



PRINCE GEORGE'S
COMMUNITY COLLEGE



Seasoned Adults
Growing Educationally

SUMMER 2021

Classes for Seniors 60 and Older

REGISTRATION
opens May 14, 2021
Classes begin
June 14





SAGE Summer 2021 Online Classes

Registration, class, and course description information



The pandemic has dictated the course of our lives for over a year now, demanding everything we have within us to get through it: courage, adaptability and perseverance. With the ever-expanding roll-out of vaccines, there is hope for a return before long to face-to-face classes to learn together with fellow students and instructors. But for now, for the continued safety of our students and instructors, we are offering summer courses online in a structured remote format again, i.e., taking place on scheduled days at specific times.

SAGE staff members (Suzanne, Ruth, Najah, and Ola) are still working from home a year into the pandemic, so the BEST way to contact us is via email! Please email us via the SAGE mailbox: SAGE@pgcc.edu

Classes will run from June 14 through September 18. [Please note: No classes will be held on 7/3 - 7/5 (July 4), or on 9/4 - 9/6 (Labor Day.)]

Online classes are not connected to any physical sites, but you will see familiar classes with your favorite instructors listed. Often, these classes will be offered at the same day and time online as they were usually held face-to-face. You will be in classes with PGCC students from other SAGE locations and have the opportunity to enjoy classes taught by different teachers.

→ Online registration opens Friday, May 14 ←

Who can register for these 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?

Using **Zoom** or **Blackboard online platforms**, classes will meet **virtually** on designated days and times.

What do you need to be a successful participant?

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 3) to learn if it's possible to join the class.
2. If the instructor gives you permission, please email sage@pgcc.edu to be registered. Your instructor CANNOT make this request for you.

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.

Here is a brief overview of Zoom:

How to download Zoom on your PC (computer):

- Open your computer's internet browser and navigate to the Zoom website at www.Zoom.us.
- Scroll down to the bottom of the page and click "Download" in the web page's footer.
- The Zoom app will then begin downloading. You should then click on the .exe file to begin the installation process.

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 3 of this document.

Recording of Zoom Classes:

Remote classes may be recorded.

Blackboard:

The only instructor using Blackboard is Alice Gray, who is teaching the computer classes. She will provide directions for your participation. If you have questions, please email her directly at grayal@pgcc.edu.

Summer Online Course Offerings begin on page 4:

(w/various course descriptions beginning on page 15.) 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.** **Registration directions are located at the end of this document.**

Instructor PGCC Email Addresses - Summer 2021				
Instructor	PGCC Email Address		Instructor	PGCC Email Address
Armstrong, Johnnette	armstrjc@pgcc.edu		McLaughlin, Gwen	mclauggl@pgcc.edu
Blumenstock, Michael	blumenmf@pgcc.edu		Merriman, Wallace	wmerrima348@pgcc.edu
Brown, Barbara	brownbj@pgcc.edu		Miller, Barbara	millerbj@pgcc.edu
Bush, Dionne	shawbudt@pgcc.edu		Mullin, Jen	mullinjs@pgcc.edu
Carrington, Kathy	carrinky@pgcc.edu		Patente, Peter	patentpj@pgcc.edu
Choi, Young	choiyk@pgcc.edu		Pilevsky, Dillies	dpilevsk4340@pgcc.edu
Cipriani, Vincent	cipriavx@pgcc.edu		Rhoads, Bob	rhoadsre@pgcc.edu
Erteschik, Mary	ertescme@pgcc.edu		Rubinao, Carlos Alberto	crubiano@pgcc.edu
Feldman, Shari	sfeldman7740@pgcc.edu		Rudd, Bob	brudd2622@pgcc.edu
Fiestera, Robert	fiestera@pgcc.edu		Ruffin, Raj	pruffin94470@pgcc.edu
Garner, Bella	garnerbt@pgcc.edu		Shell, Susan	shellsj@pgcc.edu
Gibbons, Renee	gibbonra@pgcc.edu		Sieiro, Deborah	sieirods@pgcc.edu
Goff, Laura	gofflk@pgcc.edu		Smith, Cathy	smithca1@pgcc.edu
Goodlow, Ollie	ogoodlow@pgcc.edu		Smith, Patricia	smithpx@pgcc.edu
Gray, Alice	grayal@pgcc.edu		Upshaw, Abigail	aupshaw6073@pgcc.edu
Green, Rose	greenrd@pgcc.edu		Vargas, Clemencia	cvargas59959@pgcc.edu
Green, Rosemary	rgreen843@pgcc.edu		Verdi, Juliet	verdijs@pgcc.edu
Kirtland, Arleen	kirtlaax@pgcc.edu		Vitale-Reddy, Cecelia	cvitale81166@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 15.

Focus	Instructor	Day(s)	Times	Dates	Syn#
Fabric Collage	Goodlow, Ollie	Thur	11am-12 pm	06/17-09/16	79520
Fabric Art Journal	Goodlow, Ollie	Fri	11 am-12 pm	06/18-09/17	79521
Craft Production Lab	Kirtland, Arleen	Mon	11 am-12 pm	06/14-09/13	79530
Beginning Crochet	Kirtland, Arleen	Mon	1-2 pm	06/14-09/13	79531
Intermediate to Advanced Crochet	Kirtland, Arleen	Mon	2:15-3:15 pm	06/14-09/13	79532
Beginning Knitting	Kirtland, Arleen	Tues	1-2 pm	06/15-09/14	79536
Intermediate Knitting	Kirtland, Arleen	Tues	2:15-3:15 pm	06/15-09/14	79537
Advanced Knitting	Kirtland, Arleen	Tues	3:30-5:30 pm	06/15-09/14	79538
Beginning Quilting	Kirtland, Arleen	Wed	1-2 pm	06/16-09/15	79539
Intermediate to Advanced Quilting	Kirtland, Arleen	Wed	2:15-3:15 pm	06/16-09/15	79540
Beginning to Intermediate Sewing	Kirtland, Arleen	Thur	3:30-4:30 pm	06/17-09/16	79546
Advanced Sewing	Kirtland, Arleen	Thur	4:30-5:30 pm	06/17-09/16	79547
Tunisian Crochet - All levels	Kirtland, Arleen	Fri	1-2:15 pm	06/18-09/17	79548
Embroidery - All levels	Kirtland, Arleen	Fri	2:30-3:30 pm	06/18-09/17	79549

Studio Fine Art: Portraits	Ruffin, Raj	Mon	5-7 pm	06/14-09/13	79579
Color Theory	Ruffin, Raj	Fri	7-9 pm	06/18-09/17	79580
Oil Painting	Ruffin, Raj	Sat	6 - 9 pm	06/19-09/18	79581
Art History---Emotion, Extravagance, and Exuberance: Baroque Art and Architecture	Upshaw, Abigail	Wed	11 am-1 pm	06/16-07/21	79600
Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	06/14-09/13	79605
Jewelry Making: 4 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	06/15-09/14	79606

American History

Focus	Instructor	Day(s)	Times	Dates	Syn#
Baby Boomers and Their Presidents	Rudd, Bob	Mon	10 am-12 pm	06/14-09/13	79577
The History of American Television and its Historical Impact, for and on, Baby Boomers	Rudd, Bob	Thur	6-8 pm	06/17-09/16	79578

Autobiographical Writing

Focus	Instructor	Day(s)	Times	Dates	Syn#
Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	06/15-09/14	79589
Writing Your Memoirs-all levels	Smith, Cathy	Tues	1-3 pm	06/15-09/14	79590
Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	06/18-09/17	79591
Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	06/18-09/17	79592

Computer Skills

Focus	Instructor	Day(s)	Times	Dates	Syn#
Introduction to Personal Computers Beginning Levels 1 & 2	Gray, Alice	Mon	9-11 am	06/14-09/13	79522
Introduction to Personal Computers Mac Computers	Gray, Alice	Tues	9-11 am	06/15-09/14	79523
Intermediate Computer Skills Advanced Levels	Gray, Alice	Wed	9-11 am	06/16-09/15	79524
Intermediate Computer Skills Intermediate Levels	Gray, Alice	Thur	9-11 am	06/17-09/16	79525
Intro to Micro Office 2016 Windows 10/Office 2016	Gray, Alice	Fri	9-11 am	06/18-09/17	79526

Current Issues

Focus	Instructor	Day(s)	Times	Dates	Syn#
Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	06/14-09/13	79505
Current Issues	Cipriani, Vincent	Mon	1-3 pm	06/14-09/13	79506
Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	06/15-09/14	79507
Current Issues	Cipriani, Vincent	Fri	12:30-2:30 pm	06/18-09/17	79508

Finances

Focus	Instructor	Day(s)	Times	Dates	Syn#
Financial Literacy I	Garner, Bella	Tues	11 am-1 pm	06/15-09/14	79513
Financial Literacy II	Garner, Bella	Wed	11 am-1 pm	06/16-09/15	79514

Healthy Living (Fitness)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Aerobics	Armstrong, Johnnette	Tues	9:30-10:30 am	06/15-09/14	79482
Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-10:30 am	06/16-09/15	79483
Strength Training	Armstrong, Johnnette	Thur	9:30-10:30 am	06/17-09/16	79484
Group Dance	Armstrong, Johnnette	Fri	9:30-10:30 am	06/18-09/17	79485
Line Dancing	Brown, Barbara	Mon	10:30-11:30 am	06/14-09/13	79488
Line Dancing	Brown, Barbara	Thur	10:30-11:30 am	06/17-09/16	79489
Cardio Kickboxing Circuit 101	Bush, Dionne	Mon	9-10 am	06/14-09/13	79490
Flexibility Exercises & Breathing Techniques 101	Bush, Dionne	Mon	10-11 am	06/14-09/13	79491
Step Aerobics Circuit Training 101	Bush, Dionne	Tues	9-10 am	06/15-09/14	79492

Energizing Chair Exercises 101	Bush, Dionne	Tues	10-11 am	06/15-09/14	79493
Stability Ball Circuit 101	Bush, Dionne	Thur	9-10 am	06/17-09/16	79494
Flexibility Exercises & Breathing Techniques 101	Bush, Dionne	Thurs	10-11 am	06/17-09/16	79495
Strength Training Circuit 101	Bush, Dionne	Fri	9-10 am	06/18-09/17	79496
Energizing Chair Exercises 101	Bush, Dionne	Fri	10-11 am	06/18-09/17	79497
Chair Aerobics - Part I (Please register for both Parts I & II)	Carrington, Kathy	MWF	8-9 am	06/14-08/18	79498
Chair Aerobics - Part II (Please register for both Parts I & II)	Carrington, Kathy	MWF	8-9 am	08/20-09/13	79499
Weight and Strength Training	Carrington, Kathy	T/Th	8-9 am	06/15-09/16	79500
Chair Yoga	Erteschik, Mary	Tues	8:30-9:30 am	06/15-09/14	79510
Yoga & Movement	Goff, Laura	Mon	9-10 am	06/14-09/13	79517
Meditation & Yoga Nidra	Goff, Laura	Tues	9-10 am	06/15-09/14	79518
Walking Class— SAGE's FIRST HYBRID CLASS! (Restricted to Cameron Grove residents only!) Part in-person and part online depending on the weather. Sunny days will be spent walking outside. Rainy days will be held via Zoom. If you have questions, please email instructor Rose Green at greenrd@pgcc.edu	Green, Rose Many thanks to Rose for hosting our first hybrid class!! ❤️	T/Th	8:30-9:30 am	06/15-09/16	79527 This class is for Cameron Grove residents only!
Zoom Weight Training	Green, Rose	T/Th	3-4 pm	06/15-09/16	79528
Zumba Gold	Green, Rosemary	Fri	1-2 pm	06/18-09/17	79529

ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Tues	10:30-11:30 am	06/15-09/14	79551
ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Thur	10:30-11:30 am	06/17-09/16	79553
Chair Yoga	Mullin, Jen	Mon	9:30-11:30 am	06/14-09/13	79555
Chair Yoga	Mullin, Jen	Wed	8:50-10:30 am	06/16-09/15	79557
Chair Yoga	Mullin, Jen	Wed	10:30 am-12:10 pm	06/16-09/15	79558
Yoga—Intermediate & Advanced	Mullin, Jen	Thur	10 am-12 pm	06/17-09/16	79561
Beginner Yoga	Mullin, Jen	Fri	10 am-12 pm	06/18-09/17	79563
Pilates - Part I (Please register for both Parts I & II)	Shell, Susan	MWF	9-10am	06/14- 08 /18	79582
Pilates - Part II (Please register for both Parts I & II)	Shell, Susan	MWF	9-10 am	08 /20-09/17	79583
Senior Aerobics	Shell, Susan	T/Th	9-10 am	06/15-09/16	79584
Chair Yoga	Smith, Patricia	Mon	10:30-11:30 am	06/14-09/13	79593
Gentle Yoga	Smith, Patricia	Mon	1:30-2:30 pm	06/14-09/13	79594
Movement, Strength, Stretch	Smith, Patricia	Tues	10:30-11:30 am	06/15-09/14	79595
Gentle Yoga	Smith, Patricia	Tues	2 pm-3 pm	06/15-09/14	79596
Gentle Yoga	Smith, Patricia	Wed	1:30-2:30 pm	06/16-09/15	79597
Chair Yoga	Smith, Patricia	Thur	10:30-11:30 am	06/17-09/16	79598
Movement, Strength, Stretch	Smith, Patricia	Thur	1-2 pm	06/17-09/16	79599

Piyochi (combo of Pilates, Yoga & Tai Chi)	Verdi, Juliet	Wed	11 am-12 pm	06/16-09/15	79603
Tai Chi	Verdi, Juliet	Thurs	11 am-12 pm	06/17-09/16	79604

Healthy Living (Personal Enrichment)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Health & Nutrition	Carrington, Kathy	Tues	12-1 pm	06/15-09/14	79501
COVID-19 Meditation & Movement Tools	Erteschik, Mary	Mon	3-4 pm	06/14-09/13	79509
Mindful Meditation: JOY-Just Observe Yourself	Goodlow, Ollie	Tues	11 am-12 pm	06/15-09/14	79519
Fabric Collage	Goodlow, Ollie	Thur	11am-12 pm	06/17-09/16	79520
Fabric Art Journal	Goodlow, Ollie	Fri	11 am-12 pm	06/18-09/17	79521
Nutrition Workshop 101	Merriman, Wallace	Tues	12-1 pm	06/15-09/14	79552
Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	06/14-09/13	79556
Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	06/16-09/15	79560
Friday Morning Meditation	Mullin, Jen	Fri	8:30-9:30 am	06/18-09/17	79562

Humanities

Focus	Instructor	Day(s)	Times	Dates	Syn#
Humanities for Senior Citizens	Patente, Peter	Mon	10 am-12 pm	06/14-09/13	79564

Languages

Focus	Instructor	Day(s)	Times	Dates	Syn#
Spanish Beginner 1	McLaughlin, Gwen	Tues	11 am-1 pm	06/15-09/14	79550
Spanish Beginner 2	Miller, Barbara	Tues	10 am-12 pm	06/15-09/14	79554
American Sign Language (ASL) Intermediate Level	Rhoads, Bob	Mon	10 am-12 pm	06/14-09/13	79572
American Sign Language (ASL) Beginner Level	Rhoads, Bob	Wed	10 am-12 pm	06/16-09/15	79573
Beginner Spanish 1	Rubiano, Alberto	Tues	12-2 pm	06/15-09/14	79574
Intermediate Spanish	Rubiano, Alberto	Thur	10 am-12 pm	06/17-09/16	79575
Conversational Spanish—All levels welcome	Rubiano, Alberto	Thur	12-2 pm	06/17-09/16	79576
Advanced Spanish	Sieiro, Debbie	Tues	10 am-12 pm	06/15-09/14	79585
Intermediate Spanish	Siero, Deborah	Tues	12:30-2:30 pm	06/15-09/14	79586
Beginning Spanish 1	Sieiro, Debbie	Thur	2-4 pm	06/17-09/16	79587

Beginning Spanish 2	Siero, Deborah	Fri	2:30-4:30 pm	06/18-09/17	79588
Spanish Beginner 2	Vargas, Clemencia	Wed	1-3 pm	06/16-09/15	79601
Spanish Conversation (Intermediate/Advanced Students Only)	Vargas, Clemencia	Wed	3-5 pm	06/16-09/15	79602

Literature: An Exploration

Focus	Instructor	Day(s)	Times	Dates	Syn#
The Short Stories & Novels of Charles Dickens	Kirtland, Arleen	Mon	3:30-4:30 pm	06/14-09/13	79533
<i>Who Done it</i> Book Discussion	Kirtland, Arleen	Mon	4:30-5:30 pm	06/14-09/13	79534
The World of Jane Austen	Kirtland, Arleen	Wed	3:30-4:30 pm	06/16-09/15	79541
Jane Austen's Female Literary Contemporaries	Kirtland, Arleen	Wed	4:45-5:45 pm	06/16-09/15	79542
Fairy Tales	Kirtland, Arleen	Thur	11 am -12 pm	06/17-09/16	79543
Book Discussion: Contemporary American Literature	Kirtland, Arleen	Thur	1-2 pm	06/17-09/16	79544
The Pioneer Era in America as Seen Through Literature	Kirtland, Arleen	Thur	2:15-3:15 pm	06/17-09/16	79545
Short Stories: Mirror of the World, Pt. 4	Pilevsky, Dillies	Tues	10 am -12 pm	06/15-09/14	79569
Short Stories: Mirror of the World, Pt. 4	Pilevsky, Dillies	Sat	1 pm-3 pm	06/19-09/18	79570

Music Appreciation

Focus	Instructor	Day(s)	Times	Dates	Syn#
Piano for Beginner Students	Choi, Young	Tues	9-11 am	06/15-09/14	79502
Piano for Intermediate to Advanced Students	Choi, Young	Tues	11 am-1 pm	06/15-09/14	79503
Piano for Intermediate to Advanced Students	Choi, Young	Tues	1-3 pm	06/15-09/14	79504
Music Appreciation – 7-week course	Feldman, Shari	Wed	11 am-12 pm	06/16-07/28	79835
Topics in Singing - 7-week course	Feldman, Shari	Thur	11 am-12 pm	06/17-07/29	79836
Music Appreciation - 7-week course	Feldman, Shari	Wed	11 am-12 pm	08/04-09/15	79837
Topics in Singing - 7-week course	Feldman, Shari	Thur	11 am-12 pm	08/05-09/16	79839
Guitar for Intermediate Students	Fiestter, Robert	Wed	9:30-11:30 am	06/16-09/15	79511
Guitar for Beginner Students	Fiestter, Robert	Thur	9:30-11:30 am	06/17-09/16	79512
Piano for Advanced/Intermediate Students	Patente, Peter	Tues	9:30-11:30 am	06/15-09/14	79565
Piano for Beginner Students	Patente, Peter	Tues	11:30 am-1 pm	06/15-09/14	79568

Resourceful Aging

Focus	Instructor	Day(s)	Times	Dates	Syn#
Brain Fitness Fun and Games	Gibbons, Renee	Mon	4-6 pm	06/14-09/13	79515
Brain Fitness Fun and Games	Gibbons, Renee	Fri	3-5 pm	06/18-09/17	79516

Religion

Focus	Instructor	Day(s)	Times	Dates	Syn#
The Role of Christianity in Shaping Western History	Kirtland, Arleen	Tues	11 am - 12 pm	06/15-09/14	79535

Science

Focus	Instructor	Day(s)	Times	Dates	Syn#
Astronomy	Blumenstock, Michael	Mon	1-3 pm	06/14-09/13	79486
Meteorology	Blumenstock, Michael	Wed	1-3 pm	06/16-09/15	79487

SAGE Summer 2021 Course Descriptions (In alphabetical order by instructors' last names)

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Astronomy	Blumenstock, Michael	Mon	1-3 pm	06/14-09/13	79486	Students will be taught astronomy concepts. Various astronomy myths and misconceptions will be described. Astronomy history and astrology will be revealed. Ancient observatories will be explained. Astrophysics and general and special relativity will be covered. The Big Bang and other universe structures will be mentioned. Galaxies will be described. Additionally, black holes, supernovas, and quasars will be mentioned. Afterwards, stars, solar system formation and its planets will be discussed. Then, learning about comets, asteroids, and meteors will follow. Dark matter and dark energy will be illuminated. Next, telescopes and their importance are revealed. Also, backyard astronomy and local observational sites will be mentioned. Finally, current and future space missions are described of the rapidly changing world of space exploration. To view the syllabus for this class, please click on the class name in the Focus column.
Meteorology	Blumenstock, Michael	Wed	1-3 pm	06/16-09/15	79487	Students will be taught meteorology concepts such as atmospheric chemistry and physics, weather forecasting and other related aspects. We will also consider the 2020 Atlantic hurricane season which was a record breaker. Thirteen hurricanes (including 6 major ones) occurred in the Atlantic last year, possibly due to above normal tropical Atlantic and Gulf of Mexico sea surface temperatures, natural cycles and human climate change, La Niña, the Atlantic Multidecadal Oscillation, and an atypically energetic West African monsoon season. To view the syllabus for this class, please click on the class name in the Focus column.
Cardio Kickboxing Circuit 101	Bush, Dionne	Mon	9-10 am	06/14-09/13	79490	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.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Flexibility Exercises & Breathing Techniques 101	Bush, Dionne	Mon	10-11 am	06/14-09/13	79491	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.
Step Aerobics Circuit Training 101	Bush, Dionne	Tues	9-10 am	06/15-09/14	79492	Basic stepping, just like walking up and down stairs– a full-body cardio workout to really tone your butt and thighs. In this workout you can 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! This class will 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.
Energizing Chair Exercises 101	Bush, Dionne	Tues	10-11 am	06/15-09/14	79493	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.
Stability Ball Circuit 101	Bush, Dionne	Thur	9-10 am	06/17-09/16	79494	The American Council on Exercise considers the stability ball an effective tool for strengthening your abdominals and other core muscles. They can make any exercise more challenging and provide many benefits when used regularly. The reason using an exercise ball can be so effective is that it places your body into slightly unstable positions. These precarious positions force the muscles of your core to engage and develop your balance and agility. We will use a stability ball to perform exercise circuits. No stability ball? No worries these circuits can be done without one.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Flexibility Exercises & Breathing Techniques 101	Bush, Dionne	Thurs	10-11 am	06/17-09/16	79495	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.
Strength Training Circuit 101	Bush, Dionne	Fri	9-10 am	06/18-09/17	79496	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.
Energizing Chair Exercises 101	Bush, Dionne	Fri	10-11 am	06/18-09/17	79497	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.
Chair Aerobics - Part I	Carrington, Kathy	MWF	8-9 am	06/14-08/18	79498	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.
Chair Aerobics - Part II	Carrington, Kathy	MWF	8-9 am	08/20-09/17	79499	This class is a continuation of #79498. Make sure to register for both!
Weight and Strength Training	Carrington, Kathy	T/Th	8-9 am	06/15-09/16	79500	The weight and strength training class is designed to strengthen your muscles and help prevent bone loss.
Health & Nutrition	Carrington, Kathy	Tues	12-1 pm	06/15-09/14	79501	Class provides information on nutritional facts and contents in food to promote healthier choices.
Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	06/14-09/13	79505	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Current Issues	Cipriani, Vincent	Mon	1-3 pm	06/14-09/13	79506	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	06/15-09/14	79507	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
Current Issues	Cipriani, Vincent	Fri	12:30-2:30 pm	06/18-09/17	79508	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
COVID: Meditation & Yoga Tools for Stress Reduction (including stresses caused by the pandemic)	Erteschik, Mary	Mon	3-4 pm	06/14-09/13	79509	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. In this class series, we will 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. To learn more about your instructor, please click on her name in the Instructor column.
Chair Yoga	Erteschik, Mary	Tues	8:30-9:30 am	06/15-09/14	79510	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. Students 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. To learn more about your instructor, please click on her name in the Instructor column.
Music Appreciation	Feldman, Shari	Wed	11 am-12 pm	06/16-07/28	79835	What are the "style characteristics" that define a time period? We will discuss how to identify the time period a piece of music was composed based on "style," and will use other art forms: visual art, architecture, and literature to understand music from the 16th century to the present. We will occasionally be looking at music notation, but no musical experience is needed and beginners are welcome! This is a 7-week course.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Topics in Singing	Feldman, Shari	Thur	11 am-12 pm	06/17-07/29	79836	This 7-week course will explore different areas of study within the field of classical vocal music. Individual topics covered include American song forms, development of opera, history of oratorio, and the science of singing. No musical experience needed and beginners are welcome!
Music Appreciation	Feldman, Shari	Wed	11 am-12 pm	08/04-09/15	79837	What are the "style characteristics" that define a time period? We will discuss how to identify the time period a piece of music was composed based on "style," and will use other art forms: visual art, architecture, and literature to understand music from the 16th century to the present. We will occasionally be looking at music notation, but no musical experience is needed and beginners are welcome! This is a 7-week course. New topics will be discussed from the first 7-week summer course.
Topics in Singing	Feldman, Shari	Thur	11 am-12 pm	08/05-09/16	79839	This 7-week course will explore different areas of study within the field of classical vocal music. Individual topics covered include American song forms, development of opera, history of oratorio, and the science of singing. No musical experience needed and beginners are welcome! New topics will be discussed from the first 7-week summer course.
Guitar Intermediate	Fiester, Robert	Wed	9:30-11:30 am	06/16-09/15	79511	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.
Guitar Beginner	Fiester, Robert	Thur	9:30-11:30 am	06/17-09/16	79512	This is 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. Students can gain a nice head-start by going to www.funkyguitar.com/instruction ; scroll down to watch the first three videos.

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Financial Literacy I	Garner, Bella	Tues	11 am-1 pm	06/15-09/14	79513	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.
Financial Literacy II	Garner, Bella	Wed	11 am-1 pm	06/16-09/15	79514	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.
Brain Fitness Fun and Games	Gibbons, Renee	Mon	4-6 pm	06/14-09/13	79515	"A mind is a terrible thing to waste." Brain Fitness Fun and Games combine 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 includes Think Fast, Memory Challenge, Word Games, Solve the Problem, and Group Discussions. So put on your thinking cap and join instructor Renee Gibbons for this fun- filled, brain-stretching class that is sure to make you think hard, compete passionately, and laugh out loud.
Brain Fitness Fun and Games	Gibbons, Renee	Fri	3-5 pm	06/18-09/17	79516	"A mind is a terrible thing to waste." Brain Fitness Fun and Games combine 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 includes Think Fast, Memory Challenge, Word Games, Solve the Problem, and Group Discussions. So put on your thinking cap and join instructor Renee Gibbons for this fun- filled, brain-stretching class that is sure to make you think hard, compete passionately, and laugh out loud.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Yoga & Movement	Goff, Laura	Mon	9-10 am	06/14-09/13	79517	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.
Meditation & Yoga Nidra	Goff, Laura	Tues	9-10 am	06/15-09/14	79518	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, the student will 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.
Mindful Meditation: JOY-Just Observe Yourself	Goodlow, Ollie	Tues	11 am-12 pm	06/15-09/14	79519	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 mediation. Each class will begin with 30-minute meditation practice followed by mindful journaling and creativity exercises.
Fabric Collage	Goodlow, Ollie	Thur	11am-12 pm	06/17-09/16	79520	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.
Fabric Art Journal	Goodlow, Ollie	Fri	11 am-12 pm	06/18-09/17	79521	Create a fabric art journal inspired by your life experiences. Share pages of your favorite season, poem, color, or gratitude for life. Be inspired by the world around you.
Walking class	Green, Rose	T/Th	8:30-9:30 am	06/15-09/16	79527	Welcome to our first Hybrid Class! This class is strictly for Cameron Grove residents who will walk in-person on sunny days, and will participate via Zoom on rainy days. Walk a mile outdoors for your health. On a rainy class day, walk a mile indoors to the beat of music via Zoom!

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Craft Production Lab	Kirtland, Arleen	Mon	11 am-12 pm	06/14-09/13	79530	Have a pile of UFO's and PhD's? That's Unfinished Objects and Projects Half Done! Join me in choosing 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.
Beginning Crocheting	Kirtland, Arleen	Mon	1-2 pm	06/14-09/13	79531	Learn the basic crochet stitches and variations, as well as reading patterns and charts, while making a beautiful afghan.
Intermediate to Advanced Crochet	Kirtland, Arleen	Mon	2:15-3:15 pm	06/14-09/13	79532	Learn more about pattern reading as you crochet practical and beautiful items for sale or gifting.
The Short Stories & Novels of Charles Dickens	Kirtland, Arleen	Mon	3:30-4:30 pm	06/14-09/13	79533	Enter the world of one of the most popular story tellers of all time as we take a look at his times and life, while we read his shorter and less well-known works.
<i>Who Done it</i> Book Discussion	Kirtland, Arleen	Mon	4:30-5:30 pm	06/14-09/13	79534	Join us in reading and discussing fun mysteries that will take our minds off of the woes of the world, and perhaps you'll find some new favorites!
The Role of Christianity in Shaping Western History	Kirtland, Arleen	Tues	11 am - 12 pm	06/15-09/14	79535	There has never been a more powerful influence on European and American history and culture than Christianity. Join me in reading Diarmaid MacCulloch's thorough and <i>engaging Christianity: The First Three Thousand Years</i> . He tells it all, the good and the bad.
Beginning Knitting	Kirtland, Arleen	Tues	1-2 pm	06/15-09/14	79536	Learn the basics of knitting as we make practical items to wear or gift such as a felted purse which you design and embellish
Intermediate Knitting	Kirtland, Arleen	Tues	2:15-3:15 pm	06/15-09/14	79537	Expand your knitting skills while making some new and challenging projects gleaned from Ravelry's Top 20 patterns.
Advanced Knitting	Kirtland, Arleen	Tues	3:30-5:30 pm	06/15-09/14	79538	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.
Beginning Quilting	Kirtland, Arleen	Wed	1-2 pm	06/16-09/15	79539	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.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Intermediate to Advanced Quilting	Kirtland, Arleen	Wed	2:15-3:15 pm	06/16-09/15	79540	Try your hand at complex and curved quilt blocks that will challenge your skills and broaden your quilting horizons.
The World of Jane Austen	Kirtland, Arleen	Wed	3:30-4:30 pm	06/16-09/15	79541	What was life like beyond her tranquil drawing rooms? Explore the turbulent history of the Regency Period in England that birthed not only Austen, but Byron, Shelley, and many other great minds.
Jane Austen's Female Literary Contemporaries	Kirtland, Arleen	Wed	4:45-5:45 pm	06/16-09/15	79542	Other women were writing in Austen's day, but are often overshadowed by Austen's fame. Let's read and explore other works of the day.
Fairy Tales	Kirtland, Arleen	Thur	11 am -12 pm	06/17-09/16	79543	Come and take a fun and nostalgic tour of beloved fairy tales from the old to the modern. We'll be reading collections by Grimm, Anderson, Lang, and Baum as well as looking at modern fairy tales that reflect 21st century values.
Book Discussion: Contemporary American Literature	Kirtland, Arleen	Thur	1-2 pm	06/17-09/16	79544	Discuss works of fiction from contemporary American writers. Books will be chosen by the class as we go forward.
The Pioneer Era in America as seen through Literature	Kirtland, Arleen	Thur	2:15-3:15 pm	06/17-09/16	79545	What was it like to live as a pioneer on our prairies in the 1800's? We look into the lives of these courageous men and women as we find them portrayed in some of America's great novels.
Beginning to Intermediate Sewing	Kirtland, Arleen	Thur	3:30-4:30 pm	06/17-09/16	79546	Develop the ability to use your sewing machine to make practical items that require basic sewing skills and pattern reading.
Advanced Sewing	Kirtland, Arleen	Thur	4:30-5:30 pm	06/17-09/16	79547	Project to be determined. Or make the beautiful appliqued jacket with Vogue V1712. (https://somethingdelightful.com/v1712) You can also challenge yourself to construct a pants pattern that fits YOU.
Tunisian Crochet - All levels	Kirtland, Arleen	Fri	1-2:15 pm	06/18-09/17	79548	This beautiful, easy, and relaxing craft combines knitting and crochet to make lovely fabric items to gift or sell.
Embroidery - All levels	Kirtland, Arleen	Fri	2:30-3:30 pm	06/18-09/17	79549	The art of embroidery brings many relaxing hours of crafting. We cover cross stitch, crewel, ribbon work, and needlepoint.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Spanish Beginner 1	McLaughlin, Gwen	Tues	11 am-1 pm	06/15-09/14	79550	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. We will 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.
ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Tues	10:30-11:30 am	06/15-09/14	79551	This strength training boot camp will keep 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!
Nutrition Workshop 101	Merriman, Wallace	Tues	12-1 pm	06/15-09/14	79552	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 will cover the 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.
ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Thur	10:30-11:30 am	06/17-09/16	79553	This strength training boot camp will keep 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!
Spanish Beginner 2	Miller, Barbara	Tues	10 am-12 pm	06/15-09/14	79554	While we will review some basic grammar, this course is designed for students who already feel comfortable conjugating Spanish verbs in the present tense.
Chair Yoga	Mullin, Jen	Mon	9:30-11:30 am	06/14-09/13	79555	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. Students are able to 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

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	06/14-09/13	79556	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. This course will explore a range of meditation styles including mindfulness, creative visualization, yoga nidra, and sound. You will also learn simple breathing techniques (pranayama) to activate your body's natural relaxation response. Students will be given time to reflect on their experiences through journaling and class discussion. No experience is necessary, and all backgrounds are welcome to share the peaceful power of group meditation.
Chair Yoga	Mullin, Jen	Wed	8:50-10:30 am	06/16-09/15	79557	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. Students are able to 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
Chair Yoga	Mullin, Jen	Wed	10:30 am-12:10 pm	06/16-09/15	79558	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. Students are able to 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

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	06/16-09/15	79560	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. This course will explore a range of meditation styles including mindfulness, creative visualization, yoga nidra, and sound. You will also learn simple breathing techniques (pranayama) to activate your body's natural relaxation response. Students will be given time to reflect on their experiences through journaling and class discussion. No experience is necessary, and all backgrounds are welcome to share the peaceful power of group meditation.
Yoga--Inter/Adv	Mullin, Jen	Thur	10 am-12 pm	06/17-09/16	79561	This class is for intermediate/advanced yoga students.
Friday Morning Meditation	Mullin, Jen	Fri	8:30-9:30 am	06/18-09/17	79562	"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. Join us weekly and experience the peaceful power of group meditation. No experience necessary! We will 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 will follow, bringing clarity to our intentions and empowering our goals. Materials: journal or notebook.
Beginner Yoga	Mullin, Jen	Fri	10 am-12 pm	06/18-09/17	79563	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. Students 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. As students explore range of motion and balance, breath awareness allows them to release tension and stay mindful of the present moment. Each class ends 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.

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Humanities for Senior Citizens	Patente, Peter	Mon	10 am-12 pm	06/14-09/13	79564	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.
Short Stories: Mirror of the World, Pt. 4	Pilevsky, Dillies	Tues	10 am -12 pm	06/15-09/14	79569	This class will focus on short stories in world literature as works of art, reflection of the authors' lives and their human messages with relevancy to our own thoughts and feelings. Different writers with different concerns can bring out our deep personal energy for inspired critical thinking as well as for self-understanding. Authors will include Aleksander Pushkin, Nikolai Gogol, Isaac Babel, Raymond Carver, Joyce Carol Oates, Margaret Atwood, Bobbie Ann Mason and Alice Walker. Since all the authors and short stories are NEW for this course, the instructor will email a NEW reading list. All short stories can be found on the internet or emailed to students. The instructor is looking forward to the discussions around the short story ambiguity and its inherent conflicts!
Short Stories: Mirror of the World, Pt. 4	Pilevsky, Dillies	Sat	1 pm-3 pm	06/19-09/18	79570	This class will focus on short stories in world literature as works of art, reflection of the authors' lives and their human messages with relevancy to our own thoughts and feelings. Different writers with different concerns can bring out our deep personal energy for inspired critical thinking as well as for self-understanding. Authors will include Aleksander Pushkin, Nikolai Gogol, Isaac Babel, Raymond Carver, Joyce Carol Oates, Margaret Atwood, Bobbie Ann Mason and Alice Walker. Since all the authors and short stories are NEW for this course, the instructor will email a NEW reading list. All short stories can be found on the internet or emailed to students. The instructor is looking forward to the discussions around the short story ambiguity and its inherent conflicts!
Baby Boomers and Their Presidents	Rudd, Bob	Mon	10 am-12 pm	06/14-09/13	79577	Boomers have experienced "living history" with over one quarter of all Presidents! No other demographic comes close. We will study the impact of each on America and how they impacted the lives of those they led. This will be a non-DVR and highly interactive class. Please be prepared to bring your life experiences into our online classroom educational experience cohort.

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The History of American Television and its Historical Impact, for and on, Baby Boomers	Rudd, Bob	Thur	6-8 pm	06/17-09/16	79578	Baby boomers are the first generation to have been brought up, from their cradle to the present, with television as their probable greatest non-parental influence. We will examine its history from invention along with its impact on history and their lives in every important aspect. This will be a non-DVR and highly interactive class. Please be prepared to bring your memories and experiences along with our learning construct in class.
Studio Fine Art: Portraits	Ruffin, Raj	Mon	5-7 pm	06/14-09/13	79579	Students will 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
Color Theory	Ruffin, Raj	Fri	7-9 pm	06/18-09/17	79580	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. This is done through 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.
Oil Painting	Ruffin, Raj	Sat	6-9 pm	06/19-09/18	79581	This course is an introduction to the materials and techniques used in oil painting. Students will 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, students will review techniques, composition structure, and color as vehicles of visual expression.
Advanced Spanish	Sieiro, Debbie	Tues	10 am-12 pm	06/15-09/14	79585	This Spanish Course is a continuation of our previous class so we will continue reading the book "El Tiempo Entre Costuras." We will 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 that needs to be developed. This is a skill you will develop in this course as we read-out-loud and listen to different accents we train our ear not only to listen to other speak the language but will helps us listening to ourselves and becoming more comfortable with the sounds. <i>The book will be shared as a PDF or you can buy it on-line if you wish.</i> For those who have not been in our previous class I will make the time to share with you the information we have seen. I will also have a Zoom meeting the week prior to the start of class to address any questions that you may have.

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Intermediate Spanish	Siero, Deborah	Tues	12:30-2:30 pm	06/15-09/14	79586	This Spanish Course is a course 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.
Beginning Spanish 1	Sieiro, Debbie	Thur	2-4 pm	06/17-09/16	79587	This Spanish course is for true beginners. We emphasize the pronunciation and learn the most difficult and confusing aspect of the Spanish language. As we 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. The class vocabulary is shared on Quizlet. No book required for this course. Material will be shared via email as PDF or Word docs.
Beginning Spanish 2	Siero, Deborah	Fri	2:30-4:30 pm	06/18-09/17	79588	This course is for those that can communicate and express themselves comfortably in Spanish. We work on the four blocks of the language (Listening, speaking, reading, and writing). The teacher will choose a topic and the student will do some research that they will share with the class. A reading about the subject will be read in class. At this level, remember that you should not attempt to translate every single word you hear, but should rather try to get the general idea of what is being said. As you develop this skill, you will be able to understand more and more information. All four skills will be developed with the help of your instructor, who will give you feedback (both linguistic and contextual). Quizlet will be a tool for vocabulary and verb conjugation.
Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	06/15-09/14	79589	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 smithca1@pgcc.edu for more info.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Writing Your Memoirs-all levels	Smith, Cathy	Tues	1-3 pm	06/15-09/14	79590	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 smithca1@pgcc.edu for more info.
Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	06/18-09/17	79591	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 smithca1@pgcc.edu for more info.
Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	06/18-09/17	79592	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 smithca1@pgcc.edu for more info.
Chair Yoga	Smith, Patricia	Mon	10:30-11:30 am	06/14-09/13	79593	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.
Gentle Yoga	Smith, Patricia	Mon	1:30-2:30 pm	06/14-09/13	79594	Students will learn how to move their 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.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Movement, Strength, Stretch	Smith, Patricia	Tues	10:30-11:30 am	06/15-09/14	79595	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 will also be 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.
Gentle Yoga	Smith, Patricia	Tues	2 pm-3 pm	06/15-09/14	79596	Students will learn how to move their 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.
Gentle Yoga	Smith, Patricia	Wed	1:30-2:30 pm	06/16-09/15	79597	Students will learn how to move their 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.
Chair Yoga	Smith, Patricia	Thur	10:30-11:30 am	06/17-09/16	79598	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.
Movement, Strength, Stretch	Smith, Patricia	Thur	1-2 pm	06/17-09/16	79599	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 will also be 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.

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Emotion, Extravagance, and Exuberance: Baroque Art and Architecture	Upshaw, Abigail	Wed	11 am-1 pm	06/16-07/21	79600	The Baroque period is defined by its ornate, dramatic, and emotional characteristics. This course will explore the ways in which Baroque artists harnessed the affective power of the visual arts in service of God, King, and country. We will study not only canonical paintings, sculptures and buildings, but also gardens, furniture, costuming, theater, and ceramics. The framework for this class rests on 4 major areas of change during this time period in Western Europe: the organization of society shifting to allow more social mobility; government structures shifting in accordance with men's desires to rule (rise of political absolutism); religious shifts post-Protestant Reformation; and scientific advancements that changed conceptions of the world. We will take advantage of the rich cultural landscape of the Washington area by prioritizing artworks that can be seen at local museums. Join us as we study the masterworks of Caravaggio, Artemisia, Rubens, Vermeer and more. No prior knowledge of Art History required!
Spanish Beginner 2	Vargas, Clemencia	Wed	1-3 pm	06/16-09/15	79601	This class is 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!
Spanish Conversation (intermediate/advanced)	Vargas, Clemencia	Wed	3-5 pm	06/16-09/15	79602	In this class, we will have informal conversations about news, podcasts, and readings. We will also play fun games in Spanish. To get the most of this course, students should be able to communicate in Spanish with intermediate level fluency.
Piyochi (combo of Pilates, Yoga & Tai Chi)	Verdi, Juliet	Wed	11 am-12 pm	06/16-09/15	79603	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 to give you a full CORE BUILDING, MIND & BODY workout. Please have water, a cushioned mat and a chair.

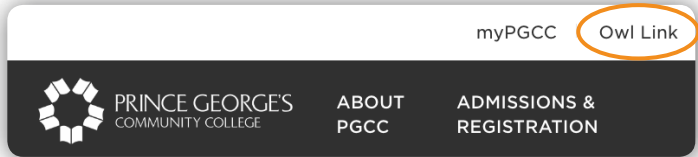
Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Tai Chi	Verdi, Juliet	Thurs	11 am-12 pm	06/17-09/16	79604	Yang Style Tai Chi 37 Form: Tai Chi is wonderful relaxed workout, but it is a workout! The first half of the class will consist of practicing each posture (movements), and the original martial arts applications, known as Push Hands. The second half of the class will consist of repeating the whole 37 postures three times. Tai Chi improves balance, flexibility and strength. During the class the form will be repeated many times. You will definitely learn the whole Yang Style Ching Man Cheng 37 Form with-in the first semester. 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.
Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	06/14-09/13	79605	This course is an introduction to various beading methods to create necklaces, bracelets, and earrings. We explore materials, techniques and design. Some topics covered are 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 that should be purchased by students before the first class.
Jewelry Making: 4 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	06/15-09/14	79606	This class takes 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.

How to register for SAGE classes online using Owl Link

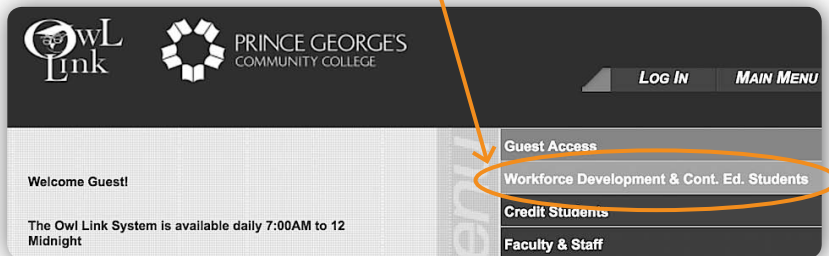
It's the fastest, safest, and best way to get the classes you want!

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

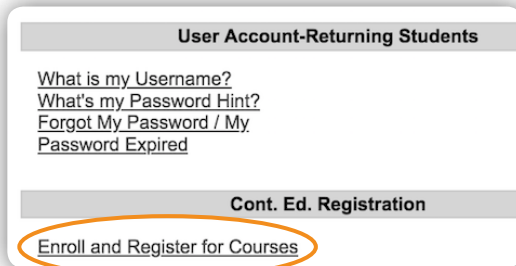
1. Go to the college's home page at www.pgcc.edu and click on **Owl Link**.



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.

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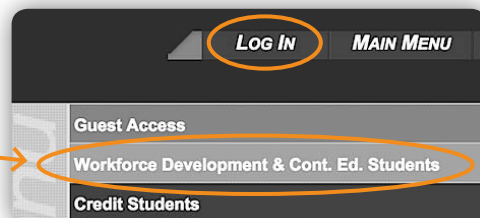
How to register for SAGE classes online using Owl Link *continued*

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