Seasoned Adults Growing Educationally

SAGE Classes for Seniors 60 and Older

FALL 2015
Discover SAGE in your backyard
and add more flavor to your fall!
SAGE is partnering with Maryland-National Capital Park & Planning
to offer classes at

Gwendolyn Britt Senior Activity Center
4009 Wallace Road, North Brentwood
Healthy living - Yoga
Current Issues
Studio Fine Art

Ft. Washington Forest Community Center
1200 Fillmore Road, Fort Washington
Healthy living - fitness
Quilting
Studio Fine Art

Visit Ft. Washington Forest Community Center, September 30 for Fun, Fitness and Finances, 9 am – noon for fitness class demonstrations and Putting on the Ritz, an art reception of the SAGE Studio Fine Art class, among other activities to celebrate Active Aging Week.

See site index for further information on class offerings.
Important College Registration Policy

The policy of Prince George’s Community College is to prohibit enrollment in multiple classes meeting at the same time, on the same day and dates.

Students MUST choose the classes they want to attend and make sure there are no conflicts of time/day/date on the schedules. This may mean registering for a different section of a desired class.

Teachers are instructed not to allow students to attend classes for which they are not officially registered. Please be careful to register for all classes—but be mindful of others.***

NEW NOTE

***While we know that the SAGE Program is a great value, please do not register for classes that you might not attend. It takes up a seat that someone else who really wants to take the class could have.

***AGE RESTRICTION ***

Although the SAGE Program permits students under 60 years old to pay tuition and participate in some classes, at many senior class sites there is an age restriction. Therefore, anyone under the age of 60 wanting to enroll in a SAGE class must first get permission from the class site manager to make sure he or she meets the age participation requirements. Some site limitations are listed in the SITE Directory beginning on page 6.
3 Ways to Register for SAGE Classes

1) **Online through Owl Link**

   It’s PGCC’s online registration system and the fastest, safest, easiest way to get the classes you want. **You must register no later than one day before class begins.**

   A. Go to the college’s Home Page at [www.pgcc.edu](http://www.pgcc.edu).

   B. **Click on “Owl Link”** which is in small print at the top of the page. This will take you to Owl Link’s **MAIN MENU**.

   **NEW STUDENT:** You have never attended a PGCC program or class.

   To register, follow the steps below. You will be emailed an Owl Link Username/ID and temporary password (which you modify to become your permanent password). Please retain them to facilitate all future Owl Link transactions.

   1) From the **MAIN MENU**, click on **Workforce Development & Cont. Ed. Students**.

   2) Under **Cont. Ed. Registration** click on **Enroll and Register for Courses**.

   3) Click on **Create a student account**.

   4) On the **Personal Identification** screen, fill in all **required fields** *(indicated by an * asterisk)*. **Check the box at the bottom of page** and click **SUBMIT**.

   5) On the **Confirm Personal Info** screen, **check the box at the bottom of the page** and click **SUBMIT**.

   6) **For security**, you will receive two separate e-mails; one with your Owl Link Username/ID and another with your temporary password.

   7) With this information, return to **MAIN MENU** and click **LOG IN**.

      Login using the Username/ID and exact password sent to you in your e-mails.

   **ALERT:** You will immediately see the message “Your password has expired!”

   *Don’t panic! This is expected!*

   8) You now have to reset your password. **The password you create must have exactly 8 (eight) characters** and must include at least one capitalized letter, one in lowercase and at least one character has to be a number. **No special characters are permitted!**

   9) Once you have successfully logged into Owl Link, you will be returned to the **MAIN MENU**. You can now proceed to section “C” of these directions to register for your classes. (First, however, you might want to make a note of your Student ID number. To do this click on the gold-colored bar “Workforce Development and Cont. Ed. Students”. Go to “Profile Update” (the last item) under User Account-Returning Students and note your Student ID—the 7-digit number at the upper left hand corner.) **Retain your Student ID for future reference in case you have to contact the help desk (for example, if you forget your username/ID or password).**

   **RETURNING STUDENT:** You have previously enrolled in any course at PGCC. You will need to **LOG IN** to Owl Link in order to register.

   1) If you have received a Username/ID and password previously **but do not remember your login information**, **follow the appropriate links** on the login screen to retrieve your Username/ID and/or password.

   2) If you have registered for any PGCC classes before **but have never received a Username/ID and password**, you must contact the Help Desk at 301-322-0637 or e-mail helpdesk@pgcc.edu to receive them. You must have your Student ID# available when you contact the Help Desk.
C. To register for classes: From the MAIN MENU

1) Click on LOG IN and complete your login information and click SUBMIT which returns you to the MAIN MENU.

2) Click on Workforce Development & Cont. Ed Students.

3) Click on Enroll and Register for Courses and on the next screen, click on Register for classes.

4) Using this booklet or your site-specific registration form, find the classes you want to take and **note the 5-digit synonym numbers** that identify their dates, times, and locations.

5) **IMPORTANT** — In the box for Course Code Number, enter the 5-digit synonym number only for your first class and click SUBMIT. (See diagram below) **Do not enter any other information on this page!**

![Diagram of registration form with highlighted areas for course code number and submission instructions.]

6) Click in the box next to the course information, which displays the time, date, location and seat availability and click SUBMIT.

7) Fill in any optional **Additional Registration Information** and click SUBMIT.

8) The course for which you have registered and amount due will display on the screen. **Go to Choose of the following:** From the drop down box choose of the following three options: Register Now (check out); Search for more courses; or Recalculate total amount. Repeat steps 5, 6, and 7 if choosing additional courses. When you have finished selecting all of your courses, choose **Register Now (check out)** from the drop down menu, select a payment type and click SUBMIT.

9) The **Processing My Credit Card** page will appear. If the total amount due is correct, click Continue.

10) The payment page will now appear. Enter the required fields on the secure site using your MasterCard, VISA, or Discover credit card and click **Pay now. You are not registered in any of your classes until you submit payment.**

11) A transaction confirmation page will appear after you have paid by credit card. Please print or copy the transaction number for your records.
2) **Mail-in Registration**

Mail-in registration forms must include a check or money order made out to PGCC for the full amount. **They must be received at least 10 days prior to the class start date to ensure processing.**

Mail to:
Cashier’s Office  
Prince George’s Community College  
301 Largo Road  
Largo, MD 20774-2199

3) **In-Person Registration**

Registration takes place on the Largo Campus on a continuous basis at the Office of Admissions and Records in Bladen Hall, room 126, from 8:30 am–8 pm, Monday–Thursday, and 8:30 am–5 pm on Friday. Register early—at least ten days before classes begin.

**You must pay at the time of your registration with a check, money order or VISA, Master Card or Discover credit card.**

**NOTE:** Out-of-state registrants, regardless of age, pay full tuition (see page 16), a $20 registration fee and a $10 surcharge, per class, per trimester.

**PLEASE NOTE:**

You will **NOT** receive any confirmation when you submit registration by mail, even if a requested class is full. You could possibly be denied admittance at the first class.

**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 non-credit classes). To determine your eligibility, you must contact the Office of Admissions & Records, Bladen Hall, room 126, to receive Prince George’s Community College’s Tuition Waiver Certification Form which is to be taken to the Social Security Office for completion and returned to the College.

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**Fall 2015**

**Indexed List of Courses by Site**

**Allentown Road Aquatic Center**
7210 Allentown Road  
Camp Springs, MD 20748  
(301) 449-5567  
*Therapeutic Aquatic Exercise* …………………… 12

**Bowie Community Center**
3209 Stonybrook Drive  
Bowie, MD 20715  
(301) 464-1737  
*Health & Fitness (Parts I & II)* …………………… 11

**Bowie Senior Center**
(No students under age 55)
14900 Health Center Drive  
Bowie, MD 20715  
(301) 809-2300

*American History* ……………………………… 12  
*American Sign Language (Beginning)* ………… 14  
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*Current Issues* …………………………………….. 13  
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*Literature: An Exploration* ……………………… 14  
*Masters of the Form*  
*Once Upon A Lifetime - Tales for the Midlife Traveler*  
*Music Appreciation* ……………………………… 15  
*Giuseppe Verdi*  
*Operetta: Part II*  
*Music Appreciation & Mastery: Piano* ………… 15  
*Science: Virology & Superbugs* ………………… 15  
*Spanish: Beginning/Intermediate* ………………… 14  
*Studio Fine Art* ……………………………………. 9  
*Watercolor (Beginning to Advanced)* ………… 10  
*World History* ………………………………….… 13  
*China—Past, Present & Future*  
*The World’s Greatest Speeches*  
*Winston Churchill/Decline of British Empire*  

**Cameron Grove Adult Lifestyle Community**
100 Cameron Grove Boulevard  
Upper Marlboro, MD 20774  
*Limited to residents only*
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<td>15 Crescent Road, Greenbelt, MD 20770</td>
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<td>Gwendolyn Britt Senior Activity Center</td>
<td>4009 Wallace Road, North Brentwood, MD 20722</td>
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<td>Harmony Hall Regional Center</td>
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<td>Ballet: A History of Dance</td>
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For more information and to register for classes, visit www.pgcc.edu.
New Carrollton Municipal Center  
6016 Princess Garden Parkway  
New Carrollton, MD 20784  
301-459-6100  
   Healthy Living ........................................... 12

Prince George’s Plaza Community Center  
6600 Adelphi Road  
Hyattsville, MD 20782  
(301) 454-1400  
   Healthy Living......................................... 12  
   Studio Fine Art .......................................10

Prince George’s Community College  
(Largo Campus)  
301 Largo Road  
Largo, MD 20774-2199  
(301) 546-7422  
   Computers: Introduction (Internet included) .. 10  
   Computer Skills—Intermediate ....................... 10  
   Health & Fitness (Parts I & II) .......................11  
   Microsoft Office Suite 2010/2013 ...................10  
   Music Appreciation & Mastery: Class Piano... 15  
   Therapeutic Aquatic Exercise .......................12

Riderwood Village (Limited to Residents Only)  
3110 Gracefield Road  
Silver Spring, MD 20904

St. Paul’s Senior Living Apartments  
1207 Addison Road  
Capitol Heights, MD 20743  
(301) 350-1100  
   Computers: Introduction ............................ 10  
   Computer Skills: Intermediate ......................10  
   Healthy Living .........................................12  
   Internet: Introduction, Navigation .............10

Temple Solel  
2901 Mitchellville Road  
Bowie, MD 20716  
(301) 249-2424  
   Current Issues .......................................13  
   Healthy Living ...........................................12

University Town Center (UTC)  
6505 Belcrest Road, Suite 200  
Hyattsville, MD 20782  
301-277-5934  
   Healthy Living ........................................... 12  
   Microsoft Office Suite 2013 .........................10  
   Spanish (Intro & Beg) ...............................15

Upper Marlboro Community Center  
5400 Marlboro Race Track Road  
Upper Marlboro, MD 20772  
(301) 627-2828  
   Healthy Living ........................................... 12

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 are canceled due to bad weather, SAGE  
     classes are canceled.

   ⇒ A one-hour delay doesn’t affect classes.  
       If public schools are delayed for two hours,  
       classes starting before 11 am will be canceled.

   ⇒ If public schools close two hours early because  
       of predicted bad weather, all classes after 2  
       pm 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  
     bad weather—at ALL locations.

   ● Saturday students should listen to Public Ser  
     Vice Announcements on radio and television to  
     determine if a site is open for classes.

General Information

Companion Classes
To get maximum benefit from classes with multiple  
sections, please register for both Part I & II.

Course Confirmation
The only way to confirm your course(s) is to register  
online or in-person. You will be contacted by SAGE  
only if the class is canceled or if the schedule chang-  
es. 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
Classes which do not have sufficient enrollment at  
least one week before the start date will be canceled.  
Please register early!

Instructors
Although many instructor names are listed, teachers  
may be changed without notice.
Fall 2015
Alphabetical Listing of Courses

ART
Courses relating to the business, production and history of art.

IMPORTANT
Always register for Parts I and II of two-part classes.

Design & Production of Crafts for Sale & Profit

(Art 902/903/910)
Course teaches the art and business of creating quality craft items for sale and personal use.

Offered at the following sites:
Bowie Senior Center
#00177 13, M, 10 am-12 pm, 10/5-1/11, J. Stone (Intermediate Ceramics)
#00182 13, M, 10 am-12 pm, 10/5-1/11, D. Swanson (Jewelry Making—Beginning)
#00043 8, M, 12:30-4 pm, 10/5-11/23, E. Cerrelli (Advanced Stained Glass, Part I)
#00119 5, M, 12:30-4 pm, 11/30-1/11, E. Cerrelli (Advanced Stained Glass, Part II)
#00154 13, Tu, 9:30-11:30 am, 10/6-1/19, A. Kirtland (Knitting/Crocheting, Part I, Intermed. & Adv.)
#00153 13, Tu, 11:30 am-12:30 pm, 10/6-1/19, A. Kirtland (Knitting/Crocheting, Part II, Intermed. & Adv.)
#00160 13, Tu, 1-2:15 pm, 10/6-1/19, A. Kirtland (Beginning Knitting)
#00156 13, Tu, 2:30-3:45 pm, 10/6-1/19, A. Kirtland (Beginning Quilting)
#00044 7, W, 9 am-1 pm, 10/7-11/18, P. Stein (Beginning Stained Glass & Mosaics, Part I)
#00179 7, W, 9 am-1 pm, 12/2-1/27, P. Stein (Beginning Stained Glass & Mosaics, Part II)
#00178 13, F, 10 am-12 pm, 10/9-1/22, J. Stone (Beginning & Intermediate Ceramics)
#00162 13, F, 10 am-12 pm, 10/9-1/22, A. Kirtland (Quilting—Intermediate)
#00163 13, F, 12:30-2:30 pm, 10/9-1/22, A. Kirtland (Quilting—Intermediate)
Camp Springs Senior Activity Center
#00423 13, Th, 10 am-12 pm, 10/8-1/21, D. Swanson (Jewelry Making—Beginning)
Fort Washington Forest Community Center
#00576 13, M, 1:30-3:30 pm, 10/5-1/11, D. Swanson (Beginning Quilting)

Drawing

(Art 311/913)
Fundamental courses in the practical art of drawing and sketching using various media.

Offered at the following sites:
Bowie Senior Center
#00101 13, M, 2-4 pm, 10/5-1/11, E. Baer (Traditional Drawing I)
Greenbelt Community Center
#00273 13, T, 1-3 pm, 10/6-1/19, S. Crane (Art Techniques, Part I)
#00274 13, T, 3-4 pm, 10/6-1/19, S. Crane (Art Techniques, Part II)

Studio Fine Art

(Art 916/918)
Courses offer students opportunities to explore fine art through drawing, watercolor, oils, collage, pastel, etc.

Offered at the following sites:
Bowie Senior Center
#00184 13, Tu, 9-10 pm, 10/6-6/19, D. Swanson (Pt. 1)
#00183 13, Tu, 10 am-12 pm, 10/6-6/19, D. Swanson (Pt. 2)
#00113 12, Tu, 12:30-3 pm, 10/6-6/19, D. Brosch (Printmaking Fundamentals)
#00046 7, Th, 10 am-3 pm, 10/6-11/12, C. Allison (Advanced Watercolor & Ink)
#00099 7, Th, 10 am-3 pm, 11/19-1/21, C. Allison (Advanced Drawing)
#00103 13, F, 12:30-2:30 pm, 10/9-1/22, E. Baer (Modern Painting: acrylic/other media, Pt. I)
#00104 13, F, 2:30-3:30 pm, 10/9-1/22, E. Baer (Modern Painting: acrylic/other media, Pt. II)

Location of class How to Read Course List
University Town Center (UTC)
#00319 13, Th, 10-11 am, 10/8-1/21, B. Miller (Beginning Spanish II)
Class Time Class dates
Day of the week class will meet
Number of times the class will meet
Class Emphasis
Synonym Number
Courses relating to the understanding and use of computers. Purchase of a text may be required for computer classes. A $25 lab fee is charged for each computer class at College-owned facilities. For all non-College facilities, the amount of lab fee is listed below and payable to the site.

Computer Skills: Intermediate

(DPR 507)
This course will continue to build on the knowledge gained in the introductory computer classes. (Prerequisite: Satisfactory completion of beginning level computer class.)

Offered at the following sites:
Largo Campus
#00344 13, M, 9-11 am, 10/5-1/20, A. Gray

St. Paul's Senior Living (SPSL) Apartments
#00310* 13, W, 9-11 am, 10/5-1/20, F. Ennels
* Lab fee is $25—make check payable to SPSL Apartments’ PGCC SAGE Lab Fund.

Microsoft Office Suite

(DPR 748/909)
This course enables the student to learn the basics of MS Office 2010 or 2013 (see offerings below), including Word, Excel, Access and PowerPoint, by doing hands-on projects.

Offered at the following sites:
Greenbelt Dept. of Recreation/Springhill Lake Center
#00476 13, Th, 9:30-11:30 am, 10/5-1/20, D. Thompson (MS Office 2010)

*Lab fee is $13 and payable to City of Greenbelt.

Largo Campus
#00472 13, Tu, 9-11 am, 10/6-1/19, A. Gray
(Advanced Word/PowerPoint/Excel 2013)

University Town Center
#00473 13, T, 1-3 pm, 10/6-1/19, D. Thompson
(MS Office 2013)
FINANCE

These courses are designed to give contemporary information and improve understanding of fiscal management, especially as these skills apply to planning for financial security.

Estate Planning

(COS 909)
Course is designed to give the layperson an overview of wills and estate proceedings with emphasis on the advantages of planning.

**Offered at the following site:**
Bowie Senior Center
#00047  7, W, 2-4 pm, 10/7-11/18, A. Widmann (Pt.1)
#00189  6, W, 2-4 pm, 12/2-1/20, A. Widmann (Pt.2)

Income Tax

(COS 952)
This in-depth class on income tax preparation teaches tax savings techniques and includes discussion on retirement income, capital gains, maximizing deductions, reducing taxes and tips on computing estimated taxes.

**Offered at the following site:**
Collington Episcopal Life Care Community
#00048  6, W, 7-9:15 pm, 10/28-12/9, T. Reinhart
(No class 11/25)
#00366  6, W, 7-9:15 pm, 1/6-2/10, T. Reinhart

HEALTH & FITNESS

These courses are designed to provide information about proven ways to improve overall health and increase fitness levels. Good nutrition, cardio/aerobic improvement, preventative strategies, balance, flexibility, alternative healing methods, and other topics may be covered. **Please check with your physician and get approval before enrolling in a class in this section.**

Health & Fitness (Parts I & II)

(ATH 900/901)
Course presents lecture and supervised exercises designed by the President's Council on Physical Fitness and Sports. Other activities may include aerobics, pickle ball, dance, weight lifting, and/or health related lectures.

**Offered at the following sites:**
Bowie Community Center
#99716  15, T/Th, 9-11 am, 8/25-10/13, J. Lee
#99718  15, T/Th, 9-11 am, 10/15-12/10, J. Lee

Largo Campus, Novak Field House, Room 100
#99717  15, T/Th, 9-11 am, 8/25-10/13, W. Bickford
#99719  15, T/Th, 9-11 am, 10/15-12/10, W. Bickford

Healthy Living-Fitness

(HES 905/910)
Course presents lectures and information on health issues along with supervised, demonstrated exercises designed to increase flexibility and improve muscle tone and strength. Other activities may be included.

To get a list of what is offered in each class, please email SAGE@pgcc.edu and request a ‘Healthy Living Class List’ OR call 301-546-0882 and request the list.

**Equipment to bring to first yoga class:**
Yoga mat and 2 yoga blocks

**Equipment you might need for other fitness classes:** (wait until after first class to purchase)
Hand weights, 3-5 pounds
Angle weights, 3 pounds

**Offered at the following sites:**
Bowie Senior Center
#00121  13, M, 10 am-12 pm, 10/5-1/11, C. J. Chang
#00149  8, M, 12:30-2:15 pm, 10/5-11/30, P. Durning
(No class on 10/19)
#00173  13, Tu, 1-3 pm, 10/6-1/19, B. Meadows
#00136  13, W, 10:30 am-12:30 pm, 10/7-1/20, Contee
#00122  13, W, 1-3 pm, 10/7-1/20, C. J. Chang
#00138  13, Th, 10 am-12 pm, 10/8-1/21, A. Contee
#00111  13, Th, 12-2 pm, 10/8-1/21, L. Weimer
#00172  13, Th, 3-5 pm, 10/8-1/21, S. McCarroll
#00123  13, F, 10 am-12 pm, 10/9-1/22, C. J. Chang
#00150  13, F, 10 am-12 pm, 10/9-1/22, H. Harris
#00152  13, F, 10 am-12 pm, 10/9-1/22, L. Hegewisch
#00125  13, F, 1-3 pm, 10/9-1/22, C. J. Chang
#00188  12, S, 8:30-10:15 am, 10/10-1/23, L. Weimer
(Advanced)
#00187  12, S, 10:15 am-12 pm, 10/10-1/23, L. Weimer (Beginning)

Camp Springs Senior Activity Center
#00425  13, Tu, 10 am-12 pm, 10/6-1/19, M. Turner
#00421  13, Tu, 12-2 pm, 10/6-1/19, M. Saulsberry
#00420  13, W, 10 am-12 pm, 10/7-1/20, P. Sarmiento
#00416  13, W, 12:30-2:30 pm, 10/7-1/20, A. Myers
#00426  13, Th, 10 am-12 pm, 10/8-1/21, M. Turner
#00422  13, Th, 12-2 pm, 10/8-1/21, M. Saulsberry

To get a list of what is offered in each class, please email SAGE@pgcc.edu and request a ‘Healthy Living Class List’ OR call 301-546-0882 and request the list.

**Equipment to bring to first yoga class:**
Yoga mat and 2 yoga blocks

**Equipment you might need for other fitness classes:** (wait until after first class to purchase)
Hand weights, 3-5 pounds
Angle weights, 3 pounds

**Offered at the following sites:**
Bowie Senior Center
#00121  13, M, 10 am-12 pm, 10/5-1/11, C. J. Chang
#00149  8, M, 12:30-2:15 pm, 10/5-11/30, P. Durning
(No class on 10/19)
#00173  13, Tu, 1-3 pm, 10/6-1/19, B. Meadows
#00136  13, W, 10:30 am-12:30 pm, 10/7-1/20, Contee
#00122  13, W, 1-3 pm, 10/7-1/20, C. J. Chang
#00138  13, Th, 10 am-12 pm, 10/8-1/21, A. Contee
#00111  13, Th, 12-2 pm, 10/8-1/21, L. Weimer
#00172  13, Th, 3-5 pm, 10/8-1/21, S. McCarroll
#00123  13, F, 10 am-12 pm, 10/9-1/22, C. J. Chang
#00150  13, F, 10 am-12 pm, 10/9-1/22, H. Harris
#00152  13, F, 10 am-12 pm, 10/9-1/22, L. Hegewisch
#00125  13, F, 1-3 pm, 10/9-1/22, C. J. Chang
#00188  12, S, 8:30-10:15 am, 10/10-1/23, L. Weimer
(Advanced)
#00187  12, S, 10:15 am-12 pm, 10/10-1/23, L. Weimer (Beginning)

Camp Springs Senior Activity Center
#00425  13, Tu, 10 am-12 pm, 10/6-1/19, M. Turner
#00421  13, Tu, 12-2 pm, 10/6-1/19, M. Saulsberry
#00420  13, W, 10 am-12 pm, 10/7-1/20, P. Sarmiento
#00416  13, W, 12:30-2:30 pm, 10/7-1/20, A. Myers
#00426  13, Th, 10 am-12 pm, 10/8-1/21, M. Turner
#00422  13, Th, 12-2 pm, 10/8-1/21, M. Saulsberry

Equipment to bring to first yoga class:
Yoga mat and 2 yoga blocks

Equipment you might need for other fitness classes: (wait until after first class to purchase)
Hand weights, 3-5 pounds
Angle weights, 3 pounds
Collington Episcopal Life Care Community
#00360 13, M, 9-10 am, 10/5-1/11, I. Hunter
#00361 13, M, 10-11 am, 10/5-1/11, I. Hunter
#00354 13, M, 1-3 pm, 10/5-1/11, C. J. Chang
#00760 30, M/W/F, 11 am-12 pm, 10/5-12/18, S. Shell
#00351 13, Tu, 8:30-10:30 am, 10/6-1/19, D. Armstrong
#00367 13, Tu, 2-3 pm, 10/6-1/19, L. Richardson
#00362 13, W, 9-10 am, 10/7-1/20, I. Hunter
#00363 13, W, 10-11 am, 10/7-1/20, I. Hunter
#00355 13, W, 10 am-12 pm, 10/7-1/20, C. J. Chang
#00352 13, Th, 8:30-10:30 am, 10/8-1/21, D. Armstrong
#00368 13, Th, 2-3 pm, 10/8-1/21, L. Richardson
#00364 13, F, 9-10 am, 10/9-1/22, I. Hunter
#00365 13, F, 10-11 am, 10/9-1/22, I. Hunter
Evelyn I. Cole Senior Activity Center
#00431 13, F, 10 am-12 pm, 10/9-1/22, B. Meadows

Fort Washington Forest Community Center
#00580 26, MW, 9:30-10:30 am, 10/5-1/20, Faculty

Greenbelt Community Center
#00433 7, M, 1:30-3:30 pm, 10/5-11/16, J. Devane
#00436 13, Tu, 10-11 am, 10/6-1/19, N. Shaffer
#00279 13, W, 1:30-3:30 pm, 10/7-1/20, B. Meadows
#00270 13, W, 3:45-4:45 pm, 10/7-1/27, K. Boverman
#00437 13, Th, 10-11 am, 10/8-1/21, N. Shaffer
Gwendolyn Britt Senior Activity Center
#00581 13, Tu, 1-3 pm, 10/6-1/19, S. Mustafa

Harmony Hall Regional Center
#00291 13, M, 10 am-12 pm, 10/5-1/11, P. Samiento
#00289 13, Tu, 9:30-11:30 am, 10/6-1/19, L. Richardson
#00290 13, Th, 9:30-11:30 am, 10/8-1/21, L. Richardson
John E. Howard Senior Activity Center
#00292 13, M, 12:30-2:30 pm, 10/5-1/11, C. Brown
#00296 26, T/Th, 10:30-11:30 am, 10/6-1/21, P. Smith
#00297 26, T/Th, 11:30 am-12:30 pm, 10/6-1/21, Smith
Laurel Armory-Anderson & Murphy Community Ctr
#00299 13, M, 9-11 am, 10/5-1/11, B. Davis
#00300 13, Tu, 9-11 am, 10/6-1/19, B. Davis
#00301 13, W, 9-11am, 10/7-1/20, B. Davis
#00302 13, Th, 9-11 am, 10/8-1/21, B. Davis
#00303 13, F, 9-11 am, 10/9-1/22, B. Davis
New Carrollton Municipal Center
#00304 13, M, 1:30-3:30 pm, 10/5-1/11, P. Smith
#00305 13, W, 1:30-3:30 pm, 10/7-1/20, P. Smith
#00306 13, Th, 1-2 pm, 10/8-1/21, P. Smith
Prince George’s Plaza Community Center
#00308 13, W, 11 am-1 pm, 10/7-1/20, F. Pate
#00307 13, F, 11:30 am-1:30 pm, 10/9-1/22, B. Brown

St. Paul's Senior Living Apartments
#00313 13, M, 4-5 pm, 10/5-1/11, P. Smith
#00314 13, W, 4-5 pm, 10/7-1/20, P. Smith
#00309 13, Th, 2:30-4:30 pm, 10/8-1/21, B. Brown

Temple Solel
#00316 13, M, 12:30-2:30 pm, 10/5-1/11, R. Schoch

University Town Center
#00322 13, Th, 3-4 pm, 10/8-1/21, P. Smith
#00321 13, F, 11 am-1 pm, 10/9-1/22, P. Smith

Upper Marlboro Community Center
#00317 13, M, 10 am-12 pm, 10/5-1/11, L. Richardson
#00318 13, W, 10 am-12 pm, 10/7-1/20, L. Richardson

Therapeutic Aquatic Exercise

(ATH 930)
This course is designed to provide both therapeutic aquatic exercise and swimming instruction. Each session includes water exercise and/or beginning, intermediate, or advanced swimming instruction. Students must supply their own towels.

Offered at the following sites:
Allentown Road Aquatic Center
#99720 36, M/W/F, 8-9 am, 9/14-12/9, E. Richards
#99721 36, M/W/F, 9-10 am, 9/14-12/9, E. Richards

Collington Episcopal Life Care Community
#99726 , T/Th, 10 am-11:30 pm, 8/25-12/10, S. Shell

Largo Campus, R. I. Bickford Natatorium
#99727 44, MW/F, 9-10 am, 8/24-12/9, J. Redmiles
#99728 44, MW/F, 10-11 am, 8/24-12/9, J. Redmiles
#99729 44, MW/F, 11 am-12 pm, 8/24-12/9, Redmiles

HISTORY/SOCIAL STUDIES

These courses cover all aspects of history: ancient, modern, contemporary, local, national, international, ethnic, regional, and much more. Courses related to geography, anthropology, sociology are all part of this group of classes.

American History

(HIS 381/909)
These courses suggest some of the dominant themes of American life during certain periods and will stimulate consideration of how said themes relate to the present.

Offered at the following sites:
Bowie Senior Center
#00133 13, Tu, 12:30-2:30 pm, 10/6-1/19, V. Cipriani
#00143 13, Tu, 1:30-3:30 pm, 10/6-1/19, M. Croatti
(Treaty of Paris Period)

Collington Episcopal Life Care Community
#00356 13, Th, 1-3 pm, 10/8-1/21, M. Crane
(Alaska —A Place in History)
Offered at the Camp Springs Senior Activity Center
#00415 13, W, 10 am-12 pm, 10/7-1/20, V. Cipriani

Wine Education
(HIS 912)
This course will discuss the history of wine, the wine regions of the world, the art and science of making wine, understanding wine labels and new trends in wine. (Must have internet access and email address. Additional fee of $7/week to participate in wine tasting.)

Offered at Collington Episcopal Life Care Community
#00358 7, W, 1-3 pm, 10/7-11/18, D. Groppe
(Advanced class—Must have previously taken the Intro class.)
#00359 7, W, 1-3 pm, 12/2-1/27, D. Groppe
(Advanced class—Must have previously taken the Intro class.)

World History
(HIS 378)
These courses present the history of other countries throughout the world, and discuss the people, events, and culture that shaped different time periods in their past up through the present day.

Offered at the following sites:
Bowie Senior Center
#00132 13, Tu, 10 am-12 pm, 10/6-1/19, V. Cipriani
Camp Springs Senior Activity Center
#00414 13, M, 1-3 pm, 10/5-1/11, V. Cipriani

Environmental History
(HIS 348)
Course surveys topics in environmental history including the relationship between the human and non-human worlds.

Offered at the following sites:
Bowie Senior Center
#00139 13, W, 10 am-12 pm, 10/7-1/20, M. Crane
(Marine Mammals)

Laurel Armory-Anderson & Murphy Community Ctr
#00298 13, F, 12:30-2:30 pm, 10/9-1/22, V. Cipriani

Local History
(HIS 908)
Explore local history. If feasible, visit local historical sites and discuss the relevant facts and folklore. Class days and times may vary after first class date. (Additional fee/cost possible.)

Offered at the following sites:
Bowie Senior Center
#00134 13, Tu, 10 am-12 pm, 10/6-1/19, M. Crane

Camp Springs Senior Activity Center
#00414 13, M, 1-3 pm, 10/5-1/11, V. Cipriani

Gwendolyn Britt Senior Activity Center
#00583 13, F, 10 am-12 pm, 10/9-1/22, Faculty

Temple Solel
#00315 13, M, 10 am-12 pm, 10/5-1/11, V. Cipriani

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Autobiographical Writing

(SKB 419)
This course offers the opportunity to produce autobiographies and memoirs under professional supervision.

Offered at the following sites:
Bowie Senior Center
#00135 13, T, 10 am-12 pm, 10/6-1/19, M. Clair
(Writing Your Memoirs)
Greenbelt Community Center
#00277 13, T, 1-3 pm, 10/6-1/19, A. King
(Writing Your Memoirs)

Humanities: An Exploration

(ENR 913)
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.

Offered at the Camp Springs Senior Activity Center:
#00417 13, M, 10 am-12 pm, 10/5-1/11, P. Patente

Literature: An Exploration

(ENR 380/385)
This course will offer students opportunities to read, discuss and analyze works of literature.

Offered at the following sites:
Bowie Senior Center
#00106 13, M, 10 am-12 pm, 10/5-1/11, D. Bates
(Masters of the Form)
#00171 12, F, 1-3 pm, 10/9-1/22, S. Lundahl
(Tales for the Midlife Traveler)
Collington Episcopal Life Care Community
#00353 13, T, 10am-12 pm, 10/6-1/19, D. Bates
(Masters of the Form)

LANGUAGES

These courses include a number of foreign languages, e.g., French, Italian, Spanish, German, and American Sign Language. The classes will concentrate on basic spoken and written language, as well as some cultural aspects of the native countries.

American Sign Language

(COM 325)
Offered at the following site:
Bowie Senior Center
#00180 12, W, 10 am-12 pm, 10/7-1/13, G. Stracka
(Beginning)

French

(LGE 337/338)
Offered at the following sites:
Bowie Senior Center
#00175 13, W, 9-11 am, 10/7-1/20, A. Soloviev
(Beginning—Level 1)
#00176 13, W, 11 am-1 pm, 10/7-1/20, A. Soloviev
(Beginning—Level 2)
#00174 13, W, 1:30-3:30 pm, 10/7-1/20, A. Soloviev
(Intermediate)
Greenbelt Community Center - French Culture
#00283 13, Th, 10:30 am-12:30 pm, 10/8-1/21, C. Sleeth
(French artists, writers, and musicians will be explored via class participation in painting, reading, and musical activities.)

German

(LGE 340)
Offered at the following site:
Bowie Senior Center
#00164 13, M, 10 am-12 pm, 10/5-1/11,
F. Leahy-Thielke (Intermediate)
#00166 13, M, 12:30-2:30 pm, 10/5-1/11,
F. Leahy-Thielke (Beginning II)
#00167 13, Th, 10 am-12 pm, 10/8-1/21,
F. Leahy-Thielke (Beginning I)

Italian

(LGE 334)
Offered at the following site:
Bowie Senior Center
#00147 13, F, 10 am-12 pm, 10/9-1/22, D. DeSanctis
(Beginning; Everyday Italian)

Spanish

(LGE 333/341/381)
Basic course will cover pronunciation, vocabulary, grammar, and simple dialogue. Some classes may be more advanced. Check with instructor for text.

Offered at the following sites:
Bowie Senior Center
#00110 13, Tu, 9-11 am, 10/6-1/19, M. Brock
(Beginning Spanish, Level I)
#00108 13, Tu, 11 am-1 pm, 10/6-1/19, M. Brock
(Beginning Spanish, Level II)
#00107 13, Tu, 1:30-3:30 pm, 10/6-1/19, M. Brock
(Intermediate Spanish)
Music

These courses cover multiple aspects of music that include musical genres; composers; comments by musicologists and performers; discussion of classical pieces; analysis of musical compositions; and writing music.

Music Appreciation

(MUS 301/308)
Course covers the evolution of music and its variations from historical, geographical, and cultural perspectives via class discussions, or video presentation. Some courses will focus on various aspects of opera from composers to history of individual operas.

Offered at the following sites:

Bowie Senior Center
#00129 13, Tu, 11 am-1 pm, 10/6-1/19, Y. K. Choi
#00115 7, Th, 2-4 pm, 10/8-12/3, J. Cahill
(Giuseppe Verdi)
#00116 7, Th, 2-4 pm, 12/10-12/28, J. Cahill
(Operaetta: Part II)

Greenbelt Community Center
#0063 7, M, 1-3 pm, 11/9-12/21, S. Kramer
(American Popular Song)
#0062 7, W, 10 am-12 pm, 10/7-12/2, J. Cahill
(Art of Bel Canto)
#00271 7, W, 10 am-12 pm, 12/9-1/20, J. Cahill
(Ballet: A History of Dance)

Science

These courses cover different areas of science and may include social, physical, formal, and life science, as well as the study of earth & space.

Astronomy

(PSC 900/901)
Course will introduce students to the elements of astronomy including the planets, stars, galaxies, and their relationship to each other and earth. Other intriguing aspects of space will be discussed.

Offered at the following site:

Greenbelt Community Center
#00435 13, Th, 10 am-12 pm, 10/8-12/2, M. Blumenstock

Virology & Superbugs

(SCI 300)
This course will present the history and types of viruses, immunity responses, vaccines, as well as the origin of superbugs, antibiotic resistance, and preventive measures against them, plus future issues.

Offered at the Bowie Senior Center
#00471 13, M, 12:30-2:30 pm, 10/5-1/11, Blumenstock
Most SAGE Fall 2015 classes begin the week of Oct. 5, 2015 and end the week of Jan 18, 2016.

Looking ahead to Spring 2016, most* SAGE classes will begin the week of February 8, 2016 and end May 22, 2016. (*Water aerobics and Health & Fitness classes start in January.)

“No Class” Dates for Fall 2015
October 27; November 25 - 28, December 21- January 2; January 18

Therapeutic Aquatic Exercise class information:
For Additional Information on the SAGE Program
please call: 301-546-0519

Other Key Contact Numbers

Prince George’s Community College

Bookstore……………………………301-546-0912
Cashier’s Office……………………301-546-0691
Library………………………………301-546-0105
WDCE Customer Service…………..301-546-0159

Prince George’s County Department of Aging

Aging Services Division 301-265-8450
Call-a-Bus 301-499-8603
Call-A-Cab Coupons 301-883-5656
Nutrition Program 301-265-8475
Maryland Access Point 301-265-8450
Living Well Chronic Disease 301-265-8997

Seniors Helping Seniors Grants
Applications for the ‘Seniors Helping Seniors’ (SHS) Grants can be requested by calling the following:

Customer Service Desk at 301-322-0159
SAGE Program Office at 301-322-0882

When leaving a message, please state that you are requesting an SHS grant application, then leave your name and address, speaking slowly and clearly. To avoid confusion, please spell last name, and street address.

Deadline to apply for a Fall $35 grant is 10/5/15.

Tuition Waiver
Tuition for SAGE courses is waived for Maryland residents who are 60 or older, on the date of registration.

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 classes in this booklet by paying the tuition, however some sites have age restrictions. (Please check site information pages 6-8.) The cost of SAGE tuition is based on the total number of hours per course (see below), plus the $20 registration fee. For example:

Tuition:
Total hours from 12 to 15 ............................................. $75
Total hours from 24 to 45 ............................................ $150

Out of county Maryland residents will pay an additional $5 per course. 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 am-8 pm and Friday, 8:30 am-5 pm.

Refund Policy
To receive a refund of the $75 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. 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, textbooks. Information regarding a required text or other supplies will be made known at the first class.) Lab fees may be assessed for some courses.
FREE SERVICE FOR VISUALLY-IMPAIRED

Do you have friends or relatives that are visually-impaired that would enjoy access to local, national, and international news and information?

Metropolitan Washington Ear (MWE) is a nonprofit organization providing free news and information services for blind, visually-impaired, and physically disabled residents of Maryland, Virginia, and the District of Columbia. We strive to improve the lives of people with little or no vision by enabling them to be more informed and engaged members of their families, their communities, and the working world.

Services are completely free and include:

- Radio broadcast using radios pre-tuned to our station and a subcarrier channel from WETA. Broadcasts, available on our website, are archived for four weeks.

- Telephone dial-in news and information service accessed by using a touch-tone telephone that allows the caller to skip and scan newspapers, magazines, and other information just as a sighted person does when reading a publication.

- Audio-Description of live stage performances in nine theaters in the metropolitan area.

In addition to national and international news (The Washington Post, Wall Street Journal, Baltimore Sun, USA Today, Ebony and Time Magazines, for example), our listeners rely on the immense amount of local information we provide. We read and record weekly food and shopping ads, TV listings, election guides, movie and live theatre schedules (including Audio Description performances), community newsletters, notices of meetings and events, and public service announcements of particular interest to the blind, visually-impaired, and physically disabled community.

MWE currently provides free services to over 5,000 people throughout the MD, DC, & VA area. We know there are hundreds of additional people who would benefit from our services. We are eager to make our services available to as many people as possible. In addition, we have trained volunteer ambassadors and would welcome opportunities to speak at events and meetings.

Metropolitan Washington Ear, 12061 Tech Road, Silver Spring, MD 20904
301-681-6636 www.washingtonear.org
**PRINCE GEORGE'S COMMUNITY COLLEGE CONTINUING EDUCATION REGISTRATION FORM**
(Non-Credit Courses Only)

**NAME**

**PERMANENT ADDRESS**

**CITY** ____________  **STATE** ____________  **ZIP** ____________

**HOME TELEPHONE** ____________________  **CELL TELEPHONE** ____________________

**GENDER** (M/F) ____________________  **DATE OF BIRTH** (Month/Day/Year) ____________________

**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)

- Native American
- Asian
- Black/African American
- Hispanic
- White, non-Hispanic
- Unknown/Other

**SAGE Booklet**—online

at [www.pgcc.edu](http://www.pgcc.edu)

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**Registration Fee**

**TOTAL**

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.

Signature: ____________  Date: ____________

**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 above address. **You will not receive a confirmation when registering by mail!**
Join thousands of Prince George’s County Seniors 60 & better
Get your FREE M-NCPPC Senior ID!

The M-NCPPC Senior ID is your senior super pass to the Department of Parks and Recreation in Prince George’s County. It provides FREE access to:

- More than 40 Community Centers and their fitness rooms
- 6 Senior Activity Centers and their fitness rooms
- Senior Clubs at community centers
- The fitness room, indoor track and pool at Prince George’s Sports & Learning Complex on Mondays, Wednesdays & Fridays, 8 am–12 noon (Summer schedule varies.)
- A weekly e-newsletter highlighting upcoming Department of Parks and Recreation programs and events

To get your FREE M-NCPPC Senior ID, bring proof of age and Prince George’s County residency to any M-NCPPC staffed recreation facility in Prince George’s County during operating hours! It is that simple!

For more information, call the Park and Planning Help Desk at 301-699-2255; TTY 301-699-2544.
Seniors Helping Seniors Grants

$Change A Life$

SAGE will officially sponsor our fund-raising effort during the week of November 9, 2015.

SAGE students are asked to donate loose change in each class in which they are enrolled in order to change a life for fellow students who cannot afford to register.

During $Change A Life$ week, remind teachers to collect, and fellow students to donate, change and/or bills in every class they take.

Larger donations—cash or checks—are most welcome. All donations go directly to SAGE students in need of help. Each trimester, grants are awarded to students with a short-term demonstrated need.

Checks should be made out to Prince George’s Community College with “Seniors Helping Seniors” written on the memo line.

Please mail to the following address:

PGCC Seniors Helping Seniors
Kent Hall, Room 207
301 Largo Road
Largo, MD 20774-2199
Attn: Ruth Harris

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In Memoriam

Thanks to the following for their SHS donations:

C. Russell donation in memory of Dale Bultman

C. Harris donation in memory of Emily Gilman

K. McCauley donation in memory of Larry Warman

If you would like to donate in memory of someone, please include a note with your SHS check and we will include it in our next publication.

Our heartfelt thanks to all who have contributed.