



PRINCE GEORGE'S  
COMMUNITY COLLEGE



# SAGE

Seasoned Adults  
Growing Educationally

Classes for Seniors 60 and Older

SPRING 2025

**REGISTRATION**  
opens Jan. 10, 2025  
Classes begin  
Feb. 10







# SAGE Spring 2025 Classes

## Class Schedule, Registration, Fee and Course Description Information



### **Welcome to the SAGE spring trimester!**

Welcome to the SAGE spring trimester! Classes are offered both in-person at select locations (see page 3) and remotely via Zoom. We have heard your concerns about limited scholarships. This spring, we are happy to be able to offer financial assistance for you to maintain your desired class schedule after you pay for your first two (2) classes, \$80. Please follow the directions on the registration form in the back of the class schedule if you are interested in receiving a scholarship for one or more classes.

### **SAGE Registration Fee Structure and Spring Scholarship Information**

- \$40 per-class registration fee for students, aged 60 and better.
- SAGE students may request scholarships to cover additional classes beyond the first two. Only classes in the SAGE class schedule are covered.
- **The deadline for scholarship requests is Monday, February 10, 2025. No exceptions can be made.**

**Classes will run from February 10 through May 19. [Please note: No classes will be held on 02/17 and 03/10-03/15]**

**→ Registration opens Friday, January 10, online & in-person ←  
(In-person registration begins at 8:30 a.m. 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 IN THIS DOCUMENT.**

**If you have difficulty registering in Owl Link, please call Technology Services at the College: 301-546-0637.**

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

**Registration:**

In-person registration is available at the Records and Registration office in 126 Bladen Hall, M-F, 8:30 a.m. – 6 p.m. 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, please follow the steps below:**

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](mailto:sage@pgcc.edu) to be registered. Your instructor CANNOT make this request for you.

**Recording of Zoom Classes:**

Remote classes may be recorded.

**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.***

**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) 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

### **District Heights Senior Center**

2000 Marbury Drive  
District Heights, MD 20747  
301-350-3660

### **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 29, 2025.**

### **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 2025

<b>Instructor</b>	<b>PGCC Email Address</b>		<b>Instructor</b>	<b>PGCC Email Address</b>
Allison, Charlotte	allisoCX@pgcc.edu		Holloman, Jim	jhollom20805@pgcc.edu
Armstrong, Johnnette	armstrjc@pgcc.edu		Leahy-Thielke, Faith	leahytfm@pgcc.edu
Bacon, Russell	baconrj@pgcc.edu		Love, Denise	dlove27408@pgcc.edu
Barthel, Carol	cbarthel9246@pgcc.edu		Miller, Barbara	millerbj@pgcc.edu
Boverman, Katrina	bovermkm@pgcc.edu		Moreno, Romerio	rmoreno@pgcc.edu
Brosch, David	dbrosch43960@pgcc.edu		Mullin, Jen	mullinjs@pgcc.edu
Brown, Barbara	brownbj@pgcc.edu		Patente, Peter	patentpj@pgcc.edu
Bruce, Peggy	brucepl@pgcc.edu		Pilevsky, Dillies	dpilevsk4340@pgcc.edu
Buford, Rinita	bufordrr@pgcc.edu		Robling, Margie	roblinmn@pgcc.edu
Bush, Dionne	shawbudt@pgcc.edu		Rudd, Bob	brudd2622@pgcc.edu
Carrington, Kathy	carrinky@pgcc.edu		Ruffin, Raj	pruffin94470@pgcc.edu
Cerrelli, Ezio	cerrelec@pgcc.edu		Shell, Susan	shellsj@pgcc.edu
Chang, Chung-Jen	changcx@pgcc.edu		Sieiro, Debbie	sieirods@pgcc.edu
Choi, Young	choiyk@pgcc.edu		Smith, Cathy	smithca1@pgcc.edu
Cipriani, Vincent	cipriavx@pgcc.edu		Smith, Patricia	smithpx@pgcc.edu
Cockrell, Cami	ccockrel@pgcc.edu		Swanson, Darlene	swansodk@pgcc.edu
Crane, Michael	craneml@pgcc.edu		Torres, Edite	torresec@pgcc.edu
De Sanctis, Dona	bracond@pgcc.edu		Vargas, Clemencia	cvargas59959@pgcc.edu
Erteschik, Mary	ertesme@pgcc.edu		Verdi, Juliet	verdijs@pgcc.edu
Fiestera, Robert	fiestera@pgcc.edu		Vitale-Reddy, Cecelia	cvitale81166@pgcc.edu
Gibbons, Renee	gibbonra@pgcc.edu		Widman, Art	widmanat@pgcc.edu
Gossage, Cynthia	gossagcp@pgcc.edu		Williams, Vanessa	williavr@pgcc.edu
Gray, Alice	grayal@pgcc.edu		Wilson, Elnora	wilsonex@pgcc.edu
Green, Rose	greenrd@pgcc.edu		Yamamoto, Ruth	ryamam100584@pgcc.edu
Green, Rosemary	rgreen843@pgcc.edu			

# *In Memoriam*

SAGE mourns the loss of the following students:

**Betty Humphrey** on August 24, 2024

(<https://www.wisemanfuneralhome.net/obituary/betty-berry-humphrey>)

**Dale Hartig** on August 31, 2024

(<https://www.beallfuneral.com/obituaries/dale-hartig>)

**Sherry Frances Proctor** on September 2, 2024

(<https://www.forevermissed.com/sherry-frances-proctor/about>)



Please email [sage@pgcc.edu](mailto:sage@pgcc.edu) if you care to share with us the passing of beloved members of the SAGE community.

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## **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 a.m. are cancelled.
- Two-hour early school closure: all SAGE classes after 2 p.m. are cancelled.
- Zoom classes are NOT impacted by the inclement weather policy.



*Happy Retirement!*

After 19 years at Prince George's Community College in the SAGE program, I am retiring and beginning a new chapter. Like you, I plan to keep on learning! I may even join you in a SAGE class!

Thank you for your support of the SAGE program. It has been a pleasure working with my wonderful colleagues, doing our best to offer stimulating classes for your enrichment. I am so pleased to have heard from many of you that the work we do at SAGE has made a difference in your lives. It has enriched my life as well.

Stay engaged with SAGE and never stop learning!

*Suzanne*

#### **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](mailto:sage@pgcc.edu) with a brief resume and class proposal to explore this opportunity.

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 Jan 24, 2025 or until classes are full

SITE	COURSE	COURSE TITLE	INSTRUCTORS	DAYS	TIMES	DATES	SYN#	
Allentown Pool	ATH 930	Therapeutic Aquatic Exercise	Jordan	MWF	8-9 a.m.	01/22-05/09	<b>17908</b>	FULL
Allentown Pool	ATH 930	Therapeutic Aquatic Exercise	Jordan	MWF	9-10 a.m.	01/22-05/09	<b>17909</b>	FULL
Bowie Comm. Ctr.	ATH 911	Health & Fitness	Gleason	T/TH	9-11 a.m.	01/14-04/29	<b>17906</b>	
Crofton (Bowling)	ATH 352	*Bowling (Beginning)	Bickford	Tues	12:30-3:30 p.m.	01/21-05/06	<b>17917</b>	
Cameron Grove (Res. Only)	ATH 930	Therapeutic Aquatic Exercise	Carrington	W/F	10:15-11:45 a.m.	01/22-05/09	<b>17914</b>	
Cameron Grove (Res. Only)	ATH 930	Therapeutic Aquatic Exercise	Carrington	W/F	12-1:30 p.m.	01/22-05/09	<b>17915</b>	
Largo Campus – NAT	ATH 930	Therapeutic Aquatic Exercise	Mabry	MWF	9-10 a.m.	01/22-05/09	<b>17911</b>	
Largo Campus – NAT	ATH 930	Therapeutic Aquatic Exercise	Mabry	MWF	10:15 -11:15 a.m.	01/22-05/09	<b>17912</b>	
Largo Campus – NAT	ATH 930	Therapeutic Aquatic Exercise	Mabry	MWF	11:30 a.m.-12:30 p.m.	01/22-05/09	<b>17913</b>	
Largo Campus – Novak	ATH 911	Health & Fitness	Gagnon	T/TH	9-11 a.m.	01/21-05/08	<b>17907</b>	
Largo Campus – CE111	ATH 400	*Walking/Hiking	Gagnon	Thurs	11:30 a.m.-3:30 p.m.	01/23-05/08	<b>17921</b>	

**No Class Days: Feb 17, March 10-14**

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

[gagnonsl@pgcc.edu](mailto: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	Illustrating a Book	Allison, Charlotte	Thur	10 a.m.-1 p.m.	02/13/25	04/17/25	18397
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Printmaking Fundamentals	Brosch, David	Tues	12:30-3 p.m.	02/11/25	05/06/25	18429
F2F	Bowie Senior Ctr - BSC	ART 954	Design/Production/Crafts	Int. & Adv. Stained Glass	Cerrelli, Ezio	Mon	12:30-4 p.m.	02/10/25	05/19/25	18447
F2F	Bowie Senior Ctr - BSC	ART 955	Design/Prod/Crafts	Art of Ceramics--All levels	Cockrell, Cami	Tues	8:45-11:45 a.m.	02/11/25	05/13/25	18461
F2F	Bowie Senior Ctr - BSC	ART 955	Design/Prod/Crafts	Art of Ceramics--all levels	Cockrell, Cami	Thur	9 a.m.-12 p.m.	02/13/25	05/15/25	18462
F2F	Collington Life Care Community - CLLC	ART 306	Art Appreciation	European Art	Crane, Michael	Mon	10 a.m.-12 p.m.	02/10/25	05/19/25	18463
ZOOM	Bowie Senior Ctr - BSC	ART 903	Design/Production/Crafts	Hand Stitching for the Home	Gossage, Cynthia	Tues	2-4 p.m.	02/11/25	05/13/25	18475
ZOOM	Greenbelt Comm Ctr - GRCC	ART 903	Design/Production/Crafts	Hand Embroidery	Gossage, Cynthia	Wed	3-5 p.m.	02/12/25	05/14/25	18476
ZOOM	Largo Campus - LARGO	ART 903	Design/Production/Crafts	Fabric UFOs	Gossage, Cynthia	Thur	2-4 p.m.	02/13/25	05/15/25	18477
F2F	Bowie Senior Ctr - BSC	ART 956	Design & Production of Crafts	Beginner/Intermediate Stained Glass	Holloman, Jim	Wed	9 a.m.- 1 p.m.	02/12/25	05/14/25	18485
F2F	Bowie Senior Ctr - BSC	ART 955	Design & Production of Crafts	Beginner/Intermediate Stained Glass	Holloman, Jim	Sat	9 a.m.- 12 p.m.	02/15/25	05/17/25	18486
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Discover Digital Photography--An Introduction to Digital Photography	Moreno, Romerio	Wed	10 a.m.-12 p.m.	02/12/25	05/14/25	18491
ZOOM	Collington Life Care Community - CLLC	ART 918	Studio Fine Art	Portraiture	Ruffin, Raj	Mon	6-8 p.m.	02/10/25	05/19/25	18504
F2F	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Mixed Media, All levels	Swanson, Darlene	Tues	9 a.m.-12 p.m.	02/11/25	05/13/25	18527
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production/Crafts	Quilting Basics	Swanson, Darlene	Tues	1-3 p.m.	02/11/25	05/13/25	18528
F2F	Bowie Senior Ctr - BSC	ART 957	Studio Fine Art	Watercolor Painting	Swanson, Darlene	Wed	10 a.m.-2:30 p.m.	02/12/25	05/14/25	18529
ZOOM	Bowie Senior Ctr - BSC	ART 903	Design/Production/Crafts	Jewelry Making 4 Techniques	Vitale-Reddy, Cecelia	Mon	10 a.m.-12 p.m.	02/10/25	05/19/25	18541

<b>F2F</b>	Bowie Senior Ctr - BSC	ART 903	Design/Production/Crafts	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 a.m.-12 p.m.	02/14/25	05/16/25	<b>18542</b>
<b>F2F</b>	Cameron Grove - CGAC	ART 918	Studio Fine Art	Basic Art Fundamentals	Williams, Vanessa	Wed	11 a.m.-1 p.m.	02/12/25	05/14/25	<b>18545</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Beginning Drawing	Wilson, Elnora	Mon	9 a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18546</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Drawing---with Pen & Ink, and Watercolors	Wilson, Elnora	Fri	9 a.m.-12 p.m.	02/14/25	05/16/25	<b>18547</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Acrylic Painting & Multimedia	Wilson, Elnora	Fri	12-3 p.m.	02/14/25	05/16/25	<b>18548</b>

## Autobiographical/Creative Writing

<b>Zoom or F2F</b>	<b>Location</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Focus</b>	<b>Instructor</b>	<b>Day(s)</b>	<b>Times</b>	<b>Start Date</b>	<b>End Date</b>	<b>Syn#</b>
<b>Zoom</b>		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 a.m. -12 p.m.	02/11/25	05/13/25	<b>18519</b>
<b>F2F</b>		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Tues	2-4 p.m.	02/11/25	05/13/25	<b>18520</b>
<b>Zoom</b>		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 a.m. -12 p.m.	02/14/25	05/16/25	<b>18521</b>
<b>Zoom</b>		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 p.m.	02/14/25	05/16/25	<b>18522</b>

## Computer Skills

<b>Zoom or F2F</b>	<b>Location</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Focus</b>	<b>Instructor</b>	<b>Day(s)</b>	<b>Times</b>	<b>Start Date</b>	<b>End Date</b>	<b>Syn#</b>
<b>F2F</b>	Largo Campus - LARGO	DPR 548	Intro to Personal Computers	Intro to Personal Computers	Gray, Alice	Mon	9-11 a.m.	02/10/25	<b>05/19/25</b>	<b>18478</b>
<b>F2F</b>	Largo Campus - LARGO	DPR 573	Intermediate Computer Skills	Intermediate Computer Skills (Office)	Gray, Alice	Wed	9-11 a.m.	02/12/25	05/14/25	<b>18479</b>
<b>F2F</b>	Largo Campus - LARGO	DPR 573	Intermediate Computer Skills	Finding Your Roots	Gray, Alice	Fri	9-11 a.m.	02/14/25	05/16/25	<b>18480</b>

## Current Issues

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
<b>Zoom</b>		ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Mon	10 a.m.-12 p.m.	02/10/25	05/19/25	<b>18456</b>
<b>Zoom</b>		ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Mon	1-3 p.m.	02/10/25	05/19/25	<b>18457</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Tues	10 a.m.-12 p.m.	02/11/25	05/13/25	<b>18458</b>
<b>Zoom</b>		ENR 903	Current Issues	Current Issues	Rudd, Bob	Mon	6-8 p.m.	02/10/25	05/12/25	<b>18502</b>

## Financial Literacy

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
<b>F2F</b>	Bowie Senior Ctr - BSC	FIN 901	Financial Literacy	Estate Planning	Widmann, Art	Wed	2-4 p.m.	02/12/25	05/14/25	<b>18543</b>

## Healthy Living (Fitness)

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
<b>F2F</b>	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 a.m.	02/10/25	05/19/25	<b>18399</b>
<b>F2F</b>	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 a.m.	02/11/25	05/13/25	<b>18400</b>
<b>F2F</b>	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 a.m.	02/12/25	05/14/25	<b>18401</b>
<b>F2F</b>	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 a.m.	02/13/25	05/15/25	<b>18402</b>
<b>F2F</b>	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 a.m.	02/14/25	05/16/25	<b>18403</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 910	Healthy Living	Hand Dancing	Bacon, Russell	Mon	4-6 p.m.	02/10/25	05/19/25	<b>18404</b>

<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Line Dancing for Seniors	Brown, Barbara	Tues	1-3 p.m.	02/11/25	05/13/25	<b>18430</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 910	Healthy Living	Line Dancing for Seniors	Brown, Barbara	Mon	10:15 a.m.-12:15 p.m.	02/10/25	05/19/25	<b>18431</b>
<b>Zoom</b>		HES 910	Healthy Living	Energizing Chair Exercises 101	Bush, Dionne	<b>MW</b>	9-10 a.m.	02/10/25	05/19/25	<b>18437</b>
<b>Zoom</b>		HES 914	Healthy Living	Strength Cardio Balance Circuit 101	Bush, Dionne	<b>MWF</b>	8-9 a.m.	02/10/25	05/19/25	<b>18438</b>
<b>Zoom</b>		HES 905	Healthy Living	Mid-Week Stretching and Meditation for the Soul	Bush, Dionne	Wed	4-5 p.m.	02/12/25	05/14/25	<b>18441</b>
<b>Zoom</b>		HES 910	Healthy Living	Chair Aerobics	Carrington, Kathy	<b>MWF</b>	8-9 a.m.	02/10/25	04/11/24	<b>18442</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 905	Healthy Living	Chair Pilates	Carrington, Kathy	Mon	2:45-3:45 p.m.	02/10/25	05/19/25	<b>18444</b>
<b>Zoom</b>		HES 910	Healthy Living	Weight and Strength Training	Carrington, Kathy	<b>TuTh</b>	8-9 a.m.	02/11/25	05/15/25	<b>18445</b>
<b>F2F**</b>	Cameron Grove - CGAC	ATH 930	Therapeutic Aquatic Exercise	Aqua Aerobics	Carrington, Kathy	<b>WF</b>	10:15-11:45 a.m.	01/22/25	05/09/25	<b>17914</b>
<b>F2F**</b>	Cameron Grove - CGAC	ATH 930	Therapeutic Aquatic Exercise	Aqua Aerobics	Carrington, Kathy	<b>WF</b>	12-1:30 p.m.	01/22/25	05/09/25	<b>17915</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 910	Healthy Living	Chair Aerobics	Carrington, Kathy	<b>WF</b>	2:30-3:30 p.m.	02/12/25	05/16/25	<b>18446</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - All levels	Chang, Chung-Jen	Mon	10:30 a.m. -12:30 p.m.	02/10/25	05/19/25	<b>18448</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - All levels	Chang, Chung-Jen	Wed	1:30-3:30 p.m.	02/12/25	05/14/25	<b>18449</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - Intermediate	Chang, Chung-Jen	Fri	10:30 a.m. -12:30 p.m.	02/14/25	05/16/25	<b>18450</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Fri	1:30-3:30 p.m.	02/14/25	05/16/25	<b>18451</b>
<b>Zoom</b>		HES 905	Healthy Living	Chair Yoga & FUNCTIONAL Movement	Erteschik, Mary	Tues	9-10 a.m.	02/18/25	05/13/25	<b>18469</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 914	Healthy Living	Walking	Green, Rose	<b>TuTh</b>	9-10:30 a.m.	02/11/25	05/15/25	<b>18657</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 914	Healthy Living	Strength Training	Green, Rose	<b>TuTh</b>	5-6:30 p.m.	02/11/25	05/15/25	<b>18481</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Zumba Gold	Green, Rosemary	<b>MW</b>	9-10 a.m.	02/10/25	05/19/25	<b>18482</b>
<b>F2F**</b>	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Zumba Gold Toning	Green, Rosemary	Thur	11:30 a.m.-12:30 p.m.	02/13/25	05/15/25	<b>18483</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 905	Healthy Living	Zumba Gold Toning	Green, Rosemary	Thur	3:30-4:30 p.m.	02/13/25	05/15/25	<b>18484</b>



<b>F2F</b>	Laurel Armory Comm Ctr - LACC	HES 905	Healthy Living	Tap Dance -- Beginner Level	Love, Denise	Tues	4-5 p.m.	02/11/25	05/13/25	<b>18488</b>
<b>F2F</b>	Greenbelt Comm Ctr - GRCC	HES 913	Healthy Living	Chair Yoga	Mullin, Jen	Wed	9:15-10:30 a.m.	02/12/25	05/14/25	<b>18494</b>
<b>F2F</b>	Greenbelt Comm Ctr - GRCC	HES 913	Healthy Living	Intermediate/Advanced Yoga	Mullin, Jen	Wed	10:30-11:45 a.m.	02/12/25	05/14/25	<b>18495</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Int./Adv. Yoga	Robling, Margie	Sat	8:30-10:30 a.m.	02/15/25	05/17/25	<b>18500</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Beginner Yoga	Robling, Margie	Sat	10:30 a.m.-12:30 p.m.	02/15/25	05/17/25	<b>18501</b>
<b>Zoom</b>		HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	<b>MF</b>	1-2 p.m.	02/10/25	<b>05/19/25</b>	<b>18505</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	Wed	1-2 p.m.	02/12/25	05/14/25	<b>18506</b>
<b>Zoom</b>		HES 914	Healthy Living	Beginner/ Intermediate Pilates	Shell, Susan	<b>MWF</b>	9-10 a.m.	02/10/25	<b>05/19/25</b>	<b>18507</b>
<b>F2F</b>	Collington Life Care Community - CLLC	HES 914	Healthy Living	Beginner/ Intermediate Pilates	Shell, Susan	<b>MWF</b>	10:30-11:30 a.m.	02/10/25	<b>05/19/25</b>	<b>18508</b>
<b>F2F</b>	Collington Life Care Community - CLLC	HES 914	Healthy Living	Aerobics/Balance	Shell, Susan	<b>MWF</b>	11:30 a.m.-12:30 p.m.	02/10/25	<b>05/19/25</b>	<b>18509</b>
<b>Zoom</b>		HES 910	Healthy Living	Beginner/intermediate Aerobics	Shell, Susan	<b>TuTh</b>	9-10 a.m.	02/11/25	<b>05/15/25</b>	<b>18510</b>
<b>F2F</b>	Collington Life Care Community - CLLC	HES 910	Healthy Living	Water Aerobics	Shell, Susan	<b>TuTh</b>	10:15-11:15 a.m.	02/11/25	<b>05/15/25</b>	<b>18511</b>
<b>F2F</b>	Collington Life Care Community - CLLC	HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	<b>TuTh</b>	11:30 a.m.-12:30 p.m.	02/11/25	<b>05/15/25</b>	<b>18512</b>
<b>Zoom</b>		HES 910	Healthy Living	Rebounding	Shell, Susan	<b>TuTh</b>	2:30-3:30 p.m.	02/11/25	<b>05/15/25</b>	<b>18513</b>
<b>F2F</b>	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Gentle Yoga-all levels	Smith, Patricia	Mon	1:30-3:30 p.m.	02/10/25	<b>05/19/25</b>	<b>18523</b>
<b>F2F</b>	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Gentle Yoga-all levels	Smith, Patricia	Wed	1:30-3:30 p.m.	02/12/25	05/14/25	<b>18524</b>
<b>Zoom</b>		HES 910	Healthy Living	Chair Yoga	Smith, Patricia	<b>TuTh</b>	10:30-11:30 a.m.	02/11/25	<b>05/15/25</b>	<b>18525</b>
<b>F2F</b>	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Movement/Strength/Stretch	Smith, Patricia	<b>TuTh</b>	1-2 p.m.	02/11/25	<b>05/15/25</b>	<b>18526</b>
<b>Zoom</b>		HES 910	Healthy Living	Chair & Standing Yoga Fusion with Tai Chi	Verdi, Juliet	Tues	10:30 a.m.-12:30 p.m.	02/11/25	05/13/25	<b>18538</b>
<b>Zoom</b>		HES 910	Healthy Living	Chair & Standing Pilates Fusion with Tai Chi	Verdi, Juliet	Thur	10:30 a.m.-12:30 p.m.	02/13/25	05/15/25	<b>18539</b>

**SAGE Advice:** Please check with your doctor before you start any exercise program. We value each and every one of our students and want to be sure you all are safely participating in the SAGE program.

## 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 a.m.-1 p.m.	02/12/25	05/14/25	<b>18398</b>
Zoom		HES 905	Healthy Living	Meditation for Everyday Living	Boverman, Katrina	Mon	12:30-2:30 p.m.	02/10/25	<b>05/19/25</b>	<b>18427</b>
Zoom		HES 905	Healthy Living	Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 p.m.	02/12/25	05/14/25	<b>18428</b>
Zoom		HES 910	Healthy Living	Plant-Based Cooking 101 with Dionne	Bush, Dionne	Wed	12:30-2:30 p.m.	02/12/25	05/14/25	<b>18440</b>
<b>F2F**</b>	Cameron Grove - CGAC	HES 910	Healthy Living	Nutrition	Carrington, Kathy	Mon	12:30-2:30 p.m.	02/10/25	<b>05/19/25</b>	<b>18443</b>
Zoom		HES 905	Healthy Living	Mindfulness and Meditation	Erteschik, Mary	Mon	4:30-5:30 p.m.	<b>02/24/25</b>	<b>05/19/25</b>	<b>18468</b>
<b>F2F</b>	District Heights Senior Center - DHSC	HES 905	Healthy Living	Brain Fitness Fun & Games	Gibbons, Renee	Mon	9:30-10:30 a.m.	02/10/25	<b>05/19/25</b>	<b>18472</b>
Zoom	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Brain Fitness Fun and Games	Gibbons, Renee	Sat	10 a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18473</b>
Zoom		HES 910	Healthy Living for Older Adults	Nutrition for Healthy Aging	Gossage, Cynthia	Mon	2-4 p.m.	02/10/25	<b>05/19/25</b>	<b>18474</b>
Zoom		HES 905	Healthy Living	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 p.m.	02/12/25	05/14/25	<b>18492</b>
Zoom		HES 905	Healthy Living	Friday Morning Meditation	Mullin, Jen	Fri	9-10 a.m.	02/14/25	05/16/25	<b>18493</b>
Zoom		HES 905	Healthy Living	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 p.m.	02/10/25	<b>05/19/25</b>	<b>18496</b>
Zoom		HES 910	Healthy Living	Cooking Vegan Allergy Free Food Alternative Entries & Edible Center Pieces & Desserts	Verdi, Juliet	Fri	3-5 p.m.	02/14/25	05/16/25	<b>18540</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Everyday Feels Like Saturday	Williams, Paula	Fri	1-3 p.m.	02/14/25	05/16/25	<b>18544</b>

## History

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	HIS 916	American History: Select Topics	American History	Cipriani, Vincent	Tues	12:30-2:30 p.m.	02/11/25	05/13/25	<b>18459</b>
Zoom		HIS 916	American History: Select Topics	American History	Cipriani, Vincent	Thur	1-3 p.m.	02/13/25	05/15/25	<b>18460</b>
F2F	Collington Life Care Community - CLLC	HIS 378	World History	History of Technology	Crane, Michael	Mon	1-3 p.m.	02/10/25	<b>05/19/25</b>	<b>18464</b>
F2F	Greenbelt Comm Ctr - GRCC	HIS 916	American History: Select Topics	Alaska, Now and Then	Crane, Michael	Tues	1-3 p.m.	02/11/25	05/13/25	<b>18465</b>
F2F	Bowie Senior Ctr - BSC	HIS 916	American History: Select Topics	The Historical Importance & Relevance of the First 100 Days of the Modern American Presidency	Rudd, Bob	Thur	2:15-4:15 p.m.	02/13/25	<b>05/08/25</b>	<b>18503</b>

## 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 a.m.-12 p.m.	02/14/25	05/16/25	<b>18549</b>

## 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 – <b>Beginner</b> level	Bruce, Peggy	Mon	12-2 p.m.	02/10/25	<b>05/19/25</b>	<b>18432</b>
F2F	Bowie Senior Ctr - BSC	COM 901	American Sign Language for Beginners	American Sign Language - <b>Intermediate</b> level	Bruce, Peggy	Mon	2-4 p.m.	02/10/25	<b>05/19/25</b>	<b>18433</b>
Zoom		COM 901	American Sign Language for Beginners	<b>American Sign Language Lab</b> for Beginner/Intermediate Students	Bruce, Peggy	Wed	4-6 p.m.	02/12/25	05/14/25	<b>18434</b>
Zoom		COM 901	American Sign Language for Beginners	American Sign Language – <b>Beginner</b> level	Bruce, Peggy	Thur	3-5 p.m.	02/13/25	05/15/25	<b>18435</b>
F2F	Bowie Senior Ctr - BSC	LGE 917	Intermediate Italian	Practical Italian	De Sanctis, Dona	Fri	10 a.m.-12 p.m.	02/14/25	05/16/25	<b>18467</b>

<b>F2F</b>	Bowie Senior Ctr - BSC	LGE 340	Introduction to German	Beginning/Intermediate German	Leahy-Thielke, Faith	Tues	10 a.m.-12 p.m.	02/11/25	05/13/25	<b>18487</b>
<b>F2F</b>	University Town Center - UTC	LGE 333	Beg. Spanish	Beginner Spanish 2	Miller, Barbara	Tues	10 a.m.-12 p.m.	02/11/25	05/13/25	<b>18489</b>
<b>F2F</b>	University Town Center - UTC	LGE 333	Beg. Spanish	Beginner Spanish 1	Miller, Barbara	Thur	10 a.m.-12 p.m.	02/13/25	05/15/25	<b>18490</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	LGE-381	Intermediate & Advanced Spanish	Intermediate Spanish	Sieiro, Debbie	Mon	10 a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18514</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	LGE-333	Beginning Spanish	Beginner Spanish III	Sieiro, Debbie	Mon	12:30-2:30 p.m.	02/10/25	<b>05/19/25</b>	<b>18515</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	LGE-333	Beginning Spanish	Intermediate Spanish I	Sieiro, Debbie	Fri	10 a.m.-12 p.m.	02/14/25	05/16/25	<b>18516</b>
<b>F2F</b>	Greenbelt Comm Ctr - GRCC	LGE 381	Intermediate & Advanced Spanish	Advanced Spanish	Sieiro, Debbie	Tues	10 a.m.-12 p.m.	02/11/25	05/13/25	<b>18517</b>
<b>F2F</b>	Greenbelt Comm Ctr - GRCC	LGE-333	Beginning Spanish	Beginner Spanish III	Sieiro, Debbie	Tues	12:30-2:30 p.m.	02/11/25	05/13/25	<b>18518</b>
<b>Zoom</b>		LGE 337	French: Beginner I	Beginning French 2	Torres, Edite	Mon	12-2 p.m.	02/10/25	<b>05/19/25</b>	<b>18530</b>
<b>Zoom</b>		LGE 338	French II	Intermediate French 1	Torres, Edite	Tues	11 a.m.-1 p.m.	02/11/25	05/13/25	<b>18531</b>
<b>Zoom</b>		LGE 338	French II	Intermediate French 2	Torres, Edite	Wed	11 a.m.-1 p.m.	02/12/25	05/14/25	<b>18532</b>
<b>Zoom</b>		LGE 381	Intermediate Spanish	Pre-Intermediate Spanish Conversation	Vargas, Clemencia	Mon	1-3 p.m.	<b>02/24/25</b>	<b>05/19/25</b>	<b>18533</b>
<b>Zoom</b>		LGE 333	Beginner Spanish	Beginner Spanish 4	Vargas, Clemencia	Mon	3-5 p.m.	<b>02/24/25</b>	<b>05/19/25</b>	<b>18534</b>
<b>Zoom</b>		LGE 381	Intermediate Spanish	Intermediate Spanish	Vargas, Clemencia	Tues	1-3 p.m.	<b>02/18/25</b>	05/13/25	<b>18535</b>
<b>Zoom</b>		LGE 381	Intermediate Spanish	Intermediate Spanish Conversation	Vargas, Clemencia	Tues	3-5 p.m.	<b>02/18/25</b>	05/13/25	<b>18536</b>
<b>Zoom</b>		LGE 381	Intermediate Spanish	Advanced Spanish Conversation	Vargas, Clemencia	Wed	10 a.m.-12 p.m.	<b>02/19/25</b>	05/14/25	<b>18537</b>

## Literature: An Exploration

<b>Zoom or F2F</b>	<b>Location</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Focus</b>	<b>Instructor</b>	<b>Day(s)</b>	<b>Times</b>	<b>Start Date</b>	<b>End Date</b>	<b>Syn#</b>
<b>Zoom</b>		ENR 380	Literature: An Exploration	Early Shakespearean Comedies	Barthel, Carol	Tues	1-3 p.m.	02/11/25	<b>05/06/25</b>	<b>18405</b>
<b>Zoom</b>		ENR 380	Literature: An Exploration	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 a.m. -12 p.m.	02/11/25	05/13/25	<b>18499</b>



## Music Appreciation

<b>Zoom or F2F</b>	<b>Location</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Focus</b>	<b>Instructor</b>	<b>Day(s)</b>	<b>Times</b>	<b>Start Date</b>	<b>End Date</b>	<b>Syn#</b>
<b>F2F</b>	District Heights Senior Center - DHSC	MUS 301	Music Appreciation	Music Appreciation and Education via voice and instruments	Buford, Rinita	Thur	1-3 p.m.	02/13/25	05/15/25	<b>18436</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	MUS 307	Music Appreciation - Piano	Piano for Intermediate Students	Choi, Young Kwon	Mon	10 a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18452</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	MUS 307	Music Appreciation - Piano	Piano for Advanced Students	Choi, Young Kwon	Mon	12-2 p.m.	02/10/25	<b>05/19/25</b>	<b>18453</b>
<b>Zoom</b>		MUS 307	Music Appreciation - Piano	Piano for Intermediate Students	Choi, Young Kwon	Tues	9-11 a.m..	02/11/25	05/13/25	<b>18454</b>
<b>Zoom</b>		MUS 307	Music Appreciation - Piano	Piano for Advanced Students	Choi, Young Kwon	Tues	11 a.m.-1 p.m.	02/11/25	05/13/25	<b>18455</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	MUS 308	Music Appreciation	Intermediate Guitar	Fiestler, Robert	Wed	9:30-11:30 a.m.	02/12/25	05/14/25	<b>19470</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	MUS 308	Music Appreciation	Beginner Guitar	Fiestler, Robert	Thur	9:30-11:30 a.m.	02/13/25	05/15/25	<b>18471</b>
<b>F2F</b>	Camp Springs Sr Activity Ctr - CSSC	MUS 307	Music Appreciation & Mastery: Class Piano	Adv/Intermediate Mixed Piano	Patente, Peter	Tues	9:30-11:30 a.m.	02/11/25	05/13/25	<b>18497</b>
<b>F2F</b>	Camp Springs Sr Activity Ctr - CSSC	MUS 307	Music Appreciation & Mastery: Class Piano	Beginner Piano	Patente, Peter	Tues	11:30 a.m.-1:30 p.m.	02/11/25	05/13/25	<b>18498</b>

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
2	Illustrating a Book	Allison, Charlotte	Thur	10 a.m.-1 p.m.	02/13/25	04/17/25	18397	F2F	This course will cover the basics of laying out a simple booklet with artwork in ink, watercolor, or colored pencils. This could be a journal or children's book or other such design. The full list of supplies needed will be covered during the first class. Please bring pencil and paper for taking notes. Instructor will supply paper for booklet.
3	Be your Best Wellness Advocate	Armstrong, Johnnette	Wed	11:30 a.m.-1 p.m.	02/12/25	05/14/25	18398	ZOOM	Gain a better understanding of how your body works, the proper nutrients for your body, and how to work with your medical team, so you can thrive, not just survive! What kind of questions should I ask my doctor or pharmacist? Why do I need to take supplements? Why do I need to exercise? What are carbs? And how can I manage my stress?
4	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 a.m.	02/10/25	05/19/25	18399	F2F	Allow the body to release muscle tension, increase circulation and muscle control, while listening to soft gentle music. Chair meditation ends the class.
5	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 a.m.	02/11/25	05/13/25	18400	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 a.m.	02/12/25	05/14/25	18401	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 a.m.	02/13/25	05/15/25	18402	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 a.m.	02/14/25	05/16/25	18403	F2F	Rock out to the oldies and get a good workout. Low impact moves are easy and fun.
9	Hand Dancing	Bacon, Russell	Mon	4-6 p.m.	02/10/25	05/19/25	18404	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.
10	Early Shakespearean Comedies	Barthel, Carol	Tues	1-3 p.m.	02/11/25	05/06/25	18405	ZOOM	We will read three early Shakespeare comedies: The Two Gentlemen of Verona, The Taming of the Shrew, and Love's Labour's Lost. You will need a readable copy of each play (hard copy or electronic).
11	Meditation for Everyday Living	Boverman, Katrina	Mon	12:30-2:30 p.m.	02/10/25	05/19/25	18427	ZOOM	Learn techniques for everyday living, experience benefits such as slowing down, becoming more mindful, listening to yourself, and experiencing less stress. Engage with beginners/experienced students through practice, discussion, and being a part of a supportive community.
12	Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 p.m.	02/12/25	05/14/25	18428	ZOOM	Learn 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.
13	Printmaking Fundamentals	Brosch, David	Tues	12:30-3 p.m.	02/11/25	05/06/25	18429	F2F	Instruction on several print media including linocut, monoprinting, collage, and collagraph. All levels.
14	Line Dancing for Seniors	Brown, Barbara	Tues	1-3 p.m.	02/11/25	05/13/25	18430	F2F	An enjoyable social activity that exercises both mind and body. No experience necessary.
15	Line Dancing for Seniors	Brown, Barbara	Mon	10:15a.m.-12:15p.m.	02/10/25	05/19/25	18431	F2F	An enjoyable social activity that exercises both mind and body. No experience necessary.
16	American Sign Language - <b>Beginner</b> level	Bruce, Peggy	Mon	12-2 p.m.	02/10/25	05/19/25	18432	F2F	Examine commonly used hand shapes, manual alphabet, fingerspelling, with basic everyday survival and emergency vocabulary. Explore cardinal (counting) and ordinal (ordering) numbers, fractions. Learn time and money related-words.
17	American Sign Language - <b>Intermediate</b> level	Bruce, Peggy	Mon	2-4 p.m.	02/10/25	05/19/25	18433	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.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
18	American Sign Language Lab for Beginners & Intermediate	Bruce, Peggy	Wed	4-6 p.m.	02/12/25	05/14/25	18434	ZOOM	American Sign Language Lab (for students who have completed at least one beginner level ASL class). Lab is for beginner and intermediate students. Practice your conversational sign language skills in a workshop format. Participate in a discussion based on a designated topics such as current events, travel and holidays.
19	American Sign Language - Beginner level	Bruce, Peggy	Thur	3-5 p.m.	02/13/25	05/15/25	18435	ZOOM	Examine commonly used hand shapes, manual alphabet, fingerspelling, with basic everyday survival and emergency vocabulary. Explore cardinal (counting) and ordinal (ordering) numbers, fractions. Learn time and money related-words.
20	Music Appreciation and Instruction	Buford, Rinita	Thur	1-3 p.m.	02/13/25	05/15/25	18436	F2F	This course is designed to engage senior citizens in the appreciation and performance of music. Through listening, discussion, and participation, students will explore various musical styles, develop an understanding of rhythm and melody, and actively engage in singing or instrumental playing, adapted to their preferences and abilities. The course emphasizes enjoyment, memory enhancement, emotional well-being, and social engagement through music. No prior musical experience is required. This course is open to all skill levels, with materials and activities adapted for seniors.
21	Energizing Chair Exercises 101	Bush, Dionne	MW	9-10 a.m.	02/10/25	05/19/25	18437	ZOOM	Keeps joints flexible, improving range of motion and mobility. Also strengthens and stabilizes muscles, resulting in improved balance, which is key for preventing falls and injuries. 60% chair/40% standing.
22	Strength Cardio Balance Circuit 101	Bush, Dionne	MWF	8-9 a.m.	02/10/25	05/19/25	18438	ZOOM	Enhance your strength, boost cardiovascular health, and improve balance with a variety of targeted exercises. "Strength+Cardio+Balance is the fountain of youth." Low-intensity, joint-friendly plus floor exercises.
23	Plant-Based Cooking 101 with Dionne	Bush, Dionne	Wed	12:30-2:30 p.m.	02/12/25	05/14/25	18440	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!
24	Mid-Week Stretching and Meditation for the Soul	Bush, Dionne	Wed	4-5 p.m.	02/12/25	05/14/25	18441	ZOOM	Combine gentle stretching exercises with mindful meditation centered around uplifting and inspirational music to comfort your soul . A peaceful and restorative session to nourish both body and spirit.
25	Chair Aerobics	Carrington, Kathy	MWF	8-9 a.m.	02/10/25	04/11/24	18442	ZOOM	Improve core strength, mobility, flexibility and gain other health benefits. What's needed: chair, water, and comfortable clothes.
26	Nutrition	Carrington, Kathy	Mon	12:30-2:30 p.m.	02/10/25	05/19/25	18443	F2F	Learn healthy food choices, discuss current topics and understand food labels.
27	Chair Pilates	Carrington, Kathy	Mon	2:45-3:45 p.m.	02/10/25	05/19/25	18444	F2F	Improve core strength, mobility, flexibility and gain other health benefits. What's needed: chair, water and comfortable clothes.
28	Weight and Strength Training	Carrington, Kathy	TTh	8-9 a.m.	02/11/25	05/15/25	18445	ZOOM	Improve strength, mobility, flexibility, endurance and gain other health benefits. What's needed: dumbbells, tube strength bands, water, and comfortable clothes.
29	Aqua Aerobics	Carrington, Kathy	WF	10:15-11:45 a.m.	01/22/25	05/09/25	17914	F2F	Improve mobility, flexibility, endurance and gain other health benefits. What's needed: swim wear, aqua shoes, water and towel.
30	Aqua Aerobics	Carrington, Kathy	WF	12-1:30 p.m.	01/22/25	05/09/25	17915	F2F	Improve mobility, flexibility, endurance and gain other health benefits. What's needed: swim wear, aqua shoes, water and towel.
31	Chair Aerobics	Carrington, Kathy	WF	2:30-3:30 p.m.	02/12/25	05/16/25	18446	F2F	Improve mobility, flexibility, endurance and gain other health benefits. What's needed: chair, water and comfortable clothes.
32	Int. & Adv. Stained Glass	Cerrelli, Ezio	Mon	12:30-4 p.m.	02/10/25	05/19/25	18447	F2F	Design and complete stained glass projects of your choice.
33	Tai Chi - All levels	Chang, Chung-Jen	Mon	10:30a.m.-12:30p.m.	02/10/25	05/19/25	18448	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.
34	Tai Chi - All levels	Chang, Chung-Jen	Wed	1:30-3:30 p.m.	02/12/25	05/14/25	18449	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.

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
35	Tai Chi - Intermediate	Chang, Chung-Jen	Fri	10:30a.m.-12:30p.m.	02/14/25	05/16/25	<b>18450</b>	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.
36	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Fri	1:30-3:30 p.m.	02/14/25	05/16/25	<b>18451</b>	F2F	Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from Tai Chi & various Taoist chi kung exercises. It emphasizes whole-body muscular relaxation, flexibility, and toning. Increase circulation, free the movement of joints, and bring chi to every part of the body.
37	Piano for Intermediate Students	Choi, Young Kwon	Mon	10 a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18452</b>	F2F	Designed for the students who have some basic experience of playing piano: read the treble clef and the base clef; understand the five finger positions; and know some basic chord progressions.
38	Piano for Advanced Students	Choi, Young Kwon	Mon	12-2 p.m.	02/10/25	<b>05/19/25</b>	<b>18453</b>	F2F	Designed 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. Learn some music history and music appreciation along with the repertory studies.
39	Piano for Intermediate Students	Choi, Young Kwon	Tues	9-11 a.m.	02/11/25	05/13/25	<b>18454</b>	ZOOM	Designed for the students who have some basic experience of playing piano: read the treble clef and the base clef; understand the five finger positions; and know some basic chord progressions.
40	Piano for Advanced Students	Choi, Young Kwon	Tues	11 a.m.–1 p.m.	02/11/25	05/13/25	<b>18455</b>	ZOOM	Designed for students who have played piano for some years and able to play a short song from classical music, popular music, or hymns and gospels. Learn some music history and music appreciation along with the repertory studies.
41	Current Issues	Cipriani, Vincent	Mon	10 a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18456</b>	ZOOM	A weekly review of local, national and international news stories. Class discussion is encouraged.
42	Current Issues	Cipriani, Vincent	Mon	1-3 p.m.	02/10/25	<b>05/19/25</b>	<b>18457</b>	ZOOM	A weekly review of local, national and international news stories. Class discussion is encouraged.
43	Current Issues	Cipriani, Vincent	Tues	10 a.m.-12 p.m.	02/11/25	05/13/25	<b>18458</b>	F2F	A weekly review of local, national and international news stories. Class discussion is encouraged.
44	American History	Cipriani, Vincent	Tues	12:30-2:30 p.m.	02/11/25	05/13/25	<b>18459</b>	F2F	Explore specific events and figures in the United States from 1900 to the 1970's each week.
45	American History	Cipriani, Vincent	Thur	1-3 p.m.	02/13/25	05/15/25	<b>18460</b>	ZOOM	Explore specific events and figures in the United States from 1900 to the 1970's each week.
46	Art of Ceramics--All levels	Cockrell, Cami	Tues	8:45-11:45 a.m.	02/11/25	05/13/25	<b>18461</b>	F2F	The class is designed to educate the students on the fundamentals of ceramics. Students will learn to cast a mold, use decals, create ceramic ware with clay. PLEASE NO OUTSIDE CERAMIC WARE PERMITTED.
47	Art of Ceramics--all levels	Cockrell, Cami	Thur	9 a.m.-12 p.m.	02/13/25	05/15/25	<b>18462</b>	F2F	The class is designed to educate the students on the fundamentals of ceramics. Students will learn to cast a mold, use decals, create ceramic ware with clay. PLEASE NO OUTSIDE CERAMIC WARE PERMITTED.
48	European Art	Crane, Michael	Mon	10 a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18463</b>	F2F	Art history of European development over the centuries. Painting and drawing examples will be followed by sculpture and architecture highlights. Tracing the aesthetic elements are key points.
49	History of Technology	Crane, Michael	Mon	1-3 p.m.	02/10/25	<b>05/19/25</b>	<b>18464</b>	F2F	Examples of our modern technologies will be featured as the origins of mankind's initial breakthroughs, upgrades over centuries and the key transformations in contemporary eras. Look back into ancient technologies and the absorption of adjacent developments into a linear thread will be the model of modern interpretations.
50	Alaska, Now and Then	Crane, Michael	Tues	1-3 p.m.	02/11/25	05/13/25	<b>18465</b>	F2F	A discussion of Alaskan issues in relation to current events and historical facts. Native Alaskan themes, environmental issues, national security elements and natural resources are some of our topics.
51	Modern China	Crane, Michael	Wed	10 a.m.-12 p.m.	02/12/25	05/14/25	<b>18466</b>	F2F	This class will be a combination of discussions related to current events followed by lectures of modern history of China. Information resources on Chinese topics will be discussed in context to international relations. Contemporary policies are always a result of historical milestones.



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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
52	Practical Italian	De Sanctis, Dona	Fri	10 a.m.-12 p.m.	02/14/25	05/16/25	<b>18467</b>	F2F	Learn to understand and speak Italian through songs, exercises, stories and more.
53	Mindfulness and Meditation	Erteschik, Mary	Mon	4:30-5:30 p.m.	<b>02/24/25</b>	<b>05/19/25</b>	<b>18468</b>	ZOOM	<b>(Please note: Class starts 2 weeks later than other classes.)</b> Use a multilayered approach to learning mindfulness techniques and various meditations to balance the nervous system and bring greater awareness to the mind and the body. Explore different guided meditations as well as educational presentations on why and what meditation does for the body and mind.
54	Chair Yoga & FUNctional Movement	Erteschik, Mary	Tues	9-10 a.m.	<b>02/18/25</b>	05/13/25	<b>18469</b>	ZOOM	<b>(Please note: Class starts 1 week later than other classes.)</b> Combine chair-supported accessible yoga postures along with FUNctional exercises. These movements support your everyday life and overall mental and physical well-being.
55	Intermediate Guitar	Fiestar, Robert	Wed	9:30-11:30 a.m.	02/12/25	05/14/25	<b>19470</b>	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. <b>First-timers, please do not miss Week 1.</b>
56	Beginner Guitar	Fiestar, Robert	Thur	9:30-11:30 a.m.	02/13/25	05/15/25	<b>18471</b>	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 <a href="http://www.funkyguitar.com/instruction">www.funkyguitar.com/instruction</a> ; scroll down to watch the first three videos. <b>First-timers, please do not miss Week 1.</b>
57	Brain Fitness Fun & Games	Gibbons, Renee	Mon	9:30-10:30 a.m.	02/10/25	<b>05/19/25</b>	<b>18472</b>	F2F	Brain Fitness Fun and Games combines mentally stimulating activities, social interaction, and a little competition to maintain and enrich mental sharpness. Engage in activities and games that target memory, critical thinking, visualization, and cognitive abilities, including Think Fast, Memory Challenge, Word Games, Problem Solving, and Group Discussions. So put on your thinking cap and prepare to think hard, compete passionately, and laugh out loud.
58	Brain Fitness Fun & Games	Gibbons, Renee	Sat	10a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18473</b>	ZOOM	Brain Fitness Fun and Games combines mentally stimulating activities, social interaction, and a little competition to maintain and enrich mental sharpness. Engage in activities and games that target memory, critical thinking, visualization, and cognitive abilities, including Think Fast, Memory Challenge, Word Games, Problem Solving, and Group Discussions. So put on your thinking cap and prepare to think hard, compete passionately, and laugh out loud.
59	Nutrition for Healthy Aging	Gossage, Cynthia	Mon	2-4 p.m.	02/10/25	<b>05/19/25</b>	<b>18474</b>	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.
60	Hand Stitching for the Home	Gossage, Cynthia	Tues	2-4 p.m.	02/11/25	05/13/25	<b>18475</b>	ZOOM	We all want our homes to be beautiful, warm and soft, and fabric is perfect for this! This class will focus on creating textile objects that enhance our living spaces. Options include pillows, table toppers and runners, lap quilts, storage bags, book and journal covers, wall art and more! No prior knowledge required.
61	Hand Embroidery	Gossage, Cynthia	Wed	3-5 p.m.	02/12/25	05/14/25	<b>18476</b>	ZOOM	Explore the vast vocabulary of hand embroidery to create new works or to embellish existing clothing or home goods.
62	Fabric UFOs	Gossage, Cynthia	Thur	2-4 p.m.	02/13/25	05/15/25	<b>18477</b>	ZOOM	UFOs (UnFinished Objects), WIPs (Works In Progress), or whatever you call them, we all have them. Focus on strategies for overcoming the stumbling blocks that make it hard to finish them up. Come on in, and "Git 'em done!" All fabric projects are welcome.

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63	Intro to Personal Computers	Gray, Alice	Mon	9-11 a.m.	02/10/25	05/19/25	18478	F2F	Learn how to turn on the computer, the computer functionality and how to use the internet and beginning Microsoft Office Suite.
64	Intermediate Computer Skills (Office)	Gray, Alice	Wed	9-11 a.m.	02/12/25	05/14/25	18479	F2F	In this class students will be introduced to Intermediate Word, Excel, PowerPoint, as well as how to use Zoom. In this class students will work on special projects using Microsoft Office Suite.
65	Finding Your Roots	Gray, Alice	Fri	9-11 a.m.	02/14/25	05/16/25	18480	F2F	Use various tools to research and locate relatives online, and create a family history book using Microsoft Office Suite.
66	Strength Training	Green, Rose	TTh	5-6:30 p.m.	02/11/25	05/15/25	18481	F2F	Strengthen and tone muscles for a stronger you.
67	Walking	Green, Rose	TTh	9-10:30 a.m.	02/11/25	05/15/25	18657	F2F	Walk the community and trails for an outdoor experience to improve health and vitality.
68	Zumba Gold	Green, Rosemary	MW	9-10 a.m.	02/10/25	05/19/25	18482	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.
69	Zumba Gold Toning	Green, Rosemary	Thur	11:30 a.m.-12:30 p.m.	02/13/25	05/15/25	18483	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.
70	Zumba Gold Toning	Green, Rosemary	Thur	3:30-4:30 p.m.	02/13/25	05/15/25	18484	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.
71	Beginner/Intermediate Stained Glass	Holloman, Jim	Wed	9 a.m.- 1 p.m.	02/12/25	05/14/25	18485	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.
72	Beginner/Intermediate Stained Glass	Holloman, Jim	Sat	9 a.m.- 12 p.m.	02/15/25	05/17/25	18486	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.
73	Beginning/Intermediate German	Leahy-Thielke, Faith	Tues	10 a.m.-12 p.m.	02/11/25	05/13/25	18487	F2F	Multilevel German language instruction.
74	Tap Dance -- Beginner Level	Love, Denise	Tues	4-5 p.m.	02/11/25	05/13/25	18488	F2F	This Tap class is designed to build fundamental tap skills, techniques and terminology. Students will learn fun combinations with basic tap steps and develop a greater understanding of both classic and rhythm tap dance.
75	Beginner Spanish 2	Miller, Barbara	Tues	10 a.m.-12 p.m.	02/11/25	05/13/25	18489	F2F	Students entering this class should have a good command of regular verbs to describe themselves, their hobbies, and their families. During the trimester, students will gain proficiency in irregular verbs, expand their vocabulary, and improve their communication skills.
76	Beginner Spanish 1	Miller, Barbara	Thur	10 a.m.-12 p.m.	02/13/25	05/15/25	18490	F2F	This class is for students with little to no experience with the Spanish language. During the trimester, students will learn to describe themselves, their family life, and their interests.
77	Discover Digital Photography--An Introduction to Digital Photography	Moreno, Romerio	Wed	10 a.m.-12 p.m.	02/12/25	05/14/25	18491	F2F	Primarily for novice photographers, but a good review for those with some experience. Learn about cameras from Digital Single Lens Reflex (DSLR), Mirrorless, and Point-and-Shoot models (extremely limited overview on SmartPhone Cameras). Covers concepts, terminology, use, settings, composition, lighting, copyright laws, ethics, and hands-on practice with a variety of basic photography equipment. <b>Please note: Students will be assessed a supply fee of \$20 each that is paid directly to the instructor at the first class meeting. The fee offsets various out-of-pocket expenses incurred (i.e., photography supplies and materials, professional model bookings, studio rental, etc.)</b>

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
78	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 p.m.	02/12/25	05/14/25	<b>18492</b>	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.
79	Friday Morning Meditation	Mullin, Jen	Fri	9-10 a.m.	02/14/25	05/16/25	<b>18493</b>	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
80	Chair Yoga	Mullin, Jen	Wed	9:15-10:30 a.m.	02/12/25	05/14/25	<b>18494</b>	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
81	Intermediate/Advanced Yoga	Mullin, Jen	Wed	10:30-11:45 a.m.	02/12/25	05/14/25	<b>18495</b>	F2F	Use basic yoga postures to build stamina, strength, flexibility, and balance. Explore breathing techniques--linking movement with breath and deepening stretches. Designed so that all levels can practice together in an encouraging environment. Needed: yoga mat
82	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 p.m.	02/10/25	<b>05/19/25</b>	<b>18496</b>	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.
83	Adv/Interm Mixed Piano	Patente, Peter	Tues	9:30-11:30 a.m.	02/11/25	05/13/25	<b>18497</b>	F2F	Develop your piano playing skills.
84	Beginner Piano	Patente, Peter	Tues	11:30 a.m.-1:30 p.m.	02/11/25	05/13/25	<b>18498</b>	F2F	Learn the basics of playing the piano.
85	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 a.m. -12 p.m.	02/11/25	05/13/25	<b>18499</b>	ZOOM	Short stories are timeless in the magical ability to help us make human connections with the author, the narrative, each other, and ourselves. Participants read and discuss new stories, see related movies, and analyze both. Our new stories include authors Joyce Carol Oates, John Cheever, William Faulkner, James Joyce, Tennessee Williams, Edgar Allan Poe, and Franz Kafka.
86	Int./Adv. Yoga	Robling, Margie	Sat	8:30-10:30 a.m.	02/15/25	05/17/25	<b>18500</b>	F2F	Enter with 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. Need comfortable clothing, yoga mat, yoga strap, yoga block, a large towel or small blanket, and a water bottle.
87	Beginner Yoga	Robling, Margie	Sat	10:30a.m.-12:30p.m.	02/15/25	05/17/25	<b>18501</b>	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. Need comfortable clothing, yoga mat, yoga strap, yoga block, a large towel or small blanket; and a water bottle.
88	Current Events: Kinder, gentler and with respect	Rudd, Bob	Mon	6-8 p.m.	02/10/25	<b>05/12/25</b>	<b>18502</b>	ZOOM	Discuss the interests of the day from wherever you are! Foreign affairs, the Presidential and Congressional elections, state and national news, as well as sports and arts--are discussed with tolerance for all views and friendliness . Learn about the news and issues at the same time.

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89	The Historical Importance & Relevance of the First 100 Days of the Modern American Presidency	Rudd, Bob	Thur	2:15-4:15 p.m.	02/13/25	05/08/25	18503	F2F	The modern Presidency is significantly evaluated by its President's first "100 days" in office. Will a President's: appointments, agendas, campaign promises, leadership abilities, Congressional interactions, etc. enable him to set a tempo that will lead to his successful fulfillment of his entire term. Alternatively, failures in the first 100 days have led to failed overall terms. We will study the 21st Century Presidents with emphasis on the most recent. Please note that this class is only offered once every four years. Please come enjoy and experience this learning adventure with us in a relaxed and lecture/highly interactive setting.
90	Portraiture	Ruffin, Raj	Mon	6-8 p.m.	02/10/25	05/19/25	18504	ZOOM	This course is designed to provide students with the skills set in geometry, proportion and line necessary to render accurate and abstract portraits.
91	Fall Prevention Intervention	Shell, Susan	MF	1-2 p.m.	02/10/25	05/19/25	18505	ZOOM	Fall prevention intervention class identifies many conditions that contribute to falling. Understand the biological, behavioral, and environmental risk factors of falling. Discuss and demonstrate effective fall intervention tools: falling skills, fall recovery technique and fall prevention techniques. Learn exercises that help with balance and conditioning, how to walk properly and how to fall-proof your home. Please bring a notebook and pen to take notes.
92	Fall Prevention Intervention	Shell, Susan	Wed	1-2 p.m.	02/12/25	05/14/25	18506	F2F	Fall prevention intervention class identifies many conditions that contribute to falling. Understand the biological, behavioral, and environmental risk factors of falling. Discuss and demonstrate effective fall intervention tools: falling skills, fall recovery technique and fall prevention techniques. Learn exercises that help with balance and conditioning, how to walk properly and how to fall-proof your home. Please bring a notebook and pen to take notes.
93	Beginner/ Intermediate Pilates	Shell, Susan	MWF	9-10 a.m.	02/10/25	05/19/25	18507	ZOOM	Learn a variety of Pilates exercises for beginners and intermediate students. Please bring a Pilates mat, towel, and water.
94	Beginner/ Intermediate Pilates	Shell, Susan	MWF	10:30-11:30 a.m.	02/10/25	05/19/25	18508	F2F	Learn a variety of Pilates exercises for beginners and intermediate students. Please bring a Pilates mat, towel, and water.
95	Aerobics/Balance	Shell, Susan	MWF	11:30a.m.-12:30p.m.	02/10/25	05/19/25	18509	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.
96	Beginner/intermediate Aerobics	Shell, Susan	TTh	9-10 a.m.	02/11/25	05/15/25	18510	ZOOM	Learn a variety aerobic exercises for beginners and intermediate students. Please bring a resistance band, towel, and water.
97	Water Aerobics	Shell, Susan	TTh	10:15-11:15 a.m.	02/11/25	05/15/25	18511	F2F	Water aerobics is a low-impact workout that builds muscle strength and boosts your endurance. The buoyancy of the water is easy on your joints so it's beneficial if you have joint problems, chronic pain, or are recovering from injury. It's low-impact, but you can make the workout as challenging as you choose.
98	Fall Prevention Intervention	Shell, Susan	TTh	11:30a.m.-12:30p.m.	02/11/25	05/15/25	18512	F2F	Fall prevention intervention class identifies many conditions that contribute to falling. Understand the biological, behavioral, and environmental risk factors of falling. Discuss and demonstrate effective fall intervention tools: falling skills, fall recovery technique and fall prevention techniques. Learn exercises that help with balance and conditioning, how to walk properly and how to fall-proof your home. Please bring a notebook and pen to take notes.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
99	Rebounding	Shell, Susan	TTh	2:30-3:30 p.m.	02/11/25	05/15/25	18513	ZOOM	Have fun while getting a high intensity and low impact workout. It's aerobic exercise on a mini trampoline, referred to as a rebounder. Health benefits include: improved heart health, strengthened muscles and bones and reduced stress. A great variety of rebounders are available. Recommended videos to learn more about rebounding: <a href="https://youtu.be/oSCKImQF_QY?si=-fCPA2XFmckWza2r">https://youtu.be/oSCKImQF_QY?si=-fCPA2XFmckWza2r</a> <a href="https://www.silversneakers.com/blog/what-is-rebounding-and-should-you-try-it/">https://www.silversneakers.com/blog/what-is-rebounding-and-should-you-try-it/</a> <a href="https://www.amazon.com/Foldable-Trampoline-Capacity-Rebounder-https://youtu.be/jdmFVivRMIo?si=ql5LnG-aCrWbrL3H">https://www.amazon.com/Foldable-Trampoline-Capacity-Rebounder-https://youtu.be/jdmFVivRMIo?si=ql5LnG-aCrWbrL3H</a>
100	Intermediate Spanish	Sieiro, Debbie	Mon	10 a.m.-12 p.m.	02/10/25	05/19/25	18514	F2F	For intermediate students. Weekly topic discussed. Review vocabulary and extend the topic at various levels to match the knowledge of the student. Interaction between students facilitates learning.
101	Beginner Spanish III	Sieiro, Debbie	Mon	12:30-2:30 p.m.	02/10/25	05/19/25	18515	F2F	Spanish III-This course is a continuation of the fall session at BSC. We will continue with the building blocks of the Spanish language. We will introduce the past tenses and the future tense. Communication will be a big part of the curriculum. Students will be encouraged to begin making and responding to basic request and questions.
102	Intermediate Spanish I	Sieiro, Debbie	Fri	10 a.m.-12 p.m.	02/14/25	05/16/25	18516	F2F	Intermediate I- Curriculum will concentrate in the understanding and use of the preterits, prepositions, and pronouns of the Spanish language. Apart from exercises and drills students will have to read and listen to audios to continue to build their listening skills and will have to practice writing skills using the concepts in the curriculum.
103	Advanced Spanish	Sieiro, Debbie	Tues	10 a.m.-12 p.m.	02/11/25	05/13/25	18517	F2F	For students who can maintain and follow a conversation in Spanish. A digital magazine will be used to touch on different topics; cultural, science, art, opinions, review and breakdown grammar, idioms etc.
104	Beginner Spanish III	Sieiro, Debbie	Tues	12:30-2:30 p.m.	02/11/25	05/13/25	18518	F2F	Spanish III-- This course is a continuation of the fall session at Greenbelt. We will continue with the building blocks of the Spanish language. We will introduce the past tenses and the future tense. Communication will be a big part of the curriculum. Students will be encouraged to begin making and responding to basic request and questions.
105	Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 a.m. -12 p.m.	02/11/25	05/13/25	18519	ZOOM	Focus on writing your memoirs, and what that entails. Discuss what a memoir is and share your work by reading aloud to the group. A discussion of what listeners like about the work and what they would like to know more about follows each reading. An assignment is made at the end of each session. Noncompetitive, confidential and ideal for beginning or experienced writers.
106	Writing Your Memoirs-all levels	Smith, Cathy	Tues	2-4 p.m.	02/11/25	05/13/25	18520	F2F	<b>See description for syn #18519 located directly above.</b>
107	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 a.m. -12 p.m.	02/14/25	05/16/25	18521	ZOOM	<b>See description for syn #18519 located above.</b>
108	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 p.m.	02/14/25	05/16/25	18522	ZOOM	<b>See description for syn #18519 located above.</b>
109	Gentle Yoga-all levels	Smith, Patricia	Mon	1:30-3:30 p.m.	02/10/25	05/19/25	18523	F2F	Focus on breathing to energize the body, strength to tone muscles and movement that will increase flexibility, and balance. Will need a yoga mat, 2 yoga blocks, a yoga strap, hand towel/small pillow (to rest head on).
110	Gentle Yoga-all levels	Smith, Patricia	Wed	1:30-3:30 p.m.	02/12/25	05/14/25	18524	F2F	Focus on breathing to energize the body, strengthening to tone muscles and movement that increases flexibility, and balance. Will need a yoga mat, 2 yoga blocks, a yoga strap, hand towel/small pillow (to rest head on).

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
111	Chair Yoga	Smith, Patricia	TTh	10:30-11:30 a.m.	02/11/25	05/15/25	18525	ZOOM	Focus on breathing to energize the body, and movement to increase strength and flexibility. Will need a yoga mat, 2 yoga blocks, a yoga strap, small foot massage ball (the Foot Star Massager Ball can be purchased from Amazon).
112	Movement/Strength/Stretch	Smith, Patricia	TTh	1-2 p.m.	02/11/25	05/15/25	18526	F2F	Includes 20 minutes of aerobic dance, strength training, and stretch. Will need a pair of 3 - 5 pound weights, and a resistance tube or band.
113	Mixed Media, All levels	Swanson, Darlene	Tues	9 a.m.-12 p.m.	02/11/25	05/13/25	18527	F2F	Beginners to advanced students – class includes all fine art media. Learn through lectures and demonstrations.
114	Quilting Basics	Swanson, Darlene	Tues	1-3 p.m.	02/11/25	05/13/25	18528	F2F	<b>Students must have some prior sewing experience.</b> Make your first quilt 36-inches by 36-inches. 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).
115	Watercolor Painting	Swanson, Darlene	Wed	10 a.m.-2:30 p.m.	02/12/25	05/14/25	18529	F2F	A studio class for beginners to advanced students – class includes demos and lecture.
116	Beginning French 2	Torres, Edite	Mon	12-2 p.m.	02/10/25	05/19/25	18530	ZOOM	Continuing learning basic elements of grammar, reading, pronunciation and writing. Engaging in language-immersion to improve listening, comprehension and speaking.
117	Intermediate French 1	Torres, Edite	Tues	11 a.m.-1 p.m.	02/11/25	05/13/25	18531	ZOOM	Solidifying grammar and building vocabulary for complex reading and writing. Actively participate in language-immersion to develop comprehension and speaking.
118	Intermediate French 2	Torres, Edite	Wed	11 a.m.-1 p.m.	02/12/25	05/14/25	18532	ZOOM	Continue solidifying grammar and vocabulary for complex reading, pronunciation and writing. Improve confidence by engaging in advanced listening comprehension for better knowledge of French culture.
119	Pre-Intermediate Spanish Conversation	Vargas, Clemencia	Mon	1-3 p.m.	02/24/25	05/19/25	18533	ZOOM	Students who can communicate in Spanish converse in a friendly environment. <b>Conducted all in Spanish.</b> Chat about novels and podcasts created for the advanced learner.
120	Beginner Spanish 4	Vargas, Clemencia	Mon	3-5 p.m.	02/24/25	05/19/25	18534	ZOOM	Spanish for the learner who has taken Spanish beginner classes or is familiar with basic Spanish. Use Duolingo app, readings, games, and music to make it a fun and productive experience.
121	Intermediate Spanish	Vargas, Clemencia	Tues	1-3 p.m.	02/18/25	05/13/25	18535	ZOOM	For students who are comfortable with the present tense and have studied the past tense. <b>Conducted mostly in Spanish.</b> Readings, games, podcasts, and music make it a fun and productive experience.
122	Intermediate Spanish Conversation	Vargas, Clemencia	Tues	3-5 p.m.	02/18/25	05/13/25	18536	ZOOM	For students who can communicate comfortably in Spanish. Converse in a friendly environment about a novel from the Latin American literature. <b>Conducted all in Spanish.</b>
123	Advanced Spanish Conversation	Vargas, Clemencia	Wed	10a.m.-12p.m.	02/19/25	05/14/25	18537	ZOOM	Students who are highly fluent in Spanish enjoy informal conversations in Spanish about a novel, podcasts, current issues, and readings from the Spanish speaker world. <b>This class is conducted all in Spanish.</b>
124	Chair & Standing Yoga Fusion with Tai Chi	Verdi, Juliet	Tues	10:30 a.m.-12:30 p.m.	02/11/25	05/13/25	18538	ZOOM	This class will consist of 50-60 minutes of chair, standing yoga, light weights, and 50-60 minutes of Tai Chi. As you progress students will have the option not to use the chair for assistance for the standing poses. This is a vigorous strengthening, stretching and balancing class.



	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
125	Chair & Standing Pilates Fusion with Tai Chi	Verdi, Juliet	Thur	10:30 a.m.-12:30 p.m.	02/13/25	05/15/25	<b>18539</b>	ZOOM	This class will consist of 50-60 minutes of chair & standing Pilates, light weights, (chair assisted Ballet) and 50- 60 minutes of Tai Chi. In this Pilates class you will experience the same core-strengthening, stretching, and balancing as you do in a Mat Pilates class; the same benefits, without having to get up and down off a mat.
126	Cooking Vegan Allergy Free Food Alternative Entries & Edible Center Pieces & Desserts	Verdi, Juliet	Fri	3-5 p.m.	02/14/25	05/16/25	<b>18540</b>	ZOOM	Each Zoom class, the instructor cooks, demonstrates, advises, and explains ingredients and methodology. 1. Ask questions as we cook, and serve what you made in class, or freeze it for a later date. 2. The class votes on each week's selection. 3. A shopping list is provided every week for the following week's class. 4. Receive an email with each week's recipe and shopping lists, food substitutes and preparation advice.
127	Jewelry Making 4 Techniques	Vitale-Reddy, Cecelia	Mon	10 a.m.-12 p.m.	02/10/25	<b>05/19/25</b>	<b>18541</b>	ZOOM	Take an in-depth look at four techniques: wire wrapping; working with cord; chain mail and crimping to create earrings; bracelets and necklaces. A list of supplies, to be purchased by students, is emailed before the first class.
128	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 a.m.-12 p.m.	02/14/25	05/16/25	<b>18542</b>	F2F	An introduction to various beading methods such as elastic, cord, crimp, and wire wrap to create earrings, bracelets, and necklaces. A list of supplies, to be purchased by students, is emailed before the first class.
129	Estate Planning	Widmann, Art	Wed	2-4 p.m.	02/12/25	05/14/25	<b>18543</b>	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.
130	Everyday Feels Like Saturday	Williams, Paula	Fri	1-3p.m.	02/14/25	05/16/25	<b>18544</b>	F2F	Remember the feeling of Saturday, that feeling of freedom? It can be realized by becoming self-aware during this time of 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 in peace in this now.
131	Basic Art Fundamentals	Williams, Vanessa	Wed	11 a.m.-1 p.m.	02/12/25	05/14/25	<b>18545</b>	F2F	Designed to stimulate interest in visual art, and inspire creativity through hands-on activities, demonstrations, presentations, and discussions.
132	Beginning Drawing	Wilson, Elnora	Mon	<b>9 a.m.-12 p.m.</b>	02/10/25	<b>05/19/25</b>	<b>18546</b>	F2F	Beginning/intermediate drawing skills focusing on shading, media exploration, elements of art: line, shape, space, value, form, texture and color.
133	Drawing—with Pen & Ink, and Watercolors	Wilson, Elnora	Fri	<b>9 a.m.-12 p.m.</b>	02/14/25	05/16/25	<b>18547</b>	F2F	Pen & ink, watercolor drawing for intermediate/advanced skills focusing on shading and the elements of art. First class sessions: master pen & ink; mid-trimester: combine with watercolor
134	Acrylic Painting & Multimedia	Wilson, Elnora	Fri	12-3 p.m.	02/14/25	05/16/25	<b>18548</b>	F2F	Beginning/ intermediate skills using acrylic paint and multi-media. Students will paint pictures of their choice using both limited and full color palettes.
135	Serious Fun: Introduction to Improv	Yamamoto, Ruth	Fri	10 a.m.-12 p.m.	02/14/25	05/16/25	<b>18549</b>	F2F	An introduction to the world of improv 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. Students with prior experience can still enjoy and improve their craft.

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

## Important—Please Read:

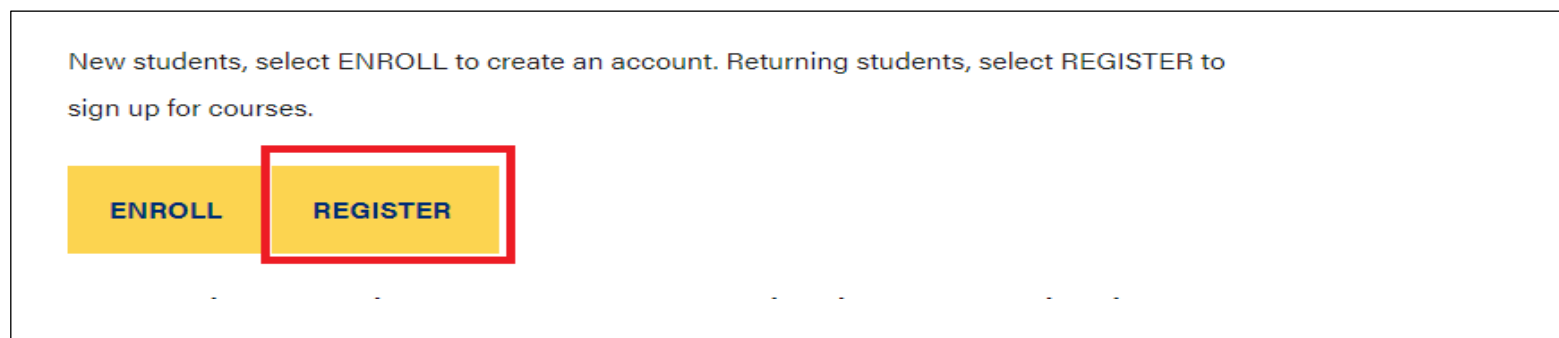
These directions will only be useful if you (1) have the 5-digit syn numbers for the classes. If you don't have the schedule with the syn numbers, please email us at [sage@pgcc.edu](mailto:sage@pgcc.edu) to get a copy, or find on the College's website; and (2) have a working username and password.

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.

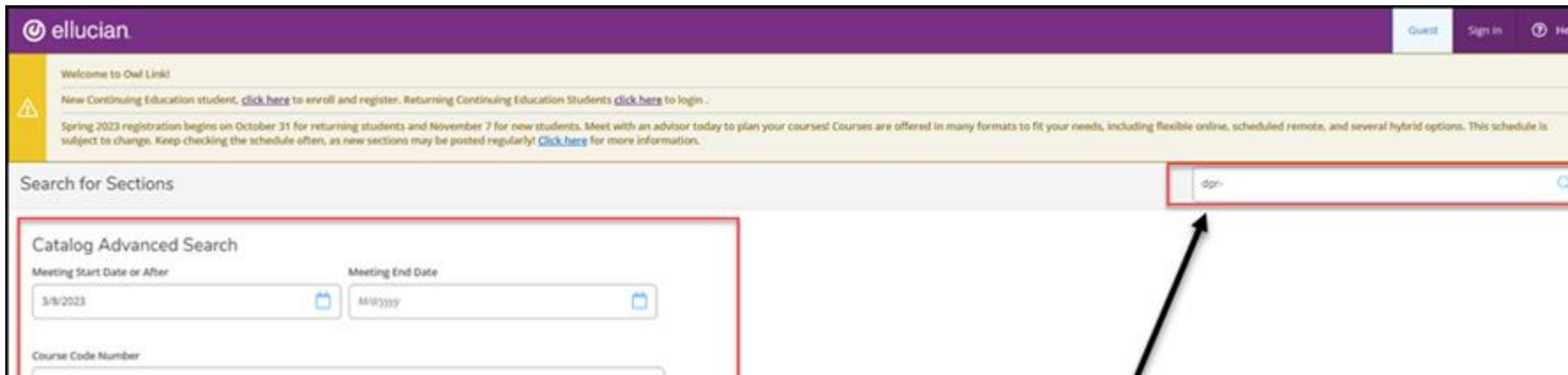
**Step 1:** On the PGCC home webpage ([www.pgcc.edu](http://www.pgcc.edu)) click on **Programs & Courses** then click **Continuing Education**.



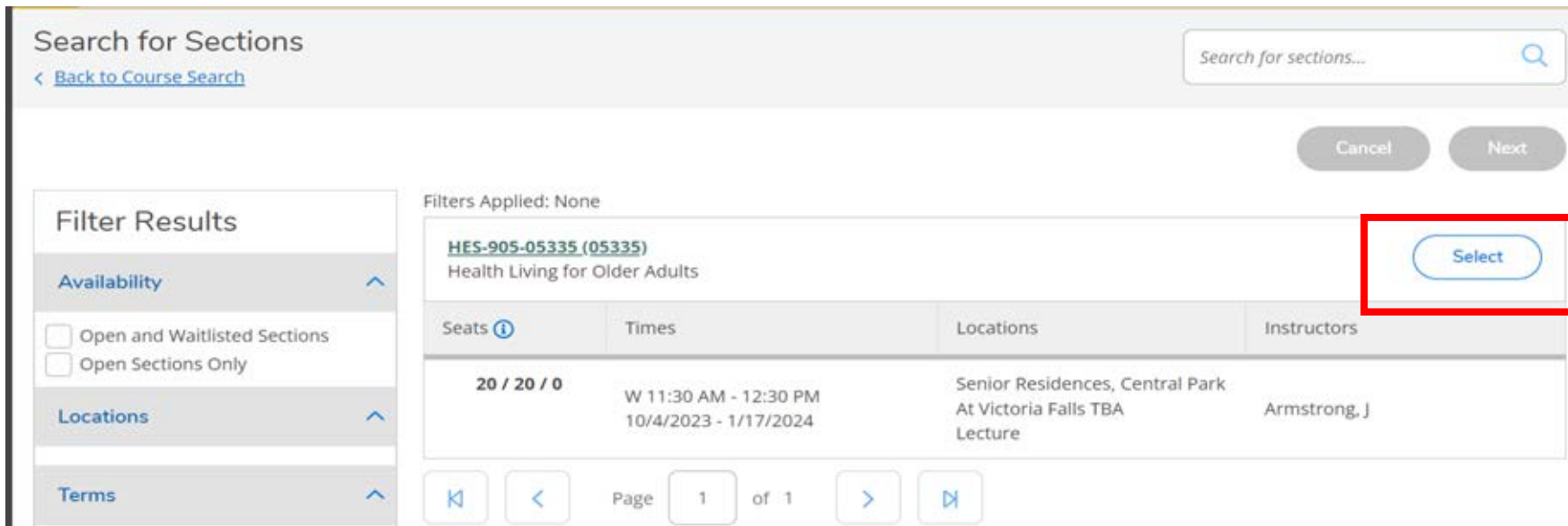
**Step 2:** That will take you to the Continuing Education page. Scroll down and select **Register**. Login using your Owl Link Username and Password.



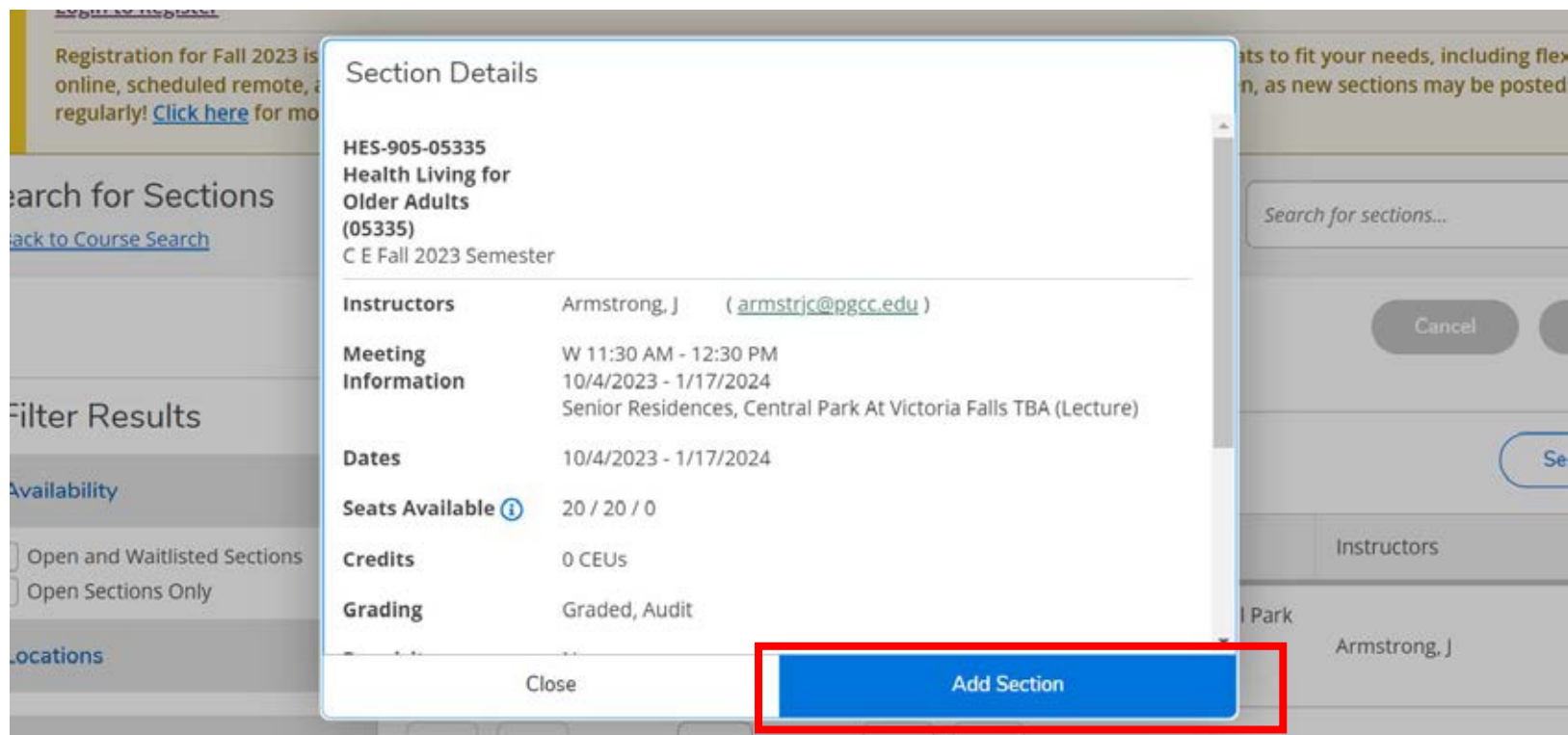
**Step 3:** You must have the correct SYN number for a course in order to register for it. Enter the SYN number in the box labeled **Search for Sections** in the box at the upper right and click **Enter**. (If you need a list of syn numbers for an upcoming semester, please call SAGE at 301-546-0923, or email [sage@pgcc.edu](mailto:sage@pgcc.edu).)



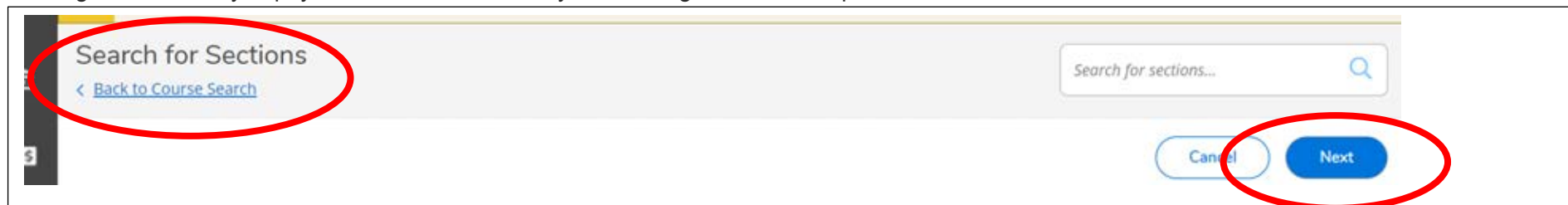
**Step 4:** The system will show the class section with that syn number; if it is the correct class, click on the SELECT button.



**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.

Seats	Times	Locations	Instructors
<b>HES-905-04907 (04907)</b> Health Living for Older Adults <span style="float: right;">\$55.00 <a href="#">Delete</a></span>			
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
<b>HES-905-05237 (05237)</b> Health Living for Older Adults <span style="float: right;">\$55.00 <a href="#">Delete</a></span>			
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.
<b>Total</b>	<b>\$80</b>

#### 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

**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
<b>Total Cost</b>	<b>\$80</b>

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 12/13/24

# Spring 2025 PGCC SAGE Registration and Scholarship Form

**REGISTRATION OPENS JAN. 10**

To print this two-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.*

Complete this form, front and back. ✓ the appropriate box below:

- register for SAGE classes – *no scholarship funding requested*
- register & request financial assistance; must pay \$80 payment for first 2 classes
  - NO financial information is required from you to receive assistance; you will receive what you request.

**SAGE & Registration Office Use Only**

Date received \_\_\_\_\_  
 Date processed/processor \_\_\_\_\_  
 Check # \_\_\_\_\_ for \$ \_\_\_\_\_  
 No financial aid requested \_\_\_\_\_  
 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)**

- Prince George's 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 PGCC to provide them with my current address.*

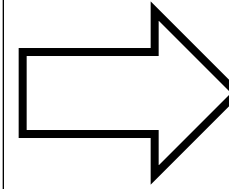
Signature \_\_\_\_\_

Date \_\_\_\_\_

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

**Mail-In Registration Information**

- ✓ if you have paid \$80 for 2 classes & are requesting funding for additional classes.**
- ✓ if you are requesting scholarship assistance & have NOT paid for 2 classes.**
  - Attach a check or money order for \$80 payable to PGCC for your first two classes.
- ✓ if you are NOT requesting scholarship assistance.**
  - Calculate \$40 per class; attach a check/money order payable to PGCC.



**Mail to:**  
 PGCC  
 301 Largo Road  
 Attention: SAGE Program  
 Lanham Hall, 224  
 Largo, MD 20774-2199

**On-line registration:**

If you plan to take advantage of financial assistance, **only register for your first two classes. Then, inform SAGE staff of your additional desired classes by sending them this completed form at the above address.** Total payment is required to finalize the registration so **ONLY REGISTER and pay for TWO classes.** You will not be refunded if you register and pay for additional classes.

**In-Person Registration:**

- Available at the Records and Registration Office in Bladen Hall, room 126, M-F, 8:30 a.m. – 6 p.m. Staff will register you for your desired classes & you can make your payment at the Cashier’s Office in Bladen Hall, room 120.

**If you are seeking scholarship funding, ONLY pay \$80 for your first two classes. DO NOT PAY THE ENTIRE AMOUNT.** Registration staff will forward your registration form to SAGE for financial assistance processing.

**February 10, 2025 is the deadline**  
 to request a SAGE scholarship; **no exceptions.**

Write in your requested classes below, referring to the SAGE class schedule at [www.pgcc.edu](http://www.pgcc.edu). Follow the example in the first row:

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