SAGE Seasoned Adults Growing Educationally

Classes for Seniors 60 and Older

FALL 2016
We Have a New SAGE Team Member!
The SAGE team is thrilled to welcome Jenny Tringali as our administrative associate. Jenny has been providing SAGE with much-needed support on a temporary basis since September 2015. Many of you have already met Jenny in her previous position at Bowie Senior Center, one of SAGE’s largest partner sites, where she worked for the last nine years. She also brings higher education expertise to our team, having previously worked at the University of Maryland for more than 23 years in many different capacities.
Please join us in welcoming Jenny to SAGE and into the Prince George’s Community College family! She can be reached at 301-546-0923 or via e-mail at tringaja@pgcc.edu.

Institutional Realignment: The Big Picture
In 2015, Prince George’s Community College recognized the need for a structure that puts resources where students need services and support. The goal is to realign our human and financial resources to focus on students’ success. By the time you read this, the college will be hard at work actualizing the plans that previously were just ideas and organizational charts. We are confident that the changes implemented will result in a more productive experience for all involved.
For SAGE students, your success will continue to be defined by the ability to enrich your lives through participation in a wide range of affordable classes that keep you mentally stimulated, physically active, and socially involved. We wish you continued success in this ever-changing world!

Registration Opens: Friday, September 9, at 8:30 a.m.

- SAGE courses will not be accessible online through Owl Link prior to that date. Remember, the best way to register is always ONLINE!!! You receive instant confirmation of your classes and can pay without hassle using your credit card. Follow the step-by-step instructions for online registration on page 2.
- In-person registration will take place on a first-come, first-served basis in Bladen Hall, Room 126.
- Mailed-in registration forms received prior to the registration start date will be date-stamped and processing will not begin until September 9. You will not receive a confirmation of the classes for which you are registered.
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.

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, many senior class sites have 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 on pages 6–7.
Three Ways to Register for SAGE Classes

1 **ONLINE THROUGH OWL LINK**

Owl Link is 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.

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 e-mailed 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 and Cont. Ed. Students.
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 at least 8 (eight) characters and must include at least one uppercase letter, one lowercase letter, and at least one number. You cannot use your username/ID as your password and cannot use recent passwords.
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.

**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 301-546-0637 or e-mail helpdesk@pgcc.edu to receive them.

   You must have your Student ID# available when you contact the Help Desk.
   If you do not know your Student ID#, call the WDCE Customer Service Desk at 301-546-0159 to request it.

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 $20 registration fee, and a $10 surcharge, per class, per trimester. (see page 5)
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 and Cont. Ed Students.
   3. Click on Enroll and Register for Courses and on the next screen, click on Register for courses.

   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 above.) *Do not enter any other information on this page!*

   6. On the next page, click in the “Select” 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. You can either check out now or register for additional courses. In the “Choose one of the of following” box, click the drop-down arrow and choose Register Now (check out) or “Search for more classes.” 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 Payment page will appear. Review for accuracy and click CONTINUE.

10. On the next page, 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 **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 must include a check or money order made out to PGCC for the full amount.
- Forms must be received at least 10 days prior to the class start date to ensure processing.
- You will not receive a confirmation when registering by mail, even if a requested class is full. *(see Course Confirmation info on page 4)*
- Mail to: Cashier’s Office
  Prince George’s Community College
  301 Largo Road, Largo, MD 20774-2199
Trimester Dates for Fall 2016
The SAGE calendar consists of three trimesters: fall, spring, and summer.
Courses listed in this SAGE schedule represent the Fall 2016 trimester course offerings.
• Most SAGE fall 2016 classes begin the week of Oct. 3 and end the week of Jan. 23, 2017.
• “No Class” dates for fall 2016: Oct. 25; Nov. 23–26; Dec. 22–Jan. 4, 2017; Jan. 16

General Course Information
Companion Classes
To get maximum benefit from classes with multiple sections, please register for both Part I and Part II.
Course Confirmation
The only way to confirm your course(s) is to register online or in-person. You will be contacted by SAGE via e-mail 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
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 pro-rated refunds will be given due to circumstances beyond our control.
Instructors
Although many instructor names are listed, teachers may be changed without notice.
Disabled Retirees Under 60 Years Old
Effective July 1, 2012, disabled retirees under 60 years old may qualify for a tuition waiver (for both credit and noncredit classes).
To determine your eligibility, contact the Office of Admissions and Registration, Bladen Hall, room 126, 301-546-7422, to request a Prince George’s Community College Tuition Waiver Certification Form. Take the form to your local Social Security office for completion and then return it to the college.

Important Contact Information
For SAGE Program Additional Information
E-mail us at SAGE@pgcc.edu or
Susanne van Nuys ....................... svannuys@pgcc.edu
Ruth Harris ............................... harrisrg@pgcc.edu
Arlene Robinson .......................... robinsai@pgcc.edu
Jenny Tringali ............................. tringaja@pgcc.edu
or call the
SAGE Program Office ........................... 301-546-0923

Other Key Contact Numbers
at Prince George’s Community College
Cashier’s Office ............................. 301-546-0691
Therapeutic Aquatic Exercise class information ............................. 301-546-0519
WDCE Customer Service ........................ 301-546-0159

Prince George’s County Department of Aging
Seniors Information
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 Self Management ............................. 301-265-8997

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 a.m. will be canceled.
  ▶ If public schools close two hours early because of predicted bad 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 bad weather—at ALL locations.
• Students should listen to Public Service Announcements on radio and television to determine if a site is open for classes.
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 **$75 SAGE Registration Fee (SRF) per trimester**, 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 $20 per trimester, 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, 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** class in this booklet by paying the tuition, however some sites have age restrictions. (Please check site information pages 6–7)

The cost of SAGE tuition is based on the total number of hours per course (see below), plus the $20 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 $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, 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.

Seniors Helping Seniors Grants
Applications for the ‘Seniors Helping Seniors’ (SHS) grants can be requested by calling:
- WDCE Customer Service Desk ................. 301-546-0159
- SAGE Program Office ........................... 301-546-0923

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:** Sept. 30, 2016

Volunteer Program
Aging Retired Senior and Volunteer Program (RSVP) is seeking seniors aged 55 years and older who have gained a lifetime of experience to volunteer in their communities.

To qualify, seniors must be willing to use their gifts and talents to help government agencies and non-profit organizations in the communities of Prince George’s County. Volunteers choose the amount of time and days they want to serve.

Volunteer opportunities include
- delivering Meals On Wheels (MOW)
- tutoring and mentoring
- providing services to community and government agencies
- assisting other seniors with health insurance challenges
- delivering hospice care
- supporting a variety of hospitals and non-profits
- giving moral support to victims/witnesses and families during court trials

For more information, contact the RSVP staff at 301-265-8450 or e-mail pdsharps@co.pg.md.us.
Fall 2016 Indexed List of Courses by Site

**Allentown Road Aquatic Center**
7210 Allentown Road, Camp Springs, MD 20748
301-449-5567
  - Therapeutic Aquatic Exercise ........................................ 11

**Bowie Community Center**
3209 Stonybrook Drive, Bowie, MD 20715
301-464-1737
  - Health and Fitness (Parts I and II) .................................. 10

**Bowie Senior Center**
(No students under age 55)
14900 Health Center Drive, Bowie, MD 20715
301-809-2300
  - American History .............................................................. 11
  - American Sign Language ..................................................... 13
  - Art History/Appreciation .................................................... 8
  - Autobiographical Writing (Memoirs) ...................................... 13
  - Current Issues ....................................................................... 12
  - Design and Production of Crafts .......................................... 8
  - Drawing ................................................................................ 8
  - Environmental History .......................................................... 12
  - Finance .................................................................................. 10
  - French: Beginner/Intermediate .............................................. 13
  - German ................................................................................... 13
  - Healthy Living ........................................................................ 10
  - History Through Hollywood .................................................. 12
  - Italian ..................................................................................... 13
  - Literature ................................................................................. 13
  - Music Appreciation .............................................................. 14
  - Music Appreciation: Class Piano and Guitar ........................... 14
  - Printmaking ............................................................................ 9
  - Spanish ................................................................................... 13
  - Studio Fine Art (includes Watercolor) ...................................... 9
  - World History ......................................................................... 11

**Cameron Grove Adult Lifestyle Community**
(Limited to residents only)
100 Cameron Grove Boulevard, Upper Marlboro, MD 20774

**Camp Springs Senior Activity Center**
(No students under age 60)
6420 Allentown Road, Camp Springs, MD 20748
301-449-0490
  - Current Issues ....................................................................... 12
  - Design and Production of Crafts ............................................. 8
  - Local History .......................................................................... 12
  - Healthy Living ........................................................................ 10
  - Humanities: An Exploration .................................................. 13
  - Music Appreciation: Class Piano ........................................... 14
  - Spanish (Beginner/Intermediate/Advanced) .............................. 14
  - Studio Fine Art ........................................................................ 9

**Central Parke at Victoria Falls**
(Limited to residents only)
13701 Belle Chasse Boulevard, Laurel, MD 20707

**Collington Life Care Community**
10450 Lottsford Road, Mitchellville, MD 20721
301-925-9610
  - American History ................................................................. 11
  - American Sign Language ....................................................... 13
  - Art History/Appreciation ....................................................... 8
  - Environmental History ........................................................... 12
  - Healthy Living ....................................................................... 10
  - Studio Fine Art ....................................................................... 9
  - Therapeutic Aquatic Exercise ................................................ 11
  - Wine Education ...................................................................... 12
  - World History ....................................................................... 12

**Evelyn I. Cole Senior Activity Center**
5720 Addison Road, Seat Pleasant, MD 20743
301-386-5525
  - Healthy Living ...................................................................... 11

**Fort Washington Forest Community Center**
1200 Fillmore Road, Fort Washington, MD 20744
301-292-4300
  - Healthy Living ...................................................................... 11
  - Studio Fine Art ...................................................................... 9

---

**Suggestion Box**

If you have an idea for a SAGE class—or any other suggestions, comments, or complaints—please e-mail the SAGE mailbox at SAGE@pgcc.edu for consideration. Put ‘Suggestion’ in the subject line.
Greenbelt Community Center  
(No students under age 60)  
15 Crescent Road, Greenbelt, MD 20770  
301-397-2208  

- American History ............................................ 12  
- Art History/Appreciation ..................................... 8  
- Astronomy ................................................... 15  
- French Culture/Cooking ..................................... 13  
- Healthy Living ............................................... 11  
- History Through Hollywood ................................ 12  
- Music Appreciation .......................................... 14  
- Spanish ...................................................... 14  
- Studio Fine Art ............................................... 9  
- Virology and Superbugs ..................................... 15  
- World History ............................................... 12

Greenbelt Department of Recreation/Springhill Lake  
(No students under age 60)  
6111 Cherrywood Lane, Greenbelt, MD 20770  
301-397-2200  

- Classes offered in Summer only

Harmony Hall Regional Center  
10701 Livingston Road, Ft. Washington, MD 20744  
301-699-2544  

- Healthy Living ............................................... 11  
- Music Appreciation: Class Piano ............................ 14

John E. Howard Senior Activity Center  
4400 Shell Street, Capitol Heights, MD 20743  
301-735-3340  

- Healthy Living ............................................... 11  
- Music Appreciation: Class Piano ............................ 14  
- Spanish (Introduction and Beginner) ...................... 14

Laurel Armory—Anderson and Murphy Community Center  
422 Montgomery Street, Laurel, MD 20707  
301-725-8088  

- American History ............................................ 12  
- Healthy Living ............................................... 11

New Carrollton City Hall  
6016 Princess Garden Parkway, New Carrollton, MD 20784  
301-459-6100  

- Healthy Living ............................................... 11

Prince George's Plaza Community Center  
6600 Adelphi Road, Hyattsville, MD 20782  
301-454-1400  

- Healthy Living ............................................... 11

Prince George’s Community College, Largo Campus  
301 Largo Road, Largo, MD 20774-2199  
301-546-0875  

- Computers: Introduction ..................................... 9  
- Health and Fitness (Parts I and II) ......................... 10  
- Microsoft Office Suite 2013 ................................ 10  
- Music Appreciation: Class Piano ............................ 14  
- Therapeutic Aquatic Exercise ............................... 11

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 and Intermediate ............. 9  
- Healthy Living ............................................... 11  
- Internet: Introduction, Navigation, Research .......... 9

Temple Solel  
2901 Mitchellville Road, Bowie, MD 20716  
301-249-2424  

- Current Issues ............................................... 12  
- Healthy Living ............................................... 11

University Town Center  
6505 Belcrest Road, Suite 125, Hyattsville, MD 20782  
301-546-8000  

- Computers: Intro to Internet, E-mail, and Facebook .. 9  
- Healthy Living ............................................... 11  
- Spanish II: Beginner ......................................... 14

Upper Marlboro Community Center  
5400 Marlboro Race Track Road  
Upper Marlboro, MD 20772  
301-627-2828  

- Healthy Living ............................................... 11
Fall 2016 Alphabetic Listing of Courses

How to Read a Course List

Class Location  Class Dates  Instructor
87709  13 M  10/6–1/12  10 am–12 pm  Stone
Bowie Senior Center

Class Emphasis
Ceramics: Intermediate

Day of the week class meets
M=Monday; T=Tuesday; W=Wednesday; Th=Thursday; F=Friday; S=Saturday

Number of times class meets
ART

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

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

Art History/Appreciation (ART-306)
These courses involve the aesthetics of certain artists and times periods over the course of history. Topics include styles, techniques, and subjects used in different paintings, portraits, and prints through discussion and videos. The focus of each course will be different each semester.

Bowie Senior Center
14175  14 W  10/5–1/25  1–3 pm  Crane
Modern Art
14176  13 W  10/12–1/25  10 am–12 pm  Haverstick
Rembrandt and Company

Collington Life Care Community
14393  14 M  10/3–1/23  10 am–12 pm  Crane
Golden Age of Dutch Trade and Art

Greenbelt Community Center
14223  13 T  10/4–1/24  10 am–12 pm  Crane
Dutch Masters/Golden Era
14233  13 Th  10/13–1/26  1–3 pm  Haverstick
Rembrandt and Company

Design and Production of Crafts for Sale and Profit (ART-360/370/902/903/910)
Course teaches the art and business of creating quality craft items for sale and personal use.

Bowie Senior Center
14198  14 M  10/3–1/23  10 am–12 pm  Stone
Ceramics: Intermediate
14156  9 M  10/3–11/28  12:30–4 pm  Cerrelli
Stained Glass, Part I: Advanced
14157  5 M  12/5–1/23  12:30–4 pm  Cerrelli
Stained Glass, Part II: Advanced
14180  14 T  10/4–1/24  9:30–11:30 am  Kirtland
Knitting & Crocheting, Part I: Intermediate/Advanced
14181  14 T  10/4–1/24  11:30 am–12:30 pm  Kirtland
Knitting & Crocheting, Part II: Intermediate/Advanced
14182  14 T  10/4–1/24  1–2:15 pm  Kirtland
Knitting: Beginner
14183  14 T  10/4–1/24  2:30–3:45 pm  Kirtland
Quilting: Beginner
14196  7 Th  10/6–11/17  9 am–1 pm  Stein
Stained Glass & Mosaics, Part I: Beginner/Intermediate
14197  7 Th  12/1–1/26  9 am–1 pm  Stein
Stained Glass & Mosaics, Part II: Beginner/Intermediate
14199  14 F  10/7–1/27  10 am–12 pm  Stone
Ceramics: Beginner
14184  14 F  10/7–1/27  10 am–12 pm  Kirtland
Quilting: Intermediate
14185  14 F  10/7–1/27  12:30–2:30 pm  Kirtland
Quilting: Intermediate
14316  14 Th  10/6–1/26  10 am–12 pm  Swanson
Jewelry Making: Beginner

Drawing (ART-311/913/914)
Fundamental courses in the practical art of drawing and sketching using various media.

Bowie Senior Center
14141  14 M  10/3–1/23  2–4 pm  Baer
Traditional Drawing II: Intermediate/Advanced
14392  14 F  10/7–1/27  9:30–11:30 am  Baer
Drawing I: Beginner

Greenbelt Community Center
14227  14 T  10/4–1/24  1–3 pm  Crane
Drawing: Part I
14226  14 T  10/4–1/24  3–pm  Crane
Drawing: Part II
Studio Fine Art (ART-911/916/918)
Courses offer students opportunities to explore fine art through drawing, watercolor, oils, collage, pastel, etc.

Bowie Senior Center
14202 14 T 10/4–1/24 9–10 am Swanson
   Mixed Media, Part I: All Levels
14203 14 T 10/4–1/24 10 am–12 pm Swanson
   Mixed Media, Part II: All Levels
14152 12 T 10/4–1/10 12:30–3 pm Brosch
   Printmaking Fundamentals
14204 14 W 10/5–1/25 10 am–12 pm Swanson
   Watercolor, Part I: All Levels
14247 14 W 10/5–1/25 12:30–2:30 pm Swanson
   Watercolor, Part II: All Levels
14137 7 Th 10/6–11/17 10 am–3 pm Allison
   Drawing: Advanced
14138 7 Th 12/1–1/26 10 am–3 pm Allison
   Drawing: Advanced—Nib & Ink
14142 14 F 10/7–1/27 12:30–2:30 pm Baer
   Modern Painting (acrylic/other media), Part I
14143 14 F 10/7–1/27 2:30–3:30 pm Baer
   Modern Painting (acrylic/other media), Part II

Camp Springs Senior Activity Center
14317 14 Th 10/6–1/26 1–3 pm Swanson
   Mixed Media: All Levels

Collington Life Care Community
14292 14 T 10/4–1/24 1–3 pm Hurley
   Mixed Media, Part I: All Levels
14293 14 T 10/4–1/24 3–4 pm Hurley
   Mixed Media, Part II: All Levels

Fort Washington Community Center
14322 14 W 10/4–1/25 9–10 am Hurley
   Mixed Media, Part I: All Levels
14321 14 W 10/5–1/25 10 am–12 pm Hurley
   Mixed Media, Part II: All Levels

Greenbelt Community Center
14224 14 M 10/3–1/23 9–11 am Crane
   Painting, Part I: Beginner
14225 14 M 10/3–1/23 11 am–12 pm Crane
   Painting, Part II: Beginner

COMPUTERS
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.

Computers: Introduction (DPR-548)
Class is designed to provide a basic knowledge of computers and show how to perform simple functions. Introduction to the Internet is included.

Largo Campus
14341 14 M 10/3–1/23 2:30–4:30 pm Smith
14345 14 Th 10/6–1/26 9–11 am Gray

St. Paul’s Senior Living (SPSL) Apartments
14357* 14 W 10/5–1/25 9:30–11:30 am Ennels
   *$25 Lab fee; make check payable to SPSL Apartments’ PGCC SAGE Lab Fund.

University Town Center, Room 247
14467 14 M 10/3–1/23 10 am–12 pm Thompson
   Intro to Internet, E-mail, and Facebook

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

St. Paul’s Senior Living (SPSL) Apartments
14356* 14 W 10/5–1/25 12:30–2:30 pm Ennels
   *$25 Lab fee; make check payable to SPSL Apartments’ PGCC SAGE Lab Fund.

Internet: Introduction, Navigation, Research (DPR-307)
This course will provide the basic concepts for accessing and navigating the Internet, sending e-mail, and using online resources. Downloading files, using search features, and other Internet applications will be explored. Prerequisite: Satisfactory completion of beginner level computer class.

St. Paul’s Senior Living (SPSL) Apartments
14358* 14 F 10/7–1/27 12:30–2:30 pm Ennels
   *$25 Lab fee; make check payable to SPSL Apartments’ PGCC SAGE Lab Fund.
Microsoft Office Suite 2013 (DPR-909)
This course enables the student to learn the basics of MS Office 2013, including Word, Excel, Access, and PowerPoint, by doing hands-on projects.

Largo Campus
14543 14 T 10/4–1/24 9–11 am Beginner/Intermediate Smith
14344 14 W 10/5–1/25 9–11 am Advanced Gray

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.

Bowie Senior Center
14209 7 W 10/5–11/16 2–4 pm Widmann Part I
14210 7 W 11/30–1/25 2–4 pm Widmann Part II

HEALTH AND 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 and Fitness (Parts I and 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.

Bowie Community Center
13664 15 TTh 8/30–10/18 9–11 am Part I Lee
13665 15 TTh 10/20–12/15 9–11 am Part II Lee

Largo Campus, Novak Field House, Room 100
13674 15 TTh 8/30–10/18 9–11 am Bickford
Part I
13675 15 TTh 10/20–12/15 9–11 am Bickford Part II

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 e-mail SAGE@pgcc.edu and request a ‘Healthy Living Class List’ OR call 301-546-0923 to request the list.

Bowie Senior Center
14158 14 M 10/3–1/23 10 am–12 pm Chang
14179 14 M 10/3–1/23 12:30–2:30 pm Harris
14192 14 T 10/4–1/24 1–3 pm Meadows
14170 14 W 10/5–1/25 8:50–10:30 am Conti-Vock
14171 14 W 10/5–1/25 10:30 am–12:10 pm Conti-Vock
14159 14 W 10/5–1/25 1–3 pm Chang
14173 14 Th 10/4–1/24 10 am–12 pm Conti-Vock
Intermediate/Advanced
14208 14 Th 10/6–1/26 12–2 pm Weimer
14191 14 Th 10/6–1/26 3–5 pm McCarroll
14160 14 F 10/7–1/27 10 am–12 pm Chang
Intermediate
14207 14 F 10/7–1/27 10 am–12 pm Weimer Beginner
14161 14 F 10/7–1/27 1–3 pm Chang
14205 14 S 10/8–1/28 8:30–10:15 am Weimer Advanced
14206 14 S 10/8–1/28 10:15 am–12 pm Weimer Beginner

Camp Springs Senior Activity Center
14318 14 T 10/4–1/24 10 am–12 pm Turner
14314 14 T 10/4–1/24 12–2 pm Saulsberry
14313 14 W 10/5–1/25 10 am–12 pm Sarmiento
14319 14 Th 10/6–1/26 10 am–12 pm Turner
14315 14 Th 10/6–1/26 12–2 pm Saulsberry

Collington Life Care Community
14299 14 M 10/3–1/23 9–10 am Faculty
14298 14 M 10/3–1/23 10–11 am Faculty
14290 14 M 10/3–1/23 1–3 pm Chang
14288 14 T 10/4–1/24 8:30–10:30 am Armstrong
14294 14 T 10/4–1/24 2–3 pm Layton
<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>14301</td>
<td>W</td>
<td>10/5–1/25</td>
<td>9–10 am</td>
</tr>
<tr>
<td>14300</td>
<td>W</td>
<td>10/5–1/25</td>
<td>Thompson</td>
</tr>
<tr>
<td>14291</td>
<td>W</td>
<td>10/5–1/25</td>
<td>10 am–12 pm</td>
</tr>
<tr>
<td>14289</td>
<td>Th</td>
<td>10/6–1/26</td>
<td>8:30–10:30 am</td>
</tr>
<tr>
<td>14295</td>
<td>Th</td>
<td>10/6–1/26</td>
<td>2–3 pm</td>
</tr>
<tr>
<td>14417</td>
<td>F</td>
<td>10/7–1/27</td>
<td>9–10 am</td>
</tr>
<tr>
<td>14302</td>
<td>F</td>
<td>10/7–1/27</td>
<td>Thompson</td>
</tr>
<tr>
<td>14296</td>
<td></td>
<td>10/3–12/9</td>
<td>11 am–12 pm</td>
</tr>
<tr>
<td>14297</td>
<td></td>
<td>12/12–1/27</td>
<td>11 am–12 pm</td>
</tr>
<tr>
<td>14320</td>
<td>F</td>
<td>10/7–1/27</td>
<td>10 am–12 pm</td>
</tr>
<tr>
<td>14323</td>
<td></td>
<td>10/3–1/25</td>
<td>9:30–10:30 am</td>
</tr>
<tr>
<td>14241</td>
<td>T</td>
<td>10/4–1/31</td>
<td>10–11 am</td>
</tr>
<tr>
<td>14235*</td>
<td>W</td>
<td>10/5–1/25</td>
<td>1:30–3:30 pm</td>
</tr>
<tr>
<td>14220</td>
<td>W</td>
<td>10/5–1/25</td>
<td>3:45–4:45 pm</td>
</tr>
<tr>
<td>14242</td>
<td>Th</td>
<td>10/6–1/26</td>
<td>10–11 am</td>
</tr>
<tr>
<td>14230</td>
<td>Th</td>
<td>10/6–1/26</td>
<td>10:30–11:30 am</td>
</tr>
<tr>
<td>14327</td>
<td>M</td>
<td>10/3–1/23</td>
<td>10 am–12 pm</td>
</tr>
<tr>
<td>14325</td>
<td>T</td>
<td>10/4–1/24</td>
<td>9:30–11:30 am</td>
</tr>
<tr>
<td>14326</td>
<td>Th</td>
<td>10/6–1/26</td>
<td>9:30–11:30 am</td>
</tr>
<tr>
<td>14328</td>
<td>M</td>
<td>10/3–1/23</td>
<td>12:30–2:30 pm</td>
</tr>
<tr>
<td>14332</td>
<td>T</td>
<td>10/4–1/26</td>
<td>10:30–11:30 am</td>
</tr>
<tr>
<td>14333</td>
<td>Th</td>
<td>10/4–1/26</td>
<td>11:30 am–12:30 pm</td>
</tr>
<tr>
<td>14334</td>
<td>F</td>
<td>10/7–1/27</td>
<td>9–10 am</td>
</tr>
<tr>
<td>14336</td>
<td></td>
<td>10/3–1/23</td>
<td>9–11 am</td>
</tr>
<tr>
<td>14337</td>
<td>T</td>
<td>10/4–1/24</td>
<td>9–11 am</td>
</tr>
<tr>
<td>14338</td>
<td>W</td>
<td>10/5–1/25</td>
<td>9–11 am</td>
</tr>
<tr>
<td>14339</td>
<td>Th</td>
<td>10/6–1/26</td>
<td>9–11 am</td>
</tr>
<tr>
<td>14340</td>
<td>F</td>
<td>10/7–1/27</td>
<td>9–11 am</td>
</tr>
<tr>
<td>14351</td>
<td>M</td>
<td>10/3–1/23</td>
<td>1:30–3:30 pm</td>
</tr>
<tr>
<td>14352</td>
<td>W</td>
<td>10/5–1/25</td>
<td>1:30–3:30 pm</td>
</tr>
<tr>
<td>14353</td>
<td>Th</td>
<td>10/6–1/26</td>
<td>1–2 pm</td>
</tr>
<tr>
<td>14354</td>
<td>W</td>
<td>10/5–1/25</td>
<td>11 am–1 pm</td>
</tr>
</tbody>
</table>

**St. Paul’s Senior Living Apartments**
14359 14 M 10/3–1/23 4–5 pm Smith
14360 14 W 10/5–1/25 4–5 pm Smith
14355 14 Th 10/6–1/26 2:30–4:30 pm Brown

**Temple Solel**
14362 14 M 10/3–1/23 12:30–2:30 pm Schoch

**University Town Center, Room 065**
14366 14 Th 10/6–1/26 3–4 pm Smith
14460 14 F 10/7–1/27 11 am–12 pm Smith

**Upper Marlboro Community Center**
14363 14 M 10/10–1/30 9–11 am Harahush
14364 14 W 10/12–2/1 9–11 am Harahush

**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 beginner, intermediate, or advanced swimming instruction. Students must supply their own towels.

**Allentown Road Aquatic Center**
13662 45 MWF 9/12–12/16 8–9 am Shell/Jones-Byron/Jenkins
13663 45 MWF 9/12–12/16 9–10 am Shell/Jones-Byron/Jenkins

**Collington Life Care Community**
13670 30 TTh 8/30–12/15 10–11:30 am Shell
13671 45 MWF 8/29–12/16 9–10 am Redmiles
13672 45 MWF 8/29–12/16 10–11 am Redmiles
13673 45 MWF 8/29–12/16 11 am–12 pm Redmiles

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

**American History** *(HIS-909/371)*
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.

**Bowie Senior Center**
14167 14 T 10/4–1/24 12:30–2:30 pm Cipriani

**Collington Life Care Community**
14397 14 Th 10/6–1/26 4–6 pm Croatti

Opposition to Vietnam
History/Social Studies continued next page
American History continued

**Greenbelt Community Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14231</td>
<td>T</td>
<td>10/4–11/29</td>
<td>1–3 pm</td>
</tr>
<tr>
<td>14419</td>
<td>Th</td>
<td>10/6–11/26</td>
<td>1:30–3:30 pm</td>
</tr>
</tbody>
</table>

**Laurel Armory–Anderson and Murphy Community Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14335</td>
<td>F</td>
<td>10/7–1/27</td>
<td>12:30–2:30 pm</td>
</tr>
</tbody>
</table>

**Current Issues** (ENR-903)
This course focuses on topics of current interest and importance, such as national and world news stories and events. Discussion is encouraged.

**Bowie Senior Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14165</td>
<td>T</td>
<td>10/4–1/24</td>
<td>10 am–12 pm</td>
</tr>
</tbody>
</table>

**Camp Springs Senior Activity Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14303</td>
<td>M</td>
<td>10/3–1/23</td>
<td>1–3 pm</td>
</tr>
</tbody>
</table>

**Temple Solel**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14361</td>
<td>M</td>
<td>10/3–1/23</td>
<td>10 am–12 pm</td>
</tr>
</tbody>
</table>

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

**Bowie Senior Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14174</td>
<td>W</td>
<td>10/5–1/25</td>
<td>10 am–12 pm</td>
</tr>
</tbody>
</table>

**Collington Life Care Community**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14394</td>
<td>Th</td>
<td>10/6–1/26</td>
<td>1–3 pm</td>
</tr>
</tbody>
</table>

**History Through Hollywood** (HIS-356)
Class presents an opportunity to examine historical themes and events as they have been represented, or misrepresented, in film, with emphasis on the changing interpretation of history reflected in the medium.

**Bowie Senior Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14178</td>
<td>M</td>
<td>10/3–12/19</td>
<td>9:30–12 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14201</td>
<td>Th</td>
<td>10/13–1/26</td>
<td>10 am–12 pm</td>
</tr>
</tbody>
</table>

**Greenbelt Community Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14245</td>
<td>W</td>
<td>10/12–1/25</td>
<td>11:30–2:30 pm</td>
</tr>
</tbody>
</table>

**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 fees/costs possible.)

**Camp Springs Senior Activity Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14304</td>
<td>W</td>
<td>10/5–1/25</td>
<td>10 am–12 pm</td>
</tr>
</tbody>
</table>

**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. (Additional fee of $5/week to participate in wine tasting.)

**Collington Life Care Community**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14438</td>
<td>W</td>
<td>11/30–1/25</td>
<td>1–3 pm</td>
</tr>
</tbody>
</table>

**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.

**Bowie Senior Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14177</td>
<td>W</td>
<td>10/5–1/25</td>
<td>1:30–3:30 pm</td>
</tr>
</tbody>
</table>

**Collington Life Care Community**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14396</td>
<td>W</td>
<td>10/5–1/25</td>
<td>4–6 pm</td>
</tr>
</tbody>
</table>

**Greenbelt Community Center**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14228</td>
<td>T</td>
<td>10/4–1/24</td>
<td>4–6 pm</td>
</tr>
</tbody>
</table>

---

**Learn More!**
Check out PGCC Continuing Education Programs and Courses at www.pgcc.edu
HUMANITIES
This group of courses includes discussion of literature from the Bible to Jane Austen to Shakespeare to James Michener; examination of classic writings; reading, writing, interpreting poetry; creative and critical thinking; theater and acting.

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

Bowie Senior Center
14168 14 T 10/4–1/24 9:30–11:30 am Clair Writing Your Memoirs
14169 14 T 10/4–1/24 12–2 pm Clair 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.

Camp Springs Senior Activity Center
14310 14 M 10/3–1/23 10 am–12 pm Patente Humanities for Senior Citizens

Literature: An Exploration (ENR-380)
This course will offer students opportunities to read, discuss, and analyze works of literature.

Bowie Senior Center
14190 14 F 10/7–1/27 1–3 pm Lundahl Once Upon a Lifetime: Tales for the Midlife Traveler

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)

Bowie Senior Center
14200 12 W 10/5–1/11 10 am–12 pm Stracka Beginner

Collington Life Care Community
14582 12 WF 10/5–1/13 11 am–12 pm Thompson Beginner

French (LGE-337/338)

Bowie Senior Center
14193 14 W 10/5–1/25 Beginner, Level I 9–11 am Soloviev
14194 14 W 10/5–1/25 Beginner, Level II 11 am–1 pm Soloviev
14195 14 W 10/5–1/25 Intermediate 1:30–3:30 pm Soloviev

French Culture (HIS-317)
These courses are designed to focus on different aspects of French culture through study of the language, customs, art, and the basics of French cuisine via hands-on demonstration.

Greenbelt Community Center
14236* 6 T 10/4–11/15 3:15–5:45 pm Otchere French Cooking
14237* 6 T 11/22–1/10 3:15–5:45 pm Otchere French Cooking
*$30 Food fee; make check payable to City of Greenbelt.
14244 14 Th 10/6–1/26 10:30 am–12:30 pm Sleeth A French Culture Journey

German (LGE-340)

Bowie Senior Center
14186 14 M 10/3–1/23 10 am–12 pm Leahy-Thielke Intermediate
14187 14 M 10/3–1/23 Beginner, Level II 12:30–2:30 pm Leahy-Thielke
14188 14 Th 10/6–1/26 Beginner, Level I 10 am–12 pm Leahy-Thielke

Italian (LGE-334)

Bowie Senior Center
14246 14 F 10/7–1/27 10 am–12 pm DeSanctis 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.

Bowie Senior Center
14145 14 T 10/4–1/24 Beginner, Level I 9–11 am Brock
14146 14 T 10/4–1/24 Beginner, Level II 11 am–1 pm Brock
14148 14 T 10/4–1/24 Intermediate 1:30–3:30 pm Brock
14151 7 F 10/7–11/17 Basic Spanish 10 am–12 pm Brock

Languages continued next page
Spanish continued

Camp Springs Senior Activity Center
14305 14 T 10/4–1/24 11 am–12 pm Beginner—Introduction Williams
14306 14 T 10/4–1/24 12:15–1:15 pm Beginner Williams
14307 14 T 10/4–1/24 1:30–2:30 pm Intermediate Williams
14308 14 T 10/4–1/24 2:45–3:45 pm Advanced Williams

Kayn 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. Courses on opera will focus on composers and individual operas.

Bowie Senior Center
14163 14 T 10/4–1/24 11 am–1 pm Choi
Song Repertory Class
14154 7 Th 10/6–11/17 2–4 pm Cahill
American Opera
14155 7 Th 12/1–1/26 2–4 pm Cahill
Ballet: A History of Dance

Greenbelt Community Center
14221 7 W 10/5–11/16 10 am–12 pm Cahill
American Opera
14222 7 W 11/30–1/25 10 am–12 pm Cahill
20th Century Opera Rarities

Marketplace
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: Class Piano (MUS-307/302)
Course will introduce the student to the basic elements of music and keyboard proficiency, fundamentals of sight reading, scales, and chords. Emphasis can range from theory to performance, depending upon the number of keyboards available. Teachers may need to divide classes by skill level.

Bowie Senior Center
14162 14 T 10/4–1/24 9–11 am Choi
14164 14 T 10/4–1/24 1–3 pm Choi

Camp Springs Senior Activity Center
14312 14 T 10/4–1/24 9:30–11:15 am Patente
Part I
14311 14 T 10/4–1/24 11:15 am–1 pm Patente
Part II

Harmony Hall Regional Center
14324 14 Th 10/6–1/26 9:30–11:30 am Faculty

John E. Howard Senior Activity Center
14329 14 W 10/5–1/25 10 am–12 pm Choi

Largo Campus, Marlboro Hall, Room 1058/60
14346 14 M 10/3–1/23 12–2 pm Soliman
14347 14 M 10/3–1/23 2–4 pm Soliman
14348 14 F 10/7–1/27 11 am–12 pm Soliman
14349 14 F 10/7–1/27 12–1 pm Soliman
14350 14 F 10/7–1/27 1–2 pm Soliman

Music Appreciation: Guitar (MUS-308)
Course will introduce the student to the various parts of the guitar, the names of the strings, how to hold the pick, tuning, basic chords, rhythm and strumming techniques; the basics to reading music will also be introduced. Students are required to have their own instrument and tuner; a metronome (or app) is recommended for home practice.

Bowie Senior Center
14391 14 W 10/4–1/24 9:30–11:30 am Fiester
Introduction to Guitar
SCIENCE

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

**Astronomy (PSC-900)**

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.

**Greenbelt Community Center**

14218 14 M 10/3–1/23 1–3 pm Blumenstock

**Virology/Superbugs (HIS-347)**

This class explores the history and origins of viruses and superbugs; the main types; immune responses; and vaccines and other preventative measures.

**Greenbelt Community Center**

14219 6 T 12/6–1/24 1–3 pm Blumenstock

---

DEPARTMENT OF FAMILY SERVICES

**Workshop Schedule**

SEPTEMBER to DECEMBER 2016

**Diabetes Self-Management Program**

Are you a person with diabetes—pre- or borderline—or is your sugar elevated? Is it too much to cope with diabetes? Avoid developing heart disease (or escalating it), blindness, kidney problems, amputation, and neuropathy problems, by taking advantage of this workshop. Do not miss this free opportunity to better your health condition or that of your family member. Caregivers are encouraged to attend and learn how to manage their patients and deal with difficult emotions. The course covers useful information, techniques, practice, and a toolbox to take with you on your life’s journey.

<table>
<thead>
<tr>
<th>Month</th>
<th>Complete Date(s)</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept. 12</td>
<td>Mondays -Carolyn Moore</td>
<td>Sept. 12–Oct. 31, 2016 (9/12, 9/19, 9/26, 10/3, 10/17, 10/24, 10/31)</td>
<td>10:30 am–1 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept. 21</td>
<td>Wednesdays -Claude Parran -Maureen Luke-Chapman</td>
<td>Sept. 21–Nov. 2, 2016 (9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2)</td>
<td>11 am–1:30 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct. 12</td>
<td>Oct. 12–Nov. 23, 2016 (10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23)</td>
<td>11 am–1:30 pm</td>
<td>St. Paul’s Senior Living Apartments 1207 Addison Rd., Capitol Heights, MD 20743</td>
</tr>
<tr>
<td>Wednesdays</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To register for a workshop or to learn about the weekly topics or to schedule a 6+ week workshop at your center, church, apartment building, or hospital, contact:

Linda Nunes-Schrag, Program Coordinator, by phone: 301-248-0039 or e-mail: lnschrag@co.pg.md.us
Prince George's Community College • SAGE • Registration Form (Noncredit Courses Only)

PGCC STUDENT ID# ___________________________________________

LAST NAME __________________________________ FIRST NAME ________________________ MI _____ JR / SR _______
(please print)

□ New address since last registration?

PERMANENT ADDRESS (street) ___________________________________________________ APT # _______________________

CITY __________________________ STATE _________ ZIP ________________

HOME TELEPHONE ______________________ CELL TELEPHONE ______________________

GENDER (M / F) ______________________ DATE OF BIRTH (Month / Day /Year) __________

E-MAIL ___________________________________________ (Necessary for notifications)

RESIDENCY (please check one) □ Prince George’s County □ Other MD County □ Out of State

STATUS (please check one) □ Adults 60 or over, MD Resident** □ Disabled Retiree Residing in MD*** □ All Others

SPC (please check if applicable) □ PGCC Full-Time Employee □ Dependent of PGCC Full-Time Employee

SAGE Booklet—online at www.pgcc.edu

□ PGCC Full-Time Employee □ Dependent of PGCC Full-Time Employee

RACE CODE (please check one) (Required by US Dept. of Education)

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

** Adults 60 or over who are Maryland residents will be charged a $75 registration fee per term for MHEC-approved classes. Tuition is waived.

*** ATTN: Disabled Retirees under 60 Years Old Effective July 1, 2012, disabled retirees under 60 years old may qualify for a tuition waiver (for both credit and noncredit classes). To determine your eligibility, you must contact the Office of Admissions & Registration, Bladen Hall, room 126, to request a Prince George’s Community College Tuition Waiver Certification Form which you take to your local Social Security Office for completion and then return to the college.

---

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 X __________________________ Date: __________________________

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

The Prince George’s Senior Provider Network (PGSPN) is a non-profit service organization whose mission is to improve and enrich the quality of life for Prince George’s County seniors and their caregivers.

Check out the Senior Resource Directory and the Speakers Bureau featuring a wide array of senior relevant topics and speakers who are available to speak to your group for FREE!

www.pgspn.org

2016 Active Aging Week: Explore the Possibilities!  
September 26-30

Over 30 FREE senior activities offered by M-NCPCC, Dept. Parks and Recreation!

www.pgparks.com
Seniors Helping Seniors Grants

**Change A Life**

SAGE will officially sponsor our fund-raising effort during the week of November 14, 2016.

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:**

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

---

**In Memoriam**

Thanks to the following for their SHS donations:

- C. Russell donation in memory of long-time SAGE student *Fran Loren*
- SAGE Team donation in memory of long-time SAGE Art Student *Phyllis Anne Mulligan*

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.