



# Senior Adult Programs

## HEALTH AND FITNESS

Contact: Rebekah Sutfin for ALL senior adult programs, 240-542-2056, rsutfin@greenbeltmd.gov

### SENIOR SWIM 371101-1

Ages 60+

Water exercises that emphasize stretching, strengthening and toning exercises 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**

**11 mtgs: 6/18 - 8/27**

**Instructor: Marsha Voigt**

### GET WII ACTIVE 372201-1

Ages 60+

Come join the Wii Active group and have fun using the Wii to bowl! Other Wii games are available too. Let's get Wii Active!

**F 1:00pm-3:00pm/CC-114**

**10 mtgs: 6/22 - 8/24**

**FREE**

### HOLY CROSS SENIOR FIT 372202-1

Ages 60+

Increase strength, muscular endurance and improve flexibility for greater mobility. **Registration is required with Holy Cross AND the Community Center.** See Community Center Main Office for both forms.

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

**24 mtgs: 6/18 - 8/29**

**(No class 6/22, 6/25, 6/29, 7/4, 7/13, 7/20, 7/27, 8/10)**

**FREE**

**Instructor: Karl Haddad**

*Ageless Grace will return in the fall. Don't forget to keep your brain active with the 21 tools.*

## SPECIAL INTEREST

### TURNER MEET-N-GREET 379207-1

Ages 60+

Come join County Councilman Todd Turner for his fourth annual luncheon at the Greenbelt Community Center. This is your opportunity to ask questions and hear the county's updated news. Mr. Turner will also be providing a free lunch. *This program is co-sponsored by the Greenbelt Golden Age Club.*

**PRE-REGISTRATION IS REQUIRED.**

**F 6/15; 10:00am-1:30pm/CC-201 FREE**

### SEW FOR CHARITY 353242-1

Ages 16+

Enjoy sharing ideas, patterns and materials with fellow sewers while creating crafts for local charities. Projects include blankets for infants and disadvantaged children, baby clothes, hats and pillow cases for cancer patients and other items according to your inspiration. Basic sewing skills required; this is not an instructional program. Participants supply their own machines, sewing supplies, and power strips/cords.

**Sa 10:00am-2:00pm/CC-109**

**13 mtgs: 6/2 - 8/25**

**R: \$5, NR: \$10**

**GIFTS FROM THE HEART 373208-1** Ages 60+

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: 6/8 - 8/31**

**R: \$5, NR: \$10**

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

An \$85 per semester fee is assessed for SAGE classes for Maryland 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** register before the beginning date of the class. **NO REGISTRATIONS ARE ALLOWED AFTER THE CLASS HAS BEGUN!** All registration (registration forms and online registration) begins on Friday, May 11 at 8:30am. SYN: OwlLink reference numbers for online registration with the college at [www.pgcc.edu](http://www.pgcc.edu). Most classes begin the week of June 11.

**NEW-** Per Prince George's Community College policy; **ALL SAGE** registration forms and payment must be submitted online, mailed, or delivered in person to PGCC. **Greenbelt can no longer accept registration forms or payment.** Mail forms to: Cashier's Office, Prince George's Community College, 301 Largo Road, Largo, MD 20774.

**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 *This class moves to the Community Center gym on August 28.*

**TUESDAY 372220-1** SYN: 38894

**10:00am-11:00am/SHLRC-Gym**

**13 mtgs: 6/12 - 9/11 (No class 6/26)**

**THURSDAY 372220-2** SYN: 38895

**10:00am-11:00am/SHLRC-Gym**

**14 mtgs: 6/14 - 9/13**

**Instructor: Nancy Shaffer**

**MONDAY MIXED YOGA**

Yoga beginners and beyond are welcome in this mixed level Integral Hatha Yoga class. All poses can be adapted to the individual.

**372227-1 SYN: 39484**

**M 10:00am-12:00pm/SHLRC-Game Room**

**6 mtgs: 6/11 - 7/16**

**Instructor: Laura Bonkosky**

**372227-2 SYN: 39485**

**M 10:00am-12:00pm/SHLRC-Game Room**

**6 mtgs: 7/23 - 8/27**

**Instructor: Faculty**

**WEDNESDAY INTERMEDIATE YOGA 372223-1**

**SYN: 38892**

Advanced Beginner to Intermediate level for students with some experience in Yoga. **NO BEGINNERS.** All poses can be adapted to the individual. *This class will move to the Community Center dance studio on August 22.*

**W 10:00am-12:00pm/SHLRC-Game Room**

**13 mtgs: 6/13 - 9/12 (No class 7/4)**

**Instructor: Christine Romero**

**THURSDAY GENTLE YOGA/YOGA NIDRA 372230-1**

**SYN: 38886**

This class offers beginners as well as experienced students a gentle but powerful yoga practice. The class includes postures and breathing exercises to release tension, and increase strength and flexibility. The yoga practice is followed by Yoga Nidra, a guided meditation practice that is accessible to beginners and experienced meditators alike. Please bring a blanket and pillow or bolster.

**Th 10:00am-12:00pm/**

**Municipal Building-Council Chambers**

**7 mtgs: 6/14- 8/2 (No class 7/5)**

**Instructor: Laura Bonkosky**

**FRIDAY GENTLE/BEGINNING YOGA 372229-1**

**SYN: 38893**

Beginner/Gentle/Restorative Yoga for students just starting Yoga or who want a gentle practice. All poses can be adapted to the individual. *This class will move to the Community Center dance studio on August 24.*

**F 10:00am-12:00pm/ SHLRC-Game Room**

**13 mtgs: 6/15 - 9/14 (No class 8/31)**

**Instructor: Christine Romero**

**ASTRONOMY 377230-1**

**SYN: 38883**

Students will be introduced to the elements of astronomy including the planets, stars, galaxies, and their relationship to each other and Earth. Many other intriguing aspects of space, from the past to the present day will also be covered.

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

**13 mtgs: 6/11 - 9/10 (no class 9/3)**

**Instructor: Michael Blumenstock**

**HISTORY THRU HOLLYWOOD 377229-1**

**SYN: 38891**

This class will review various historically-themed films and discuss their context accuracy. Featured films in the latter category will include "Churchill," "Silence," and "The Assassination of Jesse James by the Coward Robert Ford"; more conventional lectures will include discussions of the Battle of Stalingrad, Erwin Rommel in Legend and Reality, and the widespread service of Soviet nationals in the German armed forces during World War II.

**M 6:00pm-8:00pm/CC-114**

**7 mtgs: 7/9 - 8/20**

**Instructor: Tim Mulligan**

**EASTERN CULTURES****377211-1****SYN: 38887**

For thousands of years people in Asia created significant cultures. We will track the development of cultures in Japan, Korea, Mongolia, China, Southeast Asia, and Indonesia. Historical events will be linked to cultural identity. Each culture will be featured from early civilizations to the present day. Comparisons among the cultures will be reported as trade and religion spread throughout the region.

**Tu 10:00am-12:00pm/CC-114****13 mtgs: 6/12 – 9/11 (no class 9/4)****Instructor: Michael Crane****VIROLOGY AND SUPERBUGS****377212-1****SYN: 38885**

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

**Tu 1:00pm-3:00pm/CC-114****6 mtgs: 8/7 – 9/18 (no class 9/4)****Instructor: Michael Blumenstock****EINSTEIN: THE MAN AND HIS SCIENCE****373221-1****SYN: 9925**

Students will take a historical look at the physicist whose theories affected the twentieth century world. The people, events, and basic science that contributed to the genius' work will be explored. This class is designed for everyone; you do not have to be a scientist or mathematician to enjoy the class.

**W 1:15pm-3:15pm/CC-114****13 mtgs: 6/13 – 9/12 (No class 7/4)****Instructor: Larry Suid****1492: THE BEGINNING OF SPAIN AND THE EUROPEAN NEW WORLD****373222-1****SYN: 39350**

During Italy's High Renaissance, there was no country named "Spain". The Iberian Peninsula was subdivided into parts of Burgundy, the kingdoms of Aragon and Castile, and the great Muslim holdings hugging the Mediterranean with trading cities on its shores, filled with a polyglot of non-Europeans. Using video, lectures, and written material, we will focus, on the beginnings of "espagne" and how it affected its population and the new world. Class attendees are recommended to read "1491" by Charles C Mann before the first class.

**Th 1:00pm-3:00pm/CC-114****7 mtgs: 6/14 – 8/9 (no class 7/12, 7/19)****Instructor: Delores Haverstick****GLOBAL CONFRONTATION****377224-1****SYN: 38889**

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 6:00pm-8:00pm/CC-109****14 mtgs: 6/14 – 9/13****Instructor: Mark Croatti****GREENBELT SENIOR CENTER****GREENBELT SENIOR CENTER**

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.

**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.

**GOLDEN AGE CLUB**

The Golden Age Club meets every Wednesday from 11:00am-12:00pm in the Community Center Multipurpose Room (room 201). Activities include speakers, special programs and field trips. For membership information, call Kathleen McFarland at 301-474-6892.

**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.

# Senior Globetrotting

All trips leave from the library parking lot. Please note: Trip cancellations must be made no later than 36 hours in advance for a refund. Refunds will be awarded according to the provisions in the City of Greenbelt Resolution No. 65. A 10% processing fee will be assessed if money is refunded. Refunds are NOT guaranteed. Contact: Rebekah Sutfin, 240-542-2056, rsutfin@greenbeltmd.gov.

## SHOPPING TRIPS

**Ages 60+**

Transportation to and from the mall. Lunch is on your own. Green Ridge House residents will be picked up at Green Ridge House.

### ARUNDEL MILLS 378201-1

TH 7/12, 9:30am-3:00pm

R: \$3, NR: \$4

### BOWIE TOWN CENTER 378201-3

TH 9/13, 9:30am-3:00pm

R: \$3, NR: \$4



## MAMMA MIA @ TOBY'S

378205-1

**Ages 60+**

All the bus trips are partially subsidized by the City of Greenbelt, through the Golden Age Club. A mother. A daughter. Three possible dads and a trip down the aisle you'll never forget. Audiences around the world have fallen in love with the music and story that make MAMMA MIA! The feel good show of our time. On a Greek island paradise, on the eve of her wedding, a daughter's quest to discover her father's identity brings three very different men from her mother's past back to the island. The magic of ABBA timeless hit music ("Dancing Queen", "The Winner Takes It All" and many, many more ...") tells this story of love, laughter and friendship.

W 8/22, 9:45am-4:00pm

R: \$68, NR: \$85



## SENIOR BINGO/BAYSOX 378202-1

**Ages 60+**

Enjoy some great Bowie Baysox baseball action while enjoying a delicious two-hour lunch buffet and a themed Bingo in the climate-controlled Diamond View Restaurant overlooking Home Plate. Price includes transportation, lunch, game ticket and bingo.

Th 8/9, 9:45am-3:00pm

R: \$50, NR: \$62



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