



PRINCE GEORGE'S  
COMMUNITY COLLEGE



Seasoned Adults  
Growing Educationally

FALL 2021

Classes for Seniors 60 and Older

**REGISTRATION**  
opens Sept. 3, 2021  
Classes begin  
Oct. 4







# SAGE Fall 2021 Classes

## Registration, class, and course description information



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

It has been a long battle with the Coronavirus. And it's not over yet. However, based on the trends of critical metrics, college personnel returned to work on campus August 2, 2021. This fall, **SAGE will offer classes in-person as well as on Zoom**. At the same time, our overriding concern must be the health of our students and instructors. In the words of our president, Dr. Falecia Williams, *"Prince George's Community College remains committed to your health and safety as a priority. The COVID-19 Task Force, in collaboration with the senior team, is in the process of exploring adjustments that respond to rising COVID-19 numbers nationwide. Know that we continue to monitor the evolving situation with steadfast vigilance alongside our state and county partners, and we are listening closely to your concerns and suggestions. The College recognizes these are changeable times that can create stress and anxiety for many of us.... Our decision was made with complete confidence and full understanding that we would continue to pivot, as needed."* **If COVID has taught us anything, it's the necessity of taking one day at a time!** Please bear with us as we take the first steps back to learning in person, balancing both face-to-face and remote classes. Thank you for your patience with this process.

**Classes will run from October 4 through January 22. [Please note: No classes will be held on 10/26, 11/24-11/27, 12/20-1/1, and 1/17]**

**→ Online registration opens Friday, September 3 ←**

### **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 using Zoom**

### **What do you need to participate on Zoom?**

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. The video must be positioned so the instructor can see you and must be left on during the entire class so the instructor can observe you to teach responsively and responsibly

**How do you register?** Register online using Owl Link. Step-by-step directions can be found at the end of this document.

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 4-5) to learn if it's possible to join the class.
2. If the instructor gives you permission, please email [sage@pgcc.edu](mailto:sage@pgcc.edu) to be registered. Your instructor CANNOT make this request for you.

**Registration Fee is \$85:**

You must pay the non-refundable \$85 registration fee online using your credit card. No mail-in registration is possible.

If you need assistance with registration, please call PGCC's Information Technology Help Desk at **301-546-0637**.

**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. Discovering Zoom was a silver lining of these difficult times. We listened and learned that a number of both our instructors and students prefer online classes, so future class schedules will always include that option. Decisions about which classes to offer in which format were made considering the instructors' preferences and the wishes of the sites.

**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 4-5 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 classes in-person on campus and at some of our partner locations this fall. Not all of our host sites are open at this time. They work with our instructors to determine face-to-face class schedules. We must follow each site's mandates regarding vaccinations, masking and social distancing. (See page 3.)

**Fall Course Offerings begin on page 6: (w/various course descriptions beginning on page 19.)** 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.**

### n-person class requirements by site:

Sites for In-Person Classes	Proof of Vaccination (Must be shown)	Mask Must be Worn in Facility and in Class	Social Distancing Expected
<b>Bowie Senior Center</b> 14900 Health Center Drive Bowie, MD 20715	 + Bowie Senior Center Member ID card		
<b>Cameron Grove Adult Lifestyle Community</b> <i>**residents only</i>	 Residents sign a COVID waiver. Instructors must provide proof of vaccination and sign a COVID waiver.		
<b>Central Parke at Victoria Falls</b> <i>**residents only</i>			
<b>Collington</b> <i>**residents only for fall trimester</i>			
<b>Prince George's Community College (Largo Campus)</b> 301 Largo Road, Largo MD 20774			

### Support and Resources

- If you are not fully vaccinated, schedule a vaccine appointment at a local pharmacy or one of the [state's mass vaccination sites](#) as soon as possible.
- Please check out the PGCC COVID-19 [webpage and data dashboard](#).

Instructor PGCC Email Addresses – Fall 2021				
Instructor	PGCC Email Address		Instructor	PGCC Email Address
Allison, Charlotte	allisocx@pgcc.edu		De Sanctis, Dona	bracond@pgcc.edu
Armstrong, Johnnette	armstrjc@pgcc.edu		Erteschik, Mary	ertescme@pgcc.edu
Andrew, Arnold	<i>NEW INSTRUCTOR!</i>		Fiester, Robert	fiestera@pgcc.edu
Bacon, Russell	baconrj@pgcc.edu		Garner, Bella	garnerbt@pgcc.edu
Baer, Ellen	baeree@pgcc.edu		Gibbons, Renee	gibbonra@pgcc.edu
Barthel, Carol	cbarthel9246@pgcc.edu		Goff, Laura	gofflk@pgcc.edu
Blumenstock, Michael	blumenmf@pgcc.edu		Goodlow, Ollie	ogoodlow@pgcc.edu
Boverman, Katrina	bovermkm@pgcc.edu		Gray, Alice	grayal@pgcc.edu
Brosch, David	dbrosch43960@pgcc.edu		Green, Rose	greenrd@pgcc.edu
Brown, Barbara	brownbj@pgcc.edu		Green, Rosemary	rgreen843@pgcc.edu
Bush, Dionne	shawbudt@pgcc.edu		Harris, Heather	harrisha@pgcc.edu
Cahill, John	jfpcahill212@msn.com		Holloman, Jim	jhollom20805@pgcc.edu
Carrington, Kathy	carrinky@pgcc.edu		Kirtland, Arleen	kirtlaax@pgcc.edu
Cerrelli, Ezio	cerrelec@pgcc.edu		Klein, Maryse	kleinmx@pgcc.edu
Chang, Chung-Jen	changcx@pgcc.edu		Kowalewski, Kim	kkowalew3670@pgcc.edu
Choi, Young	choiyk@pgcc.edu		Leahy-Thielke, Faith	leahytfm@pgcc.edu
Cipriani, Vincent	cipriavx@pgcc.edu		Love, Denise	dlove27408@pgcc.edu
Cooper, Evans	ecooper2137@pgcc.edu		McLaughlin, Gwen	mclauggl@pgcc.edu
Crane, Michael	craneml@pgcc.edu		Meadows, Bob	meadowbj@pgcc.edu

Merriman, Wallace	wmerrima348@pgcc.edu		Smith, Cathy	smithca1@pgcc.edu
Miller, Barbara	millerbj@pgcc.edu		Smith, Patricia	smithpx@pgcc.edu
Mullin, Jen	mullinjs@pgcc.edu		Stracka, Gail	strackmg@pgcc.edu
Patente, Peter	patentpj@pgcc.edu		Swanson, Darlene	swansodk@pgcc.edu
Pilevsky, Dillies	dpilevsk4340@pgcc.edu		Vargas, Clemencia	cvargas59959@pgcc.edu
Rhoads, Bob	rhoadsre@pgcc.edu		Vitale-Reddy, Cecelia	cvitale81166@pgcc.edu
Rubinao, Carlos Alberto	crubiano@pgcc.edu		Weimer, Lee	weimerlx@pgcc.edu
Rudd, Bob	brudd2622@pgcc.edu		Widmann, Art	widmanat@pgcc.edu
Ruffin, Raj	pruffin94470@pgcc.edu		Williams, Paula	pwilliam1266@pgcc.edu
Shell, Susan	shellsj@pgcc.edu		Yamamoto, Ruth	ryamam100584@pgcc.edu
Sieiro, Deborah	sieirods@pgcc.edu			

## SAGE Schedule of Classes by Subject

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

### Arts & Crafts

Please see course descriptions for many of our classes starting on page 19.

F2F=Face to Face Class (In-person)

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>F2F</b>	Bowie Senior Ctr - BSC	Studio Fine Art: Advanced Color Theory	Allison, Charlotte	Thur	10 am – 3:30 pm	10/07-11/11	<b>80457</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Adv. Studio Fine Art: Advanced Color Theory	Allison, Charlotte	Thur	10 am – 3:30 pm	11/18-01/13	<b>80458</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Beginning/Intermediate Drawing	Baer, Ellen	Fri	9:30 - 11:30 am	10/08-01/21	<b>80459</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Modern Painting (Acrylic & other media), part I	Baer, Ellen	Fri	12:30 – 2:30 pm	10/08-01/21	<b>80460</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Modern Painting (Acrylic & other media), part II	Baer, Ellen	Fri	2:30-3:30 pm	10/08-01/21	<b>80461</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Printmaking Fundamentals	Brosch, David	Tues	12:30 – 3 pm	10/05-01/11	<b>80462</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Int. & Adv. Stained Glass Part I	Cerrelli, Ezio	Mon	12:30 – 4 pm	10/04-11/22	<b>80465</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Int. & Adv. Stained Glass Part II	Cerrelli, Ezio	Mon	12:30 – 4 pm	11/29-01/10	<b>80466</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Beg./Int. Stained Glass Part I	Holloman, Jim	Wed	9:00a-11:00 am	10/06-01/19	<b>80483</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Beg./Int. Stained Glass Part II	Holloman, Jim	Wed	11:00am-1:00pm	10/06-01/19	<b>80484</b>
<b>Zoom</b>		Craft Production Lab	Kirtland, Arleen	Mon	11 am-12 pm	10/04-01/10	<b>80625</b>
<b>Zoom</b>		Beginner Crochet	Kirtland, Arleen	Mon	1-2 pm	10/04-01/10	<b>80626</b>
<b>Zoom</b>		Intermediate to Advanced Crochet	Kirtland, Arleen	Mon	2:15-3:15 pm	10/04-01/10	<b>80627</b>
<b>Zoom</b>		Beginner Knitting	Kirtland, Arleen	Tues	1-2 pm	10/05-01/18	<b>80485</b>
<b>Zoom</b>		Intermediate Knitting	Kirtland, Arleen	Tues	2:15-3:15 pm	10/05-01/18	<b>80486</b>

<b>Zoom</b>		Advanced Knitting	Kirtland, Arleen	Tues	3:30-5:30 pm	10/05-01/18	<b>80487</b>
<b>Zoom</b>		Beginner Quilting	Kirtland, Arleen	Wed	1-2 pm	10/06-01/19	<b>80488</b>
<b>Zoom</b>		Intermediate to Advanced Quilting	Kirtland, Arleen	Wed	2:15-3:15 pm	10/06-01/19	<b>80489</b>
<b>Zoom</b>		Beginner to Intermediate Sewing	Kirtland, Arleen	Thur	3:30-4:30 pm	10/07-01/20	<b>80636</b>
<b>Zoom</b>		Advanced Sewing	Kirtland, Arleen	Thur	4:30-5:30 pm	10/07-01/20	<b>80637</b>
<b>Zoom</b>		Craft Production Lab	Kirtland, Arleen	Fri	11 am-12 pm	10/08-01/21	<b>80638</b>
<b>Zoom</b>		Tunisian Crochet - All levels	Kirtland, Arleen	Fri	1-2:15 pm	10/08-01/21	<b>80639</b>
<b>Zoom</b>		Embroidery - All levels	Kirtland, Arleen	Fri	2:30-3:30 pm	10/08-01/21	<b>80640</b>
<b>Zoom</b>		Studio Fine Art: Portraits	Ruffin, Raj	Mon	**6-8 pm	10/04-01/10	<b>80665</b>
<b>Zoom</b>		Color Theory	Ruffin, Raj	Fri	7-9 pm	10/08-01/21	<b>80666</b>
<b>Zoom</b>		Oil Painting - Part I	Ruffin, Raj	Sat	6-8 pm	10/09-01/22	<b>80667</b>
<b>Zoom</b>		Oil Painting - Part II	Ruffin, Raj	Sat	8-9 pm	10/09-01/22	<b>80668</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Composition & Design	Swanson, Darlene	Mon	9-11 am	10/04-01/10	<b>80501</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Mixed Media, Part I, All levels	Swanson, Darlene	Tues	9-11 am	10/05-01/18	<b>80502</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Mixed Media, Part II, All levels	Swanson, Darlene	Tues	11 am-12 pm	10/05-01/18	<b>80503</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Watercolor Painting Part I	Swanson, Darlene	Wed	9 am -11 am	10/06-01/19	<b>80504</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Watercolor Painting Part II	Swanson, Darlene	Wed	11 am-12 pm	10/06-01/19	<b>80505</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Watercolor Painting	Swanson, Darlene	Wed	12:30 – 2:30 pm	10/06-01/19	<b>80506</b>



<b>Zoom</b>		Wire Sculpting	Verdi, Juliet	Thurs	1-3 pm	10/07-01/20	<b>81174</b>
<b>Zoom</b>		Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	10/04-01/10	<b>80682</b>
<b>Zoom</b>		Jewelry Making: 4 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	10/05-01/18	<b>80916</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 am-12 pm	10/08-01/21	<b>80507</b>

## Autobiographical/Creative Writing

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>Zoom</b>		Creative Writing	Arnold, Andrew	Fri	10 am-12 pm	10/08-01/21	<b>80887</b>
<b>Zoom</b>		Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	10/05-01/18	<b>80498</b>
<b>Zoom</b>		Writing Your Memoirs-all levels	Smith, Cathy	Tues	1-3 pm	10/05-01/18	<b>80499</b>
<b>Zoom</b>		Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	10/08-01/21	<b>80901</b>
<b>Zoom</b>		Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	10/08-01/21	<b>80903</b>

## Computer Skills

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>F2F</b>	LARGO CAMPUS	Beginner, Level 1 & Level 2	Gray, Alice	Mon	9-11 am	10/04-01/10	<b>80888</b>
<b>F2F</b>	LARGO CAMPUS	Mac Computers	Gray, Alice	Tues	9-11 am	10/05-01/18	<b>80889</b>
<b>F2F</b>	LARGO CAMPUS	Advanced	Gray, Alice	Wed	9-11 am	10/06-01/19	<b>80890</b>

<b>F2F</b>	LARGO CAMPUS	Intermediate	Gray, Alice	Thur	9-11 am	10/07-01/20	<b>80891</b>
<b>F2F</b>	LARGO CAMPUS	Windows 10/Office 2016	Gray, Alice	Fri	9-11 am	10/08-01/21	<b>80893</b>

## Current Issues

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>Zoom</b>		Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	10/04-01/10	<b>80610</b>
<b>Zoom</b>		Current Issues	Cipriani, Vincent	Mon	1-3 pm	10/04-01/10	<b>80611</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	10/05-01/18	<b>80473</b>
<b>Zoom</b>		Current Issues	Cipriani, Vincent	Thur	1-3 pm	10/07-01/20	<b>80612</b>
<b>Zoom</b>		Current Issues	Cipriani, Vincent	Fri	1-3 pm	10/08-01/21	<b>80719</b>
<b>Zoom</b>		Issues Facing the U.S. Economy	Kowalewski, Kim	Wed	1-3 pm	10/06-01/19	<b>80987</b>

## Finances

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>Zoom</b>		Financial Literacy I	Garner, Bella	Tues	11 am-1pm	10/05-01/18	<b>80656</b>
<b>Zoom</b>		Financial Literacy II	Garner, Bella	Wed	11 am-1pm	10/06-01/19	<b>80657</b>
<b>F2F</b>	Bowie Senior Ctr	Estate Planning Classes –See under Resourceful Aging Section in this document.					

## Healthy Living (Fitness)

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>Zoom</b>		Aerobics	Armstrong, Johnnette	Tues	9:30-10:30 am	10/05-01/18	<b>80587</b>
<b>Zoom</b>		Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-10:30 am	10/06-01/19	<b>80588</b>
<b>Zoom</b>		Strength Training	Armstrong, Johnnette	Thur	9:30-10:30 am	10/07-01/20	<b>80589</b>
<b>Zoom</b>		Group Dance	Armstrong, Johnnette	Fri	9:30-10:30 am	10/08-01/21	<b>80590</b>
<b>F2F</b>	Cameron Grove - CGAC	Hand Dancing	Bacon, Russell	Mon	4-5 pm	10/04-01/10	<b>80718</b>
<b>F2F</b>	Cameron Grove - CGAC	Line Dancing	Brown, Barbara	Mon	10:15 am-12:15 pm	10/04-01/10	<b>80596</b>
<b>F2F</b>	Cntrl Prk@Vic Falls-CPVF	Line Dancing	Brown, Barbara	Thur	1-2 pm	10/07-01/20	<b>80597</b>
<b>Zoom</b>		Cardio Kickboxing Circuit 101	Bush, Dionne	Mon	9-10 am	10/04-01/10	<b>80598</b>
<b>Zoom</b>		Flexibility Exercises & Breathing Techniques 101	Bush, Dionne	Mon	10-11 am	10/04-01/10	<b>80599</b>
<b>Zoom</b>		Step Aerobics Circuit Training 101	Bush, Dionne	Tues	9-10 am	10/05-01/18	<b>80600</b>
<b>Zoom</b>		Energizing Chair Exercises 101	Bush, Dionne	Tues	10-11 am	10/05-01/18	<b>80601</b>
<b>Zoom</b>		Strength Training Circuit 101	Bush, Dionne	Fri	9-10 am	10/08-01/21	<b>80602</b>
<b>Zoom</b>		Energizing Chair Exercises 101	Bush, Dionne	Fri	10-11 am	10/08-01/21	<b>80603</b>
<b>Zoom</b>		Chair Aerobics - Part I	Carrington, Kathy	MWF	8-9 am	10/4-12/08	<b>80605</b>
<b>Zoom</b>		Chair Aerobics - Part II	Carrington, Kathy	MWF	8-9 am	12/10-01/21	<b>80606</b>
<b>Zoom</b>		Weight and Strength Training	Carrington, Kathy	T/Th	8-9 am	10/5-01/20	<b>80607</b>

<b>F2F</b>	Bowie Senior Ctr - BSC	Tai Chi - All levels, including beginners	Chang, Chung-Jen	Mon	10:30 am-12:30 pm	10/04-01/10	<b>80467</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Tai Chi - All levels, including beginners	Chang, Chung Jen	Wed	1:30-3:30 pm	10/06-01/19	<b>80468</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Tai Chi - Intermediate/Advanced	Chang, Chung Jen	Fri	10:30 am-12:30 pm	10/08-01/21	<b>80469</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Chinese Exercise	Chang, Chung Jen	Fri	1:30-3:30 pm	10/08-01/21	<b>80470</b>
<b>F2F</b>	Collington Life Care Ctr	Tai Chi Dao Yin - (Chinese breathing and stretching exercise for all levels)	Chang, Chung-Jen	Mon	1:30-3:30 pm	10/04-01/10	<b>80608</b>
<b>F2F</b>	Collington Life Care Ctr	Tai Chi Dao Yin - (Chinese breathing and stretching exercise for all levels)	Chang, Chung-Jen	Wed	10:30 am-12:30 pm	10/06-01/19	<b>80609</b>
<b>Zoom</b>		COVID-19 Meditation & Movement Tools	Erteschik, Mary	Mon	4:30-5:30 pm	10/04-01/10	<b>80614</b>
<b>Zoom</b>		Chair Yoga	Erteschik, Mary	Tues	8:30-9:30 am	10/05-01/18	<b>80615</b>
<b>Zoom</b>		Yoga & Movement	Goff, Laura	Mon	9-10 am	10/04-01/10	<b>80616</b>
<b>Zoom</b>		Meditation & Yoga Nidra	Goff, Laura	Tues	9-10 am	10/05-01/18	<b>80617</b>
<b>F2F</b>	Cameron Grove - CGAC	Walking class	Green, Rose	T/Th	9-10 am	10/05-01/20	<b>80620</b>
<b>Zoom</b>		Zoom Strength Training	Green, Rose	T/Th	11 am- 12 pm	10/05-01/20	<b>80621</b>
<b>F2F</b>	Cameron Grove - CGAC	Strength Training	Green, Rose	T/Th	5-6 pm	10/05-01/20	<b>80622</b>
<b>Zoom</b>		Zumba Gold	Green, Rosemary	Fri	1-2 pm	10/08-01/21	<b>80623</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Tap Dance	Harris, Heather	Mon	1-3 pm	10/04-01/10	<b>80482</b>
<b>Zoom</b>		Beginner Tap Dance	Love, Denise	Thur	1-2 pm	10/07-01/20	<b>80641</b>
<b>Zoom</b>		Level 2 Tap Dance	Love, Denise	Thur	2:15-3:15 pm	10/07-01/20	<b>80642</b>
<b>Zoom</b>		Line Dancing	Love, Denise	Thur	4-5 pm	10/07-01/20	<b>80643</b>



<b>F2F</b>	Bowie Senior Ctr - BSC	Line Dancing	Meadows, Bob	Tues	1:00 – 3:00 pm	10/05-01/18	<b>80494</b>
<b>Zoom</b>		ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Tues	10:30-11:30 am	10/05-01/18	<b>80658</b>
<b>Zoom</b>		ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Thur	10:30-11:30 am	10/07-01/20	<b>80660</b>
<b>Zoom</b>		Chair Yoga	Mullin, Jen	Mon	9:30-11:30 am	10/04-01/10	<b>80644</b>
<b>Zoom</b>		Chair Yoga	Mullin, Jen	Wed	8:50-10:30 am	10/06-01/19	<b>80646</b>
<b>Zoom</b>		Chair Yoga	Mullin, Jen	Wed	10:30 am-12:10 pm	10/06-01/19	<b>80647</b>
<b>Zoom</b>		Yoga--Intermediate/ Advanced	Mullin, Jen	Thur	10 am-12 pm	10/07-01/20	<b>80649</b>
<b>Zoom</b>		Beginner Yoga	Mullin, Jen	Fri	10 am-12 pm	10/08-01/21	<b>80651</b>
<b>Zoom</b>		Hatha Yoga	Romero, Christine	Wed	10-11 am	10/13-01/19	<b>80908</b>
<b>Zoom</b>		Chair Yoga	Romero, Christine	Thur	10-11 am	10/14-01/20	<b>80909</b>
<b>Zoom</b>		Pilates - Part I	Shell, Susan	MWF	9-10 am	10/04-12/08	<b>80669</b>
<b>Zoom</b>		Pilates - Part II	Shell, Susan	MWF	9-10 am	12/10-01/21	<b>80670</b>
<b>Zoom</b>		Senior Aerobics	Shell, Susan	T/Th	9-10 am	10/05-01/20	<b>80671</b>
<b>Zoom</b>		Chair Yoga	Smith, Patricia	Mon	10:30-11:30 am	10/04-01/10	<b>80672</b>
<b>Zoom</b>		Gentle yoga	Smith, Patricia	Mon	1:30-3:30 pm	10/04-01/10	<b>80673</b>
<b>Zoom</b>		Movement, Strength, Stretch	Smith, Patricia	Tues	10:30-11:30 am	10/05-01/18	<b>80674</b>
<b>Zoom</b>		Gentle Yoga	Smith, Patricia	Tues	2 pm-4 pm	10/05-01/18	<b>80675</b>
<b>Zoom</b>		Gentle yoga	Smith, Patricia	Wed	1:30-3:30 pm	10/06-01/19	<b>80676</b>

<b>Zoom</b>		Chair Yoga	Smith, Patricia	Thur	10:30-11:30 am	10/07-01/20	<b>80677</b>
<b>Zoom</b>		Movement, Strength, Stretch	Smith, Patricia	Thur	1-2 pm	10/07-01/20	<b>80678</b>
<b>Zoom</b>		Yoga 1	Weimer, Lee	Tues	10 am-12 pm	10/05-01/18	<b>81172</b>
<b>Zoom</b>		Gentle Pilates	Weimer, Lee	Wed	10 am-12 pm	10/06-01/19	<b>81173</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Pilates	Weimer, Lee	Thur	12:00-2:00 pm	10/07-01/20	<b>80508</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Yoga (Advanced)	Weimer, Lee	Sat	8:20 - 10:20 am	10/09-01/22	<b>80510</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Yoga (Beginners)	Weimer, Lee	Sat	10:20 am - 12:20 pm	10/09-01/22	<b>80512</b>
<b>Zoom</b>		Piyochi	Verdi, Juliet	Wed	11 am-12 pm	10/06-01/19	<b>81175</b>
<b>Zoom</b>		Tai Chi	Verdi, Juliet	Thurs	11 am-12 pm	10/07-01/20	<b>80904</b>

## Healthy Living (Personal Enrichment)

<b>Zoom or F2F</b>	<b>Location</b>	<b>Focus</b>	<b>Instructor</b>	<b>Day(s)</b>	<b>Times</b>	<b>Dates</b>	<b>Syn#</b>
<b>Zoom</b>		Guided Meditation	Boverman, Katrina	Mon	12:30-2:30 pm	10/04-11/22	<b>80594</b>
<b>Zoom</b>		Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 pm	10/06-01/19	<b>80595</b>
<b>Zoom</b>		Health & Nutrition	Carrington, Kathy	Tues	12-1 pm	10/05-01/18	<b>80604</b>
<b>Zoom</b>		Mindful Meditation: JOY-Just Observe Yourself	Goodlow, Ollie	Tues	11 am-12 pm	10/05-01/18	<b>80618</b>
<b>Zoom</b>		Fabric Collage	Goodlow, Ollie	Thur	11am-12 pm	10/07-01/20	<b>80619</b>
<b>Zoom</b>		Nutrition Workshop 101	Merriman, Wallace	Tues	12-1 pm	10/05-01/18	<b>80659</b>

<b>Zoom</b>		Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	10/04-01/10	<b>80645</b>
<b>Zoom</b>		Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	10/06-01/19	<b>80648</b>
<b>Zoom</b>		Friday Morning Meditation	Mullin, Jen	Fri	8:30-9:30 am	10/08-01/21	<b>80650</b>
<b>F2F</b>	Cameron Grove - CGAC	Morning Stretch and Meditation	Weimer, Lee	Thur	10:15 am-12:15 pm	10/07-01/20	<b>80912</b>
<b>Zoom</b>		Intro to Soul Collage	Williams, Paula	Mon	5-6 pm	10/04-01/10	<b>80683</b>
<b>Zoom</b>		Soul Collage	Williams, Paula	Thur	5-7 pm	10/07-01/20	<b>80684</b>
<b>Zoom</b>		Everyday Feels Like Saturday	Williams, Paula	Fri	4-6 pm	10/08-01/21	<b>80685</b>

## History

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>F2F</b>	Bowie Senior Ctr - BSC	American History	Cipriani, Vincent	Tues	12:30 – 2:30 pm	10/05-01/18	<b>80474</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Viking History	Crane, Mike	Wed	10:00a-12:00pm	10/06-01/19	<b>80475</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Red States/Blue States	Rudd, Bob	Mon	1:00pm - 3:00pm	10/04-01/10	<b>80497</b>
<b>Zoom</b>	Bowie Senior Ctr - BSC	The History of Pop Culture from the Boomer Era through Millennials and Beyond	Rudd, Bob	Thur	6-8 pm	10/07-01/20	<b>80910</b>

## Humanities

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>Zoom</b>		Humanities for Senior Citizens	Patente, Peter	Mon	10 am-12 pm	10/04-01/10	<b>80652</b>

## Improvisation

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>F2F</b>	Bowie Senior Ctr - BSC	An Introduction to Improvisation	Yamamoto, Ruth	Fri	9 :30am -11 :30 am	10/08-01/21	<b>80516</b>

## Languages

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>F2F</b>	Bowie Senior Ctr - BSC	Practical Italian	De Sanctis, Dona	Fri	10 am-12 pm	10/08-01/21	<b>80477</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Beginning German	Leahy-Thielke, Faith	Tues	12:00 - 2:00pm	10/05-01/18	<b>80490</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Intermediate German	Leahy-Thielke, Faith	Tues	2:30 – 4:30 pm	10/05-01/18	<b>80491</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Spanish 1 (Beginner level)	McLaughlin, Gwen	Wed	11:00am-1:00pm	10/06-01/19	<b>80492</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Spanish 2 (Intermediate level)	McLaughlin, Gwen	Wed	2:00 pm - 4:00pm	10/06-01/19	<b>80493</b>
<b>Zoom</b>		Spanish Beginner 2	Miller, Barbara	Tues	10 am-12 pm	10/05-01/18	<b>80661</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	American Sign Language - Intermediate level	Rhoads, Bob	Mon	10:00am-12:00pm	10/04-01/10	<b>80495</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	American Sign Language - Beginner level	Rhoads, Bob	Thur	10:00am- 12:00 pm	10/07-01/20	<b>80496</b>
<b>Zoom</b>		Beginner Spanish	Rubiano, Alberto	Tues	12-2 pm	10/05-01/18	<b>80662</b>
<b>Zoom</b>		Intermediate Spanish	Rubiano, Alberto	Thur	10 am-12 pm	10/07-01/20	<b>80663</b>
<b>Zoom</b>		Tertulia - Conversation (All levels welcome)	Rubiano, Alberto	Thur	12-2 pm	10/07-01/20	<b>80664</b>
<b>Zoom</b>		Advanced Spanish	Sieiro, Debbie	Tues	10 am-12 pm	10/05-01/18	<b>80899</b>



<b>Zoom</b>		Intermediate Spanish	Sieiro, Debbie	Wed	2-4 pm	10/06-01/19	<b>80911</b>
<b>Zoom</b>		Beginner Spanish 1	Sieiro, Debbie	Thur	2-4 pm	10/07-01/20	<b>80900</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Sign Language, Beginning	Stracka, Gail	Wed	10 am -12 pm	10/06-01/19	<b>80500</b>
<b>Zoom</b>		Spanish Conversation (for beginner/intermediate students)	Vargas, Clemencia	Mon	3-5 pm	10/04-01/10	<b>80679</b>
<b>Zoom</b>		Spanish Beginner 2	Vargas, Clemencia	Wed	1-3 pm	10/06-01/19	<b>80680</b>
<b>Zoom</b>		Spanish Conversation (intermediate/advanced)	Vargas, Clemencia	Wed	3-5 pm	10/06-01/19	<b>80681</b>

## Literature: An Exploration

<b>Zoom or F2F</b>	<b>Location</b>	<b>Focus</b>	<b>Instructor</b>	<b>Day(s)</b>	<b>Times</b>	<b>Dates</b>	<b>Syn#</b>
<b>Zoom</b>		This Sceptered Isle: 3 of Shakespeare's English history plays	Barthel, Carol	Tues	1-3 pm	10/05-01/11	<b>80591</b>
<b>Zoom</b>		Classic European and British Classics	Kirtland, Arleen	Mon	3:30-4:30 pm	10/04-01/10	<b>80628</b>
<b>Zoom</b>		Who Done it Book Discussion	Kirtland, Arleen	Mon	4:30-5:30 pm	10/04-01/10	<b>80629</b>
<b>Zoom</b>		Classic Children's Literature	Kirtland, Arleen	Wed	3:30-4:30 pm	10/06-01/19	<b>80631</b>
<b>Zoom</b>		Historical Fiction	Kirtland, Arleen	Wed	4:45-5:45 pm	10/06-01/19	<b>80632</b>
<b>Zoom</b>		Folk Tales	Kirtland, Arleen	Thur	11 am -12 pm	10/07-01/20	<b>80633</b>
<b>Zoom</b>		Book Discussion: Contemporary American Literature	Kirtland, Arleen	Thur	1-2 pm	10/07-01/20	<b>80634</b>

<b>Zoom</b>		Classic American Literature	Kirtland, Arleen	Thur	2:15-3:15 pm	10/07-01/20	<b>80635</b>
<b>Zoom</b>		Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 am -12 pm	10/05-01/18	<b>80655</b>

## Music Appreciation

<b>Zoom or F2F</b>	<b>Location</b>	<b>Focus</b>	<b>Instructor</b>	<b>Day(s)</b>	<b>Times</b>	<b>Dates</b>	<b>Syn#</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	The Prima Donna	Cahill, John	Thur	2-4 pm	10/07-11/11	<b>80463</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	American Opera (Part 2)	Cahill, John	Thur	2-4 pm	11/18-01/13	<b>80464</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Piano for Beginner Students	Choi, Young Kwon	Mon	9:00 – 11:00 am	10/04-01/10	<b>80471</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Piano for Intermediate Students	Choi, Young Kwon	Mon	11:00 a – 1:00 pm	10/04-01/10	<b>80472</b>
<b>Zoom</b>		Piano for Beginner Students	Choi, Young Kwon	Tues	9-11 am	10/05—01/18	<b>81169</b>
<b>Zoom</b>		Piano for Intermediate Students	Choi, Young Kwon	Tues	11:00 a – 1:00 pm	10/05—01/18	<b>81170</b>
<b>Zoom</b>		Piano for Advanced Students	Choi, Young Kwon	Tues	1-3 pm	10/05—01/18	<b>81171</b>
<b>Zoom</b>		Piano - Mixed levels	Cooper, Evan	Fri	10-11 am	10/08-01/21	<b>80687</b>
<b>Zoom</b>		Piano - Mixed levels	Cooper, Evan	Fri	11 am-12 pm	10/08-01/21	<b>80688</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Guitar Intermediate	Fiester, Robert	Wed	9:30-11:30 am	10/06-01/19	<b>80478</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Guitar Beginner	Fiester, Robert	Thur	9:30-11:30 am	10/07-01/20	<b>80479</b>
<b>Zoom</b>		Advanced/Intermediate Mixed Piano	Patente, Peter	Tues	9:30-11:30 am	10/05-01/18	<b>80653</b>
<b>Zoom</b>		Beginner Piano	Patente, Peter	Tues	11:30 am-1:10 pm	10/05-01/18	<b>80654</b>

## Resourceful Aging

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>Zoom</b>		Unraveling Medicare, Social Security and Other Policies & Programs for Older Adults	Gibbons, Renee	Fri	12-2 pm	10/08-01/21	<b>80480</b>
<b>Zoom</b>		Brain Fitness Fun and Games	Gibbons, Renee	Fri	3-5 pm	10/08-01/21	<b>80481</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Estate Planning, <b>Part 1</b>	Widmann, Art	Wed	2:00 – 4:00 pm	10/06-11/17	<b>80514</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Estate Planning, <b>Part 2</b>	Widmann, Art	Wed	2:00 – 4:00 pm	12/01-01/19	<b>80515</b>

## Religion

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>Zoom</b>		The Role of Christianity in Shaping Western History	Kirtland, Arleen	Tues	11 am - 12 pm	10/05-01/18	<b>80630</b>

## Science

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
<b>Zoom</b>		Astronomy	Blumenstock, Michael	Mon	1-3 pm	10/04-01/10	<b>80592</b>
<b>Zoom</b>		Virology & Super Bugs	Blumenstock, Michael	Wed	1-3 pm	10/06-01/19	<b>80593</b>
<b>F2F</b>	Bowie Senior Ctr - BSC	Earth Resources	Crane, Michael	Wed	1:00 - 3:00pm	10/06-01/19	<b>80476</b>

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
2	Studio Fine Art : Advanced Color Theory	Allison, Charlotte	Thur	10 am – 3:30 pm	10/07-11/11	80457	F2F: Bowie Senior Ctr	Students will learn the techniques of American artists of late 1800's known as the Colorists.
3	Adv.Studio Fine Art: Advanced Color Theory	Allison, Charlotte	Thur	10 am – 3:30 pm	11/18-01/13	80458	F2F: Bowie Senior Ctr	Must be proficient in drawing. Focus is on the WHO, WHAT, WHERE, WHY, and WHEN of color in art using ink nib, gouache, watercolor and colored pencils. Students will study their favorite color through ovarian subjects.
4	Aerobics	Armstrong, Johnnette	Tues	9:30-10:30 am	10/05-01/18	80587	Zoom	
5	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-10:30 am	10/06-01/19	80588	Zoom	
6	Strength Training	Armstrong, Johnnette	Thur	9:30-10:30 am	10/07-01/20	80589	Zoom	
7	Group Dance	Armstrong, Johnnette	Fri	9:30-10:30 am	10/08-01/21	80590	Zoom	
8	Creative Writing	Arnold, Andrew	Fri	10 am-12 pm	10/08-01/21	80887	Zoom	An introduction of writers to creative nonfiction.
9	Hand Dancing	Bacon, Russell	Mon	4-5 pm	10/04-01/10	80718	F2F: Cameron Grove	
10	Beginning/Intermedi ate Drawing	Baer, Ellen	Fri	9:30 - 11:30 am	10/08-01/21	80459	F2F: Bowie Senior Ctr	Learning to draw is a wonderful way to explore the visual world. Develop the observation skills needed in the drawing process. Learn about basic principles of composition and drawing techniques such as the use of line, shading, and space.
11	Modern Painting (Acrylic & other media), part I	Baer, Ellen	Fri	12:30 – 2:30 pm	10/08-01/21	80460	F2F: Bowie Senior Ctr	Explore color, texture, and composition in painting and explore artist techniques developed in the 20th and 21st centuries. Previous drawing experience is recommended.
12	Modern Painting (Acrylic & other media), part II	Baer, Ellen	Fri	2:30-3:30 pm	10/08-01/21	80461	F2F: Bowie Senior Ctr	Third hour of class above. Make sure to register for both!



	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
13	This Sceptered Isle: 3 of Shakespeare's English history plays	Barthel, Carol	Tues	1-3 pm	10/05-01/11	80591	Zoom	Shakespeare's Richard III, Richard II, and Henry V present contrasting portraits of their titular kings. The playwright's Richard III is a marvelously Machiavellian villain once described as "one of the best bad guys in literature." His Richard II is a man of thoughts and words, not actions, leading to his downfall. And his Henry V, a renowned military hero, is a study in successful kingship. We will read these plays, considering their Elizabethan historical and dramatic context, Shakespeare's transformation of his source materials, and his wonderful language. Participants will need a copy of each play (any format).
14	Astronomy	Blumenstock, Michael	Mon	1-3 pm	10/04-01/10	80592	Zoom	This class will cover astronomy concepts, myths, misconceptions, and the history of astronomy. It will also cover astrophysics, the Big Bang, galaxies, black holes, supernovas, quasars, stars, solar system formation, planets, comets, asteroids, meteors, as well as the importance of telescopes. Backyard astronomy and local observational sites will be mentioned, and current and future space missions will be described.
15	Virology & Super Bugs	Blumenstock, Michael	Wed	1-3 pm	10/06-01/19	80593	Zoom	Students will be taught virology and superbugs concepts such as their origins, main types (such as SARS-CoV-2 virus), preventative measures, immune responses, and other related aspects.
16	Guided Meditation	Boverman, Katrina	Mon	12:30-2:30 pm	10/04-11/22	80594	Zoom	No class on 10/18! This is a 7 week class.
17	Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 pm	10/06-01/19	80595	Zoom	No class on 10/20! This is a 12 week class.
18	Printmaking Fundamentals	Brosch, David	Tues	12:30 – 3 pm	10/05-01/11	80462	F2F: Bowie Senior Ctr	
19	Line Dancing	Brown, Barbara	Mon	10:15 am-12:15 pm	10/04-01/10	80596	F2F: Cameron Grove	
20	Line Dancing	Brown, Barbara	Thur	1-2 pm	10/07-01/20	80597	F2F: Ctrl Prk @ Victoria Falls	

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
21	Cardio Kickboxing Circuit 101	Bush, Dionne	Mon	9-10 am	10/04-01/10	80598	Zoom	Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. This cardio kickboxing class is a low -impact, high-intensity workout. Beginners are advised to begin slowly. Listen to your body and take water breaks when you need them. Work your way up to exercising at full intensity. Class also incorporates a warmup and cool down as well as both dynamic and static stretching. Bring your gloves (or not) and let's do this.
22	Flexibility Exercises & Breathing Techniques 101	Bush, Dionne	Mon	10-11 am	10/04-01/10	80599	Zoom	Stretching allows for greater movement in joints and improves posture. It also helps to release muscle tension and soreness, and reduces the risk of injury. Lastly, it may also help increase circulation, muscle control, and improve balance and coordination. PLUS, incorporate breathing techniques for stress relief like deep breathing & progressive muscle relaxation can help improve blood pressure, reduce stress, and help with chronic conditions. This class performs mostly floor exercises; some exercises can be done in a chair.
23	Step Aerobics Circuit Training 101	Bush, Dionne	Tues	9-10 am	10/05-01/18	80600	Zoom	Basic stepping, just like walking up and down stairs– a full-body cardio workout to really tone your butt and thighs. Expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, pushups and weighted exercises, and the result is a fun, uplifting, full- body workout! Start with a warm-up, followed by basic choreographed routines on the step, and a cooldown at the end. We will use light weights for strength-training moves off the step.
24	Energizing Chair Exercises 101	Bush, Dionne	Tues	10-11 am	10/05-01/18	80601	Zoom	Chair exercises will keep your joints flexible, improving your range of motion and mobility. They also strengthen and stabilize your muscles, resulting in improved balance, which is key for preventing falls and injuries. After a few weeks of regular chair exercise, you can expect to see an improvement in your overall health and fitness. This class is mostly chair with some standing and we will use light weights.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
25	Strength Training Circuit 101	Bush, Dionne	Fri	9-10 am	10/08-01/21	80602	Zoom	If your workout doesn't include strength training, you're missing out. Strength training helps ward off age-related muscle loss, keep your bones strong, promote mobility, prevent falls, and combat depression and cognitive decline. New to strength training? Start with the smallest amount of weight available and increase loads as you feel comfortable. "Strength is the fountain of youth." We will use weights for these strength-training moves.
26	Energizing Chair Exercises 101	Bush, Dionne	Fri	10-11 am	10/08-01/21	80603	Zoom	Chair exercises will keep your joints flexible, improving your range of motion and mobility. They also strengthen and stabilize your muscles, resulting in improved balance, which is key for preventing falls and injuries. After a few weeks of regular chair exercise, you can expect to see an improvement in your overall health and fitness. This class is mostly chair with some standing and we will use light weights.
27	The Prima Donna	Cahill, John	Thur	2-4 pm	10/07-11/11	80463	F2F: Bowie Senior Ctr	This is a biographical survey of some of the prima donnas who sang at the Metropolitan Opera House in New York City; great divas who performed a variety of operas there during their illustrious careers. The biographies presented here were selected for their availability with stories of the singers' life and art. The divas include Leontyne Price, Maria Callas, Montserrat Caballé, Kiri Te Kanawa, Beverly Sills, Birgit Nilsson, Joan Sutherland, Marilyn Horne, and Renée Fleming. The program also includes the Building of the New Metropolitan Opera House at Lincoln Center in New York City in which Leontyne Price stars.
28	American Opera (Part 2)	Cahill, John	Thur	2-4 pm	11/18-01/13	80464	F2F: Bowie Senior Ctr	This course is a continuation of American Opera: Part 1 by American composers. Information about the composers as well as plot summaries and casts of the operas are given for each of the operas presented, including: <b>The Little Prince</b> (Rachel Portman), <b>Susannah</b> (Carlisle Floyd), <b>The Adventures of Pinocchio</b> (Jonathan Dove), <b>Doubt</b> (Douglas J. Cuomo), <b>The Consul</b> (Gian Carlo Menotti), <b>A Streetcar Named Desire</b> (André Previn), and <b>Willie Stark</b> (Carlisle Floyd). All the operas are sung in English with English subtitles. There are no subtitles for The Little Prince.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
29	Health & Nutrition	Carrington, Kathy	Tues	12-1 pm	10/05-01/18	80604	Zoom	Class provides information on nutritional facts and contents in food to promote healthier choices.
30	Chair Aerobics - Part I	Carrington, Kathy	MWF	8-9 am	10/4-12/08	80605	Zoom	This class will not only keep you moving, it's heart healthy. The objective is to improve endurance, mobility and cognitive skills while still having fun.
31	Chair Aerobics - Part II	Carrington, Kathy	MWF	8-9 am	12/10-01/21	80606	Zoom	This class is a continuation of the class above, #80605. Make sure to register for both!
32	Weight and Strength Training	Carrington, Kathy	T/Th	8-9 am	10/5-01/20	80607	Zoom	The weight and strength training class is designed to strengthen your muscles and help prevent bone loss.
33	Int. & Adv. Stained Glass Part I	Cerrelli, Ezio	Mon	12:30 – 4 pm	10/04-11/22	80465	F2F: Bowie Senior Ctr	
34	Int. & Adv. Stained Glass Part II	Cerrelli, Ezio	Mon	12:30 – 4 pm	11/29-01/10	80466	F2F: Bowie Senior Ctr	
35	Tai Chi - All levels, including beginners	Chang, Chung-Jen	Mon	10:30am-12:30pm	10/04-01/10	80467	F2F: Bowie Senior Ctr	Tai Chi is an amazing exercise with the movement of one's head, eyes, arms, hands, body, legs and feet done in coordination with one's mind and respiration.
36	Tai Chi - All levels, including beginners	Chang, Chung Jen	Wed	1:30-3:30 pm	10/06-01/19	80468	F2F: Bowie Senior Ctr	Tai Chi is an amazing exercise with the movement of one's head, eyes, arms, hands, body, legs and feet done in coordination with one's mind and respiration.
37	Tai Chi - Intermediate/Advanced	Chang, Chung Jen	Fri	10:30am-12:30pm	10/08-01/21	80469	F2F: Bowie Senior Ctr	Tai Chi is an amazing 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	Chinese Exercise	Chang, Chung Jen	Fri	1:30-3:30 pm	10/08-01/21	80470	F2F: Bowie Senior Ctr	Chinese breathing and stretching exercise for all levels.
39	Tai Chi Dao Yin - (Chinese breathing and stretching exercise for all levels)	Chang, Chung-Jen	Mon	1:30-3:30 pm	10/04-01/10	80608	F2F: Collington Life Care	Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from Tai Chi and 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.

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
40	Tai Chi Dao Yin - (Chinese breathing and stretching exercise for all levels)	Chang, Chung-Jen	Wed	10:30 am-12:30 pm	10/06-01/19	80609	F2F: Collington Life Care	Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from Tai Chi and 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 Beginner Students	Choi, Young Kwon	Mon	9 – 11 am	10/04-01/10	80471	F2F: Bowie Senior Ctr	
42	Piano for Intermediate Students	Choi, Young Kwon	Mon	11 am – 1 pm	10/04-01/10	80472	F2F: Bowie Senior Ctr	
43	Piano for Beginner Students	Choi, Young Kwon	Tues	9 – 11 am	10/05-01/18	81169	Zoom	
44	Piano for Intermediate Students	Choi, Young Kwon	Tues	11 am – 1 pm	10/05-01/18	81170	Zoom	
45	Piano for Advanced Students	Choi, Young Kwon	Tues	1-3 pm	10/05-01/18	81171	Zoom	
46	Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	10/04-01/10	80610	Zoom	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
47	Current Issues	Cipriani, Vincent	Mon	1-3 pm	10/04-01/10	80611	Zoom	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
48	Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	10/05-01/18	80473	F2F: Bowie Senior Ctr	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
49	American History	Cipriani, Vincent	Tues	12:30 – 2:30 pm	10/05-01/18	80474	F2F: Bowie Senior Ctr	
50	Current Issues	Cipriani, Vincent	Thur	1-3 pm	10/07-01/20	80612	Zoom	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
51	Current Issues	Cipriani, Vincent	Fri	1-3 pm	10/08-01/21	80719	Zoom	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
52	Piano - Mixed levels	Cooper, Evan	Fri	10-11 am	10/08-01/21	80687	Zoom	
53	Piano - Mixed levels	Cooper, Evan	Fri	11 am-12 pm	10/08-01/21	80688	Zoom	
54	Viking History	Crane, Mike	Wed	10 am-12 pm	10/06-01/19	80475	F2F: Bowie Senior Ctr	From 800 AD to 1100 AD Europe was in transition. The influence of southern European culture was extinguished and the void allowed the northern Europeans to expand. Population pressures and political pressures drove the people whom we call the Vikings to release those pressures with aggressive measures. Skilled in iron working and wooden fabrication, these people developed maritime culture. Join us as we explore the Vikings.
55	Earth Resources	Crane, Mike	Wed	1-3 pm	10/06-01/19	80476	F2F: Bowie Senior Ctr	Our energy sources will be explored in context to geophysical and geochemical properties. How these sources relate to our lives will be the focus. General geology will close our class.
56	Practical Italian	De Sanctis, Dona	Fri	10 am-12 pm	10/08-01/21	80477	F2F: Bowie Senior Ctr	For people who have studied some Italian or another Romance language. Not for beginners with no foreign language experience. The course stresses speaking and understanding Italian and will be conducted almost entirely in Italian. Practice speaking and understanding Italian through fairy tales; nursery rhymes; and facts about Italy's culture, cuisine, and history. Homework will be largely memorizing Italian poems, proverbs, and songs. Grammar will be introduced as necessary but will not be the focus of the course. The required textbook is <b>Short Stories in Italian</b> by Olly Richards.

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57	COVID-19 Meditation & Movement Tools	Erteschik, Mary	Mon	4:30-5:30 pm	10/04-01/10	80614	Zoom	When we practice mindfulness and meditation, we learn to be more present in our bodies, more present in our breath and more mindful throughout the day, with tools of observation instead of tools of reaction, particularly during difficult times like we are in now. Experience simple body awareness movements (welcome to use a chair) beginning with a few very easy, very relaxing movements to loosen body tensions then allow ourselves to explore different forms of meditation and other stress reduction tools in each session giving ourselves a buffet of relaxation and stress reducing tools.
58	Chair Yoga	Erteschik, Mary	Tues	8:30-9:30 am	10/05-01/18	80615	Zoom	Taught by a certified Yoga Therapist, this class is not only one of the gentlest forms of yoga but also focuses on the evidence-based benefits of yoga. Perform seated and standing mindful movements and breathing exercises with the aid of a chair. Benefits include increased stress reduction which is so important during this time, as well as increased balance, range of motion and strength.
59	Guitar Intermediate	Fiester, Robert	Wed	9:30-11:30 am	10/06-01/19	80478	F2F: Bowie Senior Ctr	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, as well as the ability to play basic tunes confidently.
60	Guitar Beginner	Fiester, Robert	Thur	9:30-11:30 am	10/07-01/20	80479	F2F: Bowie Senior Ctr	For true beginners, or those that have had extremely limited experience or success at playing the guitar. Students will need their own guitar, a tuner, and a metronome (app is fine). Topics include string names, parts of the guitar, chords, strumming, and at least two songs, with any necessary exercises, including how to read a basic chord chart, and basic note values. Gain a nice head-start by going to <a href="http://www.funkyguitar.com/instruction">www.funkyguitar.com/instruction</a> ; scroll down to watch the first three videos.
61	Financial Literacy I	Garner, Bella	Tues	11 am-1pm	10/05-01/18	80656	Zoom	Financial Literacy I will cover basic financial issues that most adults will encounter as they age, and Financial Literacy II will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.



	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
62	Financial Literacy II	Garner, Bella	Wed	11 am-1pm	10/06-01/19	80657	Zoom	Financial Literacy I will cover basic financial issues that most adults will encounter as they age, and Financial Literacy II will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.
63	Unraveling Medicare, Social Security and Other Policies & Programs for Older Adults	Gibbons, Renee	Fri	12-2 pm	10/08-01/21	80480	Zoom	Older adults are often confused and overwhelmed about Medicare, Social Security, Long Term Care and other federal and state policies and programs for seniors. Unraveling Medicare, Social Security and Other Policies and Programs for Older Adults course provides a thorough understanding of how to access your benefits under these programs and policies, explores the pros and cons of these policies and programs and examines the myriad of challenges seniors face 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.
64	Brain Fitness Fun and Games	Gibbons, Renee	Fri	3-5 pm	10/08-01/21	80481	Zoom	"A mind is a terrible thing to waste." Brain Fitness Fun and Games combines mentally stimulating activities with social interaction and a little competition to maintain and enrich mental sharpness. During this two-hour session, participants will engage in activities and games that target memory, critical thinking, visualization, and cognitive thinking abilities overall. A myriad of activities include Think Fast, Memory Challenge, Word Games, Solve the Problem, and Group Discussions. So, put on your thinking cap for this fun- filled, brain-stretching class that is sure to make you think hard, compete passionately, and laugh out loud.
65	Yoga & Movement	Goff, Laura	Mon	9-10 am	10/04-01/10	80616	Zoom	Using yoga and movement, this class offers an opportunity to loosen, lengthen and strengthen the muscles in the body. Movements are gentle and can be accessed by beginners through advanced students with emphasis on breath and body awareness. Movement may include standing poses, seated poses and lying down. A yoga mat is recommended. Exercises are done without shoes; bare feet recommended. Pillow or bolster may be needed as prop.

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
66	Meditation & Yoga Nidra	Goff, Laura	Tues	9-10 am	10/05-01/18	80617	Zoom	Unwind the nervous system using walking or still meditation along with yoga nidra. For walking meditation, a hallway or the length of a room can be used. In still meditation and yoga nidra, rest comfortably in savasana on a yoga mat or in a comfortable chair and the teacher will use guided imagery and body scanning to promote a deep body relaxation to address our psychological, neurological and subconscious needs. By quieting an overactive mind, a deep sense of calm is achieved. Props needed are a blanket and pillow or a comfortable chair.
67	Mindful Meditation: JOY-Just Observe Yourself	Goodlow, Ollie	Tues	11 am-12 pm	10/05-01/18	80618	Zoom	JOY 1 - Just Observe Yourself® (J.O.Y.) is a mindfulness training using meditation to cultivate awareness and reduce stress. It is based on the ancient practice of mindfulness, which is about waking up, being fully alive, and being present for the richness of each moment of our lives. Within this awakening, we gain access to our deepest inner resources for living, healing, and coping with stress. We will explore the seven attitudes for mindfulness meditation. Each class will begin with 30- minute meditation practice followed by mindful journaling and creativity exercises.
68	Fabric Collage	Goodlow, Ollie	Thur	11am-12 pm	10/07-01/20	80619	Zoom	Fabric collages move beyond traditional quilting by layering fabrics, color, and design to create images that express your unique voice and help reduce stress. Come learn and journey towards developing your own artistic style.
69	Beginner, Level 1 & Level 2	Gray, Alice	Mon	9-11 am	10/04-01/10	80888	F2F: Largo Campus	
70	Mac Computers	Gray, Alice	Tues	9-11 am	10/05-01/18	80889	F2F: Largo Campus	
71	Advanced	Gray, Alice	Wed	9-11 am	10/06-01/19	80890	F2F: Largo Campus	
72	Intermediate	Gray, Alice	Thur	9-11 am	10/07-01/20	80891	F2F: Largo Campus	
73	Windows 10/Office 2016	Gray, Alice	Fri	9-11 am	10/08-01/21	80893	F2F: Largo Campus	

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
74	Walking class	Green, Rose	T/Th	9-10 am	10/05-01/20	80620	F2F: Cameron Grove	
75	Zoom Strength Training	Green, Rose	T/Th	11 am- 12 pm	10/05-01/20	80621	Zoom	
76	Strength Training	Green, Rose	T/Th	5-6 pm	10/05-01/20	80622	F2F: Cameron Grove	
77	Zumba Gold	Green, Rosemary	Fri	1-2 pm	10/08-01/21	80623	Zoom	Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.
78	Tap Dance	Harris, Heather	Mon	1-3 pm	10/04-01/10	80482	F2F: Bowie Senior Ctr	
79	Beg./Int. Stained Glass <b>Part I</b>	Holloman, Jim	Wed	9-11 am	10/06-01/19	80483	F2F: Bowie Senior Ctr	Beginning students will complete guided projects to demonstrate different aspects of stained-glass projects. Intermediate students will be more self-reliant but with instructor help, as needed. Creating something new can be fun & informative.
80	Beg./Int. Stained Glass <b>Part II</b>	Holloman, Jim	Wed	11 am-1 pm	10/06-01/19	80484	F2F: Bowie Senior Ctr	Second half of the class above, #80483. Make sure to register for both!
81	Craft Production Lab	Kirtland, Arleen	Mon	11 am-12 pm	10/04-01/10	80625	Zoom	Have a pile of UFO's and PhD's? That's Unfinished Objects and Projects Half Done! Choose a project to complete by organizing a production schedule and finding support and encouragement from your fellow classmates. I am also available to help with those "snags" that hold us back.
82	Beginner Crochet	Kirtland, Arleen	Mon	1-2 pm	10/04-01/10	80626	Zoom	Learn the basic crochet stitches and variations, as well as reading patterns and charts, while making a beautiful afghan.
83	Intermediate to Advanced Crochet	Kirtland, Arleen	Mon	2:15-3:15 pm	10/04-01/10	80627	Zoom	Learn more about pattern reading as you crochet practical and beautiful items for sale or gifting.

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
84	Classic European and British Classics	Kirtland, Arleen	Mon	3:30-4:30 pm	10/04-01/10	80628	Zoom	It's not too late to experience some classic works that you may not have read while in school, but wish you had! Discover authors like Zola, Elliott, and Camus as we build our classical knowledge.
85	Who Done it Book Discussion	Kirtland, Arleen	Mon	4:30-5:30 pm	10/04-01/10	80629	Zoom	Reading and discuss fun mysteries that will take our minds off of the woes of the world, and perhaps you'll find some new favorites!
86	The Role of Christianity in Shaping Western History	Kirtland, Arleen	Tues	11 am - 12 pm	10/05-01/18	80630	Zoom	There has never been a more powerful influence on European and American history and culture than Christianity. Read Diarmaid MacCulloch's thorough and engaging <b>Christianity: The First Three Thousand Years</b> . He tells it all, the good and the bad.
87	Beginner Knitting	Kirtland, Arleen	Tues	1-2 pm	10/05-01/18	80485	Zoom	Learn the basics of knitting as we make practical items to wear or gift such as a felted purse which you design and embellish.
88	Intermediate Knitting	Kirtland, Arleen	Tues	2:15-3:15 pm	10/05-01/18	80486	Zoom	Expand your knitting skills while making some new and challenging projects gleaned from Ravelry's Top 20 patterns.
89	Advanced Knitting	Kirtland, Arleen	Tues	3:30-5:30 pm	10/05-01/18	80487	Zoom	Make a one-piece cabled afghan that teaches all the cabling skills you might ever need to know! Once completed, there is no sewing together. You may also work on a project of your own choosing such as a sweater.
90	Beginner Quilting	Kirtland, Arleen	Wed	1-2 pm	10/06-01/19	80488	Zoom	Have you always wanted to make a quilt? Learn to construct quilt blocks and patterns both by machine and by hand. You'll have enough blocks sewn to make a small quilt. The course includes instruction on putting the quilt together.
91	Intermediate to Advanced Quilting	Kirtland, Arleen	Wed	2:15-3:15 pm	10/06-01/19	80489	Zoom	Try your hand at complex and curved quilt blocks that will challenge your skills and broaden your quilting horizons.
92	Classic Children's Literature	Kirtland, Arleen	Wed	3:30-4:30 pm	10/06-01/19	80631	Zoom	Let's go back and be kids again, revisiting our childhood favorites, and perhaps find some new ones.
93	Historical Fiction	Kirtland, Arleen	Wed	4:45-5:45 pm	10/06-01/19	80632	Zoom	Learn history by reading well-researched fiction that makes it <i>oh so not boring!</i>
94	Folk Tales from Around the World	Kirtland, Arleen	Thur	11 am -12 pm	10/07-01/20	80633	Zoom	Hungry to do some traveling? We'll take a trip around the world through these wonderful stories that reflect the culture of their communities.
95	Book Discussion: Contemporary American Literature	Kirtland, Arleen	Thur	1-2 pm	10/07-01/20	80634	Zoom	Discuss works of fiction from contemporary American writers. Books will be chosen by the class as we go forward.

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
96	Classic American Literature	Kirtland, Arleen	Thur	2:15-3:15 pm	10/07-01/20	80635	Zoom	We'll be reading the best of American writing, revisiting works and discovering books we may or may not have read as teenagers through the lens of seasoned adults.
97	Beginner to Intermediate Sewing	Kirtland, Arleen	Thur	3:30-4:30 pm	10/07-01/20	80636	Zoom	Develop the ability to use your sewing machine to make practical items that require basic sewing skills and pattern reading.
98	Advanced Sewing	Kirtland, Arleen	Thur	4:30-5:30 pm	10/07-01/20	80637	Zoom	Project to be determined. Or make the beautiful appliqued jacket with Vogue V1712. ( <a href="https://somethingdelightful.com/v1712">https://somethingdelightful.com/v1712</a> ) You can also challenge yourself to construct a pants pattern that fits YOU.
99	Craft Production Lab	Kirtland, Arleen	Fri	11 am-12 pm	10/08-01/21	80638	Zoom	Have a pile of UFO's and PhD's? That's Unfinished Objects and Projects Half Done! Choose a project to complete by organizing a production schedule and finding support and encouragement from your fellow classmates. I am also available to help with those "snags" that hold us back.
100	Tunisian Crochet - All levels	Kirtland, Arleen	Fri	1-2:15 pm	10/08-01/21	80639	Zoom	This beautiful, easy, and relaxing craft combines knitting and crochet to make lovely fabric items to gift or sell.
101	Embroidery - All levels	Kirtland, Arleen	Fri	2:30-3:30 pm	10/08-01/21	80640	Zoom	The art of embroidery brings many relaxing hours of crafting. We cover cross stitch, crewel, ribbon work, and needlepoint.
102	Issues Facing the U.S. Economy	Kowalewski, Kim (Mr.)	Wed	1-3 pm	10/06-01/19		Zoom	This course provides an overview and discussion of some of the economic issues facing our nation. Begin each class with a discussion of the economy's progress in recovering from the economic effects of the pandemic. Then, cover topics such as fiscal and monetary policy, inflation, unemployment, economic growth, federal deficits and debt, income and wealth inequality, and business cycles. New students welcome; no prerequisites required!
103	Beginning German	Leahy-Thielke, Faith	Tues	12-2 pm	10/05-01/18	80490	F2F: Bowie Senior Ctr	German is English's first cousin. If your kids went to kindergarten, you know that's a garden of and for children. Learn German to appreciate dozens of world tourist sites, beer without additives-but natural nutrients, fabulous wine, amazing music and poetry.
104	Intermediate German	Leahy-Thielke, Faith	Tues	2:30 – 4:30 pm	10/05-01/18	80491	F2F: Bowie Senior Ctr	Class builds on the beginning course. Review and dive back into the language of Martin Luther, Mozart, Bach, Beethoven and the Brothers Grimm.

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
105	Beginner Tap --Level 1 Class	Love, Denise	Thur	1-2 pm	10/07-01/20	80641	Zoom	Designed for students who are completely new to tap dance or those returning for a review. A scaffold of basic tap skills is introduced at this level (such as balance, body alignment along with a series of tap technique & terminology). Learn creative rhythmic patterns and timely beats in an exciting fun atmosphere.
106	Tap Into History--Level 2 Class	Love, Denise	Thur	2:15-3:15 pm	10/07-01/20	80642	Zoom	Designed for students who has taken one or more beginners tap dance workshops.. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations and rhythms will be taught in a fun and learning atmosphere. Occasional discussions looking into the historical Tap dance world will be covered.
107	Line Dancing	Love, Denise	Thur	4-5 pm	10/07-01/20	80643	Zoom	This class will keep you moving and put a smile on your face, offering many forms of short and easy fun line dances for one's body, mind and soul.
108	Spanish 1	McLaughlin, Gwen	Wed	11 am-1 pm	10/06-01/19	80492	F2F: Bowie Senior Ctr	Beginner Spanish with Sra. McLaughlin includes students who have never taken Spanish previously, as well as those who have had limited experience with the language. Cover the basics to build and/or strengthen your foundation and concentrate on pronunciation, reading and writing, as well as similarities to and differences from English grammar and structure.
109	Spanish 2	McLaughlin, Gwen	Wed	2 pm - 4 pm	10/06-01/19	80493	F2F: Bowie Senior Ctr	This is an Intermediate Spanish course for students who have already taken Spanish 1 and feel ready to progress to the next higher level.
110	Line Dancing	Meadows, Bob	Tues	1-3 pm	10/05-01/18	80494	F2F: Bowie Senior Ctr	
111	ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Tues	10:30-11:30 am	10/05-01/18	80658	Zoom	This strength training boot camp keeps things moving by mixing strength training with cardio moves for a great workout. No muscle goes un-worked in this fast-paced bootcamp. The main focus of this bootcamp is to increase strength, get toned, build muscle, and burn calories!
112	Nutrition Workshop 101	Merriman, Wallace	Tues	12-1 pm	10/05-01/18	80659	Zoom	With so many fad diets and misinformation in the media and online, it can be challenging to determine the safest and most effective way to manage your weight through nutrition and exercise. This workshop cover sthe basics of diet, nutrition, and exercise, making right decisions that will last a lifetime, tips for losing weight, and keeping it off and strategies for making it happen.

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
113	ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Thur	10:30-11:30 am	10/07-01/20	80660	Zoom	This strength training boot camp keeps things moving by mixing strength training with cardio moves for a great workout. No muscle goes un-worked in this fast-paced bootcamp. The main focus of this bootcamp is to increase strength, get toned, build muscle, and burn calories!
114	Spanish Beginner 2	Miller, Barbara	Tues	10 am-12 pm	10/05-01/18	80661	Zoom	While we will review some basic grammar, this course is designed for students who already feel comfortable conjugating Spanish verbs in the present tense.
115	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	10/04-01/10	80645	Zoom	Studies show that meditation can lower blood pressure, increase lung capacity and boost the immune system. For seniors in particular, a regular meditation practice can improve brain function and sleep quality while fostering an overall sense of peace and well-being. Explore a range of meditation styles including mindfulness, creative visualization, yoga nidra, and sound. Learn simple breathing techniques (pranayama) to activate your body's natural relaxation response. Reflect on experiences through journaling and class discussion. No experience is necessary, and all backgrounds are welcome to share the peaceful power of group meditation.
116	Chair Yoga	Mullin, Jen	Mon	9:30-11:30 am	10/04-01/10	80644	Zoom	Chair Yoga is a gentle class that offers all the benefits of traditional yoga without the need to get up and down from the floor. Practice breathing techniques, explore range of motion and improve flexibility from a seated position. The chair is also 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. Experience all of the benefits of yoga while honoring your body's own wisdom! NEEDED: yoga mat SUGGESTED: strap and block
117	Chair Yoga	Mullin, Jen	Wed	8:50-10:30 am	10/06-01/19	80646	Zoom	See course description for #80644 above.
118	Chair Yoga	Mullin, Jen	Wed	10:30 am-12:10 pm	10/06-01/19	80647	Zoom	See course description for #80644 above.
119	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	10/06-01/19	80648	Zoom	See course description for #80645---four rows above.



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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
120	Yoga--Intermediate/ Advanced	Mullin, Jen	Thur	10 am-12 pm	10/07-01/20	80649	Zoom	This class is for intermediate/advanced yoga students.
121	Fri Morning Meditation	Mullin, Jen	Fri	8:30-9:30 am	10/08-01/21	80650	Zoom	"When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love." – Marcus Aurelius Looking for a way to jumpstart your day? Research suggests that morning is the ideal time for meditation--it gets your day moving in a positive direction while your mind is still clear. Starting early can also maximize the physical and mental health benefits of any meditation practice. Experience the peaceful power of group meditation. No experience necessary! Begin each class with an inspirational passage or poem and then take time to reflect and respond with journal entries and personal affirmations. A guided meditation follows, bringing clarity to our intentions and empowering our goals. Materials: journal or notebook.
122	Beginner Yoga	Mullin, Jen	Fri	10 am-12 pm	10/08-01/21	80651	Zoom	Beginner Yoga introduces basic poses (asanas) and conscious breathing techniques (pranayama) that are intended to create stability and ease in the body, breath and mind. Gently stretch and strengthen key muscle groups using a variety of yoga styles. Props and modifications are used to ensure proper alignment and provide comfort. Explore range of motion, balance and breath awareness allowing you to release tension and stay mindful of the present moment. End class in relaxation pose (savasana) with a brief meditation. Experience the many benefits of yoga in a relaxed and empowering setting! NEEDED: comfortable clothes, bare feet, yoga mat SUGGESTED: 2 blocks, a strap, and a large towel or small blanket.
123	Humanities for Senior Citizens	Patente, Peter	Mon	10 am-12 pm	10/04-01/10	80652	Zoom	Students in this course will view the past 100 years of development in the areas of history, politics, literature, theatre, religion, music, and other subjects.
124	Advanced/Interm. Mixed Piano	Patente, Peter	Tues	9:30-11:30 am	10/05-01/18	80653	Zoom	
125	Beginner Piano	Patente, Peter	Tues	11:30am-1:10 pm	10/05-01/18	80654	Zoom	

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1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
126	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 am -12 pm	10/05-01/18	80655	Zoom	Short stories are timeless in their magical ability to help us make human connections with the author, the narrative, each other and our own experience. Read and discuss new short stories, see related movies and do our usual analyzing of the ambiguity and irresolution of this genre. Our diverse group of authors will include Washington Irving, Nathaniel Hawthorne, Herman Melville, Bernard Malamud, Saul Bellow, Sandra Cisneros, James Thurber, Anton Chekhov, Carson McCullers. Those stories not on the internet will be sent to you through pdf. Your instructor is looking forward as we together find meaning in our daily lives and begin to see ourselves with fresh eyes wide open to a variety of human experience!
127	American Sign Language - Intermediate level	Rhoads, Bob	Mon	10 am-12 pm	10/04-01/10	80495	F2F: Bowie Senior Ctr	
128	American Sign Language - Beginner level	Rhoads, Bob	Thur	10 am- 12 pm	10/07-01/20	80496	F2F: Bowie Senior Ctr	
129	Hatha Yoga	Romero, Christine	Wed	10-11 am	10/13-01/19	80908	Zoom	
130	Chair Yoga	Romero, Christine	Thur	10-11 am	10/14-01/20	8099	Zoom	
131	Beginner Spanish	Rubiano, Alberto	Tues	12-2 pm	10/05-01/18	80662	Zoom	
132	Intermediate Spanish	Rubiano, Alberto	Thur	10 am-12 pm	10/07-01/20	80663	Zoom	
133	Tertulia - Conversation (All levels welcome)	Rubiano, Alberto	Thur	12-2 pm	10/07-01/20	80664	Zoom	Thursday Gathering: Spanish Cultural Conversations. All levels welcome!

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
134	Red States/Blue States	Rudd, Bob	Mon	1 pm - 3 pm	10/04-01/10	80497	F2F: Bowie Senior Ctr	Two "United States of America's: Red States - Blue States - How did we get here? Has America reaches its breaking point? Are two separate and independent Americas now inevitable? How likely is it be 2029, the end of the decade? When did the concept of "Red And Blue States begin? Was it one event or many, a single issue or three or....? If history repeats itself, has our most recent history brought us to this point (elections, Covid, single issue politics and political personalities, you name it)? Couples have friendly divorces much of the time. Could America? Will America? Is a Second Civil War inevitable? Remember please, it wasn't until mid-1860 that almost anyone seriously thought a Civil War even on the horizon much less possible. .We will study this and what's likely for 20217-2024 and then through 2029 and beyond, as a result of history repeating itself. Please join us in this highly interactive, non-DVD, class.
135	The History of Pop Culture from the Boomer Era through Millennials and Beyond	Rudd, Bob	Thur	6-8 pm	10/07-01/20	80910	Zoom	Seniors say "the world has changed (and frequently for the worst)." Has it? The history of Boomer pop culture changed the world. Did it inspire, perhaps lead, to what has come to be known as the pop cultures of: Gens X thru Z, Millennials and beyond? Have the more things changed, the more they remain the same? Did the Beatles lead to Pearl Jam which lead Millennials to rap? Was McCarthyism, for example, the beginning of cancel culture? Join us as we: examine, study and learn how the study of modern American history can lead to a better understanding of demographical and pop culture changes and differences from Boomers to their Gen-X children and Millennial grandchildren.
136	Studio Fine Art: Portraits	Ruffin, Raj	Mon	**6-8 pm	10/04-01/10	80665	Zoom	Learn to draw realistic portraits by studying proportion, anatomy, and foreshortening. Using models, students practice rendering the skull, facial features, and shoulders from a variety of perspectives. A strong emphasis is on dynamic symmetry and the geometrical foundation of the human face from child through adult. Supplies: (Can be purchased on Amazon.) Graphite Pencil set; Charcoal paper; Eraser; Small easel stand; Sketch board
137	Color Theory	Ruffin, Raj	Fri	7-9 pm	10/08-01/21	80666	Zoom	An introductory study of the basic properties of color, including an examination of systems of color classification and a thorough analysis of the interaction of color. Complete a series of exercises and individual assignments which refer to the use of color in both traditional and contemporary art. Additional work required outside the classroom.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
138	Oil Painting - Part I	Ruffin, Raj	Sat	6-8 pm	10/09-01/22	80667	Zoom	An introduction to the materials and techniques used in oil painting. Discover techniques such as substrate (board and canvas) preparation, painting with a split primary painting set, indirect and direct painting methods and design structure. Additionally, review techniques, composition structure, and color as vehicles of visual expression.
139	Oil Painting - Part II	Ruffin, Raj	Sat	8-9 pm	10/09-01/22	80668	Zoom	This is the third hour of the above class. Please make sure to sign up for both classes!
140	Pilates - Part I	Shell, Susan	MWF	9-10 am	10/04-12/08	80669	Zoom	
141	Pilates - Part II	Shell, Susan	MWF	9-10 am	12/10-01/21	80670	Zoom	This is the second half of the above class. Please make sure to sign up for both classes!
142	Senior Aerobics	Shell, Susan	T/Th	9-10 am	10/05-01/20	80671	Zoom	
143	Advanced Spanish	Sieiro, Debbie	Tues	10 am-12 pm	10/05-01/18	80899	Zoom	This Spanish Course is a continuation of our previous class as we continue reading the book "El Tiempo Entre Costuras." Discuss understanding and any other grammatical or idiomatic expressions that arise in our readings. At this level, for communication to be successful, listening for information is an important aspect to be developed. As we read-out-loud and listen to different accents, we train our ear not only to listen to others speak the language but also listen to ourselves and become more comfortable with the sounds. The book will be shared as a PDF or can be purchased it on-line. If you have not been in our previous class, the instructor will make the time to share the previous information.
144	Intermediate Spanish	Sieiro, Debbie	Wed	2-4 pm	10/06-01/19	80911	Zoom	For people who are comfortable asking and answering simple questions in Spanish. With spoken knowledge of Spanish in present, past, future and more. In this course we watch a short film in Spanish and discuss understanding and knowledge of different simple aspects of it. No book required.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
145	Beginner Spanish 1	Sieiro, Debbie	Thur	2-4 pm	10/07-01/20	80900	Zoom	For true beginners. We emphasize the pronunciation and learn the most difficult and confusing aspect of the Spanish language. Learn numbers, greetings, gender, and the most common verbs in Spanish and how to conjugate them. By the end of the course, you will be able to speak simple sentences, give out your phone number, spell words, identify yourself and others. Vocabulary is shared on Quizlet. No book required for this course. Material will be shared via email as PDF or Word docs.
146	Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	10/05-01/18	80498	Zoom	This class provides a safe, confidential, supportive space for beginning-to-advanced writers. Writing prompts are given every week for participants who like or need them, and people already writing their memoirs are encouraged to continue on their journey. Whether you want your family to know you better, want help remembering and framing (or re-framing) your experiences, or are on a healing or spiritual journey, this class is for you. You can reach Cathy at csmith6019@gmail.com for more info.
147	Writing Your Memoirs-all levels	Smith, Cathy	Tues	1-3 pm	10/05-01/18	80499	Zoom	See course description for #80498 above.
148	Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	10/08-01/21	80901	Zoom	See course description for #80498 above.
149	Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	10/08-01/21	80903	Zoom	See course description for #80498 above.
150	Chair Yoga	Smith, Patricia	Mon	10:30-11:30 am	10/04-01/10	80672	Zoom	Yoga practice while seated, coordinating breathing with movement of the body, and while holding the body in a pose. Participants will need a yoga mat, 2 yoga blocks, and a yoga strap or a belt.
151	Gentle yoga	Smith, Patricia	Mon	1:30-3:30 pm	10/04-01/10	80673	Zoom	Learn how to move your body into a pose; how to hold the pose; and how to move out of the pose. Attention will be focused on the breath to assist in calming the mind, and relaxing the joints and muscles while holding a pose. The instructor will always demonstrate modifications and recommend props to use for assistance. Participants will need a yoga mat, 2 yoga blocks, a yoga strap, beach towel, or small pillow, and a tennis ball or small hard ball.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
152	Movement, Strength, Stretch	Smith, Patricia	Tues	10:30-11:30 am	10/05-01/18	80674	Zoom	Class begins with a 20-minute warm up for joints and muscles, and cardiovascular endurance; followed by lower body and upper body strength exercises; ending with stretches. Focus on correct breathing while working out to help conserve energy. Participants will need hand weights 3 lbs, 4 lbs, or 5 lbs, and a light or medium resistance tube or resistance band.
153	Gentle Yoga	Smith, Patricia	Tues	2 pm-4 pm	10/05-01/18	80675	Zoom	See description for #80673 --two rows above.
154	Gentle yoga	Smith, Patricia	Wed	1:30-3:30 pm	10/06-01/19	80676	Zoom	See description for #80673 --three rows above.
155	Chair Yoga	Smith, Patricia	Thur	10:30-11:30 am	10/07-01/20	80677	Zoom	Yoga practice while seated, coordinating breathing with movement of the body, and while holding the body in a pose. Participants will need a yoga mat, 2 yoga blocks, and a yoga strap or a belt.
156	Movement, Strength, Stretch	Smith, Patricia	Thur	1-2 pm	10/07-01/20	80678	Zoom	See description for #80674--four rows above.
157	Sign Language, Beginning	Stracka, Gail	Wed	10 am -12 pm	10/06-01/19	80500	F2F: Bowie Senior Ctr	For students interested in learning American Sign Language who have no or little knowledge of ASL. Learn fingerspelling, basic signs and classifiers. Discuss the differences between ASL and Signed English.
158	Composition & Design	Swanson, Darlene	Mon	9-11 am	10/04-01/10	80501	F2F: Bowie Senior Ctr	For Intermediate to advanced art students. Please bring a notepad and your supplies - Papers & Canvases (should be 12" by 14" in size). This class will involve lecture, demos, and a daily assignment to complete in class. Boost your art from average to great!
159	Mixed Media, Part I, All levels	Swanson, Darlene	Tues	9-11 am	10/05-01/18	80502	F2F: Bowie Senior Ctr	
160	Mixed Media, Part II, All levels	Swanson, Darlene	Tues	11 am-12 pm	10/05-01/18	80503	F2F: Bowie Senior Ctr	This class is the third hour of the class above. Please sign up for both sections!
161	Watercolor Painting Part I	Swanson, Darlene	Wed	9 am -11 am	10/06-01/19	80504	F2F: Bowie Senior Ctr	

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
162	Watercolor Painting Part II	Swanson, Darlene	Wed	11 am-12 pm	10/06-01/19	80505	F2F: Bowie Senior Ctr	This class is the third hour of the class above. Please sign up for both sections!
163	Watercolor Painting	Swanson, Darlene	Wed	12:30 – 2:30 pm	10/06-01/19	80506	F2F: Bowie Senior Ctr	
164	Spanish Conversation (for beginner/intermediate students)	Vargas, Clemencia	Mon	3-5 pm	10/04-01/10	80679	Zoom	This class targets students who have been studying Spanish for a while and will be a great complement for those taking advanced beginner or intermediate Spanish classes. Conducted all in Spanish with emphasis placed on conversation; grammar will be addressed as needed. Featuring conversations using short stories, songs, podcasts, and other literature and media created for Spanish learners.
165	Spanish Beginner 2	Vargas, Clemencia	Wed	1-3 pm	10/06-01/19	80680	Zoom	For students who have taken at least one Spanish class before. We use different activities, like games music, and readings, to make it a fun and productive experience. Learn the very basics of the Spanish language!
166	Spanish Conversation (intermediate/advanced students)	Vargas, Clemencia	Wed	3-5 pm	10/06-01/19	80681	Zoom	Enjoy informal conversations about news, podcasts, and readings. Play fun games in Spanish. To get the most of this course, students should be able to communicate in Spanish with intermediate level fluency.
167	Piyochi (combo of Pilates, Yoga & Tai Chi)	Verdi, Juliet	Wed	11-12 pm	10/06-01/19	81175	Zoom	Piyochi is a structured class consisting of segments of Tai Chi, Pilates, Yoga, and a little Ballet movement segueing from one discipline to another. You keep moving until the cool-down, with a restful Yoga pose. Pilates, Yoga, Tai Chi. Utilizing the best of each of the Disciplines gives you a full CORE BUILDING, MIND & BODY workout. Please have water, a cushioned mat and a chair.
168	Tai Chi	Verdi, Juliet	Thur	11 am-12 pm	10/07-01/20	80904	Zoom	Tai Chi improves balance, flexibility and strength by combining movement with respiration. Tai Chi, as it is practiced in the west today, can perhaps, best be thought of as a moving form of yoga and meditation combined, as opposed to a combat martial art.
169	<a href="#">Wire Sculpting</a>	Verdi, Juliet	Thur	1-3 pm	10/07-01/20	81174	Zoom	SAGE is excited to offer this new wire sculpting class! For information, and supply information, please click on the title of the class in the Focus column.



	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
170	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	10/04-01/10	80682	Zoom	An introduction to various beading methods to create necklaces, bracelets, and earrings. We explore materials, techniques and design. Topics include crimping, wire wrapping, chain maille, seed beading, working with elastic and cord. Learn which tools are needed and how to use them. The instructor will email a list of supplies to be purchased by students before the first class.
171	Jewelry Making: 4 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	10/05-01/18	80916	Zoom	Take an in depth look at four techniques: wire wrapping, Kumihimo (Japanese braiding), chain mail and seed beading. Try these techniques to make earrings, bracelets and/or necklaces. A list of necessary materials and tools will be provided.
172	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 am-12 pm	10/08-01/21	80507	F2F: Bowie Senior Ctr	See description for #80682--two rows above.
173	Yoga I	Weimer, Lee	Tues	10 am-12 pm	10/05-01/18	81172	Zoom	This class assumes either some knowledge of yoga, or a basic level of strength. We explore a wide range of yoga postures (asanas), breathing practices (pranayama), and breath meditation as we work through our full range of motion in body and mind. Each student needs comfortable clothing, yoga mat, yoga strap, yoga block, a large towel or small blanket, and is encouraged to bring a water bottle. We each work at our own pace with deep curiosity, respect and compassion for how the body and mind work. Yoga is appropriate for all ages. It builds muscle and bone strength, self-acceptance, and shared joy.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
174	Gentle Pilates	Weimer, Lee	Wed	10 am-12 pm	10/06-01/19	81173	Zoom	Gentle Pilates mindfully stretches and strengthens body and mind! Using a chair, we begin with warm-up stretches and mindful breathing. From there we move through low-impact aerobic movement, strength and balance-building Pilates exercises, use small hand weights, and finish with cool-down and mindful rest. Pilates exercises strengthen our core muscles, "the Powerhouse", where our biggest muscles come together in support of balance and all major movements. This work gradually builds a strong core, making us safer in everyday life, while also helping to build stronger bones. Each student needs comfortable clothing, yoga mat, small hand weights of 2 or 3 pounds, and is encouraged to bring a water bottle. We each work at our own pace, doing as much of each exercise as feels right for that day, and doing more as we strengthen. Pilates is often recommended by doctors, but check with yours to make sure: 1) it is recommended for you, and 2) you understand any suggested limitations.
175	Pilates	Weimer, Lee	Thur	12:00-2:00 pm	10/07-01/20	80508	F2F: Bowie Senior Ctr	Pilates works to mindfully stretch and strengthen body and mind! Begin with warm-up stretches and low-impact aerobic movement. Progress to strength and balance-building Pilates exercises, use small hand weights, an exercise ball, and finish with cool-down and a mindful rest. Pilates strengthens what Joseph Pilates called "the Powerhouse" where all our biggest muscles come together in support of balance and major movements. This work builds a strong core, making us safer in everyday life, while also helping to build stronger bones. Each student needs comfortable clothing, a yoga mat, small hand weights, and an exercise ball about 55 cm in diameter. Each student is also encouraged to bring a water bottle. Work at your own pace, doing as much as feels right for that day, and doing more as you strengthen. Coming together, we support and encourage each other, and have some fun!

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
176	Morning Stretch and Meditation	Weimer, Lee	Thur	10:15 am-12:15 pm	10/07-01/20	80912	F2F: Cameron Grove	We will stretch and move using gentle Chair Yoga practices to wake up our bodies before sitting together in lightly guided meditation. Our stretches will be seated on a chair or standing near a chair. The movement will be optional gentle walking in our meeting room and balance exercises. With this preparation nurturing our wellness, we will sit together to practice meditation with light guidance. From week to week, we will try different forms of meditation, and various practices within our meditation. With the stresses and pressures we face in day to day life, an active meditation practice can help us deal with just about anything!
177	Yoga (Advanced)	Weimer, Lee	Sat	8:20 - 10:20 am	10/09-01/22	80510	F2F: Bowie Senior Ctr	This class assumes either some knowledge of yoga, or a basic level of strength. Explore a wide range of yoga postures (asanas), breathing practices (pranayama), and breath meditation as we work through our full range of motion in body and mind.
178	Yoga (Beginners)	Weimer, Lee	Sat	10:20am - 12:20pm	10/09-01/22	80512	F2F: Bowie Senior Ctr	This class introduces basic yoga positions, breathing practices, and centering. The practice of Yoga is built around simple postures which gently stretch and strengthen, supported by conscious breathing, and mindfulness. We become familiar with basic yoga terminology (such as names for postures) and principles (an emphasis on staying in the present). There is limited up & down from the floor, and some students use a chair. We explore and maintain range of motion, and seek a sense of calm steadiness in body and mind. Each student needs comfortable clothing, yoga mat, yoga strap, yoga block, a large towel or small blanket, and is encouraged to bring a water bottle. We each work at our own pace with deep curiosity, respect and compassion for body and mind. Yoga is appropriate for all ages. It builds muscle and bone strength, self-acceptance, and shared joy. Yoga is often recommended by doctors, but check with yours to make sure: 1) it is recommended for you, and 2) you understand any suggested limitations.
179	Estate Planning Part 1	Widmann, Art	Wed	2-4 pm	10/06-11/17	80514	F2F: Bowie Senior Ctr	
180	Estate Planning Part 2	Widmann, Art	Wed	2-4 pm	12/01-01/19	80515	F2F: Bowie Senior Ctr	

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
181	Intro to Soul Collage	Williams, Paula	Mon	5-6 pm	10/04-01/10	80683	Zoom	SoulCollage is another approach to self-awareness; a creative path to access your intuitive self by expressing those unconscious parts of yourself in a gentle, playful and non-threatening way. All you need to participate are 5x8 mat boards and your imagination. By using images found in magazines or personal photo collections, you create cards – or rather, the cards create themselves. SoulCollage requires no special skills but can often produce images and insights that are surprising and full of depth and meaning. The process works directly with the language of symbols, images. Your personal deck of cards represents your own 'inner counsellors' whose only job is to pass along insight, information and challenges that may lay buried in the mental static and busyness of your daily lives. We will use discussion, card development and exercises to facilitate card making.
182	Soul Collage	Williams, Paula	Thur	5-7 pm	10/07-01/20	80684	Zoom	SoulCollage combines image, intuition, synchronicity and words into a unique creative and artistic process that anyone can do. It requires no special skills but can often produce images and insights that are surprising and full of depth and meaning. The process works directly with the language of symbols, images and archetypes. An aspect of SoulCollage is that once cards are created, they are never bartered, sold or traded, taking them out of the exchange economy, and honoring them in the domain of sacred objects. And this power becomes even more apparent when you read the card. You will reflect on life, dreams and influences. Through discussion, exercises and card development, you will gain a deeper understanding of self, where you were and where you are not.
183	Everyday Feels Like Saturday	Williams, Paula	Fri	4-6 pm	10/08-01/21	80685	Zoom	This workshop is about self-awareness and realizations. The purpose is to recognize layers of experience, acknowledge them and correct or let go of them; so that during this time of life changes; together, we will develop ways of continuing the journey with: gratitude, understanding and being in peace. We will use exercises, stories, and discussions, to reveal who we are and who we are becoming. Discussions will be on, but not limited to, such topics as Self-Awareness, Aging, Wisdom, Letting go, Unfolding, Communication, Change, Gratefulness, the Human body, Forgiveness, and Balance.

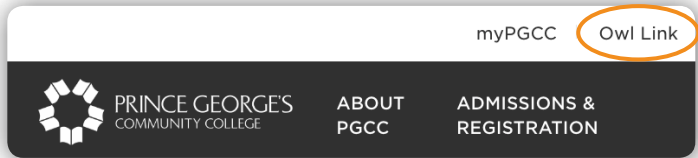
	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
184	An Introduction to Improvisation	Yamamoto, Ruth	Fri	9 :30-11 :30 am	10/08-01/21	80516	F2F: Bowie Senior Ctr	The goal of this class is to introduce the world of improv to those interested in discovering the art of theatrical improvisation, reinforcing foundational knowledge previously learned, and flexing creative muscles in a fun and safe environment. Beyond the fun, improv can help build confidence, improve social skills, and sharpen quick thinking. People of all ages can benefit from improv. Presented as an introductory class but those who have prior experience can still enjoy and improve their craft.

# How to register for SAGE classes online using Owl Link

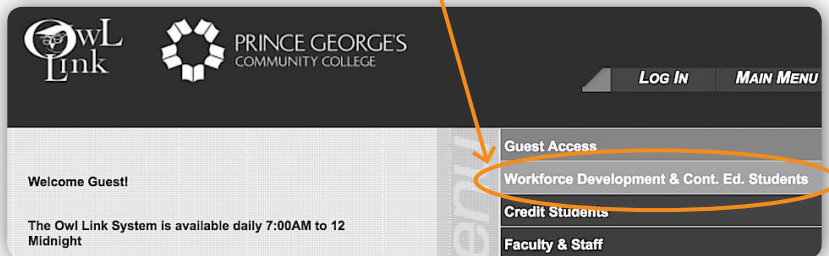
It's the fastest, safest, and best way to get the classes you want!

*You must register no later than one day before class begins.* If class has begun, it is too late to register on Owl Link.

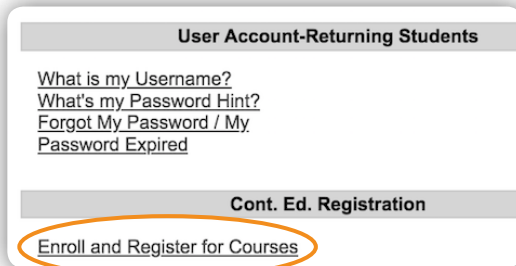
1. Go to the college's home page at [www.pgcc.edu](http://www.pgcc.edu) and click on **Owl Link**.



2. On Owl Link's main menu, click on **Workforce Development & Cont. Ed. Students**.



3. Click on **Enroll and Register for Courses**.



4. If you are a **NEW STUDENT**, *never having attended a PGCC program or class*, click on **Create a student account**.

If you have never enrolled for courses at Prince Georges Community College account. Select "Create a Student Account" to create an owl link account and Use this option if you have NEVER been admitted or enrolled at Prince Georges C

**Create a student account**

If you are already enrolled at the college, please login with your username and Continuing Education menu in order to register for your Continuing Education Use this option if you have been admitted or enrolled at Prince Georges Communi

**Login to Owl Link**

On the Personal Identification screen, fill in all required fields (indicated by an \* asterisk). Then click the box on the left to certify the information is correct. Click **SUBMIT**.

**Cert\*** ☐ YOU MUST CERTIFY IN ORDER TO PROCEED: I certify that I am the person described above that the information presented here is correct to the best of my knowledge.

**SUBMIT**

**For security, you will receive two separate emails:**

one with your Owl Link Username and one with your temporary password.

Return to the main menu and click **Log In**. Log in using the Username and exact password sent to you in your two emails. You will immediately see the message "Your password has expired!" Don't panic! It's time to reset your password.

- **Your password must have** at least eight characters, including one uppercase letter, one lowercase letter, and one number.
- You cannot use your username as your password

5. If a **RETURNING STUDENT**, *having previously enrolled in any course at PGCC*, **Login to Owl Link**.

*If you can't remember your Username or password—* go to the Owl Link login screen and click the appropriate link.

*If you need a Username and password—* contact the Technology Service Desk at 301-546-0637 or email [servicedesk@pgcc.edu](mailto:servicedesk@pgcc.edu).

- You must have your 7-digit PGCC student ID# when you call them.
- If you do not know your student ID#, call the WDCE Customer Service Desk at 301-546-0159.

Please enter your Username (e.g. johnsmith123), password (case sensitive) and press Submit to login.

**Tutorial - Students First Time Login ONLY**

[What's my Username?](#)  
[What's my Password Hint?](#)  
[Forgot my Password / My Password Expired](#)  
[Change Password](#)

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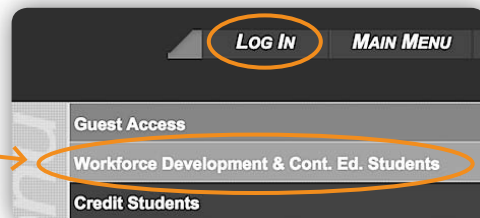
# How to register for SAGE classes online using Owl Link *continued*

6. To register for classes, from the Owl Link Main Menu, click on **Log In** and complete your login information.

Next click on **Workforce Development & Cont. Ed. Students.**

Per step 3, click on **Enroll and Register for Courses**, then on the next screen, click on **Register for Courses**.

Refer to the SAGE class schedule or your site-specific registration form to find the **5-digit synonym numbers** for the classes you want to take. You can only enter one class at a time.



Enter the 5-digit synonym number here!

- Do **not** fill in the letter and number code.
- Do **not** fill in any other field on this page.

Then click **SUBMIT**.

On the next screen (*not shown here*), click the SELECT box next to the course information displaying time, date, location, and seat availability. Click **SUBMIT**.

The Additional Registration Information screen is **not required**, so click **SUBMIT** to go to the next screen.

**a** Your selected class, the registration fee, and total amount due will display.

**b** If you want to register for additional classes, choose **Search for more classes** from the drop-down menu. If you are finished choosing classes, click on **Register now (check out)** from the drop-down menu.

**c** Select a payment type; click **SUBMIT**.

7. The Processing My Credit Card Payment screen will open. Review for accuracy and click **CONTINUE**.

On the next secure screen, enter the required MasterCard, VISA, or Discover credit card information. Click **PAY NOW**.

**You are not registered in any class until you submit payment.**

A transaction confirmation screen will appear after you have paid. Please print or copy the transaction number for your records.

**Problems?**

**Call the Technology Service Desk at 301-546-0637**