



PRINCE GEORGE'S
COMMUNITY COLLEGE



Seasoned Adults
Growing Educationally

SPRING 2022

Classes for Seniors 60 and Older

REGISTRATION
opens Jan. 7, 2022
Classes begin
Feb. 7





SAGE Spring 2022 Classes

Registration, class, and course description information

Welcome to the SAGE spring trimester!

Welcome to the SAGE spring semester! To meet the needs of as many of our students as possible, we are continuing to offer classes both in-person and remotely via Zoom. Since COVID remains a major consideration in our lives, we are carefully following PGCC's vaccine mandate, effective 10/21/21, as well as the protocols in place at our limited number of in-person sites located on **Page 3**. At this time, the mandate applies to everyone, even to those who are taking classes via Zoom. There are no exceptions to this rule. The link to the Vaccination Mandate Form is on **Page 3**.

The SAGE Program is committed to fostering your educational enrichment and collegial relationships while at the same time doing our very best to promote your health and safety. Let's all strive to maintain this balance of staying well and engaged, as we live and learn in 2022!

Classes will run from February 7 through May 27. [Please note: No classes will be held on 2/21, 3/14-3/19, and 5/28]

→ Online registration opens Friday, January 7 ←

Who can register for SAGE classes?

Prince George's Community College SAGE classes are specifically for seniors 60 and older, but non-seniors may register by paying the full tuition.

How will classes be offered?

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

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 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.)

Spring 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.**

In-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
Bowie Senior Center 14900 Health Center Drive Bowie, MD 20715	 + Bowie Senior Center Member ID card		
Cameron Grove Adult Lifestyle Community <i>**residents only</i>	 Residents sign a COVID waiver. Instructors must provide proof of vaccination and sign a COVID waiver.		
Collington, Life Plan Community <i>**residents only for spring trimester</i>			
Laurel Armory Community Center 422 Montgomery Street Laurel, MD 20707			
Prince George's Community College (Largo Campus) 301 Largo Road, Largo MD 20774			

Support and Resources

- Please click this link, [Employee COVID-19 Vaccination Mandate Form](#), to complete your proof of vaccination/request for medical or religious exemption form if you haven't already done so. You will need your PGCC student ID#, so email us at sage@pgcc.edu or call us at 301.546.0923 if you don't have one or don't know it.

Instructor PGCC Email Addresses – Spring 2022				
Instructor	PGCC Email Address		Instructor	PGCC Email Address
Allison, Charlotte	allisocx@pgcc.edu		Downs, Trudy	downsgx@pgcc.edu
Armstrong, Johnnette	armstrjc@pgcc.edu		Erteschik, Mary	ertescme@pgcc.edu
Andrew, Arnold	arnoldac@pgcc.edu		Farrer, Susan	farrersr@pgcc.edu
Bacon, Russell	baconrj@pgcc.edu		Fiester, Robert	fiestera@pgcc.edu
Baer, Ellen	baeree@pgcc.edu		Garner, Bella	garnerbt@pgcc.edu
Barthel, Carol	cbarthel9246@pgcc.edu		Gibbons, Renee	gibbonra@pgcc.edu
Blumenstock, Michael	blumenmf@pgcc.edu		Goff, Laura	gofflk@pgcc.edu
Boverman, Katrina	bovermkm@pgcc.edu		Goodlow, Ollie	ogoodlow@pgcc.edu
Brosch, David	dbrosch43960@pgcc.edu		Gray, Alice	grayal@pgcc.edu
Brown, Barbara	brownbj@pgcc.edu		Green, Rose	greenrd@pgcc.edu
Bush, Dionne	shawbudt@pgcc.edu		Green, Rosemary	rgreen843@pgcc.edu
Cahill, John	jfpcahill212@msn.com		Harris, Heather	harrisha@pgcc.edu
Carrington, Kathy	carrinky@pgcc.edu		Holloman, Jim	jhollom20805@pgcc.edu
Cerrelli, Ezio	cerrelec@pgcc.edu		Holmes, LeCount	lholmes2144@pgcc.edu
Chang, Chung-Jen	changcx@pgcc.edu		Jordan, Ebony	New Instructor—email SAGE@pgcc.edu for help
Choi, Young	choiyk@pgcc.edu		Kramer, Stephen	kramersa@pgcc.edu
Cipriani, Vincent	cipriavx@pgcc.edu		Leahy-Thielke, Faith	leahytfm@pgcc.edu
Crane, Michael	craneml@pgcc.edu		McLaughlin, Gwen	mclauggl@pgcc.edu
De Sanctis, Dona	bracond@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		Torres, Edite	torresec@pgcc.edu
Rhoads, Bob	rhoadsre@pgcc.edu		Vargas, Clemencia	cvargas59959@pgcc.edu
Robling, Margie	New Instructor—email SAGE@pgcc.edu for help		Vitale-Reddy, Cecelia	cvitale81166@pgcc.edu
Rudd, Bob	brudd2622@pgcc.edu		Weimer, Lee	weimerlx@pgcc.edu
Ruffin, Raj	pruffin94470@pgcc.edu		Widmann, Art	widmanat@pgcc.edu
Shell, Susan	shellsj@pgcc.edu		Williams, Paula	pwilliam1266@pgcc.edu
Sieiro, Deborah	sieirods@pgcc.edu		Yamamoto, Ruth	ryamam100584@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; (**= residents only)

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
F2F	Bowie Senior Center - BSC	Studio Fine Art: Advanced Color Theory	Allison, Charlotte	Thur	10 am – 3pm	02/10-03/31	85781
F2F	Bowie Senior Center - BSC	Adv. Studio Fine Art: Advanced Color Theory	Allison, Charlotte	Thur	10 am – 3 pm	04/07-05/19	85782
F2F	Bowie Senior Center - BSC	Beginning Drawing	Baer, Ellen	Fri	9:30 - 11:30 am	02/10-05/26	85726
F2F	Bowie Senior Center - BSC	Modern Painting (Acrylic & other media), part I	Baer, Ellen	Fri	12:30 – 2:30 pm	02/11-05/27	85729
F2F	Bowie Senior Center - BSC	Modern Painting (Acrylic & other media), part II	Baer, Ellen	Fri	2:30-3:30 pm	02/11-05/27	85730
F2F	Bowie Senior Center - BSC	Printmaking Fundamentals	Brosch, David	Tues	12:30 – 3 pm	02/08-05/24	86133
F2F	Bowie Senior Center - BSC	Int. & Adv. Stained Glass Part I	Cerrelli, Ezio	Mon	12:30 – 4 pm	02/07- 04 /04	85896
F2F	Bowie Senior Center - BSC	Int. & Adv. Stained Glass Part II	Cerrelli, Ezio	Mon	12:30 – 4 pm	04 /11-05/23	86035
F2F**	Collington Life Care Community - CLLC	Euro Art 1400 to 1600	Crane, Michael	Mon	10 am-12 pm	02/07-05/23	85757
Zoom		Drawing for Beginners	Farrer, Susan	Wed	9:30-11:30 am	02/09- 03 /30	85876
Zoom		Landscape Drawing for Beginners	Farrer, Susan	Wed	9:30-11:30 am	04 /06-05/18	86041
F2F	Bowie Senior Center - BSC	Beg./Int. Stained Glass Part I	Holloman, Jim	Wed	9-11 am	02/09-05/25	85898
F2F	Bowie Senior Center - BSC	Beg./Int. Stained Glass Part II	Holloman, Jim	Wed	11 am-1 pm	02/09-05/25	85899
Zoom		Studio Fine Art: Portraiture	Ruffin, Raj	Mon	**6-8 pm	02/07-05/23	85965
Zoom		Color Theory	Ruffin, Raj	Fri	7-9 pm	02/11-05/27	85966

Zoom		Oil Painting - Part I	Ruffin, Raj	Sat	6-8 pm	02/12-05/21	85967
Zoom		Oil Painting - Part II	Ruffin, Raj	Sat	8-9 pm	02/12-05/21	85968
F2F	Bowie Senior Ctr - BSC	Advanced Design and Composition	Swanson, Darlene	Mon	9-11 am	02/07-05/23	85857
F2F	Bowie Senior Ctr - BSC	Mixed Media, Part I, All levels	Swanson, Darlene	Tues	9-11 am	02/08-05/24	85858
F2F	Bowie Senior Ctr - BSC	Mixed Media, Part II, All levels	Swanson, Darlene	Tues	11 am-12 pm	02/08-05/24	85859
F2F	Bowie Senior Ctr - BSC	Watercolor Painting Part I	Swanson, Darlene	Wed	9 am -11 am	02/09-05/25	85860
F2F	Bowie Senior Ctr - BSC	Watercolor Painting Part II	Swanson, Darlene	Wed	11 am-12 pm	02/09-05/25	85861
F2F	Bowie Senior Ctr - BSC	Watercolor Painting	Swanson, Darlene	Wed	12:30 – 2:30 pm	02/09-05/25	85862
Zoom		Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	02/07-05/23	85786
Zoom		Jewelry Making: 4 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	02/08-05/24	85787
F2F	Bowie Senior Ctr - BSC	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 am-12 pm	02/11-05/27	85788

Autobiographical/Creative Writing

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Creative Writing	Arnold, Andrew	Fri	10-11 am	02/11-05/27	86005
Zoom		Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	02/08-05/24	85852
Zoom		Writing Your Memoirs-all levels	Smith, Cathy	Tues	1-3 pm	02/08-05/24	85853
Zoom		Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	02/11-05/27	85854
Zoom		Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	02/11-05/27	85855

Computer Skills

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Introduction to iPhone and iPad	Downs, Trudy	Thur	1-2 pm	02/10-05/26	86512
F2F	LARGO CAMPUS	Beginner, Level 1 & Level 2	Gray, Alice	Mon	9-11 am	02/07-05/23	85776
F2F	LARGO CAMPUS	Intro to Mac Computers	Gray, Alice	Tues	9-11 am	02/08-05/24	85777
F2F	LARGO CAMPUS	Intermediate Computer Skills	Gray, Alice	Wed	9-11 am	02/09-05/25	85778
F2F	LARGO CAMPUS	Intro to Social Media & Internet	Gray, Alice	Thur	9-11 am	02/10-05/26	85779
F2F	LARGO CAMPUS	Intro Microsoft Office 2016	Gray, Alice	Fri	9-11 am	02/11-05/27	85780

Current Issues

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	02/07-05/23	85843
Zoom		Current Issues	Cipriani, Vincent	Mon	1-3 pm	02/07-05/23	85844
F2F	Bowie Senior Ctr - BSC	Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	02/08-05/24	85845
Zoom		Current Issues	Cipriani, Vincent	Fri	1-3 pm	02/11-05/27	85848

Finances

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Financial Literacy I	Garner, Bella	Tues	11 am-1pm	02/08-05/24	86138
Zoom		Financial Literacy II	Garner, Bella	Wed	11 am-1pm	02/09-05/25	86139
F2F	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#
F2F	Laurel Armory Comm Ctr - LACC	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 am	02/07-05/23	86115
F2F	Laurel Armory Comm Ctr - LACC	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 am	02/08-05/24	86116
F2F	Laurel Armory Comm Ctr - LACC	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 am	02/09-05/25	86117
F2F	Laurel Armory Comm Ctr - LACC	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 am	02/10-05/26	86118
F2F	Laurel Armory Comm Ctr - LACC	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 am	02/11-05/27	86119
F2F**	Cameron Grove- CGAC	Hand Dancing	Bacon, Russell	Mon	4-6 pm	02/07-05/23	86002
F2F**	Cameron Grove- CGAC	Line Dancing	Brown, Barbara	Mon	10:15 am-12:15 pm	02/07-05/23	86147
Zoom		Cardio Kickboxing Circuit 101	Bush, Dionne	Mon	9-10 am	02/07-05/23	85959
Zoom		Flexibility Exercises & Breathing Techniques 101	Bush, Dionne	Mon	10-11 am	02/07-05/23	85960
Zoom		Step Aerobics Circuit Training 101	Bush, Dionne	Tues	9-10 am	02/08-05/24	85961

Zoom		Energizing Chair Exercises 101	Bush, Dionne	Tues	10-11 am	02/08-05/24	85962
Zoom		Strength Training Circuit 101	Bush, Dionne	Fri	9-10 am	02/11-05/27	85963
Zoom		Energizing Chair Exercises 101	Bush, Dionne	Fri	10-11 am	02/11-05/27	85964
Zoom		Chair Aerobics - Part I	Carrington, Kathy	MWF	8-9 am	02/07-05/27	86036
Zoom		Chair Aerobics - Part II	Carrington, Kathy	MWF	8-9 am	02/07-05/27	86037
Zoom		Weight and Strength Training	Carrington, Kathy	T/Th	8-9 am	02/08-05/26	86039
F2F**	Cameron Grove - CGAC	Chair Aerobics	Carrington, Kathy	W/F	2:30-3:30 pm	02/09-05/27	86040
F2F**	Cameron Grove - CGAC	Beginning Pilates	Carrington, Kathy	Wed	3:45-5:45 pm	02/09-05/25	86103
F2F	Bowie Senior Ctr - BSC	Tai Chi - All levels, including beginners	Chang, Chung-Jen	Mon	10:30 am-12:30 pm	02/07-05/23	86097
F2F**	Collington Life Care Ctr-CLLC	Tai Chi Dao Yin - (Chinese breathing and stretching exercise for all levels)	Chang, Chung-Jen	Mon	1:30-3:30 pm	02/07-05/23	86098
F2F**	Cameron Grove - CGAC	Tai Chi - All levels, including beginners	Chang, Chung-Jen	Tues	1:30-3:30 pm	02/08-05/24	86134
F2F**	Collington Life Care Ctr-CLLC	Tai Chi Dao Yin - (Chinese breathing and stretching exercise for all levels)	Chang, Chung-Jen	Wed	10:30 am-12:30 pm	02/09-05/25	86099
F2F	Bowie Senior Ctr - BSC	Tai Chi - All levels, including beginners	Chang, Chung Jen	Wed	1:30-3:30 pm	02/09-05/25	86094
F2F**	Cameron Grove - CGAC	Tai Chi - All levels, including beginners	Chang, Chung-Jen	Thur	1:30-3:30 pm	02/10-05/26	86135
F2F	Bowie Senior Ctr - BSC	Tai Chi - Intermediate/Advanced	Chang, Chung Jen	Fri	10:30 am-12:30 pm	02/11-05/27	86095
F2F	Bowie Senior Ctr - BSC	Chinese Exercise	Chang, Chung Jen	Fri	1:30-3:30 pm	02/11-05/27	86096
Zoom		Chair based Yoga and Mindful Movement	Erteschik, Mary	Tues	8:30-9:30 am	02/08-05/24	85984
Zoom		Gentle Yoga and Stretching	Goff, Laura	Mon	9-10 am	02/07-03/28	86042

F2F**	Cameron Grove - CGAC	Walking class	Green, Rose	T/Th	9-10 am	02/08-05/26	85988
F2F**	Cameron Grove - CGAC	Strength Training	Green, Rose	T/Th	5-6 pm	02/08-05/26	85989
F2F	Bowie Senior Ctr -BSC	Zumba Gold	Green, Rosemary	Mon	1-2 pm	02/07-05/23	86513
Zoom		Zumba Gold	Green, Rosemary	Wed	11 am-12 pm	02/09-05/25	85717
F2F**	Cameron Grove - CGAC	Zumba Gold	Green, Rosemary	Fri	1-2 pm	02/11-05/27	86170
F2F**	Cameron Grove - CGAC	Zumba Toning	Green, Rosemary	Fri	2-3 pm	02/11-05/27	86137
F2F	Bowie Senior Ctr - BSC	Tap Dance	Harris, Heather	Mon	1-3 pm	02/07-05/23	86004
F2F**	Collington Life Care Ctr-CLLC	Aqua Arthritis Exercises	Holmes, LeCount	Mon	11 am – 12 noon	02/07-05/23	86510
F2F**	Collington Life Care Ctr-CLLC	Aqua Arthritis Exercises	Holmes, LeCount	Wed	11 am – 12 noon	02/09-05/25	86511
F2F**	Cameron Grove - CGAC	Senior Aerobics	Jordan, Ebony	Tues	4-5 pm	02/08-05/24	86136
F2F	Bowie Senior Ctr - BSC	Line Dancing	Meadows, Bob	Tues	1:00 – 3:00 pm	02/08-05/24	85742
Zoom		ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Tues	10:30-11:30 am	02/08-05/24	85972
Zoom		ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Thur	10:30-11:30 am	02/10-05/26	85975
Zoom		Chair Yoga	Mullin, Jen	Mon	9:30-11:30 am	02/07-05/23	85868
Zoom		Chair Yoga	Mullin, Jen	Wed	8:50-10:30 am	02/09-05/25	85870
Zoom		Chair Yoga	Mullin, Jen	Wed	10:30 am-12:10 pm	02/09-05/25	85871
Zoom		Yoga--Intermediate/ Advanced	Mullin, Jen	Thur	10 am-12 pm	02/10-05/26	85873
Zoom		Beginner Yoga	Mullin, Jen	Fri	10 am-12 pm	02/11-05/27	85875

F2F	Bowie Senior Ctr - BSC	Advanced Yoga	Robling, Margie	Sat	8:20-10:20 am	02/12-05/21	86151
F2F	Bowie Senior Ctr - BSC	Beginner Yoga	Robling, Margie	Sat	10:20 am-12:20 pm	02/12-05/21	86152
Zoom		Pilates - Part I	Shell, Susan	MWF	9-10 am	02/07- 04/22	85900
Zoom		Pilates - Part II	Shell, Susan	MWF	9-10 am	05/02 -05/27	85901
Zoom		Senior Aerobics	Shell, Susan	T/Th	9-10 am	02/08- 05/26	85902
Zoom		Chair Yoga	Smith, Patricia	Mon	10:30-11:30 am	02/07-05/23	85735
Zoom		Gentle yoga	Smith, Patricia	Mon	1:30-3:30 pm	02/07-05/23	85736
Zoom		Movement, Strength, Stretch	Smith, Patricia	Tues	10:30-11:30 am	02/08-05/24	85737
Zoom		Gentle Yoga	Smith, Patricia	Tues	2 pm-4 pm	02/08-05/24	85738
Zoom		Gentle yoga	Smith, Patricia	Wed	1:30-3:30 pm	02/09-05/25	85739
Zoom		Chair Yoga	Smith, Patricia	Thur	10:30-11:30 am	02/10-05/26	85740
Zoom		Movement, Strength, Stretch	Smith, Patricia	Thur	1-2 pm	02/10-05/26	85741
Zoom		Piyochi	Verdi, Juliet	M/W	10:30 am-12 pm	02/07- 04/20	85709
Zoom		Yoga	Verdi, Juliet	T/Th	10:45 am-12 pm	02/08- 04/21	85710
F2F**	Cameron Grove - CGAC	Yoga I	Weimer, Lee	Wed	10:15 am-12:15 pm	02/09-05/25	85837
F2F**	Cameron Grove - CGAC	Morning Stretch and Meditation	Weimer, Lee	Thur	10:15 am-12:15 pm	02/10-05/26	85838
F2F	Bowie Senior Ctr - BSC	Pilates	Weimer, Lee	Thur	12:15-2:15 pm	02/10-05/26	85839

Healthy Living (Personal Enrichment)

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Meditation for Everyday Living	Boverman, Katrina	Mon	12:30-2:30 pm	02/07-04/04	85866
Zoom		Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 pm	02/09-05/25	85867
Zoom		Health & Nutrition	Carrington, Kathy	Tues	10:30-11:30 am	02/08-05/24	86038
Zoom		Exploring the Meditative Mind	Erteschik, Mary	Mon	4:30-5:30 pm	02/07-05/23	85983
Zoom		Walking Meditation	Goff, Laura	Tues	9-10 am	02/08-03/22	86043
Zoom		Mindful Meditation: JOY-Just Observe Yourself	Goodlow, Ollie	Tues	11 am-12 pm	02/08-05/24	86006
Zoom		Fabric Collage	Goodlow, Ollie	Thur	11am-12 pm	02/10-05/26	86007
Zoom		Nutrition Workshop 101	Merriman, Wallace	Tues	12-1 pm	02/08-05/24	85973
Zoom		Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	02/07-05/23	85869
Zoom		Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	02/09-05/25	85872
Zoom		Friday Morning Meditation	Mullin, Jen	Fri	8:30-9:30 am	02/11-05/27	85874
Zoom		Everyday Feels Like Saturday	Williams, Paula	Fri	4-6 pm	02/11-05/27	85849

History

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		History: How We Got Here	Arnold, Andrew	Thur	9:30-11:30 am	02/10-05/26	86034
F2F	Bowie Senior Ctr - BSC	American History	Cipriani, Vincent	Tues	12:30 – 2:30 pm	02/08-05/24	85846
Zoom		American History	Cipriani, Vincent	Thur	1-3 pm	02/10-05/26	85847
F2F**	Collington Life Care Community - CLLC	Pirates	Crane, Michael	Mon	1-3 pm	02/07-05/23	85758
F2F	Bowie Senior Ctr - BSC	French Revolution	Crane, Michael	Wed	1-3 pm	02/09-05/25	85763
F2F	Bowie Senior Ctr - BSC	Great American Conspiracies	Rudd, Bob	Mon	1-3 pm	02/07-05/16	85893
Zoom		VIPs and GOATs of the Boomer Era	Rudd, Bob	Thur	6-8 pm	02/10-05/12	85895

Humanities

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Humanities for Senior Citizens	Patente, Peter	Mon	10 am-12 pm	02/07-05/23	85718

Improvisation

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
F2F	Bowie Senior Ctr - BSC	An Introduction to Improvisation	Yamamoto, Ruth	Fri	9 :30am -11 :30 am	02/11-05/27	85842

Languages

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
F2F	Bowie Senior Ctr - BSC	Practical Italian	De Sanctis, Dona	Fri	10 am-12 pm	02/11-05/27	85711
F2F	Bowie Senior Ctr - BSC	Beginning/Intermediate German	Leahy-Thielke, Faith	Tues	12:00 - 2:00pm	02/08-05/24	85764
Zoom		Spanish I	McLaughlin, Gwen	Mon	1-3 pm	02/07-05/23	86155
F2F	Bowie Senior Ctr - BSC	Spanish I	McLaughlin, Gwen	Wed	11:00am-1:00pm	02/09-05/25	86153
F2F	Bowie Senior Ctr - BSC	Spanish II	McLaughlin, Gwen	Wed	1:30 pm - 3:30pm	02/09-05/25	86154
Zoom		Intermediate Spanish	Miller, Barbara	Tues	10 am-12 pm	02/08-05/24	85784
Zoom		Beginner 2 Spanish	Miller, Barbara	Tues	1-3 pm	02/08-05/24	85785
F2F	Bowie Senior Ctr - BSC	American Sign Language - Intermediate level	Rhoads, Bob	Mon	10 am -12 pm	02/07-05/23	85980
F2F	Bowie Senior Ctr - BSC	American Sign Language - Beginner level	Rhoads, Bob	Thur	10 am -12 pm	02/10-05/26	85981
Zoom		Intermediate/Adv. Spanish	Sieiro, Deborah	Tues	10 am-12 pm	02/08-05/24	85886
Zoom		Beginning Spanish II	Sieiro, Deborah	Wed	2-4 pm	02/09-05/25	85887
Zoom		Intermediate Spanish	Sieiro, Deborah	Thur	2-4 pm	02/10-05/26	85888
F2F	Laurel College Center-LAURL	Conversational Spanish	Sieiro, Deborah	Thur	6-8 pm	02/10-05/26	85890
F2F		Sign Language, Beginning	Stracka, Gail	Wed	10 am -12 pm	02/09-05/25	85987
Zoom		Beginning French	Torres, Edite	Tues	11 am-1 pm	02/08-05/24	86106
Zoom		Intermediate French	Torres, Edite	Wed	11 am-1 pm	02/09-05/25	86107

Zoom		Advanced French	Torres, Edite	Wed	1:30-3:30 pm	02/09-05/25	86108
Zoom		Spanish Conversation (Beginners)	Vargas, Clemencia	Mon	1-3 pm	02/07-05/23	85731
Zoom		Spanish Conversation (Intermediate)	Vargas, Clemencia	Mon	3-5 pm	02/07-05/23	85732
Zoom		Spanish Beginner 3	Vargas, Clemencia	Wed	1-3 pm	02/09-05/25	85733
Zoom		Spanish Conversation (Advanced)	Vargas, Clemencia	Wed	3-5 pm	02/09-05/25	85734

Literature: An Exploration

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Moral Complexity in Three Shakespeare Comedies	Barthel, Carol	Tues	1-3 pm	02/08-05/03	85715
Zoom		Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 am -12 pm	02/08-05/24	85712

Music Appreciation

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
F2F	Bowie Senior Ctr - BSC	Donizetti	Cahill, John	Thur	2-4 pm	02/10-03/31	85745
F2F	Bowie Senior Ctr - BSC	German Romantic Opera	Cahill, John	Thur	2-4 pm	04/07-05/19	86150
F2F	Bowie Senior Ctr - BSC	Piano for Intermediate Students	Choi, Young Kwon	Mon	9 – 11 am	02/07-05/23	86141
F2F	Bowie Senior Ctr - BSC	Piano for Advanced Students	Choi, Young Kwon	Mon	11 am – 1 pm	02/07-05/23	86142

Zoom		Piano for Intermediate Students	Choi, Young Kwon	Tues	9 – 11 am	02/08-05/24	86143
Zoom		Piano for Advanced Students	Choi, Young Kwon	Tues	11 am – 1 pm	02/08-05/24	86144
Zoom		Piano Repertory class	Choi, Young Kwon	Tues	1-3 pm	02/08-05/24	86145
F2F	Bowie Senior Ctr - BSC	Guitar Intermediate	Fiester, Robert	Wed	9:30-11:30 am	02/09-05/25	85766
F2F	Bowie Senior Ctr - BSC	Guitar Beginner	Fiester, Robert	Thur	9:30-11:30 am	02/10-05/26	85768
Zoom		American Popular Song	Kramer, Stephen	Tues	1-3 pm	02/08-03/29	85716
Zoom		Adv/Interm Mixed Piano	Patente, Peter	Tues	9:30-11:30 am	02/08-05/24	85719
Zoom		Beginner Piano	Patente, Peter	Tues	11:30 am-1:10 pm	02/08-05/24	85720

Resourceful Aging

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Unraveling Medicare, Social Security, Long Term Care and Other Policies & Programs for Older Adults	Gibbons, Renee	Fri	12-2 pm	02/11-05/27	85774
Zoom		Brain Fitness Fun and Games	Gibbons, Renee	Fri	3-5 pm	02/11-05/27	85775
F2F	Bowie Senior Ctr - BSC	Estate Planning Part 1	Widmann, Art	Wed	2:00 – 4:00 pm	0209-03/30	85994
F2F	Bowie Senior Ctr - BSC	Estate Planning Part 2	Widmann, Art	Wed	2:00 – 4:00 pm	04/06-05/18	85995

Science

Zoom or F2F	Location	Focus	Instructor	Day(s)	Times	Dates	Syn#
Zoom		Astronomy	Blumenstock, Michael	Mon	1-3 pm	02/07-05/23	85721
Zoom		Environmental Science	Blumenstock, Michael	Tues	1-3 pm	02/08-05/24	85722
Zoom		Virology & Super Bugs	Blumenstock, Michael	Wed	1-3 pm	02/09-05/25	85723
Zoom		Meteorology	Blumenstock, Michael	Thur	1-3 pm	02/10-05/26	85724
Zoom		Pharmacology	Blumenstock, Michael	Fri	1-3 pm	02/11-05/27	85725
F2F	Bowie Senior Ctr - BSC	Alaska	Crane, Michael	Wed	10 am-12 pm	02/09-05/25	85762

	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 – 3pm	02/10-03/31	85781	F2F	Must have proficient drawing skills. Focus is on the who what where why when of color in art using ink and nib, gouache, watercolor, and color pencils.
3	Adv.Studio Fine Art: Advanced Color Theory	Allison, Charlotte	Thur	10 am – 3 pm	04/07-05/19	85782	F2F	Must have proficient drawing skills. Focus is on the who what where why when of color in art using ink and nib, gouache, watercolor, and color pencils.
4	Morning Stretching and Meditation	Armstrong, Johnnette	Mon	9:30-11:30 am	02/07-05/23	86115	F2F	Allow the body to release muscle tension, increase circulation, muscle control. Listening to soft gentle music and doing chair meditation at the end.
5	Cardio Aerobics	Armstrong, Johnnette	Tues	9:30-11:30 am	02/08-05/24	86116	F2F	Chair and standing aerobic classes designed to raise your heart rate in a low impact way. Moving to the sound of Motown!
6	Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-11:30 am	02/09-05/25	86117	F2F	Designed to prevent falls and keep you as independent as possible. We will do exercise standing and seated in a chair moving to music from the 50 & 60's.
7	Strength Training	Armstrong, Johnnette	Thur	9:30-11:30 am	02/10-05/26	86118	F2F	Total body workout using light weights. Building lean muscle mass and muscle endurance.
8	Cardio Group Dance	Armstrong, Johnnette	Fri	9:30-11:30 am	02/11-05/27	86119	F2F	Rocking out to the oldies. Low impact moves that are easy, fun and give you a good workout.
9	History: How We Got Here	Arnold, Andrew	Thur	9:30-11:30 am	02/10-05/26	86034	Zoom	How we got here: Post WWI effects linger still today. The past century has seen many technological breakthroughs, but it has also witnessed unjust colonization in Africa, Asia, and the Middle East. Some areas have been decolonized, others haven't. How has this worked out? Let's spend two hours each week discussing this from selected readings, and the headlines. Like Maya Angelou said: If you don't know where you came from, you don't know where you are going.
10	Creative Writing	Arnold, Andrew	Fri	10-11 am	02/11-05/27	86005	Zoom	Depending upon individual student requests, you will explore some writing basics, descriptive, illustrative, and narrative writing. This will help you bring stories alive for grandchildren, photos you have taken, and more.
11	Hand Dancing	Bacon, Russell	Mon	4-6 pm	02/07-05/23	86002	F2F	Beginner and Intermediate Handdance, Bop, and Cha Cha, Fancy Footwork and Turns Dance Etiquette (Male/Female)
12	Beginning Drawing	Baer, Ellen	Fri	9:30 - 11:30 am	02/10-05/26	85726	F2F	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.
13	Modern Painting (Acrylic & other media), part I	Baer, Ellen	Fri	12:30 – 2:30 pm	02/11-05/27	85729	F2F	Explore color, texture, and composition in painting and explore artist techniques developed in the 20th and 21st centuries. Previous drawing experience is recommended.
14	Modern Painting (Acrylic & other media), part II	Baer, Ellen	Fri	2:30-3:30 pm	02/11-05/27	85730	F2F	Explore color, texture, and composition in painting and explore artist techniques developed in the 20th and 21st centuries. Previous drawing experience is recommended.
15	Moral Complexity in Three Shakespeare Comedies	Barthel, Carol	Tues	1-3 pm	02/08-05/03	85715	Zoom	All ends well in The Merchant of Venice, Measure for Measure, and The Winter's Tale—or does it? We will read the plays in their historical and dramatic contexts. Participants will need copies in any readable format.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
16	Astronomy	Blumenstock, Michael	Mon	1-3 pm	02/07-05/23	85721	Zoom	This class covers astronomy concepts, myths, misconceptions, and history. Also, astrophysics, the Big Bang, galaxies, black holes, supernovas, quasars, stars, solar system formation, planets, comets, asteroids, meteors, and the importance of telescopes are discussed. Backyard astronomy and local observational sites will be mentioned, and current and future space missions described.
17	Environmental Science	Blumenstock, Michael	Tues	1-3 pm	02/08-05/24	85722	Zoom	Students will be introduced to environmental science including chemistry, geology, atmospheric science, oceanography, hydrology, ecology, and biodiversity and wildlife conservation. Many other intriguing aspects of environmental science, from the past to the present will be covered.
18	Virology & Super Bugs	Blumenstock, Michael	Wed	1-3 pm	02/09-05/25	85723	Zoom	Students will be taught virology and superbugs concepts such as their origins, main types (such as the SARS-CoV-2 virus), preventative measures, immune responses, and other related aspects.
19	Meteorology	Blumenstock, Michael	Thur	1-3 pm	02/10-05/26	85724	Zoom	Students will be introduced to meteorology including atmospheric chemistry and physics, weather forecasting, and how changes and interactions over time between air pressure, atmosphere, mass flow, temperature, and water vapor cause meteorological events. Weather forecasting often utilizes differing spatial scales on local, regional, national, and global levels. These and other intriguing aspects of meteorology, from the past to the present will be covered.
20	Pharmacology	Blumenstock, Michael	Fri	1-3 pm	02/11-05/27	85725	Zoom	Students will be introduced to pharmacology, such as drug structure, cellular, molecular and organ/systems processes, production, signal transduction/cellular communication, molecular analysis, interactions, chemical biology, medical uses, and antipathogenic abilities. Pharmacodynamics (drug effects on biological systems) and pharmacokinetics (biological systems effects on drugs) are the two main areas of pharmacology. These and many other intriguing aspects of pharmacology, from the past to the present, will be covered.
21	Meditation for Everyday Living	Boverman, Katrina	Mon	12:30-2:30 pm	02/07-04/04	85866	Zoom	Engage with a community of beginners and experienced meditators to practice meditation and learn how to apply easy techniques for everyday living. Basic principles and benefits of meditation are taught and showing up for class will lead to slowing down, becoming more mindful, listening to yourself, and connecting with others. Class moves swiftly and includes a comfortable mix of guided meditations, discussion and at least one break.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
22	Guided Meditation	Boverman, Katrina	Wed	3:45-4:45 pm	02/09-05/25	85867	Zoom	This course will provide an opportunity to "get away from it all" without leaving the comforts of your own home. Basic principles and benefits of meditation will be taught as well as how to integrate meditation into daily life. Experiencing guided meditations will be the predominant format for the classes which will lead to slowing down, becoming more mindful, listening to yourself and connecting with others.
23	Printmaking Fundamentals	Brosch, David	Tues	12:30 – 3 pm	02/08-05/24	86133	F2F	Printmaking fundamentals is for both first time artists who have not done printmaking before or for those with some experience who want to perfect their skills. Students will be taught how to design, cut, and do block printing on linoleum. There will also be instruction on monoprinting.
24	Line Dancing	Brown, Barbara	Mon	10:15 am-12:15 pm	02/07-05/23	86147	F2F	This class provides exercise for mind and body in the form of structured dance steps for choreographed dances.
25	Flexibility Exercises & Breathing Techniques 101	Bush, Dionne	Mon	10-11 am	02/07-05/23	85960	Zoom	Stretching allows for greater movement in joints, improves posture and helps to release muscle tension and soreness. PLUS incorporating breathing techniques for stress relief can help improve blood pressure, reduce stress, and help with chronic conditions. This beginner class performs stretches mostly on the floor.
26	Step Aerobics Circuit Training 101	Bush, Dionne	Tues	9-10 am	02/08-05/24	85961	Zoom	Basic stepping, just like walking up and down stairs, is a full-body cardio workout to really tone your butt and thighs. In this beginner workout, you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.
27	Energizing Chair Exercises 101	Bush, Dionne	Tues	10-11 am	02/08-05/24	85962	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. This beginner class is mostly chair with some standing.
28	Strength Training Circuit 101	Bush, Dionne	Fri	9-10 am	02/11-05/27	85963	Zoom	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.
29	Energizing Chair Exercises 101	Bush, Dionne	Fri	10-11 am	02/11-05/27	85964	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. This beginner class is mostly chair with some standing.
30	Cardio Kickboxing Circuit 101	Bush, Dionne	Mon	9-10 am	02/07-05/23	85959	Zoom	Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. This beginner cardio kickboxing class is a low -impact, high-intensity workout.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
31	Donizetti	Cahill, John	Thur	2-4 pm	02/10-03/31	85745	F2F	Of the three great bel canto composers of the 19th century (Rossini, Donizetti, and Bellini) Gaetano Donizetti is only second to Rossini in operatic output with 75 operas. Most of these are tragic stories, but there are some great comic masterpieces.
32	German Romantic Opera	Cahill, John	Thur	2-4 pm	04/07-05/19	86150	F2F	The course examines romantic operas in German including Der Freischütz, Fidelio, Tannhäuser, Euryanthe, Der Fliegende Holländer, Hans Heiling, and Die Tote Stadt. All operas have English subtitles.
33	Health & Nutrition	Carrington, Kathy	Tues	10:30-11:30 am	02/08-05/24	86038	Zoom	This class will teach basic nutrition and health issues.
34	Beginning Pilates	Carrington, Kathy	Wed	3:45-5:45 pm	02/09-05/25	86103	F2F	This class will teach various movements and exercises for beginning students. Please bring a mat and water.
35	Chair Aerobics - Part I	Carrington, Kathy	MWF	8-9 am	02/7-05/27	86036	Zoom	This fitness class will teach various exercises to improve mobility, flexibility, and strength. Please bring energy and water.
36	Chair Aerobics - Part II	Carrington, Kathy	MWF	8-9 am	02/7-05/27	86037	Zoom	This fitness class will teach various exercises to improve mobility, flexibility, and strength. Please bring energy and water.
37	Weight and Strength Training	Carrington, Kathy	T/Th	8-9 am	02/08-05/26	86039	Zoom	This class will teach various movements and exercises for students. Please bring a weights, tube bands and water.
38	Chair Aerobics	Carrington, Kathy	W/F	2:30-3:30 pm	02/09-05/27	86040	F2F	This fitness class will teach various exercises to improve mobility, flexibility and strength. Please bring energy and water.
39	Int. & Adv. Stained Glass Part I	Cerrelli, Ezio	Mon	12:30 – 4 pm	02/07-04/04	85896	F2F	This class will help students to design and complete Stained Glass Projects of their choice.
40	Int. & Adv. Stained Glass Part II	Cerrelli, Ezio	Mon	12:30 – 4 pm	04/11-05/23	86035	F2F	This class will help students to design and complete Stained Glass Projects of their choice.
41	Tai Chi - All levels, including beginners	Chang, Chung Jen	Wed	1:30-3:30 pm	02/09-05/25	86094	F2F	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.
42	Tai Chi - Intermediate/Advanced	Chang, Chung Jen	Fri	10:30 am-12:30 pm	02/11-05/27	86095	F2F	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.
43	Chinese Exercise	Chang, Chung Jen	Fri	1:30-3:30 pm	02/11-05/27	86096	F2F	Chinese breathing and stretching exercise for all levels.
44	Tai Chi - All levels, including beginners	Chang, Chung-Jen	Mon	10:30 am-12:30 pm	02/07-05/23	86097	F2F	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.
45	Tai Chi Dao Yin - (Chinese breathing and stretching exercise for all levels)	Chang, Chung-Jen	Mon	1:30-3:30 pm	02/07-05/23	86098	F2F	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.
46	Tai Chi - All levels, including beginners	Chang, Chung-Jen	Tues	1:30-3:30 pm	02/08-05/24	86134	F2F	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.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
47	Tai Chi Dao Yin - (Chinese breathing and stretching exercise for all levels)	Chang, Chung-Jen	Wed	10:30 am-12:30 pm	02/09-05/25	86099	F2F	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.
48	Tai Chi - All levels, including beginners	Chang, Chung-Jen	Thurs	1:30-3:30 pm	02/10-05/26	86135	F2F	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.
49	Piano for Intermediate Students	Choi, Young Kwon	Mon	9 – 11 am	02/07-05/23	86141	F2F	This class is designed for the students who have some basic experience of playing piano in reading the treble clef and the base clef, understand the five finger positions, some basic chord progressions.
50	Piano for Advanced Students	Choi, Young Kwon	Mon	11 am – 1 pm	02/07-05/23	86142	F2F	This class is designed for the students who have played piano for some years and able to play a short song from classical music, popular music, or hymns and gospels. This class will also cover some music history and music appreciation along with the repertory studies.
51	Piano for Intermediate Students	Choi, Young Kwon	Tues	9 – 11 am	02/08-05/24	86143	Zoom	This class is designed for the students who have some basic experience of playing piano in reading the treble clef and the base clef, understand the five finger positions, some basic chord progressions.
52	Piano for Advanced Students	Choi, Young Kwon	Tues	11 am – 1 pm	02/08-05/24	86144	Zoom	This class is designed for the students who have played piano for some years and able to play a short song from classical music, popular music, or hymns and gospels. This class will also cover some music history and music appreciation along with the repertory studies.
53	Piano Repertory class	Choi, Young Kwon	Tues	1-3 pm	02/08-05/24	86145	Zoom	This class is designed for the students who want to build piano repertory list from standard classical music, Jazz, and popular music, as well as advanced arrangements of hymns and gospels.
54	Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	02/07-05/23	85843	Zoom	This class is a weekly review of local, national and international news stories. Class discussion is encouraged.
55	Current Issues	Cipriani, Vincent	Mon	1-3 pm	02/07-05/23	85844	Zoom	This class is a weekly review of local, national and international news stories. Class discussion is encouraged.
56	Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	02/08-05/24	85845	F2F	This class is a weekly review of local, national and international news stories. Class discussion is encouraged.
57	American History	Cipriani, Vincent	Tues	12:30 – 2:30 pm	02/08-05/24	85846	F2F	This class looks at the United States from 1900 to the 1950's. Specific events and figures change from week to week.
58	American History	Cipriani, Vincent	Thur	1-3 pm	02/10-05/26	85847	Zoom	This class looks at the United States from 1900 to the 1950's. Specific events and figures change from week to week.
59	Current Issues	Cipriani, Vincent	Fri	1-3 pm	02/11-05/27	85848	Zoom	This class is a weekly review of local, national and international news stories. Class discussion is encouraged.
60	Euro Art 1400 to 1600	Crane, Michael	Mon	10 am-12 pm	02/07-05/23	85757	F2F	Post Gothic Art was a period of invention and innovation. Northern Europe is the featured region.
61	Pirates	Crane, Michael	Mon	1-3 pm	02/07-05/23	85758	F2F	For centuries the oceanic trade routes have been the targets for violent criminals eager to steal valuable cargo. At each region and time period pirates have used the tools and vessels.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
62	Alaska	Crane, Michael	Wed	10 am-12 pm	02/09-05/25	85762	F2F	A land of mystery was the site of the Last Frontier. The people, environment and history will be our focus.
63	French Revolution	Crane, Michael	Wed	1-3 pm	02/09-05/25	85763	F2F	Ten years of turmoil in France have set the modern culture and politics. Environmental crisis has led to political crisis.
64	Practical Italian	De Sanctis, Dona	Fri	10 am-12 pm	02/11-05/27	85711	F2F	Intermediate level. Course focuses on speaking and understanding Italian through conversation, song, proverbs, and written and oral exercises. It is not for beginners.
65	Introduction to iPhone and iPad	Downs, Trudy	Thur	1-2 pm	02/10-05/26	86512	Zoom	If you are new to the iPhone/iPad and feel you need a structured class to really learn to use and get the most out of your new device, this is the course for you. You will learn to perform the basic functions and basic applications like calendar, contacts, reminders and managing settings. You will learn how to get new applications for your device and how to use it for all kinds of entertainment, movies, books, TV programs, magazine and more.
66	Exploring the Meditative Mind	Erteschik, Mary	Mon	4:30-5:30 pm	02/07-05/23	85983	Zoom	We will explore various forms of meditation, some of the brain science of why meditation works all leading to stress reduction and a more mindful life.
67	Chair based Yoga and Mindful Movement	Erteschik, Mary	Tues	8:30-9:30 am	02/08-05/24	85984	Zoom	This class is a combination of full body stretching, focused breathing, and functional movements to support daily living and stress reduction. By using the chairs as a tool, one can focus the science of yoga as therapy.
68	Drawing for Beginners	Farrer, Susan	Wed	9:30-11:30 am	02/09-03/30	85876	Zoom	This 6-week online course will explore drawing for fun, relaxation, and self-expression using materials found at home (pencils, fine-tip marker, eraser, white paper). Through instruction and low-stress exercises, students will learn ways to "see" for drawing, learn tricks for basic still life drawing, and try out techniques such as contour drawing, hatching, scumbling, and stippling. Black drawing pencils (such as HB, 2H, 2B, and 4B) and drawing paper are recommended but not required.
69	Landscape Drawing for Beginners	Farrer, Susan	Wed	9:30-11:30 am	04/06-05/18	86041	Zoom	This 7-week online landscape drawing course will explore landscape drawing for fun, relaxation, and self-expression using materials found at home (pencils, fine-tip marker, eraser, white paper, and photos or magazine pictures of scenery). Through instruction and low-stress exercises, students will learn about landscape composition, ways to "see" for drawing, and techniques for drawing landscapes with elements like clouds and rocks. Black drawing pencils (such as HB, 2H, 2B, and 4B) and drawing paper are recommended but not required.
70	Guitar Intermediate	Fiestier, Robert	Wed	9:30-11:30 am	02/09-05/25	85766	F2F	Students in this class can freely move open chords around, have knowledge and some mastery of barre cords, and some finger style elements. Materials includes music theory, more difficult tunes, scales, and basic improvisation. Students should have reasonable experience with note values, as well as well as the ability to play basic tunes confidently.

SAGE Fall 2021 Course Descriptions and Locations

F2F = Face to Face Class (In-person)

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
71	Guitar Beginner	Fiestar, Robert	Thur	9:30-11:30 am	02/10-05/26	85768	F2F	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 basic chord chart and basic note values. Students can gain a nice head start by going to: www.funkyguitar.com/instruction scroll down and watch the first three videos.
72	Financial Literacy I	Garner, Bella	Tues	11 am-1pm	02/08-05/24	86138	Zoom	This foundational course will teach various topics relating to personal finance leading up to and after retirement.
73	Financial Literacy II	Garner, Bella	Wed	11 am-1pm	02/09-05/25	86139	Zoom	This advanced course will continue to build on lessons learned in the foundational course to include investing beyond retirement.
74	Unraveling Medicare, Social Security, Long Term Care and Other Policies & Programs for Older Adults	Gibbons, Renee	Fri	12-2 pm	02/11-05/27	85774	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 abilities overall. A myriad of activities includes Think Fast, Memory Challenge, Word Games, Problem Solving, 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.
75	Brain Fitness Fun and Games	Gibbons, Renee	Fri	3-5 pm	02/11-05/27	85775	Zoom	Older adults are often confused and overwhelmed about Medicare, Social Security, Long Term Care and other policies and programs. Unraveling Medicare, Social Security, Long-Term Care and Other Policies and Programs for Older Adults course provides a thorough understanding of these programs and policies, identifies how to use these programs to evaluate your retirement, financial and long-term care situation, provides you with the tools and resources to develop a plan and strategy to ensure you maintain your assets and adequately cover the costs of living a long fruitful life. This course 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.
76	Gentle Yoga and Stretching	Goff, Laura	Mon	9-10 am	02/07-03/28	86042	Zoom	This class brings a whole-body awareness and strength through breathing, movement and balancing exercises.
77	Walking Meditation	Goff, Laura	Tues	9-10 am	02/08-03/22	86043	Zoom	After a short warm up, an instructor led walking meditation, followed by a short, seated, still meditation.
78	Mindful Meditation: JOY-Just Observe Yourself	Goodlow, Ollie	Tues	11 am-12 pm	02/08-05/24	86006	Zoom	Mindfulness training using meditation to reduce stress in your life. Learn new self-care techniques.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
79	Fabric Collage	Goodlow, Ollie	Thur	11am-12 pm	02/10-05/26	86007	Zoom	Experiment with color, design and fabric in creating your own distinctive fabric collage.
80	Beginner, Level 1 & Level 2	Gray, Alice	Mon	9-11 am	02/07-05/23	85776	F2F	In this class, students will be taught the functionality of the keyboard, how the computer works, how to find what version of software and the operating system that they are using at home and how to upgrade their software if needed. How to use the Internet and Email and Blackboard.
81	Intro to Mac Computers	Gray, Alice	Tues	9-11 am	02/08-05/24	85777	F2F	In this class, students will be taught the functionality of the keyboard, how the computer works, how to find what version of software and the operating system they are using at home. How to use the software.
82	Intermediate Computer Skills	Gray, Alice	Wed	9-11 am	02/09-05/25	85778	F2F	In this class, students will be taught the second level of software skills which will include special products such programs, labels, sending attachments, how to use Avery products, creating calendars and more. Using Blackboard/Zoom.
83	Intro to Social Media & Internet	Gray, Alice	Thur	9-11 am	02/10-05/26	85779	F2F	In this class, students will be taught how to use social media. Facebook, Twitter, Instagram, TikTok, Linkin, You-Tube, Snapchat and how to take pictures from their cell phone and save it on a USB drive.
84	Intro Microsoft Office 2016	Gray, Alice	Fri	9-11 am	02/11-05/27	85780	F2F	In this class, students will be taught the introductory level of Word, Excel, PowerPoint and Student Email and Blackboard/ Zoom.
85	Walking class	Green, Rose	T/Th	9-10 am	02/08-05/26	85988	F2F	Walk the community and trails for an outdoor experience to improve health and vitality.
86	Strength Training	Green, Rose	T/Th	5-6 pm	02/08-05/26	85989	F2F	This fitness class will teach you how to strengthen and build muscles for a stronger you.
87	Zumba Gold	Green, Rosemary	Mon	1-2 pm	02/07-05/23	86513	F2F	Zumba Gold is a modified Zumba dance fitness 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.
88	Zumba Gold	Green, Rosemary	Wed	11 am-12 pm	02/09-05/25	85717	Zoom	This fitness class is for older adults who are looking for a modified lower-intensity dance workout. Please bring hand towel, water and wear comfortable clothing and sneakers.
89	Zumba Gold	Green, Rosemary	Fri	1-2 pm	02/11-05/27	86170	F2F	Zumba Gold is a modified Zumba dance fitness 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.
90	Zumba Toning	Green, Rosemary	Fri	2-3 pm	02/11-05/27	86137	F2F	Zumba Gold Toning is a lower intensity dance fitness class for active older adults that moves at your pace, enhancing muscle strength, tone and endurance. Using no more than 1lb light hand weights/toning sticks to shake and sculpt your way to a healthy body for an active lifestyle.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
91	Tap Dance	Harris, Heather	Mon	1-3 pm	02/07-05/23	86004	F2F	(1-2pm) This course will teach the basics and continuing basics of tap dance with a focus on Musical Theatre Style technique. Students will need to provide their own tap shoes. (2-3pm) Will continue building on the basics with an emphasis on learning more advanced steps and choreography. (Can be taken in conjunction with Beg/Int Tap)
92	Beg./Int. Stained Glass Part I	Holloman, Jim	Wed	9-11 am	02/09-05/25	85898	F2F	Novice & experienced will work at their own levels to complete stained glass projects, have fun and learn something new.
93	Beg./Int. Stained Glass Part II	Holloman, Jim	Wed	11 am-1 pm	02/09-05/25	85899	F2F	Novice & experienced will work at their own levels to complete stained glass projects, have fun and learn something new.
94	Aqua Arthritis Exercises	Holmes, LeCount	Mon	11 am – 12 noon	02/07-05/23	86510	F2F	This water aerobics class will teach various stretching techniques, breathing and moving to relieve pain discomfort of arthritis head to toe.
95	Aqua Arthritis Exercises	Holmes, LeCount	Wed	11 am – 12 noon	02/09-05/25	86511	F2F	This water aerobics class will teach various stretching techniques, breathing and moving to relieve pain discomfort of arthritis head to toe.
96	Senior Aerobics	Jordan, Ebony	Tues	4-5 pm	02/08-05/24	86136	F2F	Senior Aerobics is a total body workout exercise class designed to increase cardiovascular health and muscular strength. It is also created to help maintain/improve balance and stability for fall prevention. Come join this fun, functional exercise class that is full of energy, laughs and support!
97	American Popular Song	Kramer, Stephen	Tues	1-3 pm	02/08-03/29	85716	Zoom	An examination of the song writers, musicians, band leaders, and personalities who contributed to the classic era of American popular music (approximately 1930 - 1965). Each session will include numerous recordings and film clips that illustrate the characteristics of music from this time period.
98	Beginning/Intermediate German	Leahy-Thielke, Faith	Tues	12:00 - 2:00pm	02/08-05/24	85764	F2F	Individually adapted course material
99	Spanish I	McLaughlin, Gwen	Mon	1-3 pm	02/07-05/23	86155	Zoom	Spanish I 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.
100	Spanish I	McLaughlin, Gwen	Wed	11:00am-1:00pm	02/09-05/25	86153	F2F	Spanish I 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.
101	Spanish II	McLaughlin, Gwen	Wed	2 -4 pm	02/09-05/25	86154	F2F	This is an Advanced Beginner/Low Intermediate Spanish course for students who have previously taken Spanish 1 and feel ready to progress to the next higher level.
102	Line Dancing	Meadows, Bob	Tues	1:00 – 3:00 pm	02/08-05/24	85742	F2F	Healthy Living Line Dance

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
103	ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Tues	10:30-11:30 am	02/08-05/24	85972	Zoom	This strength training boot camp will keep things moving by mixing strength training with cardio moves for a great workout. No muscle goes unworked in this fast-paced Bootcamp. The main focus of this Bootcamp is to increase strength, get toned, build muscle, and burn calories!
104	Nutrition Workshop 101	Merriman, Wallace	Tues	12-1 pm	02/08-05/24	85973	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 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.
105	ZOOM Fitness Bootcamp - Gold	Merriman, Wallace	Thur	10:30-11:30 am	02/10-05/26	85975	Zoom	This strength training boot camp will keep things moving by mixing strength training with cardio moves for a great workout. No muscle goes unworked in this fast-paced Bootcamp. The main focus of this Bootcamp is to increase strength, get toned, build muscle, and burn calories!
106	Intermediate Spanish	Miller, Barbara	Tues	10 am-12 pm	02/08-05/24	85784	Zoom	Students entering this class should be able to describe completed actions and what they used to do as a child. We will then begin to use the imperfect and preterit tenses in conjunction.
107	Beginner 2 Spanish	Miller, Barbara	Tues	1-3 pm	02/08-05/24	85785	Zoom	Students entering this class should be able to describe themselves, their hobbies and their families. During this class, students will learn to speak about a typical day in their lives in the present and past tenses.
108	Chair Yoga	Mullin, Jen	Mon	9:30-11:30 am	02/07-05/23	85868	Zoom	A gentle class that offers all the benefits of traditional yoga without the need to get up and down from the floor. The chair is used as a support for standing poses that develop both strength and balance. All movements are slow and can be modified to suit any fitness level. NEEDED: yoga mat and strap or tie.
109	Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	02/07-05/23	85869	Zoom	This course will explore a range of meditation styles including mindfulness, creative visualization, and yoga nidra. You will also learn simple breathing techniques to activate your body's natural relaxation response. No experience is necessary; all are welcome to share the peaceful power of group meditation.
110	Chair Yoga	Mullin, Jen	Wed	8:50-10:30 am	02/09-05/25	85870	Zoom	A gentle class that offers all the benefits of traditional yoga without the need to get up and down from the floor. The chair is used as a support for standing poses that develop both strength and balance. All movements are slow and can be modified to suit any fitness level. NEEDED: yoga mat and strap or tie.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
111	Chair Yoga	Mullin, Jen	Wed	10:30 am-12:10 pm	02/09-05/25	85871	Zoom	A gentle class that offers all the benefits of traditional yoga without the need to get up and down from the floor. The chair is used as a support for standing poses that develop both strength and balance. All movements are slow and can be modified to suit any fitness level. NEEDED: yoga mat and strap or tie.
112	Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	02/09-05/25	85872	Zoom	This course will explore a range of meditation styles including mindfulness, creative visualization, and yoga nidra. You will also learn simple breathing techniques to activate your body's natural relaxation response. No experience is necessary; all are welcome to share the peaceful power of group meditation.
113	Yoga--Intermediate/Advanced	Mullin, Jen	Thur	10 am-12 pm	02/10-05/26	85873	Zoom	Use basic yoga postures to build stamina, strength, flexibility, and balance. Explore breathing techniques--linking movement with breath and deepening stretches. Each class is designed so that all levels can practice together in an encouraging environment.
114	Friday Morning Meditation	Mullin, Jen	Fri	8:30-9:30 am	02/11-05/27	85874	Zoom	Looking for a way to jumpstart your day? Research suggests that morning is the ideal time for meditation. Take time to reflect and respond to journal prompts and explore a guided meditation. Bring clarity to your intentions and empower your goals! Materials: journal or notebook.
115	Beginner Yoga	Mullin, Jen	Fri	10 am-12 pm	02/11-05/27	85875	Zoom	Beginners Yoga introduces basic poses and conscious breathing techniques that create stability and ease in the body and mind. Each class offers opportunities to ends in relaxation pose with a brief meditation. NEEDED: comfortable clothes, yoga mat
116	Humanities for Senior Citizens	Patente, Peter	Mon	10 am-12 pm	02/07-05/23	85718	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.
117	Adv/Interm Mixed Piano	Patente, Peter	Tues	9:30-11:30 am	02/08-05/24	85719	Zoom	Students in this course will further develop their music skills.
118	Beginner Piano	Patente, Peter	Tues	11:30 am-1:10 pm	02/08-05/24	85720	Zoom	Students in this course will further develop their music skills.
119	Short and Sweet: An Exploration of World Literature	Pilevsky, Dillies	Tues	10 am -12 pm	02/08-05/24	85712	Zoom	Short stories are timeless in their magical ability to help us make human connections with an author, a narrative, and our own life experience. All the stories can be found on the internet in pdf form.
120	American Sign Language - Intermediate level	Rhoads, Bob	Mon	10 am -12 pm	02/07-05/23	85980	F2F	ASL Intermediate Level
121	American Sign Language - Beginner level	Rhoads, Bob	Thur	10 am -12 pm	02/10-05/26	85981	F2F	ASL Beginner Level
122	Advacned Yoga	Robling, Margie	Sat	8:20-10:20 am	02/12-05/21	86151	F2F	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.

SAGE Fall 2021 Course Descriptions and Locations

F2F = Face to Face Class (In-person)

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
123	Beginner Yoga	Robling, Margie	Sat	10:20 am-12:20 pm	02/12-05/21	86152	F2F	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.
124	Great American Conspiracies	Rudd, Bob	Mon	1-3 pm	02/07-05/16	85893	F2F	This course will examine the truth-falsehoods of alleged American conspiracies and their importance from: Washington and the Freemasons in 1776 all the way through in our history to Truman and Area 51 followed by Ike meeting aliens and negotiating a treaty. What is Skull and Bones at Yale and when/where/how and who gets admitted to it? The similarities of the Lincoln and Kennedy assassination from one shooter to their VP's possibly plotting against them will be examined. Were the killings of: Lincoln, JFK, RFK, MLK premeditated group acts or those of an individual? Let's look at Woodrow Wilson's One World Movement! What is the Trilateral Commission and its impact on America? Is Covid-19 an actual act of war? Who did Jeffrey Epstein know and call "friend" that may have included Presidents among influential and powerful Americans? BLM, a social movement, or an organized plot to overthrow the American government? Does the "new" social media have an ulterior motive?. As always, my courses are highly interactive without DVDs.
125	VIPs and GOATs of the Boomer Era	Rudd, Bob	Thur	6-8 pm	02/10-05/12	85895	Zoom	Join us as we examine some of the historic leaders (VIP's, GOAT's, Influencers, etc.) who are "the best" of The Boomers. Some may be presidents, government officials, jurists titans of industry, consummate entertainers, inventors, scientists, leaders of causes, culture, etc. We will discuss how they've impacted society thru their lives, movements, and careers from both a historical and societal perspective and how they will influence the future of America.

SAGE Fall 2021 Course Descriptions and Locations

F2F = Face to Face Class (In-person)

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
126	Studio Fine Art: Portraiture	Ruffin, Raj	Mon	**6-8 pm	02/07-05/23	85965	Zoom	A comprehensive evaluation of the face in profile, three quarter and portrait view. Students will gain a foundation into the dimensions and proportions necessary to sketch a rendition of various persons. Various techniques such as chiaschoro, and other geometrical analysis are incorporated into the lesson. Students are presented with many personalities throughout the semester to help develop this understanding.
127	Color Theory	Ruffin, Raj	Fri	7-9 pm	02/11-05/27	85966	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. 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.
128	Oil Painting - Part I	Ruffin, Raj	Sat	6-8 pm	02/12-05/21	85967	Zoom	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.
129	Oil Painting - Part II	Ruffin, Raj	Sat	8-9 pm	02/12-05/21	85968	Zoom	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.
130	Pilates - Part I	Shell, Susan	MWF	9-10 am	02/07- 04/22	85900	Zoom	This Pilates class will teach various Pilates exercises for beginning and intermediate students. Please bring a Pilates mat, towel, and bottled water.
131	Pilates - Part II	Shell, Susan	MWF	9-10 am	05/02 -05/27	85901	Zoom	This Pilates class will teach various Pilates exercises for beginning and intermediate students. Please bring a Pilates mat, towel, and bottled water.
132	Senior Aerobics	Shell, Susan	T/Th	9-10 am	02/08- 05/26	85902	Zoom	This aerobics class will teach various aerobics exercises for beginning and intermediate students. Please bring a towel, and water.
133	Intermediate.Adv. Spanish	Sieiro, Deborah	Tues	10 am-12 pm	02/08-05/24	85886	Zoom	Advance Spanish emphasizing in conversation. We will be reading a book (Can either be purchased on Amazon or Amazon-kindle) to build vocabulary and have topic of conversations. We will also, use vocabulary for exercises and grammar comprehension.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
134	Beginning Spanish II	Sieiro, Deborah	Wed	2-4 pm	02/09-05/25	85887	Zoom	Zoom beginning Spanish II is a continuation of Spanish I. We will continue to focus on the four pillars of a foreign language: phonetics, speaking, reading and writing. Students should have knowledge of how Spanish verbs are conjugated and be comfortable with subject pronouns.
135	Intermediate Spanish	Sieiro, Deborah	Thur	2-4 pm	02/10-05/26	85888	Zoom	Intermediate Spanish is a course for those who are comfortable speaking a few sentences in Spanish. Students in this course will be asked to participate often in conversation. It is an interactive atmosphere and participation is required. Topics will vary by week.
136	Conversational Spanish	Sieiro, Deborah	Thur	6-8 pm	02/10-05/26	85890	F2F	You feel like you have enough vocabulary and grammar knowledge, but you are missing that extra step to feel comfortable with native speakers. In this course you will receive topic material via email the week before class then elaborate them in class. These can vary from current events, traditions, stories, etc.
137	Writing Your Memoirs- all levels	Smith, Cathy	Tues	10 am -12 pm	02/08-05/24	85852	Zoom	Focus of the course is on writing. It begins with a discussion of what memoir is and is followed by participants sharing their work by reading it aloud to the group. There then follows a discussion of what listeners like about the work and what they would like to know more about. An assignment for the next week is made at the end of each session. The class is noncompetitive, confidential and ideal for beginning or experienced writers.
138	Writing Your Memoirs- all levels	Smith, Cathy	Tues	1-3 pm	02/08-05/24	85853	Zoom	Focus of the course is on writing. It begins with a discussion of what memoir is and is followed by participants sharing their work by reading it aloud to the group. There then follows a discussion of what listeners like about the work and what they would like to know more about. An assignment for the next week is made at the end of each session. The class is noncompetitive, confidential and ideal for beginning or experienced writers.
139	Writing Your Memoirs- all levels	Smith, Cathy	Fri	10 am -12 pm	02/11-05/27	85854	Zoom	Focus of the course is on writing. It begins with a discussion of what memoir is and is followed by participants sharing their work by reading it aloud to the group. There then follows a discussion of what listeners like about the work and what they would like to know more about. An assignment for the next week is made at the end of each session. The class is noncompetitive, confidential and ideal for beginning or experienced writers.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
140	Writing Your Memoirs- all levels	Smith, Cathy	Fri	1-3 pm	02/11-05/27	85855	Zoom	Focus of the course is on writing. It begins with a discussion of what memoir is and is followed by participants sharing their work by reading it aloud to the group. There then follows a discussion of what listeners like about the work and what they would like to know more about. An assignment for the next week is made at the end of each session. The class is noncompetitive, confidential and ideal for beginning or experienced writers.
141	Chair Yoga	Smith, Patricia	Mon	10:30-11:30 am	02/07-05/23	85735	Zoom	This class will teach yoga poses while seated. Please bring a yoga mat, 2 yoga blocks, yoga strap, small ball (ex: tennis ball), and scarf.
142	Gentle yoga	Smith, Patricia	Mon	1:30-3:30 pm	02/07-05/23	85736	Zoom	This class will teach various yoga poses for all levels of experience, including beginners. Focus will be on the breath, movement, and strength. Please bring a yoga mat, 2 blocks, yoga strap, large towel, and small pillow.
143	Movement, Strength, Stretch	Smith, Patricia	Tues	10:30-11:30 am	02/08-05/24	85737	Zoom	This class will begin with a 20 minute aerobic routine, followed by strength, and stretch exercises. Please bring two hand weights 3, 4, or 5 pounds, and a light or medium resistance tube or resistance band.
144	Gentle Yoga	Smith, Patricia	Tues	2 pm-4 pm	02/08-05/24	85738	Zoom	This class will teach various yoga poses for all levels of experience, including beginners. Focus will be on the breath, movement, and strength. Please bring a yoga mat, 2 blocks, yoga strap, large towel, and small pillow.
145	Gentle yoga	Smith, Patricia	Wed	1:30-3:30 pm	02/09-05/25	85739	Zoom	This class will teach various yoga poses for all levels of experience, including beginners. Focus will be on the breath, movement, and strength. Please bring a yoga mat, 2 blocks, yoga strap, large towel, and small pillow.
146	Chair Yoga	Smith, Patricia	Thur	10:30-11:30 am	02/10-05/26	85740	Zoom	This class will teach yoga poses while seated. Please bring a yoga mat, 2 yoga blocks, yoga strap, small ball (ex: tennis ball), and scarf.
147	Movement, Strength, Stretch	Smith, Patricia	Thur	1-2 pm	02/10-05/26	85741	Zoom	This class will begin with a 20 minute aerobic routine, followed by strength, and stretch exercises. Please bring two hand weights 3, 4, or 5 pounds, and a light or medium resistance tube or resistance band.
148	Sign Language, Beginning	Stracka, Gail	Wed	10 am -12 pm	02/09-05/25	85987	F2F	This class covers fingerspelling, vocabulary, and ASL grammar. We will also discuss of historical and cultural aspects of the deaf community in America.
149	Advanced Design and Composition	Swanson, Darlene	Mon	9-11 am	02/07-05/23	85857	F2F	Elements and Principles of Design and Composition
150	Mixed Media, Part I, All levels	Swanson, Darlene	Tues	9-11 am	02/08-05/24	85858	F2F	All Media accepted. With lecture and demonstrations and critique.
151	Mixed Media, Part II, All levels	Swanson, Darlene	Tues	11 am-12 pm	02/08-05/24	85859	F2F	All Media accepted. With lecture and demonstrations and critique.
152	Watercolor Painting Part I	Swanson, Darlene	Wed	9 am -11 am	02/09-05/25	85860	F2F	Studio class. With lecture and demonstrations and critique.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
153	Watercolor Painting Part II	Swanson, Darlene	Wed	11 am-12 pm	02/09-05/25	85861	F2F	Studio class. With lecture and demonstrations and critique.
154	Watercolor Painting	Swanson, Darlene	Wed	12:30 – 2:30 pm	02/09-05/25	85862	F2F	Studio class. With lecture and demonstrations and critique.
155	Beginning French	Torres, Edite	Tues	11 am-1 pm	02/08-05/24	86106	Zoom	Learning basic elements of grammar, reading, pronunciation and writing. Engaging in simple listening comprehension and speaking in short sentences. Actively participating in language-immersion to develop comprehension and fluency. <u>Textbook</u> : Ultimate French Beginner-Intermediate by Living Language
156	Intermediate French	Torres, Edite	Wed	11 am-1 pm	02/09-05/25	86107	Zoom	Building up on various elements of grammar, reading, pronunciation and writing. Improving confidence by engaging in listening comprehension and speaking in more complex dialogues. Actively participating in language-immersion to increase both comprehension and fluency. <u>Textbook</u> : Ultimate French Beginner-Intermediate by Living Language
157	Advanced French	Torres, Edite	Wed	1:30-3:30 pm	02/09-05/25	86108	Zoom	Solidifying grammar and building vocabulary for more complex reading and writing. Engaging in more advanced listening comprehension and speaking to better understand different aspects of the French culture. Actively participating in language-immersion for more advanced comprehension and fluency. <u>Textbook</u> : Ultimate French Beginner-Intermediate by Living Language
158	Spanish Conversation (Beginners)	Vargas, Clemencia	Mon	1-3 pm	02/07-05/23	85731	Zoom	Students with good basic Spanish skills (at least Beginner 2) will practice in a friendly environment. We will chat about novels and podcasts created for the beginner speaker.
159	Spanish Conversation (Intermediate)	Vargas, Clemencia	Mon	3-5 pm	02/07-05/23	85732	Zoom	This class, conducted all in Spanish, features conversations based on short stories, songs, podcasts, and other media created for Spanish learners.
160	Spanish Beginner 3	Vargas, Clemencia	Wed	1-3 pm	02/09-05/25	85733	Zoom	This class is for students who have already studied regular e irregular verbs in present tense. We use different activities, like readings, games, and music to make it a fun and productive experience.
161	Spanish Conversation (Advanced)	Vargas, Clemencia	Wed	3-5 pm	02/09-05/25	85734	Zoom	Enjoy informal conversations in Spanish about news, podcasts, and readings from the Spanish speaker world.
162	Piyochi	Verdi, Juliet	M/W	10:30 am-12 pm	02/07-04/20	85709	Zoom	½ hour Pilates, ½ hour Yoga and 1/2 Tai Chi. Utilizing the best of each of the Disciplines to give you a full CORE BUILDING, MIND & BODY workout You keep moving until the cool-down, with a restful Yoga pose.
163	Tai Chi	Verdi, Juliet	T/Th	10:45 am-12 pm	02/08-04/21	85710	Zoom	Tai Chi is wonderful relaxed workout, but it is a workout! You will learn the Yang Style Ching Man Cheng 37 Form, The Yang 24 Form and the Yang 8 Form.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
164	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	02/07-05/23	85786	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, 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.
165	Jewelry Making: 4 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	02/08-05/24	85787	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.
166	Jewelry Making for Beginners	Vitale-Reddy, Cecelia	Fri	10 am-12 pm	02/11-05/27	85788	F2F	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, 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.
167	Yoga I	Weimer, Lee	Wed	10:15 am-12:15 pm	02/09-05/25	85837	F2F	This fitness class will teach Yoga poses, breath exercises, and meditation for all levels. Please bring a yoga mat, strap and block; large towel or small blanket; and a water bottle.
168	Morning Stretch and Meditation	Weimer, Lee	Thur	10:15 am-12:15 pm	02/10-05/26	85838	F2F	This fitness class will teach gentle mindful movement using a chair and meditation. Please bring a water bottle.
169	Pilates	Weimer, Lee	Thur	12:15-2:15 pm	02/10-05/26	85839	F2F	This fitness class will teach mat Pilates to strengthen to build strength, balance and flexibility. Please bring a yoga mat, a large towel or small blanket, and a water bottle.
170	Estate Planning Part 1	Widmann, Art	Wed	2:00 – 4:00 pm	0209-03/30	85994	F2F	Overview of Estates, Wills, Trusts, and Taxes with an emphasis on how they affect Seniors. We will focus on both current tax laws and proposed changes. Frequent class discussion around multiple planning alternatives. Special topics may include housing, charitable giving, social security, health care, and investment alternatives.
171	Estate Planning Part 2	Widmann, Art	Wed	2:00 – 4:00 pm	04/06-05/18	85995	F2F	Overview of Estates, Wills, Trusts, and Taxes with an emphasis on how they affect Seniors. We will focus on both current tax laws and proposed changes. Frequent class discussion around multiple planning alternatives. Special topics may include housing, charitable giving, social security, health care, and investment alternatives.
172	Everyday Feels Like Saturday	Williams, Paula	Fri	4-6 pm	02/11-05/27	85849	Zoom	A journey to make Self-Awareness a part of your present. During this time of change and transition, from what was to what is, we will observe self, and correct or let go of all that no longer works for us; while being in peace with gratitude and understanding. All levels.

	A	B	C	D	E	F	G	H
1	Focus	Instructor	Day	Time	Dates	Syn #	Location	Course Descriptions
173	An Introduction to Improvisation	Yamamoto, Ruth	Fri	9 :30am -11 :30 am	02/11-05/27	85842	F2F	The goal of this class is to introduce the world of improv to those interested in discovering the art of theatrical improvisation, to reinforce foundational knowledge previously learned, and to flex creative muscles in a fun and safe environment. 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. Course Objectives: 1.Have in increased level of confidence in public presentations.2.Be more attuned to others to positive interactions.3.Understand basic improv terminology.4.Play several theatre games.5.Build community and comradery.6.Have fun.

Prince George's Community College • SAGE • Registration Form (Noncredit Courses Only)

PGCC Student ID# (if known) _____

Last Name _____ First Name _____ MI _____ JR / SR _____
(please print)

Is this a NEW address since last registration? ☐ Yes ☐ No

PERMANENT Address (street) _____ APT # _____

City _____ State _____ ZIP _____

Home Phone _____ Cell Phone _____

Gender _____ Date of Birth _____ E-MAIL _____
(M/F) (Month/Day/Year) (Necessary for notifications)

RESIDENCY (please check one)

- ☐ Prince George's County
- ☐ Other MD County
- ☐ Out of State

STATUS (please check one)

- ☐ Adults 60 or over, MD Resident**
- ☐ Disabled Retiree Residing in MD***
- ☐ All Others

SPC (please check if applicable)

- ☐ PGCC Full-Time Employee
- ☐ Dependent of PGCC Full-Time Employee

RACE CODE (please check one)

- Required by U.S. Dept. of Education
- ☐ Native American
 - ☐ Asian
 - ☐ Black/African American
 - ☐ Hispanic
 - ☐ White, non-Hispanic
 - ☐ Unknown/Other

Mail check or money order, payable to Prince George's Community College, with registration form to:

Cashier's Office
Prince George's Community College
301 Largo Road
Largo, MD 20774-2199

OFFICE USE ONLY

Processed by _____
Date _____
Check or M.O.# _____

Please print neatly and fill in all the sections below following the example shown.

5-digit Synonym #	Course Title	Location	Fee
12345	Spanish	Camp Springs	

I certify under penalties of perjury that the information recorded on this application is correct. I agree to abide by the rules and regulations and policies of Prince George's Community College as presently in effect and/or hereafter enacted. If in the future I change my residence, I understand that it is my responsibility to notify the Admissions and Records Office at Prince George's Community College and to provide them with my correct address.

Registration Fee**	\$85.
TOTAL	

Signature **X** _____

Date _____

PLEASE NOTE: To complete the registration process, attach your check or money order payable to Prince George's Community College and submit to the Cashier's Office at the address listed above. **You will not receive a confirmation when registering by mail!** You will be notified by e-mail if a class for which you are registered is canceled.

**** Adults 60 or over** who are Maryland residents will be charged a \$85 registration fee per term for MHEC-approved classes. Tuition is waived. Other fees may apply.

*** ATTN: Disabled Retirees under 60 Years Old

Effective July 1, 2012, disabled retirees under 60 years old may qualify for a tuition waiver (for both credit and noncredit classes).

To determine your eligibility, you must contact the Office of Admissions and Registration, Bladen Hall, room 126, to request a Prince George's Community College Tuition Waiver Certification Form. Take the form to your local Social Security Office for completion and then return it to the college.

A new waiver form must be submitted every academic year.

SAGE schedule & registration are available online at www.pgcc.edu



PRINCE GEORGE'S
COMMUNITY COLLEGE

ONLINE CONTINUING EDUCATION PERSONAL ENRICHMENT COURSE

BECOMING A VIRTUOUS WOMAN

In this Bible-based, interactive, personal enrichment course, you will explore the life of the virtuous woman (then and now) in a resourceful and practical way. There will be opportunity to reflect on your own life as you learn and apply achievable action steps to realize the transformation you desire. But first, you'll want to be privy to the secrets the virtuous woman has tucked away in her heart in order to be most effective in her home, workplace, ministry, her community, and the world! Are you ready to be that woman?

This is a **non-SAGE class** that the SAGE Program is promoting at the request of one of PGCC's long-term professors, Dr. Kathy Yorkshire.

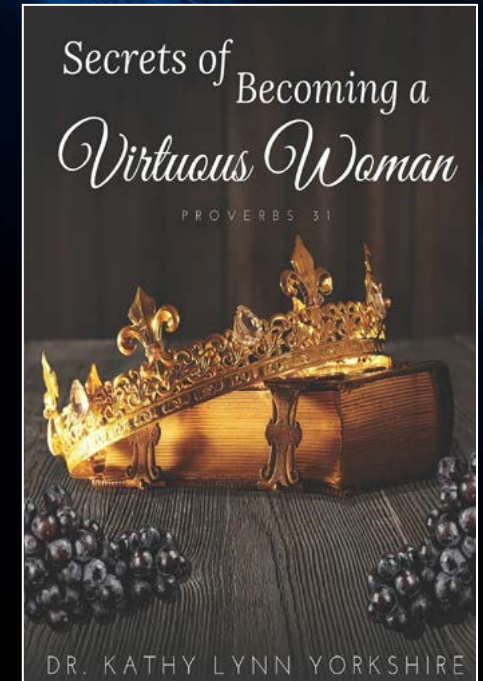
This class will be held online via Zoom, and will run for 10 sessions:
1/31/22-5/2/22 on Monday evenings,
from 6-7:30 pm.

(No classes on 2/21 and 3/14)

Registration Information:

To register for this class online via Owl Link or via paper registration, please input **syn #79951**.

You can also contact the SAGE Office at 301-546-0923 and ask to be registered for this class over the phone.



Tuition Cost: \$50

Please purchase a copy of the book from Amazon (\$9.99) before the first night of class:

https://www.amazon.com/Secrets-Becoming-Virtuous-Woman-Proverbs/dp/1736933302/ref=sr_1_1?keywords=becoming+a+virtuous+woman&qid=1638474206&sr=8-1

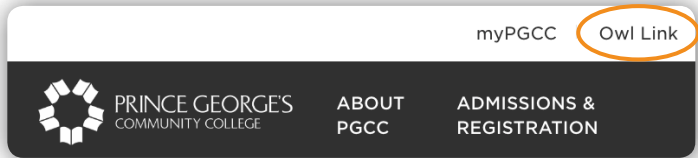
If you have questions about the class, please contact Dr. Yorkshire at:
yorkshkl@pgccc.edu | kathy@virtuouswomentoday.com | www.virtuouswomentoday.com

How to register for SAGE classes online using Owl Link

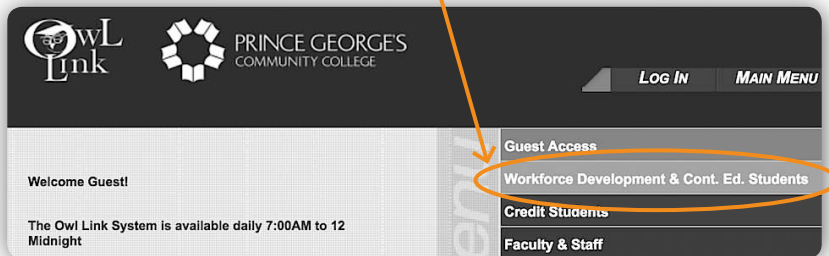
It's the fastest, safest, and best way to get the classes you want!

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

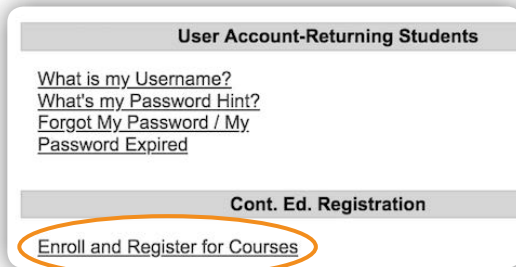
1. Go to the college's home page at www.pgcc.edu and click on **Owl Link**.



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](#)

continued next page

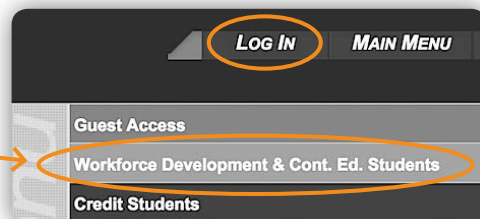
How to register for SAGE classes online using Owl Link *continued*

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