



PRINCE GEORGE'S
COMMUNITY COLLEGE



Seasoned Adults
Growing Educationally

SPRING 2024

Classes for Seniors 60 and Older

REGISTRATION
opens Jan. 5, 2024
Classes begin
Feb. 5





SAGE Spring 2024 Classes

Class Schedule, Registration, Fee and Course Description Information

Welcome to the SAGE spring trimester!

Welcome to the SAGE spring trimester! We are offering classes both in-person at select locations (see page 3) and remotely via Zoom. If you are taking classes face-to-face at a non-college affiliated setting, you must follow whatever guidance that location dictates. SAGE remains committed to enriching your mental and physical well-being.

SAGE Registration Fee Structure and SAGE Scholarship Information



**IMPORTANT INFO!
PLEASE READ LIST!**



- \$40 per-class registration fee for senior students, aged 60 and older.
- PGCC is offering financial support this trimester. You must register and pay for the first two (2) classes. You then have the option to receive financial assistance to cover the registration fee for **any additional classes**.
- To request financial assistance, complete the registration/scholarship form at the back of this schedule or email SAGE at sage@pgcc.edu with the same information.
- If you register either in person or online and are requesting financial assistance, you must ONLY REGISTER and PAY FOR TWO (2) CLASSES. **If you register and pay for additional classes for which you want financial assistance, YOU WILL NOT BE REFUNDED so you will not receive the scholarship.**
- No proof of financial need is required. Your request for financial assistance will be honored.
- **No registrations or scholarship requests accepted after the second week of classes. Deadline for both is Friday, 2/16/24.**

Classes will run from January 5 through May 24. [Please note: No classes will be held on 2/19, 3/11-3/16, and 5/25]

→ Registration opens Friday, January 5th, online & in-person ←

(In-person registration begins at 8:30 am in Records & Registration, in Bladen Hall, Room 126)

Who can register for SAGE classes?

Prince George's Community College SAGE classes are specifically for seniors 60 and older, but non-seniors may register by paying the full tuition.

How will classes be offered?

Face-to-face (F2F) or online via Zoom
F2F Locations – see page 3.

How do you register? Register online using Owl Link.

STEP-BY-STEP ONLINE REGISTRATION INSTRUCTIONS CAN BE FOUND AFTER COURSE DESCRIPTIONS

If you have difficulty registering in Owl Link, please call the Help Desk at the college: 301-546-0637.

If you want a SAGE scholarship, you can register and pay online for the first 2 classes, and then complete the 2-page form at the back of the schedule for the rest of the classes, OR, you can list all of your classes on the 2-page form, and mail it in with a check for \$80. See check boxes on 2nd page of form.

In-person registration is available at the **Records and Registration office in 126 Bladen Hall, M-F, 8:30 am – 6 pm**. Register for all your desired classes. But, if you are seeking scholarship funding, pay only for the first two classes (\$80) at the Cashier's Office. Your registration will be forwarded to SAGE for scholarship processing.

Important Note: Registering yourself online is not possible after a class has started, so please register in a timely manner.

Decisions about running or cancelling classes are based on enrollment numbers the week prior to the class start date.

If you see a class for which you would like to register and it has already started...

1. Email the instructor (instructor emails are on page 4) to learn if it's possible to join the class.
2. If the instructor gives you permission, please email sage@pgcc.edu to be registered. Your instructor CANNOT make this request for you.

Continued Zoom Classes:

We will continue to offer a selection of classes via Zoom in a structured remote format; that is, on scheduled days at specific times.

You will need: Access to a personal computer or tablet with a strong and stable internet connection, a camera, and a microphone. For fitness classes, make sure you have the space to move safely with no obstacles. Ideally, the video should be positioned so the instructor can observe you and provide input.

How to Use Zoom - Video Link: :

<https://www.youtube.com/watch?v=fVu9BILRkww&feature=youtu.be>

Additional resource: Download Zoom (For MacBook/iPad):

<https://support.zoom.us/hc/en-us/articles/203020795-How-To-Install-on-Mac>

IMPORTANT NOTICE Regarding Zoom Links: *Zoom links

*will be emailed to students directly from instructors 24-48 hours before classes start**

If you are missing your class Zoom link, please email your instructor at their PGCC email address, which can be found on page 4 of this document.

Recording of Zoom Classes:

Remote classes may be recorded.

Face-to-Face (In-Person) Classes:

We are pleased to offer a number of in-person classes on and off campus. We are striving to offer classes in an increasing number of venues throughout the county. SAGE classes follow each site's policies and regulations.

Course Offerings begin on page 8: (w/various course descriptions beginning on page 18.)

Use the 5-digit "Syn" numbers designated in the right-hand column to register online for the classes of your choice. The registration system will not allow you to register for classes with conflicting times.

You cannot register online after a class has begun

Prince George's Community College SAGE Face-to-Face Class Locations

Allentown Splash, Tennis and Fitness Park

7210 Allentown Road
Fort Washington, MD 20744
301-449-5566

Bowie Community Center

3209 Stonybrook Drive
Bowie, MD 20715
301-464-1737

Bowie Senior Center (55+)

14900 Health Center Drive
Bowie, MD 20716
301-809-2300

SAGE students are required to become members of the BSC (free of charge) to participate in classes onsite. This must be done prior to the first day of class.

Cameron Grove Adult Lifestyle Community**

100 Cameron Grove Boulevard
Upper Marlboro, MD 20774
301-249-3900

Camp Springs Senior Activity Center (60+)

6420 Allentown Road
Camp Springs, MD 20748
301-449-0490

Central Parke at Victoria Falls**

13701 Belle Chasse Boulevard
Laurel, MD 20707
410-813-0090

Collington Life Care Community

10450 Lottsford Road
Mitchellville, MD 20721
301-925-7707

Greenbelt Community Center

15 Crescent Road
Greenbelt, MD 20770
301-397-2208

Greenbelt City Municipal Building (Summer only)

25 Crescent Road
Greenbelt, MD 20770
301-474-8000

Laurel Armory-Anderson & Murphy Comm Ctr

422 Montgomery Street
Laurel, MD 20707
301-725-8088

Prince George's Community College, Largo

301 Largo Road
Largo, MD 20774
301-546-7422

Riderwood Village Senior Living**

3110 Gracefield Road
Silver Spring, MD 20904
301-572-8392

Riderwood publishes its own schedule of classes; they are not listed in this PDF. First day to register for their spring classes is January 23, 2024.

Springhill Lake Recreation Center (Summer only)

6101 Cherrywood Lane
Greenbelt, MD 20770
301-397-2212

University Town Center (UTC)

6505 Belcrest Road, Suite 125
Hyattsville, MD 20782
301-546-8882

Park in **garage A** and receive validation for 3.5 hours of parking.

****Residents only Locations – designated by** next to each class.**

Instructor PGCC Email Addresses – Spring 2024

Instructor	PGCC Email Address		Instructor	PGCC Email Address
Allison, Charlotte	allisocx@pgcc.edu		Leahy-Thielke, Faith	leahytfm@pgcc.edu
Armstrong, Johnnette	armstrjc@pgcc.edu		Miller, Barbara	millerbj@pgcc.edu
Andrew, Arnold	arnoldac@pgcc.edu		Moreno, Romerio	rmoreno@pgcc.edu
Bacon, Russell	baconrj@pgcc.edu		Muhaymin, Haleemah	muhaymha@pgcc.edu
Barthel, Carol	cbarthel9246@pgcc.edu		Mullin, Jen	mullinjs@pgcc.edu
Blumenstock, Michael	blumenmf@pgcc.edu		Patente, Peter	patentpj@pgcc.edu
Boverman, Katrina	bovermkm@pgcc.edu		Pilevsky, Dillies	dpilevsk4340@pgcc.edu
Brosch, David	dbrosch43960@pgcc.edu		Rhoads, Bob	rhoadsre@pgcc.edu
Brown, Alita	abrown9734@pgcc.edu		Robling, Margie	roblinmn@pgcc.edu
Brown, Barbara	brownbj@pgcc.edu		Rudd, Bob	brudd2622@pgcc.edu
Bush, Dionne	shawbudt@pgcc.edu		Ruffin, Raj	pruffin94470@pgcc.edu
Carrington, Kathy	carrinky@pgcc.edu		Shell, Susan	shellsj@pgcc.edu
Cerrelli, Ezio	cerrelec@pgcc.edu		Sieiro, Debbie	sieirods@pgcc.edu
Chang, Chung-Jen	changcx@pgcc.edu		Smith, Cathy	smithca1@pgcc.edu
Choi, Young	choiyk@pgcc.edu		Smith, Patricia	smithpx@pgcc.edu
Cipriani, Vincent	cipriavx@pgcc.edu		Swanson, Darlene	swansodk@pgcc.edu
Cockrell, Cami	ccockrel@pgcc.edu		Torres, Edite	torresec@pgcc.edu
Crane, Michael	craneml@pgcc.edu		Vargas, Clemencia	cvargas59959@pgcc.edu
De Sanctis, Dona	braconddd@pgcc.edu		Verdi, Juliet	verdijc@pgcc.edu
Erteschik, Mary	ertescme@pgcc.edu		Vitale-Reddy, Cecelia	cvitale81166@pgcc.edu
Fiestera, Robert	fiestera@pgcc.edu		Weimer, Lee	weimerlx@pgcc.edu
Garner, Bella	garnerbt@pgcc.edu		Widmann, Art	widmanat@pgcc.edu
Gossage, Cynthia	gossagcp@pgcc.edu		Williams, Paula	pwilliam1266@pgcc.edu
Gray, Alice	grayal@pgcc.edu		Williams, Vanessa	williavr@pgcc.edu
Green, Rose	greenrd@pgcc.edu		Wilson, Elnora	wilsonex@pgcc.edu
Green, Rosemary	rgreen843@pgcc.edu		Wright, Adelina	wrightax@pgcc.edu
Holloman, Jim	jhollom20805@pgcc.edu		Yamamoto, Ruth	ryamam100584@pgcc.edu
Kowalewski, Kim (Mr.)	kkowalew3670@pgcc.edu			

SAGE Inclement Weather Policy

All “Early Start” SAGE Classes (The Senior Health & Fitness, Walking and Hiking, Bowling and Therapeutic Aquatic classes) follow Prince George’s Community College and are cancelled if PGCC is closed – *at all locations*.

All other SAGE classes follow the Prince George’s County Public School System:

- One-hour delay: does NOT affect SAGE classes.
- Two-hour delay: SAGE classes beginning before 11 am are cancelled.
- Two-hour early school closure: all SAGE classes after 2 pm are cancelled.
- Zoom classes are NOT impacted by the inclement weather policy.

Community Garden Coming to PGCC

The Service-Learning Office is partnering with Transform Mid-Atlantic AmeriCorps VISTA to develop a community garden at PGCC! Located next to Parking Lot P, its goals are to address food insecurity and promote healthy eating. The entire community can explore recreation and learning options, with accompanying mental and physical health benefits. The PGCC Community Garden is partnering with SAGE to provide opportunities to get involved; classes, club activities, volunteering, and more! As a SAGE student, become a part of this growing community to enjoy activities that increase mobility and flexibility and reduce stress. The garden will feature standing beds for enhanced accessibility.

Please provide feedback in the survey below, ranging from why you would consider participating in the project to what types of plants you would like to harvest from the garden! Your input is valuable.

https://pgcc.co1.qualtrics.com/jfe/form/SV_dmrXYHZsECSI7tY

Share Your Passion and Knowledge

Are you or someone you know interested in teaching for SAGE? Are you passionate about a subject or skill that you want to share with your peers? We are especially interested in finding instructors ready to teach at our in-person locations as well as on Zoom.

- American Sign Language
- Computer Skills
- Literature
- Other exciting and compelling topics

Contact sage@pgcc.edu with a brief resume and class proposal to explore this opportunity.

In Memoriam

SAGE is mourning the loss of **Ollie Goodlow, M.D.**, who taught faithfully for the program for twelve years featuring classes she developed, including, Just Observe Yourself® (J.O.Y.) a mindfulness training using meditation to cultivate awareness. Her creative contributions were appreciated by students and staff alike.

Sylvia Alexander, SAGE instructor in the healthcare program for nearly eleven years, enriched the lives of countless students teaching music, fitness and crafts in assisted living, adult day care and nursing home facilities.

Beulah Mary Alexander, was a loyal student in the Sage Program since the early 2000's after retiring from Howard University Hospital Department of Pediatric Nursing. Beulah was very active on campus, taking computer science, weight training for seniors, exercise classes, water aerobics, line dancing and the Senior Walking and Hiking class. She loved traveling, so she and her husband, Eldrick, went on many of the senior trips. Beulah had an infectious smile that radiated to everyone around her. She was loved and will be missed.

Doris Edelin, dedicated SAGE student since 1995! She participated in the Health & Fitness, Aquatics, Walking & Bowling Classes. She was consistently enrolled through the spring of this year, still actively participating in the SAGE Walking Class. She passed just before her 93rd birthday. She was absolutely amazing and sharp as a tack! She will truly be missed.

Please email sage@pgcc.edu if you care to share with us the passing of beloved members of the SAGE community.



SAGE's 'Early Start' Classes – THIS PAGE ONLY

→ Registration form can be found at the end of the schedule ←

Registrations accepted now through January 2024

SITE	COURSE	COURSE TITLE	INSTRUCTORS	DAYS	TIMES	DATES	SYN#
Allentown	ATH 930	Ther. Aquatic Exercise	Jordan	MWF	8-9 am	01/22-05/10	06556
Allentown	ATH 930	Ther. Aquatic Exercise	Jordan	MWF	9-10 am	01/22-05/10	06558
Bowie Comm. Ctr.	ATH 911	Health & Fitness	Gleason	T/TH	9-11 am	01/09-04/25	06554
Crofton (Bowling)	ATH 352	Bowling (Beginning)	Bickford	Tues	12:30-3:30 pm	01/23-05/07	06566
Cameron Grove (Res. Only)	ATH 930	Ther. Aquatic Exercise	Carrington	W/F	10:15-11:45 am	01/24-05/10	06564
Cameron Grove (Res. Only)	ATH 930	Ther. Aquatic Exercise	Carrington	W/F	12-1:30 pm	01/24-05/10	06565
Largo Campus – NAT	ATH 930	Ther. Aquatic Exercise	Richards	MWF	9-10 am	01/22-05/10	06559
Largo Campus – NAT	ATH 930	Ther. Aquatic Exercise	Richards	MWF	10-11 am	01/22-05/10	06560
Largo Campus – NAT	ATH 930	Ther. Aquatic Exercise	Richards	MWF	11 am-12 pm	01/22-05/10	06562
Largo Campus – Novak	ATH 911	Health & Fitness	Gagnon	T/TH	9-11 am	01/23-05/09	06555
Largo Campus – CE104	ATH 400	Walking/Hiking	Gagnon	Thurs	11:30 am-3:30 pm	01/25-05/09	06568

No Class Days: Feb. 19th, March 11th - 15th

If you have any questions about these classes, contact coordinator **Susan Gagnon**

Email: gagnonsl@pgcc.edu

SAGE Schedule of Classes by Subject

(w/each section listed alphabetically by instructors' last name.)

Arts & Crafts Please see course descriptions for classes starting on page 18.

F2F=Face to Face; (**= residents only)

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Drawing the Human Figure	Allison, Charlotte	Thur	10 am-1 pm	02/15/24	04/25/24	06632
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Printmaking Fundamentals	Brosch, David	Tues	12:30-3 pm	02/06/24	04/30/24	06657
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production /Crafts	Crafting with Paper	Brown, Alita	Wed	10 am-12 pm	02/07/24	05/22/24	06658
F2F	Bowie Senior Ctr - BSC	ART 954	Design/Production /Crafts	Intermediate/Advanced Stained Glass	Cerrelli, Ezio	Mon	12:30-4 pm	02/05/24	05/20/24	06671
F2F	Bowie Senior Ctr - BSC	ART 955	Design/Production /Crafts	Art of Ceramics--All levels	Cockrell, Cami	Tues	8:45-11:45 am	02/06/24	05/21/24	06709
F2F	Bowie Senior Ctr - BSC	ART 955	Design/Production /Crafts	Art of Ceramics--All levels	Cockrell, Cami	Thur	8:45-11:45 am	02/08/24	05/23/24	06710
F2F	Collington Life Care Community - CLLC	ART 306	Art Appreciation	World Art	Crane, Michael	Mon	10 am-12 pm	02/05/24	05/20/24	06711
Zoom		ART 903	Design/Production /Crafts	Creating Realistic Scenes in Fabric	Gossage, Cynthia	Tues	2-4 pm	02/06/24	05/21/24	06817
Zoom		ART 903	Design/Production /Crafts	Hand Embroidery	Gossage, Cynthia	Wed	3-5 pm	02/07/24	05/22/24	06818
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production /Crafts	Portraits in Fabric	Gossage, Cynthia	Thur	2-4 pm	02/08/24	05/23/24	06819
F2F	Bowie Senior Ctr - BSC	ART 956	Design/Production /Crafts	Beginner/Intermediate Stained Glass	Holloman, Jim	Wed	9 am- 1 pm	02/07/24	05/22/24	06730
F2F	Bowie Senior Ctr - BSC	ART 955	Design/Production /Crafts	Beginner/Intermediate Stained Glass	Holloman, Jim	Sat	9 am- 12 pm	02/10/24	05/18/24	06731
Zoom		ART 918	Studio Fine Art	Portraiture	Ruffin, Raj	Mon	6-8 pm	02/05/24	05/20/24	06749
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Photography	Moreno, Romerio	Wed	10 am-12 pm	02/07/24	05/22/24	06940
F2F	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Mixed Media, All levels	Swanson, Darlene	Tues	9 am-12 pm	02/06/24	05/21/24	06772
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production /Crafts	Quilting	Swanson, Darlene	Tues	1-3 pm	02/06/24	05/21/24	06771
F2F	Bowie Senior Ctr - BSC	ART 957	Studio Fine Art	Watercolor Painting	Swanson, Darlene	Wed	10 am-2:30 pm	02/07/24	05/22/24	06773

Zoom		ART 903	Design/Production /Crafts	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	02/05/24	05/20/24	06785
Zoom		ART 903	Design/Production /Crafts	Jewelry Making 4 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	02/06/24	05/21/24	06786
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production /Crafts	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 am-12 pm	02/09/24	05/24/24	06787
F2F**	Cameron Grove - CGAC	ART 918	Studio Fine Art	Basic Art Fundamentals	Williams, Vanessa	Wed	11 am-1 pm	02/07/24	05/22/24	06845
F2F**	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Beginning/Intermediate Drawing	Wilson, Elnora	Mon	9-11 am	02/05/24	05/20/24	06791
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Beginning/Intermediate Drawing	Wilson, Elnora	Fri	9-11 am	02/09/24	05/24/24	06792
F2F	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Acrylic Painting & Multimedia	Wilson, Elnora	Fri	11:30am-2:30 pm	02/09/24	05/24/24	06793

Autobiographical/Creative Writing

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	02/06/24	05/21/24	06762
F2F	Collington Life Care Community - CLLC	SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Tues	2-4 pm	02/06/24	05/21/24	06763
Zoom		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	02/09/24	05/24/24	06764
Zoom		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	02/09/24	05/24/24	06765

Computer Skills

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Largo Campus - LARGO	DPR 548	Intro to Personal Computers	Intro to Personal Computers	Gray, Alice	Mon	9-11 am	02/05/24	05/20/24	06722
F2F	Largo Campus - LARGO	DPR 573	Intermediate Computer Skills	Intermediate Computer Skills (Office)	Gray, Alice	Wed	9-11 am	02/07/24	05/22/24	06723
F2F	Largo Campus - LARGO	DPR 573	Intermediate Computer Skills	Finding Your Roots	Gray, Alice	Fri	9-11 am	02/09/24	05/24/24	06724

Current Issues

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		ENR 903	Current Issues	President 2024	Arnold, Andrew	Fri	9-11 am	02/09/24	05/24/24	06645
Zoom		ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	02/05/24	05/20/24	06687
Zoom		ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Mon	1-3 pm	02/05/24	05/20/24	06688
F2F	Bowie Senior Ctr - BSC	ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	02/06/24	05/21/24	06689
Zoom		ENR 903	Current Issues	Understanding the U.S. Economy	Kowalewski, Kim	Wed	1-3 pm	02/07/24	05/22/24	06732
Zoom		ENR 903	Current Issues	Current Events: Gentler & Kinder	Rudd, Bob	Mon	6-8 pm	02/05/24	05/06/24	06747

Financial Literacy

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		FIN 901	Financial Literacy	Financial Literacy I	Garner, Bella	Tues	11 am-1pm	02/06/24	05/21/24	06719
Zoom		FIN 901	Financial Literacy	Financial Literacy II	Garner, Bella	Wed	11 am-1pm	02/07/24	05/22/24	06720
Zoom		FIN 901	Financial Literacy	Estate Planning	Garner, Bella	Thur	12-2 pm	02/08/24	05/23/24	06721
F2F	Bowie Senior Ctr - BSC	FIN-901	Financial Literacy	Estate Planning	Widmann, Art	Wed	2-4 pm	02/07/24	05/22/24	06816

Healthy Living (Fitness)

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Water Aerobics	Armstrong, Johnnette	Wed	11:30 am-12:30 pm	02/07/24	05/22/24	06633
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Water Aerobics	Armstrong, Johnnette	Fri	11:30 am-12:30 pm	02/09/24	05/24/24	06634

F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Morning Stretching and Meditation	Armstrong, Johnnette	Sat	10-11 am	02/10/24	05/18/24	06635
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 am	02/05/24	05/20/24	06636
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 am	02/06/24	05/21/24	06637
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 am	02/07/24	05/22/24	06638
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 am	02/08/24	05/23/24	06639
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 am	02/09/24	05/24/24	06640
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Hand Dancing	Bacon, Russell	Mon	4-6 pm	02/05/24	05/20/24	06646
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Line Dancing	Brown, Barbara	Mon	10:15 am-12:15 pm	02/05/24	05/20/24	06660
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Line Dancing	Brown, Barbara	Tues	1-3 pm	02/06/24	05/21/24	06659
Zoom		HES 905	Healthy Living	Strength Training Circuit 101	Bush, Dionne	Mon	8-9 am	02/05/24	05/20/24	06661
Zoom		HES 910	Healthy Living	Energizing Chair Exercises 101	Bush, Dionne	MW	9-10 am	02/05/24	05/22/24	06662
Zoom		HES 905	Healthy Living	Cardio Kickboxing Circuit 101	Bush, Dionne	Wed	8-9 am	02/07/24	05/22/24	06663
Zoom		HES 910	Healthy Living	Plant-Based Cooking 101	Bush, Dionne	Wed	12:30-2:30 pm	02/07/24	05/22/24	06664
Zoom		HES 905	Healthy Living	Strength/Cardio Circuit 101	Bush, Dionne	Fri	8-9 am	02/09/24	05/24/24	06665
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Chair Pilates	Carrington, Kathy	Mon	2:45-3:45 pm	02/05/24	05/20/24	06668
Zoom		HES 910	Healthy Living	Weight and Strength Training	Carrington, Kathy	TTH	8-9 am	02/06/24	05/23/24	06669
F2F**	Cameron Grove - CGAC	ATH 930	Therapeutic Aquatic Exercise	Aqua Aerobics	Carrington, Kathy	WF	10:15-11:45 am	01/22/24	05/10/24	06564
F2F**	Cameron Grove - CGAC	ATH 930	Therapeutic Aquatic Exercise	Aqua Aerobics	Carrington, Kathy	WF	12-1:30 pm	01/22/24	05/10/24	06565
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Chair Aerobics	Carrington, Kathy	WF	2:30-3:30 pm	02/07/24	05/24/24	06670
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - All levels	Chang, Chung-Jen	Mon	10:30am-12:30pm	02/05/24	05/20/24	06672
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - All levels	Chang, Chung-Jen	Wed	1:30-3:30 pm	02/07/24	05/22/24	06673

F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - Intermediate	Chang, Chung-Jen	Fri	10:30am-12:30pm	02/09/24	05/24/24	06674
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Fri	1:30-3:30 pm	02/09/24	05/24/24	06675
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Tues	1:30-3:30 pm	02/06/24	05/21/24	06676
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Thur	1:30-3:30 pm	02/08/24	05/23/24	06677
F2F	Collington Life Care Community - CLLC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Mon	1:30-3:30 pm	02/05/24	05/20/24	06678
F2F	Collington Life Care Community - CLLC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Wed	10:30am-12:30pm	02/07/24	05/22/24	06938
Zoom		HES 905	Healthy Living	Chair Yoga & FUNctional Movement	Erteschik, Mary	Tues	9-10 am	02/06/24	05/21/24	06715
Zoom		HES 905	Healthy Living	Chair Movement and Meditation Fusion: Nourish Body and Soul	Erteschik, Mary	Wed	5:30-6:30 pm	02/07/24	05/22/24	06716
F2F**	Cameron Grove - CGAC	HES 914	Healthy Living	Strength Training	Green, Rose	TTH	5-6:30 pm	02/06/24	05/23/24	06725
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Dance Aerobics	Green, Rose	Thur	3:45-4:45 pm	02/08/24	05/23/24	06726
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Zumba Gold	Green, Rosemary	MW	9-10 am	02/05/24	05/22/24	06727
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Zumba Gold Toning	Green, Rosemary	Thur	11 am-12 pm	02/08/24	05/23/24	06728
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Zumba Gold Toning	Green, Rosemary	Fri	1-2 pm	02/09/24	05/24/24	06729
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 910	Healthy Living	Taijifit	Muhaymin, Haleemah	Wed	11:30 am-1:30 pm	02/07/24	05/22/24	06736
F2F	Greenbelt Comm Ctr - GRCC	HES 913	Healthy Living	Chair Yoga	Mullin, Jen	Wed	9:15-10:30 am	02/07/24	05/22/24	06738
F2F	Greenbelt Comm Ctr - GRCC	HES 913	Healthy Living	Intermediate/Advanced Yoga	Mullin, Jen	Wed	10:30-11:45 am	02/07/24	05/22/24	06739
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Intermediate/Advanced Yoga	Robling, Margie	Sat	8:20-10:20 am	02/10/24	05/18/24	06745
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Beginner Yoga	Robling, Margie	Sat	10:20am-12:20pm	02/10/24	05/18/24	06746
Zoom		HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	MW	1-2 pm	02/05/24	05/22/24	06750

Zoom		HES 914	Healthy Living	Beginner/ Intermediate Pilates	Shell, Susan	MWF	9-10 am	02/05/24	05/24/24	06751
F2F	Collington Life Care Community - CLLC	HES 914	Healthy Living	Beginner/ Intermediate Pilates	Shell, Susan	MWF	10:30-11:30 am	02/05/24	05/24/24	06752
F2F	Collington Life Care Community - CLLC	HES 914	Healthy Living	Beginner/Intermediate Aerobics	Shell, Susan	MWF	11:30 am-12:30 pm	02/05/24	05/24/24	06753
Zoom		HES 910	Healthy Living	Beginner/Intermediate Aerobics	Shell, Susan	TTH	9-10 am	02/06/24	05/23/24	06754
F2F	Collington Life Care Community - CLLC	HES 914	Healthy Living	Water Aerobics	Shell, Susan	TTH	10-11:30 am	02/06/24	05/23/24	06755
F2F	Collington Life Care Community - CLLC	HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	TTH	11:30 am-12:30 pm	02/06/24	05/23/24	06756
F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Gentle Yoga-All levels	Smith, Patricia	Mon	1:30-3:30 pm	02/05/24	05/20/24	06766
F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Gentle Yoga-All levels	Smith, Patricia	Wed	1:30-3:30 pm	02/07/24	05/22/24	06767
Zoom		HES 910	Healthy Living	Chair Yoga	Smith, Patricia	TTH	10:30-11:30 am	02/06/24	05/23/24	06768
F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Movement/Strength/Stretch	Smith, Patricia	TTH	1-2 pm	02/06/24	05/23/24	06769
Zoom		HES 910	Healthy Living	Yoga Fusion Yoga, Pilates & Tai Chi	Verdi, Juliet	Mon	10:30am-12:30 pm	02/05/24	05/20/24	06782
Zoom		HES 910	Healthy Living	Intermediate Tai Chi Classic Short & Long Form	Verdi, Juliet	Thur	10:30 am-12 pm	02/08/24	05/23/24	06783
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Yoga I	Weimer, Lee	Wed	10 am-12 pm	02/07/24	05/22/24	06788
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Mat Pilates	Weimer, Lee	Thur	11 am-1 pm	02/08/24	05/23/24	06789

Healthy Living (Personal Enrichment)

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		HES 905	Healthy Living	Meditation for Everyday Living	Boverman, Katrina	Mon	12:30-2:30 pm	02/05/24	04/01/23	06655
Zoom		HES 905	Healthy Living	Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 pm	02/07/24	05/22/24	06656

F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Nutrition	Carrington, Kathy	Mon	12:30-2:30 pm	02/05/24	05/20/24	06667
Zoom		HES 905	Healthy Living	Mindfulness and Meditation	Erteschik, Mary	Mon	4:30-5:30 pm	02/05/24	05/20/24	06714
Zoom		HES 905	Healthy Living	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	02/05/24	05/20/24	06737
Zoom		HES-905	Healthy Living	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	02/07/24	05/22/24	06740
Zoom		HES-905	Healthy Living	Friday Morning Meditation	Mullin, Jen	Fri	9-10 am	02/09/24	05/24/24	06741
Zoom		HES-910	Healthy Living	Cooking Vegan Allergy Free Food Alternative Entries & Edible Center Pieces & Desserts	Verdi, Juliet	Fri	3-5 pm	02/09/24	05/24/24	06784
F2F	Bowie Senior Ctr - BSC	HES-910	Healthy Living	Everyday Feels Like Saturday	Williams, Paula	Fri	1-3pm	02/09/24	05/24/24	06790

History

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		HIS 378	World History	Empires	Arnold, Andrew	Mon	9-11 am	02/05/24	05/20/24	06642
Zoom		HIS 916	American History: Select Topics	US Civics	Arnold, Andrew	Wed	10 am-12 pm	02/07/24	05/22/24	06644
F2F	Bowie Senior Ctr - BSC	HIS 916	American History: Select Topics	American History	Cipriani, Vincent	Tues	12:30-2:30 pm	02/06/24	05/21/24	06690
Zoom		HIS 916	American History: Select Topics	American History	Cipriani, Vincent	Thur	1-3 pm	02/08/24	05/23/24	06691
F2F	Collington Life Care Community - CLLC	HIS 378	World History	Ancient Lives	Crane, Michael	Mon	1-3 pm	02/05/24	05/20/24	06712
F2F	Greenbelt Comm Ctr - GRCC	HIS 916	American History: Select Topics	Red States and Blue States: The 2024 Presidential Edition	Rudd, Bob	Thur	2-4 pm	02/08/24	05/02/24	06748

Improvisation

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	COM-900	Introduction to Improv	Serious Fun: Introduction to Improv	Yamamoto, Ruth	Fri	10 am-12 pm	02/09/24	05/24/24	06794

Languages

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	LGE 917	Intermediate Italian	Practical Italian	De Sanctis, Dona	Fri	10 am-12 pm	02/09/24	05/24/24	06713
F2F	Bowie Senior Ctr - BSC	LGE 340	Introduction to German	Beginning/Intermediate German	Leahy-Thielke, Faith	Tues	12:00 - 2:00pm	02/06/24	05/21/24	06733
F2F	University Town Center - UTC	LGE-333	Beg. Spanish	Beginner 1 Spanish	Miller, Barbara	Tues	10 am-12 pm	02/06/24	05/21/24	06734
Zoom		LGE-333	Beg. Spanish	Beginner 2 Spanish	Miller, Barbara	Tues	1-3 pm	02/06/24	05/21/24	06735
Zoom		COM 901	Am. Sign Language for Beginners	American Sign Language – Beginner level	Rhoads, Bob	Mon	10 am -12 pm	02/05/24	05/20/24	06803
Zoom		COM 901	Am. Sign Language for Beginners	American Sign Language - Intermediate level	Rhoads, Bob	Thur	10 am -12 pm	02/08/24	05/23/24	06804
F2F	Bowie Senior Ctr - BSC	LGE-381	Intermediate Spanish	Intermediate Spanish	Sieiro, Debbie	Mon	10 am-12 pm	02/05/24	05/20/24	06757
F2F	Greenbelt Comm Ctr - GRCC	LGE 381	Intermediate Spanish	Conversation Spanish	Sieiro, Debbie	Tues	10 am-12 pm	02/06/24	05/21/24	06760
F2F	Greenbelt Comm Ctr - GRCC	LGE-333	Beginning Spanish	Beginner Spanish I	Sieiro, Debbie	Tues	12:30-2:30 pm	02/06/24	05/21/24	06761
F2F	Bowie Senior Ctr - BSC	LGE-333	Beginning Spanish	Beginner Spanish II	Sieiro, Debbie	Fri	10 am-12 pm	02/09/24	05/24/24	06759
F2F	Bowie Senior Ctr - BSC	LGE-333	Beginning Spanish	Beginner Spanish III	Sieiro, Debbie	Fri	12:30-2:30 pm	02/09/24	05/24/24	06758
Zoom		LGE 337	French: Beginner I	Beginning French	Torres, Edite	Mon	12-2 pm	02/05/24	05/20/24	06774
Zoom		LGE 337	French: Beginner I	Beginning French 2	Torres, Edite	Tues	11 am-1 pm	02/06/24	05/21/24	06775
Zoom		LGE 338	French II	Intermediate French	Torres, Edite	Wed	11 am-1 pm	02/07/24	05/22/24	06776
Zoom		LGE 381	Intermediate Spanish	Intermediate Conversation in Spanish	Vargas, Clemencia	Mon	1-3 pm	02/05/24	05/20/24	06777
Zoom		LGE 333	Beginner Spanish	Beginner Spanish 2	Vargas, Clemencia	Mon	3-5 pm	02/05/24	05/20/24	06778
Zoom		LGE 333	Beginner Spanish	Advanced Beginner Spanish	Vargas, Clemencia	Tues	1-3 pm	02/06/24	05/21/24	06779
Zoom		LGE 381	Intermediate Spanish	Intermediate Spanish	Vargas, Clemencia	Wed	1-3 pm	02/07/24	05/22/24	06780
Zoom		LGE 381	Intermediate Spanish	Advanced Conversation in Spanish	Vargas, Clemencia	Wed	3-5 pm	02/07/24	05/22/24	06781

Literature: An Exploration

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		ENR 380	Literature: An Exploration	Whodunit: Discussion Group	Arnold, Andrew	Tues	10 am-12 pm	02/06/24	05/21/24	06643
Zoom		ENR 380	Literature: An Exploration	Shakespeare's Falstaff	Barthel, Carol	Tues	1-3 pm	02/06/24	04/30/24	06647
Zoom		ENR 380	Literature: An Exploration	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 am -12 pm	02/06/24	05/21/24	06744
Zoom		ENR 380	Literature: An Exploration	The Literary Origin of the Bible	Wright, Adelina	Tues	6-8 pm	02/06/24	03/26/24	06822

Music Appreciation

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	MUS 307	Music Appreciation - Piano	Piano for Intermediate Students	Choi, Young Kwon	Mon	10 am-12 pm	02/05/24	05/20/24	06683
F2F	Bowie Senior Ctr - BSC	MUS 307	Music Appreciation - Piano	Piano for Advanced Students	Choi, Young Kwon	Mon	12-2 pm	02/05/24	05/20/24	06684
Zoom		MUS 307	Music Appreciation - Piano	Piano for Intermediate Students	Choi, Young Kwon	Tues	9–11 am	02/06/24	05/21/24	06685
Zoom		MUS 307	Music Appreciation - Piano	Piano for Advanced Students	Choi, Young Kwon	Tues	11 am–1 pm	02/06/24	05/21/24	06686
F2F	Bowie Senior Ctr - BSC	MUS 308	Music Appreciation	Intermediate Guitar	Fiester, Robert	Wed	9:30-11:30 am	02/07/24	05/22/24	06717
F2F	Bowie Senior Ctr - BSC	MUS 308	Music Appreciation	Beginner Guitar	Fiester, Robert	Thur	9:30-11:30 am	02/08/24	05/23/24	06718
F2F	Camp Springs Sr Activity Ctr - CSSC	MUS 307	Music Appreciation - Piano	Adv/Interm Mixed Piano	Patente, Peter	Tues	9:30-11:30 am	02/06/24	05/21/24	06742
F2F	Camp Springs Sr Activity Ctr - CSSC	MUS 307	Music Appreciation - Piano	Beginner Piano	Patente, Peter	Tues	11:30 am-1:30 pm	02/06/24	05/21/24	06743

Science

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	PSC 900	Astronomy	Astrobiology	Blumenstock, Michael	Mon	1-3 pm	02/05/24	05/20/24	06648
Zoom		PSC 900	Astronomy	Astrobiology	Blumenstock, Michael	Tues	1-3 pm	02/06/24	05/21/24	06814
F2F	Greenbelt Comm Ctr - GRCC	ENV 302	Environmental Science	Sustainability	Blumenstock, Michael	Wed	1-3 pm	02/07/24	05/22/24	06815
Zoom		ENV 302	Environmental Science	Sustainability	Blumenstock, Michael	Thur	1-3 pm	02/08/24	05/23/24	06652

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
2	Drawing the Human Figure	Allison, Charlotte	Thur	10 am-1 pm	02/15/24	04/25/24	06632	F2F	Learn the proportions of the adult male and female human figure. Supplies: drawing paper (either 9x12 or 11x14), graphite pencil set 3h to 6b, kneaded eraser, and tracing paper same size as your drawing paper. The first five weeks will be as stated above and the following five weeks will be either in colored pencils or watercolor, with focus on attaining the different flesh colors.
3	Water Aerobics	Armstrong, Johnnette	Wed	11:30 am-12:30 pm	02/07/24	05/22/24	06633	F2F	Water aerobics for fun and exercise!
4	Water Aerobics	Armstrong, Johnnette	Fri	11:30 am-12:30 pm	02/09/24	05/24/24	06634	F2F	Water aerobics for fun and exercise!
5	Morning Stretching and Meditation	Armstrong, Johnnette	Sat	10-11 am	02/10/24	05/18/24	06635	F2F	Allow the body to release muscle tension, increase circulation and muscle control, while listening to soft gentle music. End with chair meditation.
6	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 am	02/05/24	05/20/24	06636	F2F	Allow the body to release muscle tension, increase circulation and muscle control, while listening to soft gentle music. End with chair meditation.
7	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 am	02/06/24	05/21/24	06637	F2F	This chair and standing aerobics class is designed to raise your heart rate in a low impact way, while moving to the sound of Motown!
8	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 am	02/07/24	05/22/24	06638	F2F	Learn to prevent falls and remain independent. Both standing and seated exercises, moving to music from the 50's & 60's.
9	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 am	02/08/24	05/23/24	06639	F2F	Total body workout using light weights. Build lean muscle mass and muscle endurance.
10	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 am	02/09/24	05/24/24	06640	F2F	Rock out to the oldies and get a good workout. Low impact moves are easy and fun.
11	Empires	Arnold, Andrew	Mon	9-11 am	02/05/24	05/20/24	06642	Zoom	After a brief definition of what myths were used to create power and control, we venture into government and religion beginning with the Sumer Empire and moving forward to the United States.
12	Whodunit: Discussion Group	Arnold, Andrew	Tues	10 am-12 pm	02/06/24	05/21/24	06643	Zoom	Read and discuss: Walter Mosely's <i>Black Betty</i> ; <i>The Newton Code</i> by Liam Fialkov; and Betsey Reavley's <i>Murder at the Book Club</i> .
13	US Civics	Arnold, Andrew	Wed	10 am-12 pm	02/07/24	05/22/24	06644	Zoom	Spend two hours each week considering our government, the Constitution, and citizenship. Suggested text is Kermit Roosevelt III's <i>The Nation That Never Was</i> .
14	President 2024	Arnold, Andrew	Fri	9-11 am	02/09/24	05/24/24	06645	Zoom	Discuss all announced candidates for the 2024 election; their bios, what the issues are, who controls the presentation of issues, and the election process.
15	Hand Dancing	Bacon, Russell	Mon	4-6 pm	02/05/24	05/20/24	06646	F2F	Beginner and Intermediate Hand Dance, Bop, and Cha Cha, Fancy Footwork and Turns, as well as dance etiquette (male/female). Beginner thru advanced social dance moves and techniques.
16	Shakespeare's Falstaff	Barthel, Carol	Tues	1-3 pm	02/06/24	04/30/24	06647	Zoom	Three of Shakespeare's plays feature one of his greatest comic creations, Sir John Falstaff. Participants need a readable copy (any format) of <i>Henry IV, Part I</i> ; <i>Henry IV, Part II</i> ; and <i>The Merry Wives of Windsor</i> .
17	Astrobiology	Blumenstock, Michael	Mon	1-3 pm	02/05/24	05/20/24	06648	F2F	Based on the idea that life could exist outside earth, astrobiology studies the origins, early evolution, dispersion, and future life in the universe by exploring its environments and conditional events.
18	Astrobiology	Blumenstock, Michael	Tues	1-3 pm	02/06/24	05/21/24	06814	Zoom	Based on the idea that life could exist outside earth, astrobiology studies the origins, early evolution, dispersion, and future life in the universe by exploring its environments and conditional events.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
19	Sustainability	Blumenstock, Michael	Wed	1-3 pm	02/07/24	05/22/24	06815	F2F	Sustainability is a social aim for individuals to exist together for a long time. Sustainability has three dimensions: environmental, economic, and social.
20	Sustainability	Blumenstock, Michael	Thur	1-3 pm	02/08/24	05/23/24	06652	Zoom	Sustainability is a social aim for individuals to exist together for a long time. Sustainability has three dimensions: environmental, economic, and social.
21	Meditation for Everyday Living	Boverman, Katrina	Mon	12:30-2:30 pm	02/05/24	04/01/23	06655	Zoom	Learn techniques for everyday living, experience benefits of slowing down, becoming more mindful, listening to yourself, having less stress. Engage with beginners/experienced students through practice, discussion, being a part of a supportive community.
22	Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 pm	02/07/24	05/22/24	06656	Zoom	Experience basic principles and benefits of meditation. Come "get away from it all", experience slowing down, becoming more mindful, listening to yourself and connecting with others.
23	Printmaking Fundamentals	Brosch, David	Tues	12:30-3 pm	02/06/24	04/30/24	06657	F2F	Instruction on several print media including linocut, monoprinting, collage, and collagraph. All levels.
24	Crafting with Paper	Brown, Alita	Wed	10 am-12 pm	02/07/24	05/22/24	06658	F2F	Origami and quilling made easy in a fun and fulfilling setting. Develop hand-eye coordination, fine motor skills, and mental concentration working with paper folding. Quilling is an art form that uses strips of paper that are rolled, shaped, and glued together to create decorative designs.
25	Line Dancing	Brown, Barbara	Tues	1-3 pm	02/06/24	05/21/24	06659	F2F	An enjoyable social activity that provides great physical and mental exercise. Strengthen bones and muscles, increase stamina and flexibility, and support weight loss and stress reduction. No experience necessary.
26	Line Dancing	Brown, Barbara	Mon	10:15 am-12:15 pm	02/05/24	05/20/24	06660	F2F	An enjoyable social activity that provides great physical and mental exercise. Strengthen bones and muscles, increase stamina and flexibility, and support weight loss and stress reduction. No experience necessary.
27	Strength Training Circuit 101	Bush, Dionne	Mon	8-9 am	02/05/24	05/20/24	06661	Zoom	Help ward off age-related muscle loss, keep bones strong, promote mobility, prevent falls, and combat depression and cognitive decline. "Strength is the fountain of youth."
28	Energizing Chair Exercises 101	Bush, Dionne	MW	9-10 am	02/05/24	05/22/24	06662	Zoom	Keep joints flexible, improving range of motion and mobility. Also strengthen and stabilize muscles, resulting in improved balance, which is key for preventing falls and injuries. 60% chair/40% standing.
29	Cardio Kickboxing Circuit 101	Bush, Dionne	Wed	8-9 am	02/07/24	05/22/24	06663	Zoom	Build stamina, improve coordination and flexibility, and burn calories while building lean muscles. Low -impact/high-intensity moves.
30	Plant-Based Cooking 101	Bush, Dionne	Wed	12:30-2:30 pm	02/07/24	05/22/24	06664	Zoom	Explore whole food, plant-based eating for disease prevention and a vibrant life. Featuring cooking demos, meal prep tips, mouthwatering recipes and weekly shopping lists sent directly to your inbox. Don't miss this chance to embrace a healthier you! Part 1 - 2/7 through 3/27 Part 2 - 4/3 through 5/15.
31	Strength/Cardio Circuit 101	Bush, Dionne	Fri	8-9 am	02/09/24	05/24/24	06665	Zoom	A combination of our Monday Strength Training Circuit 101 & Wednesday Cardio Kickboxing Circuit 101 courses! 80% floor/20% standing.
32	Nutrition	Carrington, Kathy	Mon	12:30-2:30 pm	02/05/24	05/20/24	06667	F2F	Learn healthy food choices, discuss current topics, and understand food labels. On request, bring food items.
33	Chair Pilates	Carrington, Kathy	Mon	2:45-3:45 pm	02/05/24	05/20/24	06668	F2F	Improve core strength, mobility, flexibility and other health benefits. Needed: chair, water and comfortable clothes.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
34	Weight and Strength Training	Carrington, Kathy	TTH	8-9 am	02/06/24	05/23/24	06669	Zoom	Improve strength, mobility, flexibility, endurance and other health benefits. Needed: dumb bells, tube strength bands, water and comfortable clothes.
35	Aqua Aerobics	Carrington, Kathy	WF	10:15-11:45 am	01/22/24	05/10/24	06564	F2F	Improve mobility, flexibility, endurance and other health benefits. Needed: swim wear, aqua shoes, water and towel.
36	Aqua Aerobics	Carrington, Kathy	WF	12-1:30 pm	01/22/24	05/10/24	06565	F2F	Improve mobility, flexibility, endurance and other health benefits. Needed: swim wear, aqua shoes, water and towel.
37	Chair Aerobics	Carrington, Kathy	WF	2:30-3:30 pm	02/07/24	05/24/24	06670	F2F	Improve mobility, flexibility, endurance and other health benefits. What's needed: chair, water and comfortable clothes.
38	Intermediate & Advanced Stained Glass	Cerrelli, Ezio	Mon	12:30-4 pm	02/05/24	05/20/24	06671	F2F	Design and complete stained glass projects of your choice.
39	Tai Chi - All levels	Chang, Chung-Jen	Mon	10:30am-12:30pm	02/05/24	05/20/24	06672	F2F	Tai chi is an exercise with the movement of one's head, eyes, arms, hands, body, legs, and feet done in coordination with one's mind and respiration.
40	Tai Chi - All levels	Chang, Chung-Jen	Wed	1:30-3:30 pm	02/07/24	05/22/24	06673	F2F	Tai chi is an exercise with the movement of one's head, eyes, arms, hands, body, legs, and feet done in coordination with one's mind and respiration.
41	Tai Chi - Intermediate	Chang, Chung-Jen	Fri	10:30am-12:30pm	02/09/24	05/24/24	06674	F2F	Practice "Chen style Tai Chi", the oldest Tai Chi style in China. It intensifies the body exercise to improve the strength and chi by circular or spiral motion.
42	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Fri	1:30-3:30 pm	02/09/24	05/24/24	06675	F2F	Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from Tai Chi & various Taoist chi kung exercises. Emphasizes whole-body muscular relaxation, flexibility, and toning. Increase circulation, free the movement of joints, and bring chi to every part of body.
43	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Tues	1:30-3:30 pm	02/06/24	05/21/24	06676	F2F	Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from Tai Chi & various Taoist chi kung exercises. Emphasizes whole-body muscular relaxation, flexibility, and toning. Increase circulation, free the movement of joints, and bring chi to every part of body.
44	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Thur	1:30-3:30 pm	02/08/24	05/23/24	06677	F2F	Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from Tai Chi & various Taoist chi kung exercises. Emphasizes whole-body muscular relaxation, flexibility, and toning. Increase circulation, free the movement of joints, and bring chi to every part of body.
45	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Mon	1:30-3:30 pm	02/05/24	05/20/24	06678	F2F	Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from Tai Chi & various Taoist chi kung exercises. Emphasizes whole-body muscular relaxation, flexibility, and toning. Increase circulation, free the movement of joints, and bring chi to every part of body.
46	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Wed	10:30am-12:30pm	02/07/24	05/22/24	06938	F2F	Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from Tai Chi & various Taoist chi kung exercises. Emphasizes whole-body muscular relaxation, flexibility, and toning. Increase circulation, free the movement of joints, and bring chi to every part of body.
47	Piano for Intermediate Students	Choi, Young Kwon	Mon	10 am-12 pm	02/05/24	05/20/24	06683	F2F	For students with basic experience of playing piano in reading the treble clef and the base clef, understanding the five finger positions and some basic chord progressions.

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48	Piano for Advanced Students	Choi, Young Kwon	Mon	12-2 pm	02/05/24	05/20/24	06684	F2F	For students who have played piano for some years and are able to play short songs from classical music, popular music, or hymns and gospels. Cover some music history and music appreciation along with the repertory studies.
49	Piano for Intermediate Students	Choi, Young Kwon	Tues	9–11 am	02/06/24	05/21/24	06685	Zoom	For students who have some basic experience of playing piano in reading the treble clef and the base clef, understand the five finger positions and some basic chord progressions.
50	Piano for Advanced Students	Choi, Young Kwon	Tues	11 am–1 pm	02/06/24	05/21/24	06686	Zoom	For students who have played piano for some years and are able to play short songs from classical music, popular music, or hymns and gospels. Cover some music history and music appreciation along with the repertory studies.
51	Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	02/05/24	05/20/24	06687	Zoom	Weekly review and discussion of local, national and international news.
52	Current Issues	Cipriani, Vincent	Mon	1-3 pm	02/05/24	05/20/24	06688	Zoom	Weekly review and discussion of local, national and international news.
53	Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	02/06/24	05/21/24	06689	F2F	Weekly review and discussion of local, national and international news.
54	American History	Cipriani, Vincent	Tues	12:30-2:30 pm	02/06/24	05/21/24	06690	F2F	Explore events and figures of the United States from 1900 to the 1970's.
55	American History	Cipriani, Vincent	Thur	1-3 pm	02/08/24	05/23/24	06691	Zoom	Explore events and figures of the United States from 1900 to the 1970's.
56	Art of Ceramics--All levels	Cockrell, Cami	Tues	8:45-11:45 am	02/06/24	05/21/24	06709	F2F	Learn the fundamentals of ceramics; mold casting, use of stains, glazes, underglazes, decals and embellishment techniques. <i>Please no outside ceramic ware permitted.</i>
57	Art of Ceramics--All levels	Cockrell, Cami	Thur	8:45-11:45 am	02/08/24	05/23/24	06710	F2F	Learn the fundamentals of ceramics; mold casting, use of stains, glazes, underglazes, decals and embellishment techniques. <i>Please no outside ceramic ware permitted.</i>
58	World Art	Crane, Michael	Mon	10 am-12 pm	02/05/24	05/20/24	06711	F2F	Art has a worldwide expression and we will explore the documentaries from public sources such as PBS and the BBC. Experts will interview contemporary artists plus historians will present art from the Far East.
59	Ancient Lives	Crane, Michael	Mon	1-3 pm	02/05/24	05/20/24	06712	F2F	An expert scholar will lead contemporary analyses of direct archaeological research that will reveal details of daily life from 10,000 years ago to the Middle Ages. With evidence of foods found near ancient sites will frame one part of life. Health, cultural records and technologies will be presented. Digital media will be used.
60	Practical Italian	De Sanctis, Dona	Fri	10 am-12 pm	02/09/24	05/24/24	06713	F2F	Learn to understand and speak Italian through songs, exercises, stories and more.
61	Mindfulness and Meditation	Erteschik, Mary	Mon	4:30-5:30 pm	02/05/24	05/20/24	06714	Zoom	This practice uses a multilayered approach to learning mindfulness techniques and meditations to balance the nervous system and bring greater awareness to the mind and body. Explore different guided meditations and educational presentations on why and what meditation does for the body and mind.
62	Chair Yoga & FUNctional Movement	Erteschik, Mary	Tues	9-10 am	02/06/24	05/21/24	06715	Zoom	Combine chair supported accessible yoga postures along with FUNctional exercises. Movements support your everyday life and overall mental and physical and well-being.
63	Chair Movement and Meditation Fusion: Nourish Body and Soul	Erteschik, Mary	Wed	5:30-6:30 pm	02/07/24	05/22/24	06716	Zoom	The perfect class, whether you have limited mobility or simply prefer a gentle approach to exercise. After rejuvenating your body with chair movement, nourish your soul through a simple guided meditation.

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64	Intermediate Guitar	Fiester, Robert	Wed	9:30-11:30 am	02/07/24	05/22/24	06717	F2F	Students in this class can freely move open chords around, have knowledge and some mastery of barre chords, and some finger style elements. Material includes music theory, more difficult tunes, scales, and basic improvisation. Students should have reasonable experience with note values and the ability to play basic tunes confidently.
65	Beginner Guitar	Fiester, Robert	Thur	9:30-11:30 am	02/08/24	05/23/24	06718	F2F	For true beginners, or those that have had extremely limited experience or success at playing the guitar. Bring own guitar, a tuner, and a metronome (app is fine). Topics include string names, parts of the guitar, chords, strumming, and at least two songs, with any necessary exercises, including how to read a basic chord chart, and basic note values. Gain a nice head-start by going to www.funkyguitar.com/instruction ; scroll down to watch the first three videos.
66	Financial Literacy I	Garner, Bella	Tues	11 am-1pm	02/06/24	05/21/24	06719	Zoom	This foundational course teaches various topics relating to personal finance leading up to and after retirement.
67	Financial Literacy II	Garner, Bella	Wed	11 am-1pm	02/07/24	05/22/24	06720	Zoom	This advanced course continues to build on lessons learned in the foundational course to include investing beyond retirement.
68	Estate Planning	Garner, Bella	Thur	12-2 pm	02/08/24	05/23/24	06721	Zoom	Estate Planning includes information on wills, trusts, taxes, charitable giving, social security, healthcare, investment alternatives, etc. Have peace of mind and avoid family disputes by assigning beneficiaries, and storing these documents all in one safe place.
69	Creating Realistic Scenes in Fabric	Gossage, Cynthia	Tues	2-4 pm	02/06/24	05/21/24	06817	Zoom	Learn how to use the same techniques painters use to create a sense of three-dimensional space on a flat plane to create fabric pictures.
70	Hand Embroidery	Gossage, Cynthia	Wed	3-5 pm	02/07/24	05/22/24	06818	Zoom	Explore the wide world of hand embroidery, from the simplest running stitch to complex three-dimensional constructions.
71	Portraits in Fabric	Gossage, Cynthia	Thur	2-4 pm	02/08/24	05/23/24	06819	F2F	Explore a range of techniques to capture a person's likeness using fabric and stitch.
72	Intro to Personal Computers	Gray, Alice	Mon	9-11 am	02/05/24	05/20/24	06722	F2F	Learn how to turn on the computer, computer components and functionality, and how to use the internet. Beginning Office Suite.
73	Intermediate Computer Skills (Office)	Gray, Alice	Wed	9-11 am	02/07/24	05/22/24	06723	F2F	Introduction to Intermediate Word, Excel, PowerPoint, how to use Zoom, and Microsoft Office Suite.
74	Finding Your Roots	Gray, Alice	Fri	9-11 am	02/09/24	05/24/24	06724	F2F	Use various tools to research and locate relatives and create a family history book, using Microsoft Office Suite.
75	Strength Training	Green, Rose	TTh	5-6:30 pm	02/06/24	05/23/24	06725	F2F	Strengthen and tone muscles for a stronger you.
76	Dance Aerobics	Green, Rose	Thur	3:45-4:45 pm	02/08/24	05/23/24	06726	F2F	Have fun getting an aerobic workout by dancing to the music! We will make moves that are fast, slow, standing up, sitting down---all while moving to the beat of the music.
77	Zumba Gold	Green, Rosemary	MW	9-10 am	02/05/24	05/22/24	06727	F2F	This modified Zumba dance fitness class recreates the original moves you love at a lower intensity. Choreography focuses on balance, range of motion and coordination.
78	Zumba Gold Toning	Green, Rosemary	Thur	11 am-12 pm	02/08/24	05/23/24	06728	F2F	This lower intensity dance fitness class moves at your pace, enhancing muscle strength, tone and endurance. Use no more than 1lb light hand weights/toning sticks to shake and sculpt your way to a healthy body for an active lifestyle.
79	Zumba Gold Toning	Green, Rosemary	Fri	1-2 pm	02/09/24	05/24/24	06729	F2F	This lower intensity dance fitness class moves at your pace, enhancing muscle strength, tone and endurance. Use no more than 1lb light hand weights/toning sticks to shake and sculpt your way to a healthy body for an active lifestyle.

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80	Beginner/Intermediate Stained Glass	Holloman, Jim	Wed	9 am- 1 pm	02/07/24	05/22/24	06730	F2F	Learn basics of making stained glass projects for both beginner and intermediate students. Some manual dexterity required to use hand tools, as well as scoring, breaking, and handling glass.
81	Beginner/Intermediate Stained Glass	Holloman, Jim	Sat	9 am- 12 pm	02/10/24	05/18/24	06731	F2F	Learn basics of making stained glass projects for both beginner and intermediate students. Some manual dexterity required to use hand tools, as well as scoring, breaking, and handling glass.
82	Understanding the U.S. Economy	Kowalewski, Kim (Mr.)	Wed	1-3 pm	02/07/24	05/22/24	06732	Zoom	Review and discuss current economic developments and topics such as recession indicators, inflation, employment, economic inequality, monetary and fiscal policy, and the ongoing impact of the COVID-19 pandemic on the economy.
83	Beginning/Intermediate German	Leahy-Thielke, Faith	Tues	10 am-12 pm	02/06/24	05/21/24	06733	F2F	Multilevel German language instruction.
84	Beginner 1 Spanish	Miller, Barbara	Tues	10 am-12 pm	02/06/24	05/21/24	06734	F2F	For students with an understanding of verb conjugation and basic Spanish vocabulary. Learn to converse about your activities and interests.
85	Beginner 2 Spanish	Miller, Barbara	Tues	1-3 pm	02/06/24	05/21/24	06735	Zoom	Students entering this class should be able to easily describe themselves, their hobbies, and their families. Learn to speak in the present subjunctive mood and the past tenses.
86	Discover Digital Photography	Moreno, Romerio	Wed	10 am-12 pm	02/07/24	05/22/24	06940	F2F	Discover Digital Photography is designed for the novice photographer and also serves as a good review for more experienced photographers. Learn about digital cameras, from Digital Single Lens Reflex (DSLR) cameras to "Point-and-Shoot cameras and the differences between the equipment. There is a very limited overview about smart phone cameras. Cover basic concepts and practice of digital photography, including terminology and the use of the camera lenses, flash, and other basic photographic equipment. Address aesthetic principles as they relate to camera settings shooting modes, composition, space, exposure, light color, copyright laws, and ethics. A hands-on course with an opportunity to use the techniques learned in class with live photo session(s). Occasional photography assignments aimed at gaining practical experience.
87	Taijifit	Muhaymin, Haleemah	Wed	11:30 am-1:30 pm	02/07/24	05/22/24	06736	F2F	The TaijiFit flow experience combines the elements of traditional Tai Chi and Qigong movements with breathing techniques. It's a series of continuous gentle circular movements (moving meditation) and mindfulness. A great stress reliever that improves your overall health, fitness and wellbeing. End the class with a seated meditation.
88	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	02/05/24	05/20/24	06737	Zoom	Explore a range of meditation styles including mindfulness, creative visualization, and yoga nidra. Learn simple breathing techniques to activate your body's natural relaxation response. No experience is necessary; all are welcome to share the peaceful power of group meditation.
89	Chair Yoga	Mullin, Jen	Wed	9:15-10:30 am	02/07/24	05/22/24	06738	Zoom	A gentle class offering all the benefits of traditional yoga without the need to get up and down from the floor. The chair is used as a support for standing poses that develop both strength and balance. All movements are slow and can be modified to suit any fitness level. NEEDED: yoga mat

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90	Intermediate/Advanced Yoga	Mullin, Jen	Wed	10:30-11:45 am	02/07/24	05/22/24	06739	Zoom	Use basic yoga postures to build stamina, strength, flexibility, and balance. Explore breathing techniques--linking movement with breath and deepening stretches. Designed so all levels can practice together in an encouraging environment. NEEDED: yoga mat
91	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	02/07/24	05/22/24	06740	F2F	Explore a range of meditation styles including mindfulness, creative visualization, and yoga nidra. Learn simple breathing techniques to activate your body's natural relaxation response. No experience necessary; all are welcome to share the peaceful power of group meditation.
92	Friday Morning Meditation	Mullin, Jen	Fri	9-10 am	02/09/24	05/24/24	06741	F2F	Looking for a way to jumpstart your day? Research suggests that morning is the ideal time for meditation. Take time to reflect and respond to journal prompts and explore a guided meditation. Bring clarity to your intentions and empower your goals! Materials: journal or notebook
93	Adv/Interm Mixed Piano	Patente, Peter	Tues	9:30-11:30 am	02/06/24	05/21/24	06742	F2F	Develop your piano playing skills.
94	Beginner Piano	Patente, Peter	Tues	11:30 am-1:30 pm	02/06/24	05/21/24	06743	F2F	Learn the basics of playing the piano.
95	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 am -12 pm	02/06/24	05/21/24	06744	Zoom	Short stories are timeless in their magical ability to help us make human connections with the author, the narrative, each other and ourselves. Read and discuss new stories from authors including John Steinbeck, Anton Chekhov, Raymond Carver, William Sydney Porter (O. Henry) and Joyce Carol Oates. Watch related movies and analyze both.
96	American Sign Language - Beginner level	Rhoads, Bob	Mon	10 am -12 pm	02/05/24	05/20/24	06803	Zoom	If you are new to Sign Language, this class is for you! Instructor would also like to encourage those who took this class last term to continue for Unit 2.
97	American Sign Language - Intermediate level	Rhoads, Bob	Thur	10 am -12 pm	02/08/24	05/23/24	06804	Zoom	ASL II is open to those who have completed two or more trimesters to transition from ASL Beginners (prerequisite).
98	Int./Adv. Yoga	Robling, Margie	Sat	8:20-10:20 am	02/10/24	05/18/24	06745	F2F	This class assumes either some knowledge of yoga, or a basic level of strength. Explore a wide range of yoga postures (asanas), breathing practices (pranayama), and breath mediation as we work through our full range of motion in body and mind. Each student needs comfortable clothing, yoga mat, yoga strap, yoga block, a large towel or small blanket, and a water bottle.
99	Beginner Yoga	Robling, Margie	Sat	10:20am-12:20pm	02/10/24	05/18/24	06746	F2F	Introduction to basic yoga positions, breathing practices and centering suited for beginning students. Explore and maintain range of motion and seek a sense of calm steadiness in body and mind. Each student needs comfortable clothing, yoga mat, yoga strap, yoga block, a large towel or small blanket and a water bottle. Yoga is appropriate for all ages; it builds muscle and bone strength.
100	Current Events	Rudd, Bob	Mon	6-8 pm	02/05/24	05/06/24	06747	Zoom	Join us in a neighborly discussion of current events and issues. The emphasis is on interacting and making friends while engaging in a kind and gentle conversation on the day's major topics.
101	Red States and Blue States: The 2024 Presidential Edition	Rudd, Bob	Thur	2-4 pm	02/08/24	05/02/24	06748	F2F	America is divided now more than it has been, anytime, in over 150 years. What happened and why? Where is it going and how come? We are entering what might be the most important Presidential election in its history. Critically examine the issues causing our division, what goes into winning the nominations and election and discover how our most serious challenges may be overcome before our divisions become permanent and divide us into two independently governed Americas.

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102	Portraiture	Ruffin, Raj	Mon	6-8 pm	02/05/24	05/20/24	06749	Zoom	Learn both the architectural and gestural drawing of people. Create impactful portraiture in a variety of methods and mediums. Learn foundational anatomy, such as the skeletal and musculature systems, to ground skills in accuracy. While exploring figurative work, create expressive and dynamic forms through gestural mark-making.
103	Fall Prevention Intervention	Shell, Susan	MW	1-2 pm	02/05/24	05/22/24	06750	F2F	Identify conditions that contribute to falling and how to fall proof your home. Learn effective fall intervention tools and understand fall risk: biological, behavioral, and environmental factors. Discuss and demonstrate techniques for falling, floor, fall recovery and fall prevention. Learn exercises to help with balance . Bring a notebook and pen.
104	Beginner/ Intermediate Pilates	Shell, Susan	MWF	9-10 am	02/05/24	05/24/24	06751	Zoom	Learn various Pilates exercises for beginners and intermediate students. Please bring a Pilates mat, towel, and water.
105	Beginner/ Intermediate Pilates	Shell, Susan	MWF	10:30-11:30 am	02/05/24	05/24/24	06752	F2F	Learn various Pilates exercises for beginners and intermediate students. Please bring a Pilates mat, towel, and water.
106	Aerobics/Balance	Shell, Susan	MWF	11:30 am-12:30 pm	02/05/24	05/24/24	06753	F2F	Learn various aerobics, balance, stability and flexibility exercises to help with fall prevention. For beginners and intermediate students. Please bring a towel, and water.
107	Beginner/intermediate Aerobics	Shell, Susan	TTh	9-10 am	02/06/24	05/23/24	06754	Zoom	Learn various aerobics exercises for beginners and intermediate students. Please bring a resistance band , towel, and water.
108	Water Aerobics	Shell, Susan	TTh	10-11:30 am	02/06/24	05/23/24	06755	Zoom	Water aerobics is a low-impact workout that builds muscle strength and boosts your endurance. It's fun, and it can be as challenging as you like. The buoyancy of the water is easy on your joints. That makes water aerobics a good choice if you have joint problems, chronic pain, or are recovering from injury. Though it's low-impact, you can make the workout harder. Take the plunge and try this low-impact and fun workout!
109	Fall Prevention Intervention	Shell, Susan	TTh	11:30 am-12:30 pm	02/06/24	05/23/24	06756	F2F	Identify many conditions that contribute to falling and how to fall proof your home. Learn effective fall intervention tools and understand fall risk: biological, behavioral, and environmental factors. Discuss and demonstrate techniques for falling, floor, fall recovery and fall prevention. Learn exercises to help with balance . Bring a notebook and pen.
110	Intermediate Spanish	Sieiro, Debbie	Mon	10 am-12 pm	02/05/24	05/20/24	06757	F2F	Hands on verb conjugation drills and usages. Reading, understanding, analyzing and elaborating more about different topics. Verbal interaction is a must.
111	Beginner Spanish II	Sieiro, Debbie	Fri	10 am-12 pm	02/09/24	05/24/24	06759	F2F	Prerequisite Beginner Spanish I. Introduction to irregular verbs, and the past tense Preterit. Basic vocabulary
112	Beginner Spanish III	Sieiro, Debbie	Fri	12:30-2:30 pm	02/09/24	05/24/24	06758	F2F	Prerequisite Beginner Spanish II. Continuation of irregular verbs and introduction to Imperfect (past tense). Compare and contrast both forms. Basic vocabulary.
113	Conversation Spanish	Sieiro, Debbie	Tues	10 am-12 pm	02/06/24	05/21/24	06760	F2F	Talk and interact, share ideas and questions about our next book, Doce Cuentos Peregrinos by Gabriel Garcia Marquez. Practice grammar structure.
114	Beginner Spanish I	Sieiro, Debbie	Tues	12:30-2:30 pm	02/06/24	05/21/24	06761	F2F	Learn basic greetings, phonetics of the Spanish alphabet, numbers, colors, seasons and how to describe ourselves, our homes and our communities. Basic vocabulary.

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115	Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	02/06/24	05/21/24	06762	Zoom	Focus of the course is on writing. Begin with a discussion of what memoir is followed by participants sharing their work by reading it aloud to the group. Discuss what listeners like about the work and what they would like to know more about. An assignment for the next week is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
116	Writing Your Memoirs-all levels	Smith, Cathy	Tues	2-4 pm	02/06/24	05/21/24	06763	F2F	Focus of the course is on writing. Begin with a discussion of what memoir is followed by participants sharing their work by reading it aloud to the group. Discuss what listeners like about the work and what they would like to know more about. An assignment for the next week is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
117	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	02/09/24	05/24/24	06764	Zoom	Focus of the course is on writing. Begin with a discussion of what memoir is followed by participants sharing their work by reading it aloud to the group. Discuss what listeners like about the work and what they would like to know more about. An assignment for the next week is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
118	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	02/09/24	05/24/24	06765	Zoom	Focus of the course is on writing. Begin with a discussion of what memoir is followed by participants sharing their work by reading it aloud to the group. Discuss what listeners like about the work and what they would like to know more about. An assignment for the next week is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
119	Gentle Yoga-All levels	Smith, Patricia	Mon	1:30-3:30 pm	02/05/24	05/20/24	06766	F2F	All levels, focus on breath awareness, movement, and strength. Bring yoga mat, 2 yoga blocks, strap, towel, and small pillow.
120	Gentle Yoga-All levels	Smith, Patricia	Wed	1:30-3:30 pm	02/07/24	05/22/24	06767	F2F	All levels, focus on breath awareness, movement, and strength. Bring yoga mat, 2 yoga blocks, strap, towel, and small pillow.
121	Chair Yoga	Smith, Patricia	TTh	10:30-11:30 am	02/06/24	05/23/24	06768	Zoom	Includes exercises to tone muscles and increase flexibility. Bring a yoga mat, 2 yoga blocks, yoga strap, and small foot massage ball. (Buy Foot Star Massager Ball on Amazon \$7)
122	Movement/Strength/Stretch	Smith, Patricia	TTh	1-2 pm	02/06/24	05/23/24	06769	F2F	20 minutes of aerobic dance, plus strength training, and stretch. Bring two 3 - 5 pound weights, medium resistance tube or resistance band.
123	Mixed Media, All levels	Swanson, Darlene	Tues	9 am-12 pm	02/06/24	05/21/24	06772	F2F	Beginners to advanced students – class includes all fine art media. Learn through lectures and demonstrations.
124	Quilting	Swanson, Darlene	Tues	1-3 pm	02/06/24	05/21/24	06771	F2F	*Students must have some prior sewing experience. Make your first quilt 36 by 36-inch. Learn to cut and piece a different block each week. Nine blocks total. Then make and add the border. The batting and backing with extra room will be added. Now quilt by hand or machine. Hand quilters need a large hoop. Sewing machines need an even feed foot. Finish with one half inch wide binding. Supplies: Quilter's rotary cutter; a large quilt mat; quilters long ruler; quilting pins; quilting needles; 100% cotton quilting fabrics (1/4-yard pieces, pre-washed and ironed); quilt batting (1/4 inch thick 42 x 42 inches); backing fabric (42 x 42 inches); binding (1/2 inch wide) 160 inches (extra for corners).
125	Watercolor Painting	Swanson, Darlene	Wed	10 am-2:30 pm	02/07/24	05/22/24	06773	F2F	This studio class is for beginners to advanced students and include demos and lecture.

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
126	Beginning French	Torres, Edite	Mon	12-2 pm	02/05/24	05/20/24	06774	Zoom	Learn basic elements of grammar, reading, pronunciation and writing. Engage in language-immersion for simple listening, comprehension and speaking.
127	Beginning French 2	Torres, Edite	Tues	11 am-1 pm	02/06/24	05/21/24	06775	Zoom	Solidify basic elements of grammar, reading, pronunciation and writing. Engage in language-immersion while developing better listening comprehension and speaking.
128	Intermediate French	Torres, Edite	Wed	11 am-1 pm	02/07/24	05/22/24	06776	Zoom	Build on elements of grammar, reading, pronunciation and writing. Improve confidence by engaging in language-immersion for more complex comprehension and speaking.
129	Intermediate Conversation in Spanish	Vargas, Clemencia	Mon	1-3 pm	02/05/24	05/20/24	06777	Zoom	Students who can communicate in Spanish will have conversations in a friendly environment. This class is CONDUCTED ALL IN SPANISH. We chat about novels and podcasts created for the advanced learner.
130	Beginner Spanish 2	Vargas, Clemencia	Mon	3-5 pm	02/05/24	05/20/24	06778	Zoom	Introduction to Spanish for the learner who has taken at least a Spanish beginner class or is familiar with basic Spanish. Use Duolingo app, readings, games, and music to make it a fun and productive experience.
131	Advanced Beginner Spanish	Vargas, Clemencia	Tues	1-3 pm	02/06/24	05/21/24	06779	Zoom	For students who are comfortable with the present tense and have studied the past tense. We will use readings, games, podcasts, and music to make it a fun and productive experience.
132	Intermediate Spanish	Vargas, Clemencia	Wed	1-3 pm	02/07/24	05/22/24	06780	Zoom	For students who are starting to communicate in Spanish comfortably. CONDUCTED MOSTLY IN SPANISH, we will use readings, podcasts, games, and music.
133	Advanced Conversation in Spanish	Vargas, Clemencia	Wed	3-5 pm	02/07/24	05/22/24	06781	Zoom	Enjoy informal conversations in Spanish about "El viento conoce mi nombre" de Isabel Allende, podcasts, current issues, and readings from the Spanish speaker world.
134	Yoga Fusion Yoga, Pilates & Tai Chi	Verdi, Juliet	Mon	10:30am-12:30 pm	02/05/24	05/20/24	06782	Zoom	A fusion of Pilates, ballet, (chair Barre), Tai Chi & yoga. It's the perfect exercise, segueing from one discipline to another. The best of each gives you a full CORE BUILDING, MIND & BODY workout.
135	Intermediate Tai Chi Classic Short & Long Form	Verdi, Juliet	Thur	10:30 am-12 pm	02/08/24	05/23/24	06783	Zoom	Class consists of: 1- Warm-up : Qigong: (The 18) Shirobashi. Each week learn 5 forms (5 moves) and practice the whole form for continuity. It will be helpful if you have learned the 24 form and the 37 form, but if you are a patient beginner, you will do fine.
136	Cooking Vegan Allergy Free Food Alternative Entries & Edible Center Pieces & Desserts	Verdi, Juliet	Fri	3-5 pm	02/09/24	05/24/24	06784	Zoom	Each Zoom class I will cook, demonstrate, advise, explain ingredients and methodology. 1. Ask questions as we cook. Serve what you made in class for dinner, or freeze it for a later date. 2. The class will vote on each week's selection. 3. A shopping list is provided every week for the following week's class. 4. Each week's recipe and shopping lists, food substitutes and prep. advice will be emailed.
137	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	02/05/24	05/20/24	06785	Zoom	An introduction to beading methods such as elastic, cord, crimp, and wire wrap to create earrings, bracelets, and necklaces. A supply list will be emailed before the first class.
138	Jewelry Making 4 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	02/06/24	05/21/24	06786	Zoom	Take an in-depth look at four techniques: wire wrapping, Kumihimo (Japanese braiding), chain mail and crimping to create earrings, bracelets and necklaces. A supply list will be emailed before the first class.
139	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 am-12 pm	02/09/24	05/24/24	06787	F2F	An introduction to various beading methods such as elastic, cord, crimp, and wire wrap to create earrings, bracelets, and necklaces. A supply list will be emailed before the first class.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
140	Yoga I	Weimer, Lee	Wed	10 am-12 pm	02/07/24	05/22/24	06788	F2F	Learn Yoga poses, breath exercises and meditation for all levels. Bring yoga mat, strap and block; large towel or small blanket; and water.
141	Mat Pilates	Weimer, Lee	Thur	11 am-1 pm	02/08/24	05/23/24	06789	F2F	Learn mat Pilates to build strength, balance and flexibility for all levels. Please bring yoga mat, towel, fitness ball and water.
142	Estate Planning	Widmann, Art	Wed	2-4 pm	02/07/24	05/22/24	06816	F2F	Overview of Estates, Wills, Trusts, and Taxes with an emphasis on how they affect seniors. Focus on both current tax laws and proposed changes. Frequent class discussion around multiple planning alternatives. Special topics may include housing, charitable giving, social security, health care, and investment alternatives.
143	Everyday Feels Like Saturday	Williams, Paula	Fri	1-3pm	02/09/24	05/24/24	06790	F2F	Remember the feeling of Saturday, that feeling of freedom? Realize it again byzzzx becoming self aware during change and transition, from what was to what is. Learn about observing self, adjusting or letting go of what no longer works for you, all the while learning to be at peace in this now.
144	Basic Art Fundamentals	Williams, Vanessa	Wed	11 am-1 pm	02/07/24	05/22/24	06845	F2F	Designed to stimulate interest in visual art, and inspire the creativity through hands-on activities, demonstrations, presentations, and discussions.
145	Beginning/Intermediate Drawing	Wilson, Elnora	Mon	9-11 am	02/05/24	05/20/24	06791	F2F	Learn beginning to intermediate skills focusing on the seven elements of art: line, shape, space, value, form, texture and color.
146	Beginning/Intermediate Drawing	Wilson, Elnora	Fri	9-11 am	02/09/24	05/24/24	06792	F2F	This drawing class will teach beginning to intermediate skills focusing on the seven elements of art: line, shape, space, value, form, texture and color.
147	Acrylic Painting & Multimedia	Wilson, Elnora	Fri	11:30am-2:30 pm	02/09/24	05/24/24	06793	F2F	This class will teach beginning to intermediate skills using acrylic paint and multi-media focusing on the seven elements of art: line, shape, space, value, form, texture and color.
148	The Literary Origin of the Bible	Wright, Adelina	Tues	6-8 pm	02/06/24	03/26/24	06822	Zoom	The Bible will not be studied as a religious book, but as instruction from a literary approach. The course consists of learning lectures, illustrations, and demonstrations for the purpose of understanding the origin of the languages, ancient, and modern translations of the Bible.
149	Serious Fun: Introduction to Improv	Yamamoto, Ruth	Fri	10 am-12 pm	02/09/24	05/24/24	06794	F2F	For those interested in discovering the art of theatrical improvisation, to reinforce foundational knowledge previously learned, and to flex creative muscles in a fun and safe environment. Presented as an introductory class but those who have prior experience can still enjoy and improve their craft.

How to Search and Register for SAGE Courses Online via Owl Link

Important—Please Read:

These directions will only be useful if you (1) have the 5-digit syn numbers for the classes. If you don't have the schedule with the syn numbers, please email us at sage@pgcc.edu to get a copy, or find on the college's website.; and (2) have a working username and password.

Payment in full is also required for online registration. If you do not yet have an Owl Link account, you can create an account [here](#), or you can call the Technology Services Desk at PGCC: 301-546-0637.

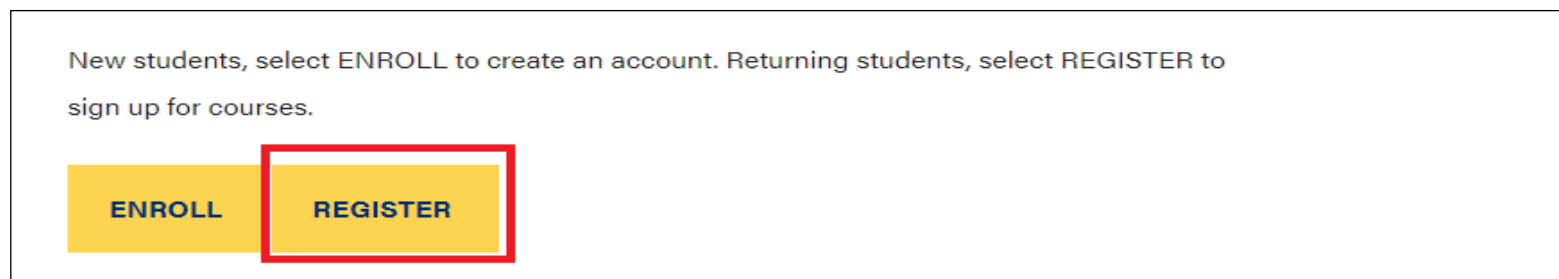
Step 1

On the PGCC home webpage (www.pgcc.edu) click on **Programs & Courses** then click **Continuing Education**.



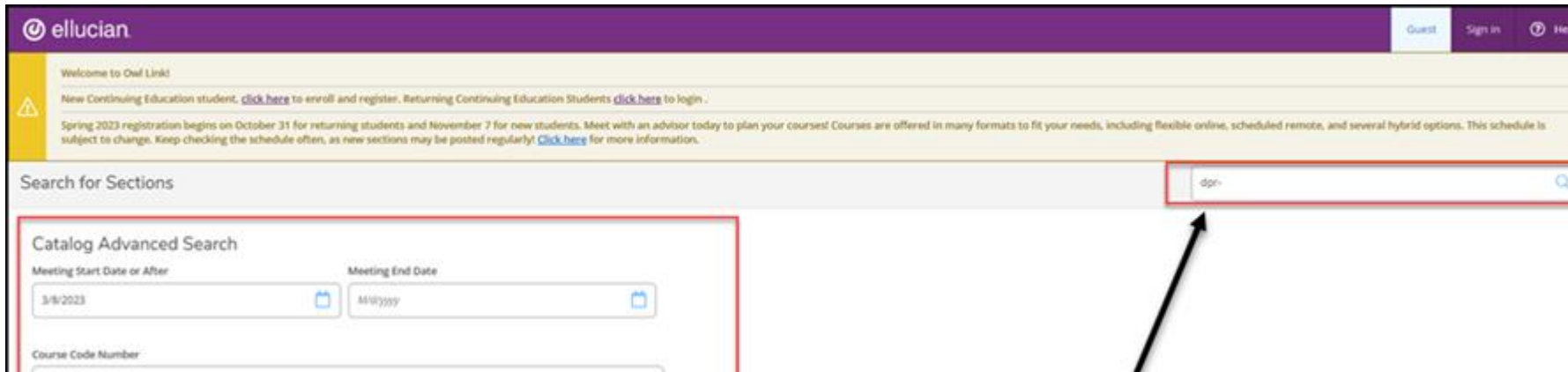
Step 2

That will take you to the Continuing Education page. Scroll down and select **Register**. Login using your Owl Link Username and Password.



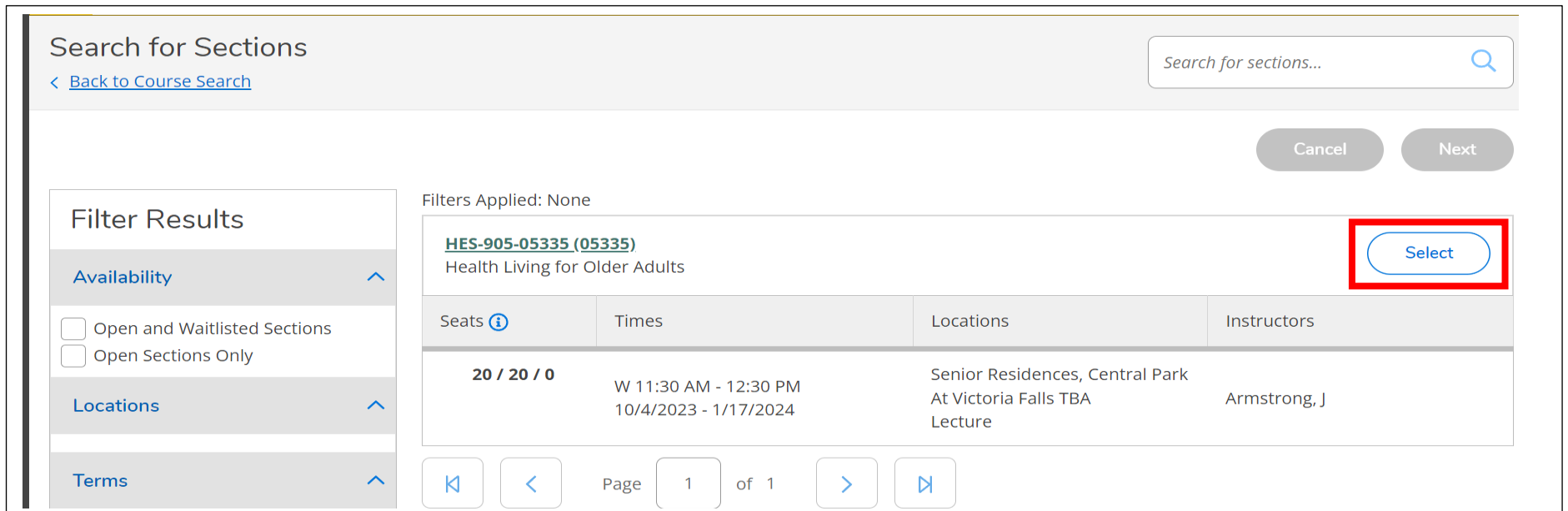
Step 3

You must have the correct SYN number for a course in order to register for it. Enter the SYN number in the box labeled **Search for Sections** in the box at the upper right and click **Enter**. (If you need a list of syn numbers for an upcoming semester, please call SAGE at 301-546-0923, or email sage@pgcc.edu.)



Step 4

The system will show the class section with that syn number; if it is the correct class, click on the SELECT button.



Step 5

The system will then open up a description of the class associated with that syn/section number. If it is the correct class, click on Add Section.

Registration for Fall 2023 is online, scheduled remote, and regularly! [Click here](#) for more information.

Search for Sections

[Back to Course Search](#)

Filter Results

Availability

Open and Waitlisted Sections

Open Sections Only

Locations

Section Details

HES-905-05335
Health Living for Older Adults (05335)
C E Fall 2023 Semester

Instructors Armstrong, J (armstrjc@pgcc.edu)

Meeting Information W 11:30 AM - 12:30 PM
10/4/2023 - 1/17/2024
Senior Residences, Central Park At Victoria Falls TBA (Lecture)

Dates 10/4/2023 - 1/17/2024

Seats Available ⓘ 20 / 20 / 0

Credits 0 CEUs

Grading Graded, Audit

Close **Add Section**

Step 6

The system will let you know that the class section has been added to your cart. **Continue to add sections that you want to register and pay for, however, you have to click on the [Back to Course Search](#) link on the left side of the screen, as circled in the example below, in order to search for each new syn number.** (Also, remember, if you are requesting a SAGE scholarship, do not register and pay for more than two classes. You will not get refunded if you pay for more than two, and you will not get a scholarship.)

Search for Sections

[Back to Course Search](#)

Search for sections...

Cancel **Next**

Step 7

When you have your desired classes in the cart, you should then click NEXT, as circled in the example in Step 5 above. The system will take you to a Register and Pay screen where you should ensure the classes listed under the left side have the correct syn numbers.

This screen is also called the Additional Details screen. These are optional boxes, which we would love for SAGE students to start using because it will help the college be able to track just how many SAGE students take our wonderful classes! Enter the **Education Goal** by selecting the dropdown arrow, then enter the **Reason for Taking** and **How You Learned About the Class**. Click **Submit**.

Register and Pay for Continuing Education Classes

[Return to Instant Enrollment Course Catalog](#)

Additional Details

Education Goal
Please Select

Class	Reason for Taking	How You Learned About this Class
HES-905-05335 Health Living for Older Adults (05335)	Please Select	Please Select
HES-905-05237 Health Living for Older Adults (05237)	Please Select	Please Select

Cancel Reset Submit

Step 8

You will be taken to the Register and Pay for Continuing Education Classes screen. Here you have the option to **Delete** a class that you are registering for, **Add More Classes** or select the **Payment Method** and **Proceed to Payment**. **Note that the entire amount due will need to be paid at this time.** No partial payments are accepted.

Register and Pay for Continuing Education Classes

[Return to Additional Information form](#)

Pay for Classes

Before registering, you can choose to add/remove classes.

[Add More Classes](#)

Seats	Times	Locations	Instructors
HES-905-04907 (04907) Health Living for Older Adults \$55.00 Delete			
20 / 20 / 0	T 6:00 PM - 7:00 PM 10/3/2023 - 1/16/2024	Senior Residences, Central Park At Victoria Falls TBA Lecture	Armstrong, J

Seats	Times	Locations	Instructors
HES-905-05237 (05237) Health Living for Older Adults \$55.00 Delete			
25 / 25 / 0	T 10:30 AM - 11:30 AM 10/3/2023 - 1/16/2024	Senior Center, Zoom TBA Lecture	Merriman, W

Courses Summary

HES-905-04907 Health Living for Older Adults (04907)	\$40.
HES-905-05237 Health Living for Older Adults (05237)	\$40.
Total	\$80

Payment Details

Click Proceed to Payment to pay the section's cost

Payment Methods *

Please Select

Step 9

Select a **Payment Method** using the dropdown arrow.

Payment Details

Click Proceed to Payment to pay the section's cost

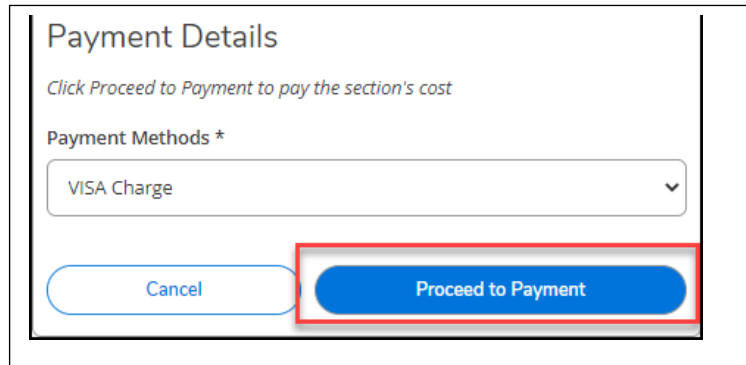
Payment Methods *

Please Select

- Please Select
- Discover
- MasterCard
- VISA Charge

Step 10

Select **Proceed to Payment**.



Payment Details

Click Proceed to Payment to pay the section's cost

Payment Methods *

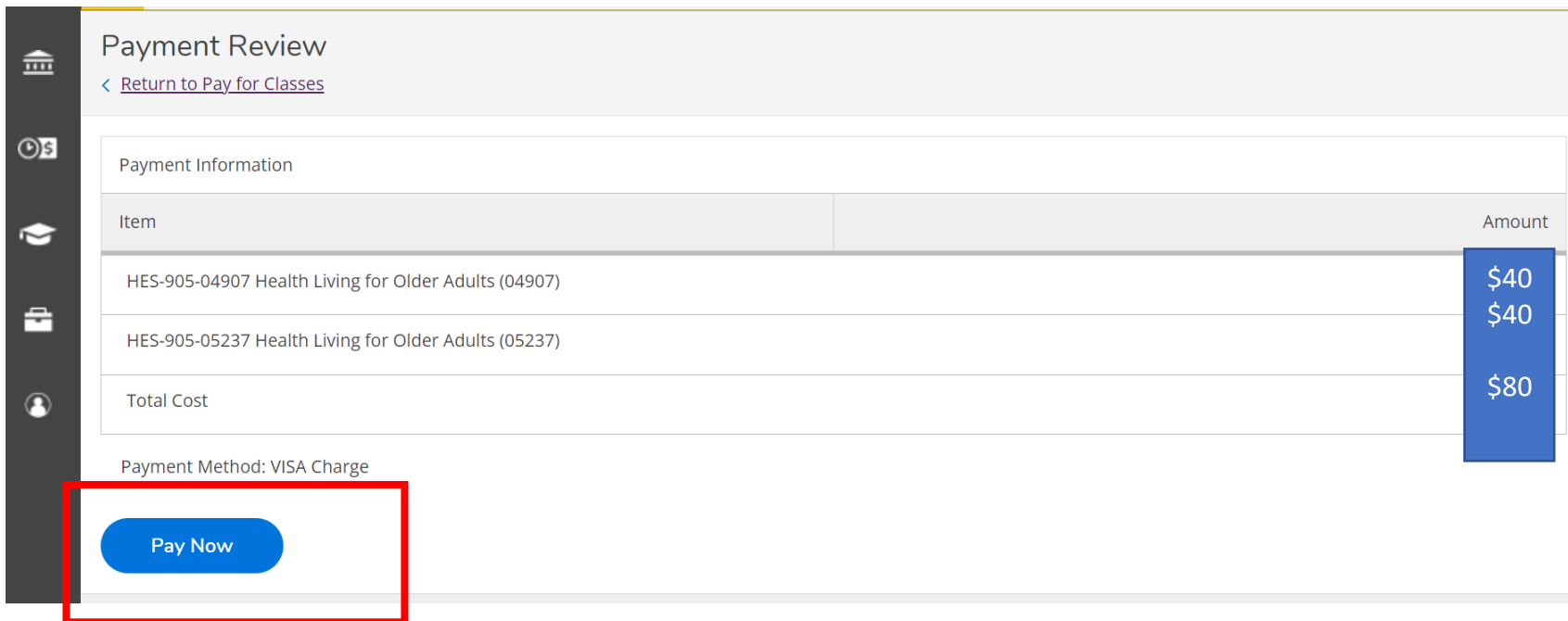
VISA Charge

Cancel Proceed to Payment

The 'Proceed to Payment' button is highlighted with a red box.

Step 11

Payment Review---confirm amounts and Select **Pay Now**



Payment Review

[Return to Pay for Classes](#)

Payment Information

Item	Amount
HES-905-04907 Health Living for Older Adults (04907)	\$40
HES-905-05237 Health Living for Older Adults (05237)	\$40
Total Cost	\$80

Payment Method: VISA Charge

Pay Now

The 'Pay Now' button is highlighted with a red box.

Step 12


Enter **credit card information**, confirm name, billing address and email. **Make sure your personal email address is in the email box –and is correct-- so that you will be emailed your confirmation.** Click **Pay Now**. PGCC does not accept American Express.

Prince George Community College

Order summary
Total (USD): 185.00

Pay with credit or debit card

Card Number



Expiration Date mm / yy /

CSC
[What is this ?](#)

Billing Address

First name

Last name


Billing address
If your billing address is a PO Box, please enter the number first. Example: PO Box 123 would be entered as 123 PO Box.

City

State

ZIP

Email Address

Secure payments by 

Revised 12/11/23

Prince George's Community College Continuing Education
Spring 2024 SAGE Registration Form

TERM 2024csp

Registrations accepted
now through end of
January 2024.

Use only for SAGE's 'Early Start' Classes on page 2 of this form.

PGCC Student ID# _____ Gender _____ Date of Birth _____

Last Name _____ First Name _____ MI _____

Street Address _____

City, State, Zip _____

Home Phone # _____ Cell Phone # _____

Email Address _____

RESIDENCY (please check one)

- P.G. County
- Other Md. County
- Out of State

STATUS (please check one)

- Senior (over 60)
- Disabled retiree under 60 and MD. Res.
- Other _____
please specify`

RACE CODE (check one) (req. by U.S. Dept.of Ed.)

- American Indian
- Asian
- Black/African American
- Hispanic
- White
- Other

*** I certify under penalties of perjury that the above information recorded on this document is correct. I agree to abide by the rules and regulations and policies of the College as presently in effect and or here after enacted. If in the future I change my residence, I understand that it is my responsibility to notify the office of Records and Registration at the College and to provide them with my correct address.

Signature _____

Date _____

OFFICE USE ONLY

Processed by _____

Date _____



SELECT TO REQUEST SCHOLARSHIP FOR ADDITIONAL CLASSES – Student responsible for first two classes - \$80.00

(Deadline to request scholarships for Spring 2024 is 02/16/24.)

Mail forms if needed to: Senior Fitness Program
 Con. Ed. Building - Rm. 123
 301 Largo Road
 Largo, Maryland 20774-2199

ALL CLASS FEES - \$40.00 EACH

SITE	COURSE	COURSE TITLE	INSTRUCTORS	DAYS	TIMES	DATES	SYN#	SELECT	\$40 FEE/ Scholarship
Allentown	ATH 930	Ther. Aquatic Exercise	Jordan	MWF	8-9 am	01/22-05/10	06556		
Allentown	ATH 930	Ther. Aquatic Exercise	Jordan	MWF	9-10 am	01/22-05/10	06558		
Bowie Comm. Ctr.	ATH 911	Health & Fitness	Gleason	T/TH	9-11 am	01/09-04/25	06554		
Crofton (Bowling)	ATH 352	Bowling (Beginning)	Bickford	Tues	12:30-3:30 pm	01/23-05/07	06566		
Cameron Grove (Res. Only)	ATH 930	Ther. Aquatic Exercise	Carrington	W/F	10:15-11:45 am	01/22-05/10	06564		
Cameron Grove (Res. Only)	ATH 930	Ther. Aquatic Exercise	Carrington	W/F	12-1:30 pm	01/22-05/10	06565		
Largo Campus – NAT	ATH 930	Ther. Aquatic Exercise	Richards	MWF	9-10 am	01/22-05/10	06559		
Largo Campus – NAT	ATH 930	Ther. Aquatic Exercise	Richards	MWF	10-11 am	01/22-05/10	06560		
Largo Campus – NAT	ATH 930	Ther. Aquatic Exercise	Richards	MWF	11 am-12 pm	01/22-05/10	06562		
Largo Campus – Novak	ATH 911	Health & Fitness	Gagnon	T/TH	9-11 am	01/23-05/09	06555		
Largo Campus – CE104	ATH 400	Walking/Hiking	Gagnon	Thurs	11:30 am-3:30 pm	01/25-05/09	06568		

No Class Days: Feb. 19th, March 12th-15th

Spring 2024

To print this 2-page form, make sure printer's 'Page Range' is set to correct (PDF) page numbers.

This form is for the Early Start SAGE classes & all those listed in the SAGE class schedule.

PGCC SAGE Registration and Scholarship Form

REGISTRATION OPENS JAN. 5th

Complete this form, front and back, to:

1. register for SAGE classes by mail and/or
2. request unlimited scholarships to assist with payment for classes
(you must pay for the first two classes)

Office Use Only

Date received _____

Processed by and date _____

Check # _____

Date sent to Financial Aid _____

PLEASE PRINT

PGCC Student ID# (if known):	Date of Birth (mm/dd/yyyy):	Gender:
Last name:	First name:	MI:
Permanent Address (street):		Apt. #:
City:	State:	Zip Code:
E-mail:	Home Phone #:	Cell phone #:

RESIDENCY (PLEASE CHECK ONE)

- P.G. County
- Other Maryland County
- Out-of-State

STATUS (PLEASE CHECK ONE)

- Senior (60 or over)
- Disabled retiree under 60 and MD resident
- All others (please specify) _____

RACE CODE (PLEASE CHECK ONE)

(Required by the U.S. Dept. of Education)

- American Indian Hispanic
- Asian White
- Black/African American Other

I certify under penalties of perjury that the information recorded on this application is correct. I agree to abide by the rules and regulations and policies of the college as presently in effect and/or here after enacted. If I change my residence, I understand that it is my responsibility to notify the office of Records and Registration at the PGCC to provide them with my current address.

Signature _____

Date _____

➤ ***You must also complete the other side of this form.***

✓ **Check this box if you have already paid \$80 for 2 classes and are requesting a scholarship for additional classes.**

✓ **Check this box if you are requesting a scholarship and haven't already paid.**

➤ Attach a check or money order for \$80 payable to PGCC for your first two classes. Write "scholarship" in the memo line.

✓ **Check this box if you are NOT requesting a scholarship.**

➤ Calculate \$40 per class below and attach a check/money order for the total amount payable to PGCC.

Mail all forms to: PGCC SAGE Program
Lanham Hall, Room 224
301 Largo Road
Largo, MD 20774-2199

IMPORTANT NOTICE FOR SPRING 2024:

- There is a **deadline of 02/16/24** to request class registrations & scholarships by; **no exceptions will be made after that date.**
- **There will be no reimbursements to students who pay for all their classes online. Only pay for two classes online, then mail this reg form to us to process the rest by 02/16/24.**

Write in the classes for which you want to register below.

➤ Refer to the SAGE class schedule at www.pgcc.edu. **Use the example in the first row.**

5-digit class synonym #	Class Title	Location	\$40/per class registration fee
12345	Healthy Living – Tai Chi	Zoom or Class Location	\$40
		Total fee	\$