



PRINCE GEORGE'S
COMMUNITY COLLEGE



SAGE

Seasoned Adults
Growing Educationally

Classes for Seniors 60 and Older

FALL 2024

REGISTRATION
opens Sept. 6, 2024
Classes begin
Oct. 7





SAGE Fall 2024 Classes

Class Schedule, Registration, Fee and Course Description Information



Welcome to the SAGE fall trimester!

Welcome to the SAGE fall 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 fall, 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 Fall 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, October 7, 2024. No exceptions can be made.**



**IMPORTANT INFO!
PLEASE READ LIST!**


Classes will run from October 7 through January 25. [Please note: No classes will be held on 10/22, 11/27-11/30, 12/23-1/4, and 1/20]

→ Registration opens Friday, September 6, 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

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 page 2 of form.

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...

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

Continued Zoom Classes:

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

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

How to Use Zoom - Video Link: :

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

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

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

IMPORTANT NOTICE Regarding Zoom Links: **Zoom links*

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

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

Recording of Zoom Classes:

Remote classes may be recorded.

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

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

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

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

You cannot register online after a class has begun.

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

Allentown Splash, Tennis and Fitness Park

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

Bowie Community Center

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

Bowie Senior Center (55+)

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

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

Cameron Grove Adult Lifestyle Community**

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

Camp Springs Senior Activity Center (60+)

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

Central Parke at Victoria Falls**

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

Collington Life Care Community

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

Greenbelt Community Center

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

Greenbelt City Municipal Building (Summer only)

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

Laurel Armory-Anderson & Murphy Comm Ctr

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

Prince George's Community College, Largo

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

Riderwood Village Senior Living**

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

[Riderwood publishes its own schedule of classes; they are not listed in this PDF. First day to register for their fall classes is September 26, 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 – Fall 2024

Instructor	PGCC Email Address		Instructor	PGCC Email Address
Allison, Charlotte	allisoCX@pgcc.edu		Hodges, Jan	jhodges4256@pgcc.edu
Armstrong, Johnnette	armstrjc@pgcc.edu		Holloman, Jim	jhollom20805@pgcc.edu
Andrew, Arnold	arnoldac@pgcc.edu		Leahy-Thielke, Faith	leahytfm@pgcc.edu
Bacon, Russell	baconrj@pgcc.edu		Miller, Barbara	millerbj@pgcc.edu
Barthel, Carol	cbarthel9246@pgcc.edu		Moreno, Romerio	rmoreno@pgcc.edu
Boverman, Katrina	bovermkm@pgcc.edu		Mullin, Jen	mullinjs@pgcc.edu
Brosch, David	dbrosch43960@pgcc.edu		Patente, Peter	patentpj@pgcc.edu
Brown, Anita	abrown9734@pgcc.edu		Pilevsky, Dillies	dpilevsk4340@pgcc.edu
Brown, Barbara	brownbj@pgcc.edu		Robling, Margie	roblinmn@pgcc.edu
Bruce, Peggy	brucepl@pgcc.edu		Rudd, Bob	brudd2622@pgcc.edu
Bush, Dionne	shawbudt@pgcc.edu		Ruffin, Raj	pruffin94470@pgcc.edu
Cameron, Samantha	camerosb@pgcc.edu		Shell, Susan	shellsj@pgcc.edu
Carrington, Kathy	carrinky@pgcc.edu		Sieiro, Debbie	sieirods@pgcc.edu
Chang, Chung-Jen	changcx@pgcc.edu		Smith, Cathy	smithca1@pgcc.edu
Choi, Young	choiyk@pgcc.edu		Smith, Patricia	smithpx@pgcc.edu
Cipriani, Vincent	cipriavx@pgcc.edu		Smith, Vanessa	smithvg@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	bracondd@pgcc.edu		Vargas, Clemencia	cvargas59959@pgcc.edu
Durning, Pat	NEW INSTRUCTOR – sage@pgcc.edu		Verdi, Juliet	verdijc@pgcc.edu
Erteschik, Mary	ertescme@pgcc.edu		Vitale-Reddy, Cecelia	cvitale81166@pgcc.edu
Fiestera, Robert	fiestera@pgcc.edu		Weimer, Lee	weimerlx@pgcc.edu
Garner, Bella	garnerbt@pgcc.edu		Widman, Art	widmanat@pgcc.edu
Gibbons, Renee	gibbonra@pgcc.edu		Williams, Paula	pwilliam1266@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		Wright, Adelina	wrightax@pgcc.edu
Green, Rosemary	rgreen843@pgcc.edu		Yamamoto, Ruth	ryamam100584@pgcc.edu

In Memoriam

SAGE mourns the passing of **James “Jimmy” Richards** on August 7, 2024. Jimmy was the beloved husband of Eileen Richards (47 years) and the father of Jennifer Bennett, both of whom are instructors for our Therapeutic Aquatic Exercise classes. Mr. Richards passed away peacefully at home after a lengthy illness. Please keep Eileen, Jennifer, and their family in your thoughts during this difficult time.

SAGE mourns the loss of **Brenda Irene Copeland**. <https://after.io/brenda-irene-copeland>



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

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.



**The SAGE Program is celebrating
50 years!**

**Beginning in 1974 as the Senior Citizens Program,
in 2002 we became
SAGE (Seasoned Addults Growing Educationally)**

It's 2024 and we're still going strong!

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.

Even at \$40 per class, for a 14-week class of two-hours per week, each class meeting is only \$1.43; a one-hour class per week 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 September 6, 2024

SITE	COURSE	COURSE TITLE	INSTRUCTORS	DAYS	TIMES	DATES	SYN#
Allentown Pool	ATH 930	Ther. Aquatic Exercise	Jordan	MWF	8-9 a.m.	08/26-12/06	14236
Allentown Pool	ATH 930	Ther. Aquatic Exercise	Jordan	MWF	9-10 a.m.	08/26-12/06	14237
Bowie Comm. Ctr.	ATH 911	Health & Fitness	Gleason	T/TH	9-11 a.m.	08/27-12/05	14233
Crofton (Bowling)	ATH 352	Bowling (Beginning)	Bickford	Tues	12:30-3:30 p.m.	08/27-12/03	14244
Cameron Grove (Res. Only)	ATH 930	Ther. Aquatic Exercise	Carrington	W/F	10:15-11:45 a.m.	08/28-12/13	14241
Cameron Grove (Res. Only)	ATH 930	Ther. Aquatic Exercise	Carrington	W/F	12-1:30 p.m.	08/28-12/13	14243
Largo Campus – NAT	ATH 900	Ther. Aquatic Exercise	Richards	MWF	9-10 a.m.	08/26-12/06	14238
Largo Campus – NAT	ATH 900	Ther. Aquatic Exercise	Richards	MWF	10:15 -11:15 a.m.	08/26-12/06	14239
Largo Campus – NAT	ATH 900	Ther. Aquatic Exercise	Richards	MWF	11:30 a.m.-12:30 p.m.	08/26-12/06	14240
Largo Campus – Novak	ATH 911	Health & Fitness	Gagnon	T/TH	9-11 a.m.	08/27-12/05	14235
Largo Campus – CE104	ATH 400	Walking/Hiking	Gagnon	Thurs	11:30 a.m.-3:30 p.m.	08/29-12/05	14245

No Class Days: September 2, October 22, November 27- 29

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 18.

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

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	The Colors of Flesh in Colored Pencils	Allison, Charlotte	Thur	10 a.m.-1 p.m.	10/10/24	12/19/25	15121
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Printmaking Fundamentals	Brosch, David	Tues	12:30-3 p.m.	10/08/24	01/14/25	15135
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production/Crafts	Crafting with Paper	Brown, Alita	Wed	10 a.m.-12 p.m.	10/09/24	01/22/25	15136
F2F	Bowie Senior Ctr - BSC	ART 954	Design/Production/Crafts	Int. & Adv. Stained Glass	Cerrelli, Ezio	Mon	12:30-4 p.m.	10/07/24	01/13/25	15161
F2F	Bowie Senior Ctr - BSC	ART 955	Design/Prod/Crafts	Art of Ceramics--All levels	Cockrell, Cami	Tues	8:45-11:45 a.m.	10/08/24	01/21/25	15177
F2F	Bowie Senior Ctr - BSC	ART 955	Design/Prod/Crafts	Art of Ceramics--all levels	Cockrell, Cami	Thur	9 a.m.-12 p.m.	10/10/24	01/23/25	15178
F2F	Collington Life Care Community - CLLC	ART 306	Art Appreciation	Michelangelo	Crane, Michael	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15180
Zoom		ART 903	Design/Production/Crafts	Color Theory in Cloth	Gossage, Cynthia	Tues	2-4 p.m.	10/08/24	01/21/25	15212
Zoom		ART 903	Design/Production/Crafts	Hand Embroidery	Gossage, Cynthia	Wed	3-5 p.m.	10/09/24	01/22/25	15213
Zoom		ART 903	Design/Production/Crafts	Fabric UFOs	Gossage, Cynthia	Thur	2-4 p.m.	10/10/24	01/23/25	15214
Zoom		ART 918	Studio Fine Art	Art Inspired by the Masters (A hands-on class that finishes a different art project each class!)	Gould, Emily	Fri	10 a.m.-12 p.m.	10/11/24	01/24/25	15401
F2F	Bowie Senior Ctr - BSC	ART 956	Design & Production of Crafts	Beginner/Intermediate Stained Glass	Holloman, Jim	Wed	9 a.m.- 1 p.m.	10/09/24	01/22/25	15224
F2F	Bowie Senior Ctr - BSC	ART 955	Design & Production of Crafts	Beginner/Intermediate Stained Glass	Holloman, Jim	Sat	9 a.m.- 12 p.m.	10/12/24	01/25/25	15225
F2F	Bowie Senior Ctr - BSC	ART 918	Studio Fine Art	Discover Digital Photography---an Introduction	Moreno, Romerio	Wed	10 a.m.-12 p.m.	10/09/24	01/22/25	15230
F2F	Collington Life Care Community - CLLC	ART 918	Studio Fine Art	Discover Digital Photography---an Introduction	Moreno, Romerio	Thur	2-4 p.m.	10/10/24	01/23/25	15232
Zoom		ART 918	Studio Fine Art	Portraiture	Ruffin, Raj	Mon	6-8 p.m.	10/07/24	01/13/25	15250
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production/Crafts	Knitting & Crocheting	Smith, Vanessa	Tues	9:30-1130 a.m.	10/08/24	01/21/25	15273

F2F	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Mixed Media, All levels	Swanson, Darlene	Tues	9 a.m.-12 p.m.	10/08/24	01/21/25	15274
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production/Crafts	Quilting Basics	Swanson, Darlene	Tues	1-3 p.m.	10/08/24	01/21/25	15275
F2F	Bowie Senior Ctr - BSC	ART 957	Studio Fine Art	Watercolor Painting	Swanson, Darlene	Wed	10 a.m.-2:30 p.m.	10/09/24	01/22/25	15276
Zoom		ART 903	Design/Production/Crafts	Jewelry Making: 4 Techniques	Vitale-Reddy, Cecelia	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15288
F2F	Bowie Senior Ctr - BSC	ART 903	Design/Production/Crafts	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 a.m.-12 p.m.	10/11/24	01/24/25	15289
F2F	Cameron Grove - CGAC	ART 918	Studio Fine Art	Basic Art Fundamentals	Williams, Vanessa	Wed	11 a.m.-1 p.m.	10/09/24	01/22/25	15296
F2F	Bowie Senior Ctr - BSC	ART 913	Drawing I for Senior Citizens	Beginning/Intermediate Drawing	Wilson, Elnora	Mon	9-11:30 a.m.	10/07/24	01/06/25	15342
F2F	Bowie Senior Ctr - BSC	ART 913	Drawing I for Senior Citizens	Beginning/Intermediate Drawing	Wilson, Elnora	Fri	9-11:30 a.m.	10/11/24	01/17/25	15343
F2F	Bowie Senior Ctr - BSC	ART 958	Studio Fine Art	Acrylic Painting & Multimedia	Wilson, Elnora	Fri	12-3 p.m.	10/11/24	01/24/25	15299

Autobiographical/Creative Writing

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		ENR 917	Creative Writing for Senior Citizens	Foundations of Narrative Writing	Cameron, Samantha	Tues	2-4 p.m.	10/08/24	01/21/25	15155
Zoom		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 a.m. -12 p.m.	10/08/24	01/21/25	15265
F2F		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Tues	2-4 p.m.	10/08/24	01/21/25	15266
Zoom		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 a.m. -12 p.m.	10/11/24	01/24/25	15267
Zoom		SKB 419	Autobiographical Writing	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 p.m.	10/11/24	01/24/25	15268

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 a.m.	10/07/24	01/13/25	15215
F2F	Largo Campus - LARGO	DPR 573	Intermediate Computer Skills	Intermediate Computer Skills (Office)	Gray, Alice	Wed	9-11 a.m.	10/09/24	01/22/25	15216
F2F	Largo Campus - LARGO	DPR 573	Intermediate Computer Skills	Finding Your Roots	Gray, Alice	Fri	9-11 a.m.	10/11/24	01/24/25	15217

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	Current Issues	Cipriani, Vincent	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15172
Zoom		ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Mon	1-3 p.m.	10/07/24	01/13/25	15173
F2F	Bowie Senior Ctr - BSC	ENR 903	Current Issues	Current Issues	Cipriani, Vincent	Tues	10 a.m.-12 p.m.	10/08/24	01/21/25	15174
Zoom		ENR 903	Current Issues	Current Issues	Rudd, Bob	Mon	6-8 p.m.	10/07/24	01/06/25	15248

Financial Literacy

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		FIN 901	Financial Literacy	Financial Literacy I	Garner, Bella	Tues	12-2 p.m.	10/08/24	01/21/25	15196
Zoom		FIN 901	Financial Literacy	Financial Literacy II	Garner, Bella	Wed	12-2 p.m.	10/09/24	01/22/25	15197
Zoom		FIN 901	Financial Literacy	Estate Planning	Garner, Bella	Thur	12-2 p.m.	10/10/24	01/23/25	15198
F2F	Bowie Senior Ctr - BSC	FIN 901	Financial Literacy	Estate Planning	Widmann, Art	Wed	2-4 p.m.	10/23/24	02/05/25	15293

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 a.m.	10/12/24	01/25/25	15123
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 a.m.	10/07/24	01/13/25	15124
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 a.m.	10/08/24	01/21/25	15125
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 a.m.	10/09/24	01/22/25	15126
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 a.m.	10/10/24	01/23/25	15127
F2F	Laurel Armory Comm Ctr - LACC	HES 910	Healthy Living	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 a.m.	10/11/24	01/24/25	15128
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Hand Dancing	Bacon, Russell	Mon	4-6 p.m.	10/07/24	01/13/25	15131
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Line Dancing for Seniors	Brown, Barbara	Tues	1-3 p.m.	10/08/24	01/21/25	15137
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Line Dancing for Seniors	Brown, Barbara	Mon	10:15 a.m.-12:15 p.m.	10/07/24	01/13/25	15139
Zoom		HES 910	Healthy Living	Energizing Chair Exercises 101	Bush, Dionne	MW	9-10 a.m.	10/07/24	01/22/25	15151
Zoom		HES 914	Healthy Living	Strength Cardio Balance Circuit 101	Bush, Dionne	MWF	8-9 a.m.	10/07/24	01/24/25	15153
Zoom		HES 910	Healthy Living	Plant-Based Cooking 101 with Dionne	Bush, Dionne	Wed	12:30-2:30 p.m.	10/09/24	01/22/25	15152
Zoom		HES 905	Healthy Living	Mid-Week Stretching and Meditation for the Soul	Bush, Dionne	Wed	4-5 p.m.	10/09/24	01/22/25	15154
Zoom		HES 914	Healthy Living	Chair Aerobics	Carrington, Kathy	MWF	8-9 a.m.	10/07/24	01/24/25	15156
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Chair Pilates	Carrington, Kathy	Mon	2:45-3:45 p.m.	10/07/24	01/13/25	15158
Zoom		HES 910	Healthy Living	Weight and Strength Training	Carrington, Kathy	TuTh	8-9 a.m.	10/08/24	01/23/25	15159
F2F**	Cameron Grove - CGAC	ATH 930	Therapeutic Aquatic Exercise	Aqua Aerobics	Carrington, Kathy	WF	10:15-11:45 a.m.	08/28/24	12/13/23	14241
F2F**	Cameron Grove - CGAC	ATH 930	Therapeutic Aquatic Exercise	Aqua Aerobics	Carrington, Kathy	WF	12-1:30 p.m.	08/28/24	12/13/24	14243
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Chair Aerobics	Carrington, Kathy	WF	2:30-3:30 p.m.	10/09/24	01/24/25	15160

F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - All levels	Chang, Chung-Jen	Mon	10:30 a.m. -12:30 p.m.	10/07/24	01/13/25	15162
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - All levels	Chang, Chung-Jen	Wed	1:30-3:30 p.m.	10/09/24	01/22/25	15163
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi - Intermediate	Chang, Chung-Jen	Fri	10:30 a.m. -12:30 p.m.	10/11/24	01/24/25	15164
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Fri	1:30-3:30 p.m.	10/11/24	01/24/25	15165
F2F	Bowie Senior Ctr - BSC	HES 905	Healthy Living	Qi Gong	Durning, Pat	Thur	10:30-11:30 a.m.	10/10/24	01/23/25	15188
Zoom		HES 905	Healthy Living	Chair Yoga & FUNctional Movement	Erteschik, Mary	Tues	9-10 a.m.	10/08/24	01/21/25	15190
Zoom		HES 905	Healthy Living	Chair Movement and Meditation Fusion: Nourish Body and Soul	Erteschik, Mary	Wed	5:30-6:30 p.m.	10/09/24	01/22/25	15192
F2F**	Cameron Grove - CGAC	HES 914	Healthy Living	Strength Training	Green, Rose	TuTh	5-6:30 p.m.	10/08/24	01/23/25	15218
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Dance Aerobics	Green, Rose	Thur	3:45-4:45 p.m.	10/10/24	01/23/25	15219
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Zumba Gold	Green, Rosemary	MW	9-10 a.m.	10/07/24	01/22/25	15220
F2F**	Cntrl Prk@Vic Falls-CPVF	HES 905	Healthy Living	Zumba Gold Toning	Green, Rosemary	Thur	11:30 a.m.-12:30 p.m.	10/10/24	01/23/25	15221
F2F**	Cameron Grove - CGAC	HES 905	Healthy Living	Zumba Gold Toning	Green, Rosemary	Thur	3:30-4:30 p.m.	10/10/24	01/23/25	15222
F2F	Greenbelt Comm Ctr - GRCC	HES 913	Healthy Living	Chair Yoga	Mullin, Jen	Wed	9:15-10:30 a.m.	10/09/24	01/22/25	15240
F2F	Greenbelt Comm Ctr - GRCC	HES 913	Healthy Living	Intermediate/Advanced Yoga	Mullin, Jen	Wed	10:30-11:45 a.m.	10/09/24	01/22/25	15241
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Int./Adv. Yoga	Robling, Margie	Sat	8:30-10:30 a.m.	10/12/24	01/25/25	15246
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Beginner Yoga	Robling, Margie	Sat	10:30 a.m.-12:30 p.m.	10/12/24	01/25/25	15247
Zoom		HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	MF	1-2 p.m.	10/07/24	01/24/25	15251
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	Wed	1-2 p.m.	10/09/24	01/22/25	15252
Zoom		HES 914	Healthy Living	Beginner/ Intermediate Pilates	Shell, Susan	MWF	9-10 a.m.	10/07/24	01/24/25	15253
F2F	Collington Life Care Community - CLLC	HES 914	Healthy Living	Beginner/ Intermediate Pilates	Shell, Susan	MWF	10:30-11:30 a.m.	10/07/24	01/24/25	15254
F2F	Collington Life Care Community - CLLC	HES 914	Healthy Living	Aerobics/Balance	Shell, Susan	MWF	11:30 a.m.-12:30 p.m.	10/07/24	01/24/25	15255

Zoom		HES 910	Healthy Living	Beginner/intermediate Aerobics	Shell, Susan	TuTh	9-10 a.m.	10/08/24	01/23/25	15256
F2F	Collington Life Care Community - CLLC	HES 910	Healthy Living	Water Aerobics	Shell, Susan	TuTh	10:15-11:15 a.m.	10/08/24	01/23/25	15257
F2F	Collington Life Care Community - CLLC	HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	TuTh	11:30 a.m.-12:30 p.m.	10/08/24	01/23/25	15258
Zoom		HES 910	Healthy Living	Fall Prevention Intervention	Shell, Susan	TuTh	2:30-3:30 p.m.	10/08/24	01/23/25	15259
F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Gentle Yoga-all levels	Smith, Patricia	Mon	1:30-3:30 p.m.	10/07/24	01/13/25	15269
F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Gentle Yoga-all levels	Smith, Patricia	Wed	1:30-3:30 p.m.	10/09/24	01/22/25	15270
Zoom		HES 910	Healthy Living	Chair Yoga	Smith, Patricia	TuTh	10:30-11:30 a.m.	10/08/24	01/23/25	15271
F2F	Greenbelt Comm Ctr - GRCC	HES 910	Healthy Living	Movement/Strength/Stretch	Smith, Patricia	TuTh	1-2 p.m.	10/08/24	01/23/25	15272
Zoom		HES 910	Healthy Living	Chair & Standing Yoga Fusion with Tai Chi	Verdi, Juliet	Tues	10:30 a.m.-12:30 p.m.	10/08/24	01/21/25	15285
Zoom		HES 910	Healthy Living	Chair & Standing Pilates Fusion with Tai Chi	Verdi, Juliet	Thur	10:30 a.m.-12:30 p.m.	10/10/24	01/23/25	15286
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Yoga I	Weimer, Lee	Wed	10 a.m.-12 p.m.	10/09/24	01/22/25	15290
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Mat Pilates	Weimer, Lee	Thur	12:15-2:15 p.m.	10/10/24	01/23/25	15291
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Morning Stretch and Meditation	Weimer, Lee	Thur	10:15 a.m.-12:15 p.m.	10/10/24	01/23/25	15292

SAGE Advice (about participating in an exercise class): *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.	10/09/24	01/22/25	15122
Zoom		HES 905	Healthy Living	Meditation for Everyday Living	Boverman, Katrina	Mon	12:30-2:30 p.m.	10/07/24	11/25/24	15133
Zoom		HES 905	Healthy Living	Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 p.m.	10/09/24	01/22/25	15134
F2F**	Cameron Grove - CGAC	HES 910	Healthy Living	Nutrition	Carrington, Kathy	Mon	12:30-2:30 p.m.	10/07/24	01/13/25	15157
Zoom		HES 905	Healthy Living	Mindfulness and Meditation	Erteschik, Mary	Mon	4:30-5:30 p.m.	10/07/24	01/13/25	15189
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 p.m.	10/07/24	01/13/25	15199
Zoom		HES 910	Healthy Living for Older Adults	Nutrition for Healthy Aging	Gossage, Cynthia	Mon	2-4 p.m.	10/07/24	01/13/25	15773
Zoom		HES 905	Healthy Living	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 p.m.	10/09/24	01/22/25	15234
Zoom		HES 905	Healthy Living	Friday Morning Meditation	Mullin, Jen	Fri	9-10 a.m.	10/11/24	01/24/25	15239
Zoom		HES 905	Healthy Living	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 p.m.	10/07/24	01/13/25	15242
Zoom		HES 910	Healthy Living	Cooking Vegan Allergy Free Food Alternative Entries & Edible Center Pieces & Desserts	Verdi, Juliet	Fri	3-5 p.m.	10/11/24	01/24/25	15287
F2F	Bowie Senior Ctr - BSC	HES 910	Healthy Living	Everyday Feels Like Saturday	Williams, Paula	Fri	1-3 p.m.	10/11/24	01/24/25	15295

History

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
Zoom		HIS 378	World History	History of Zionism	Arnold, Andrew	Tues	10 a.m.- 12 p.m.	10/08/24	01/21/25	15129
Zoom		HIS 916	American History: Select Topics	US Civics	Arnold, Andrew	Wed	10 a.m.- 12 p.m.	10/09/24	01/22/25	15130
F2F	Bowie Senior Ctr - BSC	HIS 916	American History: Select Topics	American History	Cipriani, Vincent	Tues	12:30-2:30 p.m.	10/08/24	01/21/25	15175
Zoom		HIS 916	American History: Select Topics	American History	Cipriani, Vincent	Thur	1-3 p.m.	10/10/24	01/23/25	15176
F2F	Collington Life Care Community - CLLC	HIS 378	World History	The Ottoman Empire	Crane, Michael	Mon	1-3 p.m.	10/07/24	01/13/25	15181
F2F	Bowie Senior Ctr - BSC	HIS 916	American History: Select Topics	America: From Colonies to Constitution	Hodges, Jan	Thur	9-11 a.m.	10/10/24	01/23/25	15223
F2F	Bowie Senior Ctr - BSC	HIS 916	American History: Select Topics	The Endgame of Presidential, Congressional & State Elections	Rudd, Bob	Thur	2-4 p.m.	10/10/24	01/16/25	15249

Improvisation

Zoom or F2F	Location	Course Code	Course Title	Focus	Instructor	Day(s)	Times	Start Date	End Date	Syn#
F2F	Bowie Senior Ctr - BSC	COM 900	Introduction to Improv	Serious Fun: Introduction to Improv	Yamamoto, Ruth	Fri	10 am-12 p.m.	10/11/24	01/24/25	15301

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 p.m.	10/07/24	01/13/25	15141
F2F	Bowie Senior Ctr - BSC	COM 901	American Sign Language for Beginners	American Sign Language - Intermediate level	Bruce, Peggy	Mon	2-4 p.m.	10/07/24	01/13/25	15142
Zoom		COM 901	American Sign Language for Beginners	American Sign Language Lab for Beginner/Intermediate Students	Bruce, Peggy	Wed	4-6 p.m.	10/09/24	01/22/25	15524
Zoom		COM 901	American Sign Language for Beginners	American Sign Language – Beginner level	Bruce, Peggy	Thur	3-5 p.m.	10/10/24	01/23/25	15143

F2F	Bowie Senior Ctr - BSC	LGE 917	Intermediate Italian	Practical Italian	De Sanctis, Dona	Fri	10 a.m.-12 p.m.	10/11/24	01/24/25	15182
F2F	Bowie Senior Ctr - BSC	LGE 340	Introduction to German	Beginning/Intermediate German	Leahy-Thielke, Faith	Tues	10 a.m.-12 p.m.	10/08/24	01/21/25	15227
F2F	University Town Center - UTC	LGE 333	Beg. Spanish	Beginner Spanish 2	Miller, Barbara	Tues	10 a.m.-12 p.m.	10/08/24	01/21/25	15228
F2F	University Town Center - UTC	LGE 333	Beg. Spanish	Beginner Spanish 1	Miller, Barbara	Thur	10 -12 p.m.	10/17/24	01/30/25	15229
F2F	Bowie Senior Ctr - BSC	LGE 381	Intermediate & Advanced Spanish	Intermediate Spanish	Sieiro, Debbie	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15260
F2F	Bowie Senior Ctr - BSC	LGE 333	Beginning Spanish	Spanish Basics	Sieiro, Debbie	Mon	12:30-2:30 p.m.	10/07/24	01/13/25	15261
F2F	Bowie Senior Ctr - BSC	LGE 333	Beginning Spanish	Beginner Spanish III	Sieiro, Debbie	Fri	12:30-2:30 p.m.	10/11/24	01/24/25	15262
F2F	Greenbelt Comm Ctr - GRCC	LGE 381	Intermediate & Advanced Spanish	Advanced Spanish	Sieiro, Debbie	Tues	10 am-12 p.m.	10/08/24	01/21/25	15263
F2F	Greenbelt Comm Ctr - GRCC	LGE 333	Beginning Spanish	Beginner Spanish III	Sieiro, Debbie	Tues	12:30-2:30 p.m.	10/08/24	01/21/25	15264
Zoom		LGE 337	French: Beginner I	Beginning French 2	Torres, Edite	Mon	12-2 p.m.	10/07/24	01/13/25	15277
Zoom		LGE 338	French II	Intermediate French 1	Torres, Edite	Tues	11 a.m.-1 p.m.	10/08/24	01/21/25	15278
Zoom		LGE 338	French II	Intermediate French 2	Torres, Edite	Wed	11 a.m.-1 p.m.	10/09/24	01/22/25	15279
Zoom		LGE 381	Intermediate Spanish	Pre-Intermediate Spanish Conversation	Vargas, Clemencia	Mon	1-3 p.m.	10/07/24	01/13/25	15280
Zoom		LGE 333	Beginner Spanish	Beginner Spanish 3	Vargas, Clemencia	Mon	3-5 p.m.	10/07/24	01/13/25	15281
Zoom		LGE 381	Intermediate Spanish	Intermediate Spanish	Vargas, Clemencia	Tues	1-3 p.m.	10/08/24	01/21/25	15282
Zoom		LGE 381	Intermediate Spanish	Intermediate Spanish Conversation	Vargas, Clemencia	Tues	3-5 p.m.	10/08/24	01/21/25	15283
Zoom		LGE 381	Intermediate Spanish	Advanced Spanish Conversation	Vargas, Clemencia	Wed	10 a.m.-12 p.m.	10/09/24	01/22/25	15284

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	Shakespeare: Three Late Tragedies	Barthel, Carol	Tues	1-3 p.m.	10/08/24	01/14/25	15132
Zoom		ENR 380	Literature: An Exploration	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 a.m. -12 p.m.	10/08/24	01/21/25	15245
Zoom		ENR 385	Literature	How the Bible Became a Book	Wright, Adelina	Tues	6-8 p.m.	10/08/24	11/26/24	15300

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 a.m.-12 p.m.	10/07/24	01/13/25	15168
F2F	Bowie Senior Ctr - BSC	MUS 307	Music Appreciation - Piano	Piano for Advanced Students	Choi, Young Kwon	Mon	12-2 p.m.	10/07/24	01/13/25	15169
Zoom		MUS 307	Music Appreciation - Piano	Piano for Intermediate Students	Choi, Young Kwon	Tues	9–11 a.m.	10/08/24	01/21/25	15170
Zoom		MUS 307	Music Appreciation - Piano	Piano for Advanced Students	Choi, Young Kwon	Tues	11 a.m.–1 p.m.	10/08/24	01/21/25	15171
F2F	Bowie Senior Ctr - BSC	MUS 308	Music Appreciation	Intermediate Guitar	Fiester, Robert	Wed	9:30-11:30 a.m.	10/09/24	01/22/25	15193
F2F	Bowie Senior Ctr - BSC	MUS 308	Music Appreciation	Beginner Guitar	Fiester, Robert	Thur	9:30-11:30 a.m.	10/10/24	01/23/25	15195
F2F	Camp Springs Sr Activity Ctr - CSSC	MUS 307	Music Appreciation & Mastery: Class Piano	Adv/Interm Mixed Piano	Patente, Peter	Tues	9:30-11:30 a.m.	10/08/24	01/21/25	15243
F2F	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.	10/08/24	01/21/25	15244

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
2	The Colors of Flesh in Colored Pencils	Allison, Charlotte	Thur	10 a.m.-1 p.m.	10/10/24	12/19/25	15121	F2F	Explore the colors of flesh. No previous drawing skills required. Begin with simple forms/shapes and then the student's capabilities/skills will determine the complexity of subject matter. Full list of supplies covered during the first class. Please bring paper and pencil for note taking and any colored pencil set/s you already own.
3	Be your Best Wellness Advocate	Armstrong, Johnnette	Wed	11:30 a.m.-1 p.m.	10/09/24	01/22/25	15122	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	Sat	10-11 a.m.	10/12/24	01/25/25	15123	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	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 a.m.	10/07/24	01/13/25	15124	F2F	Allow the body to release muscle tension, increase circulation and muscle control, while listening to soft gentle music. Chair meditation ends the class.
6	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 a.m.	10/08/24	01/21/25	15125	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!
7	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 a.m.	10/09/24	01/22/25	15126	F2F	Learn to prevent falls and remain independent. Both standing and seated exercises, moving to music from the 50's & 60's.
8	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 a.m.	10/10/24	01/23/25	15127	F2F	Total body workout using light weights. Build lean muscle mass and muscle endurance.
9	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 a.m.	10/11/24	01/24/25	15128	F2F	Rock out to the oldies and get a good workout. Low impact moves are easy and fun.
10	History of Zionism	Arnold, Andrew	Tues	10 a.m.- 12 p.m.	10/08/24	01/21/25	15129	Zoom	Zionism has a great influence on American and Israeli policy today. Examine modern Zionism and its relationship to the world. Engage deeply with the practices, ideologies, and policies of governments, individuals, and organizations who have sought to improve the material conditions of people throughout the world. Religion and politics discussed at times so respect for each other's views is required.
11	US Civics	Arnold, Andrew	Wed	10 a.m.- 12 p.m.	10/09/24	01/22/25	15130	Zoom	An introduction to the fundamental principles the U.S. Constitution is based on, and how our government is run today. Study the founding of our country, how and why the American Revolution began, and how the law of our land was formed. Learn about the rights and duties of American citizens. The suggested text is Kermit Roosevelt III's, <i>The Nation That Never Was</i> .
12	Hand Dancing	Bacon, Russell	Mon	4-6 p.m.	10/07/24	01/13/25	15131	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	Shakespeare: Three Late Tragedies	Barthel, Carol	Tues	1-3 p.m.	10/08/24	01/14/25	15132	Zoom	Study three of Shakespeare's late tragedies: <i>Timon of Athens</i> ; <i>Coriolanus</i> ; and <i>Cymbeline</i> . Participants will need a readable copy of each play (print or digital).
14	Meditation for Everyday Living	Boverman, Katrina	Mon	12:30-2:30 p.m.	10/07/24	11/25/24	15133	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.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
15	Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 p.m.	10/09/24	01/22/25	15134	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.
16	Printmaking Fundamentals	Brosch, David	Tues	12:30-3 p.m.	10/08/24	01/14/25	15135	F2F	Instruction on several print media including linocut, monoprinting, collage, and collagraph. All levels.
17	Crafting with Paper	Brown, Alita	Wed	10 a.m.-12 p.m.	10/09/24	01/22/25	15136	F2F	Origami and quilling made easy in a fun and fulfilling setting. Develop hand-eye coordination, fine motor skills, and mental concentration working with paper folding. Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. Create new projects each trimester.
18	Line Dancing for Seniors	Brown, Barbara	Tues	1-3 p.m.	10/08/24	01/21/25	15137	F2F	An enjoyable social activity that exercises both mind and body. No experience necessary.
19	Line Dancing for Seniors	Brown, Barbara	Mon	10:15 a.m.-12:15 p.m.	10/07/24	01/13/25	15139	F2F	An enjoyable social activity that exercises both mind and body. No experience necessary.
20	American Sign Language - Beginner level	Bruce, Peggy	Mon	12-2 p.m.	10/07/24	01/13/25	15141	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.
21	American Sign Language - Intermediate level	Bruce, Peggy	Mon	2-4 p.m.	10/07/24	01/13/25	15142	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.
22	American Sign Language Lab for Beginner and Intermediate Students	Bruce, Peggy	Wed	4-6 p.m.	10/09/24	01/22/25	15524	Zoom	American Sign Language Lab: Beginner-Intermediate Practice your conversational sign language skills in a workshop format. Participate in a discussion based on a designated topic such as current events, travel and holidays.
23	American Sign Language - Beginner level	Bruce, Peggy	Thur	3-5 p.m.	10/10/24	01/23/25	15143	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.
24	Energizing Chair Exercises 101	Bush, Dionne	MW	9-10 a.m.	10/07/24	01/22/25	15151	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.
25	Strength Cardio Balance Circuit 101	Bush, Dionne	MWF	8-9 a.m.	10/07/24	01/24/25	15153	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.
26	Plant-Based Cooking 101 with Dionne	Bush, Dionne	Wed	12:30-2:30 p.m.	10/09/24	01/22/25	15152	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!
27	Mid-Week Stretching and Meditation for the Soul	Bush, Dionne	Wed	4-5 p.m.	10/09/24	01/22/25	15154	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.
28	Foundations of Narrative Writing	Cameron, Samantha	Tues	2-4 p.m.	10/08/24	01/21/25	15155	Zoom	Enhance your stories using narrative techniques such as dialogue, voice, tension, character, and plot. Helps writers of all levels and genres to hone your storytelling skills.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
29	Chair Aerobics	Carrington, Kathy	MWF	8-9 a.m.	10/07/24	01/24/25	15156	Zoom	Improve core strength, mobility, flexibility and gain other health benefits. What's needed: chair, water, and comfortable clothes.
30	Nutrition	Carrington, Kathy	Mon	12:30-2:30 p.m.	10/07/24	01/13/25	15157	F2F	Learn healthy food choices, discuss current topics and understand food labels.
31	Chair Pilates	Carrington, Kathy	Mon	2:45-3:45 p.m.	10/07/24	01/13/25	15158	F2F	Improve core strength, mobility, flexibility and gain other health benefits. What's needed: chair, water and comfortable clothes.
32	Weight and Strength Training	Carrington, Kathy	TuTh	8-9 a.m.	10/08/24	01/23/25	15159	Zoom	Improve strength, mobility, flexibility, endurance and gain other health benefits. What's needed: dumbbells, tube strength bands, water, and comfortable clothes.
33	Aqua Aerobics	Carrington, Kathy	WF	10:15-11:45 a.m.	08/28/24	12/13/23	14241	F2F	Improve mobility, flexibility, endurance and gain other health benefits. What's needed: swim wear, aqua shoes, water and towel.
34	Aqua Aerobics	Carrington, Kathy	WF	12-1:30 p.m.	08/28/24	12/13/24	14243	F2F	Improve mobility, flexibility, endurance and gain other health benefits. What's needed: swim wear, aqua shoes, water and towel.
35	Chair Aerobics	Carrington, Kathy	WF	2:30-3:30 p.m.	10/09/24	01/24/25	15160	F2F	Improve mobility, flexibility, endurance and gain other health benefits. What's needed: chair, water and comfortable clothes.
36	Intermediate & Advanced Stained Glass	Cerrelli, Ezio	Mon	12:30-4 p.m.	10/07/24	01/13/25	15161	F2F	Design and complete stained glass projects of your choice.
37	Tai Chi - All levels	Chang, Chung-Jen	Mon	10:30 a.m.-12:30 p.m.	10/07/24	01/13/25	15162	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.
38	Tai Chi - All levels	Chang, Chung-Jen	Wed	1:30-3:30 p.m.	10/09/24	01/22/25	15163	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.
39	Tai Chi - Intermediate	Chang, Chung-Jen	Fri	10:30 a.m.-12:30 p.m.	10/11/24	01/24/25	15164	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.
40	Tai Chi Dao Yin-All levels	Chang, Chung-Jen	Fri	1:30-3:30 p.m.	10/11/24	01/24/25	15165	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.
41	Piano for Intermediate Students	Choi, Young Kwon	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15168	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.
42	Piano for Advanced Students	Choi, Young Kwon	Mon	12-2 p.m.	10/07/24	01/13/25	15169	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.
43	Piano for Intermediate Students	Choi, Young Kwon	Tues	9-11 a.m.	10/08/24	01/21/25	15170	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.
44	Piano for Advanced Students	Choi, Young Kwon	Tues	11 a.m.-1 p.m.	10/08/24	01/21/25	15171	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.
45	Current Issues	Cipriani, Vincent	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15172	Zoom	A weekly review of local, national and international news stories. Class discussion is encouraged.

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46	Current Issues	Cipriani, Vincent	Mon	1-3 p.m.	10/07/24	01/13/25	15173	Zoom	A weekly review of local, national and international news stories. Class discussion is encouraged.
47	Current Issues	Cipriani, Vincent	Tues	10 a.m.-12 p.m.	10/08/24	01/21/25	15174	F2F	A weekly review of local, national and international news stories. Class discussion is encouraged.
48	American History	Cipriani, Vincent	Tues	12:30-2:30 p.m.	10/08/24	01/21/25	15175	F2F	Explore specific events and figures in the United States from 1900 to the 1970's each week.
49	American History	Cipriani, Vincent	Thur	1-3 p.m.	10/10/24	01/23/25	15176	Zoom	Explore specific events and figures in the United States from 1900 to the 1970's each week.
50	Art of Ceramics--All levels	Cockrell, Cami	Tues	8:45-11:45 a.m.	10/08/24	01/21/25	15177	F2F	Learn the fundamentals of ceramics: mold casting; the use of stain, glaze, underglazes; and the use of decals and embellishment techniques to enhance ceramic wares. Please no outside ceramic ware permitted.
51	Art of Ceramics--all levels	Cockrell, Cami	Thur	9 a.m.-12 p.m.	10/10/24	01/23/25	15178	F2F	Learn the fundamentals of ceramics: mold casting; the use of stain, glaze, underglazes; and the use of decals and embellishment techniques to enhance ceramic wares. Please no outside ceramic ware permitted.
52	Michelangelo	Crane, Michael	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15180	F2F	The high Renaissance was the period where significant artists created new techniques in painting, sculpture and architecture. Michelangelo Buonarroti had the longest active career and created significant painting, statues and the dome of Saint Peters. Trace the milestones of his life.
53	The Ottoman Empire	Crane, Michael	Mon	1-3 p.m.	10/07/24	01/13/25	15181	F2F	The rise of central Asian and Middle Eastern powers was an extended process of regional military expansion. Technology and cultural developments joined among the Turkish language tribes and became the dominant power. Trace the history of the Ottoman Empire over a several hundred year period.
54	Practical Italian	De Sanctis, Dona	Fri	10 a.m.-12 p.m.	10/11/24	01/24/25	15182	F2F	Learn to understand and speak Italian through songs, exercises, stories and more.
55	Qi Gong	Durning, Pat	Thur	10:30-11:30 a.m.	10/10/24	01/23/25	15188	F2F	Qi Gong is an ancient practice originating in China with many styles. The goal is to encourage the free flow of energy in the body using the breath, body and mind. This style is a very gentle form for self care and health, consisting of warm up exercises, a Qi Gong form, gentle stretches, breathwork, meditation and closing.
56	Mindfulness and Meditation	Erteschik, Mary	Mon	4:30-5:30 p.m.	10/07/24	01/13/25	15189	Zoom	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.
57	Chair Yoga & FUNctional Movement	Erteschik, Mary	Tues	9-10 a.m.	10/08/24	01/21/25	15190	Zoom	Combine chair-supported accessible yoga postures along with FUNctional exercises. These movements support your everyday life and overall mental and physical well-being.
58	Chair Movement and Meditation Fusion: Nourish Body and Soul	Erteschik, Mary	Wed	5:30-6:30 p.m.	10/09/24	01/22/25	15192	Zoom	Whether you have limited mobility or simply prefer a gentle approach to exercise, after rejuvenating your body with chair movement, it's time to nourish your soul through a simple guided meditation.
59	Intermediate Guitar	Fiestier, Robert	Wed	9:30-11:30 a.m.	10/09/24	01/22/25	15193	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. First-timers, please do not miss Week 1.

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
60	Beginner Guitar	Fiester, Robert	Thur	9:30-11:30 a.m.	10/10/24	01/23/25	15195	F2F	For true beginners, or those that have had extremely limited experience or success at playing the guitar. Bring own guitar, a tuner, and a metronome (app is fine). Topics include string names, parts of the guitar, chords, strumming, and at least two songs, with any necessary exercises, including how to read a basic chord chart, and basic note values. Gain a nice head-start by going to www.funkyguitar.com/instruction ; scroll down to watch the first three videos. First-timers, please do not miss Week 1.
61	Financial Literacy I	Garner, Bella	Tues	12-2 p.m.	10/08/24	01/21/25	15196	Zoom	Discuss various foundational topics relating to personal finance leading up to and after retirement to include Medicare, Social Security, and avoiding financial scams.
62	Financial Literacy II	Garner, Bella	Wed	12-2 p.m.	10/09/24	01/22/25	15197	Zoom	Build on lessons learned in the foundational course to include investing beyond retirement. Prerequisite: Financial Literacy I
63	Estate Planning	Garner, Bella	Thur	12-2 p.m.	10/10/24	01/23/25	15198	Zoom	Estate Planning teaches topics on wills, trusts, charitable giving, etc. Gain information on avoiding family disputes, necessary documents and how to store them.
64	Unraveling Medicare, Social Security, Long Term Care and other Policies and Programs for Older Adults	Gibbons, Renee	Mon	3-5 p.m.	10/07/24	01/13/25	15199	Zoom	Older adults are often confused about Medicare, Social Security, Long Term Care, and other federal and state policies and programs that impact them. Gain a thorough understanding of these policies and programs, so you are armed with information and resources to help you evaluate your retirement, financial, and long-term care situation. Get equipped with the tools to proactively develop a plan and strategy to maintain your assets and adequately cover the costs of living a long, fruitful life. Examine 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.
65	Nutrition for Healthy Aging	Gossage, Cynthia	Mon	2-4 p.m.	10/07/24	01/13/25	15773	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 <u>supportive, non-judging community.</u>
66	Color Theory in Cloth	Gossage, Cynthia	Tues	2-4 p.m.	10/08/24	01/21/25	15212	Zoom	We all love color, but some of us are intimidated by it! Learn how to truly see color in cloth, and explore many ways to successfully combine colors to make memorable fabric art. <u>No prior knowledge required.</u>
67	Hand Embroidery	Gossage, Cynthia	Wed	3-5 p.m.	10/09/24	01/22/25	15213	Zoom	Explore the vast vocabulary of hand embroidery to create new works or to embellish existing clothing or home goods.
68	Fabric UFOs	Gossage, Cynthia	Thur	2-4 p.m.	10/10/24	01/23/25	15214	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.
69	Art Inspired by the Masters (A hands-on class that finishes a different art project each class!)	Gould, Emily	Fri	10 a.m.-12 p.m.	10/11/24	01/24/25	15401	Zoom	This class is for beginning art students. Each week we will explore art materials and learn about famous and/or contemporary artists. We will complete one art project per class, so that by the end of the semester you will have completed 13 art projects**. We will create with pen and ink, watercolor paints, acrylic paints and oil pastels. Henri Matisse famously said, " <i>creativity takes courage</i> " so be brave and try something new and don't forget to wear your art apron because creativity can also get messy! Get ready to be inspired! Get ready to create! Get ready to try something new! (**The pace of this class is dependent on the group dynamics of the class as a whole.)

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
70	Intro to Personal Computers	Gray, Alice	Mon	9-11 a.m.	10/07/24	01/13/25	15215	F2F	Learn how to turn on the computer, the computer functionality and how to use the internet and beginning Microsoft Office Suite (Face to Face).
71	Intermediate Computer Skills (Office)	Gray, Alice	Wed	9-11 a.m.	10/09/24	01/22/25	15216	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.
72	Finding Your Roots	Gray, Alice	Fri	9-11 a.m.	10/11/24	01/24/25	15217	F2F	Use various tools to research and locate relatives online, and create a family history book using Microsoft Office Suite.
73	Strength Training	Green, Rose	TuTh	5-6:30 p.m.	10/08/24	01/23/25	15218	F2F	Strengthen and tone muscles for a stronger you.
74	Dance Aerobics	Green, Rose	Thur	3:45-4:45 p.m.	10/10/24	01/23/25	15219	F2F	Let's dance again to the beat of music---slow, fast, sit down, stand up and tap your feet. Move, that's what we'll do!
75	Zumba Gold	Green, Rosemary	MW	9-10 a.m.	10/07/24	01/22/25	15220	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.
76	Zumba Gold Toning	Green, Rosemary	Thur	11:30 a.m.-12:30 p.m.	10/10/24	01/23/25	15221	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.
77	Zumba Gold Toning	Green, Rosemary	Thur	3:30-4:30 p.m.	10/10/24	01/23/25	15222	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.
78	America: From Colonies to Constitution	Hodges, Jan	Thur	9-11 a.m.	10/10/24	01/23/25	15223	F2F	A view of the history of the colonies – how they were the same and how they were different, with an emphasis on Maryland, including a tour of Belair Mansion. Examine how the colonists evolved from loyal British subjects to rebels. Along the way, take a look at the peoples of America: Native Americans, Free Blacks and Slaves and how they fit into the Revolution. Class participation, in the form of select readings and discussions will make the class interesting, informative and entertaining.
79	Beginner/Intermediate Stained Glass	Holloman, Jim	Wed	9 a.m. - 1 p.m.	10/09/24	01/22/25	15224	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.
80	Beginner/Intermediate Stained Glass	Holloman, Jim	Sat	9 a.m. - 12 p.m.	10/12/24	01/25/25	15225	F2F	Learn basics of making stained glass projects for both beginner and intermediate students. Some manual dexterity required to use hand tools, as well as scoring, breaking, and handling glass.
81	Beginning/Intermediate German	Leahy-Thielke, Faith	Tues	10 a.m.-12 p.m.	10/08/24	01/21/25	15227	F2F	Multilevel German language instruction.
82	Beginner Spanish 2	Miller, Barbara	Tues	10 a.m.-12 p.m.	10/08/24	01/21/25	15228	F2F	Enter class with a good command of regular verbs to describe yourself, hobbies, and your family. Gain proficiency in irregular verbs, expand vocabulary, and improve communication skills.
83	Beginner Spanish 1	Miller, Barbara	Thur	10 -12 p.m.	10/17/24	01/30/25	15229	F2F	For students with little to no experience with the Spanish language. Learn to describe yourself, family life, and interests.

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
84	Discover Digital Photography---an Introduction	Moreno, Romerio	Wed	10 a.m.-12 p.m.	10/09/24	01/22/25	15230	F2F	Designed for the novice photographer, but serves as a good review for more experienced photographers. Learn about digital cameras, from Digital Single Lens Reflex (DSLR) cameras to "Point-and-Shoot.". 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 related to camera settings, shooting modes, composition, space, exposure, light color, copyright laws, and ethics. Opportunity to use the techniques learned with live photo session(s). Occasional photography assignments aimed at gaining practical experience.
85	Discover Digital Photography---an Introduction	Moreno, Romerio	Thur	2-4 p.m.	10/10/24	01/23/25	15232	F2F	See description for syn #15230 located directly above.
86	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 p.m.	10/09/24	01/22/25	15234	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.
87	Friday Morning Meditation	Mullin, Jen	Fri	9-10 a.m.	10/11/24	01/24/25	15239	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
88	Chair Yoga	Mullin, Jen	Wed	9:15-10:30 a.m.	10/09/24	01/22/25	15240	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
89	Intermediate/Advanced Yoga	Mullin, Jen	Wed	10:30-11:45 a.m.	10/09/24	01/22/25	15241	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
90	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 p.m.	10/07/24	01/13/25	15242	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.
91	Adv/Interm Mixed Piano	Patente, Peter	Tues	9:30-11:30 a.m.	10/08/24	01/21/25	15243	F2F	Develop your piano playing skills.
92	Beginner Piano	Patente, Peter	Tues	11:30 a.m.-1:30 p.m.	10/08/24	01/21/25	15244	F2F	Learn the basics of playing the piano.
93	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 a.m. -12 p.m.	10/08/24	01/21/25	15245	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. New stories include the authors: John Updike, John Cheever, James Joyce, Nathaniel Hawthorne, Herman Melville, Kate Chopin, Katherine Ann Porter, and Franz Kafka.

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1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
94	Intermediate/Advanced Yoga	Robling, Margie	Sat	8:30-10:30 a.m.	10/12/24	01/25/25	15246	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.
95	Beginner Yoga	Robling, Margie	Sat	10:30 a.m.-12:30 p.m.	10/12/24	01/25/25	15247	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.
96	Current Issues	Rudd, Bob	Mon	6-8 p.m.	10/07/24	01/06/25	15248	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.
97	The Endgame of Presidential, Congressional & State Elections	Rudd, Bob	Thur	2-4 p.m.	10/10/24	01/16/25	15249	F2F	The final months of Presidential elections result in the most unique times in modern American history. Strategies, candidates, movements etc. all interact to bring the candidates to Election Day as a culmination of their campaign's efforts. Study some of the most interesting and unusual ones of our lifetime, while examining the conclusion of the 2024 races. Post Election Day, study the time after as the victors (then and now) prepare to assume their offices and the defeated re-enter their lives. Offered once every four years - be a part of it!
98	Portraiture	Ruffin, Raj	Mon	6-8 p.m.	10/07/24	01/13/25	15250	Zoom	Portraiture and figurative drawing is a course that utilizes basic shapes and forms to accurately depict the face. Use basic geometric forms such as squares, rectangles and circles to assemble the human form.
99	Fall Prevention Intervention	Shell, Susan	MF	1-2 p.m.	10/07/24	01/24/25	15251	Zoom	Fall prevention intervention class identifies many conditions that contribute to falling. Understand fall risk: biological; behavioral; and environmental risk factors. 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.
100	Fall Prevention Intervention	Shell, Susan	Wed	1-2 p.m.	10/09/24	01/22/25	15252	F2F	Fall prevention intervention class identifies many conditions that contribute to falling. Understand fall risk: biological; behavioral; and environmental risk factors. 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.
101	Beginner/ Intermediate Pilates	Shell, Susan	MWF	9-10 a.m.	10/07/24	01/24/25	15253	Zoom	Learn a variety of Pilates exercises for beginners and intermediate students. Please bring a Pilates mat, towel, and water.
102	Beginner/ Intermediate Pilates	Shell, Susan	MWF	10:30-11:30 a.m.	10/07/24	01/24/25	15254	F2F	Learn a variety of Pilates exercises for beginners and intermediate students. Please bring a Pilates mat, towel, and water.
103	Aerobics/Balance	Shell, Susan	MWF	11:30 a.m.-12:30 p.m.	10/07/24	01/24/25	15255	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 .
104	Beginner/intermediate Aerobics	Shell, Susan	TuTh	9-10 a.m.	10/08/24	01/23/25	15256	Zoom	Learn a variety aerobic exercises for beginners and intermediate students. Please bring a resistance band, towel, and water.

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105	Water Aerobics	Shell, Susan	TuTh	10:15-11:15 a.m.	10/08/24	01/23/25	15257	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.
106	Fall Prevention Intervention	Shell, Susan	TuTh	11:30 a.m.-12:30 p.m.	10/08/24	01/23/25	15258	F2F	Fall prevention intervention class identifies many conditions that contribute to falling. Understand fall risk: biological; behavioral; and environmental risk factors. 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.
107	Rebounding	Shell, Susan	TuTh	2:30-3:30 p.m.	10/08/24	01/23/25	15259	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: https://youtu.be/oSCKlmQF_QY?si=-fCPA2XFmckWza2r https://www.silversneakers.com/blog/what-is-rebounding-and-should-you-try-it/ https://www.amazon.com/Foldable-Trampoline-Capacity-Rebounder-https://youtu.be/jdmFVivRMlo?si=ql5LnG-aCrWbrL3H
108	Intermediate Spanish	Sieiro, Debbie	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15260	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.
109	Spanish Basics	Sieiro, Debbie	Mon	12:30-2:30 p.m.	10/07/24	01/13/25	15261	F2F	Learn the basic structure of the language. Concentrate on pronunciation and repetition to get comfortable with the language. A continuation of the summer session.
110	Beginner Spanish III	Sieiro, Debbie	Fri	12:30-2:30 p.m.	10/11/24	01/24/25	15262	F2F	Spanish III is for students who are moving in the path of learning the Spanish language Past tenses, small readings with Q&A and student interaction will be used to practice skills learned.
111	Advanced Spanish	Sieiro, Debbie	Tues	10 a.m.-12 p.m.	10/08/24	01/21/25	15263	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.
112	Beginner Spanish III	Sieiro, Debbie	Tues	12:30-2:30 p.m.	10/08/24	01/21/25	15264	F2F	Spanish III is a for those students who are moving in the path of learning the Spanish language. Past tenses, small readings with Q&A and student interaction will put skills to practice.
113	Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 a.m. -12 p.m.	10/08/24	01/21/25	15265	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.
114	Writing Your Memoirs-all levels	Smith, Cathy	Tues	2-4 p.m.	10/08/24	01/21/25	15266	F2F	See description for syn #15265 located directly above.
115	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 a.m. -12 p.m.	10/11/24	01/24/25	15267	Zoom	See description for syn #15265 located above.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
116	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 p.m.	10/11/24	01/24/25	15268	Zoom	See description for syn #15265 located above.
117	Gentle Yoga-all levels	Smith, Patricia	Mon	1:30-3:30 p.m.	10/07/24	01/13/25	15269	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).
118	Gentle Yoga-all levels	Smith, Patricia	Wed	1:30-3:30 p.m.	10/09/24	01/22/25	15270	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).
119	Chair Yoga	Smith, Patricia	TuTh	10:30-11:30 a.m.	10/08/24	01/23/25	15271	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).
120	Movement/Strength/Stretch	Smith, Patricia	TuTh	1-2 p.m.	10/08/24	01/23/25	15272	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.
121	Knitting & Crocheting	Smith, Vanessa	Tues	9:30-11:30 a.m.	10/08/24	01/21/25	15273	F2F	Learning a new craft can be exciting, especially as you dream about all the projects that you can make. Did you know knitting and crocheting relieves stress, reduces anxiety, and relaxes the mind? Join this class for an introduction to the basics of knitting and crocheting.
122	Mixed Media, All levels	Swanson, Darlene	Tues	9 a.m.-12 p.m.	10/08/24	01/21/25	15274	F2F	Beginners to advanced students – class includes all fine art media. Learn through lectures and demonstrations.
123	Quilting Basics	Swanson, Darlene	Tues	1-3 p.m.	10/08/24	01/21/25	15275	F2F	Students must have some prior sewing experience. 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).
124	Watercolor Painting	Swanson, Darlene	Wed	10 a.m.-2:30 p.m.	10/09/24	01/22/25	15276	F2F	A studio class for beginners to advanced students – class includes demos and lecture.
125	Beginning French 2	Torres, Edite	Mon	12-2 p.m.	10/07/24	01/13/25	15277	Zoom	Continuing learning basic elements of grammar, reading, pronunciation and writing. Engaging in language-immersion to improve listening, comprehension and speaking.
126	Intermediate French 1	Torres, Edite	Tues	11 a.m.-1 p.m.	10/08/24	01/21/25	15278	Zoom	Solidifying grammar and building vocabulary for complex reading and writing. Actively participate in language-immersion to develop comprehension and speaking.
127	Intermediate French 2	Torres, Edite	Wed	11 a.m.-1 p.m.	10/09/24	01/22/25	15279	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.
128	Pre-Intermediate Spanish Conversation	Vargas, Clemencia	Mon	1-3 p.m.	10/07/24	01/13/25	15280	Zoom	Students who can communicate in Spanish converse in a friendly environment. Conducted all in Spanish. Chat about novels and podcasts created for the advanced learner.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
129	Beginner Spanish 3	Vargas, Clemencia	Mon	3-5 p.m.	10/07/24	01/13/25	15281	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.
130	Intermediate Spanish	Vargas, Clemencia	Tues	1-3 p.m.	10/08/24	01/21/25	15282	Zoom	For students who are comfortable with the present tense and have studied the past tense. Conducted mostly in Spanish. Readings, games, podcasts, and music make it a fun and productive experience.
131	Intermediate Spanish Conversation	Vargas, Clemencia	Tues	3-5 p.m.	10/08/24	01/21/25	15283	Zoom	For students who can communicate comfortably in Spanish. Converse in a friendly environment about a novel from the Latin American literature. Conducted all in Spanish.
132	Advanced Spanish Conversation	Vargas, Clemencia	Wed	10a.m.-12p.m.	10/09/24	01/22/25	15284	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. This class is conducted all in Spanish.
133	Chair & Standing Yoga Fusion with Tai Chi	Verdi, Juliet	Tues	10:30 a.m.-12:30 p.m.	10/08/24	01/21/25	15285	Zoom	The first half is chair & standing Yoga, and the second half is Tai Chi. (With progress, have the option not to use the chair for assistance for the standing poses.) A vigorous, but gentle strengthening, stretching, and balancing class.
134	Chair & Standing Pilates Fusion with Tai Chi	Verdi, Juliet	Thur	10:30 a.m.-12:30 p.m.	10/10/24	01/23/25	15286	Zoom	The first half is chair & standing Pilates, and the second half is Tai Chi. Experience the same core-strengthening, stretching and balancing benefits as you do in Mat Pilates, without having to get up and down off a mat.
135	Cooking Vegan Allergy Free Food Alternative Entries & Edible Center Pieces & Desserts	Verdi, Juliet	Fri	3-5 p.m.	10/11/24	01/24/25	15287	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.
136	Jewelry Making 4 Techniques	Vitale-Reddy, Cecelia	Mon	10 a.m.-12 p.m.	10/07/24	01/13/25	15288	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.
137	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 a.m.-12 p.m.	10/11/24	01/24/25	15289	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.
138	Yoga I	Weimer, Lee	Wed	10 a.m.-12 p.m.	10/09/24	01/22/25	15290	F2F	Learn Yoga poses, breath exercises, and meditation for all levels. Please bring yoga mat, strap and block; large towel or small blanket; and water.
139	Mat Pilates	Weimer, Lee	Thur	12:15-2:15 p.m.	10/10/24	01/23/25	15291	F2F	Learn mat Pilates to build strength, balance and flexibility for all levels. Please bring yoga mat, towel, fitness ball and water.
140	Morning Stretch and Meditation	Weimer, Lee	Thur	10:15 a.m.-12:15 p.m.	10/10/24	01/23/25	15292	F2F	Learn gentle, mindful movement using a chair, and meditation for all levels. Please bring water.
141	Estate Planning	Widmann, Art	Wed	2-4 p.m.	10/23/24	02/05/25	15293	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.

	A	B	C	D	E	F	G	H	I
1	Focus	Instructor	Day	Time	Begin Date	End Date	Syn #	Location	Course Descriptions
142	Everyday Feels Like Saturday	Williams, Paula	Fri	1-3 p.m.	10/11/24	01/24/25	15295	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.
143	Basic Art Fundamentals	Williams, Vanessa	Wed	11 a.m.-1 p.m.	10/09/24	01/22/25	15296	F2F	Designed to stimulate interest in visual art, and inspire creativity through hands-on activities, demonstrations, presentations, and discussions.
144	Beginning/Intermediate Drawing	Wilson, Elnora	Mon	9-11:30 a.m.	10/07/24	01/06/25	15342	F2F	Master beginning to intermediate skills focusing on shading and the elements of art: line, shape, space, value, form, texture and color.
145	Beginning/Intermediate Drawing	Wilson, Elnora	Fri	9-11:30 a.m.	10/11/24	01/17/25	15343	F2F	Learn beginning to intermediate skills focusing on shading and the elements of art: line, shape, space, value, form, texture and color.
146	Acrylic Painting & Multimedia	Wilson, Elnora	Fri	12-3 p.m.	10/11/24	01/24/25	15299	F2F	Learn beginning to intermediate skills using acrylic paint and multi-media. Paint pictures of their choice using both limited and full color palettes.
147	How the Bible Became a Book	Wright, Adelina	Tues	6-8 p.m.	10/08/24	01/21/25	15300	Zoom	Ever wonder how the Bible got its name? It came from the Greek word for 'many books'--- biblia ---the plural of the Greek word for book, biblos . The word biblos comes from the ancient Mediterranean seaport, Byblos , located on the coast of modern day Lebanon. This port shipped out great quantities of papyrus, used by scribes to copy the books of the Bible onto its leaves. So, in essence, the Bible was named after the port of Byblos for its papyrus shipments, the Greek word for paper or scrolls! Learn many more fascinating things about the Bible, the book that has sold more copies than any other book ever!
148	Serious Fun: Introduction to Improv	Yamamoto, Ruth	Fri	10 a.m.-12 p.m.	10/11/24	01/24/25	15301	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 to get a copy, or find on the college's website.; and (2) have a working username and password.

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

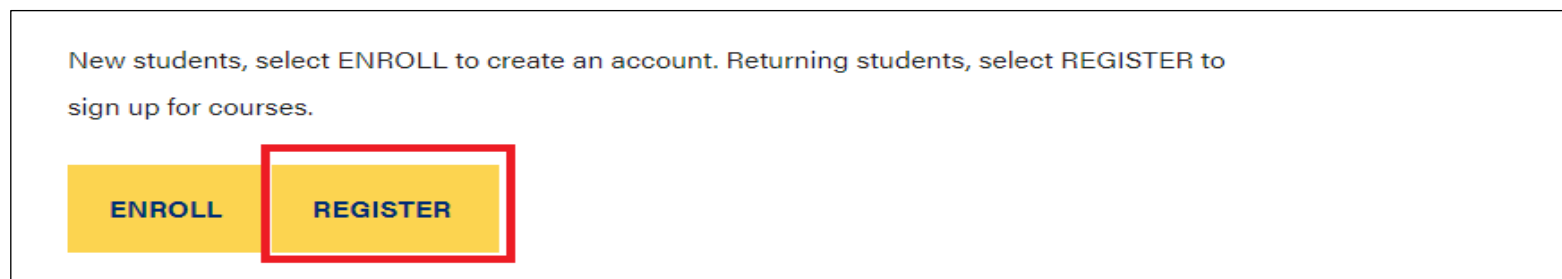
Step 1

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



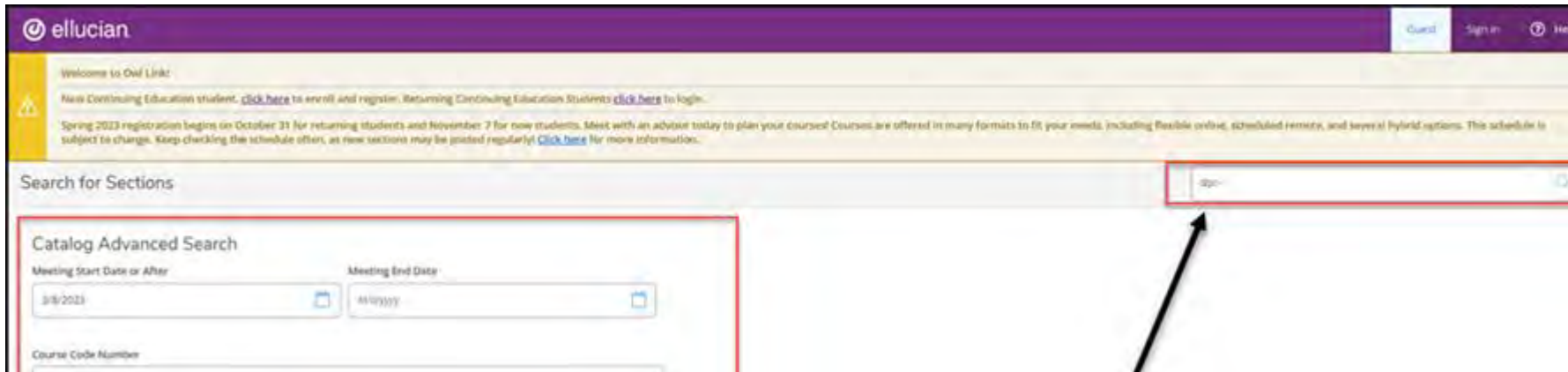
Step 2

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



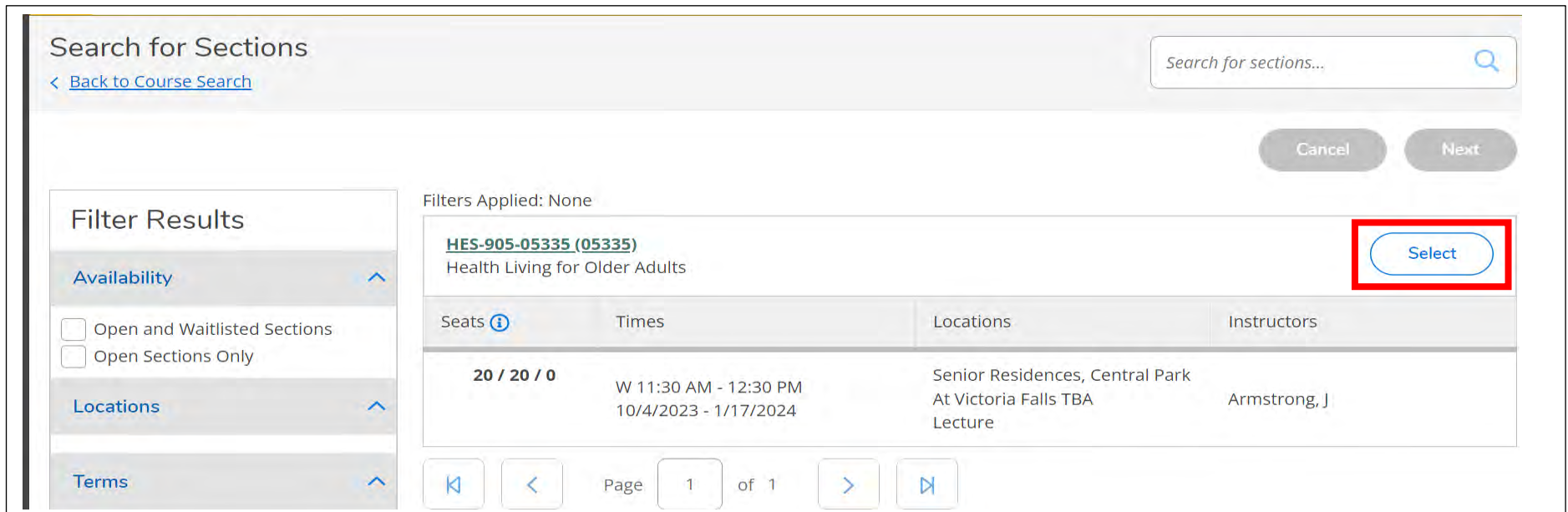
Step 3

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



Step 4

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



Step 5

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

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

Section Details

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

Instructors Armstrong, J (armstrjc@pgcc.edu)

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

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

Seats Available 20 / 20 / 0

Credits 0 CEUs

Grading Graded, Audit

Close **Add Section**

Step 6

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

Search for Sections
[Back to Course Search](#)

Search for sections...

Cancel **Next**

Step 7

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

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

Register and Pay for Continuing Education Classes

[Return to Instant Enrollment Course Catalog](#)

Additional Details

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

Cancel Reset Submit

Step 8

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

Register and Pay for Continuing Education Classes

[Return to Additional Information form](#)

Pay for Classes

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

[Add More Classes](#)

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

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

section's cost

Payment Methods *

Please Select

Please Select

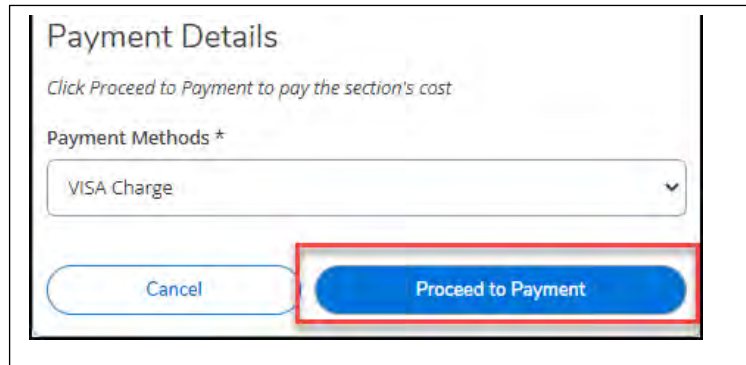
Discover

MasterCard

VISA Charge

Step 10

Select **Proceed to Payment**.



Payment Details
Click Proceed to Payment to pay the section's cost

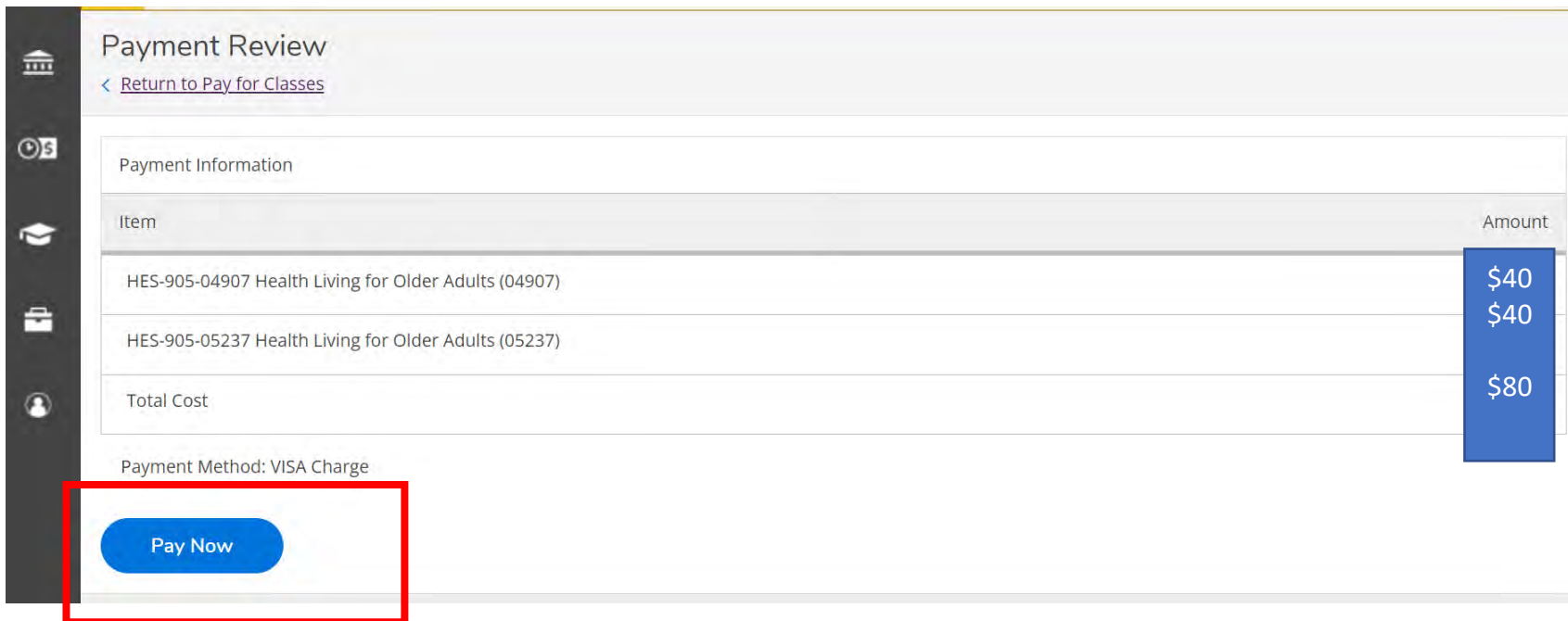
Payment Methods *

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
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

Fall 2024 PGCC SAGE Registration and Scholarship Form

REGISTRATION OPENS SEPT. 6

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

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

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.

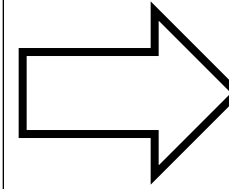
Signature _____

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.

October 7, 2024 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. 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	\$40	
		Total fee	\$	