



PRINCE GEORGE'S  
COMMUNITY COLLEGE



# SAGE

Seasoned Adults  
Growing Educationally

Classes for Seniors 60 and Older

**SPRING 2026**

**REGISTRATION**  
opens Jan. 9, 2026  
Classes begin  
Feb. 9





# EVERYONE HAS A PLACE AT ENCORE



## About Encore

Encore Creativity for Older Adults ensembles are non-auditioned chorales for adults 55 and older. No experience or auditions are needed for an Encore program—just a love for singing and a desire to join a welcoming community!

Encore semesters run for 15 weeks that culminate with a performance that is free and open to the public.

## Join Encore Choral Prince George's County

Encore Creativity's Spring 2026 rehearsal season begins January 29th! Sing choral classics and new favorites in four-part harmony in a welcoming community of singers like you.

## Rehearsal Information

- Thursdays, 4:30 - 6:00PM
- Prince George's Community College Center for the Performing Arts - Room 214 (301 Largo RD. Largo, MD 20774)



**Registration  
Now Open!**



<https://encorecreativity.app.neoncrm.com/np/clients/encorecreativity/event.jsp?event=907&>



**Rehearsals**  
90-minutes,  
once per  
week



**Resources**  
Sheet music  
and a  
rehearsal CD



**Scholarships**  
Available for  
financial  
assistance

[encorecreativity.org](https://encorecreativity.org) | (301) 261-5747 | [info@encorecreativity.org](mailto:info@encorecreativity.org)

## TABLE OF CONTENTS

In Memoriam.....	<a href="#">2</a>	Zoom Class Requirements .....	<a href="#">4</a>
Share your Passion and Knowledge.....	<a href="#">2</a>	Inclement Weather Policy.....	<a href="#">4</a>
Important Dates.....	<a href="#">3</a>	General Course Information.....	<a href="#">4</a>
Early Start Important Dates.....	<a href="#">3</a>	SAGE Program Staff Contact Information.....	<a href="#">4</a>
Registration and Fees .....	<a href="#">3</a>	Class Locations Addresses .....	<a href="#">5</a>
How to Register .....	<a href="#">3</a>	Class Location Abbreviations.....	<a href="#">6</a>
Refund and Supplies .....	<a href="#">3</a>	Instructor PGCC emails.....	<a href="#">6</a>
Scholarship Requests .....	<a href="#">3</a>	Registration Forms.....	<a href="#">22</a>

## INDEX OF COURSES

### Arts & Entertainment

Art History.....	<a href="#">7</a>
Design & Production of Crafts.....	<a href="#">7</a>
Painting I for Senior Citizens .....	<a href="#">8</a>
Drawing for Senior Citizens .....	<a href="#">8</a>
Studio Fine Art.....	<a href="#">8</a>
Design & Production of Crafts.....	<a href="#">9</a>

### Computers & Technology

Intro to Personal Computers .....	<a href="#">10</a>
Intermediate Computer Skills.....	<a href="#">10</a>

### Enrichment & Growth

Introduction to Improv .....	<a href="#">10</a>
Creative Critical Thinking .....	<a href="#">10</a>
Autobiographical Writing.....	<a href="#">11</a>

### Finance

Financial Literacy .....	<a href="#">11</a>
--------------------------	--------------------

### Health & Fitness

Bowling (Beginning) .....	<a href="#">11</a>
Walking & Hiking for Seniors.....	<a href="#">11</a>
Health & Fitness for Seniors.....	<a href="#">12</a>
Therapeutic Aquatic Exercise.....	<a href="#">12</a>
Healthy Living.....	<a href="#">12</a>

### History

World Religions .....	<a href="#">16</a>
Current Issues.....	<a href="#">16</a>
World History .....	<a href="#">17</a>
American History .....	<a href="#">17</a>

### Humanities

Literature .....	<a href="#">17</a>
Literature an Exploration .....	<a href="#">17</a>

### Languages







American Sign Language for Beginners .....	<a href="#">18</a>
Beginner Spanish .....	<a href="#">18</a>
French: Beginner I .....	<a href="#">19</a>
French II.....	<a href="#">19</a>
Introduction to German .....	<a href="#">19</a>
Intermediate Spanish.....	<a href="#">19</a>
Intermediate Italian .....	<a href="#">20</a>

### Music

Music Appreciation & Mastery: Class Piano.....	<a href="#">20</a>
Music Appreciation .....	<a href="#">21</a>

Publication designed by SAGE  
and the Office of Communications

Prince George's Community College  
301 Largo Road, Largo, MD 20774  
301-546-7422

	INSTAGRAM	@pgccnews
	FACEBOOK	@pgccnews
	LINKEDIN	pgcc
	YOUTUBE	@pgcctv
	FLICKR	@pgccnews
	X	@pgccnews



## SHARE YOUR PASSION AND KNOWLEDGE

Are you or someone you know interested in teaching for SAGE? Are you passionate about a subject or skill that you want to share with your peers? We are especially interested in finding instructors ready to teach at our in-person locations as well as on Zoom.

- Aquatics
- Art or Art History
- Classical Music
- Computer Skills
- Exercise
- History
- Literature
- Other exciting and compelling topics

Contact [rhynetn@pgcc.edu](mailto:rhynetn@pgcc.edu) with your resume and course proposal to explore this opportunity.

## Supplemental Nutrition Assistance Program (SNAP) Outreach

SNAP provides food benefits to low-income families to supplement their grocery budget. This helps families afford the nutritious food essential to health and well-being.

### Services Offered

- Application Assistance
  - New Application
  - Redetermination
- Food Resources



### Contact

College & Career Transitions  
[CCTunit@pgcc.edu](mailto:CCTunit@pgcc.edu)  
 301-546-3505

**Schedule your appointment TODAY!**



SCAN HERE



---

**SAGE SPRING 2026**


---

Seasoned Adults Growing Educationally (SAGE) offers fun, engaging, and affordable classes for adults 60+. This catalog is your simple guide to classes, dates, and registration.

Classes are offered both in person at select locations and online via Zoom.

---

**IMPORTANT DATES**


---

- Registration Opens: Jan. 9, 2026
- Semester Begins: Feb. 9, 2026
- Semester Ends: May 18, 2026
- No Class Dates: Feb. 16, 2026; March 9–15, 2026
- Scholarship Deadline: Feb. 9

---

**EARLY START (ATH) IMPORTANT DATES**


---

- Registration Opens: November 10, 2025
- Semester Begins: Jan. 20, 2026
- Semester Ends: May 1, 2026

---

**REGISTRATION & FEES**


---

**Maryland Residents Age 60+**

- \$40 per class (tuition waived)
- Additional lab/supply fees may apply

**Maryland Residents Under 60**

- \$25 per course registration fee
- Tuition: Based on class hours

- o 12–15 hours = \$75
- o 24–45 hours = \$150

**Out-of-County/State Residents**

- Add \$5 (MD counties) or \$10 (non-MD) per course

**Disabled Retirees Under 60 years Old**

Effective July 1, 2012, disabled retirees under the age of 60 may qualify for a tuition waiver for both credit and noncredit courses.

To determine eligibility:

1. Contact the Office of Records and Registration  
Location: Bladen Hall, Room 126  
Phone: 301-546-7422
2. Request a PGCC Tuition Waiver Certification Form
3. Take the form to your local Social Security office for completion
4. Return the completed form to the College

**Note:** A new waiver form must be submitted each academic year.

---

**HOW TO REGISTER**


---

You have three easy ways to sign up:

**1. Online with Owl Link**

- **Log in to your myPGCC** portal from the PGCC homepage at [www.pgcc.edu](http://www.pgcc.edu), then access your myPGCC account to view your schedule and registration details.

**2. In-person on Campus**

- **Where:** Bladen Hall, Room 126, Largo Campus
- **When:** Mon–Thu 8:30 a.m.–6 p.m. | Fri 8:30 a.m.–5 p.m. | Saturday hours available – call to confirm
- **Payment:** Check, money order, or credit card (cash only at Cashier's Office).

**3. Mail-In Registration**

Mail your completed form and payment to:

**Prince George's Community College – Cashier's Office**  
**301 Largo Road, Largo, MD 20774**

Must be received 10 days before your class begins.

**Please Note:**

- You cannot self-register online once a class has started.
- You will not be able to register before designated registration dates.
- You will not be able to register for classes with conflicting times.
- You cannot register for classes after the second week has ended.

---

**REFUNDS & SUPPLIES**


---

- Refunds for \$40 fee only if all classes dropped at least two business days before earliest class start date
- Refunds for canceled classes are issued automatically
- Students purchase their own supplies; details shared in first class

---

**SCHOLARSHIP REQUESTS**


---

Two options:

1. Register and pay for two classes, then submit scholarship form for additional classes.
2. List all classes on the form and submit with an \$80 check or money order.

**Scholarship request forms must be received by Feb. 9**

Form available at the back of this catalog or in Bladen Hall, Room 126. Scholarship forms can be emailed to [SAGE@pgcc.edu](mailto:SAGE@pgcc.edu).

**Note:** Scholarships can only be applied towards SAGE classes.

---

**ZOOM CLASS REQUIREMENTS**


---

- Access to computer or tablet with stable internet
- Camera and microphone
- Safe space for movement (fitness classes)

**Zoom Links:** Sent by your instructor 24–48 hours before class begins.

---

**INCLEMENT WEATHER POLICY**


---

- SAGE program follows PG County Public Schools (except ATH-900, 901 and ATH-930)
  - o A one-hour delay does not affect classes. If public schools are delayed for two hours, classes starting before 11 a.m. will be canceled.
  - o If public schools close two hours early because of predicted inclement weather, all classes after 2 p.m. will be canceled.
- If PGCC is closed, all SAGE classes are canceled
- Zoom classes are NOT impacted by the inclement weather policy.

---

**GENERAL COURSE INFORMATION**


---

**Course Registration & Confirmation**

To confirm your enrollment, you must register online or in person. You will receive an email notification from SAGE only if your class is canceled or if there is a schedule change.

To verify your class schedule, visit [www.pgcc.edu](http://www.pgcc.edu) and click on myPGCC at the top of the page.

**Course Capacities**

Class sizes are limited due to space, safety, or equipment constraints. Register early to secure your spot.

**Course Cancellations**

Prince George's Community College reserves the right to:

- Cancel classes
- Change meeting locations
- Make other necessary adjustments

Courses with insufficient enrollment at least one week prior to the start date will be canceled. Register early to help ensure your class runs as scheduled.

---

**COURSE DATES**


---

Class dates may change due to site availability or instructor scheduling.

**Please note:** No prorated refunds will be issued for date changes.

---

**INSTRUCTOR NOTICE**


---

Instructor names are listed when available; however, assignments may change without notice. Instructors may also recommend that a student transfer to a different class based on skill level.

---

**SAGE PROGRAM STAFF CONTACT INFORMATION**


---

Ola Akinade ..... [akinadoj@pgcc.edu](mailto:akinadoj@pgcc.edu)  
 Susan Gagnon ..... [gagnonsl@pgcc.edu](mailto:gagnonsl@pgcc.edu)  
 Najah Majors ..... [sage@pgcc.edu](mailto:sage@pgcc.edu)  
 Crystal Pope ..... [popecr@pgcc.edu](mailto:popecr@pgcc.edu)  
 Tilandra Rhyne ..... [rhyne@pgcc.edu](mailto:rhyne@pgcc.edu)  
 or call the  
 SAGE Program Office ..... 301-546-0923

**Other Key Contact Numbers at Prince George's Community College**

Continuing Education (CE)  
 Customer Service Desk ..... 301-546-0159  
 Cashier's Office ..... 301-546-0691  
 Registration Services ..... 301-546-7422  
    registrar@pgcc.edu  
 Technical Support, myPGCC Passwords ..... 301-546-0637

**Prince George's County Department of Aging Seniors Information**

Aging Services Division ..... 301-265-8450  
 Call-A-Bus ..... 301-499-8603  
 Call-A-Cab Coupons ..... 301-883-5656  
 Nutrition Program ..... 301-265-8475  
 Maryland Access Point ..... 301-265-8450  
 Living Well Chronic Disease  
     Self Management ..... 301-248-0039

---

**PRINCE GEORGE'S COMMUNITY COLLEGE SAGE  
FACE-TO-FACE CLASS LOCATIONS**


---

**Residents-Only Locations – These are designated by a  
\*\* next to each class.**

**Allentown Splash, Tennis and Fitness Park**

7210 Allentown Road, Fort Washington, MD 20744  
301-449-5566

**Bowie Community Center**

3209 Stonybrook Drive, Bowie, MD 20715  
301-464-1737

**Bowie Senior Center (55+)**

14900 Health Center Drive, Bowie, MD 20716  
301-809-2300

*SAGE students are required to become members of the  
BSC (free) to participate in classes onsite. This must be  
done prior to the first day of class.*

**Cameron Grove Adult Lifestyle Community\*\***

100 Cameron Grove Boulevard, Upper Marlboro, MD 20774  
301-249-3900

**Camp Springs Senior Activity Center (60+)**

6420 Allentown Road, Camp Springs, MD 20748  
301-449-0490

**Central Parke at Victoria Falls\*\***

13701 Belle Chasse Boulevard, Laurel, MD 20707  
410-813-0090

**Crofton Bowling Center**

2115 Priest Bridge Dr, Crofton, MD 21114  
410-721-2401

**Collington Life Care Community**

10450 Lottsford Road, Mitchellville, MD 20721  
301-925-7707

**District Heights Senior Center**

2000 Marbury Drive, District Heights, MD 20747  
301-350-3660

**Greenbelt Community Center**

15 Crescent Road, Greenbelt, MD 20770  
301-397-2208

**John E. Howard Senior Activity Center**

4400 Shell St, Capitol Heights, MD 20743  
301-735-3340

**Laurel Armory-Anderson and Murphy  
Community Center**

422 Montgomery Street, Laurel, MD 20707  
301-725-8088

**Laurel College Center**

312 Marshall Avenue, Suite 205 Laurel, MD 20707  
301-546-8940

**Prince George's Community College, Largo**

301 Largo Road, Largo, MD 20774  
301-546-7422

**Riderwood Village Senior Living\*\***

3110 Gracefield Road, Silver Spring, MD 20904  
301-572-8392

*Riderwood publishes its own schedule of classes; they  
are not listed in this document.*

**Temple Solel\*\***

2901 Mitchellville Rd, Bowie, MD 20716  
301-249-2424

**University Town Center (UTC)**

6505 Belcrest Road, Suite 125, Hyattsville, MD 20782  
301-546-8882

*Park in garage A and receive validation for 3.5 hours of  
parking.*

## CLASS LOCATION ABBREVIATIONS

These location codes are used in the class description in this schedule. Address for these locations are on page 5.

**ARAC** ..... Allentown Splash, Tennis and Fitness Park  
**BCC** ..... Bowie Community Center  
**BSC** ..... Bowie Senior Center  
**CBC** ..... Crofton Bowling Center  
**CGRC** ..... Cameron Grove Adult Lifestyle Community  
**CSAC** ..... Camp Springs Senior Activity Center  
**CPVF** ..... Central Parke at Victoria Falls  
**CLCC** ..... Collington Life Care Community  
**DHSC** ..... District Heights Senior Center  
**GRCC** ..... Greenbelt Community Center

**LACC** ..... Laurel Armory-Anderson and  
 Murphy Comm Center  
**LCC** ..... Laurel College Center  
**Largo** ..... Prince George's Community College, Largo  
**JHCC** ..... John E. Howard Senior Activity Center  
**RVSC** ..... Riderwood Village Senior Living  
**TESO** ..... Temple Solel  
**UTC** ..... University Town Center  
**F2F** ..... Face-to-Face  
**Zoom** ..... Online

## INSTRUCTOR PGCC EMAIL ADDRESSES – SPRING 2026

Allison, Charlotte ..... allisoCX@pgcc.edu  
 Armstrong, Johnnette ..... armstrjc@pgcc.edu  
 Bacon, Russell ..... baconrj@pgcc.edu  
 Barthe, Carol ..... cbarthe19246@pgcc.edu  
 Bickford, Wayne ..... bickfowr@pgcc.edu  
 Boverman, Katrina ..... bovermkm@pgcc.edu  
 Brown, Barbara ..... brownbj@pgcc.edu  
 Bruce, Peggy ..... brucepl@pgcc.edu  
 Buford, Rinita ..... bufordrr@pgcc.edu  
 Bush-Shaw, Dionne ..... shawbudt@pgcc.edu  
 Carrington, Kathy ..... carrinky@pgcc.edu  
 Carter, Ashley ..... acarter68345@pgcc.edu  
 Cerrelli, Ezio ..... cerrelec@pgcc.edu  
 Chang, Chung-Jen ..... changcx@pgcc.edu  
 Choi, Young ..... choiyk@pgcc.edu  
 Cipriani, Vincent ..... cipriavx@pgcc.edu  
 Clary, David ..... clarydr@pgcc.edu  
 Clemens, Genevieve ..... gclemens5661@pgcc.edu  
 Cockrell, Cami ..... ccockrel@pgcc.edu  
 Crane, Michael ..... craneml@pgcc.edu  
 De Sanctis-Bracone, Dona ..... bracondD@pgcc.edu  
 Ehlers, Anne ..... ehlersam@pgcc.edu  
 Erteschik, Mary ..... ertescme@pgcc.edu  
 Fiestera, Robert ..... fiestera@pgcc.edu  
 Garner, Bella ..... garnerbt@pgcc.edu  
 Gibbons, Renee ..... gibbonra@pgcc.edu  
 Gleason, Michael ..... gleasoma@pgcc.edu  
 Gossage, Cynthia ..... gossagcp@pgcc.edu  
 Gray, Alice ..... grayal@pgcc.edu  
 Green, Rose ..... greenrd@pgcc.edu  
 Green, Rosemary ..... rgreen843@pgcc.edu  
 Holder, Troy ..... tholder10236@pgcc.edu  
 Jordan, Eric ..... jordanea@pgcc.edu  
 Hunn, Annette ..... hunnaa@pgcc.edu

Hylton, Zoe ..... zhylton7609@pgcc.edu  
 Jordan, Eric ..... jordanea@pgcc.edu  
 Kato, Linda ..... katoly@pgcc.edu  
 Klein, Maryse ..... kleinmx@pgcc.edu  
 Kowalski, Tamora ..... kowalstl@pgcc.edu  
 Leahy-Thielke, Faith ..... leahytfm@pgcc.edu  
 Lee, Raymond ..... leerp@pgcc.edu  
 Mabry, Cheryl ..... mabrycj@pgcc.edu  
 Martinez, Juan ..... martinjm@pgcc.edu  
 Marshall, Clinton ..... cmarshal5170@pgcc.edu  
 Miller, Barbara ..... millerbj@pgcc.edu  
 Pair, Shawnita D ..... pairsd@pgcc.edu  
 Patente, Peter ..... patentpj@pgcc.edu  
 Pilevsky, Dillies ..... dpilevsk4340@pgcc.edu  
 Robling, Marjorie ..... robliamn@pgcc.edu  
 Rudd, Bob ..... brudd2622@pgcc.edu  
 Ruffin, Raj ..... pruffin94470@pgcc.edu  
 Schreib, Lauren ..... schreilv@pgcc.edu  
 Shawhan, Julia ..... shawhajg@pgcc.edu  
 Shell, Susan ..... shellsj@pgcc.edu  
 Sieiro, Debbie ..... sieirods@pgcc.edu  
 Smith, Cathy ..... smithca1@pgcc.edu  
 Smith, Patricia ..... smithpx@pgcc.edu  
 Snowden, Yvette ..... snowdeyj@pgcc.edu  
 Stephenson, Ann ..... stepheam@pgcc.edu  
 Swanson, Darlene ..... swansodk@pgcc.edu  
 Torres, Edite ..... torresec@pgcc.edu  
 Verdi, Juliet ..... verdijc@pgcc.edu  
 Vitale-Reddy, Cecelia ..... cvitale81166@pgcc.edu  
 Widman, Arden ..... widmanat@pgcc.edu  
 Williams, Paula ..... pwilliam1266@pgcc.edu  
 Williams, Vanessa ..... williavr@pgcc.edu  
 Wilson, Elnora ..... wilsonex@pgcc.edu  
 Wright, Adelina ..... wrightax@pgcc.edu  
 Yamamoto, Ruth ..... ryamam100584@pgcc.edu  
 Yin, Won ..... wyin@pgcc.edu



## ARTS & ENTERTAINMENT

### ART HISTORY

#### ART 361 Art History on TV

This course examines the early art historians who brought fine art into homes through television, offering fresh perspectives and groundbreaking scholarship that transformed how audiences experienced art. Students will explore the evolution of televised art programming and its impact on public understanding and appreciation of the visual arts.

26379 M 2/9-5/18 9:30-11:30 a.m. CLCC Crane

### DESIGN & PRODUCTION OF CRAFTS

#### ART 903 All Levels Ceramics

This course introduces students of all levels to the fundamentals of ceramics, focusing on slip casting, mold use, hand-building with clay, and decorative painting techniques.

26538 W 2/11-5/13 1-3 p.m. DHSC Cockrell

#### ART 903 Portraits in Fabric

Faces are fascinating, and artists have created portraits for millennia. In this class, instead of charcoal, graphite, oil paint, watercolor, or acrylic, we will use thread and cloth. You may choose to make a portrait of someone real (a loved one, a pet, or a hero/heroine, for example), or you may work from your imagination. Some basic experience with hand sewing will be helpful.

26326 Tu 2/10-5/12 2-4 p.m. Zoom Gossage

#### ART 903 Beginning Hand Embroidery

Have you always wanted to learn to embroidery, or has it been a few years (or decades) since you learned? Join us for an introduction or reintroduction to the most basic and versatile stitches in a light, fun atmosphere.

26327 M 2/9-5/18 10 a.m.-12 p.m. Zoom Gossage

#### ART 903 Finish It Up! Fiber UFOs

In this class we will focus on strategies for overcoming the stumbling blocks that make it hard to finish all those fiber projects we start. We will talk about technical issues, artistic difficulties, and motivation. Come on in, and "Git 'em done!" All fabric projects are welcome.

26330 Th 2/12-5/14 2-4 p.m. Zoom Gossage

#### ART 903 Beginner Hand Embroidery

Have you always wanted to learn embroidery, or has it been years since you picked up a needle and thread? Join us for a relaxed, enjoyable class that introduces (or reintroduces) you to simple, classic stitches. Create beautiful designs while enjoying conversation, creativity, and a fun, social atmosphere.

26678 T 2/10-5/12 10 a.m.-12 p.m. UTC Gossage

#### ART 903 Intermediate Hand Embroidery

This class is ideal for those with some embroidery experience seeking new challenges and more complex stitches. Participants should be familiar with basic stitches such as backstitch, stem stitch, chain stitch, blanket stitch, and herringbone. (If you're not, consider starting with the Beginning Hand Embroidery class offered Monday mornings.)

26332 W 2/11-5/13 2-4 p.m. Zoom Gossage

#### ART 903 Portraits in Fabric

Faces are fascinating, and artists have created portraits for millennia. In this class, instead of charcoal, graphite, oil paint, watercolor, or acrylic, we will use thread and cloth. You may choose to make a portrait of someone real (a loved one, a pet, or a hero/heroine, for example), or you may work from your imagination. Some basic experience with hand sewing will be helpful.

26677 Th 2/12-5/14 10 a.m.-12 p.m. UTC Gossage

#### ART 903 Add Sculpture to Your Life: Become Three-Dimensional

Students will learn techniques for creating small to medium-sized three-dimensional wire figures that can stand alone as sculptures, as well as two-dimensional figures suitable for wall art. These pieces may also serve as armatures for clay projects. The course is taught by a professional sculptor with extensive experience and proven success teaching this class. A list of recommended, affordable aluminum wire materials will be provided via email prior to the start of class.

26399 W 2/11-5/13 1-3 p.m. Zoom Verdi

#### ART 903 Jewelry Making 4 Techniques

Take an in depth look at four techniques: wire wrapping, cord and Kumihimo (Japanese braiding), chain mail, and crimping to create earrings, bracelets and necklaces. A list of supplies, to be purchased by students, will be emailed before the first class.

26405 M 2/9-5/18 10 a.m.-12 p.m. Zoom Vitale-Reddy

**ART 903 Jewelry Making for Beginners**

An introduction to various beading methods such as elastic, cord, crimp, and wire wrap to create earrings, bracelets, and necklaces. A list of supplies, to be purchased by students, will be emailed before the first class.

26568 F 2/13–5/15 10 a.m.–12 p.m. BSC Vitale-Reddy

**ART 903 Beginning Hand Quilting**

Come learn how our parents and grandparents quilted! We will look at traditional patterns, learn how to draft templates, cut and stitch our fabrics, then add the beautiful running stitches that make an old-school quilt.

26328 Th 2/12–5/14 10 a.m.–12 p.m. Zoom Gossage

**PAINTING I FOR SENIOR CITIZENS****ART 911 Introduction to Watercolor**

This course in watercolor painting will begin with the basics introducing students to various brushes, paper, and paints. Then the students will dive into various painting techniques associated with different watercolor painting styles. A watercolor sketchbook, pencil, brushes, and a watercolor paint set is required for this course.

26457 M 2/9–5/11 1–3 p.m. UTC Schreib

**DRAWING FOR SENIOR CITIZENS****ART 913 Drawing I**

An introductory drawing course designed for students with little or no prior experience. Learn the fundamentals of contour line, proportion/scale, and value to develop realistic drawing skills. Projects include drawing from life and photographs. A supply list will be provided at the first class. Please bring a No. 2 pencil, paper for note-taking, and any drawing supplies you already own.

26509 M 2/9–5/19 6:30–8:30 p.m. BSC Allison

**ART 913 Hands, Feet, and Face Drawing**

This course in hands, feet, face drawing is for advanced students wanting to better their understanding of the most complex components in human anatomy. We will use several tools such as human proportions, linear/ non-linear perspective, and basic construction to enhance the way we approach hands, feet, and faces in our drawings. This course will require an 8.5x11 sketch pad, pencil, and eraser that will be the responsibility of the student. An intermediate to advanced knowledge of figure drawing is recommended, but not required for this course.

26458 M 2/9–5/11 3–5 p.m. UTC Schreib

**ART 913 Introduction to Figure Drawing**

The instructor will break down the human body into manageable shapes, discussing proportions, to explore how they work together in order to form an understanding of the human body and how to draw figures accurately. This course will require an 8.5x11 sketch pad, pencil, and eraser that will be the responsibility of the student.

26459 Tu 2/10–5/5 3:30–5:30 p.m. UTC Schreib

**STUDIO FINE ART****ART 918 Art Illustration**

Explore foundational and advanced watercolor methods for creating expressive and detailed illustrations. This course introduces students to a variety of watercolor techniques, including washes, layering, and texture-building, with an emphasis on visual storytelling. Participants will also have the option to incorporate traditional India ink and dip pen techniques to enhance line work and contrast. Suitable for artists of all levels seeking to develop or refine their illustrative style.

26510 Th 2/12–4/23 10 a.m.–1 p.m. BSC Allison

**ART 918 Portraiture**

Portraiture is a course designed to help students create a rendering of a person. Students will proportional measure and geometry to help in the process

26337 M 2/9–5/18 6–8 p.m. Zoom Ruffin

**ART 918 Studio Fine Art/Basic Art Fundamentals**

Art promotes brain activity, assists in the comprehension and appreciation of other disciplines, fosters creativity, community, and inventiveness, improves motor skills and hand/eye coordination, and communicates feelings, ideas, moods, and experiences. This is a class designed to offer basic art fundamentals, theory, and practice, encourage art interest, education, and skill, improve oral presentation skills, and creative thinking expression. Participants of all skill sets are welcome, and there are no prerequisites. Utilizing various tools and media, and through lecture, demonstrations, and hands-on activities, participants will create original, 2-dimensional works of art (drawing, painting, design, collage), apply art vocabulary, learn and apply the elements of Art, and principles of organization.

26315 W 2/11–5/13 11 a.m.–1 p.m. CGRC Williams

### ART 918 Art Workshop

This workshop offers dedicated studio time for exploring drawing, pen and ink wash, acrylic painting, and mixed media projects. Students are encouraged to bring works in progress for constructive critique, personalized feedback, and independent practice in a supportive environment.

26574 W 2/11–5/13 3–5 p.m. BSC Wilson

### DESIGN & PRODUCTION OF CRAFTS

#### ART 954 Advanced Stained Glass

This advanced course provides students with guidance and support as they plan and execute a self-directed stained glass project. Emphasis is placed on refining technique, exploring complex designs, and fostering independent artistic expression.

26514 M 2/9–5/18 12:30–4 p.m. BSC Cerrelli

#### ART 955 Ceramics

This course introduces students of all levels to the fundamentals of ceramics, focusing on slip casting, mold use, hand-building with clay, and decorative painting techniques.

26531 Tu 2/10–5/12 08:45–11:45 a.m. BSC Cockrell

26532 Th 2/12–5/14 9 a.m.–12 p.m. BSC Cockrell

#### ART 956 Beginner/Intermediate Stained Glass

Discover the art of stained glass! Learn the fundamentals of creating beautiful stained glass projects in this hands-on class designed for both beginners and intermediate students. Develop your skills in scoring, cutting, and assembling glass pieces using hand tools. Some manual dexterity is required.

27000 Sa 2/11–5/13 10 a.m.–1 p.m. LCC Holloman

#### ART 957 Watercolor Painting

This studio course is open to students of all levels, from beginners to advanced. Through a combination of lectures, demonstrations, and hands-on practice, students will explore various fine art techniques and materials. Emphasis is placed on skill development, creative exploration, and individual artistic growth in a supportive studio environment.

26564 W 2/11–5/13 10 a.m.–2:30 p.m. BSC Swanson

#### ART 958 Mixed Media, All Levels

This course is designed for students of all skill levels, from beginners to advanced. Participants will explore a variety of fine art media, including drawing, painting, and mixed media techniques. Instruction is delivered through engaging lectures, live demonstrations, and guided practice. Emphasis is placed on developing technical skills, creative expression, and a deeper understanding of visual art principles.

26566 Tu 2/10–5/12 9 a.m.–12 p.m. BSC Swanson

#### ART 958 Acrylic Painting and Multimedia

This course introduces beginning and intermediate students to painting techniques using acrylics and mixed media. Students will create artworks of their choice while exploring both limited and full color palettes. Emphasis is placed on developing personal style, experimenting with materials, and building foundational painting skills.

26578 F 2/13–5/15 12–3 p.m. BSC Wilson

#### ART 958 Beginning Drawing

This course develops beginning and intermediate drawing skills with a focus on shading techniques, media exploration, and the elements of art—including line, space, value, form, texture, and color. Students will build confidence while experimenting with various tools and approaches to drawing.

26580 M 2/9–5/12 9 a.m.–12 p.m. BSC Wilson

#### ART 958 Pen, Ink and Wash

This intermediate to advanced course focuses on developing shading techniques and mastering the elements of art through pen, ink, and wash drawing. A textbook is required.

26583 F 2/13–5/15 9 a.m.–12 p.m. BSC Wilson

## COMPUTERS & TECHNOLOGY

### INTRO TO PERSONAL COMPUTERS

#### DPR 548 Microsoft Office Suite

This beginner-friendly course is designed for anyone who feels unsure about using computers or has struggled to keep up in other computer classes. With a slow and supportive approach, you will build confidence as you learn essential computer fundamentals—turning the computer on and off, navigating the desktop, using the mouse, and managing files. Special focus will be placed on keyboarding skills to help you type with greater speed and accuracy. By the end of the course, you will have a strong foundation in basic computer use and be prepared for more advanced technology classes. No prior experience is needed.

26432 Th 2/12–5/14 9–11 a.m. UTC Gray, A

#### DPR 548 Basic Computer, Email and Microsoft Word Skills

This course is designed for beginners who want to build essential computer skills for everyday use. Participants will learn how to navigate a computer, send and receive emails, and create, format, and edit documents using Microsoft Word. Through hands-on instruction and guided practice, students will gain the confidence to perform basic digital tasks, communicate effectively online, and complete everyday word processing tasks with ease.

26998 F 2/13–5/15 11 a.m.–1 p.m. LCC Gibbons

27004 F 2/13–5/15 11 a.m.–1 p.m. LACC Hylton

26999 F 2/13–5/15 1–3 p.m. LCC Gibbons

### INTERMEDIATE COMPUTER SKILLS

#### DPR 573 Intermediate Computers: Turning old photos into slideshows

This class will cover converting old paper photographs to digital format, using software to make edit the images, and then using presentation software (Microsoft PowerPoint, Google Slides, etc.) make make intriguing slide-shows and stories. Excellent for showcasing old family photos, vacations, or years-in-review.

26527 Tu 2/10–5/12 1–3 p.m. BSC Clemens

#### DPR 573 Intermediate Computer Skills – Exploring Google Workspace

Build on your existing computer skills by exploring the powerful, free apps available through Google. In this course, you will discover advanced features of Gmail, practice creating and editing documents, spreadsheets, and presentations in Google Drive, and explore additional tools within Google Workspace. The skills gained in this class are highly transferable and can be applied to other platforms, including Microsoft Office.

26530 Tu 2/10–5/12 9:30–11:30 a.m. BSC Clemens

## ENRICHMENT & GROWTH

### INTRODUCTION TO IMPROV

#### COM 900 Introduction to Improv

This class offers an engaging introduction to the art of theatrical improvisation, welcoming those new to improv as well as individuals with some prior experience. Participants will build foundational skills, stretch their creativity, and enjoy a fun, supportive environment. Beyond entertainment, improv helps boost confidence, enhance social skills, and sharpen quick thinking. People of all ages can benefit from this dynamic art form.

26413 M 2/9–5/11 1–3 p.m. GRCC Yamamoto

#### COM 900 Intermediate Improv

This class builds on foundational improv skills, encouraging participants to stretch their creativity in a fun and supportive environment. Beyond entertainment, improv helps boost confidence, enhance social skills, and sharpen quick thinking. Open to people of all ages, this follow-up course is designed for those who have completed at least one semester of the introductory improv class or have instructor approval.

26585 F 2/13–5/15 9:30–11:30 a.m. BSC Yamamoto

### CREATIVE CRITICAL THINKING

#### ENR 467 Creative Critical Thinking

This course is designed to help maintain and enhance memory, problem-solving, and reasoning skills. Through engaging activities such as brain games, music, and memory exercises, students will strengthen cognitive abilities while having fun in a supportive and stimulating environment.

26453 Th 2/12–5/14 10 a.m.–12 p.m. UTC Hunn



## AUTOBIOGRAPHICAL WRITING

### SKB 419 Autobiographical (Memoir) Writing

Writers of all levels will enjoy this friendly, participatory, noncompetitive class. Students write short personal essays weekly using suggestions and prompts and share them with the class. All levels.

26388	Tu	2/10–5/12	10 a.m.–12 p.m.	Zoom	Smith, C
26393	Tu	2/10–5/12	2–4 p.m.	CLCC	Smith, C
26390	F	2/13–5/15	10 a.m.–12 p.m.	Zoom	Smith, C
26391	F	2/13–5/15	1–3 p.m.	Zoom	Smith, C

### SKB 419 Living Your Legacy: Honoring the Journey, Sharing the Wisdom

Living Your Legacy is a reflective and creative course for adults age 60+ to explore life lessons, meaningful memories, and the stories that shaped them. Through guided conversations and journaling, participants will create a personal Legacy Notebook to celebrate their journey and preserve their wisdom for future generations.

26543	Tu	2/10–4/7	10–11:30 a.m.	DHSC	Snowden
-------	----	----------	---------------	------	---------

## FINANCE

### FINANCIAL LITERACY

#### FIN 901 Estate Planning (Virtual)

This course provides practical guidance on how to protect assets, minimize taxes, and ensure wishes are honored. Learn the essentials of wills, trusts, powers of attorney, and health care directives to create a clear and effective estate plan.

26323	Th	2/12–5/14	12–2 p.m.	Zoom	Garner
-------	----	-----------	-----------	------	--------

#### FIN 901 Financial Literacy

This course covers the fundamentals of financial planning in retirement—from managing income and expenses to understanding Social Security, Medicare, investments, and tax planning.

26324	W	2/11–5/13	12–2 p.m.	Zoom	Garner
-------	---	-----------	-----------	------	--------

### FIN 901 Estate Planning

This course provides an introduction to the fundamentals of estate planning, including wills, trusts, and taxation, with a special emphasis on issues most relevant to seniors. Students will explore how current tax laws—and proposed changes—affect planning decisions and financial security. Through frequent class discussions, participants will compare multiple planning strategies and consider their advantages and challenges. Special topics may include housing and downsizing, charitable giving, Social Security, health care planning, and investment alternatives. Designed to be both practical and interactive, this course helps participants better understand their options for protecting assets, supporting loved ones, and planning for the future.

26569	W	2/11–5/13	2–4 p.m.	BSC	Widmann
-------	---	-----------	----------	-----	---------

## HEALTH & FITNESS

### BOWLING (BEGINNER)

#### ATH 352 Bowling

This course introduces the fundamentals of bowling. Students will learn proper stance, grip, and delivery techniques, as well as scoring and basic rules of the game. Designed for beginner to intermediate bowlers, the class focuses on skill development, coordination, and social interaction while promoting physical activity and enjoyment.

26635	Tu	1/20–4/28	12:30–3:30 p.m.	CBC	Bickford
-------	----	-----------	-----------------	-----	----------

### WALKING & HIKING FOR SENIORS

#### ATH 400 Walking & Hiking for Seniors

This course is designed to help senior adults understand and experience the benefits of walking as a way to counteract the effects of aging and age-related diseases. Prerequisite: Students must be able to walk a minimum of two miles.

26639	TH	1/22–4/30	11:30 a.m.–3:30 p.m.	Largo, CE 111	Snowden
-------	----	-----------	----------------------	---------------	---------

## HEALTH & FITNESS FOR SENIORS

### ATH 911 Health & Fitness for Seniors

This two-hour senior fitness class is designed to improve strength, flexibility, and balance through a variety of low-impact exercises tailored to meet the needs of older adults. The session also promotes overall physical wellness with guided movement, functional training, and relaxation techniques to support healthy aging and mobility.

26638 T/TH 1/20-4/28 9-11 a.m. Largo, NOVAK  
Jordan, Pair, Carter, Clary

26640 T/TH 1/20-4/28 9-11 a.m. BCC Gleason

## THERAPEUTIC AQUATIC EXERCISE

### ATH 930 Therapeutic Aquatic Exercise

This low-impact aquatic fitness class is designed specifically for older adults seeking to enhance their overall health and mobility in a safe, supportive environment. Utilizing the natural resistance and buoyancy of water, participants will engage in exercises that promote cardiovascular endurance, muscular strength, flexibility and balance - while minimizing stress on the joints. Bring water weights, towel, swim shoes and water.

26329 W/F 1/21-5/1 10:15-11:45 a.m. CGRC Carrington

26322 W/F 1/21-5/1 12-1:30 p.m. CGRC Carrington

26645 M/W/F 1/21-5/1 9-9:55 a.m. Largo, NAT  
Mabry, Snowden, Pair

26643 M/W/F 1/21-5/1 10-10:55 a.m. Largo, NAT  
Mabry, Snowden, Pair

26644 M/W/F 1/21-5/1 11-11:55 a.m. Largo, NAT  
Mabry, Snowden, Pair

26641 M/W/F 1/21-5/1 8-9 a.m. ARAC  
Jordan, Clary, Holder

26642 M/W/F 1/21-5/1 9-10 a.m. ARAC  
Jordan, Clary, Holder

## HEALTHY LIVING

### HES 905 Guided Meditation

This course introduces the basic principles and benefits of meditation through guided practice and discussion. Participants will learn techniques to slow down, cultivate mindfulness, and deepen self-awareness. Designed as a peaceful retreat from daily stresses, the class also fosters connection with others in a supportive environment. Whether new to meditation or seeking to enhance your practice, you will discover tools to promote relaxation, focus, and overall well-being.

26303 W 2/11-5/13 3:45-4:45 p.m. Zoom Boverman

### HES 905 Nutrition

This course covers essential health topics with a focus on how nutrition affects the body's well-being. Through informative discussions and practical insights, participants will gain a better understanding of healthy eating and its impact on overall health. Bring paper and pen for note-taking and active participation.

26312 Th 2/12-5/14 10-11 a.m. Zoom Carrington

### HES 905 Chair Pilates

Enhance your flexibility, mobility, core strength, and balance through gentle, chair-based exercises designed for all fitness levels. This class offers a safe and supportive environment to improve your overall wellness while using a chair for stability and support. Participants should bring water, a nine inch Pilates ball, and socks to fully engage in the exercises.

26299 M 2/9-5/18 2:45-3:45 p.m. CGRC Carrington

### HES 905 Chair Yoga Somatic Movement

This class combines gentle chair yoga movements with somatic practices, emphasizing mindful movement and body awareness. It helps improve flexibility, reduce tension, and promote overall well-being. Ideal for individuals with mobility limitations or anyone seeking a gentle, accessible approach to movement.

26320 Tu 2/10-5/12 9-10 a.m. Zoom Erteschik

### HES 905 Mindfulness and Meditation

Each week, we explore a variety of guided meditations alongside educational presentations on how meditation promotes wellness for both mind and body. Participants are encouraged to create a comfortable resting space and bring blankets, pillows, and neck support for optimal relaxation.

26321 M 2/9-5/18 5-6 p.m. Zoom Erteschik

### HES 905 Zumba Gold Toning

This low intensity dance fitness class moves at your pace, enhancing muscle strength, tone and endurance. Using no more than 1lb light hand weights/toning sticks to shake and sculpt your way to a healthy body for an active lifestyle.

26336	Th	2/12-5/14	9-10 a.m.	CPVF	Green
26308	Th	2/12-5/14	12-1 p.m.	CGRC	Green

### HES 905 Zumba Gold

This modified Zumba dance fitness class recreates the original moves you love at a lower intensity. The choreography emphasizes balance, range of motion, and coordination, making it accessible for all fitness levels.

26549	M	2/9-5/18	9-10 a.m.	BSC	Green
-------	---	----------	-----------	-----	-------

### HES 905 Rebounder Beginner and Intermediate

Looking for a fun way to exercise? Try rebounding on a mini trampoline, also known as a rebounder. This low-impact, high-intensity workout offers numerous health benefits, including improved heart health, lymphatic system stimulation, and stress reduction. Ideal for seniors and anyone seeking an enjoyable way to boost energy and stay active. Bouncing on a rebounder is both effective and fun!

26338	T/TH	2/10-5/14	4-4:30 p.m.	Zoom	Shell
-------	------	-----------	-------------	------	-------

### HES 905 Beginner Swimming

Gain confidence in the water while learning essential swimming and safety skills. This class introduces participants to water acclimation, safe practices, and effective breathing techniques. Build foundational skills such as floating, treading water, kicking, and the basics of common swimming strokes—all in a supportive and encouraging environment.

26382	T/Th	2/10-5/14	11:30 a.m.-12 p.m.	CLCC	Shell
-------	------	-----------	--------------------	------	-------

### HES 910 Nutrition for Healthy Aging

As we mature, many of our nutritional needs start to shift. Come learn how to accommodate those changes while still enjoying food in a supportive, non-judging community.

26331	M	2/9-5/18	2-4 p.m.	Zoom	Gossage
-------	---	----------	----------	------	---------

### HES 910 Balance & Flexibility

Learn to prevent falls and remain independent. Both standing and seated exercises, moving to music from the 50s and 60s.

26374	W	2/11-5/13	9:30-11:30 a.m.	LACC	Armstrong
-------	---	-----------	-----------------	------	-----------

### HES 910 Cardio Aerobics

This chair and standing aerobics class is designed to raise your heart rate in a low impact way, while moving to the sound of Motown!

26375	Tu	2/10-5/12	9:30-11:30 a.m.	LACC	Armstrong
-------	----	-----------	-----------------	------	-----------

### HES 910 Cardio Group Dance

Get ready to rock out to classic oldies hits while enjoying a fun and energizing workout! This low-impact cardio dance class features easy-to-follow moves designed to boost your heart rate, improve coordination, and increase stamina—all while keeping the fun factor high. Perfect for all fitness levels, this class combines great music with a supportive atmosphere to help you stay motivated and active.

26376	F	2/13-5/15	9:30-11:30 a.m.	LACC	Armstrong
-------	---	-----------	-----------------	------	-----------

### HES 910 Morning Stretching and Meditation

This class helps the body release muscle tension, boost circulation, and improve muscle control through gentle, mindful movements set to soft, soothing music. The session concludes with a relaxing chair meditation to calm the mind and promote overall well-being.

26377	M	2/9-5/18	9:30-11:30 a.m.	LACC	Armstrong
-------	---	----------	-----------------	------	-----------

### HES 910 Strength Training

A total body workout using light weights designed to build lean muscle mass and improve muscular endurance. Suitable for all fitness levels seeking strength and tone in a supportive environment.

26378	Th	2/12-5/14	9:30-11:30 a.m.	LACC	Armstrong
-------	----	-----------	-----------------	------	-----------

### HES 910 Hand Dancing

Learn Beginner and Intermediate hand dance, Bop, and Cha Cha, focusing on fancy footwork, turns, and dance etiquette for both male and female dancers. The class covers social dance moves and techniques suitable for all levels, from beginner to advanced.

26289	M	2/9-5/18	4-6 p.m.	CGRC	Bacon
-------	---	----------	----------	------	-------

### HES 910 Line Dancing for Seniors - All Levels

This lively exercise class combines rhythmic movement with mental engagement to boost stamina, improve flexibility, and enhance coordination. Participants will enjoy learning line dance routines that promote cardiovascular health and mental alertness while providing a fun way to reduce stress and increase overall well-being.

27787	M	2/9-5/18	10:15 a.m.-12:15 p.m.	CGRC	Brown
-------	---	----------	-----------------------	------	-------

26511	Tu	2/10-5/12	1-3 p.m.	BSC	Brown
-------	----	-----------	----------	-----	-------

### HES 910 Strength Training

Improve balance and strength while toning and developing lean muscle. Bring water, dumbbells, and strength bands.

26313 T/Th 2/10–5/14 8–9 a.m. Zoom Carrington

### HES 910 Chair Aerobics

This chair aerobics class is designed to enhance flexibility, mobility, and strength through low-impact, seated exercises suitable for all fitness levels. Using a chair for support, along with light dumbbells and a strength band, you'll engage in movements that promote joint health, muscle tone, and cardiovascular wellness in a safe and accessible way. Please bring a sturdy chair, light dumbbells, a strength band, water to stay hydrated, and plenty of energy to participate fully.

26304 W/F 2/11–5/16 2:30–3:30 p.m. CGRC Carrington

### HES 910 Nutrition

This informative course delves into how the foods we eat affect our overall health and well-being. Participants will learn about nutrition principles, the relationship between diet and various health conditions, and practical tips for making healthier food choices. Bring a pen and paper to take notes and engage in discussions.

26307 M 2/9–5/18 12:30–2:30 p.m. CGRC Carrington

### HES 910 Tai Chi

Tai chi is an exercise with the movement of one's head, eyes, arms, hands, body, legs, and feet done in coordination with one's mind and respiration.

26515 M 2/9–5/18 10:30 a.m.–12:30 p.m. BSC Chang

26516 W 2/11–5/13 1:30–3:30 p.m. BSC Chang

### HES 910 Tai Chi Dao Yin

Tai Chi Dao Yin is a remarkable stretching and breathing exercise derived from tai chi and various Taoist chi kung exercises. It emphasizes whole-body muscular relaxation, flexibility, and toning. Increase circulation, free the movement of joints, and bring chi to every part of body.

26517 Th 2/12–5/14 1:30–3:30 p.m. BSC Chang

### HES 910 Tai Chi Intermediate

In this class, we will practice "Chen style tai chi", the oldest tai chi style in China. It intensifies the body exercise to improve the strength and chi by circular or spiral motion.

26518 Th 2/12–5/14 10:30 a.m.–12:30 p.m. BSC Chang

### HES 910 Brain Fitness Fun and Games

Brain Fitness Fun and Games combines mentally stimulating activities, social interaction, and a little competition to maintain and enrich mental sharpness. Engage in activities and games that target memory, critical thinking, visualization, and cognitive abilities, including Think Fast, Memory Challenge, Word Games, Problem Solving, and Group Discussions. So put on your thinking cap and prepare to think hard, compete passionately, and laugh out loud.

26325 M 2/9–5/18 3–5 p.m. Zoom Gibbons

27005 Th 2/12–5/14 1–3 p.m. DHSC Gibbons

26997 Tu 2/10–5/12 11 a.m.–1 p.m. Largo, CPA 119 Gibbons

### HES 910 Healthy Living

Discover fun and engaging ways to stay active—both physically and mentally. This class combines light fitness activities such as Sittercise with stimulating cognitive exercises like brain teasers and games. Students will build strength, flexibility, and mental sharpness while enjoying a supportive and social environment that promotes overall wellness.

26454 W 2/11–5/13 2–4 p.m. UTC Hunn

### HES 910 Beginner Yoga

This yoga class will teach various yoga poses and movements for new or experienced students. Please bring a yoga mat, towel or cover up, water ball and 10 foot strap if desired.

26551 Sa 2/14–5/16 8:30–10:30 a.m. BSC Robling

### HES 910 Intermediate Yoga

This yoga class will teach various yoga poses and movements suitable for newer students as well as experienced students. Please bring a yoga mat, towel or cover up, water ball and 10 foot strap if desired.

26552 Sa 4/14–5/16 10:30 a.m.–12:30 p.m. BSC Robling

### HES 910 Aerobics Balance

This class combines aerobics, balance, stability, and flexibility exercises designed to help prevent falls, improve stability, and boost cardiovascular health by increasing heart rate and oxygen intake. Suitable for beginners and intermediate students. Please bring a towel, weights, and a water bottle.

26339 T/Th 2/10–5/14 9–10 a.m. Zoom Shell



### HES 910 Chair Yoga

This class focuses on exercises to improve muscle tone, stability, and flexibility, with an emphasis on mindful breathing. Participants will need a yoga mat, two yoga blocks, and a foot massager ball (available on Amazon for \$6.99).

26392 T/Th 2/10–5/14 10:30–11:30 a.m. Zoom Smith, P

### HES 910 Gentle Yoga

This class teaches various yoga poses and exercises for beginners, and practitioners. Please bring a yoga mat, two yoga blocks, a towel and water.

26407 M 2/9–5/12 1:30–3:30 p.m. GRCC Smith, P

26411 W 2/11–5/13 1:30–3:30 p.m. GRCC Smith, P

### HES 910 Movement, Strength, Stretch

This class features 20 minutes of aerobic dance, followed by upper and lower body strength training, and concludes with stretching. Please bring two pairs of dumbbells weighing three, four, or five pounds each.

26412 T/Th 2/10–5/14 1–2 p.m. GRCC Smith, P

### HES 910 Chair Yoga with Weights & Standing Yoga & Classic Tai Chi

This class includes 50 to 60 minutes of chair yoga focused on stretching, toning, and strength building with light weights, followed by standing yoga to improve balance. The session concludes with 50 to 60 minutes of tai chi, designed to enhance both brain function and balance.

26460 Tu 2/10–5/12 10:30 a.m.–12:30 p.m. Zoom Verdi

### HES 910 Allergy-Free Fabulous Recipes Cooked in Your Kitchen on Zoom

Join this interactive Zoom cooking class where recipes are emailed a week in advance, complete with shopping tips. Cook along in real-time and ask questions as you prepare delicious dishes from around the world. Recipes cater to vegetarian, vegan, gluten-free, sugar-free, nut-free, and low-salt diets—ensuring flavorful meals for every lifestyle.

26400 F 2/13–5/15 2:30–4:30 p.m. Zoom Verdi

### HES 910 Chair & Standing Yoga & Light Weights Fusion with Classic Tai Chi

Enjoy 45 to 50 minutes of chair yoga focused on stretching, toning, and light weights for strength building, followed by standing yoga to improve balance. The session concludes with 45 to 50 minutes of tai chi, designed to enhance both brain function and balance.

26402 S 2/14–5/16 10 a.m.–12 p.m. Zoom Verdi

### HES 910 Chair Pilates, Weights, & Ballet Barre and Classic Tai Chi

This class features low-impact exercises focused on strength, balance, and flexibility. Enjoy 30 minutes of Chair Pilates with weights, followed by 30 minutes of Senior Ballet Barre using a chair for balance—offering a safe and effective workout. The session concludes with 50 to 60 minutes of Classic tai chi to enhance mind-body harmony.

26403 Th 2/12–5/14 10:30 a.m.–12:30 p.m. Zoom Verdi

### HES 910 Everyday Feels Like Saturday

Remember the feeling of Saturday—the sense of freedom that comes with being fully present. In this time of transition, from what was to what is, we will explore self-awareness, learning to observe ourselves, adjust or release what no longer serves us, and cultivate peace in the present moment.

26410 Th 2/12–5/14 4–6 p.m. Zoom Williams

26571 F 2/13–5/15 1–3 p.m. BSC Williams

### HES 910 Water Aerobics

This class combines aerobics, balance, stability, and flexibility exercises designed to help prevent falls, improve stability, and boost cardiovascular health by increasing heart rate and oxygen intake. Suitable for beginners and intermediate students. Please bring a towel, weights, and a water bottle.

26383 T/Th 2/10–5/14 10:30–11:30 a.m. CLCC Shell

### HES 914 Chair Aerobics

This chair aerobics class is designed to enhance flexibility, mobility, and strength through low-impact, seated exercises suitable for all fitness levels. Using a chair for support, along with light dumbbells and a strength band, you will engage in movements that promote joint health, muscle tone, and cardiovascular wellness in a safe and accessible way. Please bring a sturdy chair, light dumbbells, a strength band, water to stay hydrated, and plenty of energy to participate fully.

26314 M/W/F 2/9–5/15 8–9 a.m. Zoom Carrington

### HES 914 Strength Training

This fitness class will teach strength training & muscle coordination, using dumbbells/free weights & machines.

26311 T/Th 2/10–5/14 5–6:30 p.m. CGRC Green, Rose

### HES 914 Pilates Beginner and Intermediate

With consistent practice, Pilates enhances overall posture by promoting proper spinal alignment and body awareness. It helps correct muscle imbalances by strengthening weak muscles and stretching tight ones. By focusing on core strength, Pilates builds a stable foundation that supports efficient and safe movement throughout daily activities and other physical exercises. Please bring a mat, light weights, and water.

26340 M/W/F 2/9–5/15 9–10 a.m. Zoom Shell

26386 M/W/F 2/9–5/15 10:30–11:30 a.m. CLCC Shell

### HES 914 Aerobics/Balance Beginner and Intermediate

This class teaches a variety of aerobic, balance, stability, and flexibility exercises aimed at fall prevention, improving stability, and boosting cardiovascular health by increasing heart rate and oxygen intake. Designed for beginners and intermediate students. Please bring a towel, weights, and a water bottle.

26389 M/W/F 2/9–5/15 11:30 a.m.–12:30 p.m. CLCC Shell

## HISTORY

### WORLD RELIGIONS

#### ENR 483 A Virtual Exploration of World Religions

Curious about the world's great religions? This interactive course explores the origins and key figures of Hinduism, Islam, Judaism, Christianity, and Buddhism. You will not only discover their historical roots and teachings but also experience their traditions firsthand—learning spiritual chants, singing some of the earliest Christian hymns, and participating in engaging activities and games that bring these faiths to life.

26484 M 2/9–5/18 6–7 p.m. Zoom Wright

## CURRENT ISSUES

### ENR 903 Current Issues

This course offers a weekly review of local, national, and international news stories, providing students with up-to-date information on current events. Through guided discussions, participants are encouraged to share perspectives, ask questions, and deepen their understanding of the issues shaping our world today. The class fosters critical thinking and informed dialogue in a supportive environment.

26317 M 2/9–5/18 10 a.m.–12 p.m. Zoom Cipriani

26318 M 2/9–5/18 1–3 p.m. Zoom Cipriani

26525 Tu 2/10–5/12 10 a.m.–12 p.m. BSC Cipriani

### ENR 903 Current Events & Issues: Civil Dialogue Rooted in Today's Headlines and History

This current events class is designed to foster engaging discussions, encourage the respectful exchange of diverse opinions, and create meaningful teachable moments through the lens of modern American history. Each week, we will explore recent headlines and major issues in a neighborly, conversational setting—making connections between today's news and the historical context that helps us better understand it. You will find a welcoming space for thoughtful dialogue, fresh perspectives, and the opportunity to build lasting connections with fellow participants.

26335 Th 2/12–5/14 10 a.m.–12 p.m. Zoom Rudd

26342 W 2/11–5/13 10 a.m.–12 p.m. TESO Rudd

26503 M 2/9–5/18 2–4 p.m. UTC Rudd

### ENR 903 Red States, Blue States: How America Got Here and Where It's Headed

Explore the historical roots and contemporary impact of political and social divisions in the United States, with a focus on their influence on recent and upcoming mid-term elections. Through a blend of lectures and guided discussions, students will examine how key events, policies, and cultural shifts have shaped today's political landscape. Participants are encouraged to draw on their own life experiences to foster meaningful dialogue, gain insight into differing perspectives, and deepen their understanding of the challenges and opportunities facing the nation.

26502 Th 2/12–5/13 10 a.m.–12 p.m. UTC Rudd

26553 Th 2/12–5/14 10 a.m.–12 p.m. BSC Rudd

## WORLD HISTORY

### HIS 378 Mankind Begins

Reaching back to human emerging around the globe, we will review the evidence of mankind from the physical that scientists have discovered. Each stage of advancement in living will be followed as part of our class.

26485 M 2/9-5/18 1-3 p.m. GRCC Crane

### HIS 378 Modern China

During our lifetime China has become a major global power in politics and the economy. Since the 1860s European powers have treated the people and customs of China as possessions external powers. Two thousand years of history have been blended into a modern nation.

26534 Th 2/12-5/14 2-3 p.m. BSC Crane

## AMERICAN HISTORY

### HIS 916 American History - Select Topics

Explore key events and influential figures in United States history from 1890 to the 1980s through weekly videos, music, and guided discussions. Each session will bring the past to life, offering context and conversation around pivotal moments in American history.

26319 Th 2/12-5/14 1-3 p.m. Zoom Cipriani

26526 Tu 2/10-5/12 12:30-2:30 p.m. BSC Cipriani

### HIS 916 Great American Conspiracies

From the founding of the nation to the present day, conspiracy theories have shaped how Americans interpret major historical events. This course takes a critical look at a different conspiracy each week—examining the evidence, context, and cultural impact behind topics such as the assassinations of Lincoln, JFK, RFK, and MLK; Area 51 (and beyond); DARPA; 9/11; extraterrestrial encounters; and COVID-19. Join us for an eye-opening exploration of how history, myth, and mystery often intertwine.

26554 Th 2/12-5/14 2:15-4:15 p.m. BSC Rudd

## HUMANITIES

## LITERATURE

### ENR 380 Contemporary American Literature

Discover the voices shaping today's literature. This course invites students to read and discuss works by living authors from diverse genres and backgrounds, uncovering both familiar experiences and new perspectives that highlight our shared humanity. This semester's focus includes complete texts from four genres: poetry, novel, drama, and graphic memoir. Each class blends biographical and cultural context, exploration of genre conventions, and literary analysis through a mix of direct instruction, small group discussions, and student-led presentations.

26414 M 2/9-5/18 10 a.m.-12 p.m. UTC Ehlers

## LITERATURE AN EXPLORATION

### ENR 380 Literature an Exploration

Dive into the art of storytelling through a variety of forms and genres. Students will read and discuss short stories, books, plays, skits, and historical writings while discovering how different styles shape meaning and expression. This interactive course provides an enjoyable and creative learning experience designed to spark imagination and deepen appreciation for the written word.

26437 F 2/13-5/15 12-2 p.m. UTC Hunn

### ENR 380 Shakespeare in 1599

In this course, we will read and explore three of Shakespeare's plays written in 1599: Henry V, As You Like It, and Hamlet. Participants are required to have a readable copy of each play.

26300 Tu 2/10-5/12 1-3 p.m. Zoom Barthel

### ENR 380 Short and Sweet: Literature and Exploration

Short stories are timeless in the magical ability to help us make human connections with the author, the narrative, each other and ourselves. We will be reading and discussing stories, seeing related movies and analyzing both. Authors: Katherine Ann Porter, Isaac Babel, Isaac Bashevis Singer, Ernest Hemingway, and F. Scott Fitzgerald

26334 Tu 2/10-5/12 10 a.m.-12 p.m. Zoom Pilevsky

## LANGUAGES

### AMERICAN SIGN LANGUAGE FOR BEGINNERS

#### COM 901 ASL Beginner

This beginner ASL class, held via Zoom, teaches the fundamentals of basic American Sign Language communication. Students will learn proper hand orientation, the alphabet, numbers, greetings, and family-related signs. A tablet, iPad, or computer is required to participate.

26306	Th	2/12-5/14	3-5 p.m.	Zoom	Bruce
-------	----	-----------	----------	------	-------

26310	Th	2/12-5/14	7-9 p.m.	Zoom	Bruce
-------	----	-----------	----------	------	-------

#### COM 901 ASL Beginner

This beginner ASL class teaches the fundamentals of basic American Sign Language communication. Students will learn proper hand orientation, the alphabet, numbers, greetings, and family-related signs.

26512	M	2/9-5/18	12-2 p.m.	BSC	Bruce
-------	---	----------	-----------	-----	-------

#### COM 901 ASL Intermediate

This intermediate ASL class focuses on expanding vocabulary and enhancing sign communication skills through discussions on a wide range of topics. Students should have completed Beginner ASL and are encouraged to communicate “voice-off” throughout the class to build fluency.

26513	M	2/9-5/18	2-4 p.m.	BSC	Bruce
-------	---	----------	----------	-----	-------

#### COM 901 ASL Lab

This lab provides students with opportunities to improve both receptive and expressive signing skills through practice with vocabulary, sentence structure, and conversational discussions about daily routines. Completion of Beginner ASL is required.

26309	W	2/11-5/13	4-6 p.m.	Zoom	Bruce
-------	---	-----------	----------	------	-------

### BEGINNER SPANISH

#### LGE 333 Beginner Spanish

In this course we will learn by using the language in context. This includes reading articles, watching videos, playing games, listening exercises, songs. We will also carry out oral presentations, as well as a written assignment via Canvas, including discussion forums.

26567	W	2/11-5/13	10 a.m.-12 p.m.	DHSC	Martinez
-------	---	-----------	-----------------	------	----------

#### LGE 333 Beginner Spanish 1+

In this ongoing class, students will continue to develop their speaking, reading, and writing skills in Spanish. Participants should already have a foundation in basic vocabulary and be able to conjugate regular verbs. Emphasis will be placed on expanding language fluency through practical application and interactive activities.

26455	Th	2/12-5/14	10 a.m.-12 p.m.	UTC	Miller
-------	----	-----------	-----------------	-----	--------

#### LGE 333 Spanish I, Level 2

This course builds on the foundations of Beginner's Spanish I by expanding essential vocabulary and strengthening grammar skills. Students will review core verbs—ser, estar, tener, and ir—as well as regular conjugations, while progressing to irregular and special verbs. Emphasis is placed on practical vocabulary development and increased proficiency in everyday communication.

26398	Tu	2/10-5/12	12:15-2:15 p.m.	GRCC	Sieiro
-------	----	-----------	-----------------	------	--------

#### LGE 333 Beginners Spanish 1, Level 3

This follow-up to Beginner's Levels 1 and 2 builds confidence in verb conjugation, focusing on both regular verbs and the six common irregulars with their specific uses, as well as the present progressive. Emphasis is placed on mastering irregularities of the present tense through verb drills, classroom practice, and daily Q&A activities submitted via email.

26555	F	2/13-5/15	12:15-2:15 p.m.	BSC	Sieiro
-------	---	-----------	-----------------	-----	--------

#### LGE 333 Beginner Spanish 2

In this ongoing class, students will continue developing their communication skills. All students should be able to describe themselves, their interests, and their daily activities.

26456	Tu	2/10-5/12	10 a.m.-12 p.m.	UTC	Miller
-------	----	-----------	-----------------	-----	--------

#### LGE 333 Beginning Spanish II, Level 3

This course provides a comprehensive review and reinforcement of grammar, listening, and speaking skills introduced in Levels 1 and 2. Students will strengthen their understanding of key grammatical structures and actively apply them in classroom activities. Emphasis is placed on interactive practice through small-group discussions, collaborative tasks, and class presentations to build intermediate proficiency.

26562	M	2/9-5/18	12:15-2:15 p.m.	BSC	Sieiro
-------	---	----------	-----------------	-----	--------



### LGE 333 Beginner Spanish 5

In this class we will learn by using the language in context. This includes reading, watching videos, listening exercises, songs. We will learn how to introduce ourselves, talk about what we like and don't like, and we will also learn how to express our routines and hobbies. Furthermore, we will learn how to communicate all the above about another person or group of people (relative, friend or celebrity). We will touch on more complex grammar, tenses, and vocabulary concepts, than in previous levels through context and meaningful practice. The instructional material for this course will be shared through Canvas, including discussion forums.

26565 M 2/9-5/18 3-5 p.m. Zoom Martinez

### FRENCH: BEGINNER I

#### LGE 337 French Beginner II

This course continues the introduction to basic French grammar, reading, pronunciation, and writing. Students will participate in language-immersion activities to strengthen simple listening comprehension and speaking skills, building confidence in everyday communication.

26395 M 2/9-5/18 12-2 p.m. Zoom Torres

### FRENCH II

#### LGE 338 French Intermediate I

This course is designed to strengthen foundational skills in French grammar, reading, pronunciation, and writing. Through language-immersion activities, students will build greater confidence in listening comprehension and conversational speaking, preparing them for more advanced communication in French.

26396 Tu 2/10-5/12 11 a.m.-1 p.m. Zoom Torres

#### LGE 338 French Intermediate II

This course continues the development of grammar, reading, pronunciation, and writing skills in French. Students will enhance their confidence and fluency through immersive, interactive activities focused on more complex language structures and real-world communication. Emphasis will be placed on expanding vocabulary, refining conversational ability, and improving comprehension in a variety of contexts.

26397 W 2/11-5/13 11 a.m.-1 p.m. Zoom Torres

### INTRODUCTION TO GERMAN

#### LGE 340 Beginning/Intermediate German

This course focuses on building real-world oral and written proficiency in German—covering the nuances, context, and communication skills that apps cannot teach. Through interactive speaking exercises, writing practice, and cultural exploration, students will deepen their fluency and confidence in using German in everyday situations.

26550 Tu 2/10-5/12 10 a.m.-12 p.m. BSC Leahy-Thielke

### INTERMEDIATE SPANISH

#### LGE 381 Intermediate Spanish

In this class we will learn by using the language in context. This includes reading, watching videos, listening exercises, songs, as well as reviewing or improving what we already know. We will get to know each other, talk about what we like and don't like, and we will also learn how to express our routines and hobbies and those of others. Furthermore, we will touch on more complex grammar and vocabulary, such as the different forms of the past tense, the future, as well as conditional and subjunctive modes through context and meaningful practice. The instructional material for this course will be shared through Canvas, including discussion forums.

26586 Tu 2/10-5/12 1-3 p.m. Zoom Martinez

#### LGE 381 Intermediate Spanish I, Level 1

This course reinforces the use of the subjunctive, including imperatives and basic applications, while reviewing all major tenses: present, preterite, imperfect, present perfect, progressive forms, and future. The 13-week course is structured in three segments of four weeks each, culminating in a final class presentation in which students demonstrate mastery of the grammatical structures learned.

26556 F 2/13-5/15 10 a.m.-12 p.m. BSC Sieiro

#### LGE 381 Intermediate Spanish Conversation

In this course we will learn by using the language in context. This includes videos/podcasts, news articles, as well as getting to know each other. We will focus on our speaking skills.

26588 M 2/9-5/18 1-3 p.m. Zoom Martinez

### LGE 381 Intermediate Spanish III, Conversation 1

This course is intended for students who have a working knowledge of Spanish grammar and a developing vocabulary. Emphasis is placed on increasing fluency and confidence through guided conversations on weekly topics selected by the instructor. Course materials may include online articles, short readings, and videos, which students are expected to review in preparation for class. Learners may also contribute relevant resources to support discussions, fostering both independent learning and collaborative exchange.

26563 M 2/9–5/18 10 a.m.–12 p.m. BSC Sieiro

### LGE 381 Advanced Spanish Conversation

This course is designed for students with a strong command of Spanish grammar and vocabulary. As a group, students will select a novel to read and discuss. Weekly discussions focus on new vocabulary, colloquial expressions, cultural context, and key events, leading to deeper comprehension and interpretation of the author's intent while building advanced conversational fluency.

26401 Tu 2/10–5/12 10 a.m.–12 p.m. GRCC Sieiro

### LGE 381 Advanced Spanish Conversation

The reading material for this course will primarily come from news sources and online magazines in Spanish and will be shared through Canvas, including discussion forums. Our discussions will revolve around these texts.

26587 W 2/11–5/13 1–3 p.m. Zoom Martinez

### INTERMEDIATE ITALIAN

#### LGE 917 Beginners' Italian

This course is for beginner students of Italian, but can also serve as a refresher course for students who have already studied Italian. The lessons will be conducted largely in Italian, using basic words and simple phrases to introduce correct pronunciation and sentence structure. Each class will present a basic grammar point that will be reinforced with oral games, stories, songs, nursery rhymes, and written exercises. The lessons also will include interesting aspects of Italian customs, holidays, history and daily life. Text Book: "Conversational Italian Dialogues" Volume 1 by Lingo Mastery

26535 F 2/13–5/15 10 a.m.–12 p.m. BSC De Sanctis

## MUSIC

### MUSIC APPRECIATION & MASTERY: PIANO

#### MUS 307 Beginner Piano

This course is for anyone interested in learning or improving their piano skills—whether you're a complete beginner, currently playing, or returning after a break. All are welcome in this supportive and engaging environment.

26343 Tu 2/10–5/12 11:30 a.m.–1:30 p.m. CSAC Patente

27003 W 2/11–5/13 10 a.m.–12 p.m. JHCC TBD

#### MUS 307 Intermediate Piano

Requires completion of the beginning piano class

26523 M 2/9–5/18 10 a.m.–12 p.m. BSC Choi

#### MUS 307 Intermediate/Advanced Piano

Hour 1 Intermediate: This class is designed for the students who have some basic experience of playing piano in reading the treble clef and the base clef, understand the five finger positions, some basic chord progressions. Requires completion of the beginning piano class. Hour 2 Advanced: This class is designed for the students who have played piano for some years and able to play short songs from classical music, popular music, or hymns and gospels. This class will also cover some music history and music appreciation along with the repertory studies. Requires five or more years of playing the piano

26316 Tu 2/10–5/12 9–11 a.m. Zoom Choi

#### MUS 307 Advanced Piano

Requires five or more years of playing the piano

26519 M 2/9–5/18 12–2 p.m. BSC Choi

#### MUS 307 Intermediate/Advanced Mixed Piano

This course is designed for pianists with prior experience who are looking to refine their technique, expand their repertoire, and deepen their musical expression. Whether you are returning to the piano or currently playing at an intermediate or advanced level, you will find a supportive and engaging environment to challenge your skills and grow as a musician.

26344 Tu 2/10–5/12 9:30–11:30 a.m. CSAC Patente

---

## MUSIC APPRECIATION

---

### MUS 308 Beginner Guitar

---

This is for true beginners, or those that have had extremely limited experience or success at playing the guitar. Students will need their own guitar, a tuner, and a metronome (app is fine). Topics include string names, parts of the guitar, chords, strumming, and at least two songs, with any necessary exercises, including how to read a basic chord chart, and basic note values. Students can gain a nice head start by going to [www.funkyguitar.com/instruction](http://www.funkyguitar.com/instruction), scroll down to watch the first three videos.

26548 Th 2/12-5/14 9:30-11:30 a.m. BSC Fiester

### MUS 308 Intermediate Guitar

---

Students in this class can freely move open chords around, have knowledge and some mastery of barre chords, and some finger style elements. Material includes music theory, more difficult tunes, scales, and basic improvisation. Students should have reasonable experience with note values, as well as the ability to play basic tunes confidently.

26536 W 2/11-5/13 9:30-11:30 a.m. BSC Fiester



PRINCE GEORGE'S  
COMMUNITY COLLEGE

## Prince George's Community College SAGE Registration Form

**PGCC Student ID** (if known): \_\_\_\_\_

Full Name: \_\_\_\_\_

Date of Birth (MM/DD/YY): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Gender \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ APT# \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Residency** (check one)

☐ Prince George's County ☐ Other Maryland County ☐ Out of State

**Status** (check one)

☐ Senior (60+) ☐ Retired & Disabled (Under 60) ☐ Other: \_\_\_\_\_

**Race** (required)

☐ American Indian ☐ Asian ☐ Black/African American ☐ Hispanic  
☐ White ☐ Other: \_\_\_\_\_

**Classes you want to take:**

☐ I have registered and paid for my first two classes (\$40 registration fee per class)

SYN #	Class Title	Location	Scholarship? Y/N

**Scholarship Deadline: February 9, 2026**

**Send form and payment to:**

Prince George's Community College – Cashier's Office  
301 Largo Road, Largo, MD 20774

I confirm the above information is correct.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**SAGE schedule  
and registration  
are available  
online at pgcc.edu**



# SNAP COLLEGE STUDENT ELIGIBILITY

SNAP helps college students focus more on their studies and less on where their next meal will come from

**3.3 million**

college students were potentially eligible for SNAP in [2020](#)

**67%**

of those college students reported not receiving benefits



## Think you might qualify?

All college students must meet the [SNAP eligibility criteria](#) to receive food assistance.

If you're enrolled half-time or more, you must also meet at least ONE of the following [conditions](#):

- Work 20+ hours per week
- Participate in a federal or state work-study program
- Have a physical or mental disability or condition that prevents you from working
- Care for a young dependent child
- Receive Temporary Assistance for Needy Families (TANF)
- Enrolled in college through certain employment & training programs, such as SNAP E&T, Workforce and Innovation Opportunity Act (WIOA), and others
- Participate in an on-the-job training program
- Be under age 18 or over 49

## Need more info?

Contact your state or local SNAP office:  
[fns.usda.gov/snap/state-directory](https://fns.usda.gov/snap/state-directory)





PRINCE GEORGE'S  
COMMUNITY COLLEGE

**Workforce Development and Continuing Education**

301 Largo Road  
Largo, MD 20774-2199  
[www.pgcc.edu](http://www.pgcc.edu)