



# Active Aging Programs

## GREENBELT SENIOR CENTER

Ages 60+

### GAME ROOM

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 Kathleen McFarland at 301-474-6892.

### 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 whenever the game room is not reserved for classes or other programs. Call 301-397-2208 for more information.

## 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. Registration is REQUIRED.

**M 11:15am-12:00pm**

**13 mtgs: 6/3 - 8/26**

**Passholders: FREE;**

**RNPH: \$1.50/visit; NRNPH: \$2.00/visit**

**Instructor: Marsha Voigt**



### HOLY CROSS SENIOR EXERCISE 372202-1

Ages 55+

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/Greenbelt Fire Department**

**30 mtgs: 6/17 - 8/23**

**Instructor: Karl Haddad**

**FREE**

**ZUMBA GOLD 352402-1**

**Ages 16+**

This energizing dance party is designed for the active older adult and/or anyone looking for the original moves you love at a lower intensity. This fun workout incorporates the contagious Latin and international rhythms that is safe and effective for all ages with easy-to-follow choreography that focuses on cardio, balance, range of motion, and coordination. Join the FUN!! Wear comfortable clothing and shoes, bring water and a towel. Chairs available if you need to sit while exercising.

**Sa 9:00am-10:00am/CC-202**

**4 mtgs: 6/22 - 7/13**

**R: \$24, NR: \$34**

**WALK ON ROUTE 66 372206-1**

**Ages 60+**

Walk the cool gym, and Get your kicks on Route 66! Participants will record how many laps they walk each week. How far can we get this summer? LA here we come!

**Tu/W 4:15pm-5:15pm/CC-106**

**19 mtgs: 6/11 - 8/27 (No class 6/26, 7/10, 7/24, 8/7)**

**FREE**

**PURELY FUN PICKLEBALL 372210-1**

**Ages 60+**

Looking for a fun way to get active? Then come learn and play Pickleball, a cross between tennis and badminton. Pickleball is loads of fun and gaining popularity throughout the US. Beginners and beyond are welcome, keeping the "Purely Fun" focus in mind.

**M/Th 4:15pm-5:30pm/CC-106**

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

**(No class 6/27, 7/4, 7/11, 7/25, 8/8)**

**FREE**

**SPECIAL EVENTS**

**TURNER MEET-N-GREET 379207-1**

**Ages 60+**

Come join County Councilman Todd Turner for his fifth 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 6/7; 11:00am-1:00pm/CC-201**

**SPECIAL INTEREST**

**GIFTS FROM THE HEART 373208-1**

**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**

**13 mtgs: 6/7 - 8/30**

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

**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: 6/1 - 8/24**

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

**SCRABBLE 373209-1**

**Ages 16+**

Challenge your mind while enjoying a relaxing afternoon of conversation and play. All skill levels welcome.

**Tu 12:00pm-2:00pm/CC-109**

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

**FREE**



**BRIDGE**

**Ages 60+**

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

**THURSDAY BRIDGE 379202-1**

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

**9 mtgs: 6/20 - 8/22 (No class 7/4)**

**FREE**

**FRIDAY BRIDGE 379202-3**

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

**10 mtgs: 6/21 - 8/23**

**FREE**

**PINOCHLE 379204-1**

**Ages 60+**

This is a drop-in program, registration is appreciated, but not required. Please contact Betty Cookson, 301-577-8097, for more information.

**W 12:00pm-3:30pm/CC-109**

**10 mtgs: 6/19 - 8/21**

**FREE**

# SEASONED ADULTS GROWING EDUCATIONALLY (SAGE)

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, as long as the days and times do not conflict with each other. 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 10, 2019 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 10, 2019.

**REMINDER-** Per Prince George's Community College policy; ALL SAGE registration forms and payment must be submitted online, mailed, or delivered in person. 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 completed by a relaxation of the mind-body. *This class moves to the Community Center gym on September 3.*

### TUESDAY

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

15 mtgs: 6/11 - 9/17

### THURSDAY

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

14 mtgs: 6/13 - 9/19 (No class 7/4)

Instructor: Nancy Shaffer

## YOGA FOR SPINAL HEALTH

Yoga can help foster self-awareness, along with strength and flexibility that make it possible to improve the alignment of the spine. By improving on your alignment, it can also help minimize the pain and possibly respiratory issues associated with the spine.

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

14 mtgs: 6/10 - 9/16 (No class 9/2)

Instructor: Laura Goff

## WEDNESDAY INTERMEDIATE YOGA

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 September 4.*

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

14 mtgs: 6/12 - 9/11

Instructor: Faculty

## FRIDAY GENTLE/BEGINNING YOGA

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 September 6.*

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

14 mtgs: 6/15 - 9/13

Instructor: Faculty

## SAGE: CHAIR YOGA

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

### WEDNESDAY CHAIR YOGA

W 9:00am-10:00am/SHLRC-Game Room

14 mtgs: 6/12 - 9/11

### FRIDAY CHAIR YOGA

F 9:00am-10:00am/SHLRC-Game Room

14 mtgs: 6/15 - 9/13

Instructor: Faculty

## ASTRONOMY

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

6 mtgs: 8/12 - 9/23 (no class 9/2)

Instructor: Michael Blumenstock

**THE HISTORY OF EASTERN EUROPE**

Eastern Europe contains a diverse population, contested borders, and surviving witnesses to the struggle between western and eastern political powers. While quickly reviewing the past, we will focus on the modern history. Join us as we use videos, lectures and film to look at the region.

**W 1:15pm-3:15pm/CC-114**  
**7 mtgs: 8/14 – 9/25**  
**Instructor: Larry Suid**

**P.G. WODEHOUSE**

P.G. Wodehouse was an English author and one of the most widely read humorists of the 20th century. Wodehouse authored the Bertie and Jeeves stories many of us have seen on PBS. This seven session course will explore his life and work. Please select an anthology (e.g. "The Most of P.G. Wodehouse") of your choice that contains Jeeves and Bertie stories, the Drones Club stories, golf stories, and the novel "Quick Service" and read several Jeeves and Bertie stories before our first class. We need a laugh this summer!

**Th 1:00pm-3:00pm/CC-114**  
**7 mtgs: 8/15 – 9/26**  
**Instructor: Dolores Haverstick**



**VIROLOGY AND SUPERBUGS**

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: 8/13 – 9/24**  
**Instructor: Michael Blumenstock**

**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 MALL TRIPS**

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

**Ages 60+**

- ARUNDEL MILLS 378201-1**  
**Th 7/11; 9:30am-3:00pm**      **R: \$3, NR: \$4**
- COLUMBIA MALL 378201-2**  
**Th 8/8; 9:30am-3:00pm**      **R: \$3, NR: \$4**
- BOWIE TOWN CENTER 378201-3**  
**Th 9/12; 9:30am-3:00pm**      **R: \$3, NR: \$4**

**SENIOR BINGO/BAYSOX 378202-1**

**Ages 21+**

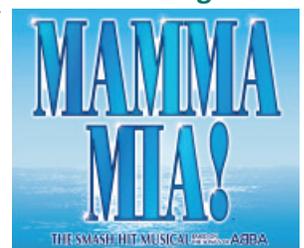
Enjoy some great Bowie Baysox baseball vs Binghamton Rumble Ponies action while enjoying a delicious two-hour lunch buffet and a themed Bingo in the climate-controlled Diamond View Restaurant overlooking Home Plate. Price includes transportation, lunch, game ticket, and bingo.

**W 8/21; 9:45am-3:00pm**  
**R: \$52, NR: \$64**

**MAMMA MIA @ TOBY'S 378205-1**

**Ages 60+**

HERE WE GO AGAIN! BACK BY POPULAR DEMAND! 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's timeless hit music ("Dancing Queen", "The Winner Takes It All" and many, many more!) tells this story of love, laughter and friendship.



**W 8/28; 9:45am-4:00pm**  
**R: \$70, NR: \$85**