

PRINCE GEORGE'S COMMUNITY COLLEGE CLASSES (SAGE)

SENIOR CLASSES

A \$50 per semester fee is assessed for SAGE classes. 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 301-322-0056. **SYN:** OwlLink Reference numbers for online registration with the college at www.pgcc.edu.

EXERCISE CLASS 372220-1 SYN: 11473 & 11474

PLEASE NOTE: This class will meet in the gym at Springhill Lake from June 23 through July 2, 2009.

Tu/Th 8:30am-11:30am/CC-106

20 mtgs: 4/28 - 7/2

Instructors: Nancy Shaffer, Tom Fink

LINE DANCING 372221-1 SYN: 14572

This class will meet in the Community Center Gym from August 26 thru September 16, 2009.

W 1:30pm-3:30pm/SHLRC-Gym

15 mtgs: 6/10 - 9/16

Instructor: Bob Meadows

WEDNESDAY YOGA 372223-1 SYN: 14575

This class will meet in the Community Center, Room 10 from August 26 thru September 16, 2009.

W10:00am-12:00pm/SHLRC-Gym 15 mtgs: 6/10 - 9/16

FRIDAY YOGA 372223-2 SYN: 14576

This class will meet in the Community Center Room 10 from August 28 thru September 18, 2009.

F 10:00am-12:00pm/SHLRC-Gym

14 mtgs: 6/12 - 9/18 (No Class 7/3)

Instructor: Christine Romero



OPERETTA: THE LITTLE OPERA

373222-1 SYN: 14566

This is a course on operetta, a little opera or light opera. Operetta is strictly a play with overture, songs, entr'actes, and dances. Video and audio selections from the works of Offenbach, Gilbert and Sullivan, Johann Strauss, Johann Strauss II, Kalman, Lehar, Herbert, Romberg, and Suppe will be presented along with information on the composers and history of operetta as an art form.

W 10:00am-12:00pm/CC-114 7 mtgs: 6/10 - 7/22

Instructor: John Cahill

INTRO TO COMPUTERS AT ST. HUGH'S

377220-1 SYN: 14767

This is an introductory course to using personal computers. It will be held in the St. Hugh's computer lab.

M 3:30pm-5:30pm/St. Hugh's-Lab 15 mtgs: 6/8 - 9/14

Instructor: Francis Ennels

HISTORICAL FILMS 373223-1

SYN: 14577

This course will look at films which purport to portray actual historical events accurately. It will discuss whether the inaccuracies render the films useless in understanding the events being portrayed. Included in the course will be such films as *San Francisco* (The earthquake), *Old Ironsides* (The U.S.S. Constitution and the War of 1812), *Pearl Harbor* and *Tora! Tora! Tora!* (Pearl Harbor), *Gettysburg* (The Civil War), and *Platoon* (Vietnam).

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

7 mtgs: 7/7 - 8/18

Instructor: Larry Suid



SCIENCE FICTION IN FILM AND BOOKS

377221-1 SYN: 14578

The course will look at the portrayals of man in space and how the images influenced the reality of the Apollo Moon Landing project. The thesis of the course is that without almost 60 years of science fiction

moons starting with George Melais' *Voyage to the Moon* in 1902, President Kennedy would have been laughed off the stage when he proposed going to the moon in 1961. The course will also look at science fiction books and their influence starting with Jules Verne.

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

15 mtgs: 6/10 - 9/16

Instructor: Larry Suid

GLOBAL ENEMIES OF THE UNITED STATES

377222-1 SYN: 14568

What kind of relationship should the United States have, if any, with the 14 countries (Iran, Syria, Lebanon, Libya, Pakistan, Palestine, Cuba, Venezuela, Bolivia, Nicaragua, Russia, China, Burma, North Korea) that we have had historically bad relations with for the past 25-30 years? What policies should President Obama pursue? Why are relations with these countries always so bad? This class will examine the 14 relationships that need to be strengthened and discuss what might be done in the future to improve ties, trade and prospects for peace.

M 12:00pm-2:00pm/CC-114

14 mtgs: 6/8 - 9/14 (No Class 9/7)

Instructor: Mark Croatti

SENIOR CLASSES

FINANCIAL CONCERNS IN RETIREMENT 377223-1 SYN: 14571

This class addresses demographic research which will have a significant impact on each of our retirement lives. It addresses what could be called the "Perfect Storm" for retirees.

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

4 mtgs: 6/9 - 6/30

Instructor: Frank Hebert

GLOBAL HOT SPOTS AND THE UNITED STATES 377224-1

SYN: 14570

What kind of role should the United States have, if any, in solving the historical confrontations over disputed territory that have flared up over the past 25-30 years? What policies should President Obama pursue in trying to find a solution? Why are these particular hot spots always so violent, and always in the news? This class will examine the 14 hot spots (India-Pakistan, North Korea-South Korea, Colombia-FARC, etc.) that need to be solved and discuss what might be done in the future to improve the prospects for international peace.

W 12:00pm-2:00pm/CC-112

15 mtgs: 6/10 - 9/16

Instructor: Mark Croatti

MEDITATION & QI GONG 377225-1 SYN: 14579

This class will teach the participants various techniques in stress reduction. Through focused breathing, vibrational sound and stretching exercises, the students will learn to relax their mind and their bodies, as well as gain flexibility.

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

15 mtgs: 6/11 - 9/17

Instructor: Marian Tucker



HOLLYWOOD AS HISTORY: IDEOLOGY AND IDEAS IN 1950s

FILMS 377229-1

SYN: 14574

This course examines movies of the 1950s as a battleground of ideas, attitudes, and values that belie the popular image of the decade as one of quiet

conformity. Particularly the science-fiction, adult Western, and war film genres of that era demonstrate the competition among liberal, conservative and radical left- and right-wing values within a film industry shaken by blacklisting. Extensive excerpts from 14 films, with accompanying discussion, will also be featured.

M 6:00pm-8:00pm/CC-103

14 mtgs: 6/8 - 9/14 (No Class 9/7)

Instructor: Tim Mulligan

RECREATION CLASSES

GET WII ACTIVE 372201-1

Come bowl, play tennis, golf, or baseball all from the comfort of the senior classroom and get credits for the Greenbelt Get Active Program. We will be using the Wii to participate in these games and more, so you won't want to miss this opportunity for some fun and games! Lets get Wii Active!

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

14 mtgs: 6/12 - 9/11 (No Class 9/2)

Ages 60-Adult

Instructor: Karen Haseley

HOLY CROSS SENIOR EXERCISE 372202-1

Increase strength, muscular endurance, and improve flexibility for greater mobility. **PLEASE NOTE:** This class will meet at the SHL Gym from June 22 through August 21. It will meet in the CC Dance Studio (room 10) from August 24 through September 11.

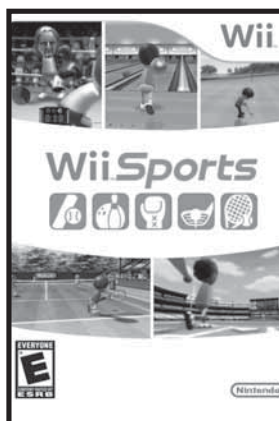
M/W/F 9:00am-9:45am/SHLRC-gym

26 mtgs: 6/22 - 8/21 (No Class 7/3)

M/W/F 9:00am-9:45am/CC-10

8 mtgs: 8/24 - 9/11 (No Class 9/7)

Instructors: Bonnie Johnson, Karl Haddad



STITCH FOR CHARITY 373208-1

Stitchers of all levels (beginners included) will continue to create items to donate to local charitable organizations. Yarn and needles provided. All ages welcome! Instruction is available from group members.

F 10:00am-12:00pm/CC-109

11 mtgs: 6/19 - 8/28 (No Class 7/3)

Ages 16-Adult

R: \$5, NR: \$10

CURRENT ISSUES 377210-1

This drop-in program has lively discussions on current issues. Registration is not required.

F 10:00am-12:00pm/CC-111

10 mtgs: 6/26 - 9/11 (No Class 7/3, 9/4)

Ages 60-Adult

STRATEGY GAMES CLUB 387501-1

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

Tu 7:00pm-9:00pm/YC-Multi

13 mtgs: 6/23 - 9/15

Ages 10-Adult

FREE

Instructor: Karen Haseley

SENIOR PROGRAMS

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GOLDEN AGE CLUB

The Golden Age Club meets from 11:00am-12:00pm every Wednesday in the Community Center Multipurpose Room (room 201). Activities include speakers and special programs. 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. The requested meal donation is now **\$3.00**. 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 Tuesday and Thursday afternoons when the Bridge players use the game room. For more information call 301-397-2208.

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.

EXPLORATIONS UNLIMITED

Explorations Unlimited is taking the summer of 2009 off. Look for the speaker series to return in the Fall.

MONTHLY MOVIES

Enjoy popular movies at the Senior Center each month. Movies begin at 1:00pm in the Senior Lounge, room 111. Following is the tentative movie schedule:

Monday, June 8 – *My Sister Eileen*

Monday, July 13 – *Driving Miss Daisy*

Monday, August 10 – *She Wore a Yellow Ribbon*

Monday, September 14 – *Oliver!*

CARDS ANYONE?

Bridge groups play from 12:30pm to 3:30pm in the senior game room at the Community Center every Thursday and every other Tuesday. If you are interested in joining the groups call

Ruth Burton (Tuesday Bridge) at 301-345-0323 or Robin Schlauch (Thursday Bridge) 301-474-2605.

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

New Poker Players Wanted! Male or female, beginners, welcome! If you are interested in playing/learning Poker, call Orlando Gutierrez, 301-552-2976, to join the group

that plays on Monday and Wednesday afternoons 2:00pm to 5:00pm.



NEW Wii GET ACTIVE!

This new program will take place on Friday afternoons between 1:00pm and 3:00pm in the Senior Classroom, room 114. Plan to come by each week and learn to play the Wii. Document your Get Active participation and win prizes. Bowl, play tennis, baseball or golf. Enjoy the camaraderie and cheer on your neighbors as they

attempt to increase their scores.

You won't want to miss this Wii Fun!

NOT FOR SENIORS ONLY

Pedestrians Going Green

Saturday, June 6, 1:00pm - 3:00pm

Community Center

FREE

