 60 (GAV224). $5 Senior Network members (SAV224).

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Digital Photography
This is a general overview course designed to familiarize participants with the process of digital photography. Learn how to use the functions of a digital camera such as: shutter, aperture, white balance and ISO. You will start to see through the lens of a camera. Learn how to look at lighting, textures, and colors. Note: Students should bring their own cameras. Instructor: Watkins
3 sessions, 6 hours
$59 persons under 60. $25 MD residents over 60 (GAV130). $5 Senior Network members (SAV130).

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Digital Photography II
This course will expand upon the concepts and techniques of Digital Photography. Course is designed for students who already have a basic understanding of their camera and want to take their photography a step further. Topics include review of basic camera use, how to shoot more professional pictures, photo-editing and manipulating images, and file management systems. Note: Students should bring their own cameras.
Instructor: Watkins
3 sessions, 6 hours
$59 persons under 60. $25 MD residents over 60 (GAV617). $5 Senior Network members (SAV617).

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