



Senior Programs

RECREATION CLASSES

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

HEALTH AND FITNESS

SENIOR SWIM 171101-1 **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: 1/2 - 3/20 (No class 1/30)
Instructor: Marsha Voigt

HOLY CROSS SENIOR FIT 172202-1 **Ages 55+**
 Increase strength, muscular endurance and improve flexibility for greater mobility. Registration is required with Holy Cross. (See Community Center office for registration form.)
M/W/F 9:00am-9:45am/CC-106
33 mtgs: 1/4 - 3/24 (No class 1/16, 2/20)
FREE
Instructor: Karl Hadda

WWE WALK ON ROUTE 66 172206-1 **Ages 60+**
 Cold outside? Looking for a place to stay warm and walk safely? Then join fellow Walk With Ease students and walk around the gym to keep up your walking contracts and goals. Help us reach LA!
Tu/Th 1:30pm-2:30pm/CC-106
24 mtgs: 1/3 - 3/23 **FREE**

PICKLEBALL 172210-1 **Ages 60+**
 Pickleball is a cross between tennis and badminton. It is loads of fun and gaining popularity throughout the US.
M/Th 2:30pm-3:45pm/CC-106
21 mtgs: 1/5 - 3/23 (No class 1/16, 2/20)
FREE

AGELESS GRACE 172225-1 **Ages 16+**
 Ageless Grace® is a fitness and wellness program consisting of 21 simple tools for lifelong comfort and ease, designed for all ages and abilities. In this class, exercises are practiced in a chair, and they focus on the healthy longevity of the body and brain, based on movement sequences that are natural and playful.
F 11:00am-12:00pm/CC-202
10 mtgs: 1/6 - 3/17 (No class 2/24)
R: \$40, NR: \$50; Drop-in: R: \$5, NR: \$6
Instructor: Karen Haseley

SPECIAL INTEREST

GIFTS FROM HEART 173208-1 **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
12 mtgs: 1/6 - 3/24 **R: \$5, NR: \$10**

PINOCHLE 179204-1 **Ages 60+**
 This is a drop-in program. For more information call Shirleyann Egenreider (301)345-1974.
W 12:00pm-3:00pm/CC-109 **12 mtgs: 1/4 - 3/22**

BRIDGE

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

Ages 60+

THURSDAY BRIDGE 179202-1

Th 12:30pm-3:30pm/CC-109

12 mtgs: 1/5 - 3/23

FRIDAY BRIDGE 179202-5

F 12:30pm-3:30pm/CC-109

12 mtgs: 1/6 - 3/24

STRATEGY GAMES CLUB 187501-1

Ages 10+

Exercise your brain playing a variety of strategy games, Carcassonne, Mah Jongg, Ticket to Ride, Blokus, Cribbage. Traditional strategy games - Chess, Checkers, Backgammon, and Jenga - are also available. Come join in the fun!

Tu 7:15pm-9:15pm/YC-Multi

12 mtgs: 1/3 - 3/21

FREE

Instructor: Karen Haseley



SEASONED ADULTS GROWING EDUCATIONALLY (SAGE)

Ages 60+

A \$75 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 AFTER THE CLASS HAS BEGUN! Registration forms are available at the Greenbelt Community Center. To register or for more information, call PGCC at 301-546-0159. SYN: OwlLink Reference numbers for online registration with the college at www.pgcc.edu. Most SAGE classes begin the week of February 13, 2017.

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.

172220-1 Tu 10:00am-11:00am/CC-106 SYN: 18593

14 mtgs: 2/14 - 5/23 (No class 4/18)

172220-2 Th 10:00am-11:00am/CC-106 SYN: 18595

14 mtgs: 2/16 - 5/25 (No class 4/20)

Instructor: Nancy Shaffer

***MIXED LEVEL INTEGRAL HATHA YOGA 172227-1**

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

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

13 mtgs: 2/13 - 5/22 (No class 2/20, 4/10)

Instructor: Kamla Gupta Smith

***GENTLE CHAIR YOGA 172228-1**

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

Tu 10:00am-12:00pm/CC-202

14 mtgs: 2/14 - 5/23 (No class 4/11)

Instructor: Christine Romero

***GENTLE/BEGINNING YOGA 172229-1**

Beginner/Gentle/Restorative Integral 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: 2/17 - 5/26 (No class 4/14)

Instructor: Christine Romero

***INTERMEDIATE YOGA 172223-1**

Advanced Beginner to Intermediate level Integral Yoga® for students with some experience in Yoga. NO BEGINNERS. All poses can be adapted to the individual.

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

14 mtgs: 2/15 - 5/24 (No class 4/12)

Instructor: Christine Romero

***You MUST register at the Greenbelt Community Center for these classes, NOT through PGCC.**

LINE DANCING 172221-1

SYN: 18603

Great for beginners, or advanced dancers. Socialize, exercise, and improve your memory by learning to line dance. Basic line dance steps are taught and lots and lots of dances are performed: some old, some new, some country western, some urban, some soul. Learn to adapt the dances to the music that you might have.

W 1:30pm-3:30pm/Greenbelt Library

14 mtgs: 2/15 - 5/24 (No class 4/12)

Instructor: Bob Meadows

MEDITATION 177233-1 SYN: 18604

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
14 mtgs: 2/15 - 5/24 (No class 4/12)
Instructor: Katrina Boverman

J.O.Y. JUST OBSERVE YOURSELF 177235-1 SYN: 18605

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: 2/14 - 3/28
Instructor: Dr. Ollie Goodlow

BEGINNING PAINTING 173206-1 SYN: 18606/18607

This class is for all painting abilities. It includes painting in acrylic, water soluble oils and watercolor. Subject material includes still life set ups, photographs and 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
13 mtgs: 2/13 - 5/22 (No class 2/20, 4/10)
Instructor: Susan Crane

DRAWING 173205-1 SYN: 18608/18609

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: 2/14 - 5/23 (No class 4/11)
Instructor: Susan Crane

INTERMEDIATE SPANISH 177204-1 SYN: 18610

The students will review the present tense forms of verbs and begin learning the past tenses in order to discuss and describe: people, items, feelings and actions.

Tu 10:00am-12:00pm/CC-103
14 mtgs: 2/14 - 5/23 (No class 4/11)
Instructor: Deborah Siero

ADVENTURES IN BIOGRAPHY 177225-1 SYN: 18611

Let's explore the endlessly fascinating lives of some of history's most influential, bizarre, colorful, admirable people. Though we can never completely understand "the irreducible mystery of the human heart," Hermione Lee's Biography: A Very Short Introduction is a useful guide. (It's highly recommended you buy it.) Ten people who ignite the instructor's curiosity are Cleopatra, Moses, Voltaire, Jesus, Emily Dickinson, Muhammad, Sojourner Truth, Georges Simenon, Empress Theodora and Sandro Botticelli. Who ignites yours?

M 9:30am-11:30am/CC-114
13 mtgs: 2/13 - 5/22 (No class 2/20, 4/10)
Instructor: Jim Link

REVISITING IMPRESSIONISM IN 19TH CENTURY

FRANCE 173222-1 SYN: 18612

This summer a new book captured Monet's struggles to complete his post-World War I gift to the French nation: the historic cycle of Waterlilies installation at the Musee l'Orangerie. Impressionism remains a vibrant topic 150 years after its development by a band of young French painters. Join us as we use video, lectures, and representations of their works to learn more about the topic.

Th 1:00pm-3:00pm/CC-114
12 mtgs: 2/16 - 5/11 (No class 4/13)
Instructor: Dolores Haverstick

ESOTERIC OPERA 177226-1 SYN: 18613

There are a number of operas that are not in the standard repertory which have strange and even bizarre plots. Some have very unusual story lines and can be considered esoteric compared to other standard operas in the vast operatic repertory. The seven operas included here are: *Die Gezeichneten (The Stigmatized)* (Schreker), *The Fiery Angel* (Prokofiev), *I Shardana (The Sherden)* (Porrino), *Antikrist (Antichrist)* (Langgaard), *Palestrina* (Pfitzner), *Nina* (Paisiello), and *Manru* (Paderewski). The operas will be sung in German, Russian, English, Danish, Italian and Polish. All of them will have English subtitles.

W 10:00am-12:00pm/CC-114
7 mtgs: 2/15 - 4/5 (No class 3/22)
Instructor: John Cahill

CHORAL MASTERPIECES 177230-1 SYN: 18614

This course examines many choral masterpieces from a variety of composers including Bach, Beethoven, Brahms, Mozart, Verdi, Berlioz, Elgar, Schumann and others. Video selections will be presented with some of the greatest soloists in the world today performing in concert halls and churches with leading choirs, symphonies and conductors.

W 10:00am-12:00pm/CC-114 **7 mtgs: 4/19 - 5/31**
Instructor: John Cahill

BROADWAY MUSICALS TO AMERICAN STANDARDS

173224-1

SYN: 18615

Composers created a special format of theatrical productions where singing and dancing energized popular music. Over time people asked for a recording of these songs. Years later, musicians transformed the music into new styles such as the jazz format. We will trace the development of original productions to interpretive formats as plays become movies. Instrumental adaptations are produced.

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

14 mtgs: 2/14 - 5/23 (No class 4/11)

Instructor: Michael Crane

THE LANGUAGE OF FILM 173223-1

SYN: 18616

Students will learn the structure of the Language of Film: editing, lighting, pacing, set and costume design, etc., and how they are used to tell stories of intrigue, comedy, pathos and drama. A different film will be watched each week, the instructor will discuss its significance to film history, and then the class will discuss the film. In the final class students will review a contemporary film based on the information learned in the class.

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

14 mtgs: 2/16 - 5/25 (No class 4/13)

Instructor: Denise Cross

INDUSTRIAL REVOLUTION 173221-1

SYN: 18617

Up to the middle of the 18th century, the world economy was essentially agricultural with some manufacturing of basic essentials particularly clothing and military weapons. In the early 1760s, a British Lord dug a canal to transport coal from his mine ten miles to Manchester which provided for the first time significant amounts of fuel for industrialization. This course will trace the development of the modern industrial world and the ramifications for civilization, using a series of lectures and films that portray this development.

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

14 mtgs: 2/15 - 5/24 (No class 4/12)

Instructor: Lawrence Suid



ASTRONOMY 177234-1

SYN: 18619

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: 2/13 - 5/22 (No class 2/20, 4/10)

Instructor: Michael Blumenstock

MYSTERIES OF HISTORY: THE COUNTRY OF IRAN

177201-1

SYN: 18618

Iran, and Persia before it, is a product of an ancient civilization whose magnificence rivaled the Greeks, Romans and Egyptians. Because of its Shiite majority, being officially Islamic and its support for various movements worldwide, many of them violent, Iran is politically at odds with much of the world, culturally misunderstood by the West, and seen as a military threat by the United States. Is Iran a threat, and what kinds of weapons do they really have? Iran used to be one of the United States' closest allies and one of its largest oil suppliers; can those relationships be rekindled? Does Iran want to build a nuclear weapon, and will the recent agreement prevent that? Why does Iran have the political system they have, and what are the chances for reform? These are just some of the many questions that we'll explore.

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

14 mtgs: 2/16 - 5/25 (No class 4/13)

Instructor: Mark Croatti



RAIDERS OF THE LOST ARTIFACTS: PRE-UNITED STATES

177202-1

SYN: 18646

Unexplained ruins, structures, human habitations and

artifacts have been discovered all over North America. They call into question everything we thought we knew about the pre-Columbus era, including when the first stone building was built, when humans first arrived in the Americas, whether or not there were additional civilizations whose magnificence rivaled the Aztecs, the various locations of the mounds left behind by the Mississippian culture and whether or not the Bimini Wall is the fabled lost civilization of "Atlantis". Who created the cliff dwellings? Who stacked the stones of the Berkeley Mystery Walls? Did Ancient Iberians walk across a frozen Atlantic Ocean to the east coast of North America? Why did ruins in the Four Corners region cause pioneers to speculate that the Aztecs traveled to what is now the United States? These are just some of the fascinating archaeological "mysteries of history" that we'll explore.

Tu 4:00pm-6:00pm/CC-114

14 mtgs: 2/14 - 5/23 (No class 4/11)

Instructor: Mark Croatti

VIROLOGY AND SUPERBUGS 177236-1

SYN: 18650

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

7 mtgs: 4/4 - 5/23 (No class 4/11)

Instructor: Michael Blumenstock



SENIOR GLOBETROTTING

Contact: Karen Haseley, 240-542-2054, khaseley@greenbeltmd.gov

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.

SHOPPING TRIPS

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

WEGMANS 478201-4

Th 1/12; 9:30am-3:00pm

R: \$3, NR: \$4

ARUNDEL MILLS 178204-1

Th 2/9; 9:30am-3:00pm

R: \$3, NR: \$4

ANNAPOLIS 178204-2

Th 3/9; 9:30am-3:00pm

R: \$3, NR: \$4

COLUMBIA 178204-3

Th 4/13; 9:30am-3:00pm

R: \$3, NR: \$4

Ages 60+

HISTORY MYSTERY TRIP 178202-1

It's another History Mystery trip! If you enjoy history, all kinds, then this is the trip for you! Trip is all inclusive (entry fees, tips, transportation and lunch). Souvenirs are on your own!

W 3/8; 9:00am-5:30pm

R: \$57, NR: \$71

Ages 60+

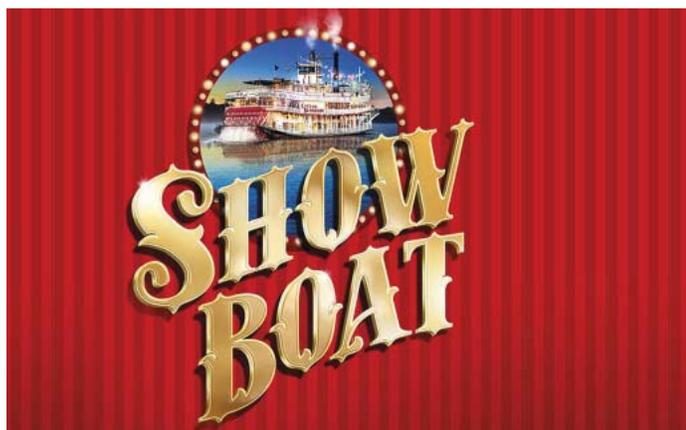
BEAUTY AND THE BEAST AT TOBY'S 178203-1

Ages 60+

This breath taking musical is the story of Belle and the Beast, who happens to be a handsome prince cursed by a beautiful enchantress. If the Beast can learn to love and be loved, the cure will be lifted. If not, he and his servants will be doomed for all eternity. Will their love bloom before time runs out?

W 4/19; 9:45am-4:00pm

R: \$66, NR: \$83



SHOW BOAT AT TOBY'S 178201-1

Show Boat follows life aboard The Cotton Blossom, a Mississippi River show boat. This timeless musical spans generations, telling a powerful story of hope, freedom and love while celebrating the music of vaudeville, jazz and gospel with some of the most beautiful songs ever written, including *Ol' Man River*, *Can't Help Lovin' Dat Man* and *Make Believe*.

W 1/25; 9:45am-4:00pm

R: \$66, NR: \$83

Ages 60+

All the bus trips are partially subsidized by the City of Greenbelt, through the Golden Age Club. All trips will be run on a lottery basis. The lottery will be spun on December 2. Any resident who signs up for the trips listed before 4:30pm on December 2 will be included in the lottery. If there are openings after the lottery has spun, these seats will be filled on a first come, first-served basis. This will give all residents an equal opportunity to participate in the trips. If you have any questions, please call 301-397-2208.

PLEASE NOTE: Beginning December 12, any trip that is not filled will be open up to those younger than 60. Please call 240-542-2054 if interested in participating.

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.

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 Phyllis Budin at 301-345-3879.

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



MUSICAL INTERLUDE WITH KRISTIN AND KAITLIN

Community Center Multipurpose Room - 201
 Friday, December 2, 1:00pm
 All ages welcome - FREE

Come hear a variety of classical, Broadway and holiday tunes by very talented 12 year old twins Kristin and Kaitlin Dan. Kristin plays the piano and French Horn and Kaitlin plays the flute and piano. Ms. Christine Sheelor will be leading the participants in a sing-along to some of the holiday tunes.

ICE CREAM SOCIAL

Featuring: The Retro-Rockets
 Friday, March 31, 2017
 1:00pm

Greenbelt Community Center Gym
 Make your own ice cream sundae following the entertainment
FREE

EXPLORATIONS UNLIMITED

Fridays; 1:00pm - 3:00pm/CC-114

Watch the News Review for updates on topics!

- Jan. 13: Shiatsu Massage: Seeking Balance (Irwin)
- Jan. 20: Introduction to Guided Meditation (Boverman)
- Jan. 27: Enhancing Memory Through Essential Oils (Galicinao)
- Feb. 3-March 3: TBA