

## 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 Rose Remenick at 301-474-7087.

## 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

Tuesday and Thursday afternoons when the Bridge players use the game room. Call 301-397-2208 for more information.

## 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. Call Shirleyanne Egenreider at 301-345-1974 for more information.

## MONTHLY MOVIES

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

### Thursday, January 7 - *In Old Chicago*

(Please note this is a Thursday and the time will be 10:00am-12:00pm.)

This 1938 film retells the infamous tale of the Great Chicago Fire of 1871. Alice Brady won a Best Supporting Actress Oscar for her role as washerwoman Molly O'Leary. Tyrone Power and Don Ameche also star.

### Monday, February 8 - *Top Hat*

This 1937 classic musical romantic comedy stars Fred Astaire and Ginger Rogers and received an Academy Award nomination for Best Picture.

### Monday, March 8 - *Letter to Three Wives*

A 1949 black-and-white classic drama starring Jeanne Crain, Linda Darnell, Ann Sothern and Kirk Douglas.

### Monday, April 12 - *Lillies of the Field*

This 1963 classic drama starring Sidney Poitier and Lilia Skala is an Oscar winning film.



## EXPLORATIONS UNLIMITED

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

Watch the *News Review* for updates on topics!

- Jan. 8: *Understanding Islam in the Western World* (Croatti)
- Jan. 15: *Line Dancing Demo* (Carroll)
- Jan. 22: *Sleep Apnia* (Dr. Dakheel)
- Jan. 29: *Senior Outreach* (Pennington)
- Feb. 5: *Alaska History* (Crane)
- Feb. 12: TBA
- Feb. 19: TBA
- Feb. 26: *Grieving Well* (Williams)
- March 5: TBA



## Upcoming Senior Special Event

# Ice Cream Social

Entertainment: TBA

Friday, March 19, 2010

1:00pm

Greenbelt Community Center Gym  
Make your own ice cream sundaes!

Free

# GREENBELT RECREATION CLASSES

## SENIOR SWIM 171101-1

Deck and water exercises. Bring finger food to share the first Monday of the month. FREE to pass holders. Resident non-passholders pay \$1 each visit; non-resident non-passholders pay \$1.50 each visit. Registration is REQUIRED.

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

**11 mtgs: 1/4 - 3/15**

**Ages 60 and up**

**Instructor: Marsha Voigt**

## HOLY CROSS SENIOR EXERCISE 172202-1

Increase strength, muscular endurance and improve flexibility for greater mobility.

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

**11 wks: 1/4 - 3/19 (No Class 1/18, 2/15)**

**Ages 50 and up FREE**

**Instructor: Karl Haddad, Bonnie Johnson**

## CURRENT ISSUES 177210-1

Drop-in class. Lively discussions on current issues. Registration not required.

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

**11 mtgs: 1/8 - 3/19**

**Ages 60 and up FREE**

## STITCH FOR CHARITY 173208-1

Stitchers of all types (knitters, crocheters, quilters, etc.) make items to donate to various charitable organizations. Yarn and needles provided. All ages and skill levels welcome! Instruction is offered by group members.

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

**11 mtgs: 1/8 - 3/19**

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

**Ages 16-Adult**

## GET WII ACTIVE 172203-1

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!

**Th 10:30am-12:30pm/CC-114**

**10 mtgs: 1/14 - 3/18**

**FREE**

**Ages 60 and up**

**Instructor: Karen Haseley**

**SCHOLARSHIP ASSISTANCE** is available for most Recreation Department offerings. Applications are available at the main office of the Greenbelt Community Center and the Youth Center Business Office.

# PRINCE GEORGE'S COMMUNITY COLLEGE CLASSES (SAGE)

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 301-322-0159. **SYN:** OwlLink Reference numbers for online registration with the college at [www.pgcc.edu](http://www.pgcc.edu).

## EXERCISE 172220-1

**SYN: 21769 & 21770**

**Tu/Th 9:00am-11:00am/CC-106**

**30 mtgs: 1/5 - 4/22 (No Class 3/30, 4/1)**

**Instructor: Nancy Shaffer, Tom Fink**

## IMPROVING YOUR MOVING

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.

**172222-1 SYN: 22137 M 3:30pm-4:30pm/CC-202**

**13 mtgs: 2/8 - 5/17 (No Class 2/15, 3/29)**

**Instructor: Gretchen Dunn**

**172222-2 SYN: 22138 W 3:30pm-4:30pm/GRHS\***

**14 mtgs: 2/10 - 5/19 (No Class 3/31)**

**Instructor: Gretchen Dunn**

**\*Green Ridge House**

## LINE DANCING 172221-1

**SYN: 22141**

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: 2/10 - 5/19 (No Class 3/31)**

**Instructor: Bob Meadows**

## WEDNESDAY YOGA 172223-1

**SYN: 22142**

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

**14 mtgs: 2/10 - 5/19 (No Class 3/31)**

**Instructor: Christine Romero**

## FRIDAY YOGA 172223-2

**SYN: 22143**

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

**14 mtgs: 2/12 - 5/21 (No Class 4/2)**

**Instructor: Christine Romero**

**CHORAL MASTERPIECES 177226-1 SYN: 22133**

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: 2/10 - 3/24**

**Instructor: John Cahill**

**ART OF BEL CANTO 177230-1 SYN: 22134**

This course on the Art of Bel Canto (or beautiful singing) comprises the operas of the three greatest composers in this field in music of the 18th and 19th centuries: Gaetano Donizetti, Gioachino Rossini, and Vincenzo Bellini. Many other composers are also included including Carafa, Paisiello, Mercadante, and Pergolesi. You will hear and see many of the greatest singers in the bel canto repertory.

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

**Instructor: John Cahill**



**HOLLYWOOD PROTRAYS THE AMERICAN POLITICAL SYSTEM 173221-1 SYN: 22144**

This course will look at films which portray the American political system on both national and local levels. It will include some of the most famous political movies including *Mr. Smith Goes to Washington*, *All the President's Men*, *Dave*, and *The American President*. This course also looks at select TV series, where possible, including *The West Wing*. At the same time, it will look at less "famous" movies, in particular *Deterrence*, which very well portrays the manner in which a president receives advice from his top aides.

**W 1:30pm-3:30pm/CC-114 7 mtgs: 2/10 - 3/24**

**Instructor: Larry Suid**

**GLOBAL HOT SPOTS: WARRING NATIONS AND RELIGIOUS EXTREMISM 177201-1**

**Th 3:30pm-6:00pm/CC-114**

**SYN: 22136**

**12 mtgs: 2/11 - 5/6 (No Class 4/1)**

**Instructor: Mark Croatti**

**UNITED STATES FOREIGN POLICY: CHALLENGES FOR THE OBAMA ADMINISTRATION 177202-1**

**SYN: 22135**

**M 3:30pm-6:00pm/CC-114**

**12 mtgs: 2/8 - 5/10 (No Class 2/15, 3/29)**

**Instructor: Mark Croatti**

**BEGINNING COMPUTER III 177220-1**

**M 3:30pm-6:00pm/St Hughs Lab**

**SYN: 22197**

**12 mtgs: 2/8 - 5/17 (No Class 2/15, 3/29, 4/5)**

**Instructor: Francis Ennels**

**Lab Fee payable to City of Greenbelt: \$25**

**THE FUTURE OF FEMINISM 177211-1**

**SYN: 22139**

“. . . in the new code of laws which I suppose it will be necessary for you to make, I desire that you would remember the ladies and be more generous and favorable to them than your ancestors." Abigail Adams to John Adams, 31 March, 1776. "There cannot be true democracy unless women's voices are heard. There cannot be true democracy unless women are given the opportunity to take responsibility for their own lives. There cannot be true democracy unless all citizens are able to participate fully in the lives of their country." Hillary Clinton, July 11, 1997. How did we get from Abigail to Hillary? And where do we go from here? This session will follow the events in feminism from World War II to the present and the future, by reading and discussing thinkers from Simone de Beauvoir to Sonia Sotomayor and the events that affected them and the rest of the world.

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

**14 mtgs: 2/9 - 5/18 (No Class 3/30)**

**Instructor: Anne King**

**EXPLORING VALUES THROUGH LITERATURE —MORE VIVID WOMEN 177225-1 SYN: 22140**

This class will examine the lives and poetry of various European and American women. The emphasis will be as much on their lives (their idiosyncratic narrative arcs) as on their poetry. No text necessary. Please bring your critical intelligence, sympathetic understanding and sense of humor to the discussions!

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

**13 mtgs: 2/8 - 5/17 (No Class 2/15, 3/29)**

**Instructor: Jim Link**

*Thanks M-NCPCC*

*The City of Greenbelt wishes to thank the Maryland-National Capital Park and Planning Commission. Their generous contributions help support therapeutic, senior citizen, and art programming as well as center operations offered through the Greenbelt Recreation Department.*