



Ike Leggett
County Executive

Senior Vital Living

Lifelong Learning Opportunities for Older Adults

Older adults in Montgomery County are fortunate to have access to so many free and low-cost educational opportunities. Please see options listed here to learn something new, re-ignite an old interest, build job skills, stay engaged in the community and even meet new people.

Montgomery County Public Libraries (MCPL) offers free online courses in business skills, web design, photo editing, test preparation, job search, grant writing, creative writing and much more. Explore your options at <http://education.gale.com/l-rock21695/>. MCPL also offers career resources at <http://montgomerycountymd.libguides.com/jobhunting> or 240-777-0035.

Montgomery College - Lifelong Learning Institute offers classes for County residents age 50 and older. Visit <http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html> or contact Natasha Sacks at Natasha.sacks@montgomerycollege.edu or 240-567-1828.

Golden ID Program, University of Maryland, College Park offers free classes to residents age 60 and older who are retired or work 20 hours a week or less, and are not seeking a degree. You may enroll for up to three free college classes held during Summer Session on a space-available basis. Contact 301-314-8219 or visit <http://oes.umd.edu/academic-policies/golden-id-students>

University of Maryland offers free online classes to residents of all ages. These classes are taught by University of Maryland faculty covering topics such as interviewing and resume writing, entrepreneurship and more. Visit www.coursera.org/umd

JCC – Jewish Community Center of Greater Washington (JCCGW) Offers a variety of programs for the age 55 and older community (visit www.benderjccgw.org/adults/seniors)

- **Adult Living and Learning Seminars** are offered at the JCCGW and Leisure World. Contact Debbie Sokobin at dsokobin@jccgw.org or 301-348-3760.
- **JCC Coming of Age** offers activities, excursions and special events for individuals age 60 and older. Contact Frieda Enoch at fenocho@jccgw.org or call 301-348-3832.

Jewish Council on Aging (JCA)

- Skilled instructors help people age 50 and older learn about technology (computers, social media, etc) for free or a modest fee. Call 301-255-4200 or visit www.accessjca.org/technology-training
- The Career Gateway! offers intensive training, take-home materials, a long-term mentor and individual attention for computer-savvy jobseekers age 50 or older, for a modest fee. Call 301-255-4200 or visit www.accessjca.org/senior-employment

Legacy Leadership Institute on Public Policy, sponsored by University of Maryland, connects residents age 50 and older who are interested in seeking new careers or have an interest in learning about Maryland legislative operations. For more information, visit <https://sph.umd.edu/content/community/hlsa/ca/legacy-leadership-institute-public-policy>



Live & Learn Bethesda (LLB) is a non-profit organization offering enrichment classes to people of all ages. Call 301-740-6150 or visit <http://liveandlearnbethesda.org>

Osher Lifelong Learning Institute at Johns Hopkins University offers a unique opportunity to continue learning at the university level. For more information, visit <http://advanced.jhu.edu/academics/non-credit-programs/osher-lifelong-learning-institute/> or call 301-294-7058 for information about classes in Montgomery County.

Senior Leadership Montgomery is an eight-month program of Leadership Montgomery for newly retired adults, or those considering retirement, who want to learn more about Montgomery County and available volunteer opportunities. For more information, visit <https://www.leadershipmontgomerymd.org/programs/senior-leadership-montgomery> or call Alison Levingston at 301-881-3333.

Transition Network, Washington DC – Capital Area Chapter provides a unique array of events and activities tailored to meet the needs and interests of women age 50 and older. Visit: www.thetransitionnetwork.org or contact DCChapter@thetransitionnetwork.org

Washington Adventist University's School of Graduate and Professional Studies offers free or discounted tuition for adults age 60 and older. Call 301-891-4092 or visit <https://www.wau.edu/> for more information.

Washington Metropolitan OASIS is sponsored by Macy Foundation and Suburban Hospital for adults age 50 and older. Visit <http://www.oasisnet.org/Washington-DC-area> or call 301-469-6800 x 211 for more information.

Multicultural Program Offerings

- Chinese American Senior Services Association, 301-530-4880 or <http://casseniors.org/>
- Chinese Culture and Community Service Center, 240-631-1200 or <http://www.ccacc-dc.org>
- Korean American Senior Citizen Association, 301-438-7304
- Muslim Community Center Seniors, 301-384-3454 or <http://mccmd.org/mccseniors>

Alternative formats of this document are available upon request. Call Aging and Disability Services at 240-777-3000.

People with difficulty using standard phones are encouraged to use Maryland Relay 711 when contacting organizations listed.