



PRINCE GEORGE'S
COMMUNITY COLLEGE



SAGE

Seasoned Adults
Growing Educationally

Classes for Seniors 60 and Older

FALL 2025

REGISTRATION
opens Sept. 2, 2025
Classes begin
Oct. 6



MARYLAND SENIOR OLYMPICS



2025 MSO REGISTRATION IS OPEN!

For men and women aged 50-plus. Out-of-state participants welcome.



Details, Guide & Registration

mdseniorolympics.org

Call 240-777-4930 or email
info@mdseniorolympics.org

Archery	Sept. 20
Badminton	Sept. 6
Basketball 3-on-3	June 21
Basketball Skills	June 21
Billiards	Oct. 4-5
Bocce (4-player teams)	June 30
Bocce (singles, doubles)	Oct. 10
Bowling	Aug. 18-19
Cornhole	Oct. 5
Cycling 10k Time Trials	May 7
Cycling 5k Time Trials	June 4
Disc Golf	June 14
Golf	Sept. 15
Horseshoes	Sept. 6
Pickleball	May 16-18
Powerlifting	Oct. 11
Racquetball	Sept. 3-4
Road Race 5k	Aug. 30
Road Race 10k	Oct. 26
Shuffleboard	June 7
Soccer 8v8	June 22
Softball	Sept. 6
Swimming	Sept. 6
Table Tennis	July 12
Tennis	Sept. 18-20
Track & Field	June 28-29
Trap Shooting	May 31
Triathlon	June 1
Volleyball	Aug. 23
Walking Events	June 28-29
Wii Bowling	Oct. 6

Dates subject to change

"TO PARTICIPATE IS TO WIN!"



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ANNOUNCEMENTS

This past May, we bid a fond and heartfelt farewell to Ruth Harris, who retired after more than 12 years of dedicated service as one of the program coordinators with SAGE.

Ruth has been a steady and inspiring presence in our program, known for her unwavering support of students, her organizational excellence, and her deep care for the community. Over the years, she helped shape the experiences of countless students—offering guidance, encouragement, and a thoughtful approach to everything she did.

Her commitment to the success of the program and to the people within it left a lasting mark that will be felt for years to come. Ruth's legacy is one of compassion, professionalism, and quiet leadership.

As Ruth begins this new chapter of well-deserved rest and adventure, we extend our deepest gratitude and appreciation for all she has given to SAGE. She will be greatly missed—and always remembered.

Thank you, Ruth.

.....

We are delighted to welcome Crystal Pope, M.A., CHES, as the new SAGE program coordinator for Personal Enrichment Open Enrollment. Pope brings extensive experience in public health, program management, and community engagement, having led evidence-based initiatives to improve health outcomes for older adults across Maryland.

Her work with the Baltimore City Health Department of Aging and Howard County Medical Center focused on creating innovative programs, fostering strong community partnerships, and developing strategies to meet the needs of diverse populations.

Pope's dedication to lifelong learning and her passion for empowering older adults will be a valuable asset to the SAGE community.

SHARE YOUR PASSION AND KNOWLEDGE

Are you or someone you know interested in teaching for SAGE? Are you passionate about a subject or skill that you want to share with your peers? We are especially interested in finding instructors ready to teach at our in-person locations as well as on Zoom.

- Aquatics
- Art or Art History
- Classical Music
- Computer Skills
- Exercise
- History
- Literature
- Other exciting and compelling topics

Contact rhynetn@pgcc.edu with your resume and course proposal to explore this opportunity.

SAGE FALL 2025 COURSE CATALOG

Welcome to the SAGE fall semester!
Classes will be offered both in person at select locations (see page 6) and remotely via Zoom.

SEMESTER DATES FOR FALL 2025

The SAGE calendar consists of three semesters: fall, spring, and fall.

Courses listed in this SAGE schedule represent the fall 2025 semester offerings.

- Most SAGE fall 2025 classes begin the week of Oct. 6 and end the week of Jan. 19, 2025.
- “No Class” dates for fall 2025: Oct. 14; Nov. 26–27. 1; Dec. 22–Jan. 3, 2026; Jan. 19

SAGE REGISTRATION FEE STRUCTURE AND FALL SCHOLARSHIP INFORMATION

This fall, we continue to offer financial assistance to help you maintain your desired class schedule. After you register and pay for your first two (2) classes (\$80), you may apply for scholarships for additional classes.

If you are interested in receiving a scholarship, please follow the instructions on the registration form located at the back of the class schedule.

- \$40 per class registration fee for students age 60 and better.
- SAGE students may apply for scholarships to cover additional classes listed in the SAGE class schedule.
- The deadline to submit scholarship requests is Monday, October 6, 2025. No exceptions will be made.

Please note

Classes will run from October 6, 2025–January 24, 2026. No classes will be held on 11/26–11/29, 12/22–1/3, and 1/19.

Registration opens Tuesday, September 2, online & in person.

WHO CAN REGISTER FOR SAGE CLASSES?

Prince George's Community College SAGE classes are designed for adults aged 60 and older. Non-seniors may also register by paying the full tuition rate.

HOW WILL CLASSES BE OFFERED?

Face-to-face (F2F) or online via Zoom
F2F Locations – see page 6

HOW TO APPLY FOR A SAGE SCHOLARSHIP

You have two options:

1. Register and pay online for your first two classes, then complete the two-page scholarship form at the back of the schedule for any additional classes.

OR

2. List all of your classes on the two-page form and mail it in with a check for \$80 (the cost of two classes).

Be sure to review and complete the checkboxes on both pages of the form.

REGISTRATION

In-person registration is available at the Records and Registration Office, Bladen Hall, Room 126, Monday–Friday, 8:30 a.m.–6:00 p.m. Register for all your desired classes. However, if you are requesting scholarship funding, only pay for your first two classes (\$80) at the Cashier's Office. Your registration will then be forwarded to the SAGE office for scholarship processing.

IMPORTANT NOTE

You will not be able to register yourself online once a class has started, so please be sure to register in a timely manner. Decisions to run or cancel classes are based on enrollment numbers during the week prior to the class start date. If you find a class that has already begun and you would like to join, please follow these steps:

1. Email the instructor (contact information is on page 7) to ask if late registration is possible.
2. If the instructor gives you permission, email sage@pgcc.edu to request registration.

Your instructor cannot make this request on your behalf.

ZOOM CLASSES

Remote classes may be recorded.

We will continue offering a selection of classes via Zoom in a structured remote format, meaning classes will be held on scheduled days at specific times.

REQUIREMENTS FOR ZOOM CLASSES

- Access to a personal computer or tablet with a strong, stable internet connection
- A camera and microphone
- For fitness classes, ensure you have enough space to move safely, free from obstacles. Ideally, position your video so the instructor can observe you and provide feedback.

How to Use Zoom Watch the video tutorial [here](#)

Additional Resource: [Download](#) Zoom for MacBook/iPad device.

IMPORTANT NOTICE REGARDING ZOOM LINKS

Zoom links will be emailed to students directly from instructors 24-48 hours before classes begin. If you haven't received your Zoom link, please email your instructor at their PGCC email address (found on page 7 of this document).

FACE-TO-FACE (IN-PERSON) CLASSES

We are excited to offer a variety of in-person classes, both on and off campus, and we are working to expand our venues throughout the county. SAGE classes will follow each site's policies and regulations.

COURSE OFFERINGS

Course offerings begin on page 12. Use the five digit "Syn" numbers register online for your chosen classes. Note: The registration system will not allow you to register for classes with conflicting times.

You cannot register online once a class has begun.

PRINCE GEORGE'S COMMUNITY COLLEGE SAGE FACE-TO-FACE CLASS LOCATIONS

Allentown Splash, Tennis and Fitness Park

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

Bowie Community Center

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

Bowie Senior Center (55+)

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

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

Cameron Grove Adult Lifestyle Community**

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

Camp Springs Senior Activity Center (60+)

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

Central Parke at Victoria Falls**

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

Collington Life Care Community

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

District Heights Senior Center

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

Greenbelt Community Center

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

Laurel Armory-Anderson and Murphy Comm Center

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

Prince George's Community College, Largo

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

Riderwood Village Senior Living**

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

Riderwood publishes its own schedule of classes; they are not listed in this document. First day to register for their fall classes is September 25, 2025.

University Town Center (UTC)

6505 Belcrest Road, Suite 125, Hyattsville, MD 20782
301-546-8882

Park in garage A and receive validation for 3.5 hours of parking.

Residents-Only Locations – These are designated by a ** next to each class.

Publication designed by SAGE
and the Office of Communications

Prince George's Community College
301 Largo Road, Largo, MD 20774
301-546-7422

	INSTAGRAM	@pgccnews
	FACEBOOK	@pgccnews
	LINKEDIN	pgcc
	YOUTUBE	@pgcctv
	FLICKR	@pgccnews
	X	@pgccnews

CLASS LOCATION ABBREVIATIONS

These location codes are used in the class description in this schedule. Address for these locations are on page 6.

ASTFP Allentown Splash, Tennis and Fitness Park
BCC Bowie Community Center
BSC Bowie Senior Center
CGALC Cameron Grove Adult Lifestyle Community
CSSAC Camp Springs Senior Activity Center
CPVF Central Parke at Victoria Falls
CLCC Collington Life Care Community
DHSC District Heights Senior Center

GCC Greenbelt Community Center
LAMCC Laurel Armory-Anderson and
 Murphy Comm Center
Largo Prince George's Community College, Largo
RVSL Riderwood Village Senior Living
UTC University Town Center
F2F Face-to-Face
Zoom Online

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HOW DO I REGISTER?

You can register online using Owl Link. Step-by-step online registration instructions are listed below. If you have difficulty registering in Owl Link, please call Technology Services at the College: 301-546-0637.

THREE WAYS TO REGISTER FOR SAGE CLASSES

1. HOW TO SEARCH AND REGISTER FOR SAGE COURSES ONLINE VIA OWL LINK

Important—Please Read

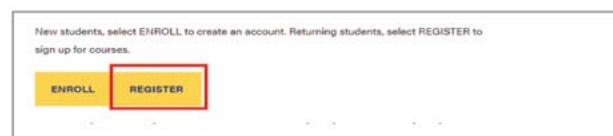
These directions will only be useful if you (1) have the five digit syn numbers for the classes and (2) have a working username and password.

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

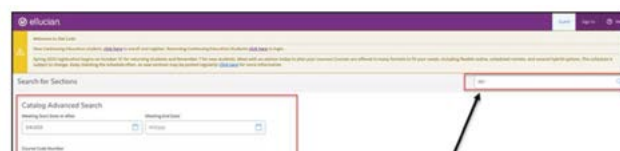
Step 1: On the PGCC home webpage (www.pgcc.edu) click on **Programs & Courses** then click **Continuing Education**.



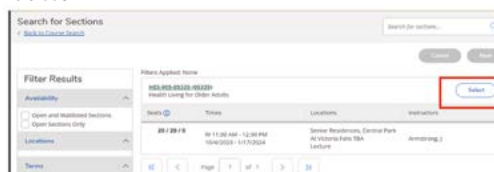
Step 2: That will take you to the Continuing Education page. Scroll down and select **Register**. Login using your Owl Link Username and Password.



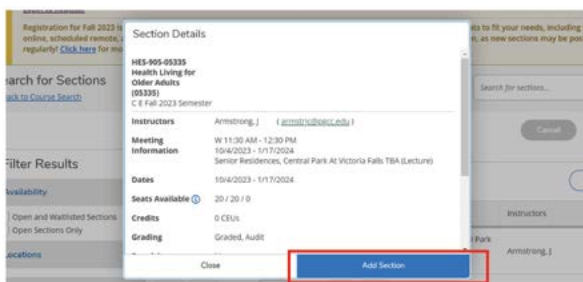
Step 3: You must have the correct SYN number for a course in order to register for it. Enter the SYN number in the box labeled **Search for Sections** in the box at the upper right and click **Enter**.



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



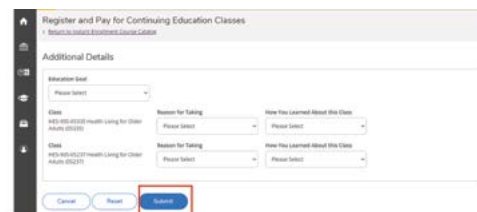
Step 5: The system will then open up a description of the class associated with that syn/section number. If it is the correct class, click on **Add Section**.



Step 6: The system will let you know that the class section has been added to your cart. **Continue to add sections that you want to register and pay for, however, you have to click on the Back to Course Search link on the left side of the screen, as circled in the example below, in order to search for each new syn number.** Also, remember, if you are requesting a SAGE scholarship, do not register and pay for more than two classes. You will not get refunded if you pay for more than two, and you will not get a scholarship.



Step 7: When you have your desired classes in the cart, you should then click **NEXT**, as circled in the example in Step 5 above. The system will take you to a Register and Pay screen where you should ensure the classes listed under the left side have the correct syn numbers. This screen is also called the Additional Details screen. These are optional boxes, which we would love for SAGE students to start using because it will help the college be able to track just how many SAGE students take our wonderful classes! Enter the **Education Goal** by selecting the dropdown arrow, then enter the **Reason for Taking** and **How You Learned About the Class**. Click **Submit**.



Step 8: You will be taken to the “Register and Pay for Continuing Education Classes” screen. Here you have the option to **Delete** a class that you are registering for, **Add More Classes** or select the **Payment Method** and **Proceed to Payment**. **Note that the entire amount due will need to be paid at this time.** No partial payments are accepted.

Step 9: Select a **Payment Method** using the dropdown arrow.

Step 10: Select **Proceed to Payment**.

Step 11: Payment Review---confirm amounts and Select **Pay Now**

Step 12: Enter credit card information, confirm name, billing address and email. **Make sure your personal email address is in the email box is correct---so that you will be emailed your confirmation.** Click **Pay Now**. PGCC does not accept American Express.

2. IN-PERSON REGISTRATION

In person registration takes place on a continuous basis at the Admissions, Records, and Registration area located in Bladen Hall, Room 126, on the Largo campus.

Monday–Thursday, 8:30 a.m.–8 p.m.

Friday, 8:30 a.m.–5 p.m.

- Register early—at least 10 days before classes begin.
- You must pay at the time of your registration with a check, money order, or credit card (VISA, MasterCard, Discover).

3. MAIL-IN REGISTRATION

- Mail-in registration forms will be processed after registration has begun and after walk-in registrations have been concluded on the first day of registration, and in the order they were received. They must include a check or money order made out to PGCC for the full amount, and be received at least 10 days prior to the class start date.

PLEASE
NOTE

The SAGE Team is unable to take phone-in registrations.

Please register one of the three ways listed: online, in person, or by mail.

Out-of-state registrants, regardless of age, pay full tuition, a \$25 registration fee, and a \$10 surcharge, per class, per trimester. (see page 11)

- You will not receive a confirmation when registering by mail, even if a requested class is full.
- Mail to: Cashier's Office
Prince George's Community College
301 Largo Road, Largo, MD 20774-2199

GENERAL COURSE INFORMATION

Course Confirmation

The only way to confirm your course(s) is to register online or in-person. You will be contacted by SAGE via email only if the class is canceled or if the schedule changes. Please verify your class schedule by going to www.pgcc.edu and then clicking on Owl Link at the top of the page.

Course Capacities

Many classes have limited capacity dictated by space, safety, or equipment. Register early!

Course Cancellations

The College reserves the right to cancel sections, change meeting places, or make other changes that it deems necessary. Classes which do not have sufficient enrollment at least one week before the start date will be canceled. Register early!

Course Dates

Class dates may change subject to site and/or instructor availability. No prorated refunds will be given.

Instructors

Although many instructor names are listed, teachers may be changed without notice. It is the instructor's prerogative to ask that a student attend a different class based on skill level.

DISABLED RETIREES UNDER 60 YEARS OLD

Effective 7/1/2012, disabled retirees under 60 may qualify for a tuition waiver (for both credit and noncredit classes).

To determine your eligibility, contact the Office of Records and Registration, Bladen Hall, room 126, 301-546-7422, to request a PGCC 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 Program Staff Contact Information

Tilandra Rhyne.....rhynetn@pgcc.edu
Susan Gagnon.....gagnonsl@pgcc.edu
Ola Akinade.....akinadoj@pgcc.edu
Najah Majors.....sage@pgcc.edu
or call the
SAGE Program Office301-546-0923

Other Key Contact Numbers at Prince George's Community College

Cashier's Office.....301-546-0691
Registration Services.....301-546-7422
registrar@pgcc.edu
Continuing Education (CE)
Customer Service Desk301-546-0159

Prince George's County Department of Aging Seniors Information

Aging Services Division301-265-8450
Call-A-Bus301-499-8603
Call-A-Cab Coupons.....301-883-5656
Nutrition Program.....301-265-8475
Maryland Access Point.....301-265-8450
Living Well Chronic Disease
Self Management301-248-0039

INCLEMENT WEATHER POLICY

- The SAGE Program, except ATH-900/901 (Health and Fitness) and ATH-930 (Therapeutic Aquatic Exercise) classes, follows the Prince George's County Public School System. Whenever Prince George's County Schools and/or activities are canceled due to inclement weather, SAGE classes are canceled.
 - A one-hour delay does not affect classes. If public schools are delayed for two hours, classes starting before 11 a.m. will be canceled.
 - If public schools close two hours early because of predicted inclement weather, all classes after 2 p.m. will be canceled.
- All SAGE classes (including ATH-900/901 and ATH-930 classes) are canceled if Prince George's Community College is closed due to inclement weather—at ALL locations.
- Students should listen to Public Service Announcements on radio and television to determine if a site is open for classes.
- Zoom classes are NOT impacted by the inclement weather policy.

MATTERS OF MONEY

Registration Fees

Maryland residents who are 60 or older may register for as many non-conflicting state approved courses as desired and pay one \$40 SAGE Registration Fee (SRF) per course, plus any additional instructional, supply, and/or lab fees.

For non-seniors and all non-Maryland residents, including those aged 60 or older, the non-refundable registration fee is \$25 per semester, plus tuition and any additional instructional, supply, and/or lab fees.

Tuition Waiver

Tuition for SAGE courses is waived for Maryland residents who are 60 or older, at the start of the credit semester which is Aug. 25, 2025. SAGE registration fees apply. Lab fees for some classes apply (see above). Call the SAGE Office, 301-546-0923, for specific information.

Tuition for Non-Seniors and Others

Prince George's County residents under 60 years old and all others who do not meet the criteria for a tuition waiver may register for any class in this booklet by paying the tuition, however some sites have age restrictions (see above Registration Fees).

For each course, the cost of SAGE tuition is based on the total number of hours the course meets for the semester (see below), plus the \$25 registration fee. For example:

Total hours from 12 to 15 = \$75 tuition

Total hours from 24 to 45 = \$150 tuition

Out-of-county Maryland residents will pay an additional \$5 per course. All non-Maryland residents—including those who are 60 years old or older—will pay an additional \$10 per course.

Payment

Payment is due at the time of registration. Please make your check or money order payable to Prince George's Community College and attach it to your registration form.

Cash is accepted only at the Cashier's Office in Bladen Hall, Room 120, Monday–Thursday, 8:30 a.m.–8 p.m. and Friday, 8:30 a.m.–5 p.m.

Refund Policy

To receive a refund of the \$40 registration fee, SAGE students must officially DROP all classes at least two (2) business days prior to the earliest start date. No exceptions!

Refunds are automatically issued for classes canceled by the college in the form in which payment was made. Allow 14 business days for processing.

Supplies, Books, and Lab Fees

Students are responsible for purchasing their own supplies for all classes, e.g., art materials, craft supplies, tools, text books. Information regarding a required text or other supplies will be made known at the first class. Lab fees may be assessed for some courses.

ARTS AND ENTERTAINMENT

DESIGN AND PRODUCTION OF CRAFTS

ART 903 Beginning Hand Quilting

Come learn how our parents and grandparents quilted! We will look at traditional patterns, learn how to draft templates, cut and stitch our fabrics, then add the beautiful running stitches that make an old-school quilt.

24489 Tu 10/7-1/20 2-4 p.m. ZOOM Gossage

ART 903 Add Sculpture to your life: Become 3-Dimensional

You will learn techniques for making small to medium-sized three-dimensional wire figures that can stand alone as sculptures, or two-dimensional figures for wall art. Figures can also be used as armatures for clay. Students will receive email with a list of inexpensive aluminum wire to purchase for class.

24490 W 10/8-1/21 1-3 p.m. ZOOM Verdi

ART 903 Beginning Hand Embroidery

Have you always wanted to learn embroidery, or has it been a few years or decades. since you learned? Join us for an introduction or reintroduction to the most basic and versatile stitches in a light, fun atmosphere.

24495 M 10/6-1/12 10 a.m.-12 p.m. ZOOM Gossage

HES 910 Intermediate Hand Embroidery

This class is ideal for those with some embroidery experience seeking new challenges and more complex stitches. Participants should be familiar with basic stitches such as backstitch, stem stitch, chain stitch, blanket stitch, and herringbone. (If you are not, consider starting with the Beginning Hand Embroidery class offered Monday mornings.)

24651 W 10/8-1/21 2-4 p.m. ZOOM Gossage

ART 903 Finish It Up! Fiber UFOs

In this class we will focus on strategies for overcoming the stumbling blocks that make it hard to finish all those fiber projects we start. We will talk about technical issues, artistic difficulties, and motivation. Come on in, and complete your unfinished projects. All fabric projects are welcome.

24498 Th 10/9-1/22 2-4 p.m. Zoom Gossage

ART 903 Jewelry Making for Beginners

An introduction to various beading methods such as elastic, cord, crimp, and wire wrap to create earrings, bracelets, and necklaces. A list of supplies, to be purchased by students, will be emailed before the first class.

24932 F 10/10-1/23 10 a.m.-12 p.m. BSC Vitale-Reddy

ART 903 All Levels Ceramics

This course introduces students of all levels to the fundamentals of ceramics, focusing on slip casting, mold use, hand-building with clay, and decorative painting techniques.

24505 W 10/8-1/21 1-3 p.m. DHSC Cockrell

ART 903 Jewelry Making 4 Techniques

Take an in depth look at four techniques: wire wrapping, cord and Kumihimo (Japanese braiding), chain mail, and crimping to create earrings, bracelets and necklaces. A list of supplies, to be purchased by students, will be emailed before the first class.

24501 M 10/6-1/12 10 a.m.-12 p.m. Zoom Vitale-Reddy

ART 954 Advanced Stained Glass

This advanced course provides students with guidance and support as they plan and execute a self-directed stained glass project. Emphasis is placed on refining technique, exploring complex designs, and fostering independent artistic expression.

25105 M 10/6-1/12 12:30-4 p.m. BSC Cerrelli

ART 955 Ceramics

This course introduces students of all levels to the fundamentals of ceramics, focusing on slip casting, mold use, hand-building with clay, and decorative painting techniques.

24945 Tu 10/7-1/20 8:45-11:45 a.m. BSC Cockrell

24946 Th 10/9-1/22 9 a.m.-12 p.m. BSC Cockrell

PAINTING I FOR SENIOR CITIZENS

ART 911 Introduction to Watercolor

This course in watercolor painting will begin with the basics introducing students to various brushes, paper, and paints. Then the students will dive into various painting techniques associated with different watercolor painting styles. A watercolor sketchbook, pencil, brushes, and a watercolor paint set are required for this course.

24933 M 10/13-1/12 1-3 p.m. UTC Schreib

DRAWING FOR SENIOR CITIZENS

ART 913 Hands, Feet, and Face Drawing

This course in hands, feet, and face drawing is for advanced students wanting to better their understanding of the most complex components in human anatomy. We will use several tools such as human proportions, linear/non-linear perspective, and basic construction to enhance the way we approach hands, feet, and faces in our drawings. This course will require an 8.5x11 sketch pad, pencil, and eraser that will be the responsibility of the student. An intermediate to advanced knowledge of figure drawing is recommended but not required for this course.

24934 M 10/13-1/12 3-5 p.m. UTC Schreib

ART 913 Introduction to Figure Drawing

The instructor will break down the human body into manageable shapes, discussing proportions, explore how they work together in order to form an understanding of the human body and how to draw figures accurately. This course will require an 8.5x11 sketch pad, pencil, and eraser that will be the responsibility of the student.

24941 Tu 10/14-1/20 3:30-5:30 p.m. UTC Schreib

STUDIO FINE ART

ART 918 Portraiture

Portraiture is a course designed to help students create a rendering of a person. Students will proportionally measure geometry to help in the process.

24502 M 10/6-1/12 6-8 p.m. Zoom Ruffin

ART 918 Watercolor and Ink

Explore foundational and advanced watercolor methods for creating expressive and detailed illustrations. This course introduces students to a variety of watercolor techniques, including washes, layering, and texture-building, with an emphasis on visual storytelling. Participants will also have the option to incorporate traditional India ink and dip pen techniques to enhance line work and contrast. Suitable for artists of all levels seeking to develop or refine their illustrative style.

24942 Th 10/9-12/18 10 a.m.-1 p.m. BSC Allison

ART 918 Studio Fine Art/Basic Art Fundamentals

Art promotes brain activity, assists in the comprehension and appreciation of other disciplines, fosters creativity, community, and inventiveness, improves motor skills and hand/eye coordination, and communicates feelings, ideas, moods, and experiences.

Art Fundamentals Studio is a class designed to offer basic art fundamentals, theory, and practice, encourage art interest, education, and skill, improve oral presentation skills, and creative thinking expression.

Participants of all skill sets are welcome, and there are no prerequisites. Utilizing various tools and media, lecture, demonstrations, and hands-on activities, participants will create original, two-dimensional works of art (drawing, painting, design, collage), apply art vocabulary, learn and apply the elements of art, and principles of organization.

24503 W 10/8-1/21 11 a.m.-1 p.m. CGRC Williams

ART 918 Art Workshop

This workshop offers dedicated studio time for exploring drawing, pen and ink wash, acrylic painting, and mixed media projects. Students are encouraged to bring works in progress for constructive critique, personalized feedback, and independent practice in a supportive environment.

25109 W 10/8-1/21 3-5 p.m. BSC Wilson

ART 957 Watercolor Painting

This studio course is open to students of all levels, from beginners to advanced. Through a combination of lectures, demonstrations, and hands-on practice, students will explore various fine art techniques and materials. Emphasis is placed on skill development, creative exploration, and individual artistic growth in a supportive studio environment.

25190 W 10/8-1/21 10 a.m.-2:30 p.m. BSC Swanson

ART 958 Acrylic Painting and Multimedia

This course introduces beginning and intermediate students to painting techniques using acrylics and mixed media. Students will create artworks of their choice while exploring both limited and full color palettes. Emphasis is placed on developing personal style, experimenting with materials, and building foundational painting skills.

24948 F 10/10-1/23 12-3 p.m. BSC Wilson

ART 958 Beginning Drawing

This course develops beginning and intermediate drawing skills with a focus on shading techniques, media exploration, and the elements of art—including line, space, value, form, texture, and color. Students will build confidence while experimenting with various tools and approaches to drawing.

24958 M 10/6-1/12 9a.m.-12 p.m. BSC Wilson

ART 958 Pen, Ink, and Wash

This intermediate to advanced course focuses on developing shading techniques and mastering the elements of art through pen, ink, and wash drawing. A textbook is required.

24962 F 10/10-1/23 9 a.m.-12 p.m. BSC Wilson

ART 958 Mixed Media, All levels

This course is designed for students of all skill levels, from beginners to advanced. Participants will explore a variety of fine art media, including drawing, painting, and mixed media techniques. Instruction is delivered through engaging lectures, live demonstrations, and guided practice. Emphasis is placed on developing technical skills, creative expression, and a deeper understanding of visual art principles.

25189 Tu 10/7-1/20 9 a.m.-12 p.m. BSC Swanson

COMPUTERS AND TECHNOLOGY

INTRODUCTION TO PERSONAL COMPUTERS

DPR 548 Beginning Word

This course offers a beginner-friendly introduction to Microsoft Word and the basics of Microsoft Office. Students will also learn fundamental internet skills, including browsing, searching, and navigating websites.

24586 M 10/6-1/12 9-11 a.m. CE 113 Gray

DPR 548 Don't Have a Clue

This course is designed for beginners who feel unsure about using computers or have struggled to keep up in other computer classes. We will take a slow, supportive approach to help you build a solid understanding of the basics—no prior experience needed.

24588 T 10/7-1/20 9-11 a.m. CE 113 Gray

DPR 548 Microsoft Office Suite

This beginner-friendly course is designed for anyone who feels unsure about using computers or has struggled to keep up in other computer classes. With a slow and supportive approach, you will build confidence as you learn essential computer fundamentals—turning the computer on and off, navigating the desktop, using the mouse, and managing files. Special focus will be placed on keyboarding skills to help you type with greater speed and accuracy. By the end of the course, you will have a strong foundation in basic computer use and be prepared for more advanced technology classes. No prior experience is needed.

25145 Th 10/9-1/22 9-11 a.m. UTC Gray

INTERMEDIATE COMPUTER SKILLS

DPR 573 Intermediate Office

The course includes hands-on special projects using the Microsoft Office Suite to reinforce learning and enhance practical skills. In this class, students will build on their basic computer skills with an introduction to intermediate-level Word, Excel, and PowerPoint. Students will also learn how to use Zoom effectively.

24589 W 10/8-1/21 9-11 a.m. CE 113 Gray

DPR 573 Finding Your Roots: Genealogy Research

Learn how to research and uncover information about your loved ones using a variety of online and print tools. This class will guide you through techniques for locating historical records, obituaries, and other key documents to help you build a deeper understanding of your family history. Students are encouraged to bring any obituaries or family records they already have to support their research during class.

24590 F 10/10-1/23 9-11 a.m. CE 113 Gray

DPR 573 Intermediate Computer Skills – Exploring Google Workspace

Build on your existing computer skills by exploring the powerful, free apps available through Google. In this course, you will discover advanced features of Gmail, practice creating and editing documents, spreadsheets, and presentations in Google Drive, and explore additional tools within Google Workspace. The skills gained in this class are highly transferable and can be applied to other platforms, including Microsoft Office.

25112 Tu 10/7-1/13 9:30-11:30 a.m. BSC Clemens

ENRICHMENT AND GROWTH

INTRODUCTION TO IMPROV

COM 900 Intermediate Improv

This class builds on foundational improvisation skills, encouraging participants to stretch their creativity in a fun and supportive environment. Beyond entertainment, improv helps boost confidence, enhance social skills, and sharpen quick thinking. Open to people of all ages, this follow-up course is designed for those who have completed at least one semester of the introductory improv class or have instructor approval.

24963 F 10/10-1/23 9:30-11:30 a.m. BSC Yamamoto

COM 900 Introduction to Improv

This class offers an engaging introduction to the art of theatrical improvisation, welcoming those new to improv as well as individuals with some prior experience. Participants will build foundational skills, stretch their creativity, and enjoy a fun, supportive environment. Beyond entertainment, improv helps boost confidence, enhance social skills, and sharpen quick thinking. People of all ages can benefit from this dynamic art form.

24506 M 10/6-1/12 1-3 p.m. GCC Yamamoto

CREATIVE CRITICAL THINKING

ENR-467 Creative Critical Thinking (Mind Boosters: Memory and Brain Fitness)

This course is designed to help maintain and enhance memory, problem-solving, and reasoning skills. Through engaging activities such as brain games, music, and memory exercises, students will strengthen cognitive abilities while having fun in a supportive and stimulating environment.

25147 Th 10/9-1/22 10 a.m.-12 p.m. UTC Hunn

AUTOBIOGRAPHICAL WRITING

SKB 419 Living Your Legacy: Honoring the Journey, Sharing the Wisdom

Living Your Legacy is a reflective and creative course for adults age 60+ to explore life lessons, meaningful memories, and the stories that shaped them. Through guided conversations and journaling, participants will create a personal Legacy Notebook to celebrate their journey and preserve their wisdom for future generations.

24862 Tu 10/7-12/2 10-11:30 a.m. DHSC Snowden

SKB 419 Autobiographical (Memoir) Writing

Writers of all levels will enjoy this friendly, participatory, noncompetitive class. Students write short personal essays weekly using suggestions and prompts to share them with the class. All levels.

24591 Tu 10/7-1/20 10 a.m.-12 p.m. Zoom Smith

24592 Tu 10/7-1/20 2-4 p.m. CLCC Smith

24593 F 10/10-1/23 10 a.m.-12 p.m. Zoom Smith

24594 F 10/10-1/23 1-3 p.m. Zoom Smith

FINANCE

FINANCIAL LITERACY

FIN 901 Estate Planning

This course provides an introduction to the fundamentals of estate planning, including wills, trusts, and taxation, with a special emphasis on issues most relevant to seniors. Students will explore how current tax laws—and proposed changes—affect planning decisions and financial security. Through frequent class discussions, participants will compare multiple planning strategies and consider their advantages and challenges. Special topics may

include housing and downsizing, charitable giving, Social Security, health care planning, and investment alternatives. Designed to be both practical and interactive, this course helps participants better understand their options for protecting assets, supporting loved ones, and planning for the future.

24967 W 10/8-1/21 2-4 p.m. BSC Widmann

FIN 901 Estate Planning

This course provides practical guidance on how to protect assets, minimize taxes, and ensure wishes are honored. Learn the essentials of wills, trusts, powers of attorney, and health care directives to create a clear and effective estate plan.

24528 Th 10/9-1/22 12-2 p.m. ZOOM Garner

FIN 901 Financial Literacy

This course covers the fundamentals of financial planning in retirement—from managing income and expenses to understanding Social Security, Medicare, investments, and tax planning.

24529 W 10/8-1/21 12-2 p.m. ZOOM Garner

HEALTH AND FITNESS

HEALTH AND FITNESS FOR SENIORS

ATH 352 Bowling Beginning

This course introduces the fundamentals of bowling. Students will learn proper stance, grip, and delivery techniques, as well as scoring and basic rules of the game. Designed for beginner to intermediate bowlers, the class focuses on skill development, coordination, and social interaction while promoting physical activity and enjoyment.

24218 Tu 8/26-12/2 12:30-3:30 p.m. CBC Bickford

ATH 352 Walking and Hiking for Seniors

This course is designed to help senior adults understand and experience the benefits of walking as a way to counteract the effects of aging and age-related diseases. Prerequisite: Students must be able to walk a minimum of 2 miles.

24218 TH 8/26, 12/2 11:30 a.m.-3:30 p.m. CE 111 Jordan

ATH 911 Health and Fitness for Seniors

This two-hour senior fitness class is designed to improve strength, flexibility, and balance through a variety of low-impact exercises tailored to meet the needs of older adults. The session also promotes overall physical wellness with guided movement, functional training, and relaxation techniques to support healthy aging and mobility.

24217 TTH 8/26, 12/4 9-11 a.m. NOVAK Jordan

ATH 911 Health and Fitness for Seniors

This low-impact aquatic fitness class is designed specifically for older adults seeking to enhance their overall health and mobility in a safe, supportive environment. Utilizing the natural resistance and buoyancy of water, participants will engage in exercises that promote cardiovascular endurance, muscular strength, flexibility and balance - while minimizing stress on the joints.

24216 TTH 8/26, 12/4 9-11 a.m. BCC Gleason

THERAPEUTIC AQUATIC EXERCISE

ATH 930 Therapeutic Aquatic Exercise

This low-impact aquatic fitness class is designed specifically for older adults seeking to enhance their overall health and mobility in a safe, supportive environment. Utilizing the natural resistance and buoyancy of water, participants will engage in exercises that promote cardiovascular endurance, muscular strength, flexibility and balance - while minimizing stress on the joints. Bring water weights, towel, swim shoes, and water.

24220 WF 8/27-12/5 12-1:30 p.m. CGRC Carrington

24223 MWF 8/25-12/5 10-10:55a.m. NAT Mabry

24224 MWF 8/25-12/5 11-11:55 a.m. NAT Mabry

24214 MWF 8/25-12/5 8-9 a.m. ARAC Jordan

24215 MWF 8/25-12/5 9-10 a.m. ARAC Jordan

24221 WF 8/27-12/5 10:15-11:45 a.m. CGRC Carrington

24222 MWF 8/25-12/5 9-9:55 a.m. NAT Mabry

HEALTHY LIVING

HES 905 Guided Meditation

This course introduces the basic principles and benefits of meditation through guided practice and discussion. Participants will learn techniques to slow down, cultivate mindfulness, and deepen self-awareness. Designed as a peaceful retreat from daily stress, the class also fosters connection with others in a supportive environment. Whether new to meditation or seeking to enhance your practice, you will discover tools to promote relaxation, focus, and overall well-being.

24537 W 10/8-1/21 3:45-4:45 p.m. Zoom Boverman

HES 905 Line Dancing for Seniors - All Levels

This lively exercise class combines rhythmic movement with mental engagement to boost stamina, improve flexibility, and enhance coordination. Participants will enjoy learning line dance routines that promote cardiovascular health and mental alertness while providing a fun way to reduce stress and increase overall well-being.

24542 M 10/6-1/12 10:15 a.m.-12:15 p.m. CGRC Brown

HES 905 Mindfulness and Meditation

Each week, we explore a variety of guided meditations alongside educational presentations on how meditation promotes wellness for both mind and body. Participants are encouraged to create a comfortable resting space and bring blankets, pillows, and neck support for optimal relaxation.

24563 M 10/6-1/12 5-6 p.m. Zoom Erteschik

HES 905 Nutrition

This course covers essential health topics with a focus on how nutrition affects the body's well-being. Through informative discussions and practical insights, participants will gain a better understanding of healthy eating and its impact on overall health. Bring paper and a pen for note-taking and active participation.

24552 Th 10/9-1/22 10-11 a.m. ZOOM Carrington

HES 905 Beginner Swimming

Gain confidence in the water while learning essential swimming and safety skills. This class introduces participants to water acclimation, safe practices, and effective breathing techniques. Build foundational skills such as floating, treading water, kicking, and the basics of common swimming strokes—all in a supportive and encouraging environment.

25258 TTh 10/7-1/22 11:30 a.m.-12 p.m. CLCC Shell

HES 910 Nutrition for Healthy Aging

As we mature, many of our nutritional needs start to shift. Come learn how to accommodate those changes while still enjoying food in a supportive, non-judging community.

24574 M 10/6-1/12 2-4 p.m. ZOOM Gossage

HES 910 Brain Fitness Fun and Games

Brain Fitness Fun and Games combines mentally stimulating activities, social interaction, and a little competition to maintain and enrich mental sharpness. Engage in activities and games that target memory, critical thinking, visualization, and cognitive abilities, including: think fast, memory challenge, word games, problem solving, and group discussions. So put on your thinking cap and prepare to think hard, compete passionately, and laugh out loud.

24970 Tu 10/7-1/20 11 a.m.-1 p.m. BSC Gibbons

HES 910 ALLERGY-FREE FABULOUS RECIPES COOKED IN YOUR KITCHEN ON ZOOM

Join this interactive Zoom cooking class where recipes are emailed a week in advance, complete with shopping tips. Cook along in real-time and ask questions as you prepare delicious dishes from around the world. Recipes cater to vegetarian, vegan, gluten-free, sugar-free, nut-free, and low-salt diets—ensuring flavorful meals for every lifestyle.

24581 F 10/10-1/23 2:30-4:30 p.m. ZOOM Verdi

HES 910 Balance and Flexibility

Stay active, improve balance, and maintain your independence through a fun mix of standing and seated exercises set to lively hits from the 1950s and 1960s.

24583 W 10/8-1/21 9:30-11:30 a.m. LAAMCC Armstrong

HES 910 Brain Fitness Fun and Games

Brain Fitness Fun and Games combines mentally stimulating activities, social interaction, and a little competition to maintain and enrich mental sharpness. Engage in activities and games that target memory, critical thinking, visualization, and cognitive abilities, including: think fast, memory challenge, word games, problem solving, and group discussions. So put on your thinking cap and prepare to think hard, compete passionately, and laugh out loud.

24584 M 10/6-1/12 3-5 p.m. ZOOM Gibbons

HES 910 Everyday Feels Like Saturday

Remember the feeling of Saturday, the sense of freedom that comes with being fully present. In this time of transition, from what was to what is, we will explore self-awareness, learning to observe ourselves, adjust or release what no longer serves us, and cultivate peace in the present moment.

24623 Th 10/9-1/22 4-6 p.m. ZOOM Williams

HES 910 Morning Stretching and Meditation

This class helps the body release muscle tension, boost circulation, and improve muscle control through gentle, mindful movements set to soft, soothing music. The session concludes with a relaxing chair meditation to calm the mind and promote overall well-being.

24629 M 10/6-1/12 9:30-11:30a.m. LAAMCC Armstrong

HES 910 Healthy Living

Discover fun and engaging ways to stay active—both physically and mentally. This class combines light fitness activities such as Sittercise with stimulating cognitive exercises like brain teasers and games. Students will build strength, flexibility, and mental sharpness while enjoying a supportive and social environment that promotes overall wellness.

25139 W 10/8-1/21 2-4p.m. UTC Hunn

HES 910 Everyday Feels Like Saturday

Remember the feeling of Saturday, the sense of freedom that comes with being fully present. In this time of transition, from what was to what is, we will explore self-awareness, learning to observe ourselves, adjust or release what no longer serves us, and cultivate peace in the present moment.

25186 Th 10/9-1/22 4-6p.m. ZOOM Williams

24971 F 10/10-1/23 1-3 p.m. BSC Williams

HEALTH AND FITNESS FOR SENIORS

HES 905 Zumba Gold

This modified Zumba dance fitness class recreates the original moves you love at a lower intensity. The choreography emphasizes balance, range of motion, and coordination, making it accessible for all fitness levels.

24968 M 10/6-1/12 9-10 a.m. BSC Green

HES 905 Chair Pilates

Enhance your flexibility, mobility, core strength, and balance through gentle, chair-based exercises designed for all fitness levels. This class offers a safe and supportive environment to improve your overall wellness while using a chair for stability and support. Participants should bring water, a 9-inch Pilates ball, and socks to fully engage in the exercises.

24532 M 10/6-1/12 2:45-3:45p.m. CGRC Carrington

HES 905 Chair Yoga Somatic Movement

This class combines gentle chair yoga movements with somatic practices, emphasizing mindful movement and body awareness. It helps improve flexibility, reduce tension, and promote overall well-being. Ideal for individuals with mobility limitations or anyone seeking a gentle, accessible approach to movement.

24536 Tu 10/7-1/20 9-10 a.m. Zoom Erteschik

HES 905 Zumba Gold Toning

This lower intensity dance fitness class moves at your pace, enhancing muscle strength, tone and endurance. Using no more than one pound light hand weights/toning sticks to shake and sculpt your way to a healthy body for an active lifestyle.

24567 Th 10/9-1/22 9-10 a.m. CPVF Green

24644 Th 10/9-1/22 1-2 p.m. CGRC Green

HES 905 Rebounder Beginner and Intermediate

Looking for a fun way to exercise? Try rebounding on a mini trampoline, also known as a rebounder. This low-impact, high-intensity workout offers numerous health benefits, including improved heart health, lymphatic system stimulation, and stress reduction. Ideal for seniors and anyone seeking an enjoyable way to boost energy and stay active. Bouncing on a rebounder is both effective and fun!

25072 TTH 10/7-1/22 4-4:30 p.m. ZOOM Shell

HES 910 Line Dancing for Seniors - All Levels

This lively exercise class combines rhythmic movement with mental engagement to boost stamina, improve flexibility, and enhance coordination. Participants will enjoy learning line dance routines that promote cardiovascular health and mental alertness. This class provides a fun way to reduce stress and increase overall well-being.

24969 Tu 10/7-1/20 1-3 p.m. BSC Brown

HES 910 Cardio Aerobics

This chair and standing aerobics class is designed to raise your heart rate in a low impact way, while moving to the sound of Motown!

24585 Tu 10/7-1/20 9:30-11:30 a.m. LAAMCC Armstrong

HES 910 Cardio Group Dance

Get ready to rock out to classic oldies hits while enjoying a fun and energizing workout! This low-impact cardio dance class features easy-to-follow moves designed to boost your heart rate, improve coordination, and increase stamina—all while keeping the fun factor high. Perfect for all fitness levels, this class combines great music with a supportive atmosphere to help you stay motivated and active.

24598 F 10/10-1/23 9:30-11:30 a.m. LAAMCC Armstrong

HES 910 Chair and Standing Yoga and Light Weights Fusion with Classic Tai Chi

Enjoy 45 to 50 minutes of chair yoga focused on stretching, toning, and light weights for strength building, followed by standing yoga to improve balance. The session concludes with 45 to 50 minutes of tai chi, designed to enhance both brain function and balance.

24599 S 10/11-1/24 10 a.m.-12 p.m. ZOOM Verdi

HES 910 Chair Aerobics

This chair aerobics class is designed to enhance flexibility, mobility, and strength through low-impact, seated exercises suitable for all fitness levels. Using a chair for support, along with light dumbbells and a strength band, you'll engage in movements that promote joint health, muscle tone, and cardiovascular wellness in a safe and accessible way. Please bring a sturdy chair, light dumbbells, a strength band, water to stay hydrated, and plenty of energy to participate fully.

24601 WF 10/8-1/23 2:30-3:30 p.m. CGRC Carrington

HES 910 Chair Pilates, Weights, and Ballet Barre and Classic Tai

This class features low-impact exercises focused on strength, balance, and flexibility. Enjoy 30 minutes of Chair Pilates with weights, followed by 30 minutes of Senior Ballet Barre using a chair for balance—offering a safe and effective workout. The session concludes with 50 to 60 minutes of classic tai chi to enhance mind-body harmony.

24602 Th 10/9-1/22 10:30 a.m.-12:30 p.m. ZOOM Verdi

HES 910 Chair Yoga

This class focuses on exercises to improve muscle tone, stability, and flexibility, with an emphasis on mindful breathing. Participants will need a yoga mat, two yoga blocks, and a foot massager ball (available on Amazon for \$6.99).

24603 TTh 10/7-1/22 10:30-11:30a.m. ZOOM Smith

HES 910 Chair Yoga with Weights and Standing Yoga and Classic Tai Chi

This class includes 50 to 60 minutes of chair yoga focused on stretching, toning, and strength building with light weights, followed by standing yoga to improve balance. The session concludes with 50 to 60 minutes of tai chi, designed to enhance both brain function and balance.

24622 Tu 10/7-1/20 10:30 a.m.-12:30 p.m. ZOOM Verdi

HES 910 Water Aerobics

This class combines aerobics, balance, stability, and flexibility exercises designed to help prevent falls, improve stability, and boost cardiovascular health by increasing heart rate and oxygen intake. Suitable for beginners and intermediate students. Please bring a towel, weights, and a water bottle.

24661 TTh 10/7-1/22 10:30-11:30a.m. CLCC Shell

HES 910 Gentle Yoga

This class teaches various yoga poses and exercises for beginners, and practitioners. Please bring a Yoga mat, two yoga blocks, a towel and water.

24626 M 10/6-1/12 1:30-3:30 p.m. GCC Smith

24627 W 10/8-1/21 1:30-3:30p.m. GCC Smith

HES 910 Hand Dancing

Learn Beginner and Intermediate hand dance, Bop, and Cha Cha, focusing on fancy footwork, turns, and dance etiquette for both male and female dancers. The class covers social dance moves and techniques suitable for all levels, from beginner to advanced.

24628 M 10/6-1/12 4-6 p.m. CGRC Bacon

HES 910 Movement, Strength, Stretch

This class features 20 minutes of aerobic dance, followed by upper and lower body strength training, and concludes with stretching. Please bring two pairs of dumbbells weighing three, four, or five pounds each.

24630 TTh 10/7-1/22 1-2 p.m. GCC Smith

HES 910 Nutrition

This informative course delves into how the foods we eat affect our overall health and well-being. Participants will learn about nutrition principles, the relationship between diet and various health conditions, and practical tips for making healthier food choices. Bring a pen and paper to take notes and engage in discussions.

24631 M 10/6-1/12 12:30-2:30 p.m. CGRC Carrington

HES 910 Tai Chi

Tai chi is an exercise with the movement of one's head, eyes, arms, hands, body, legs, and feet done in coordination with one's mind and respiration.

24972 M 10/6-1/12 10:30 a.m.-12:30 p.m. BSC Chang

24973 W 10/8-1/21 1:30-3:30 p.m. BSC Chang

HES 910 Tai Chi Dao Yin

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 body.

24974 F 10/10-1/23 1:30-3:30 p.m. BSC Chang

HES 910 Tai Chi Intermediate

In this class, we will practice "Chen-style tai chi", the oldest tai chi style in China. It intensifies the body exercise to improve strength and chi by circular or spiral motion.

24975 F 10/10-1/23 10:30 a.m.-12:30 p.m. BSC Chang

HES 910 Strength Training

A total body workout using light weights designed to build lean muscle mass and improve muscular endurance. Suitable for all fitness levels seeking strength and tone in a supportive environment.

24637 Th 10/9-1/22 9:30-11:30 a.m. LAAMCC Armstrong

HES 910 Strength Training

Improve balance and strength while toning and developing lean muscle. Bring water, dumbbells, and strength bands.

24639 TTh 10/7-1/22 8-9a.m. ZOOM Carrington

HES 910 Beginner Yoga

This yoga class will teach various yoga poses and movements for new or experienced students. Please bring a yoga mat, towel or cover up, water ball and 10-foot strap if desired.

24949 Sa 10/11-1/24 8:30-10:30 a.m. BSC Robling

HES 910 Intermediate Yoga

This yoga class will teach various yoga poses and movements suitable for newer students as well as experienced students. Please bring a yoga mat, towel or cover up, water ball and 10-foot strap if desired.

24947 Sa 10/11-1/24 10:30 a.m.-12:30 p.m. BSC Robling

HES 910 Aerobics Balance

This class combines aerobics, balance, stability, and flexibility exercises designed to help prevent falls, improve stability, and boost cardiovascular health by increasing heart rate and oxygen intake. Suitable for beginners and intermediate students. Please bring a towel, weights, and a water bottle.

25074 TTh 10/6-1/22 9-10 a.m. ZOOM Shell

HES 914 Chair Aerobics

This chair aerobics class is designed to enhance flexibility, mobility, and strength through low-impact, seated exercises suitable for all fitness levels. Using a chair for support, along with light dumbbells and a strength band, you'll engage in movements that promote joint health, muscle tone, and cardiovascular wellness in a safe and accessible way. Please bring a sturdy chair, light dumbbells, a strength band, water to stay hydrated, and plenty of energy to participate fully.

24600 MWF 10/6-1/23 8-9 a.m. ZOOM Carrington

HES 914 Energizing Chair Exercise Circuit 101

This class helps keep your joints flexible while improving range of motion and mobility. Strengthen and stabilize your muscles to enhance balance—key for preventing falls and injuries. The workout is primarily chair-based with some standing exercises, incorporating light weights for added strength.

24624 MWF 10/6-1/23 9-10 a.m. ZOOM Bush

HES 914 Strength Cardio Balance Circuit 101

Enhance your strength, boost cardiovascular health, and improve balance with a variety of targeted exercises. Low intensity, joint friendly plus floor exercises.

24634 MWF 10/6-1/23 8-9 a.m. ZOOM Bush

HES 914 Strength Training

This fitness class will teach strength training and muscle coordination, using dumbbells/free weights and machines.

24642 TTh 10/7-1/22 5-6:30 p.m. CGRC Green

HES 914 Pilates Beginner and Intermediate

With consistent practice, Pilates enhances overall posture by promoting proper spinal alignment and body awareness. It helps correct muscle imbalances by strengthening weak muscles and stretching tight ones. By focusing on core strength, Pilates builds a stable foundation that supports efficient and safe movement throughout daily activities and other physical exercises.

24668 MWF 10/6-1/23 10:30-11:30a.m. CLCC Shell

HES 914 Aerobics/Balance Beginner and Intermediate

This class teaches a variety of aerobic, balance, stability, and flexibility exercises aimed at fall prevention, improving stability, and boosting cardiovascular health by increasing heart rate and oxygen intake. Designed for beginners and intermediate students. Please bring a towel, weights, and a water bottle.

24582 MWF 10/6-1/23 11:30 a.m.-12:30p.m. CLCC Shell

HES 914 Pilates Beginner and Intermediate

This fitness class teaches exercise that focuses on improving flexibility, controlled movement, enhancing body awareness and strengthening the core. Please bring a mat, light weights, and water.

24670 MWF 10/6-1/23 9-10 a.m. ZOOM Shell

HISTORY

CURRENT EVENTS AND ISSUES

ENR 903 Current Issues

This course offers a weekly review of local, national, and international news stories, providing students with up-to-date information on current events. Through guided discussions, participants are encouraged to share perspectives, ask questions, and deepen their understanding of the issues shaping our world today. The class fosters critical thinking and informed dialogue in a supportive environment.

24966 Tu 10/7-1/20 10 a.m.-12 p.m. BSC Cipriani

ENR 903 Current Events and Issues: Civil Dialogue Rooted in Today's Headlines and History

This current events class is designed to foster engaging discussions, encourage the respectful exchange of diverse opinions, and create meaningful teachable moments through the lens of modern American history. Each week, we will explore recent headlines and major issues in a neighborly, conversational setting, making connections between today's news and the historical context that helps us better understand it. You will find a welcoming space for thoughtful dialogue, fresh perspectives, and the opportunity to build lasting connections with fellow participants.

24524 Th 10/9-1/22 10 a.m.-12 p.m. ZOOM Rudd

24525 M 10/6-1/12 10 a.m.-12 p.m. CLCC Rudd

ENR 903 Current Issues

This course offers a weekly review of local, national, and international news stories, providing students with up-to-date information on current events. Through guided discussions, participants are encouraged to share perspectives, ask questions, and deepen their understanding of the issues shaping our world today. The class fosters critical thinking and informed dialogue in a supportive environment.

24526 M 10/6-1/12 10 a.m.-12 p.m. ZOOM Cipriani

24527 M 10/6-1/12 1-3 p.m. ZOOM Cipriani

WORLD HISTORY

HIS 378 Modern History

This course offers an overview of modern history from 1700 to 2000, examining major global events, movements, and turning points that have shaped the contemporary world. Through discussion and exploration of key milestones, students will gain a deeper understanding of the political, social, and cultural forces that define modern history.

24672 M 10/6-1/12 1-3 p.m. CLCC Crane

HIS 378 Great Churches

Throughout history, churches have served not only as places of worship but also as central landmarks of community identity and civic life. Since 300 A.D., they have stood as significant architectural and cultural structures. Join us as we explore some of the most important churches in history, examining their roles in art, architecture, and society.

24675 M 10/6-1/12 10 a.m.-12 p.m. CLCC Crane

AMERICAN HISTORY: SELECT TOPICS

HIS 916 American History - Select Topics

Explore specific events and figures in the United States from 1890 to the 1980's each week.

24976 Tu 10/7-1/20 12:30-2:30 p.m. BSC Cipriani

HIS 916 History of Television in America

Explore how television has shaped American culture from its invention nearly 100 years ago to today's digital era. We will trace its evolution—from five-inch screens and “Golden Age” classics to streaming platforms and modern media. Compare generational viewing habits and discuss TV's powerful cultural impact. Bring your memories! This popular course is offered only once every three years and it fills quickly.

24961 Th 10/9-1/22 2:15-4:15 p.m. BSC Rudd

HIS 916 Alaska History

Alaska has played a significant role in history since Russian explorers first visited its coastal regions in 1743. The United States purchased the territory in 1867, and it has since witnessed key events such as the Japanese occupation of two islands in 1943, a major earthquake in 1964, and the start of oil production at Prudhoe Bay in 1978. Join us for a survey of the people, places, and milestones that have shaped Alaska's unique story.

24679 Th 10/9-1/22 1-3 p.m. GCC Crane

HIS 916 American History - Select Topics

Explore key events and influential figures in United States history from 1890 to the 1980s through weekly videos, music, and guided discussions. Each session will bring the past to life, offering context and conversation around pivotal moments in American history.

24680 Th 10/9-1/22 1-3 p.m. ZOOM Cipriani

HIS 916 History of Comedy in Post-World War II America

Americans wanted a change from the wartime seriousness they had lived and sought it in laughter. This course will explore how comedy developed in America after the Second World War. We will study the history of how many forms and methods of comedy came to be an American way of life.

24681 F 10/10-1/23 10 a.m.-12 p.m. GCC Rudd

HUMANITIES

LITERATURE: AN EXPLORATION

ENR 380 Shakespeare in 1599

In this course, we will read and explore three of Shakespeare's plays written in 1599: "Henry V," "As You Like It," and "Hamlet." Participants are required to have a readable copy of each play.

24521 Tu 10/7-1/20 1-3 p.m. ZOOM Barthel

ENR 380 Short and Sweet: Literature and Exploration

Short stories are timeless in the magical ability to help us make human connections with the author, the narrative, each other and ourselves. We will be reading and discussing stories, seeing related movies and analyzing both. Authors: Katherine Ann Porter, Isaac Babel, Isaac Bashevis Singer, Ernest Hemingway, and F. Scott Fitzgerald

24621 T 10/7-1/20 10 a.m.-12 p.m. Zoom Pilevsky

ENR 380 Literature and Exploration

Dive into the art of storytelling through a variety of forms and genres. Students will read and discuss short stories, books, plays, skits, and historical writings while discovering how different styles shape meaning and expression. This interactive course provides an enjoyable and creative learning experience designed to spark imagination and deepen appreciation for the written word.

25146 F 10/10-1/23 12-2 p.m. UTC Hunn

ENR 380 Contemporary American Literature

Discover the voices shaping today's literature. This course invites students to read and discuss works by living authors from diverse genres and backgrounds, uncovering both familiar experiences and new perspectives that highlight our shared humanity. This semester's focus includes complete texts from four genres: poetry, novel, drama, and graphic memoir. Each class blends biographical and cultural context, exploration of genre conventions, and literary analysis through a mix of direct instruction, small group discussions, and student-led presentations.

25144 M 10/6-1/12 10 a.m.-12 p.m. UTC Ehlers

LANGUAGES

AMERICAN SIGN LANGUAGE

COM 901 ASL Beginner

This ASL class teaches the fundamentals of basic American Sign Language, including proper hand orientation, the alphabet, numbers, greetings, and signs for family members.

24964 M 10/6-1/12 12-2p.m. BSC Bruce

COM 901 ASL Beginner

This beginner ASL class, held via Zoom, teaches the fundamentals of basic American Sign Language communication. Students will learn proper hand orientation, the alphabet, numbers, greetings, and family-related signs. A tablet, iPad, or computer is required to participate.

24509 Th 10/9-1/22 3-5p.m. ZOOM Bruce

COM 901 ASL Intermediate

This intermediate ASL class focuses on expanding vocabulary and enhancing sign communication skills through discussions on a wide range of topics. Students should have completed Beginner ASL and are encouraged to communicate "voice-off" throughout the class to build fluency.

24965 M 10/6-1/12 2-4 p.m. BSC Bruce

COM 901 ASL Lab

This lab provides students with opportunities to improve both receptive and expressive signing skills through practice with vocabulary, sentence structure, and conversational discussions about daily routines. Completion of ASL Beginner is required.

24512 W 10/8-1/21 4-6 p.m. ZOOM Bruce

SPANISH**LGE 333 Beginner Spanish 1+**

In this ongoing class, students will continue to develop their speaking, reading, and writing skills in Spanish. Participants should already have a foundation in basic vocabulary and be able to conjugate regular verbs. Emphasis will be placed on expanding language fluency through practical application and interactive activities.

24683 Th 10/9-1/22 10 a.m.-12 p.m. UTC Miller

LGE 333 Beginner Spanish I, Level 2

Beginner's Spanish Level 2 focuses on expanding our basic vocabulary and practical grammar skills, reinforcing core verbs while introducing new concepts to build confidence and communication ability.

24959 F 10/10-1/23 12:15-2:15p.m. BSC Sieiro

LGE 333 Beginning Spanish II, Level 2

Sessions will focus on developing intermediate-level skills in reading, writing, speaking, and listening skill by exploring Hispanic culture, analyzing authentic texts, music, podcast. Students will demonstrate understanding through oral presentations.

24960 M 10/6-1/12 12:15-2:15 p.m. BSC Sieiro

LGE-333 Beginner Spanish 2

In this ongoing class, students will continue developing their communication skills. All students should be able to describe themselves, their interests, and their daily activities.

24596 Tu 10/7-1/20 10 a.m.-12 p.m. UTC Miller

LGE 333 Beginning Spanish III, Level 3

This course focuses on more complex grammar, including the introduction of the subjunctive. Exercises will combine new grammar structures with vocabulary practice. Students will work in groups to develop presentations that apply the new concepts in meaningful and communicative context.

24957 F 10/10-1/23 10 a.m.-12 p.m. BSC Sieiro

LGE 333 Beginning Spanish III Level 1

This course focuses on building vocabulary related to daily activities while reinforcing essential verb tenses, including the present, past, progressive, and future. Students will apply these skills through presentations, dialogues, and group discussions to enhance communication in real-life contexts.

24684 Tu 10/7-1/20 12:15-2:15 p.m. GCC Sieiro

LGE 333 Beginner Spanish 5

Prerequisite: Successful completion of Spanish Beginner 4 with Instructor Vargas. This class uses readings, games, and music to create a fun and engaging learning experience. Instructor approval is required for enrollment.

24682 M 10/6-1/12 3-5 p.m. Zoom Vargas

LGE 381 Intermediate Spanish III, Level 3

This intermediate Level III course builds on the summer session, focusing on detailed oral communication. Students will describe places they have visited or would like to visit and engage in interactive Q&A to strengthen speaking skills.

24955 M 10/6-1/12 10 a.m.-12 p.m. BSC Sieiro

LGE 381 Advance Conversation Spanish

This conversation class course develops students' communicative fluency through interactive, task-based activities grounded in Hispanic cultural formats, while strengthening their practical knowledge of Spanish-speaking. Emphasis on advanced grammar, verb conjugations, and appropriate use of indicative and subjunctive moods.

24607 Tu 10/7-1/20 10 a.m.-12 p.m. GCC Sieiro

LGE 381 Advanced Spanish Conversation

Students who can communicate comfortably in Spanish enjoy informal conversations about a novel, podcasts, current issues, and readings form the Spanish speaker world. Instructor's permission is required.

24606 W 10/8-1/21 10 a.m.-12 p.m. Zoom Vargas

LGE 381 Intermediate Spanish

In this class we will study the present subjunctive. We will use readings, games, podcasts, and music to make it a fun and productive experience. Instructor's permission required to register.

24605 Tu 10/7-1/20 1-3 p.m. Zoom Vargas

LGE 381 Intermediate Spanish Conversation

Prerequisite: Successfully finished the Pre-Intermediated Spanish Conversation class. This class is conducted all in Spanish. Instructor's permission required to register.

24604 M 10/6/12 1-3 p.m. Zoom Vargas

FRENCH

LGE 337 French Beginner II

This course continues the introduction to basic French grammar, reading, pronunciation, and writing. Students will participate in language-immersion activities to strengthen simple listening comprehension and speaking skills, building confidence in everyday communication.

24686 M 10/6-1/12 12-2 p.m. Zoom Torres

LGE 338 French Intermediate I

This course is designed to strengthen foundational skills in French grammar, reading, pronunciation, and writing. Through language-immersion activities, students will build greater confidence in listening comprehension and conversational speaking, preparing them for more advanced communication in French.

24687 Tu 10/7-1/20 11 a.m.-1 p.m. Zoom Torres

LGE 338 French Intermediate II

This course continues the development of grammar, reading, pronunciation, and writing skills in French. Students will enhance their confidence and fluency through immersive, interactive activities focused on more complex language structures and real-world communication. Emphasis will be placed on expanding vocabulary, refining conversational ability, and improving comprehension in a variety of contexts.

24688 W 10/8-1/21 11 a.m.-1 p.m. Zoom Torres

GERMAN

LGE 340 Beginning/Intermediate German

This course focuses on building real-world oral and written proficiency in German—covering the nuances, context, and communication skills that apps cannot teach. Through interactive speaking exercises, writing practice, and cultural exploration, students will deepen their fluency and confidence in using German in everyday situations.

24956 Tu 10/7-1/20 10 a.m.-12 p.m. BSC Leahy-Thielke

ITALIAN

LGE 917 Beginner Italian

This course is for beginner students of Italian but can also serve as a refresher course for students who have already studied Italian. The lessons will be conducted largely in Italian, using basic words and simple phrases to introduce correct pronunciation and sentence structure. Each class will present a basic grammar point that will be reinforced with oral games, stories, songs, nursery rhymes, and written exercises. The lessons also will include interesting aspects of Italian customs, holidays, history and daily life.

Textbook: Conversational Italian Dialogues Volume 1 by Lingo Mastery

24954 F 10/10-1/23 10 a.m.-12 p.m. BSC De Sanctis

MUSIC

MUSIC APPRECIATION

Mus 301 Vocal Lesson 101

Discover your voice in this fun and supportive beginner class! Learn vocal warm-ups, breathing techniques, pitch control, and performance tips to help you sing with confidence. Perfect for all levels—whether you are just starting or want to strengthen your voice.

24892 Th 10/9-10/22 1-3 p.m. DHSC Buford

MUS 307 Beginner Piano

This course is for anyone interested in learning or improving their piano skills—whether you are a complete beginner, currently playing, or returning after a break. All are welcome in this supportive and engaging environment.

24595 Tu 10/7-1/20 11:30 a.m.-1:30 p.m. CSSAC Patente

MUS 307 Intermediate Piano

This class requires completion of the beginning piano class.

24952 M 10/6-1/12 10 a.m.-12 p.m. BSC Choi

MUS 307 Advanced Piano

This class requires five or more years of playing the piano.

24953 M 10/6-1/12 12-2 p.m. BSC Choi

MUS 307 Intermediate/Advanced Piano

Hour 1 Intermediate: 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, and some basic chord progressions. Students are required to complete the beginning piano class. Hour 2 Advanced: This class is designed for the students who have played piano for some years and able to play short songs 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. Requires five or more years of playing the piano.

24685 Tu 10/7-1/20 9-11 a.m. Zoom Choi

MUS 307 Advanced/Intermediate Mixed Piano

This course is designed for pianists with prior experience who are looking to refine their technique, expand their repertoire, and deepen their musical expression. Whether you are returning to the piano or currently playing at an intermediate or advanced level, you will find a supportive and engaging environment to challenge your skills and grow as a musician.

24874 Tu 10/7-1/20 9:30-11:30 a.m. CSSAC Patente

MUS 308 Beginner Guitar

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). Class 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.

24950 Th 10/9-1/22 9:30-11:30 a.m. BSC Fiester

MUS 308 Intermediate Guitar

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.

24951 W 10/8-1/21 9:30-11:30 a.m. BSC Fiester



PRINCE GEORGE'S
COMMUNITY COLLEGE

Prince George's Community College SAGE Registration Form

PGCC Student ID (if known): _____

Full Name: _____

Date of Birth (MM/DD/YY): ____ / ____ / ____ Gender _____

Phone: _____ Email: _____

Address: _____ APT# _____

City: _____ State: _____ Zip: _____

Residency (check one)

☐ Prince George's County ☐ Other Maryland County ☐ Out of State

Status (check one)

☐ Senior (60+) ☐ Retired & Disabled (Under 60) ☐ Other: _____

Race (required)

☐ American Indian ☐ Asian ☐ Black/African American ☐ Hispanic

☐ White ☐ Other: _____

Classes you want to take:

SYN #	Class Title	Location	Scholarship Y/N

I confirm the above information is correct.

Signature: _____ Date: _____

Send form and payment to:

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

Scholarship Deadline: October 6, 2025

SAGE schedule &
registration are
available online at
pgcc.edu



PRINCE GEORGE'S
COMMUNITY COLLEGE

Workforce Development and Continuing Education

301 Largo Road
Largo, MD 20774-2199
www.pgcc.edu