

SENIOR PROGRAMS

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. Call Rose Remenick at 301-474-7087 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. To make reservations please call 301-397-2208 x4215.

BILLIARDS

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

Upcoming Senior Special Events

ACTIVE AGING WEEK

September 20-25

FREE Health and fitness activities all week for **ALL AGES**. Watch the *News Review* for schedule of events.

The Senior Citizen's Advisory Committee Presents:

Annual Senior Citizen Open Forum

Saturday, September 25, 2010

1:00 pm

Greenbelt Community Center

Multipurpose Room

FREE

Oktoberfest

Entertainment TBA

Friday, October 15

1:00pm

Greenbelt Community Center Gym

Light refreshments will be served

Free

CARDS ANYONE?

Bridge groups play from 12:30pm to 3:30pm in the senior game room at the Community Center every Thursday, Friday and every other Tuesday. If you are interested in joining the groups call Ruth Burton (Tuesday Bridge) at 301-345-0323, Robin Schlauch (Thursday Bridge) at 301-474-2605 or Marlyn Crump (Friday Bridge) at 301-577-4454.

Following the Golden Age Club on Wednesdays, Pinochle players gather to play. For more information call Shirleyanne Egenreider at 301-345-1974.

MONTHLY MOVIES

Enjoy popular movies at the Senior Center each month. Movies begin at 10:30am in the Senior Lounge. Following is the tentative movie schedule:

Tuesday, October 12 – *LOST HORIZON*

This 1937 Frank Capra romantic drama stars Ronald Coleman and Jane Wyatt. Plane-crash survivors are led through the Himalayas to Shangri-La. Robert Conway (Ronald Coleman) chosen to succeed Shangri-La's High Lama, goes on an ill-fated trek and ends up in England with amnesia. Will he manage to go back and fulfill his destiny?

Tuesday, November 9 – *BUTCH CASSIDY AND THE SUNDANCE KID*

This 1969 classic western stars Paul Newman and Robert Redford. Legendary outlaws Butch Cassidy and the Sundance Kid display their gifts for perfect comedic timing and charisma as they pull off heist after heist in this Academy Award-winning film from director George Roy Hill.

Tuesday, December 14 – *HOLIDAY INN*

This 1942 classic musical stars Bing Crosby, Fred Astaire and Marjorie Reynolds. Tired of the bright lights of showbiz, Jim Hardy retires to the countryside and converts a farm into the Holiday Inn, open only on holidays.

Tuesday, January 11 – *SOME LIKE IT HOT*

This 1959 classic romantic comedy stars Jack Lemmon, Tony Curtis, and Marilyn Monroe. Musicians Jerry and Joe accidentally witness the St. Valentine's Day Massacre and they get out of town the only way they know how – dressed as women.

EXPLORATIONS UNLIMITED

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

Watch the *News Review* for updates on topics!

*Sept. 17: *So Much to Explore in Alaska* (Crane)

Sept. 24: *Great Peace Makers* (Haft)

Oct. 1: *Body Central* (Dunn)

Oct. 8 *The Great Composers - Classical Music At Its Finest* (Cahill)

Oct.15: **NO PROGRAM** — *Oktoberfest*

Oct. 22: TBA

Oct. 29: TBA

Nov. 5: *Arthritis Foundation* (Porter)

Nov. 12: TBA

* *This topic will begin at 1:45pm instead of 1:00pm.*

SENIOR CLASSES



SENIOR SWIM 471101-1 **Ages 60+**
 Deck and water exercises. Bring finger food to share the first Monday of the month. This is a drop-in class. Residents pay \$1 and Non-residents pay \$1.50. If you have a GAFC membership card, it is free. Registration is REQUIRED.
M 11:15am-12:15pm **17 mtgs: 9/13 - 1/3**
Instructor: Marsha Voigt

HOLY CROSS SENIOR EXERCISE 472202-1
 Increase strength, muscular endurance, and improve flexibility for greater mobility.
M/W/F 9:00am-9:45am/CC-10 **Ages 50+**
42 mtgs: 9/13 - 12/22 (No Class 10/11, 11/26)
Instructors: Meryl Shapiro, Karl Haddad

GET WII ACTIVE 472203-1 **Ages 60+**
 Come bowl with the Wii from the comfort of the senior lounge and get credits for the Greenbelt Get Active Program. You won't want to miss this opportunity for some fun and games! Lets get Wii Active!
M 10:30am-12:30pm/CC-111 **15 mtgs: 9/13 - 12/20**
Instructor: Karen Haseley **FREE**

STITCH FOR CHARITY 473208-1
 Stitchers of all levels (knitters, crocheters, quilters) make items to donate to various charitable organizations. Yarn and needles provided. All ages and skill levels welcome! Instruction is available from group members.
F 10:00am-12:00pm/CC-109
16 mtgs: 9/10 - 12/31 (No Class 11/26)
Ages 16+ **R: \$5, NR: \$10**

CURRENT ISSUES 477210-1 **Ages 60+**
 This is a drop-in program where lively discussions on current issues take place. New individuals welcome and encouraged to attend.
F 10:00am-12:00pm/CC-111 **FREE**
13 mtgs: 9/17 - 12/17 (No Class 11/26)

STRATEGY GAMES CLUB 487501-1 **Ages 10+**
 Exercise your brain playing a variety of strategy games, Carcassonne, Mah Jongg, Ticket to Ride, Blokus, Cloud 9. Traditional strategy games - Chess, Checkers, Backgammon, and Jenga - are also available. Come join in the fun!
Tu 7:00pm-9:00pm/YC-Multi **15 mtgs: 9/14 - 12/21**
Instructor: Karen Haseley **FREE**

PRINCE GEORGE'S COMMUNITY COLLEGE (SAGE)

A \$50 per semester fee is assessed for SAGE classes for participants age 60 and over. Once this fee is paid, 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 301-322-0159. SYN: OwlLink Reference numbers for online registration with the college at www.pgcc.edu.

EXERCISE CLASS 472220-1 **SYN: 30397 & 30398**
Tu/Th 9:00am-11:00am/CC-106
30 mtgs: 8/31 - 12/16 (No Class 11/11, 11/25)
Instructors: Nancy Shaffer, Tom Fink

LINE DANCING 472221-1 **SYN: 30747**
 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/CC-106
14 mtgs: 10/6 - 1/19 (No Class 12/22, 12/29)
Instructor: Bob Meadows

BODY CENTRAL
 A basic, easy and fun class designed to counteract the movement limitations that may come with aging. The goal of the class is to improve balance and to make everyday movement easier and more pleasurable.
472222-1 **SYN: 30738**
M 3:30pm-4:30pm/CC-202
13 mtgs: 10/4 - 1/10 (No Class 12/27, 1/3)

472222-2 **SYN: 30739**
W 3:30pm-4:30pm/CC-202
14 mtgs: 10/6 - 1/19 (No Class 12/22, 12/29)
Instructor: Gretchen Dunn

ADVANCED BEGINNER/INTERMEDIATE YOGA 472223-1 **SYN: 30740**
 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: 10/6 - 1/19 (No Class 12/22, 12/29)
Instructor: TBA

BEGINNING YOGA 472223-2 **SYN: 30741**
 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
13 mtgs: 10/8 - 1/21 (No Class 11/26, 12/24, 12/31)
Instructor: TBA

AMERICAN POPULAR SONG 474201-1

SYN: 30745

During the 1940s, the music of Cole Porter, Jerome Kern, Irving Berlin, and Johnny Mercer (among others) found favor with jazz musicians and popular audiences to produce one of the most innovative periods in American culture. This class will continue an examination of the song writers, musicians, band leaders, and personalities who contributed to this “standard” era of American music. Each session will include numerous recordings and film clips to illustrate the contributions (and varying approaches) of the selected composer, lyricist, or performer. No outside preparation or attendance at previous classes is required.

M 1:00pm-3:15pm/CC-114

13 mtgs: 10/11 - 1/10 (No Class 12/27)

Instructor: Stephen Kramer

THE GREAT COMPOSERS: FROM HANDEL TO STRAVINSKY 474221-1

SYN: 30735

This course will examine the life and works of nine of the world’s great composers including Handel, Haydn, Berlioz, Chopin, Massenet, Dvorak, Elgar, Debussy, and Stravinsky. Many video musical examples will be covered including complete performances and excerpts from a variety of musical compositions. Biographical information and critical analyses by conductors and performers will be presented.

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

14 mtgs: 10/6 - 1/19 (No Class 12/22, 12/29)

Instructor: John Cahill

TOPICS IN POPULAR MUSIC 474223-1

SYN: 30742

Popular music in America arises from commercial and artistic impulses. This study group continues the exploration of some of the types of music widely available in 20th century America and the people that created and performed this rich musical banquet. Planned topics include Pete Seeger, The Beatles, movie scores, legendary local ladies of country music and the songs of Bob Dylan.

Th 1:00pm-3:30pm/CC-114

6 mtgs: 10/7 - 11/18 (No Class 11/11)

Instructor: Dennis Giblin

GLOBAL HOTSPOTS 477201-1

SYN: 30737

Violence, natural disaster, financial crisis, political confrontation – there are many types of political and social emergencies that can break out anytime, anywhere. How are countries affected by the unforeseen? How do political leaders react to ever-changing circumstances in the lives of their citizens? This course answers those questions by examining on film a part of the world, including the U.S., where a breaking development has occurred and then engaging in a vigorous discussion. Join us for a chance to offer your own views on what the global repercussions will be when the many hot spots in our world erupt.

M 4:00pm-6:30pm/CC-114

10 mtgs: 10/4 - 12/6

Instructor: Mark Croatti

HEALTHY PRACTICAL COOKING 477202-1

SYN: 30748

Eating healthy doesn’t have to be costly nor does it require a lot of time in the kitchen. Come learn some practical ways of preparing your favorite foods that will be good for your body and your budget. You will be taught how to prepare soups, salads and entrees using simple techniques.

M 1:30pm-3:30pm/CC-107 & 112

R/NR: \$45 (Please Note: this fee is to cover the food costs and is paid to the City of Greenbelt)

13 mtgs: 10/4 - 1/10 (No Class 12/27, 1/3)

Instructor: Chef Lou Parker

FEMINISM & THE FUTURE 477211-1

SYN: 30744

Feminism: What happens next? Starting from ideas we explored in “The Future of Feminism” in Spring 2010, the class will examine some of these issues in fiction, poetry, news articles in print and online: Feminism and Politics/Political Feminism, Activism, Community organizing, Critical reflection, Women in STEM Fields, Feminism and higher education, fictional utopias and dystopias.

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

13 mtgs: 10/5 - 1/18 (No Class 10/19, 12/21, 12/28)

Instructor: Anne King

IN THE BEGINNING 477224-1

SYN: 30735

This class will explore the literary artistry and psychological complexity depicted in the first book of the Pentateuch – Genesis. Required textbook: Genesis: Translation and Commentary by Robert Alter.

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

13 mtgs: 10/4 - 1/10 (No Class 12/27, 1/3)

Instructor: Jim Link

ISLAM & THE MIDDLE EAST 477226-1

SYN: 30735

The course will look at the Middle East as the cradle of modern religions and Western Civilization and trace the history of how the region evolved into the current powder keg. In addition to lectures, the course will use excerpts from films which portray religious and historical events.

W 1:30pm-3:30pm/CC-114

14 mtgs: 10/13 - 1/26 (No Class 12/22, 12/29)

Instructor: Lawrence Suid

TOPICAL DISCUSSIONS IN WORLD

RELIGION 477230-1

SYN: 30743

This course will encompass specific themes encountered in the world religions. We will look into each of the following themes: Mystical Traditions; Life After Death; Banned Books of the Bible; Rivals of Jesus; Angels; and Scientific Archeology. Through reading of mystical poetry, philosophical writings and histories, and by watching DVDs, we will deepen our understanding and appreciation of these important themes within the world religions.

Th 11:00am-1:00pm/CC-114

12 mtgs: 10/7 - 1/20 (No Class 11/25, 12/23, 12/30)

Instructor: Mel Haft

ALASKA HISTORY 477231-1

SYN: 30750

The foundations of the Alaskan culture and economic life have been evolving from a series of European migrations culminating in the purchase of Alaska in 1867 by the United States. Natural resource abundance has driven the economic dynamics, but the extremes of weather and transportation challenges have limited the expansion of population growth. Critical world events have been catalysts for cultural transformations (World War II and the Cold War). Technological innovations have had significant impacts on the distribution of information and transportation. Focus on the cultural and social context will define the human existence of Alaska.

Tu 10:30am-12:30pm/CC-114

13 mtgs: 10/5 - 1/18 (No Class 10/19, 12/21, 12/28)

Instructor: Michael Crane

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.

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.

ANNAPOLIS MALL 478201-1

Th 10/7; 10:00am-3:30pm R: \$3, NR: \$4

WALMART/\$1 STORE 478201-2

Th 11/4; 10:00am-3:30pm R: \$3, NR: \$4

COLUMBIA MALL 478201-3

Th 12/9; 10:00am-3:30pm R: \$3, NR: \$4

***GREAT FALLS, MD 478202-1**

Travel to Great Falls, MD on the C&O Canal and take a mule drawn boat ride up the canal. Bring a bag lunch and enjoy your lunch while enjoying the scenery at Great Falls. Don't forget your cameras and comfortable walking shoes!

Th 9/30; 9:30am-3:30pm R: \$20, NR: \$32

***APPLE PICKING 478203-1**

Travel to Freeland, MD and tour the Morris Meadows Museum. This unique museum works to preserve yesteryear through theme rooms decorated with period antiques depicting life in rural Maryland. Then it's on to a special lunch prepared just for us by the Presbyterian Church, then on to Shaw's Orchard in Stewartstown, PA to pick your choice of scrumptious apples before returning home.

M 10/11; 8:00am-6:00pm R: \$52, NR: \$65



NORMAN ROCKWELL EXHIBIT 478207-1

Travel to the American Art Museum to see the Norman Rockwell Exhibit, *Telling Stories*. We will be travelling via Metro, so each participant will be responsible for paying for their own Metro transportation. Lunch will be on your own at the cafe or bring a bag lunch.

Th 11/18 ; 10:15am-3:00pm R: \$1, NR: \$2

***RENT @ TOBYS COLUMBIA 478204-1**

Don't miss this Pulitzer-prize winning Broadway musical with its glittering driving rock score! Based loosely on Puccini's opera, *La Boheme*, this is a story of living for today because there may not be a tomorrow. It follows a year in the lives of seven friends living the disappearing Bohemian lifestyle in New York's East Village.

W 10/27; 9:45am-3:45pm R: \$58, NR: \$70

***CINDERELLA @ TOBY'S COLUMBIA 478205-1**

Travel to Toby's in Columbia via bus and enjoy the timeless enchantment of a magical fairy tale reborn with the Rodgers & Hammerstein hallmark of originality, charm and elegance.

The classic tale of Cinderella, the girl left to the devices of her evil stepmother and three evil stepsisters, who manages to rise above adversity with the help of her Fairy Godmother and is transported to the miraculous kingdom of dreams-come-true. This musical staged with great warmth and a touch of hilarity continues to melt the hearts of all when the slipper fits.

W 12/15; 9:45am-3:45pm

R: \$60, NR: \$72

***All the bus trips are partially subsidized by the City of Greenbelt, through the Golden Age Club.**

Trips will be run on a lottery basis. The lottery will be spun on August 27. Any resident who signs up for the trips listed before 4:30pm on August 27 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. The rosters for these trips will be posted on the bulletin board outside of the senior lounge the week of September 7, 2010.