



Senior Programs

HEALTH AND FITNESS

Contact: Karen Haseley for ALL senior adult programs, 240-542-2054, khaseley@greenbeltmd.gov

SENIOR SWIM 471101-1

Ages 60+

Water exercises that emphasize stretching, strengthening and toning for the swimmer and non-swimmer. FREE to pass holders, resident non-passholders pay \$1.50 each visit; non-resident, non-passholders pay \$2.00 each visit. Registration is REQUIRED.

M 11:15am-12:00pm/GAFC

13 mtgs: 9/18 - 12/18 (No class 10/30)

Instructor: Marsha Voigt

HOLY CROSS SENIOR FIT 472202-1

Ages 55+

Increase strength, muscular endurance and improve flexibility for greater mobility. Holy Cross registration forms are available at the Greenbelt Community Center.

M/W/F 9:00am-9:45am/CC-106 FREE

45 mtgs: 9/6 - 12/22 (No class 11/10, 11/24)

**PLEASE NOTE: FROM 12/18 - 12/22 this class will meet at the Springhill Lake Gym.*

Instructor: Karl Haddad

AGELESS GRACE

Ages 60+

Ageless Grace® is timeless fitness for the body and brain consisting of 21 simple tools for lifelong comfort and ease. These fun and imaginative exercises focus on movement sequences that are natural and playful, practiced in a chair to engage the five functions of the brain and the core. Students always leave class with a huge smile on their faces.

472225-1 F 11:00am-12:00pm/CC-202

7 mtgs: 9/8 - 10/27 (No class 10/20)

R: \$28, NR: \$35

Instructor: Karen Haseley

472225-2 F 11:00am-12:00pm/CC-202

5 mtgs: 11/3 - 12/15 (No class 11/10, 11/24)

R: \$20, NR: \$25

Instructor: Marsha Voigt

WALK ON ROUTE 66 472206-1

Ages 60+

Walk the comfortable gym, and "Get your kicks on Route 66!" The group will record how many laps have been walked. How far will you go? Let's see if we can make it to St. Louis on our way to LA by the end of the year! Come walk with us!

Tu/Th 1:30pm-2:30pm/CC-106

24 mtgs: 9/12 - 12/14 (No class 9/21, 10/17, 11/7, 11/23)

FREE

PURELY FUN PICKLEBALL 472420-1 **Ages 60+**
 Looking for a fun way to get active? Then come learn and play Pickleball, a cross between tennis and badminton. Pickleball is loads of fun and gaining popularity throughout the US. Beginners and beyond are welcome, keeping the "Purely Fun" focus in mind.

M/Th 2:30pm-3:45pm/CC-106
26 mtgs: 9/11 - 12/14 (No class 9/21, 11/23)
FREE

SPECIAL INTERESTS

DIABETES SELF MANAGEMENT 477221-1 **Ages 60+**
 Experience the benefits of an evidence-based set of tools to help control your Type 2 Diabetes. Participants will learn to manage symptoms; learn about consequence, care and outcomes; promote and practice positive methods; learn healthy lifestyle through healthy nutrition choices, and label reading; practice the use of action plans that work. Participants will also receive a text book Living a Healthy Life With Chronic Conditions and get a Certificate of Completion. For information on Topics covered, please email Linda Nunes-Schrag at Inschrag@co.pg.md.us. **Please note:** you must get your doctor to sign the prescription form and you need to bring your most recent A1C readings, BP, weight and height with you to the first class on October 3rd.

Tu 1:00pm-3:30pm/CC-114
7 mtgs: 10/3 - 11/14 **FREE**
Instructor: Linda Nunes-Schrag

GIFTS FROM THE HEART 473208-1 **Ages 16+**
 Knitters and crocheters of all levels make items to donate to various charitable organizations. Yarn, needles and hooks are provided. All ages and skill levels welcome! Instruction is available from group members.

F 10:00am-12:00pm/CC-109
13 mtgs: 9/15 - 12/22 (No class 11/10, 11/24)
R: \$5, NR: \$10

EXPLORATIONS UNLIMITED 472201-1 **Ages 60+**
 This weekly speaker series is free to all; pre-registration is appreciated, but not required. Watch the *News Review* for updates on speakers and topics!

F 1:00pm-3:00pm/CC-114
7 mtgs: 9/15 - 11/3 (No class 10/20)
FREE

BRIDGE **Ages 60+**
 Call Robin Schlauch (301-474-2605) if you are interested in joining these groups. THESE ARE NOT INSTRUCTIONAL PROGRAMS.

THURSDAY BRIDGE 479201-1
Th 12:30pm-3:30pm/CC-109
14 mtgs: 9/14 - 12/21 (No class 11/23)

FRIDAY BRIDGE 479201-3
F 12:30pm-3:30pm/CC-109
13 mtgs: 9/15 - 12/15 (No class 11/24)

PINOCHLE 479205-1 **Ages 60+**
 This is a drop-in program. For more information call Shirleyann Egenreider (301)345-1974.

W 12:30pm-3:00pm/CC-109
15 mtgs: 9/13 - 12/20

SEASONED ADULTS GROWING EDUCATIONALLY (SAGE) **Ages 60+**

NEW! A \$85 per semester fee is assessed for SAGE classes for participants age 60 and over. Once this fee is paid to Prince George's Community College, students may take as many SAGE continuing education classes as they like. Participants **MUST** pre-register. **NO REGISTRATIONS ARE ALLOWED TWO WEEKS AFTER THE CLASS HAS BEGUN!** Registration forms for GREENBELT SAGE CLASSES ONLY are available at the Greenbelt Community Center BEGINNING on August 11. Registration forms are accepted beginning on August 21. Online registration with the college begins on September 1. SYN: OwlLink Reference numbers for online registration with the college at www.pgcc.edu. Most SAGE classes begin the week of October 2.

STRETCHING BEYOND
 This holistic fitness class will bring strength and balance to the mind, body, and spirit. It is a combination of mild aerobics, strength training using hand weights, and stretching and balancing exercises completed by a relaxation of the mind-body.

TUESDAY 472220-1 **SYN: 26962**
Tu 10:00am-11:00am/CC-106
14 mtgs: 10/3 - 1/23 (No class 10/24, 12/26, 1/2)
This class meets in CC-202 on 11/7 and 12/19

THURSDAY 472220-2 **SYN: 26963**
Th 10:00am-11:00am/CC-106
14 mtgs: 10/5 - 1/25 (No class 11/23, 12/21, 12/28)
Instructor: Nancy Shaffer

LINE DANCING 472221-1 **SYN: 27022**
 Socialize, exercise, and improve your memory by learning to line dance! All dance levels are encouraged to participate. Basic line dance steps are taught and lots of dances are performed to a variety of music.

W 1:30pm-3:30pm/CC-106
13 mtgs: 10/4 - 1/24 (No class 11/22, 12/20, 12/27, 1/3)
Instructor: Bob Meadows

***TUESDAY MIXED YOGA 472226-1**
 Yoga beginners and beyond are welcome in this mixed level Integral Hatha Yoga class. All poses can be adapted to the individual.

Tu 10:00am-12:00pm/CC-10
14 mtgs: 10/3 - 1/23 (No class 10/24, 12/26, 1/2)
This class meets in CC-201 on 12/19
Instructor: Kamla Gupta Smith

***WEDNESDAY INTERMEDIATE YOGA 472223-1**

Advanced Beginner to Intermediate level for students with some experience in Yoga. All poses can be adapted to the individual.

W 10:00am-12:00pm/CC-10

14 mtgs: 10/4 - 1/24 (No class 11/22, 12/27, 1/3)

This class meets in CC-202 on 12/20

Instructor: Christine Romero

***CHAIR YOGA**

Gentle Chair Yoga, incorporates breathing, stretching, stress reduction and mindfulness. Suitable for those recovering from illness or injury and/or those with arthritis or mobility challenges.

WEDNESDAY CHAIR YOGA 472227-1

W 12:30pm-1:30pm/CC-202

14 mtgs: 10/4 - 1/24 (No class 11/22, 12/27, 1/3)

FRIDAY CHAIR YOGA 472227-2

F 12:30pm-1:30pm/CC-202

17 mtgs: 10/6 - 1/26 (No class 11/24, 12/22, 12/29)

Instructor: Christine Romero

***FRIDAY GENTLE/BEGINNING YOGA 472228-1**

Beginner/Gentle Yoga for students just starting Yoga or who want a gentle practice. All poses can be adapted to the individual.

F 10:00am-12:00pm/CC-10

14 mtgs: 10/6 - 1/26 (No class 11/24, 12/22, 12/29)

Instructor: Christine Romero

**Registration for these classes can ONLY be done at the Greenbelt Community Center. You will NOT be allowed to register at the college for any of the yoga classes.*

ART TECHNIQUES 473205-1 SYN: 26966 & 26967

This class is for all drawing abilities. Art techniques in watercolor pencil, ink, marker, pencil, brush and more will be introduced. An exploration of drawing and painting landscape and people is included. The first four weeks of class will be an emphasis of drawing principles and the next four weeks will explore paint and watercolor pencils in different styles. Included in the first eight weeks we will explore color, composition and perspective. The last four weeks will be exploring animals, water and value.

Tu 1:00pm-4:00pm/CC-116

14 mtgs: 10/3 - 1/23 (No class 10/24, 12/26, 1/2)

Instructor: Susan Crane

BEGINNING PAINTING 473206-1

SYN: 26968 & 26969

This class is for all painting abilities. It includes painting in acrylic, water soluble oils, and watercolor. Subject material includes still life set ups, photograph, magazines. Students can bring in subject matter for their personal use. Contact Susan Crane, 301-922-5136, with any questions including supplies, subject matter or class content. Bring supplies in for the first class beginning with watercolor.

M 9:15am-12:15pm/CC-116

14 mtgs: 10/2 - 1/22 (No class 12/25, 1/1, 1/15)

Instructor: Susan Crane

AMERICAN POPULAR SONG 474201-1 SYN: 26971

This class is an examination of the song writers, musicians, band leaders, and personalities who contributed to the standard era of American music (approximately 1930 - 1965). Each session will include numerous recordings and film clips that illustrate the characteristics of music from this era. Topics will include presentations and discussions to be drawn from the likes of George Gershwin, Cole Porter, Irving Berlin, Johnny Mercer, Frank Loesser, Kurt Weill, and Harold Arlen, among others. Performances by artists such as Dinah Shore, Ella Fitzgerald, Frank Sinatra, Lena Horne, Judy Garland, Count Basie, Duke Ellington and Artie Shaw will be presented. No outside preparation is required.

M 1:00pm-3:00pm/CC-114

7 mtgs: 10/9 - 11/20

Instructor: Stephen Kramer

EASTERN EUROPEAN OPERA 474221-1 SYN: 27253

This course examines the operas of several composers from Eastern European countries including the Czech Republic, Russia, Latvia, Poland, and Hungary. It includes operas of Janacek, Dvorak, Smetana, Skulte, Moniushko, Tchaikovsky, and Erkel. Many video excerpts and complete performances will be presented as well as biographical information on the composers and synopses of the operas. The performances will be sung in Czech, Russian, Latvian, Polish, and Hungarian with English subtitles.

W 10:00am-12:00pm/CC-114

7 mtgs: 10/4 - 11/15

Instructor: John Cahill

ROYAL OPERA: OPERA'S KINGS AND QUEENS, PART I 474222-1 SYN: 26980

Royalty is not new to opera. There are so many operas in which a royal personage is mentioned in the opera's title or the character appears in the opera itself. Such royalty includes kings, queens, princes, princesses, dukes, duchesses, etc. In this first of many parts the following operas are included: *La Donna del Lago* (Rossini), *Henry VIII* (Saint-Saens), *Die Frau ohne Schatten* (Richard Strauss), *Dido and Aeneas* (Purcell), *Les Troyens* (Berlioz), *Anna Bolena* (Donizetti), *Moteczuma* (Vivaldi), and *Macbeth* (Verdi). The operas will be sung in Italian, French, German, and English, all with English subtitles.

W 10:00am-12:00pm/CC-114

7 mtgs: 11/29 - 1/24 (No class 11/22, 12/27, 1/3)

Instructor: John Cahill

SHORT IS BEAUTIFUL: THE SHORT STORY EXPERIENCE 477224-1 SYN: 26975

Let's use our deep life experience, sense of humor, generous spirits and impressive intelligence to discover how master short story writers can enrich our lives. What wisdom, consolation and pleasure can we glean from Leo Tolstoy, Herman Melville, Virginia Woolf, Katherine Mansfield, James Joyce, Franz Kafka and others? Bring a copy of *The World's Greatest Short Stories*, edited by James Daley to class and let's enjoy! (Dover Thrift Edition, inexpensive paperback)

M 9:30am-11:30am/CC-114

14 mtgs: 10/2 - 1/22 (No class 12/25, 1/1, 1/15)

Instructor: Jim Link

THEATER WORKSHOP 477201-1 SYN: 27288

Participants will read two new plays; a whimsical comedy, *The Unlocking*, and a caustic drama, *Wind in the Desert*. Both plays will be discussed to determine how a work of art changes people who contemplate it.

Th 10:00am-12:00pm/CC-114

14 mtgs: 10/5 - 1/25 (No class 11/23, 12/21, 12/28)

Instructor: Charles Sleeth

INTERMEDIATE SPANISH 477203-1 SYN: 26982

Students will continue to practice past tense and the subjunctive mode of the Spanish language. Roll play conversations and exercises will be a part of the curriculum to help with fluency.

Tu 10:00am-12:00pm/CC-103

13 mtgs: 10/3 - 1/23 (No class 10/17, 10/24, 12/26, 1/2)

Instructor: Deborah Siero

LANDSCAPES OF NATIONAL PARKS 477231-1

SYN: 26978

Congress created National Parks in part for the scenic vistas but understanding how the Earth has formed these features is the essential focus of this fall course. We will explore the geophysical dynamics and the geological components that drive the formation of our National Parks. Many locations are unique to mountain forces and environmental reactions to these forces. Erosion and uplift are constantly shaping our landscapes. Join us for a detailed examination of the dynamics and resulting vistas.

Tu 10:00am-12:00pm/CC-114

14 mtgs: 10/3 - 1/23 (No class 10/24, 12/26, 1/2)

Instructor: Michael Crane

THE PEOPLES, HISTORY AND CULTURE OF THE MIDDLE EAST: AN OVERVIEW 477228-1 SYN: 26976

Most Americans may not have had any formal introduction to the history of the Middle East. Using lectures, videos, and discussions, this course will familiarize participants with the variety of peoples, civilizations and cultures that have made their homes in what we refer to as Asia Minor. We will also consider non-Asian occupying military forces such as the Romans and Greeks. The course focuses on a cultural and social history approach to this cradle of civilization.

Th 1:00pm-3:00pm/CC-114

13 mtgs: 10/12 - 1/25 (No class 11/23, 12/21, 12/28)

Instructor: Dolores Haverstick

WORLD WAR II 473222-1 SYN: 26970

Most people think that World War II was the last necessary war. This course will look at this issue, whether the atomic bomb should have been used, and other questions. It is not a military history looking at battles, but rather a social study of people in war, how they saw the conflict as one of ideologies and the importance of winning against dictatorships trying to take over the world. The course will make use of a series of lectures and images that portrayed the world at war.

W 1:15pm-3:15pm/CC-114

13 mtgs: 10/11 - 1/24 (No class 11/22, 12/27, 1/3)

Instructor: Lawrence Suid

ENVIRONMENTAL SCIENCE 477230-1 SYN: 27289

Students will be introduced to environmental science including chemistry and physics, geology, atmospheric science and oceanography, hydrology, ecology, and biodiversity and wildlife conservation. Many other intriguing aspects of environmental science, from the past to the present day, will also be covered.

M 1:00pm-3:00pm/CC-114

7 mtgs: 11/27 - 1/22 (No class 12/25, 1/1)

Instructor: Michael Blumenstock

INTERNATIONAL HOT SPOTS 477213-1 SYN: 26973

There are a variety of intense conflicts around the world, from the Syrian Civil War to the fight against ISIS to long-standing standoffs that seemingly defy resolution. While many of these conflicts are "hot" (active), some are "cold" (inactive), while others are "embers" (could explode at any given time). What should the policy of the position of the United States be on controversial hot spots such as a homeland for the Kurds, Basque nationalism, Taiwan's continued separation from China, and the seemingly never-ending Northern Ireland situation? Should the United States have a position on these and other disputes at all, or by having a preference on the outcome, does the U.S. risk a potential military confrontation? These are some of the questions that the class will discuss and consider within a lively debate in order to analyze a variety of potential approaches.

Th 3:30pm-5:30pm/CC-114

14 mtgs: 10/5 - 1/25 (No class 11/23, 12/21, 12/28)

Instructor: Mark Croatti

MEDITATION 477222-1 SYN: 26974

This series will provide an opportunity to "get away from it all" without leaving Greenbelt. Basic principles and benefits of meditation will be taught as well as how to integrate meditation into your daily life. Experiencing guided meditations will be the predominant format for the classes which will lead to slowing down, becoming more mindful, listening to yourself and connecting with others. Come prepared to be as comfortable as possible while sitting on a chair or getting on the floor as desired, (comfortable and layered clothes, cushion, blanket, pillow, and/or mat).

W 3:45pm-4:45pm/CC-202

13 mtgs: 10/4 - 1/24 (No class 10/25, 11/22, 12/27, 1/3)

Instructor: Katrina Boverman

J.O.Y. JUST OBSERVE YOURSELF 477233-1 SYN: 26979

Just Observe Yourself® (J.O.Y.) is a mindfulness training using meditation to cultivate awareness and reduce stress. It is based on the ancient practice of mindfulness, which is about waking up, being fully alive, and being present for the richness of each moment of our lives. Within this awakening, we gain access to our deepest inner resources for living, healing and coping with stress.

Tu 1:00pm-3:00pm/CC-114

7 mtgs: 11/21 - 1/16 (No class 12/26, 1/2)

Instructor: Dr. Ollie Goodlow

SENIOR CENTER: The Senior Game Room and Lounge are open to senior citizens, ages 60 and over, during regular operating hours. For more information call 301-397-2208.

GREENBELT SENIOR PROGRAMS

The Senior Game Room and Lounge are open to senior citizens, ages 60 and over, during regular operating hours. Call 301-397-2208 for more information.

GOLDEN AGE CLUB

The Golden Age Club meets every Wednesday from 11:00am-12:00pm in the Community Center Room 201. Activities include speakers, special programs and field trips. Call Phyllis Budin at 301-345-3879 for membership information.

HUNGRY?

The Senior Nutrition Program serves hot lunches at 12:00pm Monday through Friday in the commercial kitchen at the Community Center. Senior citizens must reserve a hot lunch at least two days in advance to ensure that enough meals are delivered. Requested meal donation is \$3. Please call 301-397-2208 x4215 to make reservations.

BILLIARDS

The senior game room is open for senior citizens to play pool at any time, with the exception of Thursday and Friday afternoons when the Bridge players use the game room. Call 301-397-2208 for more information.



**UPCOMING
SENIOR
SPECIAL
EVENTS**

ANNUAL SENIOR OPEN FORUM

Saturday, September 23 - 1:00pm, Greenbelt Community Center - Room 201

ACTIVE AGING WEEK: IGNITE YOUR PASSION

September 23 - September 30, 2017:

Free events throughout the week for individuals of all ages. Activities include health and fitness, walks, Wii and more. Watch the *News Review* for the schedule of events.

Stop by a Recreation Department Facility in early September to pick up an Active Aging Week flyer.

OKTOBERFEST: Featuring: Helmut Licht

October 27, 1:30pm-3:30pm, Greenbelt Community Center Gym, 15 Crescent Road

Light refreshments will be served. FREE!