



PRINCE GEORGE'S
COMMUNITY COLLEGE



Seasoned Adults
Growing Educationally

SUMMER 2024

Classes for Seniors 60 and Older

REGISTRATION
opens May 10, 2024
Classes begin
June 10





SAGE Summer 2024 Classes

Class Schedule, Registration, Fee and Course Description Information

Welcome to the SAGE summer trimester!

Welcome to the SAGE summer trimester. Summer is a chance to take a breath, slow down, stay cool. A time to take a break and rejuvenate; to explore and see friends, the country, even another part of the world...or just stay put. And it's always a time to learn something new. We hope you take the opportunity to enjoy the best that your summer can be.

We are offering classes both in-person at select locations (see page 3) and remotely via Zoom. Pay for your first two classes, \$80, and then you may request up to two scholarships, pending availability. **Please follow the directions carefully on the registration form in the back of the class schedule if you are interested in receiving a scholarship/s.** Thank you for your understanding.

SAGE Registration Fee Structure and Summer Scholarship Information

- \$40 per-class registration fee for senior students, aged 60 and older.
- **SAGE students may request up to two scholarships, pending availability.** Students must pay for their first two classes in order to be considered for a scholarship/s. Details can be found on the registration form at the end of this schedule.
- **There is a very strict scholarship request deadline of May 28th.**



Classes will run from June 10 through September 21. [Please note: No classes will be held on 6/19, 7/4, and 9/2]

→ Registration opens Friday, May 10th, 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.

Face-to-face (F2F) or online via Zoom

F2F Locations – see page 3.

How will classes be offered?

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 17.)

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 summer classes is May 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 – Summer 2024

Instructor	PGCC Email Address		Instructor	PGCC Email Address
Armstrong, Johnnette	armstrjc@pgcc.edu		Moreno, Romerio	rmoreno@pgcc.edu
Andrew, Arnold	arnoldac@pgcc.edu		Morse, Lauren	lmorse5300@pgcc.edu
Bacon, Russell	baconrj@pgcc.edu		Muhaymin, Haleemah	muhaymha@pgcc.edu
Brosch, David	dbrosch43960@pgcc.edu		Mullin, Jen	mullinjs@pgcc.edu
Brown, Barbara	brownbj@pgcc.edu		Patente, Peter	patentpj@pgcc.edu
Bruce, Peggy	sage@pgcc.edu		Pilevsky, Dillies	dpilevsk4340@pgcc.edu
Bush, Dionne	shawbudt@pgcc.edu		Rapczynski, Bob	rrapczyn@pgcc.edu
Carrington, Kathy	carrinky@pgcc.edu		Rudd, Bob	brudd2622@pgcc.edu
Chang, Chung-Jen	changcx@pgcc.edu		Ruffin, Raj	pruffin94470@pgcc.edu
Choi, Young	choiyk@pgcc.edu		Shell, Susan	shellsj@pgcc.edu
Cipriani, Vincent	cipriavx@pgcc.edu		Sieiro, Debbie	sieirods@pgcc.edu
Cockrell, Cami	ccockrel@pgcc.edu		Smith, Cathy	smithca1@pgcc.edu
Crane, Michael	craneml@pgcc.edu		Smith, Patricia	smithpx@pgcc.edu
Erteschik, Mary	ertescme@pgcc.edu		Swanson, Darlene	swansodk@pgcc.edu
Fiestera, Robert	fiestera@pgcc.edu		Torres, Edite	torresec@pgcc.edu
Gibbons, Renee	gibbonra@pgcc.edu		Vargas, Clemencia	cvargas59959@pgcc.edu
Gossage, Cynthia	gossagcp@pgcc.edu		Verdi, Juliet	verdijc@pgcc.edu
Gray, Alice	grayal@pgcc.edu		Vitale-Reddy, Cecelia	cvitale81166@pgcc.edu
Green, Rose	greenrd@pgcc.edu		Weimer, Lee	weimerlx@pgcc.edu
Green, Rosemary	rgreen843@pgcc.edu		Williams, Vanessa	williavr@pgcc.edu
Holloman, Jim	jhollom20805@pgcc.edu		Wilson, Elnora	wilsonex@pgcc.edu
Love, Denise	dlove27408@pgcc.edu		Wright, Adelina	wrightax@pgcc.edu



MARYLAND SENIOR OLYMPICS

2024 REGISTRATION IS OPEN!

SEASON RUNS MAY 1 TO OCT. 13

32 sports including pickleball, track & field, swimming, bowling, basketball, volleyball and more!



Disc golf, platform diving, powerlifting, soccer 8x8 and triathlon.

For ages 50-plus, MSO is open to out-of-state participants.
www.mdseiorolympics.org



Important Info for SAGE Therapeutic Aquatic Exercise Participants:

SAGE classes held at the Largo Campus Pool are therapeutic aquatic exercise classes. The classes are held in:

(1) the movable floor area and (2) the three deep-water lanes adjacent to the bulkhead in the main pool.

If you are registered in the SAGE program and sign-in for your class, these are the two areas of the pool that you are permitted to occupy.

Lap lanes are strictly designated for patrons. If you wish to utilize them, please do not sign-in as a SAGE participant.

It is required to sign-in as a patron and pay patron fees.

Thank you for your understanding,

R.I.B. Natatorium Staff

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.

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.

- Computer Skills
- Literature
- Other exciting and compelling topics

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

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



Even at \$40 per class, for a 14-week class of 2-hours per week, each class meeting is only \$1.43; a one-hour per week class is \$2.86 per session. It is still the best value around. 😊

SAGE's Early Start Classes – THIS PAGE ONLY

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

Registrations accepted now through June 2024

SITE	COURSE	COURSE TITLE	INSTRUCTORS	DAYS	TIMES	DATES	SYN#
Allentown Pool	ATH 930	Therapeutic Aquatic Exercise	Jordan	MWF	8-9 am	05/20-08/12	11898
Allentown Pool	ATH 930	Therapeutic Aquatic Exercise	Jordan	MWF	9-10 am	05/20-08/12	11899
Bowie Comm. Ctr.	ATH 911	Health & Fitness	Gleason	T/TH	8:30-11:30 am	05/02-07/11	11900
Crofton (Bowling)	ATH 352	Bowling (Beginning)	Bickford	Tues	12:30-3:30 pm	05/21-08/06	11902
Cameron Grove (Res. Only)	ATH 930	Therapeutic Aquatic Exercise	Carrington	W/F	10:15-11:45 am	05/22-08/21	11904
Cameron Grove (Res. Only)	ATH 930	Therapeutic Aquatic Exercise	Carrington	W/F	12-1:30 pm	05/22-08/21	11905
Largo Campus – NAT	ATH 900	Therapeutic Aquatic Exercise	Richards	MWF	9-10 am	**05/13-08/09	11906
Largo Campus – NAT	ATH 900	Therapeutic Aquatic Exercise	Richards	MWF	10-11 am	**05/13-08/09	11907
Largo Campus – NAT	ATH 900	Therapeutic Aquatic Exercise	Richards	MWF	11 am-12 pm	**05/13-08/09	11908
Largo Campus – Novak	ATH 911	Health & Fitness	Gagnon	T/TH	8:30-11:30 am	05/28-08/06	11901

No Class Days: July 4th & June 19th ****Please Note: The Largo Natatorium pool will be closed from 5/27-6/16 for maintenance.**

If you have questions about the Early Start classes, contact coordinator Susan Gagnon at
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 17.

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	Printmaking Fundamentals	Brosch, David	Tues	12:30-3 pm	06/11/24	08/27/24	12063
F2F	Bowie Senior Ctr - BSC	ART 955	Design & Production of Crafts	Art of Ceramics--all levels	Cockrell, Cami	Thur	9 am-12 pm	06/13/24	09/19/24	12129
F2F	Collington Life Care Community - CLLC	ART 306	Art Appreciation	Leonardo & Michelangelo	Crane, Michael	Mon	10 am-12 pm	06/10/24	09/30/24	12130
Zoom		ART 903	Design & Production of Crafts	Hawaiian Quilting	Gossage, Cynthia	Tues	2-4 pm	06/11/24	09/17/24	12139
Zoom		ART 903	Design & Production of Crafts	Hand Embroidery	Gossage, Cynthia	Wed	3-5 pm	06/12/24	09/18/24	12140
F2F	Bowie Senior Ctr - BSC	ART 956	Design & Production of Crafts	Beginner/Intermediate Stained Glass	Holloman, Jim	Wed	9 am- 1 pm	06/12/24	09/18/24	12155
F2F	Bowie Senior Ctr - BSC	ART 955	Design & Production of Crafts	Beginner/Intermediate Stained Glass	Holloman, Jim	Sat	9 am- 12 pm	06/15/24	09/21/24	12156
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Discover Digital Photography---an Introduction	Moreno, Romerio	Wed	10 am-12 pm	06/12/24	09/18/24	12207
F2F	Collington Life Care Community - CLLC	ART 918	Studio Fine Art	Discover Digital Photography---an Introduction	Moreno, Romerio	Thur	2-4 pm	06/13/24	09/19/24	12208
F2F	Bowie Senior Ctr - BSC	ART 954	Design & Production of Crafts	Intermediate/ Advanced Stained Glass	Rapczynski, Bob	Mon	12:30-4 pm	06/10/24	09/16/24	12222
Zoom		ART 918	Studio Fine Art	Portraiture	Ruffin, Raj	Mon	6-8 pm	06/10/24	09/16/24	12227
Zoom		ART 958	Studio Fine Art	Mixed Media Painting, all levels	Ruffin, Raj	Thur	6-9 pm	06/13/24	09/19/24	12228
F2F	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Mixed Media, All levels	Swanson, Darlene	Tues	9 am-12 pm	06/11/24	09/17/24	12249
F2F	Bowie Senior Ctr - BSC	ART 903	Design & Production of Crafts	Quilting	Swanson, Darlene	Tues	1-3 pm	06/11/24	09/17/24	12250
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Watercolor Painting	Swanson, Darlene	Wed	10 am-2:30 pm	06/12/24	09/18/24	12251
Zoom		ART 903	Design & Production of Crafts	Using Chain Mail and Wire Weaving Techniques to Make Eye-Catching Jewelry	Verdi, Juliet	Wed	6:30-8:30 pm	06/12/24	09/18/24	12262
Zoom		ART 903	Design & Production of Crafts	Jewelry Making: 4 Techniques	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	06/10/24	09/16/24	12265

F2F	Bowie Senior Ctr - BSC	ART 903	Design & Production of Crafts	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 am-12 pm	06/14/24	09/20/24	12266
F2F**	Cameron Grove - CGAC	ART 918	Studio Fine Art	Basic Art Fundamentals	Williams, Vanessa	Wed	11 am-1 pm	06/12/24	09/18/24	12270
F2F	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Beginning/Intermediate Drawing	Wilson, Elnora	Fri	9-11:30 am	06/14/24	09/20/24	12271
F2F	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Acrylic Painting & Multimedia	Wilson, Elnora	Fri	12-3 pm	06/14/24	09/20/24	12272

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	06/11/24	09/17/24	12241
F2F	Collington Life Care Community - CLLC	SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Tues	2-4 pm	06/11/24	09/17/24	12242
Zoom		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	06/14/24	09/20/24	12243
Zoom		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	06/14/24	09/20/24	12244

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	06/10/24	09/16/24	12141
F2F	Largo Campus - LARGO	DPR 573	Intermediate Computer Skills	Intermediate Computer Skills (Office)	Gray, Alice	Wed	9-11 am	06/12/24	09/18/24	12142
F2F	Largo Campus - LARGO	DPR 573	Intermediate Computer Skills	Finding Your Roots	Gray, Alice	Fri	9-11 am	06/14/24	09/20/24	12145

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	The 2024 Presidential Election	Arnold, Andrew	Thur	11 am-1 pm	06/13/24	09/19/24	12059
Zoom		ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	06/10/24	09/16/24	12124
Zoom		ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Mon	1-3 pm	06/10/24	09/16/24	12125
F2F	Bowie Senior Ctr - BSC	ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	06/11/24	09/17/24	12126
Zoom		ENR 903	Current Issues	Current Issues	Rudd, Bob	Mon	6-8 pm	06/10/24	08/26/24	12225

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	Morning Stretching and Meditation	Armstrong, Johnnette	Sat	10-11 am	06/15/24	09/21/24	12053
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 am	06/10/24	09/16/24	12054
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 am	06/11/24	09/17/24	12055
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 am	06/12/24	09/18/24	12056
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 am	06/13/24	09/19/24	12057
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 am	06/14/24	09/20/24	12058
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Hand Dancing	Bacon, Russell	Mon	4-6 pm	06/10/24	09/16/24	12062
F2F	Bowie Senior Ctr - BSC	HES-905	Healthy Living	Line Dancing for Seniors	Brown, Barbara	Tues	1-3 pm	06/11/24	07/23/24	12065
F2F**	Cameron Grove - CGAC	HES-905	Healthy Living	Line Dancing for Seniors	Brown, Barbara	Mon	10:15 am-12:15 pm	06/10/24	07/22/24	12067
Zoom		HES 905	Healthy Living	Strength Training Circuit 101	Bush, Dionne	Mon	8-9 am	06/10/24	09/16/24	12070

Zoom		HES 910	Healthy Living	Energizing Chair Exercises 101	Bush, Dionne	MW	9-10 am	06/10/24	09/18/24	12071
Zoom		HES 905	Healthy Living	Cardio Kickboxing Circuit 101	Bush, Dionne	Wed	8-9 am	06/12/24	09/18/24	12072
Zoom		HES 905	Healthy Living	Strength/Cardio Circuit 101	Bush, Dionne	Fri	8-9 am	06/14/24	09/20/24	12087
Zoom		HES 910	Healthy Living	Chair Aerobics	Carrington, Kathy	MWF	8-9 am	06/10/24	08/02/24	12088
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Chair Pilates	Carrington, Kathy	Mon	2:45-3:45 pm	06/10/24	09/16/24	12090
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Weight and Strength Training	Carrington, Kathy	TTH	8-9 am	06/11/24	09/19/24	12091
F2F**	Cameron Grove - CGAC	ATH 930	Therapeutic Aquatic Exercise	Aqua Aerobics	Carrington, Kathy	WF	10:15-11:45 am	05/22/24	08/21/24	11904
F2F**	Cameron Grove - CGAC	ATH 930	Therapeutic Aquatic Exercise	Aqua Aerobics	Carrington, Kathy	WF	12-1:30 pm	05/22/24	08/21/24	11905
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Chair Aerobics	Carrington, Kathy	WF	2:30-3:30 pm	06/12/24	09/20/24	12092
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - All levels	Chang, Chung-Jen	Mon	10:30am-12:30pm	06/10/24	09/16/24	12093
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - All levels	Chang, Chung-Jen	Wed	1:30-3:30 pm	06/12/24	09/18/24	12094
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - Intermediate	Chang, Chung-Jen	Fri	10:30am-12:30pm	06/14/24	09/20/24	12095
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Fri	1:30-3:30 pm	06/14/24	09/20/24	12096
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Tues	1:30-3:30 pm	06/11/24	09/17/24	12097
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Thur	1:30-3:30 pm	06/13/24	09/19/24	12098
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	06/10/24	09/16/24	12099
F2F	Collington Life Care Community - CLLC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Wed	10:30am-12:30pm	06/12/24	09/18/24	12100
Zoom		HES 912	Healthy Living	Chair Yoga & FUNCTIONAL Movement	Erteschik, Mary	Tues	9-10 am	06/11/24	07/30/24	12133
Zoom		HES 912	Healthy Living	Chair Movement and Meditation Fusion: Nourish Body and Soul	Erteschik, Mary	Wed	5:30-6:30 pm	06/12/24	07/31/24	12134
F2F**	Cameron Grove - CGAC	HES 914	Healthy Living	Strength Training	Green, Rose	TTh	5-6:30 pm	06/11/24	09/19/24	12143
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Dance Aerobics	Green, Rose	Thur	3:45-4:45 pm	06/13/24	09/19/24	12144

F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Zumba Gold	Green, Rosemary	MW	9-10 am	06/10/24	09/18/24	12150
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Zumba Gold Toning	Green, Rosemary	Fri	1-2 pm	06/14/24	09/20/24	12152
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Zumba Gold Toning	Green, Rosemary	Thur	11:30 am-12:30 pm	06/13/24	09/19/24	12154
F2F	Laurel Armory Comm Ctr - LACC	HES 905	Healthy Living	Tap Dance -- Beginner Level	Love, Denise	Tues	4-5 pm	06/11/24	09/17/24	12206
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Line Dancing for Seniors	Love, Denise	Tues	6-7 pm	06/11/24	09/17/24	12361
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Aqua Zumba	Morse, Lauren	TTh	9-10 am	06/11/24	09/19/24	12211
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Aqua Zumba	Morse, Lauren	WF	9-10 am	06/12/24	09/20/24	12212
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 910	Healthy Living	Taijifit	Muhaymin, Haleemah	Wed	11:30 am-1:30 pm	06/12/24	09/18/24	12213
F2F	Greenbelt Comm Ctr - GRCC	HES 913	Healthy Living	Chair Yoga	Mullin, Jen	Wed	9:15-10:30 am	06/12/24	09/18/24	12215
F2F	Greenbelt Comm Ctr - GRCC	HES 913	Healthy Living	Intermediate/Advanced Yoga	Mullin, Jen	Wed	10:30-11:45 am	06/12/24	09/18/24	12216
Zoom		HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	MF	1-2 pm	06/10/24	09/20/24	12229
F2F**	Cameron Grove - CGAC	HES 913	Healthy Living	Fall Prevention Intervention	Shell, Susan	Wed	1-2:30 pm	06/12/24	09/18/24	12853
Zoom		HES 914	Healthy Living	Beginner/ Intermediate Pilates	Shell, Susan	MWF	9-10 am	06/10/24	09/20/24	12231
F2F	Collington Life Care Community - CLLC	HES 914	Healthy Living	Beginner/ Intermediate Pilates	Shell, Susan	MWF	10:30-11:30 am	06/10/24	09/20/24	12232
F2F	Collington Life Care Community - CLLC	HES 914	Healthy Living	Aerobics/Balance	Shell, Susan	MWF	11:30 am-12:30 pm	06/10/24	09/20/24	12233
Zoom		HES 910	Healthy Living	Beginner/intermediate Aerobics	Shell, Susan	TTh	9-10 am	06/11/24	09/19/24	12234
F2F	Collington Life Care Community - CLLC	HES 914	Healthy Living	Water Aerobics	Shell, Susan	TTh	10:15-11:15 am	06/11/24	09/19/24	12235
F2F	Collington Life Care Community - CLLC	HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	TTh	11:30 am-12:30 pm	06/11/24	09/19/24	12236
F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Gentle Yoga-all levels	Smith, Patricia	Mon	1:30-3:30 pm	06/10/24	09/16/24	12245
F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Gentle Yoga-all levels	Smith, Patricia	Wed	1:30-3:30 pm	06/12/24	09/18/24	12246
Zoom		HES 910	Healthy Living	Chair Yoga	Smith, Patricia	TTh	10:30-11:30 am	06/11/24	09/19/24	12247

F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Movement/Strength/Stretch	Smith, Patricia	TTh	1-2 pm	06/11/24	09/19/24	12248
Zoom		HES 910	Healthy Living	Yoga Fusion Yoga, Pilates & Tai Chi	Verdi, Juliet	Mon	10:30am-12:30 pm	06/10/24	09/16/24	12261
Zoom		HES 913	Healthy Living	Intermediate Tai Chi Classic Short & Long Form	Verdi, Juliet	Thur	7-8:30	06/13/24	09/19/24	12263
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Yoga I	Weimer, Lee	Wed	10 am-12 pm	06/12/24	09/18/24	12267
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Mat Pilates	Weimer, Lee	Thur	12:15-2:15 pm	06/13/24	09/19/24	12268

Healthy Living (Personal Enrichment)

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		HES 913	Healthy Living	Be your Best Wellness Advocate	Armstrong, Johnnette	Wed	11:30 am-1 pm	06/12/24	09/18/24	12050
Zoom		HES 910	Healthy Living	Plant-Based Cooking 101 with Dionne	Bush, Dionne	Wed	12:30-2:30 pm	06/12/24	09/18/24	12086
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Nutrition	Carrington, Kathy	Mon	12:30-2:30 pm	06/10/24	09/16/24	12089
Zoom		HES 912	Healthy Living	Mindfulness and Meditation	Erteschik, Mary	Mon	4:30-5:30 pm	06/10/24	07/29/24	12132
Zoom		HES 910	Healthy Living	Unraveling Medicare, Social Security, Long Term Care and other Policies and Programs for Older Adults	Gibbons, Renee	Mon	3-5 pm	06/10/24	09/16/24	12137
Zoom		HES 910	Healthy Living for Older Adults	Nutrition for Healthy Aging	Gossage, Cynthia	Thur	2-4 pm	06/13/24	09/19/24	12138
Zoom		HES-905	Healthy Living	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	06/12/24	09/18/24	12209
Zoom		HES-905	Healthy Living	Friday Morning Meditation	Mullin, Jen	Fri	9-10 am	06/14/24	09/20/24	12210
Zoom		HES 905	Healthy Living	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	06/10/24	09/16/24	12217
Zoom		HES-910	Healthy Living	Cooking Vegan, Allergy- Free Food for Easy Summer Entrees & Edible Center Pieces & Desserts	Verdi, Juliet	Fri	3-5 pm	06/14/24	09/20/24	12264
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Morning Stretch and Meditation	Weimer, Lee	Thur	10:15am-12:15pm	06/13/24	09/19/24	12269

History

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		HIS 916	American History: Select Topics	History of the Civil War	Arnold, Andrew	Wed	2-4 pm	06/12/24	09/18/24	12060
F2F	Bowie Senior Ctr - BSC	HIS 916	American History: Select Topics	American History	Cipriani, Vincent	Tues	12:30-2:30 pm	06/11/24	09/17/24	12127
Zoom		HIS 916	American History: Select Topics	American History	Cipriani, Vincent	Thur	1-3 pm	06/13/24	09/19/24	12128
F2F	Collington Life Care Community - CLLC	HIS 378	World History	The Ottoman Empire	Crane, Michael	Mon	1-3 pm	06/10/24	09/30/24	12131
F2F	Bowie Senior Ctr - BSC	HIS 916	American History: Select Topics	The 2024 Presidential Campaign	Rudd, Bob	Thur	2-4 pm	06/13/24	09/05/24	12226

Languages

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	COM 901	American Sign Language for Beginners	American Sign Language - Beginner level	Bruce, Peggy	Mon	12-2 pm	06/10/24	09/16/24	12068
F2F	Bowie Senior Ctr - BSC	COM 901	American Sign Language for Beginners	American Sign Language - Intermediate level	Bruce, Peggy	Mon	2-4 pm	06/10/24	09/16/24	12069
Zoom		COM 901	American Sign Language for Beginners	American Sign Language - Beginner level	Bruce, Peggy	Thur	3-5 pm	06/13/24	09/19/24	12278
F2F	Bowie Senior Ctr - BSC	LGE-381	Intermediate & Advanced Spanish	¡Leamos en español!	Sieiro, Debbie	Mon	10 am-12 pm	06/10/24	09/16/24	12237
F2F	Bowie Senior Ctr - BSC	LGE-333	Beginning Spanish	Spanish I	Sieiro, Debbie	Mon	12:30-2:30 pm	06/10/24	09/16/24	12238
F2F	Greenbelt Comm Ctr - GRCC	LGE 381	Intermediate Spanish	¡Lectura y Risas!	Sieiro, Debbie	Tues	10 am-12 pm	06/11/24	09/17/24	12239
F2F	Greenbelt Comm Ctr - GRCC	LGE-333	Beginning Spanish	Beginner Spanish II	Sieiro, Debbie	Tues	12:30-2:30 pm	06/11/24	09/17/24	12240
Zoom		LGE 337	French: Beginner I	Beginning French	Torres, Edite	Mon	12-2 pm	06/10/24	09/16/24	12252
Zoom		LGE 337	French: Beginner I	Beginning French 2	Torres, Edite	Tues	11 am-1 pm	06/11/24	09/17/24	12253

Zoom		LGE 338	French II	Intermediate French	Torres, Edite	Wed	11 am-1 pm	06/12/24	09/18/24	12254
Zoom		LGE 381	Intermediate Spanish	Pre-Intermediate Spanish Conversation	Vargas, Clemencia	Mon	1-3 pm	06/10/24	09/16/24	12255
Zoom		LGE 333	Beginner Spanish	Beginner Spanish 3	Vargas, Clemencia	Mon	3-5 pm	06/10/24	09/16/24	12256
Zoom		LGE 381	Intermediate Spanish	Advanced Spanish	Vargas, Clemencia	Tues	10 am-12 pm	06/11/24	09/17/24	12257
Zoom		LGE 381	Intermediate Spanish	Intermediate Spanish	Vargas, Clemencia	Tues	1-3 pm	06/11/24	09/17/24	12258
Zoom		LGE 381	Intermediate Spanish	Intermediate Spanish Conversation	Vargas, Clemencia	Tues	3-5 pm	06/11/24	09/17/24	12259
Zoom		LGE 381	Intermediate Spanish	Advanced Spanish Conversation	Vargas, Clemencia	Wed	10am-12pm	06/12/24	09/18/24	12260

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	Book Talk	Arnold, Andrew	Thur	4:30-6:30 pm	06/13/24	09/19/24	12061
Zoom		ENR 380	Literature: An Exploration	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 am -12 pm	06/11/24	09/17/24	12279
Zoom		ENR-385	Literature: An Exploration	The Literary Origin of the Bible	Wright, Adelina	Tues	6-8 pm	06/11/24	07/31/24	12273

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	06/10/24	09/16/24	12101
F2F	Bowie Senior Ctr - BSC	MUS 307	Music Appreciation - Piano	Piano for Advanced Students	Choi, Young Kwon	Mon	12-2 pm	06/10/24	09/16/24	12102
Zoom		MUS 307	Music Appreciation - Piano	Piano for Intermediate Students	Choi, Young Kwon	Tues	9–11 am	06/11/24	09/17/24	12103
Zoom		MUS 307	Music Appreciation - Piano	Piano for Advanced Students	Choi, Young Kwon	Tues	11 am–1 pm	06/11/24	09/17/24	12104

F2F	Bowie Senior Ctr - BSC	MUS 308	Music Appreciation	Intermediate Guitar	Fiester, Robert	Wed	9:30-11:30 am	06/12/24	09/18/24	12135
F2F	Bowie Senior Ctr - BSC	MUS 308	Music Appreciation	Beginner Guitar	Fiester, Robert	Thur	9:30-11:30 am	06/13/24	09/19/24	12136
F2F	Camp Springs Sr Activity Ctr - CSSC	MUS 307	Music Appreciation & Mastery: Class Piano	Adv/Intermediate Mixed Piano	Patente, Peter	Tues	9:30-11:30 am	06/11/24	09/17/24	12218
F2F	Camp Springs Sr Activity Ctr - CSSC	MUS 307	Music Appreciation & Mastery: Class Piano	Beginner Piano	Patente, Peter	Tues	11:30 am-1:30 pm	06/11/24	09/17/24	12219

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
2	Be your Best Wellness Advocate	Armstrong, Johnnette	Wed	11:30 am-1 pm	06/12/24	09/18/24	12050	Zoom	Gain a better understanding of how your body works, the proper nutrients, and how to work with your medical team so you can thrive, not just survive! Address what kind of questions you should ask your doctor or pharmacist? Why do you need to take supplements? Why do you need to exercise? What are carbs? And how can you manage your stress?
3	Morning Stretching and Meditation	Armstrong, Johnnette	Sat	10-11 am	06/15/24	09/21/24	12053	F2F	Allow the body to release muscle tension, increase circulation and muscle control, while listening to soft gentle music. End with chair meditation.
4	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 am	06/10/24	09/16/24	12054	F2F	Allow the body to release muscle tension, increase circulation and muscle control, while listening to soft gentle music. End with chair meditation.
5	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 am	06/11/24	09/17/24	12055	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!
6	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 am	06/12/24	09/18/24	12056	F2F	Learn to prevent falls and remain independent. Both standing and seated exercises, moving to music from the 50's & 60's.
7	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 am	06/13/24	09/19/24	12057	F2F	Total body workout using light weights. Build lean muscle mass and muscle endurance.
8	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 am	06/14/24	09/20/24	12058	F2F	Rock out to the oldies and get a good workout. Low impact moves are easy and fun.
9	History of the Civil War	Arnold, Andrew	Wed	2-4 pm	06/12/24	09/18/24	12060	Zoom	People still debate whether the war was about slavery or states' rights. Explore the answer through conversation and source documents.
10	The 2024 Presidential Election	Arnold, Andrew	Thur	11 am-1 pm	06/13/24	09/19/24	12059	Zoom	Will the parties change pilots before the election? Will there even be a US election? Discuss the possibilities.
11	Book Talk	Arnold, Andrew	Thur	4:30-6:30 pm	06/13/24	09/19/24	12061	Zoom	Read and discuss two works of fiction, <i>Black Betty</i> by Walter Mosley and James McBride's <i>The Heaven and Earth Grocery Store</i> ; and one nonfiction account, Isabel Wilkerson's <i>America's Caste System</i> .
12	Hand Dancing	Bacon, Russell	Mon	4-6 pm	06/10/24	09/16/24	12062	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.
13	Printmaking Fundamentals	Brosch, David	Tues	12:30-3 pm	06/11/24	08/27/24	12063	F2F	Instruction on several print media including linocut, monoprinting, collage, and collagraph. All levels.
14	Line Dancing for Seniors	Brown, Barbara	Tues	1-3 pm	06/11/24	07/23/24	12065	F2F	Class is 7 weeks this summer. 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.
15	Line Dancing for Seniors	Brown, Barbara	Mon	10:15 am-12:15 pm	06/10/24	07/22/24	12067	F2F	Class is 7 weeks this summer. 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.
16	American Sign Language - Beginner level	Bruce, Peggy	Mon	12-2 pm	06/10/24	09/16/24	12068	F2F	Examine commonly used hand shapes, manual alphabet, fingerspelling, with basic everyday survival and emergency vocabulary. Explore Cardinal (counting) ordinal (ordering) numbers, fractions. Learn time and money related-words.
17	American Sign Language - Intermediate level	Bruce, Peggy	Mon	2-4 pm	06/10/24	09/16/24	12069	F2F	Focus on utilizing signs while engaging in basic conversation. Encourage voice off while communicating. However, talking is not prohibited during class. Examine commonly used hand shapes, positions and movements. Identify similarity and differences between signs. Utilize fingerspelling, numbers and family signs while having conversation regarding personal interests and family relationships.
18	American Sign Language - Beginner level	Bruce, Peggy	Thur	3-5 pm	06/13/24	09/19/24	12278	Zoom	Examine commonly used hand shapes, manual alphabet, fingerspelling, with basic everyday survival and emergency vocabulary. Explore Cardinal (counting) ordinal (ordering) numbers, fractions. Explore time and money related-words.
19	Strength Training Circuit 101	Bush, Dionne	Mon	8-9 am	06/10/24	09/16/24	12070	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."

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
20	Energizing Chair Exercises 101	Bush, Dionne	MW	9-10 am	06/10/24	09/18/24	12071	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.
21	Cardio Kickboxing Circuit 101	Bush, Dionne	Wed	8-9 am	06/12/24	09/18/24	12072	Zoom	Build stamina, improve coordination and flexibility, and burn calories while building lean muscles. Low -impact/high-intensity moves.
22	Plant-Based Cooking 101	Bush, Dionne	Wed	12:30-2:30 pm	06/12/24	09/18/24	12086	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! Two different 7 week cooking components; instructor will elaborate during class.
23	Strength/Cardio Circuit 101	Bush, Dionne	Fri	8-9 am	06/14/24	09/20/24	12087	Zoom	A combination of our Monday Strength Training Circuit 101 & Wednesday Cardio Kickboxing Circuit 101 courses! 80% floor/20% standing.
24	Chair Aerobics	Carrington, Kathy	MWF	8-9 am	06/10/24	08/02/24	12088	Zoom	Course is 8 weeks this summer. Improve core strength, mobility, flexibility and other health benefits. What's needed: chair, water, and comfortable clothes.
25	Nutrition	Carrington, Kathy	Mon	12:30-2:30 pm	06/10/24	09/16/24	12089	F2F	Learn healthy food choices, discuss current topics, and understand food labels. On request, bring food items.
26	Chair Pilates	Carrington, Kathy	Mon	2:45-3:45 pm	06/10/24	09/16/24	12090	F2F	Improve core strength, mobility, flexibility and other health benefits. Needed: chair, water and comfortable clothes.
27	Weight and Strength Training	Carrington, Kathy	TTH	8-9 am	06/11/24	09/19/24	12091	Zoom	Improve strength, mobility, flexibility, endurance and other health benefits. Needed: dumb bells, tube strength bands, water and comfortable clothes.
28	Aqua Aerobics	Carrington, Kathy	WF	10:15-11:45 am	05/22/24	08/21/24	11904	F2F	Improve mobility, flexibility, endurance and other health benefits. Needed: swim wear, aqua shoes, water and towel.
29	Aqua Aerobics	Carrington, Kathy	WF	12-1:30 pm	05/22/24	08/21/24	11905	F2F	Improve mobility, flexibility, endurance and other health benefits. Needed: swim wear, aqua shoes, water and towel.
30	Chair Aerobics	Carrington, Kathy	WF	2:30-3:30 pm	06/12/24	09/20/24	12092	F2F	Improve mobility, flexibility, endurance and other health benefits. What's needed: chair, water and comfortable clothes.
31	Tai Chi - All levels	Chang, Chung-Jen	Mon	10:30am-12:30pm	06/10/24	09/16/24	12093	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.
32	Tai Chi - All levels	Chang, Chung-Jen	Wed	1:30-3:30 pm	06/12/24	09/18/24	12094	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.
33	Tai Chi - Intermediate	Chang, Chung-Jen	Fri	10:30am-12:30pm	06/14/24	09/20/24	12095	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.
34	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Fri	1:30-3:30 pm	06/14/24	09/20/24	12096	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.
35	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Tues	1:30-3:30 pm	06/11/24	09/17/24	12097	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.
36	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Thur	1:30-3:30 pm	06/13/24	09/19/24	12098	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.
37	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Mon	1:30-3:30 pm	06/10/24	09/16/24	12099	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.
38	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Wed	10:30am-12:30pm	06/12/24	09/18/24	12100	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.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
39	Piano for Intermediate Students	Choi, Young Kwon	Mon	10 am-12 pm	06/10/24	09/16/24	12101	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.
40	Piano for Advanced Students	Choi, Young Kwon	Mon	12-2 pm	06/10/24	09/16/24	12102	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.
41	Piano for Intermediate Students	Choi, Young Kwon	Tues	9–11 am	06/11/24	09/17/24	12103	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.
42	Piano for Advanced Students	Choi, Young Kwon	Tues	11 am–1 pm	06/11/24	09/17/24	12104	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.
43	Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	06/10/24	09/16/24	12124	Zoom	Weekly review and discussion of local, national and international news.
44	Current Issues	Cipriani, Vincent	Mon	1-3 pm	06/10/24	09/16/24	12125	Zoom	Weekly review and discussion of local, national and international news.
45	Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	06/11/24	09/17/24	12126	F2F	Weekly review and discussion of local, national and international news.
46	American History	Cipriani, Vincent	Tues	12:30-2:30 pm	06/11/24	09/17/24	12127	F2F	Explore events and figures of the United States from 1900 to the 1970's.
47	American History	Cipriani, Vincent	Thur	1-3 pm	06/13/24	09/19/24	12128	Zoom	Explore events and figures of the United States from 1900 to the 1970's.
48	Art of Ceramics--all levels	Cockrell, Cami	Thur	9 am-12 pm	06/13/24	09/19/24	12129	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>
49	Leonardo & Michelangelo	Crane, Michael	Mon	10 am-12 pm	06/10/24	09/30/24	12130	F2F	Art has a worldwide expression and we will explore the documentaries from public sources such as PBS and the BBC. Experts interview contemporary artists plus historians present art from the Far East.
50	The Ottoman Empire	Crane, Michael	Mon	1-3 pm	06/10/24	09/30/24	12131	F2F	An expert scholar leads contemporary analyses of direct archaeological research, revealing details of daily life from 10,000 years ago to the Middle Ages. 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.
51	Mindfulness and Meditation	Erteschik, Mary	Mon	4:30-5:30 pm	06/10/24	07/29/24	12132	Zoom	Class is 8 weeks this summer. 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.
52	Chair Yoga & FUNctional Movement	Erteschik, Mary	Tues	9-10 am	06/11/24	07/30/24	12133	Zoom	Class is 8 weeks this summer. Combine chair supported accessible yoga postures along with FUNctional exercises. Movements support your everyday life and overall mental and physical and well-being.
53	Chair Movement and Meditation Fusion: Nourish Body and Soul	Erteschik, Mary	Wed	5:30-6:30 pm	06/12/24	07/31/24	12134	Zoom	Class will be 8 weeks this summer. 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.
54	Intermediate Guitar	Fiestier, Robert	Wed	9:30-11:30 am	06/12/24	09/18/24	12135	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.

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
55	Beginner Guitar	Fiester, Robert	Thur	9:30-11:30 am	06/13/24	09/19/24	12136	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 head-start by going to www.funkyguitar.com/instruction ; scroll down to watch the first three videos.
56	Unraveling Medicare, Social Security, Long Term Care and other Policies and Programs for Older Adults	Gibbons, Renee	Mon	3-5 pm	06/10/24	09/16/24	12137	Zoom	Older adults are often confused about Medicare, Social Security, Long Term Care, and other federal and state policies and programs that impact seniors. This course provides a thorough understanding of these policies and programs and arms you with information and resources to help you evaluate your retirement, financial, and long-term care situation. It also equips you with the tools to develop a plan and strategy proactively to maintain your assets and adequately cover the costs of living a long, fruitful life. In addition, this course examines seniors' challenges in balancing older adult policy and programs with real-life situations in healthcare, long-term care, housing, caregiving, disease prevention and management, disability, and economic security.
57	Nutrition for Healthy Aging	Gossage, Cynthia	Thur	2-4 pm	06/13/24	09/19/24	12138	Zoom	As we mature, many of our nutritional needs start to shift. Come learn how to accommodate those changes while still enjoying food in a supportive, non-judging community.
58	Hawaiian Quilting	Gossage, Cynthia	Tues	2-4 pm	06/11/24	09/17/24	12139	Zoom	Learn how to create your own snowflake-like patterns from the world around you and then how to embellish that design with hand stitch for a totally unique project.
59	Hand Embroidery	Gossage, Cynthia	Wed	3-5 pm	06/12/24	09/18/24	12140	Zoom	Explore the vast vocabulary of hand embroidery to create new works or to embellish existing clothing or home goods.
60	Intro to Personal Computers	Gray, Alice	Mon	9-11 am	06/10/24	09/16/24	12141	F2F	Learn how to turn on the computer, computer components and functionality, and how to use the internet. Beginning Office Suite.
61	Intermediate Computer Skills (Office)	Gray, Alice	Wed	9-11 am	06/12/24	09/18/24	12142	F2F	Introduction to Intermediate Word, Excel, PowerPoint, how to use Zoom, and Microsoft Office Suite.
62	Finding Your Roots	Gray, Alice	Fri	9-11 am	06/14/24	09/20/24	12145	F2F	Use various tools to research and locate relatives and create a family history book, using Microsoft Office Suite.
63	Strength Training	Green, Rose	TTh	5-6:30 pm	06/11/24	09/19/24	12143	F2F	Strengthen and tone muscles for a stronger you.
64	Dance Aerobics	Green, Rose	Thur	3:45-4:45 pm	06/13/24	09/19/24	12144	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.
65	Zumba Gold	Green, Rosemary	MW	9-10 am	06/10/24	09/18/24	12150	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.
66	Zumba Gold Toning	Green, Rosemary	Fri	1-2 pm	06/14/24	09/20/24	12152	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.
67	Zumba Gold Toning	Green, Rosemary	Thur	11:30 am-12:30 pm	06/13/24	09/19/24	12154	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.
68	Beginner/Intermediate Stained Glass	Holloman, Jim	Wed	9 am- 1 pm	06/12/24	09/18/24	12155	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.
69	Beginner/Intermediate Stained Glass	Holloman, Jim	Sat	9 am- 12 pm	06/15/24	09/21/24	12156	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.
70	Line Dance	Love, Denise	Tues	6-7 pm	06/11/24	09/17/24	12361	F2F	Dancers learn basic steps, rhythms and easy to learn patterns of repeated steps together as a group. Improve your techniques and skills by learning various dance styles while moving to a variety of energetic music.

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71	Tap Dance -- Beginner Level	Love, Denise	Tues	4-5 pm	06/11/24	09/17/24	12206	F2F	Designed to build fundamental tap skills, techniques and terminology. Learn fun combinations with basic tap steps and develop a greater understanding of both classic and rhythm tap dance.
72	Discover Digital Photography---an Introduction	Moreno, Romerio	Wed	10 am-12 pm	06/12/24	09/18/24	12207	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. 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 <u>photography assignments aimed at gaining practical experience.</u>
73	Discover Digital Photography---an Introduction	Moreno, Romerio	Thur	2-4 pm	06/13/24	09/19/24	12208	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. 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 <u>photography assignments aimed at gaining practical experience.</u>
74	Aqua Zumba	Morse, Lauren	T/Th	9-10 am	06/11/24	09/19/24	12211	F2F	Aqua Zumba is a medium-impact water exercise course designed to improve muscular strength, flexibility, cardiovascular fitness and reduce stress. Music ranging from Latin, Caribbean and even some old school tunes will be incorporated in this program. Aqua Zumba blends it all together into a safe challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.
75	Aqua Zumba	Morse, Lauren	W/F	9-10 am	06/12/24	09/20/24	12212	F2F	Aqua Zumba is a medium-impact water exercise course designed to improve muscular strength, flexibility, cardiovascular fitness and reduce stress. Music ranging from Latin, Caribbean and even some old school tunes will be incorporated in this program. Aqua Zumba blends it all together into a safe challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.
76	Taijifit	Muhaymin, Haleemah	Wed	11:30 am-1:30 pm	06/12/24	09/18/24	12213	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 class with a seated meditation.
77	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	06/12/24	09/18/24	12209	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.
78	Friday Morning Meditation	Mullin, Jen	Fri	9-10 am	06/14/24	09/20/24	12210	Zoom	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
79	Chair Yoga	Mullin, Jen	Wed	9:15-10:30 am	06/12/24	09/18/24	12215	F2F	A gentle class that offers 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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80	Intermediate/Advanced Yoga	Mullin, Jen	Wed	10:30-11:45 am	06/12/24	09/18/24	12216	F2F	Use basic yoga postures to build stamina, strength, flexibility, and balance. Explore breathing techniques--linking movement with breath and deepening stretches. Each class is designed so that all levels can practice together in an encouraging environment. NEEDED: yoga mat
81	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	06/10/24	09/16/24	12217	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.
82	Adv/Interm Mixed Piano	Patente, Peter	Tues	9:30-11:30 am	06/11/24	09/17/24	12218	F2F	Develop your piano playing skills.
83	Beginner Piano	Patente, Peter	Tues	11:30 am-1:30 pm	06/11/24	09/17/24	12219	F2F	Learn the basics of playing the piano.
84	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 am -12 pm	06/11/24	09/17/24	12279	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, see related movies and analyze both. Our new stories include the authors: Edgar Allen Poe, Joyce Carol Oates, William Faulkner, Franz Kafka, John Cheever, Joseph Conrad and Tennessee Williams.
85	Intermediate/ Advanced Stained Glass	Rapczynski, Bob	Mon	12:30-4 pm	06/10/24	09/16/24	12222	F2F	Learn various procedures for creating, assembling, and finishing stained glass projects. Students provide glass and consumables to complete projects.
86	Current Events: Kindler, gentler and with respect	Rudd, Bob	Mon	6-8 pm	06/10/24	08/26/24	12225	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.
87	The 2024 Presidential Campaign	Rudd, Bob	Thur	2-4 pm	06/13/24	09/05/24	12226	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.
88	Portraiture	Ruffin, Raj	Mon	6-8 pm	06/10/24	09/16/24	12227	Zoom	Learn the structure and proportions of the human face. Through the technique of chiaroscuro, each student will develop their technique to render a portrait.
89	Mixed Media Painting, all levels	Ruffin, Raj	Thur	6-9 pm	06/13/24	09/19/24	12228	Zoom	Learn color theory and techniques of watercolor, acrylic and oil painting. Designed for beginners intermediate and advanced students.
90	Fall Prevention Intervention	Shell, Susan	MF	1-2 pm	06/10/24	09/20/24	12229	Zoom	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.
91	Fall Prevention Intervention	Shell, Susan	Wed	1-2:30 pm	06/12/24	09/18/24	12853	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.
92	Beginner/ Intermediate Pilates	Shell, Susan	MWF	9-10 am	06/10/24	09/20/24	12231	Zoom	Learn various Pilates exercises for beginners and intermediate students. Please bring a Pilates mat, towel, and water.
93	Beginner/ Intermediate Pilates	Shell, Susan	MWF	10:30-11:30 am	06/10/24	09/20/24	12232	F2F	Learn various Pilates exercises for beginners and intermediate students. Please bring a Pilates mat, towel, and water.
94	Aerobics/Balance	Shell, Susan	MWF	11:30 am-12:30 pm	06/10/24	09/20/24	12233	F2F	Learn various aerobics, balance, stability and flexibility exercises to help with fall prevention. For beginners and intermediate students. Please bring a resistance band, towel, and water.
95	Beginner/intermediate Aerobics	Shell, Susan	TTh	9-10 am	06/11/24	09/19/24	12234	Zoom	Learn various aerobics exercises for beginners and intermediate students. Please bring a resistance band, towel, and water.

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96	Water Aerobics	Shell, Susan	TTh	10:15-11:15 am	06/11/24	09/19/24	12235	F2F	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, so 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!
97	Fall Prevention Intervention	Shell, Susan	TTh	11:30 am-12:30 pm	06/11/24	09/19/24	12236	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.
98	¡Leamos en español!	Sieiro, Debbie	Mon	10 am-12 pm	06/10/24	09/16/24	12237	F2F	All higher-level Spanish students, Intermediate, II and III. Easy short stories to stimulate the mind and activate the brain's memory power. Each short story will have vocabulary and plots that students can elaborate on using their own experiences or imagination. No book required!
99	Spanish I	Sieiro, Debbie	Mon	12:30-2:30 pm	06/10/24	09/16/24	12238	F2F	True beginners. Introduction to Alphabet sounds, gender, number. Days of the week, months of the year, weather and time. Irregular verbs: SER, ESTAR, TENER, IR, GUSTAR.
100	¡Lectura y Risas!	Sieiro, Debbie	Tues	10 am-12 pm	06/11/24	09/17/24	12239	F2F	Book: "Tres Enigmas para la Organización," by Eduardo Mendoza (Kindle, Audiobook, Amazon or Abebooks between \$13-\$23.) Read, analyze and answer questions for comprehension with this short, pleasant summer read.
101	Beginner Spanish II	Sieiro, Debbie	Tues	12:30-2:30 pm	06/11/24	09/17/24	12240	F2F	In Spanish II, concentrate on memorizing the irregular present tense, and introduce the past tense. Listen to mp3 voice recording to help with Spanish recognition and learn new vocabulary.
102	Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	06/11/24	09/17/24	12241	Zoom	Focus on writing. Discussion of what memoir is, followed by participants reading their work aloud to the group. Discuss what listeners like and what they would like to know more about. Next week's assignment is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
103	Writing Your Memoirs-all levels	Smith, Cathy	Tues	2-4 pm	06/11/24	09/17/24	12242	F2F	Focus on writing. Discussion of what memoir is, followed by participants reading their work aloud to the group. Discuss what listeners like and what they would like to know more about. Next week's assignment is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
104	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	06/14/24	09/20/24	12243	Zoom	Focus on writing. Discussion of what memoir is, followed by participants reading their work aloud to the group. Discuss what listeners like and what they would like to know more about. Next week's assignment is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
105	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	06/14/24	09/20/24	12244	Zoom	Focus on writing. Discussion of what memoir is, followed by participants reading their work aloud to the group. Discuss what listeners like and what they would like to know more about. Next week's assignment is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
106	Gentle Yoga-all levels	Smith, Patricia	Mon	1:30-3:30 pm	06/10/24	09/16/24	12245	F2F	Focus is on breathing to energize the body, strength to tone muscles, movement that will increase flexibility, and balance. Bring a yoga mat, 2 yoga blocks, a yoga strap, hand towel/small pillow (to rest head on).
107	Gentle Yoga-all levels	Smith, Patricia	Wed	1:30-3:30 pm	06/12/24	09/18/24	12246	F2F	Focus is on breathing to energize the body, strength to tone muscles, movement that will increase flexibility, and balance. Bring a yoga mat, 2 yoga blocks, a yoga strap, hand towel/small pillow (to rest head on).
108	Chair Yoga	Smith, Patricia	TTh	10:30-11:30 am	06/11/24	09/19/24	12247	Zoom	Focus is on breathing to energize the body, and movement to increase strength and flexibility. Bring a yoga mat, 2 yoga blocks, a yoga strap, and small foot massage ball, which can be purchased from Amazon.

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	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
109	Movement/Strength/Stretch	Smith, Patricia	TTh	1-2 pm	06/11/24	09/19/24	12248	F2F	Includes 20 minutes of aerobic dance, strength training, and stretch. Bring a pair of 3, 4, or 5 pound weights, and a resistance tube or band.
110	Mixed Media, All levels	Swanson, Darlene	Tues	9 am-12 pm	06/11/24	09/17/24	12249	F2F	Beginners to advanced students – explore all fine art media hands-on. Additionally, learn through lectures and demonstrations.
111	Quilting	Swanson, Darlene	Tues	1-3 pm	06/11/24	09/17/24	12250	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. Next, 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).
112	Watercolor Painting	Swanson, Darlene	Wed	10 am-2:30 pm	06/12/24	09/18/24	12251	F2F	This studio class is for beginners to advanced students and includes demos and lecture.
113	Beginning French	Torres, Edite	Mon	12-2 pm	06/10/24	09/16/24	12252	Zoom	Learn basic elements of grammar, reading, pronunciation and writing. Engage in language-immersion for simple listening, comprehension and speaking.
114	Beginning French 2	Torres, Edite	Tues	11 am-1 pm	06/11/24	09/17/24	12253	Zoom	Solidify basic elements of grammar, reading, pronunciation and writing. Engage in language-immersion while developing better listening comprehension and speaking.
115	Intermediate French	Torres, Edite	Wed	11 am-1 pm	06/12/24	09/18/24	12254	Zoom	Build on elements of grammar, reading, pronunciation and writing. Improve confidence by engaging in language-immersion for more complex comprehension and speaking.
116	Pre-Intermediate Spanish Conversation	Vargas, Clemencia	Mon	1-3 pm	06/10/24	09/16/24	12255	Zoom	This class is CONDUCTED ALL IN SPANISH. Students will communicate in Spanish, conversing in a friendly environment. Chat about novels and podcasts created for the advanced learner.
117	Beginner Spanish 3	Vargas, Clemencia	Mon	3-5 pm	06/10/24	09/16/24	12256	Zoom	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.
118	Advanced Spanish	Vargas, Clemencia	Tues	10 am-12 pm	06/11/24	09/17/24	12257	Zoom	For students who are starting to communicate in Spanish comfortably. CONDUCTED MOSTLY IN SPANISH, use readings, podcasts, games, and music.
119	Intermediate Spanish	Vargas, Clemencia	Tues	1-3 pm	06/11/24	09/17/24	12258	Zoom	For students who are comfortable with the present tense and have studied the past tense. Use readings, games, podcasts, and music to make it a fun and productive experience.
120	Intermediate Spanish Conversation	Vargas, Clemencia	Tues	3-5 pm	06/11/24	09/17/24	12259	Zoom	CONDUCTED ALL IN SPANISH for students who can communicate comfortably in Spanish. Converse in a friendly environment about a novel from Latin American literature.
121	Advanced Spanish Conversation	Vargas, Clemencia	Wed	10am-12pm	06/12/24	09/18/24	12260	Zoom	Students who are highly fluent in Spanish enjoy informal conversations in Spanish about a novel, podcasts, current issues, and readings form the Spanish speaker world.
122	Yoga Fusion Yoga, Pilates & Tai Chi	Verdi, Juliet	Mon	10:30am-12:30 pm	06/10/24	09/16/24	12261	Zoom	A fusion of Pilates, ballet, (chair Barre), Tai Chi & yoga. The perfect exercise, segueing from one discipline to another. The best of each to give you a full core- building, mind & body workout.
123	Using Chain Mail and Wire Weaving Techniques to Make Eye-Catching Jewelry	Verdi, Juliet	Wed	6:30-8:30 pm	06/12/24	09/18/24	12262	Zoom	In class we will learn to make chain necklaces using easy to hold 1 inch chain mail links, which are easier to work with and easier to see. They produce beautiful necklaces. I have been making them for years and people stop me and ask where I bought them. We will also do wire weaving (which is not hard on arthritic hands) for necklaces, pins and earrings.
124	Intermediate Tai Chi Classic Short & Long Form	Verdi, Juliet	Thur	7-8:30	06/13/24	09/19/24	12263	Zoom	Class consists of:1- Warm-up: Qigong: Shibashi: Learn 5 forms (5 moves) each week and practice the whole form for continuity. If you have learned the 24 form and the 37 form, it is helpful, but a patient beginner will succeed.

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125	Cooking Vegan, Allergy-Free Food For Easy Summer Entrees & Edible Center Pieces & Desserts	Verdi, Juliet	Fri	3-5 pm	06/14/24	09/20/24	12264	Zoom	Each Zoom class includes cooking, demonstrating, advising, explaining ingredients and methodology. 1. Ask questions as we cook, and serve what you made in class for dinner, or freeze it for a later date. 2. The class votes on each week's selection. 3. A shopping list is provided each week for the following week's class. 4. Each week's recipe and shopping lists, food substitutes and prep advice is emailed.
126	Jewelry Making 4 Techniques	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	06/10/24	09/16/24	12265	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.
127	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 am-12 pm	06/14/24	09/20/24	12266	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.
128	Yoga I	Weimer, Lee	Wed	10 am-12 pm	06/12/24	09/18/24	12267	F2F	Learn yoga poses, breath exercises and meditation for all levels. Bring yoga mat, strap and block; large towel or small blanket; and water.
129	Mat Pilates	Weimer, Lee	Thur	12:15-2:15 pm	06/13/24	09/19/24	12268	F2F	Learn mat Pilates to build strength, balance and flexibility for all levels. Please bring yoga mat, towel, fitness ball and water.
130	Morning Stretch and Meditation	Weimer, Lee	Thur	10:15am-12:15pm	06/13/24	09/19/24	12269	F2F	Learn gentle, mindful movement using a chair and meditation for all levels. Please bring water.
131	Basic Art Fundamentals	Williams, Vanessa	Wed	11 am-1 pm	06/12/24	09/18/24	12270	F2F	Designed to stimulate interest in visual art, and inspire creativity through hands-on activities, demonstrations, presentations, and discussions.
132	Beginning/Intermediate Drawing	Wilson, Elnora	Fri	9-11:30 am	06/14/24	09/20/24	12271	F2F	Learn beginning to intermediate skills focusing on shading and the seven elements of art: line, shape, space, value, form, texture and color.
133	Acrylic Painting & Multimedia	Wilson, Elnora	Fri	12-3 pm	06/14/24	09/20/24	12272	F2F	Learn beginning to intermediate skills using acrylic paint and multi-media. Paint pictures of your choice using both limited and full color palettes.
134	The Literary Origin of the Bible	Wright, Adelina	Tues	6-8 pm	06/11/24	07/31/24	12273	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.

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.

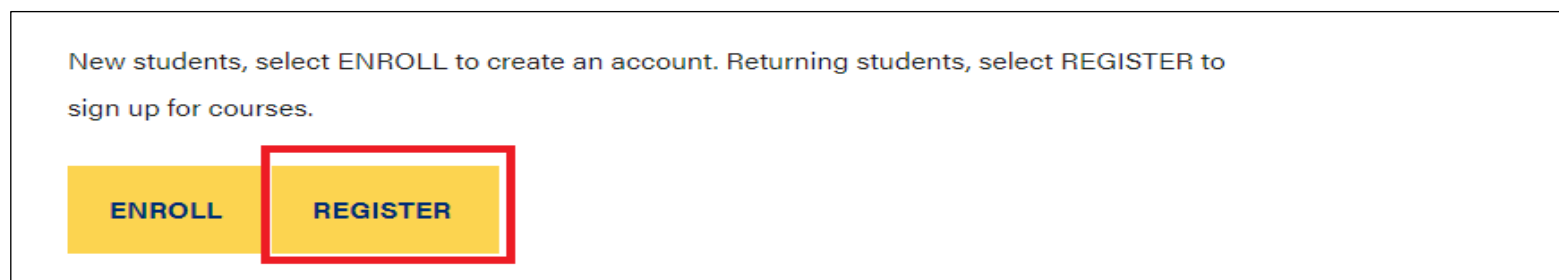
Step 1

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



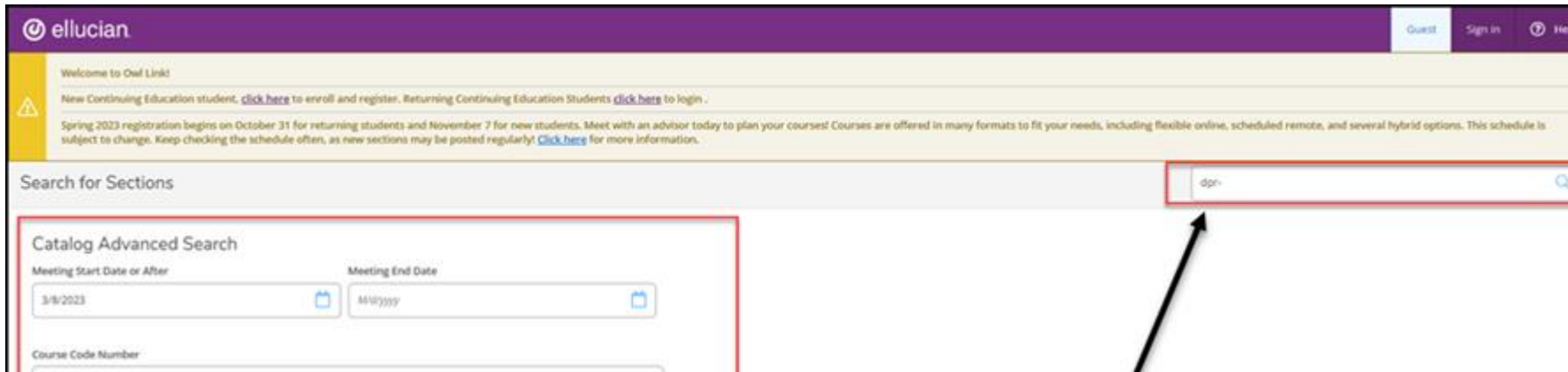
Step 2

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



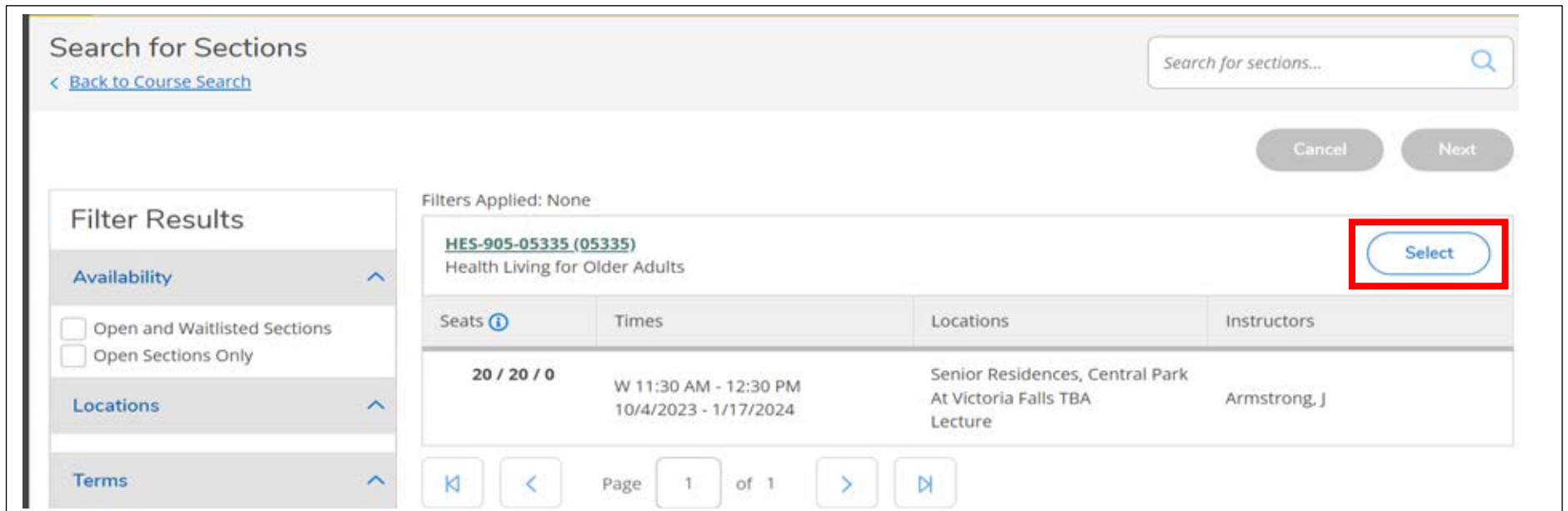
Step 3

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.)



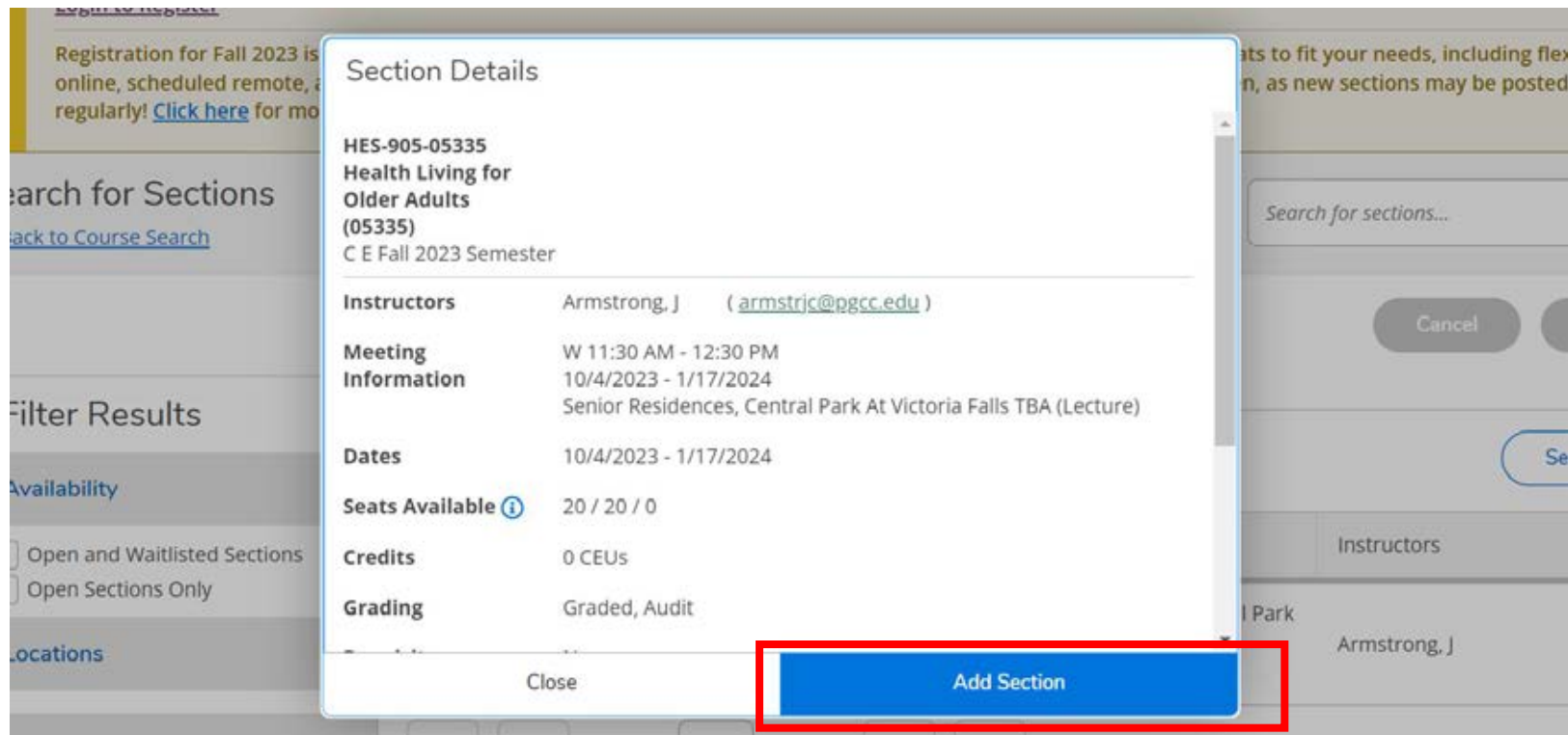
Step 4

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



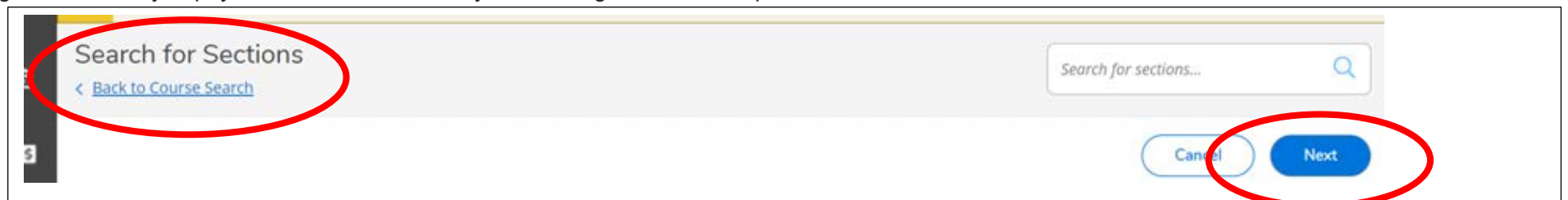
Step 5

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.



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.)



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

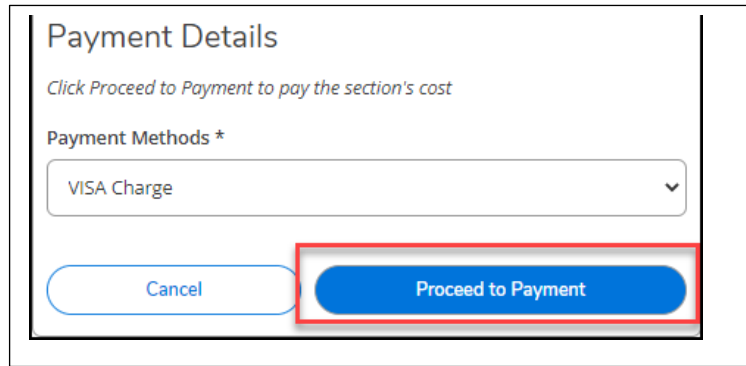
Discover

MasterCard

VISA Charge

Step 10

Select **Proceed to Payment**.



Payment Details

Click Proceed to Payment to pay the section's cost

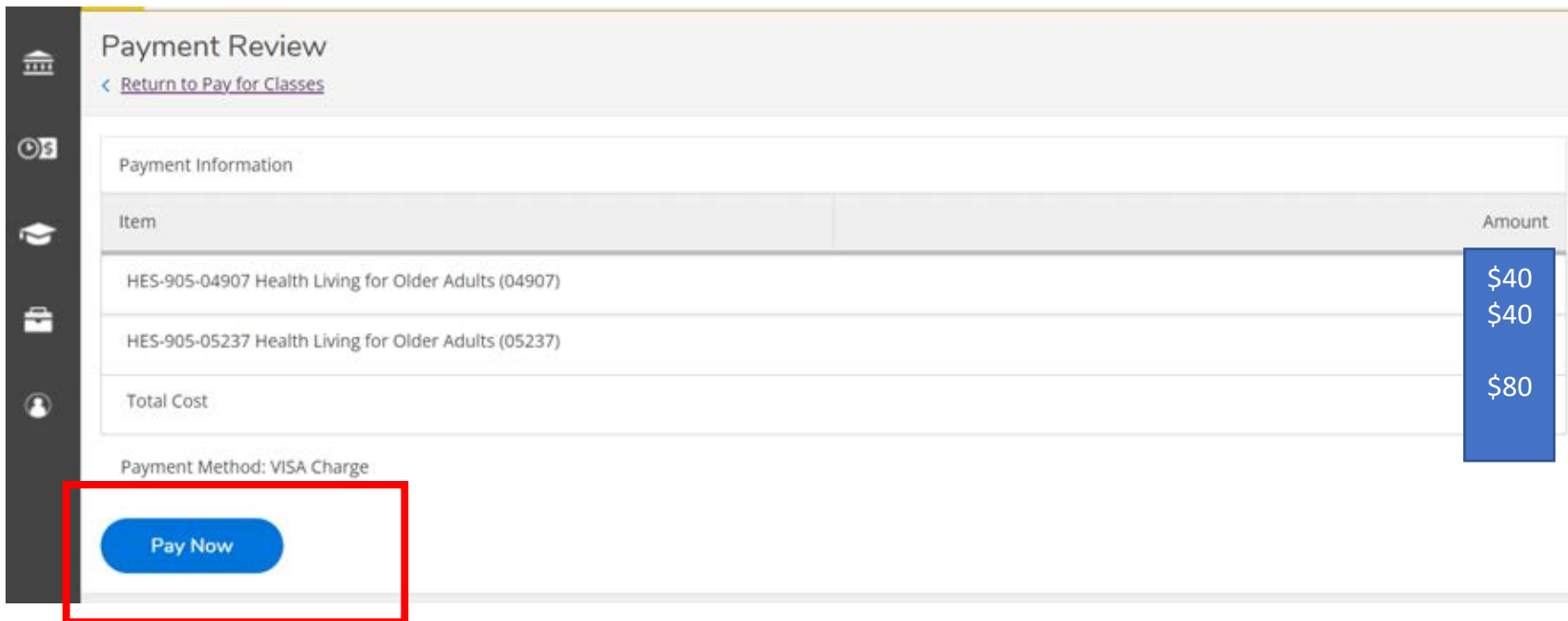
Payment Methods *

VISA Charge

Cancel Proceed to Payment

Step 11

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



Payment Review

[Return to Pay for Classes](#)

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

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 /

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

TWO scholarships
available per student for
the summer trimester,
pending availability. (Please
see back of form for details.)
REVISED 5/6/24

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

TERM 2024csu

Registrations accepted
April 16th through end of
June 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 _____

Mail forms to:

PGCC Senior Fitness Program
Con. Ed. Building - Rm. 123
301 Largo Road
Largo, Maryland 20774-2199

OFFICE USE ONLY

Processed by _____

Date _____

SITE	COURSE	COURSE TITLE	INSTRUCTORS	DAYS	TIMES	DATES	SYN#	SELECT
Allentown Pool	ATH 930	Ther. Aquatic Exercise	Jordan	MWF	8-9 am	05/20-08/12	11898	
Allentown Pool	ATH 930	Ther. Aquatic Exercise	Jordan	MWF	9-10 am	05/20-08/12	11899	
Bowie Comm. Ctr.	ATH 911	Health & Fitness	Gleason	T/TH	8:30-11:30 am	05/02-07/11	11900	
Crofton (Bowling)	ATH 352	Bowling (Beginning)	Bickford	Tues	12:30-3:30 pm	05/21-08/06	11902	
Cameron Grove (Res. Only)	ATH 930	Ther. Aquatic Exercise	Carrington	W/F	10:15-11:45 am	05/22-08/21	11904	
Cameron Grove (Res. Only)	ATH 930	Ther. Aquatic Exercise	Carrington	W/F	12-1:30 pm	05/22-08/21	11905	
Largo Campus – NAT	ATH 900	Ther. Aquatic Exercise	Richards	MWF	9-10 am	**05/13-08/09	11906	
Largo Campus – NAT	ATH 900	Ther. Aquatic Exercise	Richards	MWF	10-11 am	**05/13-08/09	11907	
Largo Campus – NAT	ATH 900	Ther. Aquatic Exercise	Richards	MWF	11 am-12 pm	**05/13-08/09	11908	
Largo Campus – Novak	ATH 911	Health & Fitness	Gagnon	T/TH	8:30-11:30 am	05/28-08/06	11901	

Classes are \$40 each; you must pay for the first two classes (\$80), and then you can request up to two scholarships for the summer trimester.

No Class Days: July 4th & June 19th ****Please Note: The Largo Natatorium pool will be closed from 5/27-6/16 for maintenance.**

Summer Scholarship Information---LIMITED SCHOLARSHIPS OF 2 PER STUDENT, PENDING AVAILABILITY FOR SUMMER 2024.

Please select one of the options below! THERE IS A STRICT DEADLINE OF MAY 28th TO REQUEST SCHOLARSHIPS!!

If you do not wish to be considered for a scholarship, choose the third option below, and include payment for all of your classes with this registration form.

- ✓ Check this box if you have already paid \$80 for 2 classes and are requesting 1-2 scholarships for additional classes, which you must select in the far-right column above.**
- ✓ Check this box if you haven't already registered or paid. Please Select your classes in the far-right column above. You can request up to two scholarships for summer.**
- *Attach a check or money order for \$80 payable to PGCC for your first two classes.*
- ✓ Check this box if you are NOT requesting any scholarships. Please select your classes in the far-right column above.**
- *Calculate \$40 per class and attach a check/money order for the total amount payable to PGCC.*

PGCC SAGE Registration and Scholarship Form

REGISTRATION OPENS MAY 10th

Complete this form, front and back, to:

1. register for SAGE classes by mail and/or
2. Pay for your first two classes, \$80, and then you may request up to two scholarships, pending availability.
(you must pay \$80 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
- Asian
- Black/African American
- Hispanic
- White
- 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.**

Summer Scholarship Information

SAGE students may request up to two scholarships, pending availability. Students must pay for their first two classes in order to be considered for a scholarship/s. Please select one of the options below. **There is a strict deadline of May 28th to request scholarships.** If you are not requesting a possible scholarship, choose the third option below, and include payment for all of your classes with this registration form.

- ✓ Check this box if you have already paid \$80 for 2 classes and are requesting 1-2 scholarships for a third & fourth class. Then check one of the two boxes BELOW.
- ✓ I want to be registered for the additional class/classes above ONLY if I receive a scholarship.
- ✓ I want to be registered for the class/classes even if I don't receive a scholarship, and will pay \$40 for each class. I consent to getting my bill for the class emailed to me.

Please print your current email address: _____

- ✓ Check this box if you are requesting 1-2 scholarships and haven't already paid. Then check one of the two smaller boxes ABOVE.
 - Attach a check or money order for \$80 payable to PGCC for your first two classes.
- ✓ Check this box if you are NOT requesting a possible scholarship.
 - Calculate \$40 per class 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 SUMMER 2024:

May 28th is the deadline to request up to two scholarship; no exceptions.
No reimbursements made to students who pay for all classes online if seeking a scholarship. Pay for two classes online, then mail this form to us to process scholarships by 5/28/24.

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	Scholarship requested (up to two classes)
12345	Healthy Living – Tai Chi	Zoom or Class Location	\$40	
		Total fee	\$	