



Course Catalog
Spring 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 Cultural 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.

February 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
10:30-noon	How to Protect Your Stuff in 3 Easy Steps - Estate Planning Wilson McManus	Plastic Pollution - A Driver of Global Change Kerria Burns	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.		African Cuisine Katie Barney 9:30 a.m. - 12:30 p.m.
1-2:30 pm	World War I: The War That Shaped the 20th & 21st Centuries Dennis Conrad			State of Eastern Shore Waterways Courtney Leigh Maegan White	
3-4:30 pm	Cancer & Genetics Bernadette Ryan		Memory Matters: The Impact of Memory on Everyday Life Nancy Brandenburger		
	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
10:30-noon	Current Events and Social Issues Nancy Fink	Plastic Pollution - A Driver of Global Change Kerria Burns	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.	Stroke Smart Christopher Burke	Bead Weaving - Peyote Stitch Bracelet Teddy Griffin 10:00 a.m. - noon
1-2:30 pm	World War I: The War That Shaped the 20th & 21st Centuries Dennis Conrad		Horticulture Series Cindy King	State of Eastern Shore Waterways Courtney Leigh Maegan White	
3-4:30 pm	Cancer & Genetics Bernadette Ryan		Memory Matters: The Impact of Memory on Everyday Life Nancy Brandenburger		
	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
10:30-noon	Current Events and Social Issues Nancy Fink	Answers to your Burning Questions: Cremation Ryan Helfenbein	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.	Gentle Yoga Susan Clagggett 11:15 a.m. - 12:15 p.m.	Bead Weaving - Peyote Stitch Bracelet Teddy Griffin 10:00 a.m. - noon
1-2:30 pm	World War I: The War That Shaped the 20th & 21st Centuries Dennis Conrad	Great Decisions 2025 Joe Sikes	Horticulture Series Cindy King	State of Eastern Shore Waterways Courtney Leigh Maegan White	
3-4:30 pm	Cancer & Genetics Bernadette Ryan		Book Club Mary Jo Volpicelli		
	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
10:30-noon		Answers to your Burning Questions: Cremation Ryan Helfenbein	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.	Gentle Yoga Susan Clagggett 11:15 a.m. - 12:15 p.m.	Mixed Media Key House Candace Liccione 10:00 a.m. - 2:00 p.m.
1-2:30 pm	World War I: The War That Shaped the 20th & 21st Centuries Dennis Conrad	Trip: Horn Point Laboratory Tour 2:00 - 3:30 p.m. — Tour 4:00 - 5:30 p.m. — Food and drinks (optional)	Horticulture Series Cindy King	State of Eastern Shore Waterways Courtney Leigh Maegan White	4300 Main St. Grasonville
3-4:30 pm	Cancer & Genetics Bernadette Ryan				

March 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
10:30-noon	Current Events and Social Issues Elaine Friedman	Genealogy Workshop Susan Elter	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.	Gentle Yoga Susan Claggett 11:15 a.m. - 12:15 p.m.	Ukrainian Easter Katie Barney 9:30 a.m. - 12:30 p.m.
1-2:30 pm	World War I: The War That Shaped the 20th & 21st Centuries Dennis Conrad	Great Decisions 2025 Joe Sikes	Horticulture Series Cindy King	State of Eastern Shore Waterways Courtney Leigh Maegan White	
3-4:30 pm				Introduction to Wine Tasting Dave Menzie	
	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
10:30-noon	Current Events and Social Issues Elaine Friedman	Genealogy Workshop Susan Elter	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.	Gentle Yoga Susan Claggett 11:15 a.m. - 12:15 p.m.	Cuisine of Brazil Katie Barney 9:30 a.m. - 12:30 p.m.
1-2:30 pm	Lesser Known Tropical Pacific Islands Galt Siegrist	Great Decisions 2025 Joe Sikes	Horticulture Series Cindy King	State of Eastern Shore Waterways Courtney Leigh Maegan White	
3-4:30 pm			Book Club Mary Jo Volpicelli	Introduction to Wine Tasting Dave Menzie	
	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
10:30-noon		Genealogy Workshop Susan Elter	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.	Gentle Yoga Susan Claggett 11:15 a.m. - 12:15 p.m.	Mosaic Coasters Candace Liccione 10:00 a.m. - 2:00 p.m. 4300 Main St. Grasonville
1-2:30 pm	Lesser Known Tropical Pacific Islands Galt Siegrist	Great Decisions 2025 Joe Sikes	1965-1975 America Magical Mystery Tour Fred McNeil	Ukrainian/Pysanky Egg Decorating Workshop Carol Conrad	
3-4:30 pm				Introduction to Wine Tasting Dave Menzie	Art of Spain from 711 CE to the 17th Century Beverly Hall Smith
	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
10:30-noon	Current Events and Social Issues TBD	Sourdough Bread for Beginners Cindy Nichols 9:30 a.m. - 12:30 p.m.	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.	Gentle Yoga Susan Claggett 11:15 a.m. - 12:15 p.m.	
1-2:30 pm	Lesser Known Tropical Pacific Islands Galt Siegrist	Great Decisions 2025 Joe Sikes	1965-1975 America Magical Mystery Tour Fred McNeil	Ukrainian/Pysanky Egg Decorating Workshop Carol Conrad	What Will Our World Be Like In 2040? Ben Riley
3-4:30 pm				Introduction to Wine Tasting Dave Menzie	Art of Spain from 711 CE to the 17th Century Beverly Hall Smith

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr
10:30-noon	Current Events and Social Issues TBD	Pickleball Susan Claggett Open Play/Ranking 10:00 - 11:30 a.m. Grasonville Park 301 Perry's Cr. Rd. , Grasonville	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.		
1-2:30 pm	Lesser Known Tropical Pacific Islands Galt Siegrist	Great Decisions 2025 Joe Sikes	1965-1975 America Magical Mystery Tour Fred McNeil	Nutritional Cooking for Spring Julianna Pax 1:00 - 4:00 p.m.	What Will Our World Be Like In 2040? Ben Riley
3-4:30 pm			Compassionate Care: Supporting Individuals with Cognitive Decline Nancy Brandenburger		Art of Spain from 711 CE to the 17th Century Beverly Hall Smith
	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr
10:30-noon	Let's Go Birding Adele Claggett 8:30 - 11:00 a.m. Locations vary	Pickleball Susan Claggett Level I - 10:00 - 11:00 a.m. Level II - 11:00 a.m. - noon. Grasonville Park 301 Perry's Cr. Rd. , Grasonville	Low-Impact Fitness Michelle O'Brien 10:30 - 11:15 a.m.		Bead Weaving - Mystery Beadalong Teddy Griffin 10:00 a.m. - noon
1-2:30 pm	Lesser Known Tropical Pacific Islands Galt Siegrist	Great Decisions 2025 Joe Sikes	1965-1975 America Magical Mystery Tour Fred McNeil	Trip: Baysox Game Meet at 9:30 a.m. at Centreville Acme and return by 3:30 p.m.	What Will Our World Be Like In 2040? Ben Riley
3-4:30 pm			Book Club Mary Jo Volpicelli		Art of Spain from 711 CE to the 17th Century Beverly Hall Smith
	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr
10:30-noon	Let's Go Birding Adele Claggett 8:30 - 11:00 a.m. Locations vary	Pickleball Susan Claggett Level I - 10:00 - 11:00 a.m. Level II - 11:00 a.m. - noon. Grasonville Park 301 Perry's Cr. Rd. , Grasonville	Churchill, Canada: Polar Bear Capital of the World Marshall Klinefeiter	Book of Genesis: A Study of Family Dynamics Peter Hyman	Bead Weaving - Mystery Beadalong Teddy Griffin 10:00 a.m. - noon
1-2:30 pm		Great Decisions 2025 Joe Sikes	1965-1975 America Magical Mystery Tour Fred McNeil		What Will Our World Be Like In 2040? Ben Riley
3-4:30 pm			Let's Walk Dona Roderick Locations vary		Art of Spain from 711 CE to the 17th Century Beverly Hall Smith
	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr
10:30-noon	Let's Go Birding Adele Claggett 8:30 - 11:00 a.m. Locations vary	Pickleball Susan Claggett Level I - 10:00 - 11:00 a.m. Level II - 11:00 a.m. - noon. Grasonville Park 301 Perry's Cr. Rd. , Grasonville	Decoupage Canvas Box Candace Liccione 10:00 a.m. - 2:00 p.m. 4300 Main St. Grasonville	Book of Genesis: A Study of Family Dynamics Peter Hyman	
1-2:30 pm	Gems of Spanish Literature: <i>Misericordia</i> Ray Vergne				
3-4:30 pm			Let's Walk Dona Roderick Locations vary		

May 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28-Apr	29-Apr	30-Apr	1-May	2-May
10:30-noon	Let's Go Birding Adele Claggett 8:30 - 11:00 a.m. Locations vary	Pickleball Susan Claggett Level I - 10:00 - 11:00 a.m. Level II - 11:00 a.m. - noon. Grasonville Park 301 Perry's Cr. Rd., Grasonville	Travelogue: Morocco Carol Conrad	Book of Genesis: A Study of Family Dynamics Peter Hyman	
1-2:30 pm	Gems of Spanish Literature: <i>Misericordia</i> Ray Vergne		Explore the Joys of Tuscany, Venice, Strasbourg & Paris Peggy Robertson		Nutritional Cooking for Summer Julianna Pax 1:00 - 4:00 p.m.
3-4:30 pm		Energy in the New Administration Ben Schlesinger	Let's Walk Dona Roderick Locations vary	Trip: Chester River Packet High Street Town Dock Chestertown 4:45 p.m. - 7:00 p.m.	
	5-May	6-May	7-May	8-May	9-May
10:30-noon	How Weather Works Tony Loscalzo	Pickleball Susan Claggett Level I - 10:00 - 11:00 a.m. Level II - 11:00 a.m. - noon. Grasonville Park 301 Perry's Cr. Rd., Grasonville	Small Stepping Stone Candace Liccione 10:00 a.m. - 2:00 p.m. 4300 Main St. Grasonville	Book of Genesis: A Study of Family Dynamics Peter Hyman	
1-2:30 pm	Gems of Spanish Literature: <i>Misericordia</i> Ray Vergne				
3-4:30 pm		Energy in the New Administration Ben Schlesinger	Book Club Mary Jo Volpicelli		
	12-May	13-May	14-May	15-May	16-May
10:30-noon	How Weather Works Tony Loscalzo		And Justice for All Frank Kratovil, Jr. 9:00 a.m. - 1:00 p.m. Queen Anne's County District Court 120 Broadway, Centreville	Book of Genesis: A Study of Family Dynamics Peter Hyman	
1-2:30 pm	Gems of Spanish Literature: <i>Misericordia</i> Ray Vergne				
3-4:30 pm		Energy in the New Administration Ben Schlesinger			

Brain, Body and Soul

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'll 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.

Tuesday, 2/18 - 2/25 (2 sessions)

10:30 a.m. - Noon

Instructor: Ryan Helfenbein

Churchill, Canada: Polar Bear Capital of the World

Learn about the environment of the migrating polar bears on their annual trek across the tundra. See amazing photographs of polar bears and other Arctic wildlife in their natural environment.

Wednesday, 4/16 (1 session)

10:30 a.m. - Noon

Instructor: Marshall Klinefelter

Compassionate Care: Supporting Individuals with Cognitive Decline

Social interaction and a sense of engagement are an essential component of human existence. When a friend or family member is experiencing cognitive decline, this does not change. This course will discuss how, as visitors or care partners, we can help maintain social connections and support a sense of purpose in persons with cognitive decline.

Wednesday, 4/2 (1 session)

3:00 - 4:30 p.m.

Instructor: Nancy Brandenburger

Explore the Joys of Tuscany, Venice, Strasbourg and Paris

Come along for an amazing tour of some beautiful places in Europe. We'll start off in a villa in Tuscany, a region which is chock full of wineries, olive oil groves, wonderful food and extraordinary scenery. Then we're off to Venice, which is alive with history and a magnificent waterway structure. Strasbourg, France, is located in Alsace and the Rhine River region. It is most famous for its charming beauty, impressive cathedral and quaint houses. Our visit to Paris will include the Louvre, the Macaron cooking class, dinner with a view of the Eiffel Tower and the Moulin Rouge. C'est magnifique!

Wednesday, 4/30 (1 session)

1:00 - 2:30 p.m.

Instructor: Peggy Robertson

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, 2/20 - 3/27 (6 sessions)

11:15 a.m. - 12:15 p.m.

Instructor: Susan Claggett

How to Protect Your "Stuff" in Three Easy Steps - Estate Planning

This course will cover the fundamentals of estate planning: wills, trusts, and powers of attorney. You will learn how to protect your assets and minimize tax burdens while ensuring a smooth transfer of your assets to loved ones. You will also learn how to incorporate charitable giving into your estate plan.

Monday, 2/3 (1 session)

10:30 a.m. - Noon

Instructor: Wilson McManus

Let's Walk

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

Wednesday, 4/16 - 4/30 (3 sessions)

3:00 - 4:30 p.m.

Instructor: Dona Roderick

Location: Will vary each week

Low-Impact Fitness

This 45-minute fitness class features low-impact movement aimed at improving range of motion, cardio health and balance, set to energetic and upbeat music. Participants should dress comfortably but not too warmly and wear proper "athletic-style" footwear. **Limited to 15 participants**

Wednesday, 2/5 - 4/9 (10 sessions)

10:30 - 11:15 a.m.

Instructor: Michelle O'Brien

Memory Matters: The Impact of Memory on Everyday Life

As we age, memory is something we all talk about and frequently worry about. This course will discuss what memory really is, common misconceptions, and how pervasive it is in our daily lives.

Wednesday, 2/5 - 2/12 (2 sessions)

3:00 - 4:30 p.m.

Instructor: Nancy Brandenburger

Pickleball

All students will meet at 10:00 a.m. the first session and will be divided into two groups based on skill level. Players who are newer to pickleball will subsequently meet at 10:00 while more experienced students will meet at 11:00. Balls will be provided. Paddles will be available for participants who do not have their own. **Each group is limited to 12 participants**

Tuesday, 4/1 - 5/6 (6 sessions)

10:00 a.m. - 11:00 a.m.

11:00 a.m. - Noon

Instructor: Susan Claggett

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

Stroke Smart

The Stroke Coordinator for Queen Anne's County Department of Emergency Services will provide information about Queen Anne's County's Stroke Smart proclamation, the Stroke Smart initiative and how to recognize the signs and symptoms of a stroke.

Thursday, 2/13 (1 session)

10:30 a.m. - Noon

Instructor: Christopher Burke

Travelogue: Morocco

The instructor will provide interesting insight into many aspects of Morocco, including history and current events, key cities, landscapes, the people, food, cultural identifiers, resting places, and modernization and technology.

Wednesday, 4/30 (1 session)

10:30 a.m. - Noon

Instructor: Carol Conrad

Trip: Bowie Baysox Game (now called Chesapeake Baysox)

The only thing more fun than attending a Bowie Baysox game is attending a Bowie Baysox game with a group of IAL friends! Enjoy an afternoon of baseball as the Baysox take on the Erie Seawolves.

Thursday, 4/10

9:30 a.m. - 3:30 p.m.

Coordinators: Madeline Hubbard / Alicia Siegrist

Location: Meet at 9:30 a.m. at Centreville

Acme and return by 3:30 p.m.

Fees: \$65 per person includes round-trip bus transportation from Centreville Acme to the game which starts at 11:05 a.m, game ticket in section 100, and unlimited food and beverages during the game.

History and Current Events

1965-1975: America Magical Mystery Tour

This course will review the social, political, and musical trends in the United States from 1965 to 1975.

Wednesday, 3/19 - 4/16 (5 sessions)

1:00 - 2:30 p.m.

Instructor: Fred McNeil

And Justice For All

Experience a session at the Maryland District Court with Queen Anne's County's Resident Judge Frank M. Kratovil Jr. After court, Judge Kratovil will present an overview of the court system and discuss recent legislation, some of which is highly controversial and is prompting significant complaints and requests for reversal in the Maryland legislative code. **Limited to 15 participants**

Wednesday, 5/14 (1 session)

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

Instructor: Frank Kratovil, Jr.

Location: Queen Anne's County District Court, 120 Broadway, Centreville, MD

Art of Spain From 711 CE to the 17th Century

The "Golden Age" of Spain began in 711 CE and lasted until 1478 when Isabella and Ferdinand combined their kingdoms of Castile and Aragon and became King and Queen of Catholic Spain. Prior to their rule, the culture of Spain was created by Muslims, Christians and Jews. They lived in harmony, respected each other, and created magnificent art: palaces, mosques, synagogues, gardens, mosaics, pottery, carpets, metal work, and more. The men from each religion were well-educated, and their writing and illustrations opened up a new world of scientific discoveries. When Isabella and Ferdinand expelled the Muslims and Jews from Spain, great Catholic cathedrals were built, but the art of Spain was created under the Catholic Church which could be seen all over Europe. The art of the Golden Age in Toledo, Cordoba and Granada will include the Alhambra in Granada. Catholic Spain and the great painters of the 17th and 18th

centuries will include Velasques, Ribera, Zurbaran, and Murillo.

Friday, 3/21 - 4/18 (5 sessions)

3:00 - 4:30 p.m.

Instructor: Beverly Hall Smith

The Book of Genesis: A Study of Family Dynamics

This course will provide a historical and literary study of the Book of Genesis.

Thursday, 4/17 - 5/15 (5 sessions)

10:30 - Noon

Instructor: Peter Hyman

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, 2/10, 2/17, 3/3, 3/10, 3/24, 3/31
(6 sessions)

10:30 a.m. - Noon

Instructor: Nancy Fink and Elaine Friedman

Genealogy Workshop

This workshop is your opportunity to receive one-on-one help with your family genealogy. Bring your laptop or tablet, a library card and your research, and receive individual assistance. Family group sheets and pedigree forms will be provided. **Limited to 6 participants**

Tuesday, 3/4 - 3/18 (3 sessions)

10:30 a.m. - Noon

Instructor: Sue Elter

Great Decisions 2025

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 American foreign policy at a crossroads; U.S. changing leadership of the world economy; U.S. - China relations; India: between China, the West and the Global South; international cooperation on climate change; the future of NATO and European security; artificial intelligence and American national security; and American foreign policy in the Middle East.

Tuesday, 2/18 - 4/15 (8 sessions) **NO CLASS ON 2/25**
1:00 - 2:30 p.m.
Instructor: Joe Sikes

What Will Our World Be Like in 2040?

Every four years, the Director of National Intelligence publishes a report titled *Global Trends*. Each report looks twenty years into the future. Specifically, it highlights the fundamental forces they have identified which will influence the future. These include demographics, environment, economics and technology. The report then assesses how these factors will influence other factors at the individual and society level, nation states and the international system. Finally, the report examines how these factors might play out in five different scenarios that range from optimistic to instability. The report is unclassified and not a prediction of what might happen. The report draws on intelligence sources and different individuals and organizations throughout the world.

Friday, 3/28 - 4/18 (4 sessions)
1:00 - 2:30 p.m.
Instructor: Ben Riley

World War I: The War That Shaped the 20th and 21st Centuries

Most Americans believe that World War II was the key war of the modern era, but World War I is far more critical in determining how subsequent wars have been fought, the technologies that emerged, and the shape of the modern world. In fact, the wars that rage today in the Middle East and Ukraine are the direct result of World War I. Come learn more about the "Great War," how and why it began, how it was fought, the technologies that emerged from it that defined how WWII was

conducted, and the peace that ended the war that so affects today's world.

Monday, 2/3 - 3/3 (5 sessions)
1:00 - 2:30 p.m.
Instructor: Dennis Conrad

Local Environment and Science

Cancer and Genetics

This class will cover how cancers develop, normal and abnormal cell growth, cancer risk factors and cancer genes. Special focus will be provided on breast cancer and colon cancer, and information will be provided about therapy and targeted therapy. **Limited to 20 participants**

Monday, 2/3 - 2/24 (4 sessions)
3:00 - 4:30 p.m.
Instructor: M. Bernadette Ryan

Energy in the New Administration

This course will focus on key issues regarding energy and climate policy and discuss such questions as: can anyone really control gasoline prices in a global market, is there hope for a nuclear energy resurgence, what are the tools to reduce electricity prices and will anyone use them, and is natural gas good or bad for the planet. Other topics will include wind and geothermal energy as well as electric vehicles.

Tuesday, 4/29 - 5/13 (3 sessions)
3:00 - 4:30 p.m.
Instructor: Ben Schlesinger

Horticulture Series

The first session of this ongoing series will focus on pollinator gardening with native plants; topics for subsequent sessions will be selected by members of the class.

Wednesday, 2/12 - 3/12 (5 sessions)
1:00 - 2:30 p.m.
Instructor: Cindy King

How Weather Works

This class will take you on a journey through the forces that shape our daily weather. It will explore how the weather is affected by the sun's energy, temperature and wind, and how the water cycle influences storms and precipitation.

Monday, 5/5 - 5/12 (2 sessions)

10:30 a.m. - Noon

Instructor: Tony Loscalzo

Lesser Known Tropical Pacific Islands

The primary purpose of this course is to present IAL participants with a glimpse of the diverse tropical islands in the central Pacific, lying west of the Hawaiian islands. The secondary objective is to promote an interest in Micronesian and Polynesian island travel destinations as alternatives to the familiar and often crowded islands in nearby Caribbean and Bahamian waters.

Monday, 3/10 - 4/7 (5 sessions)

1:00 - 2:30 p.m.

Instructor: Galt Siegrist

Let's Go Birding

Spring can be a wonderful time to go birding. During these guided bird walks, we will be visiting diverse habitats. Each walk starts with a brief introduction. The class will meet at the Chesapeake Bay Environmental Center (Grasonville), Terrapin Nature Park (Stevensville), Adkins Arboretum (Ridgely), and Conquest Preserve (Centreville). Students should bring binoculars with them. **Limited to 10 participants**

Monday, 4/7 - 4/28 (4 sessions)

8:30 - 11:00 a.m.

Instructor: Adele Clagett

Location: Will vary each week

Plastic Pollution - A Driver of Global Change

This course will explore the topic of plastic pollution as a driver of global change, focusing specifically on its effects on microorganisms, which are regulators of important global cycles as well as climate. Plastic will be introduced as a novel habitat and will be explored as a driver of change in the context of other compounding

stressors such as rising temperatures and eutrophication.

Tuesday, 2/4 - 2/11 (2 sessions)

10:30 - Noon

Instructor: Kerria Burns

The State of Eastern Shore Waterways

ShoreRivers is a local environmental non-profit dedicated to protecting and restoring the waterways of the Eastern Shore through science-based advocacy, restoration, outreach and education. Throughout this course, guest lecturers from different departments and specialties 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. This course may include some field trips or interactive classes around Queen Anne's County.

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

1:00 - 2:30 p.m.

Instructor: Courtney Leigh and Maegan White

Trip: Chester River Packet

The Chester River Packet is a 65-foot classic yacht sailing from the High Street Town Dock in Chestertown. This 1920s-style tour boat carries guests down the Chester River in a climate-controlled salon, open air forward bow and open air upper deck. Join IAL friends for a private two-hour cruise with views of historic Chestertown and a catered buffet meal (cash bar is available). Celebrate the change of season in elegance.

Limited to 30 participants

Thursday, May 1

5:00 - 7:00 p.m.

Coordinators: Toni Schelts / Alicia Siegrist

Location: Meet at 4:45 p.m. at High Street Town Dock, Chestertown, MD

Fees: \$51 includes two-hour cruise and dinner buffet; cash bar is available

Trip: Horn Point Laboratory Tour

Visit Horn Point Laboratory, a fascinating world-class scientific research laboratory located in

Cambridge, MD. In the 90-minute walking tour, graduate students will provide a behind-the-scenes tour of HPL. The tour will begin at the Coastal Sciences Building with a presentation on Chesapeake Bay facts and problems, Horn Point research that seeks solutions for restoration, and our role as stewards of the Bay. There will be three stops on the tour where students will learn the story of the vital role of science in (1) the physical oceanography of the Bay, (2) Submerged Aquatic Vegetation (SAV) and (3) oyster restoration and conservation of key Bay species, such as sturgeon and terrapin. Following the tour, an optional stop for food and beverages at the rAr Brewery Chelsie Burger in downtown Cambridge is planned. **Limited to 20 participants**

Tuesday, 2/25

2:00 - 3:30 p.m. - Tour

4:00 - 5:30 p.m. - Food and drink (optional)

Coordinator: Alicia Siegrist

Location: Meet 2:00 p.m. at Horn Point Laboratory, 2020 Horns Point Road, Cambridge, MD. Carpooling (optional) may be available.

Literature, Arts and Crafts

Bead Weaving - Mystery Beadalong

This course is designed for students who have some previous bead weaving experience. Students will not know what they will be making in advance. It could be a bracelet or a pendant, but the piece of jewelry will use shaped beads, seed beads and crystals. The pattern will be split into multiple parts. After completing the first part, you will receive the next part. The instructor will provide color choices a few weeks prior to the class so that "kits" can be prepared. If this sounds interesting to you, please join us. **Limited to 5 participants**

Friday, 4/11 - 4/18 (2 sessions)

10:00 a.m. - Noon

Instructor: Teddy Griffin

Fees: \$15 for materials will be collected the day of the class

Bead Weaving - Peyote Stitch 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 and will include how to do the Peyote stitch, how to start and end thread, and how to attach a clasp by making a bracelet with a pattern representing the American flag. **Limited to 5 participants**

Friday, 2/14 - 2/21 (2 sessions)

10:00 a.m. - Noon

Instructor: Teddy Griffin

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

Book Club

The Book Club will discuss four books about women who are empowered. The first book will be *The Ride of Her Life* by Elizabeth Letts; the second book will be *Lessons in Chemistry* by Bonnie Garmus. The other two books will be selected by the participants in the book club.

Wednesday, 2/19, 3/12, 4/9, 5/7

3:00 - 4:30 p.m.

Instructor: Mary Jo Volpicelli

Decoupage Canvas Box

Participants will create a lovely decoupage box. You will decoupage on a canvas box and choose from a variety of decoupage papers and embellishments to craft this box. This project is fun and easy. **Limited to 10 participants**

Wednesday, 4/23 (1 session)

10:00 a.m. - 2:00 p.m.

Instructor: Candace Liccione

Location: Wye River Designs, 4300 Main Street, Grasonville

Fees: \$25 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.

Monday, 4/21 - 5/12 (4 sessions)
1:00 - 2:30 p.m.
Instructor: Raymond Vergne

Mixed Media Key House

Students will create a mixed media "key house." The project uses scrapbooking paper, mosaics, chip board pieces and some floral embellishments. **Limited to 10 participants**

Friday, 2/28 (1 session)
10:00 a.m. - 2:00 p.m.
Instructor: Candace Liccione
Fees: \$25 for materials will be collected the day of the class
Location: Wye River Designs, 4300 Main Street, Grasonville

Mosaic Coasters

Students will create a set of four mosaic coasters. The coasters will be painted, mosaiced and grouted. This is a great project for yourself or as a holiday gift. **Limited to 10 participants**

Friday, 3/21 (1 session)
10:00 a.m. - 2:00 p.m.
Instructor: Candace Liccione
Fees: \$25 for materials will be collected the day of the class
Location: Wye River Designs, 4300 Main Street, Grasonville

Small Stepping Stone

Participants will create a wonderful small mosaic stepping stone. The 8" x 8" stepping stone is a wonderful addition to your garden or to give as a gift. You will use mosaics and grout for this project. **Limited to 10 participants**

Wednesday, 5/7 (1 session)
10:00 a.m. - 2:00 p.m.

Instructor: Candace Liccione
Fees: \$25 for materials will be collected the day of the class.
Location: Wye River Designs, 4300 Main Street, Grasonville

Ukrainian/Pysanky Egg Decorating Workshop

This hands-on workshop will use blown-out eggs, wax and kystra (special pens), candles 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 now tend to be more secular. **Limited to 10 participants**

Thursday, 3/20 - 3/27 (2 sessions)
1:00 - 2:30 p.m.
Instructor: Carol Conrad
Fees: \$13 for materials will be invoiced prior to the date of the class

Culinary Arts

African Cuisine

Africa has many different cuisines; the instructor will pick several to highlight and discuss during this course which will include a hands-on cooking class followed by a delicious sit-down lunch. **Limited to 9 participants. Note: This class is often booked beyond capacity. Students will be notified within one week of Showcase whether they are in the class or on the waitlist.**

Friday, 2/7 (1 session)
9:30 a.m. - 12:30 p.m.
Instructor: Katie Barney
Fees: \$32 for materials will be invoiced prior to the date of the class

Cuisine of Brazil

Learn about the history of Brazil and its cuisine, then participate in a hands-on cooking class and enjoy a delicious sit-down lunch. **Limited to 9 participants. Note: This class is often booked beyond capacity. Students will be notified within one week of Showcase whether they are in the class or on the waitlist.**

Friday, 3/14 (1 session)

9:30 a.m. - 12:30 p.m.

Instructor: Katie Barney

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

Introduction to Wine Tasting

The first session of this class will focus on a basic introduction to wine tasting. The remaining three sessions will introduce students to wines from the Niagara region of Canada, the central California region of Napa to Santa Barbara, and blind tastings of the Virginia Governor's Cup winners, with a small glass of a signature wine from each region and discussion of the characteristics of the wine. **Limited to 12 participants. Note: This class is often booked beyond capacity. Students will be notified within one week of Showcase whether they are in the class or on the waitlist.**

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

3:00 - 4:30 p.m.

Instructor: Dave Menzie

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

Nutritional Cooking for Spring

The class will prepare and enjoy easy and delicious healthy meals for spring following a Mediterranean-style diet. **Limited to 10 participants. Note: This class is often booked beyond capacity. Students will be notified within one week of Showcase whether they are in the class or on the waitlist.**

Thursday, 4/3 (1 session)

1:00 - 4:00 p.m.

Instructor: Julianna Pax

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

Nutritional Cooking for Summer

The class will prepare and enjoy easy and delicious healthy meals for summer following a Mediterranean-style diet. **Limited to 10 participants. Note: This class is often booked beyond capacity. Students will be notified within one week of Showcase whether they are in the class or on the waitlist.**

Friday, 5/2 (1 session)

1:00 - 4:00 p.m.

Instructor: Julianna Pax

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

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 8 participants. Note: This class is often booked beyond capacity. Students will be notified within one week of Showcase whether they are in the class or on the waitlist.**

Tuesday, 3/25 (1 session)

9:30 a.m. - 12:30 p.m.

Instructor: Cindy Nichols

Fees: \$11 for materials will be invoiced prior to the date of the class

Ukrainian Easter

Learn about the history of Ukraine's Easter and its cuisine, then participate in a hands-on cooking class, and enjoy a delicious sit-down lunch. **Limited to 9 participants. Note: This class is often booked beyond capacity. Students will be notified within one week of Showcase whether they are in the class or on the waitlist.**

Friday, 3/7 (1 session)

9:30 a.m. - 12:30 p.m.

Instructor: Katie Barney

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

Instructor Biographical Information

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

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

Christopher Burke is a paramedic and the stroke coordinator for Queen Anne's County Department of Emergency Services. He has worked as an RN at Bayhealth and at Shore Regional Health and has worked in emergency and trauma services and in critical care transport.

Kerria Burns is a graduate research assistant at the University of Maryland Center for Environmental Science. She earned her B.S. in biology at University of Maryland Baltimore County in 2017.

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.

Carol Conrad is a retired independent high school history teacher with 40 years of experience in NC, RI, and MD independent schools. She holds a B.A. in history from

Allegheny College and an M.A. in history from Brown University. She had the privilege to chaperone many unusual student trips and in retirement, she and her husband continue to seek out cultural experiences around the world.

Dennis Conrad earned a Ph.D. in early American history from Duke University. His dissertation topic is Nathanael Greene and the Southern Campaigns, 1780-1783. He has published Papers of General Nathanael Greene (10 of the 13 volumes in the series), serving as editor and project director of the Greene Papers for volumes 7 through 13 (the War in the South volumes). He is the editor of Naval Documents of the American Revolution, volumes 11-13 and has written essays on Greene and other Revolutionary War topics in several anthologies and journals. He is the recipient of a Lifetime Achievement Award from Southern Campaigns of the American Revolution Association. As a historian with the Naval History and Heritage Command, he published a digital documentary edition entitled *The United States Navy in World War I*.

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

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

Elaine Friedman spent most of her career working in education as a secondary math teacher, a 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.

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

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

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

Cindy King worked in wholesale nursery for eight years and ran The Mill of Kingstown Garden Center for 22 years; she is a graduate of Longwood Gardens Horticultural Series 1 and a certified professional horticulturalist through the State of Maryland. She also holds specialty titles in composting, weed identification and control, plant identification, herbaceous perennials, and pest identification and control. She has a pesticide license, fertilizer license and is certified for lanternfly. She is also a Board member of the Maryland Nursery, Landscape, and Greenhouse Association.

Marshall Klinefelter recently retired after working in the asphalt industry for more than 35 years, most recently as president of the Maryland Asphalt Association. His interests include travel and photography, and he plans to devote a great deal of time to both in retirement.

Frank Kratovil, Jr., has served as an associate District Court judge for Queen Anne’s County since 2012. He was a member of the U.S. House of Representatives for the 1st Congressional District of Maryland from 2009 - 2011 and was State’s Attorney for Queen Anne’s County from 2003 - 2009. He earned his B.A. in political science from Western Maryland College and his J.D. from University of Baltimore School of Law.

Courtney Leigh is the ShoreRivers Membership Manager. She previously worked at the Chesapeake Bay Environmental Center as the adult learning educator. She volunteers with several nonprofit organizations, and serves on the Board of Plastic Free Queen Anne’s County.

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 and 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.

Wilson McManus is an attorney who has been on the forefront of modern estate planning techniques and the use of trusts for clients across Baltimore County since the early 1990s. He has been a practicing attorney in Towson, MD, since 1986 and has made trusts accessible for more than just the wealthy. He believes that everyone should have a right to privacy and a peaceful transition of assets to the next generation.

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.

Dave Menzie has a B.A., an M.S. and a Ph.D. in geology, an M.A. in applied statistics, and has taken graduate courses in business administration, and college courses in viticulture, winemaking and basic soil characteristics.

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.

Michelle O'Brien has been a fitness instructor since 2010, most recently teaching at the YMCA in Centreville. She has taught a variety of formats including seated fitness at assisted living facilities, cardio, weights and aqua aerobics.

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.

Peggy Robertson has traveled extensively, including a study abroad program in France, several months in Hong Kong and trips to Thailand, Japan, Beijing and Kenya. She has an M.S. in arts administration from Drexel University, a master's of education in history and French from Temple University and a B.A. from Penn State University. She is currently a part-time grant writer and previously worked at Abington Art Center and DePaul USA and for the Cheltenham Township school district.

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.

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

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

Galt Siegrist received his B.S. in geology from Lehigh and an M.S. and Ph.D. from Penn State in geochemistry and mineralogy. He taught undergraduate and graduate geology courses for 25 years at University of Maryland, College Park and 12 more years in Guam. He conducted sponsored water resources research and consulting in Guam and on many other Pacific islands. He has also taught several courses for IAL.

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

Ben Riley was a career naval officer. His final tour in the Navy and subsequently as a senior civilian executive was in the Office of the Secretary of Defense's Office of Research and Engineering. A lot of his office's effort was focused on the introduction of unmanned systems.

M. Bernadette Ryan is a retired surgical oncologist. During her last several years of practice, her major focus was caring for breast cancer patients and women at increased risk of breast cancer, including genetic counseling and testing. She taught medical students and residents throughout her career.

Beverly Hall Smith was a professor of art history for forty years. Since retiring to Chestertown in 2014, she has taught art history classes at IAL and WC-ALL. Since April 2020, she has been writing weekly articles for the Spy titled *Looking at the Masters*. She is also an artist whose work is sometimes in exhibitions at Chestertown River

Arts and she paints sets for the Garfield Center for the Arts in Chestertown.

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

Maegan White is a recent graduate of Washington College and is the ShoreRivers Community Engagement Coordinator. She first found her love for the outdoors exploring the mountains and lakes near her home in South Carolina. She moved to the Eastern Shore to attend college and developed a love for the Chesapeake Bay and rivers of the Eastern Shore.

Institute for Adult Learning
Membership and Registration Form
Spring Semester 2025

Name _____
Last
First
Middle Initial

Address _____
Street
City
State
Zip

Email _____ **Phone** _____

X	Course	Day	Start Date	End Date	Start Time	End Time
	1965 - 1975: America Magical Mystery Tour	Wednesday	3/19/2025	4/16/2025	1:00 PM	2:30 PM
	African Cuisine	Friday	2/7/2025	2/7/2025	9:30 AM	12:30 PM
	And Justice For All	Wednesday	5/14/2025	5/14/2025	9:00 AM	1:00 PM
	Answers to Your Burning Questions - Cremation	Tuesday	2/18/2025	2/25/2025	10:30 AM	12:00 PM
	Art of Spain From 711 CE to the 17th Century	Friday	3/21/2025	4/18/2025	3:00 PM	4:30 PM
	Bead Weaving - Mystery Beadalong	Friday	4/11/2025	4/18/2025	10:00 AM	12:00 PM
	Bead Weaving - Peyote Stitch Bracelet	Friday	2/14/2025	2/21/2025	10:00 AM	12:00 PM
	Book Club	Wednesday	2/19/2025	5/7/2025	3:00 PM	4:30 PM
	Book of Genesis: A Study of Family Dynamics	Thursday	4/17/2025	5/15/2025	10:30 AM	12:00 PM
	Cancer and Genetics	Monday	2/3/2025	2/24/2025	3:00 PM	4:30 PM
	Churchill, Canada: Polar Bear Capital of the World	Wednesday	4/16/2025	4/16/2025	10:30 AM	12:00 PM
	Compassionate Care: Supporting Individuals With Cognitive Decline	Wednesday	4/2/2025	4/2/2025	3:00 PM	4:30 PM
	Cuisine of Brazil	Friday	3/14/2025	3/14/2025	9:30 AM	12:30 PM
	Current Events and Social Issues	Monday	2/10/2025	3/31/2025	10:30 AM	12:00 PM
	Decoupage Canvas Box	Wednesday	4/23/2025	4/23/2025	10:00 AM	2:00 PM
	Energy in the New Administration	Tuesday	4/29/2025	5/13/2025	3:00 PM	4:30 PM
	Explore the Joys of Tuscany, Venice, Strasbourg, and Paris	Wednesday	4/30/2025	4/30/2025	1:00 PM	2:30 PM
	Gems of Spanish Literature: <i>Misericordia</i>	Monday	4/21/2025	5/12/2025	1:00 PM	2:30 PM
	Genealogy Workshop	Tuesday	3/4/2025	3/18/2025	10:30 AM	12:00 PM
	Gentle Yoga	Thursday	2/20/2025	3/27/2025	11:15 AM	12:15 PM
	Great Decisions 2025	Tuesday	2/18/2025	4/15/2025	1:00 PM	2:30 PM
	Horticulture Series	Wednesday	2/12/2025	3/12/2025	1:00 PM	2:30 PM
	How to Protect Your Stuff in 3 Easy Steps - Estate Planning	Monday	2/3/2025	2/3/2025	10:30 AM	12:00 PM
	How Weather Works	Monday	5/5/2025	5/12/2025	10:30 AM	12:00 PM
	Introduction to Wine Tasting	Thursday	3/6/2025	3/27/2025	3:00 PM	4:30 PM
	Lesser Known Tropical Pacific Islands	Monday	3/10/2025	4/7/2025	1:00 PM	2:30 PM
	Let's Go Birding	Monday	4/7/2025	4/28/2025	8:30 AM	11:00 AM
	Let's Walk	Wednesday	4/16/2025	4/30/2025	3:00 PM	4:30 PM
	Low-Impact Fitness	Wednesday	2/5/2025	4/9/2025	10:30 AM	11:15 AM
	Memory Matters: The Impact of Memory on Everyday Life	Wednesday	2/5/2025	2/12/2025	3:00 PM	4:30 PM
	Mixed Media Key House	Friday	2/28/2025	2/28/2025	10:00 AM	2:00 PM
	Mosaic Coasters	Friday	3/21/2025	3/21/2025	10:00 AM	2:00 PM
	Nutritional Cooking for Spring	Thursday	4/3/2025	4/3/2025	1:00 PM	4:00 PM
	Nutritional Cooking for Summer	Friday	5/2/2025	5/2/2025	1:00 PM	4:00 PM
	Pickleball	Tuesday	4/1/2025	5/6/2025	10:00 AM	12:00 PM
	Plastic Pollution - A Driver of Global Change	Tuesday	2/4/2025	2/11/2025	10:30 AM	12:00 PM
	Small Stepping Stone	Wednesday	5/7/2025	5/7/2025	10:00 AM	2:00 PM
	Sourdough Bread for Beginners	Tuesday	3/25/2025	3/25/2025	9:30 AM	12:30 PM
	State of Eastern Shore Waterways	Thursday	2/6/2025	3/13/2025	1:00 PM	2:30 PM
	Stroke Smart	Thursday	2/13/2025	2/13/2025	10:30 AM	12:00 PM
	Travelogue: Morocco	Wednesday	4/30/2025	4/30/2025	10:30 AM	12:00 PM
	Trip: Bowie Baysox Game	Thursday	4/10/2025	4/10/2025	9:30 AM	3:30 PM
	Trip: Chester River Packet	Thursday	5/1/2025	5/1/2025	4:45 PM	7:00 PM
	Trip: Horn Point Laboratory Tour	Tuesday	2/25/2025	2/25/2025	2:00 PM	3:30 PM
	Ukrainian Easter	Friday	3/7/2025	3/7/2025	9:30 AM	12:30 PM
	Ukrainian/Pysanky Egg Decorating Workshop	Thursday	3/20/2025	3/27/2025	1:00 PM	2:30 PM
	What Will Our World Be Like in 2040?	Friday	3/28/2025	4/18/2025	1:00 PM	2:30 PM
	World War I: The War That Shaped the 20th and 21st Centuries	Monday	2/3/2025	3/3/2025	1:00 PM	2:30 PM

Please register and pay online at www.instituteforadultlearning.org or mail registration form and check payable to MSCF-IAL to:

Membership Fee **\$90.00**

Institute for Adult Learning
c/o Mid-Shore Community Foundation
102 East Dover Street
Easton, MD 21601



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