Seasoned Adults Growing Educationally

Classes for Seniors 60 and Older

SUMMER 2016
“The only thing that is constant is
CHANGE”

Attributed to the Greek philosopher, Heraclitus, c. 535–475 BCE, this quote succinctly states one of life’s great truths.

And it certainly applies to SAGE as we continue to change and now sport a brand new look for our class schedule! Over the years, this document has evolved from a one-sheet flyer to the new, professionally-designed 15+ page publication you’re reading right now! We hope that the new layout, patterned after our Prince George’s Community College Continuing Education Class schedule, is more readable and easier to navigate. Our goal is to provide you with the information you need in the most functional format so that you can register with ease for the classes that you want—it’s as simple as that.

SAGE summer trimester registration opens on Friday, May 6, 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 May 6. You will not receive a confirmation of the classes for which you are registered.

So, embrace the change, go with the flow, and make the most of your summer with SAGE!

In Memory of Joseph Martinelli
Joe—with each day we miss your warm smile, your soft-spoken words, your hearty laugh, your unfaltering support, and your calm leadership.
You will not be forgotten.
**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.

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

6. On the next page, 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. 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 “Select more 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 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 Summer 2016
The SAGE calendar consists of three trimesters: fall, spring, and summer.
Courses listed in this SAGE schedule represent the summer 2016 trimester course offerings.
• Most SAGE summer 2016 classes begin the week of June 6 and end the week of Sept. 12.
• “No Class” dates for summer 2016: July 2–4; Sept. 3–5

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!

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
Suzanne van Nuys ....................svannuys@pgcc.edu
Ruth Harris .............................harrisrg@pgcc.edu
Arlene Robinson ......................robinsai@pgcc.edu
or call
Customer Service Desk .....................301-546-0159

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 summer $35 grant: May 23, 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.
Summer 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 ............................................. 12  
Art of Pottery .................................................. 8  
Autobiographical Writing (Memoirs) ....................... 13  
Current Issues ................................................. 12  
Design/Production of Crafts ................................ 8  
Drawing ......................................................... 8  
Environmental History .................................... 12  
French: Beginner/Intermediate ........................... 13  
Healthy Living ................................................. 10  
History Through Hollywood ............................... 12  
Literature ....................................................... 13  
Music Appreciation ......................................... 14  
Music Appreciation: Class Piano ......................... 14  
Printmaking .................................................... 8  
Studio Fine Art ............................................... 8  
Watercolor (Beginner to Advanced) ...................... 8

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/Production of Crafts ............................... 8  
Local History ................................................ 12  
Healthy Living ............................................... 10  
Humanities: An Exploration ............................... 13  
Music Appreciation: Class Piano ....................... 14  
Spanish (Beginner/Intermediate/Advanced) ........... 13  
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 ............................................. 12  
Art History/Appreciation .................................. 8  
Environmental History .................................... 12  
Healthy Living ............................................... 10  
Studio Fine Art ............................................... 9  
Therapeutic Aquatic Exercise ............................ 11  
World History ............................................... 12

Evelyn I. Cole Senior Activity Center  
5720 Addison Road, Seat Pleasant, MD 20743  
301-386-5525  
Healthy Living ................................................. 10

Fort Washington Forest Community Center  
1200 Fillmore Road, Fort Washington, MD 20744  
301-292-4300  
Healthy Living ............................................... 11  
Studio Fine Art ............................................... 9
Greenbelt Community Center
(No students under age 60)
15 Crescent Road, Greenbelt, MD 20770
301-397-2208

- American History ............................................ 12
- Astronomy .................................................. 14
- French: Beginner ......................................... 13
- French Culture/Cooking ................................ 13
- Healthy Living ............................................. 11
- History Through Hollywood ............................. 12
- Literature .................................................. 13
- Music Appreciation ....................................... 14
- Virology and Superbugs .................................. 14
- World History ................................................ 12

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

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

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

- Classes offered in Fall and Spring only

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 (Intro and Beginner) .............................. 13

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

- Classes offered in Fall and Spring only

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

- Computers .................................................... 9
- Health and Fitness (Parts I and II) ....................... 10
- Microsoft Office Suite 2013 .............................. 9
- 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 .................................................... 9
- Healthy Living ............................................... 11

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

- Spanish: Beginner ........................................... 13
- Healthy Living ............................................... 11

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

- Classes offered in Fall and Spring only
Summer 2016 Alphabatical Listing of Courses

**How to Read a Course List**

- **Class Location**: Where the course is held.
- **Class Dates**: The dates the course meets.
- **Class Time**: The time the course meets.
- **Class Emphasis**: The focus of the course.
- **Day of the week class meets**: The day the course meets.
- **Number of times class meets**: How often the course meets.
- **Instructor**: The person teaching the course.

**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.

**Collington Life Care Community**

- **11230**  
  **13 M**  
  **6/6–9/12**  
  **10 am–12 pm**  
  **Crane**  
  **Art Masters & Masterpieces**

**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**

- **11421**  
  **13 M**  
  **6/6–9/12**  
  **10 am–12 pm**  
  **Stone**  
  **The Art of Pottery—Ceramics: Intermediate**

- **11390**  
  **8 M**  
  **6/6–8/1**  
  **12:30–4 pm**  
  **Rapczynski**  
  **Stained Glass, Part I: Intermediate/Advanced**

- **11391**  
  **5 M**  
  **8/6–9/12**  
  **12:30–4 pm**  
  **Rapczynski**  
  **Stained Glass, Part II: Intermediate/Advanced**

- **11424**  
  **13 M**  
  **6/6–9/12**  
  **10 am–12 pm**  
  **Swanson**  
  **Jewelry Making: Beginner/Intermediate**

- **11411**  
  **15 T**  
  **6/7–9/13**  
  **1–2 pm**  
  **Kirtland**  
  **Knitting: Beginner**

**Drawing** (ART-311/913)

Fundamental courses in the practical art of drawing and sketching using various media.

**Bowie Senior Center**

- **11374**  
  **13 M**  
  **6/6–9/12**  
  **2–4 pm**  
  **Baer**  
  **Traditional Drawing II: Intermediate/Advanced**

- **11378**  
  **15 F**  
  **6/10–9/16**  
  **12:30–2:30 pm**  
  **Baer**  
  **Painting I—Watercolor, Part I: Beginner/Advanced**

**Studio Fine Art** (ART-916/918)

Courses offer students opportunities to explore fine art through drawing, watercolor, oils, collage, pastel, etc.

**Bowie Senior Center**

- **11425**  
  **15 T**  
  **6/7–9/13**  
  **9–10 am**  
  **Swanson**  
  **Painting I—Watercolor, Part I: Beginner/Intermediate**

- **11426**  
  **15 T**  
  **6/7–9/13**  
  **10 am–12 pm**  
  **Swanson**  
  **Painting I—Watercolor, Part II: Beginner/Intermediate**

- **12199**  
  **12 T**  
  **6/6–7/18**  
  **12:30–2:30 pm**  
  **Brosch**  
  **Painting Fundamentals**

- **11427**  
  **15 W**  
  **6/6–8/14**  
  **10 am–12 pm**  
  **Swanson**  
  **Drawing: Advanced**

- **11428**  
  **15 W**  
  **6/8–9/14**  
  **12:30–2:30 pm**  
  **Swanson**  
  **Modern Painting (acrylic/other media), Part I**

- **11383**  
  **15 F**  
  **6/7–9/13**  
  **9–10 am**  
  **Baer**  
  **Modern Painting (acrylic/other media), Part II**
Camp Springs Senior Activity Center
11476 15 Th 6/9–9/15 1–3 pm Swanson
Studio Fine Art

Collington Life Care Community
11462 15 T 6/7–9/13 1–3 pm Hurley
Mixed Media, Part I: All levels
11463 15 T 6/7–9/13 3–4 pm Hurley
Mixed Media, Part II: All levels

Fort Washington Community Center
11481 15 W 6/8–9/14 9–10 am Hurley
Studio Fine Art, Part I
11480 15 W 6/8–9/14 10 am–12 pm Hurley
Studio Fine Art, Part II

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
11530 13 M 6/6–9/12 2:30–4:30 pm Smith
Introductory
11533 15 Th 6/9–9/15 9–11 am Gray
Intermediate

St. Paul’s Senior Living (SPSL) Apartments
11544* 15 W 6/8–9/14 9:30–11:30 am Ennels
Introduction to Computers
*Lab fee is $25—make check payable to SPSL Apartments’ PGCC SAGE Lab Fund.

Computer Skills: 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
11543* 15 W 6/8–9/14 12:30–2:30 pm Ennels
Computer Skills Enhancement: Intermediate
*Lab fee is $25—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
11545* 15 F 6/10–9/16 12:30–2:30 pm Ennels
Internet: Introduction, Navigation, Research
*Lab fee is $25—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, Lanham Hall, Room 204
11531 15 T 6/7–9/13 9–11 am Smith
Introductory/Intermediate
11532 15 W 6/8–9/14 9–11 am Gray
Advanced

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 and put ‘Suggestion’ in the subject line.
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

11360 10 T/Th 4/26–5/26 8:30–11:30 am Lee
Part I
11361 10 T/Th 5/31–6/30 8:30–11:30 am Lee
Part II

Largo Campus, Novak Field House, Room 100

11377 10 T/Th 5/24–6/23 8:30–11:30 am Bickford
Part I
11380 10 T/Th 6/28–7/28 8:30–11:30 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 301-546-0882 to request the list.

Bowie Senior Center

11395 13 M 6/6–9/12 10 am–12 pm Chang
12224 7 M 7/18–9/12 12:30–2:30 pm Harris
11418 15 T 6/7–9/13 1–3 pm Meadows
11404 15 W 6/8–9/14 8:50–10:30 am Conti-Vock
11405 15 W 6/8–9/14 10:30 am–12:10 pm Conti-Vock
11392 15 W 6/8–9/14 1–3 pm Chang
11406 15 Th 6/9–9/15 10 am–12 pm Conti-Vock
Intermediate/Advanced
11431 15 Th 6/9–9/15 12–2 pm Weimer
11417 15 Th 6/9–9/15 3–5 pm McCarroll

11409 15 F 6/10–9/16 10 am–12 pm Hegewisch
Beginner
11393 15 F 6/10–9/16 10 am–12 pm Chang
Intermediate
11394 15 F 6/10–9/16 1–3 pm Chang
11429 13 S 6/11–9/17 8:30–10:15 am Healthy Living for Older Adults: Advanced
Weimer
11430 13 S 6/11–9/17 10:15 am–12 pm Healthy Living for Older Adults: Beginner Weimer

Camp Springs Senior Activity Center

11477 15 T 6/7–9/13 10 am–12 pm Turner
11473 15 T 6/7–9/13 12–2 pm Saulsberry
11472 15 W 6/8–9/14 10 am–12 pm Sarmiento
11478 15 Th 6/9–9/15 10 am–12 pm Turner
11474 15 Th 6/9–9/15 12–2 pm Saulsberry

Collington Life Care Community

11457 13 M 6/6–9/12 9–10 am Faculty
Exercise for Balance
11456 13 M 6/6–9/12 10–11 am Faculty
Exercise with Weights
11452 13 M 6/6–9/12 1–3 pm Chang
11464 30 MWF 6/6–8/15 11 am–12 pm Shell
Exercise with Weights
11465 13 MWF 8/17–9/16 11 am–12 pm Shell
Exercise for Arthritis

Evelyn I. Cole Senior Activity Center

11479 15 F 6/10–9/16 10 am–12 pm Meadows

11409 15 F 6/10–9/16 10 am–12 pm Hegewisch
Beginner
11393 15 F 6/10–9/16 10 am–12 pm Chang
Intermediate
11394 15 F 6/10–9/16 1–3 pm Chang
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11465 13 MWF 8/17–9/16 11 am–12 pm Shell
Exercise for Arthritis

Evelyn I. Cole Senior Activity Center

11479 15 F 6/10–9/16 10 am–12 pm Meadows
Fort Washington Community Center
11482 28 MW 6/6–9/14 9:30–10:30 Layton

Greenbelt Community Center
To register for additional classes taught by K. Gupta-Smith and C. Romero, call GCC at 301-397-2208.
11502* 15 W 6/8–9/14 1:30–3:30 pm Meadows
*This class to be held at Greenbelt Library.

Greenbelt Department of Recreation/Springhill Lake
11511 15 T 6/7–9/13 10 am–12 pm Sillers
11506 14 TTh 6/14–7/28 10–11 am Shaffer

John E. Howard Senior Activity Center
11515 13 M 6/6–9/12 12:30–2:30 pm Brown
11521 30 TTh 6/7–9/15 10:30–11:30 am Smith
11522 30 TTh 6/7–9/15 11:30 am–12:30 pm Smith
11514 15 F 6/10–9/16 9–10 am Barnes-Jackson

Laurel Armory—Anderson and Murphy Community Center
11524 13 M 6/6–9/12 9–11 am Davis
11525 15 T 6/7–9/13 9–11 am Davis
11526 15 W 6/8–9/14 9–11 am Davis
11527 15 Th 6/9–9/15 9–11 am Davis
11528 15 F 6/10–9/16 9–11 am Davis

New Carrollton City Hall
11539 13 M 6/6–9/12 1:30–3:30 pm Smith
11540 15 W 6/8–9/14 1:30–3:30 pm Smith
11541 15 Th 6/9–9/15 1–2 pm Smith

St. Paul’s Senior Living Apartments
12605 13 M 6/6–9/12 4–5 pm Smith
11547 15 W 6/8–9/14 4–5 pm Smith
11542 15 Th 6/9–9/15 2:30–4:30 pm Brown

Temple Solel
11550 13 M 6/6–9/12 12:30–2:30 pm Schoch

University Town Center
11554 15 Th 6/9–9/15 3–4 pm Smith
11555 15 F 6/10–9/16 11 am–1 pm Smith

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
11358 35 MWF 5/13–8/5 8–9 am Shell/Jones-Byron/Jenkins
11359 35 MWF 5/13–8/5 9–10 am Shell/Jones-Byron/Jenkins

Collington Life Care Community
11371 26 TTh 5/10–8/4 10–11:30 am Shell

Largo Campus, Robert I. Bickford Natatorium
11373 35 MWF 5/13–8/5 10–11 am Redmiles
11375 35 MWF 5/13–8/5 11 am–12 pm Redmiles
11376 35 MWF 5/13–8/5 9–10 am Redmiles

Senior Health & Fitness Day
Wednesday, May 25, 2016
8 a.m.–1 p.m.
Free Admission
Prince George’s Sports & Learning Complex
8001 Sheriff Road, Landover, MD 20785
**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-909/381)**

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**

| 11400 | 15 T | 6/7–9/13 | 12:30–2:30 pm | Cipriani

**Collington Life Care Community**

| 11455 | 15 W | 6/8–9/14 | 7–9 pm | Croatti

**Greenbelt Community Center**

| 11496 | 13 T | 6/7–9/13 | 5:30–7:30 pm | Croatti

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

| 11523 | 15 F | 6/10–9/16 | 12:30–2:30 pm | Cipriani

**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**

| 11399 | 15 T | 6/7–9/13 | 10 am–12 pm | Cipriani

**Camp Springs Senior Activity Center**

| 11466 | 13 M | 6/6–9/12 | 1–3 pm | Cipriani

**Temple Solel**

| 11548 | 13 M | 6/6–9/12 | 10 am–12 pm | Cipriani

**Environmental History (HIS-348)**

Course surveys topics in environmental history including the relationship between the human and non-human worlds.

**Bowie Senior Center**

| 11407 | 15 W | 6/8–9/14 | 10 am–12 pm | Crane

**Collington Life Care Community**

| 11453 | 15 Th | 6/9–9/15 | 1–3 pm | Crane

**History Through Hollywood (HIS-356/369)**

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**

| 12222 | 7 M | 6/6–7/25 | 9:30–11:30 | Cross

| 11423 | 15 Th | 6/9–9/15 | 10 am–12 pm | Suid

**Greenbelt Community Center**

| 12333 | 7 Th | 6/9–7/21 | 1–3 pm | Cross

**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**

| 11467 | 15 W | 6/8–9/14 | 10 am–12 pm | Cipriani

**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.

**Collington Life Care Community**

| 11454 | 15 M | 6/6–9/12 | 7–9 pm | Croatti

**Greenbelt Community Center**

| 11491 | 15 T | 6/7–9/13 | 10:30 am–12:30 pm | Crane

| 12333 | 7 Th | 6/9–7/21 | 1–3 pm | Cross

**Camp Springs Senior Activity Center**

| 11497 | 15 Th | 6/9–9/15 | 5:30–7:30 pm | Croatti

**Collington Life Care Community**

| 11475 | 15 Th | 6/9–9/15 | 10 am–12 pm | Croatti

**Camp Springs Senior Activity Center**

| 11497 | 15 Th | 6/9–9/15 | 5:30–7:30 pm | Croatti

**Camp Springs Senior Activity Center**

| 11497 | 15 Th | 6/9–9/15 | 5:30–7:30 pm | Croatti
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
11402 15 T 6/7–9/13 9:30–11:30 am Clair
Writing Your Memoirs
11403 15 T 6/7–9/13 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:
12231 13 M 6/6–9/12 10 am–12 pm Patente
Humanities for Senior Citizens

Literature: An Exploration (ENR-380/385/912)
This course will offer students opportunities to read, discuss, and analyze works of literature.

Bowie Senior Center
11408 7 W 7/27–9/7 10 am–12 pm Haverstick
Best Selling Novels of the 1920s
12225 15 F 6/10–9/16 1–3 pm Lundahl
Once Upon a Lifetime: Tales for the Midlife Traveler

Greenbelt Community Center
12335 7 Th 7/28–9/15 1–3 pm Haverstick
Best Selling Novels of the 1920s

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.

French (LGE-337/338)

Bowie Senior Center
12246 12 W 6/8–8/24 9–11 am Soloviev
Beginner Level I
12245 12 W 6/8–8/24 11 am–1 pm Soloviev
Beginner Level II
12226 12 W 6/8–8/24 1:30–3:30 pm Soloviev
Intermediate

Greenbelt Community Center
11509 7 Th 8/4–9/15 10:30 am–12:30 pm Sleeth
Beginner French I: French Cultural Journey

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
11504* 6 T 6/7–7/12 3:15–5:45 pm Otchere
French Cooking
11505* 6 T 7/26–8/30 3:15–5:45 pm Otchere
French Cooking
*Food fee: $30, make check payable to City of Greenbelt.

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.

Camp Springs Senior Activity Center
12258 15 T 6/7–9/13 11 am–12 pm McLaughlin/Williams
Beginner—Introduction
12260 15 T 6/7–9/13 12–1 pm McLaughlin/Williams
Beginner
12259 15 T 6/7–9/13 1–2 pm McLaughlin/Williams
Intermediate
12261 15 T 6/7–9/13 2:15–3:15 pm Williams
Advanced

John E. Howard Senior Activity Center
12258 15 T 6/7–9/13 11 am–12 pm McLaughlin/Williams
Introduction
11519 15 F 6/10–9/16 11 am–12 pm McLaughlin/Williams
Beginner

University Town Center
11552 15 Th 6/9–9/15 10 am–12 pm Miller
Spanish II: Beginner
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
11396 15 T 6/7–9/13 11 am–1 pm Choi
Song Repertory Class
11387 7 Th 6/9–7/21 2–4 pm Cahill
Ballet: Part 2

Greenbelt Community Center
11488 7 W 6/8–7/20 10 am–12 pm Cahill
Opera: Kings and Queens

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
11398 15 T 6/7–9/13 9–11 am Choi
11397 15 T 6/7–9/13 1–3 pm Choi

Camp Springs Senior Activity Center
11470 15 T 6/7–9/13 9:30–11:15 am Patente
Part I
11469 15 T 6/7–9/13 11:15 am–1 pm Patente
Part II

John E. Howard Senior Activity Center
11516 15 W 6/8–9/14 10:30 am–12:30 pm Choi

Largo Campus, Marlboro Hall, Room 1058/60
11534 13 M 6/6–9/12 12–2 pm Soliman
11536 15 F 6/10–9/16 11 am–12 pm Soliman
11537 15 F 6/10–9/16 12–1 pm Soliman
11538 15 F 6/10–9/16 1–2 pm Soliman

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-900/901)
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.

Greenbelt Community Center
11485 13 M 6/6–9/12 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
12332 7 Wed 8/3–9/14 10 am–12 pm Blumenstock

LEARN MORE!
Check out PGCC Continuing Education Programs and Courses at www.pgcc.edu
Chronic Disease Self-Management Program

Do you have asthma, arthritis, COPD, cholesterol, chronic pain, gout, heart disease, chronic fatigue, hypertension, thyroid, obesity, pain, Lupus, or any other chronic conditions that require you to take ongoing medication? Then taking this workshop could help you handle your situation. You will learn to manage your symptoms and be provided with tools to live a productive lifestyle. If you are a caregiver, you too will value this workshop.

To register, schedule a workshop or to get any details on the weekly topics, contact:
Linda Nunes-Schrag, Program Coordinator—phone: 301-248-0039 or e-mail: lnscrag@co.pg.md.us

Diabetes Self-Management Program

Are you a person coping with diabetes, pre- or borderline diabetes, as well as just sugar? Then take full advantage of this workshop. Do not miss this free opportunity to better your health condition or that of your family. Caregivers are encouraged to attend and learn how to manage their patients. Learn better ways by practicing the tools we offer you and be supporting and supported as you try out your own action plan.

Personal Benefits to Participants

• Manage symptoms; prepare visits to doctor; and understand importance of reading nutrition labels
• Understand the implications of medication, evaluating treatments, attention to one’s medical team
• Promote healthy lifestyle of exercise, nutrition, and stress reduction
• Improve strength and endurance
• Practice the use of action plans that work, as well as problem-solving to modify
• Free textbook, Living a Healthy Life with Chronic Disease, by Kate Lorig, David Sobel, et. al.
• Certificate of Completion
** Prince George’s Community College • SAGE • Registration Form (Noncredit Courses Only) **

** PGCC STUDENT ID# **

(if known) ________

LAST NAME ________________ FIRST NAME ________________ MI _______ JR / SR ________

(please print)

[ ] 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

** RACE CODE (please check one) **

(Required by US Dept. of Education)

[ ] 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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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: ____________________________

** Registration Fee**

TOTAL

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

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

OFFICE USE ONLY
Processed by ____________________________
Date              ____________________________
Check or M.O.# ___________________________

** PLEASE 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. **

** 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.
Live more, play more at M-NCPPC parks and recreation facilities throughout Prince George’s County!

**SENIOR ACTIVITY CENTERS**

**Camp Springs Senior Activity Center**
6420 Allentown Rd., Camp Springs, MD 20748
301-449-0490; TTY 301-446-3402

**Evelyn Cole Senior Activity Center**
5720 Addison Rd., Seat Pleasant, MD 20743
301-386-5525; TTY 301-446-3402

**Gwendolyn Britt Senior Activity Center**
4009 Wallace Rd., North Brentwood, MD 20722
301-699-1238; TTY 301-446-3402

**John E. Howard Senior Activity Center**
4400 Shell St., Capitol Heights, MD 20743
301-735-2400; TTY 301-446-3402

**Langley Park Senior Activity Center**
1500 Merrimac Dr., Hyattsville, MD 20783
301-408-4343; TTY 301-446-3402

**Laurel-Beltsville Senior Activity Center**
7120 Contee Rd., Laurel, MD 20707
301-206-3350; TTY 301-446-3402

**COMMUNITY CENTER/FITNESS ROOM ID CARDS**
FOR PRINCE GEORGE’S COUNTY SENIORS 60 & BETTER

Sign up for a FREE SMARTlink account at any M-NCPPC community center in Prince George’s County to get your FREE Community Center/Fitness Room ID card. These ID cards are valid for use at all M-NCPPC community centers and senior activity centers in Prince George’s County. To find out where the 40+ community centers are located, to learn more about opening a SMARTlink account, and to get information about ID cards and Fitness Room cards, visit www.pgparks.com or call the Customer Service Help Desk at 301-699-CALL (2255); TTY 301-699-2544.
Seniors Helping Seniors Grants

Change A Life

SAGE will officially sponsor our fund-raising effort during the week of July 11, 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: Ruth Harris
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 Jane Parvis
a long-time SAGE student

SAGE Team donation in memory of Joe Martinelli
Interim Vice President of Workforce Development and Continuing Education at PGCC

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.