

Registration  
opens  
Wednesday,  
January 28



Classes  
begin  
Monday,  
February 9

Version 2 of this document includes corrections to classes that started on Wednesday, February 11 that had an incorrect date of February 12.

# Prince George's Community College SAGE Program at Riderwood

## Spring 2026

IMPORTANT EVENTS	DATE	TIME /LOCATION
<b>Zoom and Non-Riderwood Course Registration</b>	Friday, January 9	7:00 am at pgcc.edu
<b>Enrollment &amp; Password Help Session</b>	Wednesday, January 21	10:00 am – 12:00 pm Town Center Celebrations Room
<b>Riderwood Registration Day</b>	Wednesday, January 28	9:00 am – 11:00 am Town Center Celebrations Room
<b>Spring 2026 Classes Start</b>	Monday, February 9	

# CONTINUING EDUCATION COMMITTEE

## Mission Statement

The Continuing Education Committee (CEC) helps to facilitate the Prince George's Community College (PGCC) program. It offers an educational program of classes called SAGE (Seasoned Adults Growing Educationally) for Riderwood residents that is intellectually and personally enriching and varied in content and levels of presentation. This program is designed to be attentive to student interests and flexible in instructional methods—e.g., lecture, participatory, and/or audiovisual. It provides a balanced array of classes that include academic offerings as well as those focused on studio arts, exercise, dance, and other activities taught by instructional staff that is highly motivated and competent in delivering classroom experiences to adult learners.

## Resident Committee Members

Nilesh Chokshi (Co-Chair)  
Popsy Kanagaratnam (Co-Chair)  
Amy Bloom  
Doug Brown  
David Farr (RAC)  
Linda Greenberg  
Elly Greene

Jennie Lane  
Dianne Lyon  
Pat Moskof  
Judy Scherer  
Martha Watson  
Diane Willen  
Sydney Siegel (Staff)

**If you have questions, please reach out to:**

**Sydney Siegel**

**Community Resources Coordinator**

**301-572-8392**

**[Sydney.Siegel@erickson.com](mailto:Sydney.Siegel@erickson.com)**

**Office location: Town Center, across from the mailboxes**

# Welcome to the Semester & Important Program Updates

Dear Students,

Thank you for being part of a thriving community dedicated to continued learning and the benefits the PGCC courses bring! We are delighted to welcome you to a new semester and grateful for your continued enthusiasm and participation. We are especially thrilled to announce the return of **yoga classes**, which have been highly anticipated.

We would also like to share some important updates: The construction team is working to get the Village Square Craft Studio ready for ceramic activities as soon as possible. Due to unforeseen delays, **Art of Ceramics 1 and 2** will not be offered in Spring 2026. Updates on projected timelines will be shared as soon as more information becomes available.

Additionally, our **Water Aerobics** instructor had to resign abruptly due to personal business, leaving us without an instructor at this time. We understand the disappointment these changes may cause and appreciate the community's patience as we work to serve the community. We are working diligently to secure a new Water Aerobics instructor for the summer semester and beyond.

We are also actively seeking a new **Sign Language** instructor. Our goal is to revive interest in this important offering and continue supporting an inclusive and connected community through accessible learning opportunities. If you know of any leads for instructors, please contact Community Resources Coordinator Sydney Siegel.

Lastly, please be aware of a program-wide update: the **minimum enrollment** required for a class to run has increased from six students to ten. While this may take some adjustment, this change reflects the continued growth of the PGCC program and helps us ensure strong, engaging, and high-quality class experiences for everyone.

We remain fully committed to growth, excellence, and offering classes that enrich our community. Thank you for your understanding, flexibility, and ongoing support. We look forward to a great semester ahead.

Warm regards,  
Continuing Education Committee

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# Everything You Need to Know

All information and step-by-step instructions are under the Continuing Education Committee tab on RiderwoodLife.com and MyErickson (Resident Resources icon).

## Terms to know:

- **PGCC:** Prince George's Community College
- **SAGE:** Seasoned Adults Growing Educationally; a tuition-free program for seniors 60 and older through PGCC
- **CEC:** Continuing Education Committee; a Riderwood committee that works with the PGCC SAGE program to offer classes at Riderwood
- **Enroll:** become a PGCC student
- **Register:** sign up for a class
- **Two-Factor Authentication:** A step to logging into MyPGCC to verify your identity for added security. Users need access to text messaging or email when logging in.

**First-time Students:** Make sure to enroll (become a student at the college) and create a MyPGCC account BEFORE Registration Day. If you reside in Montgomery County or have lived in Prince George's County less than three months, please Contact Community Resources Coordinator, Sydney Siegel, after enrollment to ensure you are charged the in-county fee. Find instructions on RiderwoodLife.com and MyErickson.

**Village Square Repositioning:** As of the release of this catalog, the VSQ Classroom and Music Room should be available through the end of the semester.

**Costs & Scholarship:** Each course costs \$40. Students who pay for two classes (totaling \$80) can enjoy any additional classes for FREE! Fill out a Registration Form (the last page of this catalog), mark the classes you want for scholarship, and a) drop off the Registration Form at Town Center Celebrations Room on Jan. 28 from 9:00am – 11:00am –OR– b) contact Community Resources Coordinator, Sydney Siegel between January 29 – February 9. Scholarships cannot be requested online and will not be refunded if a student pays online.

**Materials & Material Fees:** are included in the description of each course, if applicable. Fees are paid to the instructor and not to PGCC. Please do not include this cost if you write a check when registering.

**In-Person classes at Riderwood ONLY:** Registration for Riderwood in-person classes is on Wednesday, January 28. Online registration starts at 7:00 am on pgcc.edu. Help registering provided by CEC volunteers starts at 9:00am in the Town Center Celebrations Room. See page 9 for details.

**Zoom Classes:** Online registration for Zoom classes began Friday, January 9. Zoom classes are available online only on the *PGCC-SAGE County-Wide Course Catalog*. Check that your personal email address is listed correctly in your profile in the MyPGCC portal for instructors to email you the Zoom link for class.

**Mail-in Registration:** Processed after students who register online. Any resident wishing to register by mail must complete the Registration Form on the last page of the catalog and mail it, with a check for the appropriate amount payable to PGCC, to:

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

**Late Registrations:** PGCC will not register students for Spring 2026 after **Friday, February**

**20.** Scholarship request deadline is Monday, February 9.

**Refunds:** PGCC is only able to process refunds if you are registered for a class that is cancelled for the semester. You will receive a refund back to the original method of payment.

**Length of Courses:** The duration of each class is listed under the course description. Classes are typically 7 weeks or 13 weeks. Please check the dates under each course description or the Courses at a Glance on page 34. Make sure to check in with the instructor about class dates as well.

**Spring 2026 Dates:** The semester begins on Monday, February 9, 2026 and will end Saturday, May 16, 2026. Some classes start later in the semester, and some do not meet on certain days and weeks. Please review these dates with the instructor for each class and put these dates on your calendar.

**“No class” Dates:** (unless informed otherwise by your instructor) for the Spring semester are:

- President’s Day: Monday, February 16
- Spring Break: Monday, March 9 through Saturday, March 14

**Class Cancellations:**

- Check with the instructor about “no class” days and any make-up days.
- When instructors cancel classes or PGCC is closed, a notice will be posted on MyErickson, Riderwood TV, and community bulletin boards (time permitting). **Please check for these postings every day because class cancellations can come at the last moment. For Saturday classes with last minute cancellations, please check for an email from the instructor.**
- If Prince George’s County Public Schools are closed due to inclement weather, PGCC classes at Riderwood are also cancelled unless the instructor wishes to teach. If Prince George’s County Public Schools are starting two hours late, PGCC classes beginning before 11:00 am are also cancelled. If schools close early, classes after 2:00 pm are cancelled. When possible, a notice will be posted on community bulletin boards, at front desks, MyErickson, and Riderwood TV.

**Communications from PGCC:** Once you enroll, you are considered a student of PGCC and may receive general correspondence from the college.

**Missing Class:** If you miss a class for any reason, you will not lose your place in the class.

**General Considerations:** Please register only for courses you know you will be attending. You may register for up to 10 non-conflicting courses (no overlap of same day and time). Use the Courses at a Glance (on page 34) to plan your schedule.

**Course Evaluations:** Your feedback is essential to the CEC. Course evaluation forms are sent via email about seven weeks into the semester (time permitting). Riderwood’s evaluation forms come from [Sydney.Siegel@erickson.com](mailto:Sydney.Siegel@erickson.com) and are for one course per email. Paper copies are available from any Community Resources Coordinator. Please note you will also get a general evaluation email from PGCC but that information does *not* go to the CEC or individual instructors. If any concerns arise or a student would like to provide feedback outside of the evaluation, please reach out to Sydney Siegel, or CEC Co-Chairs Popsy Kanagaratnam or Nilesh Chokshi.

# Enrollment & Password Help Session

Wednesday, January 21 10:00 am – 12:00 pm Town Center Celebrations Room

Come to this Help Session if you need assistance before Registration Day with:

- **Enrollment (for new students)** – For residents who have never taken a class with PGCC.
- **Username or Password assistance (only for returning students paying by credit card on their own, online, on Registration Day)** – For those who do not know their username and/or password for their MyPGCC account. Passwords expire every 90 days so it is likely your password has expired. Returning students who want to pay for their classes at the In-Person Registration Day by check can skip this Help Session.

Materials you need to bring to this Help Session (if you have them):

- **Smart phone** to receive text and email messages.
- **Current MyPGCC username and password.** You may have previously received a bright green card with this information.
- **Email address** and the password for your email account.

While the CEC's goal is to work as quickly as possible, wait times may vary.

The CEC recommends bringing a book or activity to do during your wait.

# Registration Day

Wednesday, January 28 9:00 am – 11:00 am Town Center Celebrations Room

Register for classes in one of the following ways:

1. **Online on your own (or with the help of a friend or family member)** – Register online at pgcc.edu with credit card only starting at 7:00 am. Instructions are online under Continuing Education Committee section on RiderwoodLife.com or MyErickson (Resident Resources tab). You need to be present for this process because of Two-Factor Authentication. Remember, you cannot register for scholarships online. *If you are a first-time student, finish the enrollment process at least a few days before registration.*
2. **Pay via check only at Registration Day** in Town Center Celebrations from 9:00 am – 11:00 am – all you need is a completed Registration Form (last page of this catalog) and your check. That's it! A volunteer will review your form and then you are free to go. A confirmation will be placed in your cubby by 8:00pm on Friday, January 30.
3. **Late Registration** – Contact Sydney Siegel, Community Resources Coordinator, between January 29 and February 20 to pay via check. Scholarship requests have a deadline of Monday, February 9.

While the CEC's goal is to work as quickly as possible, wait times may vary.

The CEC recommends bringing a book or activity to do during your wait.

## **Directives for Safety & Civility in PGCC Classes**

1. Only residents who register (pay the \$40 per course SAGE Fee or use Scholarship) for the specific class may attend a PGCC class.
2. No standby students will be allowed. If there are seats available and a resident would like to sit in for the first class, he/she must register for the class before attending a second session. Instructors will keep track with their roster.
3. All students should be prompt, especially those requiring special seating. This courtesy helps keep the class delivery uninterrupted for all. At the start of class, a teacher may post a Do Not Disturb sign on the door and no additional students may enter.
4. If the set-up staff is still prepping the classroom, all should wait outside.
5. Safety Guidelines must be observed. No one may stand or sit on tables, floor, window sills etc. Walkers, wheelchairs or scooters may not block aisles or be left in the hallways. As appropriate, designated open areas in each lecture style classroom will be reserved for Residents in walkers, wheelchairs/scooters. Please comply with requests from teachers and CEC volunteers.
6. A maximum class size or head count is limited by teachers' preferences for content, classroom dimensions and Safety Guidelines. Staff set up each room to meet these limits. No extra chairs may be added. The total student head count in the room must not exceed the class limits set in the catalog.
7. Aides who escort residents to class may remain to assist residents in classes as long as there is space for extra people in the room after a head count has been taken and the teacher agrees.
8. Occasional guests are allowed to attend a class if permitted by the teacher. If the teacher agrees and if there is room in the class head count after enrollees, then these guests may remain in class. Guests are allowed to attend 1 class session per semester per class.
9. Cell phones should be OFF or turned to vibrate ONLY during class.
10. Teachers have the right to ask students to wear masks in their classroom. Masks are required if there is a mandate from Riderwood or PGCC.

# Class Listings

The **Riderwood Course Title** is listed in bold and will be different from the PGCC Course Title (listed underneath). When you receive confirmation of your payment for a course, the course title will appear as the PGCC title. Please refer to the five-digit SYN number listed to ensure you register(ed) for the correct course.

## ART AND ART HISTORY

**Riderwood Course Title:** Accessible Printmaking: Drypoint, Embossing & Collagraph

PGCC Course Title: Design/Production of Crafts

Discover the joy of printmaking using everyday, non-toxic materials—no expensive press required! In this hands-on course, students explore two accessible techniques: drypoint and collagraph using recycled tetra-pak cartons, plastic sheets, watercolor crayons, and pigment ink pads to create fine art prints. Whether drawing from imagination or using personal photos as inspiration, students develop their own creative process while learning step-by-step methods. This class emphasizes experimentation, playful technique, and builds confidence through accessible tools. Previous experience with drawing or painting is helpful but not required. Students pay a \$20 fee for shared materials.

By the end of this course, students will be able to:

1. Create original prints using drypoint and collagraph techniques.
2. Use everyday, non-toxic materials to build printing plates and apply ink.
3. Plan and complete a finished fine art print based on their own imagery or imagination.

*Instructor: Birkenes, Robert*

Day: Mon

Weeks: 7

Time: 10:00 am - 12:00 pm

Dates: 2/9/26-4/6/26

Enrollment Limited to: 10

Location: MST Craft Studio

**Syn#:** 27674

## **Riderwood Course Title: Paper Mache Construction**

### **PGCC Course Title: Design & Production of Crafts**

Both experienced artists and newcomers to the arts have enjoyed paper maché construction. Students create sculptures of animals, people, flowers, places, decorative bowls, and more. Students mostly use recyclable materials such as boxes, plastic, and other found objects (ex: feathers). They decorate their unique sculpture/constructions with colored tissue paper, fabric, yarn, and embellishments. They learn to look at and see common objects in a totally new way and discover talents they didn't know they had. Materials fee of \$5.00.

By the end of this course, students will be able to:

1. Use basic paper mache construction techniques.
2. Design and construct their own paper mache projects.
3. Evaluate their own and other students' artistic growth.

*Instructor: Hendel, Tamar*

Day: Mon                    Time: 12:30 pm - 2:30 pm  
Weeks: 13                    Dates: 2/9/26-5/18/26

Enrollment Limited to: 14

Location: MST Craft Studio  
**Syn#: 27701**

## **Riderwood Course Title: Drawing for the Visual Mind**

### **PGCC Course Title: Studio Fine Art**

***NEW*** This course develops fundamental observational drawing skills through structured exercises in line, shape, proportion, and perspective. Students will complete a series of progressive assignments that build the ability to accurately perceive and depict visual information.

By the end of this course, students will be able to:

1. Produce a proportionally accurate contour drawing of a simple subject from direct observation.
2. Apply blind contour and upside-down drawing methods to replicate a reference image with at least 80% proportional accuracy.
3. Identify and depict negative space to improve spatial relationships within a drawing.

*Instructor: Schreib, Lauren*

Day: Tue                    Time: 10:00 am - 12:00 pm  
Weeks: 13                    Dates: 2/10/26-5/12/26

Enrollment Limited to: 10

Location: VSQ Classroom  
**Syn#: 27712**

## **Riderwood Course Title: Hand, Foot and Face Drawing**

**PGCC Course Title:** Drawing for Senior Citizens

***NEW*** This course focuses on the advanced study of drawing hands, feet, and faces, addressing some of the most complex components of human anatomy. Students will apply principles of human proportion, linear and non-linear perspective, and basic construction techniques to improve accuracy and expressiveness in their drawings. The course guides students through targeted exercises and applied practice to strengthen observational skills and mastery of anatomical details. Students should bring a pencil, eraser, and a sketchbook (no smaller than 8.5x11 inches).

By the end of this course, students will be able to:

1. Demonstrate an understanding of the structure of the human face, hands, and feet by accurately observing and rendering these features.
2. Apply proportion, perspective, and construction techniques to confidently draw hands, feet, and faces on full figure compositions.
3. Compose a fully proportioned figure that integrates hands, feet, and facial features with correct anatomical relationships.

*Instructor: Schreib, Lauren*

Day: Tue                    Time: 12:30 pm - 2:30 pm  
Weeks: 13                    Dates: 2/10/26-5/12/26

Enrollment Limited to: 10

Location: VSQ Classroom

**Syn#: 27713**

## **Riderwood Course Title: Pen & Pattern: Inspired by Nature**

**PGCC Course Title:** Design/Production of Crafts

***NEW*** In this class, students will use the meditative art of pattern drawing to create unique pen and ink artworks. From the desert to the rainforest; from under the sea to under a microscope -- Nature will provide inspiration for each week's drawing. Pattern drawing requires just a pen and paper and is accessible to all levels of artistic ability. Following step-by-step instructions, students will be guided in creating their unique drawings. There is a \$5.00 materials fee for this class.

By the end of this course, students will be able to:

1. Use simple lines and shapes to create interesting patterns.
2. Draw patterns inspired by a variety of natural elements.
3. Learn to spot patterns in nature.

*Instructor: Shawhan, Julia*

Day: Tue                    Time: 2:30 pm - 3:45 pm  
Weeks: 13                    Dates: 2/10/26-5/12/26

Enrollment Limited to: 18

Location: TNC Classroom

**Syn#: 27747**

## **Riderwood Course Title: Beginner Painting, Watercolor and Acrylic**

### **PGCC Course Title: Design/Production of Crafts**

In this introductory painting course, students explore foundational techniques in watercolor and acrylic mediums. Through hands-on projects and guided instruction, students develop their understanding of color theory, texture, value, and composition. Projects include creating a watercolor mandala color wheel, acrylic paint pouring, experimenting with textures in watercolor, textured watercolor landscapes and realistic portraits in watercolor. Students move onto acrylic painting and study basic color theory and color mixing. Students also create impossible shape illusions with a focus on color blending. If time allows, they paint realistic automobile studies using reference photos. This advanced painting challenge takes student painting skills to the next level. This class nurtures creativity while developing technical painting abilities, making it a perfect starting point for aspiring painters. The pace of this class is dependent on the group dynamics of the class as a whole.

By the end of this course, students will be able to:

1. Demonstrate an understanding of color theory, texture, value and composition.
2. Understand the inherent differences between using watercolor and acrylic mediums.
3. Gain confidence in expressing creativity through painting.

*Instructor: Gould, Emily*

Day: Thur                    Time: 10:00 am - 12:00 pm  
Weeks: 13                    Dates: 2/12/26-5/14/26

Enrollment Limited to: 18

Location: TNC Craft Room

**Syn#: 27686**

## **Riderwood Course Title: Introduction to Watercolor Painting**

### **PGCC Course Title: Studio Fine Art**

This course begins with the basics: introducing students to various brushes, paper, and paints. Then students dive into various painting techniques associated with different watercolor painting styles. The instructor helps students create their own still life masterpieces. A mixed media sketchbook, pencil, brushes, and a watercolor paint set is required for this course.

By the end of this course, students will be able to:

1. Paint using several techniques of watercolor painting.
2. Use and care for watercolor paints, paper, and brushes.
3. Take home a finished watercolor masterpiece.

*Instructor: Schreib, Lauren*

Day: Thur                    Time: 1:00 pm - 3:00 pm  
Weeks: 13                    Dates: 2/12/26-5/14/26

Enrollment Limited to: 10

Location: TNC Craft Room

**Syn#: 27714**

**Riderwood Course Title: Ink to Instagram: Modern and Contemporary Art of East Asia (1850–Present)**

PGCC Course Title: Aesthetics: Art Appreciation

**NEW** From brush and ink to video screens, East Asia's artists have reimagined their world through moments of upheaval and global exchange. This course traces the artistic journey of China, Japan, and Korea from the mid-19th century to the present. Inquirers will explore how tradition was both treasured and transformed, how artists grappled with colonialism, war, and rapid modernization, and how artists engage with identity, memory, and technology on the global stage. Inquirers will investigate painting, calligraphy, photography, film, and digital media, uncovering how East Asia's visual culture reshaped the story of modern art worldwide.

By the end of this course, students will be able to:

1. Analyze paintings, photographs, films, performances, and digital works from East Asia, applying art historical vocabulary and methodologies.
2. Compare East Asian modern and contemporary art with Western and global movements, identifying points of dialogue, influence, and divergence.
3. Interpret how artists negotiate issues of tradition, identity, nationalism, and globalization in their work.

*Instructor: Kowalski, Tamora*

Day: Fri

Time: 10:00 am - 12:00 pm

Weeks: 13

Dates: 2/13/26-5/15/26

Enrollment Limited to: 60

Location: MST Chesapeake

**Syn#:** 27703

## **Riderwood Course Title:** Creative Collage: Beyond Paper & Glue

## PGCC Course Title: Design & Production of Crafts

**NEW** This mixed media collage journey starts by creating an upcycled junk journal. Students experiment with various collage and assemblage techniques, using found and upcycled materials to create visually rich and textured journal pages. This process encourages problem-solving and resourcefulness by transforming "junk" into meaningful art, promoting an understanding of sustainability within a creative context. These junk journals will become unique spaces for self-expression combining visual elements and storytelling. Students will work on developing their artistic voice by exploring themes, emotions, and personal reflections. This class also examines the art of contemporary collage artists, artful poetry, and junk journal creators. This course is open for students of all artistic abilities who want to learn how to make a personalized, mixed-media art journal that combines memories, art, poetry, and inspiration. The pace of this class is dependent on the group dynamics of the class as a whole.

By the end of this course, students will be able to:

1. Develop resourceful mixed-media techniques and sustainable practices.
2. Cultivate personal voice and narrative through integrated creative expression.
3. Analyze and apply inspiration from contemporary artists.

*Instructor: Gould, Emily*

Enrollment Limited to: 18

Location: TNC Craft Room

Syn#: 27745

## Riderwood Course Title: Elements to Mixed Media

## PGCC Course Title: Design/Production of Crafts

Students unlock their creativity and explore the world of mixed media in this beginner-friendly art course. This course guides students through understanding and practicing the fundamental techniques of mixed media art. Students learn to draw, layer materials, and use different techniques to add depth and creativity to their artwork. Students create a collection of their own artwork to show off to their friends and family. No prior experience is needed – just bring enthusiasm and willingness to experiment! Materials fee of \$20 covers art supplies and shared tools.

By the end of this course, students will be able to:

1. Use various materials and techniques such as painting, collage, and other methods to create mixed media artworks.
2. Evaluate mixed media artists and examine their work, exploring how these methods can be applied as inspiration to their own work.
3. Explore their personal artistic style and experiment with different styles.

*Instructor: Alibrahim, Mireim*

Enrollment Limited to: 12

Location: TNC Craft Studio

Syn#: 28725

## **EXERCISE**

### **Riderwood Course Title: Introduction to Qigong**

#### **PGCC Course Title: Healthy Living**

***NEW*** Qigong uses mind-body exercise, coordinated with breathing, to enhance physical health and cultivate internal energy. This class will provide an introduction to several types of Qigong, such as Nature Qigong, gathering energy from nature; and Movement Qigong, including rocking, slow walking, and other exercises. This course is good for beginners and also provides significant benefit for more experienced practitioners. Videos will be made available as supplemental teaching aids.

By the end of this course, students will be able to:

1. Learn simple exercises that they can practice at home.
2. Understand how slow movement, coordinated with breathing, can enhance health.
3. Perform the basic movements practiced in class.

*Instructor: Gray, Bob*

Day: Tue                    Time: 9:00 am - 10:00 am  
Weeks: 13                    Dates: 2/10/26-5/12/26

Enrollment Limited to: 22

Location: WLNS Studio 1

**Syn#: 27691**

### **Riderwood Course Title: Tai Chi Beginner**

#### **PGCC Course Title: Healthy Living**

This Tai Chi course is designed for the beginner with no prior training in Tai Chi. Tai Chi improves balance, flexibility, concentration and a general feeling of well-being. The moves are slow and precise with minimal impact. Tai Chi has been thought of as “Moving Meditation.”

By the end of this course, students will be able to:

1. Complete a Tai Chi Program and independently perform it.
2. Apply basic Tai Chi skills.
3. Participate in the Riderwood Tai Chi Club.

*Instructor: Lee, Ray*

Day: Tue/Thu                    Time: 10:00 am - 11:00 am  
Weeks: 13                            Dates: 2/10/26-5/14/26

Enrollment Limited to: 20

Location: WLNS Studio 1

**Syn#: 27704**

## **Riderwood Course Title: Tai Chi Intermediate**

### **PGCC Course Title: Healthy Living**

Tai Chi is a mind-body exercise that uses movement and breathing to improve physical health and cultivate internal energy. Tai Chi can help improve strength and balance, while reducing the risk of falls or other injury. This course is part of a series and is designed for students with prior experience. Completion of a beginners Tai Chi course is a prerequisite. Students with prior experience obtained elsewhere can also enroll. Emphasis in this course will be placed on review of Tai Chi fundamentals. Course material will be taught step-by step, with plenty of time for review and questions. Videos will be made available as supplemental teaching aids. Students will be encouraged to relax and enjoy slow, flowing movement.

By the end of this course, students will be able to:

1. Perform the sequence of the Yang-style, 24-movements Tai Chi form.
2. Better understand fundamental Tai Chi skills such as hand position, footwork, and stances used in Tai Chi.
3. Carry out simple exercises for practicing fundamental Tai Chi skills.

*Instructor: Gray, Bob*

Day: Tue/Thu

Weeks: 13

Time: 11:00 am - 12:00 pm

Dates: 2/10/26-5/14/26

Enrollment Limited to: 22

Location: WLNS Studio 1

**Syn#: 27692**

## **Riderwood Course Title: Sun Style Tai Chi**

### **PGCC Course Title: Healthy Living**

**NEW** Tai Chi is a mind-body exercise that uses movement and breathing to improve physical health and cultivate internal energy. Sun style Tai Chi is suitable for all ages and is particularly good for seniors, because it uses smaller postures done in a relatively high stance. Sun style utilizes a slightly faster pace than most other Tai Chi forms, with quick stepping forward and backward in an almost dance-like pace. This class will cover a 24-movement, simplified form of Sun style Tai Chi. This class will work best for new students or students who have practiced at least one year in another style of Tai Chi. (It is not recommended to try to learn two different styles of Tai Chi at the same time.) The instructor will provide background information on Tai Chi principles and fundamentals. Course material will be taught step-by step, with plenty of time for review and questions. Videos will be made available as supplemental teaching aids.

By the end of this course, students will be able to:

1. Perform the sequence of the Sun-style, 24-movement Tai Chi form.
2. Develop fundamental Tai Chi skills such as hand position, footwork, and basic stances used in Tai Chi.
3. Carry out simple exercises for practicing fundamental Tai Chi skills.

*Instructor: Gray, Bob*

Day: Tue/Thu

Weeks: 13

Time: 12:30 pm - 1:30 pm

Dates: 2/10/26-5/14/26

Enrollment Limited to: 22

Location: WLNS Studio 1

**Syn#: 27693**

## **Riderwood Course Title: Yoga with Props for Mobility and Strength**

### **PGCC Course Title: Healthy Living**

***NEW*** A slow-paced, accessible gentle yoga series using straps, blocks, and resistance bands to safely improve joint mobility, functional strength, balance, and relaxation for older adults.

Classes emphasize clear verbal cueing, progressive adaptations, and chair-options so participants can safely explore range, restore confidence, and build gentle strength. The Wellness Studio has a limited selection of straps, blocks and resistance bands. Some items may need to be purchased by students individually.

By the end of this course, students will be able to:

1. Safely perform gentle yoga poses using props to improve joint mobility and functional strength.
2. Demonstrate balance and relaxation techniques adapted for individual needs, including chair-based options.
3. Apply progressive adaptations and verbal cueing to confidently explore movement and maintain wellness independently

*Instructor: Boudreax-Dhanoa, Michelle*

Day: Wed

Weeks: 13

Time: 12:00 pm - 1:00 pm

Dates: 2/11/26-5/13/26

Enrollment Limited to: 20

Location: WLNS Studio 1

**Syn#: 28707**

## **Riderwood Course Title: Restful Yoga for Calm Aging**

### **PGCC Course Title: Healthy Living**

***NEW*** Gentle, evidence-informed restorative sessions adapted for older adults to support relaxation, improve sleep, reduce pain interference, and increase emotional regulation. These practices use supported poses, breathwork, guided imagery, and brief somatic checks; all options offered seated, chair-supported, or on a mat. Each session will include three to four restorative asanas that are held for 10-20 minutes each. Please bring a yoga mat, yoga (throw) blanket, pillow, towel, and water bottle.

By the end of this course, students will be able to:

1. Safely practice restorative yoga poses using props to promote relaxation and reduce physical discomfort.
2. Apply breathwork and guided imagery techniques to improve sleep quality and emotional regulation.
3. Develop a personal toolkit of restful practices for ongoing calm and well-being, both in class and at home.

*Instructor: Boudreax-Dhanoa, Michelle*

Day: Wed

Weeks: 13

Time: 2:05 pm - 3:05 pm

Dates: 2/11/26-5/13/26

Enrollment Limited to: 20

Location: WLNS Studio 1

**Syn#: 28706**

## **Riderwood Course Title: Line Dancing for Seniors**

### **PGCC Course Title: Healthy Living**

This is a stress-free dance course for beginners to intermediates. The instructor teaches the basics in line dancing, such as the names of the steps and how to count those steps. The benefits are physical and mental exercise, strengthening of bones and muscles, increased stamina and flexibility, stress reduction, and an enjoyable social activity.

By the end of this course, students will be able to:

1. Name Line Dance steps.
2. Count Line Dance steps.
3. Perform basic Line Dance steps.

*Instructor: Brown, Barbara*

Day: Wed                    Time: 1:00 pm - 2:00 pm  
Weeks: 13                    Dates: 2/11/26-5/13/26

Enrollment Limited to: 30

Location: WLNS Studio 1

**Syn#: 27675**

## **Riderwood Course Title: Movement for Mind-Body Balance**

### **PGCC Course Title: Healthy Living**

***NEW*** Gentle, evidence-informed classes blending mobility work, yoga, and mindfulness to reduce stress, improve balance, flexibility, and emotional well-being. Practices include seated and standing movement, breathwork, short meditations, and simple stress-management tools. Please bring a yoga mat, towel, and water bottle.

By the end of this course, students will be able to:

1. Safely perform gentle movement and yoga sequences to improve balance, flexibility, and mobility.
2. Apply breathwork and mindfulness techniques to reduce stress and support emotional well-being.
3. Integrate simple movement and stress-management tools into daily routines for sustained mind-body balance.

*Instructor: Boudreaux-Dhanoa, Michelle*

Day: Thur                    Time: 10:00 am - 11:00 am  
Weeks: 13                    Dates: 2/12/26-5/14/26

Enrollment Limited to: 20

Location: VSQ Music Room

**Syn#: 28703**

## **Riderwood Course Title: Yoga for Seniors: Gentle Movement & Meditation**

### **PGCC Course Title: Healthy Living**

**NEW** Discover the healing power of gentle yoga and meditation in this specially designed program for seniors. This nurturing practice combines carefully modified yoga postures with mindful breathing techniques to promote physical well-being and mental clarity. Requirements: Comfortable, loose-fitting clothing, water to stay hydrated, and yoga mat or chair.

By the end of this course, students will be able to:

1. Increase flexibility and body awareness by learning how yoga poses support safe and healthy movement.
2. Increase their ability to relax and focus through guided meditation, building up to 15 minutes of calm, mindful practice.
3. Implement practical tools they can use independently—such as yoga poses and breathing techniques—to manage stress, stay calm, and support their overall well-being.

*Instructor: Wright, Millita*

Day: Sat

Time: 10:00 am - 11:00 am

Weeks: 13

Dates: 2/14/26-5/16/26

Enrollment Limited to: 20

Location: MST Chesapeake

**Syn#: 28708**

## **HISTORY**

### **Riderwood Course Title: The Auteur Theory 2: A Further Examination of 8 Film Directors**

PGCC Course Title: History Through Hollywood

***NEW*** In the sixties, one Critical Film Theory took hold and influenced a generation of filmmakers: The Auteur Theory. It states the director of the film is the principal artist of the film and reflects their style and thematic interests. Students will examine eight film directors using the framework of the theory to see where it holds up and where it falls down. The directors are Ingmar Bergman, Federico Fellini, Wes Anderson, Billy Wilder, Pedro Almodovar, Bong Joon Ho, Wim Wenders, and Hirokazu Koreeda.

By the end of this course, students will be able to:

1. Understand basic film vocabulary and theory.
2. Understand the Auteur Theory.
3. Learn how to apply the Auteur Theory to film directors.

*Instructor: Creed, Bill*

Day: Mon                    Time: 10:00 am - 12:00 pm  
Weeks: 13                    Dates: 2/9/26-5/18/26

Enrollment Limited to: 50

Location: MST Chesapeake  
**Syn#:** **27676**

### **Riderwood Course Title: History of Medicine**

PGCC Course Title: History of Medicine

This course will survey the history of medicine from prehistoric times to the present. The course is organized as illustrated lectures with discussion based on student questions. The course also includes follow-up "Learn More About It" links for the students.

By the end of this course, students will be able to:

1. Explain the role of physicians and other medical practitioners in different societies.
2. Explain how modern Western medicine emerged in the 20th century.
3. Expand their history of medicinal knowledge through supplemental material.

*Instructor: Victoria Harden*

Day: Tue                    Time: 1:00 pm - 3:00 pm  
Weeks: 14                    Dates: 2/10/26-5/19/26

Enrollment Limited to: 30

Location: MST Chesapeake  
**Syn#:** **27694**

## **Riderwood Course Title: HERstory of the Pacific War - NE Asia**

### **PGCC Course Title: World History**

***NEW*** The Pacific War engaged in East Asia more military, civilians and ocean/land mass than did the European front of World War II. This course will examine the wartime experiences of NE Asian women and girls of China, Manchuria, Taiwan, Korea, Okinawa and Japan, and their diaspora in the Americas. Drawing on their personal accounts, students will learn of their heroism in the midst of unprecedented carnage as refugees, spies, soldiers, forced wartime factory workers and “comfort women”, inventors, healthcare workers, educators, independence leaders, patriotic artists and entertainers and nuclear bomb survivors. (No homework!)

By the end of this course, students will be able to:

1. Cite the many roles and responsibilities assumed by or forced upon NE Asian (and Asian American) women and girls during the Pacific War, and opportunities that wartime social upheaval and “manpower” shortages offered for NE Asian women to assume roles previously limited to men or Westerners.
2. Specify and analyze effective strategies that the heroines we examine used to “carve spaces” in restrictive societies or dangerous times to pursue their objectives and help others survive.
3. Draw lessons from these strategies that are applicable for all girls and women in our society today especially in circumstances of political and economic upheaval.

*Instructor: Kato, Linda*

Day: Mon                    Time: 2:00 pm - 4:00 pm  
Weeks: 7                    Dates: 2/9/26-4/6/26

Enrollment Limited to: 60

Location: MST Chesapeake

**Syn#: 27752**

## **LANGUAGE**

### **Riderwood Course Title: French Intermediate**

#### **PGCC Course Title: French II**

This course offers students a unique and stimulating language learning experience. By expanding their vocabulary, improving their grammar and enhancing their conversation skills, students have an opportunity to rekindle their love for French. They also view informative videos highlighting France's history, culture, and legendary savoir-faire. All of this unfolds under the guidance of a native French instructor with 17 years of experience teaching at Riderwood.

By the end of this course, students will be able to:

1. Read and express themselves confidently in modern French.
2. Identify geographical features and major landmarks of France.
3. Appreciate core concepts and values of French and Francophone cultural traditions.

*Instructor: Klein, Maryse*

Day: Mon                    Time: 10:00 am - 12:00 pm  
Weeks: 13                    Dates: 2/9/26-5/18/26

Enrollment Limited to: 15

Location: TNC Classroom  
**Syn#: 27702**

### **Riderwood Course Title: Daily Beginning Spanish**

#### **PGCC Course Title: Beginner Spanish**

**NEW** This course focuses on developing practical conversational skills through role-playing in 12 real-life scenarios, including asking for directions, meeting new people, shopping, and more. Students will practice key expressions, vocabulary, and question-and-answer exchanges using teacher-provided dialogues, both in class and independently. Prior knowledge of verb conjugation and sentence structure can enhance confidence but is not required.

By the end of this course, students will be able to:

1. Practice everyday Spanish through role-play.
2. Learn essential expressions and vocabulary.
3. Build confidence in speaking Spanish.

*Instructor: Sieiro, Debbie*

Day: Wed                    Time: 12:30 pm - 2:30 pm  
Weeks: 13                    Dates: 2/11/26-5/13/26

Enrollment Limited to: 18

Location: TNC Classroom  
**Syn#: 27721**

## **Riderwood Course Title: Intermediate Spanish through Literature: Amnesia**

### **PGCC Course Title: Intermediate & Advanced Spanish**

**NEW** Explore José Luis Ocaña Aniza's *Amnesia* while improving reading, discussion, and cultural skills. Follow the story of two men with memory loss as they unravel the mystery of an accident and theft. The story combines mystery with everyday aspects of Spanish life, offering an ideal opportunity to learn about the culture through literature.

By the end of this course, students will be able to:

1. Analyze characters, theme, and plot.
2. Improve language understanding.
3. Learn common vocabulary and cultural aspects.

*Instructor: Sieiro, Debbie*

Day: Wed                    Time: 10:00 am - 12:00 pm  
Weeks: 13                    Dates: 2/11/26-5/13/26

Enrollment Limited to: 18

Location: TNC Classroom

**Syn#: 27720**

## LEISURE

### **Riderwood Course Title: Wine 101**

#### **PGCC Course Title: Healthy Living**

Wine 101 introduces students to basic wine terms and concepts. Students taste wine varieties while discussing tasting notes and serving suggestions. During these tastings, the instructor introduces ideas and concepts of master sommeliers. The instructor also encourages students to create their own interpretations of the wine, generating a more personalized experience. Students must bring a wine glass or cup of their choosing, and notepad and writing utensil. A \$50 fee covers all wine and food expenses.

By the end of this course, students will be able to:

1. Explain basic wine terms and concepts.
2. Demonstrate proper wine etiquette.
3. Taste wines more discriminately.

*Instructor: Schreib, Lauren*

Day: Thur                    Time: 3:15 pm - 4:15 pm  
Weeks: 7                    Dates: 2/12/26-4/2/26

Enrollment Limited to: 15

Location: TNC Craft Room  
**Syn#: 27715**

### **Riderwood Course Title: Introduction to Improvisation**

#### **PGCC Course Title: Introduction to Improv**

The goal of this class is to introduce the world of improv to those interested in discovering the art of theatrical improvisation, to reinforce foundational knowledge previously learned, and to flex creative muscles in a fun and safe environment. Beyond the fun, improv can help build confidence, improve social skills, and sharpen quick thinking. People of all ages can benefit from improv. This course is presented as an introductory experience, but those who have prior experience can still enjoy and improve their craft.

By the end of this course, students will be able to:

1. Cite basic improv terminology.
2. Play several theater games successfully.
3. Increase confidence in public presentations.

*Instructor: Yamamoto, Ruth*

Day: Fri                    Time: 1:00 pm - 3:00 pm  
Weeks: 13                    Dates: 2/13/26-5/15/26

Enrollment Limited to: 20

Location: MST Chesapeake  
**Syn#: 27722**

## LITERATURE

### **Riderwood Course Title: Exploring 21st Century American Literature**

### **PGCC Course Title: Literature**

This is a class for those who love reading and discussing living authors from a variety of genres and backgrounds, discovering both what we find familiar and what we find foreign, to discover our shared humanity. These 21st century authors include Louise Erdrich, Jesmyn Ward, Barbara Kingsolver, David Sedaris, and Jose Olivarez. Each class session includes biographical and cultural background information, genre conventions, and literary analysis through direct instruction, small group discussion, and student-led presentations. What ties these disparate readings together? The craft of story-telling, genre, and language, as well as the shared human struggles of the individual vs society, of speaking one's truth, and of the interplay between place and person. Please bring a notebook, pen, and folder to class. Please purchase or borrow a copy of the two texts: Louise Erdrich's novel *The Sentence* and Jesmyn Ward's collection *The Fire This Time* - a collection of essays from a variety of authors.

By the end of this course, students will be able to:

1. Analyze various texts through close readings, discussion, and responsive writing.
2. Evaluate authorial choices and their effects on purpose and meaning.
3. Explore connections between and among diverse texts and our own lives.

*Instructor: Ehlers, Anne*

Day: Mon              Time: 10:00 am - 12:00 pm  
Weeks: 13              Dates: 2/9/26-5/18/26

Enrollment Limited to: 18

Location: LSC Classroom  
**Syn#: 27684**

## **Riderwood Course Title: The Bronte Sisters: A Survey of Their Life and Writings, From the Wild Yorkshire Moors to the Wide Sargasso Sea**

### **PGCC Course Title: Literature**

**NEW** Explore the life and writing of the Bronte sisters, Charlotte, Emily, and Anne. Students will begin our study by focusing on Yorkshire, England in the 1800's, considering local legends that gave rise to their novels, and the notorious hardships of life in their hometown of Haworth. Students will discuss the conventions of Gothic fiction and consider how its themes were suited to life as the Brontes knew it. Discussing the novels *Jane Eyre*, *The Tenant of Wildfell Hall*, and *Wuthering Heights*, students will examine how the Brontes utilized and adapted Gothic conventions in their storytelling. In considering the sisters' legacy, students will also read Jean Rhys's novel *The Wide Sargasso Sea* (written in the 1960's as a prequel to Jane Eyre).

By the end of this course, students will be able to:

1. Explore the history and culture of Yorkshire, England in the 1800's, with special consideration given to the Brontes' troubled hometown of Haworth.
2. Explain and explore themes and tropes of Gothic fiction; apply these themes to the Brontes' writing and to Jean Rhys's novel.
3. Critique the authors' messages and construct our own views on why these novels still speak to us today.

*Instructor: Stephenson, Ann*

Day: Wed

Time: 10:00 am - 12:00 pm

Weeks: 7

Dates: 2/11/26-3/25/26

Enrollment Limited to: 30

Location: VSQ Music Room

**Syn#: 27749**

## **TECHNOLOGY**

### **Riderwood Course Title: Introduction to iPhone & iPad with Practicum**

### **PGCC Course Title: Introduction to the iPhone & iPad**

This class helps students new to the iPhone/iPad who feel they need a structured class to learn to use and get the most out of their new devices. The class covers such basic functions and applications as calendar, contacts, reminders, and settings. Students learn how to download new applications for their devices and how to use them for all kinds of entertainment, movies, books, TV programs, magazines and more. Students will get the most out of their new devices and their WiFi service (Internet Service Provider—ISP).

By the end of this course, students will be able to:

1. Customize their iPhones and iPads to their particular usage styles and preferences.
2. Use basic features, such as phone, calendar, contacts, text messaging, reminders.
3. Use their voice to accomplish tasks, the most important being safety uses in case of emergency.

*Instructor: Downs, Trudy*

Day: Fri

Time: 10:00 am - 12:00 pm

Weeks: 13

Dates: 2/13/26-5/15/26

Enrollment Limited to: 18

Location: TNC Classroom

**Syn#: 27678**

# Instructor Biographies

**Alibrahim, Mireim** is a local artist with more than 10 years of experience in creating art. She is a passionate mixed media artist and a research associate who graduated with her master's degree in Public Health from the University of Maryland. She brings creativity and aims to inspire and empower students to cultivate their inner artist.

**Brown, Barbara** has 21 years of experience teaching Line Dancing for the City of Laurel Government, PG Community College, D.C. Recreation, Anne Arundel Community College, and the City of Takoma Park Government, in addition to various gigs in New York and around the DMV area.

**Birkenes, Robert** (Bob) is a Greenbelt-based printmaker who explores the contrast between natural curves and architectural lines. He is passionate about sharing innovative, non-toxic techniques using accessible materials. After retiring from a 25-year international development career, he now teaches and exhibits his artwork with a spirit of joyful experimentation.

**Boudreaux-Dhanoa, Michelle** is a certified yoga instructor (RYT-500 & RPYT) with over three years of experience guiding diverse individuals toward health and wellness. She specializes in creating safe, supportive practices tailored to unique needs—including those managing injuries, medical conditions, or stress. Michelle's classes emphasize mindful movement, breathwork, and relaxation techniques to reduce stress, improve focus, and restore energy, making them especially valuable in high-pressure environments.

**Creed, Bill** is an award-winning producer and editor with more than 30 years' experience working for Discovery, PBS, and CNN. He was nominated for a Regional Emmy for editing the PBS Documentary *Over There* and was a producer/editor for the Emmy-winning PBS show *My Generation*. Mr. Creed attended Duke University and NYU Film School. He received his MA in Communications and Film and Television from American University. He teaches film at several local universities.

**Downs, Trudy** has been an Apple user for 20 years and quickly began tutoring others in the use of Apple products (iPhone & iPad). She is a seasoned instructor in the SAGE program. She received education in and practiced her career in Information Technology and Electronic Document Management.

**Ehlers, Anne** just retired from MCPS as an AP/IB English teacher. She holds an English Literature BA from Bryn Mawr and an Instructional Technology MS from Towson. Her specialties include diverse modern texts, Shakespeare, poetry, literary nonfiction, film, and other multimodal works, as well as editorial support for various clients.

**Gould, Emily** graduated from The School of the Art Institute of Chicago in 1992 with a Bachelors of Fine Arts (BFA). Her areas of study were painting, ceramics, neon sculptures, and computer graphics. In 2003, she received a Joyce Grant from the Chicago Park District to paint murals in Lincoln Park Cultural Center. The Chicago Sun Times described her art as "whimsical, playful, colorful." Emily has been teaching art for 17 years and making art all her life. She has taught children, teen, and adult classes at The School of Art and Design at Montgomery College at Silver Spring/Takoma Park Campus.

**Gray, Bob** has practiced Tai Chi and Qigong for more than 30 years. He graduated from a four-year teacher training program at the Song Ho Health Center in 2015. Since then, he has continued to study and practice different styles of Tai Chi, including sword, fan, and stick forms.

**Harden, Victoria** (Vicky) received her Ph.D. in American History and was the Founding Director of the Office of NIH History and Stetten Museum at the National Institutes of Health. She has published three sole author books and edited multiple books and articles, and has taught her History of Medicine course at Riderwood since 2015.

**Hendel, Tamar** is a trained teacher and art therapist, as well as a practicing artist, teaching for PGCC for over 11 years. She started a non-profit arts organization in Silver Spring in 1987 that is still going strong.

Montgomery County has honored her with the County Executive's Award for Excellence in the Arts and Humanities. Many of her students' artwork has been featured in the Arts Council of Riderwood exhibits.

**Kato, Linda** Yuriko is a third-generation American of Japanese ancestry. With a Ph.D. from MIT in political science, Dr. Kato worked in corporate research firms in designing and evaluating workforce development programs for low-income communities. Now in her "older adult" years, Kato seeks to make accessible, through lifelong learning courses, the wealth of recent research on the HERstories of Asian civilizations through the perspectives and contributions of their women. A doll artist, Kato also utilizes her HERstorical portrait dolls to "bring to life" the women and cultures she describes.

**Klein, Maryse** was educated in Tunisia and France and has taught Intermediate French at Riderwood since 2008. She is dedicated to delivering high quality instruction and is sensitive to the relationship between language and culture. Maryse loves teaching French in this vibrant senior living community.

**Kowalski, Tamora** (Tam) is a 20-year veteran of art history instruction and curriculum development. She holds degrees in the History of Art from the University of California at Berkeley with specialized study in American and British Art, Ancient Greek Art, and Chinese Art.

**Lee, Ray** has been involved in martial arts for almost 60 years and has been teaching it since 1968. Additionally, he has been a competitor and judge at various tournaments. In 1984 he placed first in the Senior Division at Madison Square Garden. Since then, he has trained many students for competition as well as self-improvement and personal wellbeing.

**Schreib, Lauren** is a Savannah College of Art and Design alumna specializing in Sequential Art with a concentration in Comic Book Drawing and Writing. She has more than 20 years of experience drawing comic books across all genres and drawing human forms. While building her artist portfolio, Lauren worked at a local winery where she created custom wine labels, developed five-course meals with wine pairings, and led winemaking workshops. She is an International Wine Guild sommelier. Lauren strives to create a fun and engaging learning environment that makes everyone feel welcome.

**Shawhan, Julia** is a local artist who has worked in many art media, including pen and ink and colored pencil. She has a degree in Art History from the University of Chicago. She started teaching at Riderwood through the PGCC SAGE program in 2023 and continues to enthrall both returning and new students with creativity.

**Sieiro, Debbie** is a native Spaniard who loves the Spanish language and is passionate about sharing it with others. She also helps students learn about Spanish culture and develops in them an appreciation for the diversity of the Spanish-speaking world. She has encouraged students to create a Spanish club and to never stop learning.

**Stephenson, Ann** has a bachelor's degree in Religious Studies from Davidson College and Master's degrees in English Literature and Composition and also in Religion and Literature, respectively, from Angelo State University and Yale University. For more than 25 years, she has taught literature in college and university classrooms across the Midwest, Southeast, Mid-Atlantic, and as far afield as the Turkish Mediterranean.

**Yamamoto, Ruth** is a teaching artist, adjunct professor for Prince George's Community College, improv consultant, and author. She holds a PhD in education from Walden University, an MEd in education from Marymount University, and a BA in drama from the University of Hawaii. Dr. Yamamoto has been a theater educator for 20+ years and is a member of The Association for the Study of Play (TASP), Applied Improv Network (AIN), and SAG/AFTRA.

**Wright, Millita** is a certified Yoga and Meditation Instructor based in Washington, DC who is dedicated to helping her students reclaim their calm. Since 2013, she has specialized in practical stress and anxiety management, blending traditional yoga with modern meditation techniques. Millita is passionate about providing her clients with actionable tips to reduce stress.

# Courses at a Glance – Spring 2026

Time	Course Title	Instructor	Building & Room	Start – End Date	SYN #
<b>Monday</b>					
10:00 am - 12:00 pm	Accessible Printmaking: Drypoint, Embossing & Collagraph	Birkenes, Robert	MST Craft Studio	2/9/26-4/6/26	<b>27674</b>
10:00 am - 12:00 pm	French Intermediate	Klein, Maryse	TNC Classroom	2/9/26-5/18/26	<b>27702</b>
10:00 am - 12:00 pm	Exploring 21st Century American Literature	Ehlers, Anne	LSC Classroom	2/9/26-5/18/26	<b>27684</b>
10:00 am - 12:00 pm	The Auteur Theory 2: A Further Examination of 8 Film Directors	Creed, Bill	MST Chesapeake	2/9/26-5/18/26	<b>27676</b>
12:30 pm - 2:30 pm	Paper Mache Construction	Hendel, Tamar	MST Craft Studio	2/9/26-5/18/26	<b>27701</b>
2:00 pm - 4:00 pm	HERstory of the Pacific War - NE Asia	Kato, Linda	MST Chesapeake	2/9/26-4/6/26	<b>27752</b>
<b>Tuesday</b>					
9:00 am - 10:00 am	Introduction to Qigong	Gray, Bob	WLNS Studio 1	2/10/26-5/12/26	<b>27691</b>
10:00 am - 12:00 pm	Drawing for the Visual Mind	Schreib, Lauren	VSQ Classroom	2/10/26-5/12/26	<b>27712</b>
10:00 am - 11:00 am	Tai Chi Beginner*	Lee, Ray	WLNS Studio 1	2/10/26-5/14/26	<b>27704</b>
11:00 am - 12:00 pm	Tai Chi Intermediate*	Gray, Bob	WLNS Studio 1	2/10/26-5/14/26	<b>27692</b>
12:30 pm - 1:30 pm	Sun Style Tai Chi*	Gray, Bob	WLNS Studio 1	2/10/26-5/14/26	<b>27693</b>
12:30 pm - 2:30 pm	Hand, Foot and Face Drawing	Schreib, Lauren	VSQ Classroom	2/10/26-5/12/26	<b>27713</b>
1:00 pm - 3:00 pm	History of Medicine	Victoria Harden	MST Chesapeake	2/10/26-5/19/26	<b>27694</b>
2:30 pm - 3:45 pm	Pen & Pattern: Inspired by Nature	Shawhan, Julia	TNC Classroom	2/10/26-5/12/26	<b>27747</b>

\*Indicates class meets twice a week on Tuesdays *and* Thursdays; they are not separate classes.

Time	Course Title	Instructor	Building & Room	Start – End Date	SYN #
<b>Wednesday</b>					
10:00 am - 12:00 pm	Intermediate Spanish through Literature: Amnesia	Sieiro, Debbie	TNC Classroom	2/11/26-5/13/26	<b>27720</b>
10:00 am - 12:00 pm	The Bronte Sisters	Stephenson, Ann	VSQ Music Room	2/11/26-3/25/26	<b>27749</b>
12:00 pm - 1:00 pm	Yoga with Props for Mobility and Strength	Boudreaux-Dhanoa, Michelle	WLNS Studio 1	2/11/26-5/13/26	<b>28707</b>
12:30 pm - 2:30 pm	Daily Beginning Spanish	Sieiro, Debbie	TNC Classroom	2/11/26-5/13/26	<b>27721</b>
1:00 pm - 2:00 pm	Line Dancing for Seniors	Brown, Barbara	WLNS Studio 1	2/11/26-5/13/26	<b>27675</b>
2:05 pm - 3:05 pm	Restful Yoga for Calm Aging	Boudreaux-Dhanoa, Michelle	WLNS Studio 1	2/11/26-5/13/26	<b>28706</b>
<b>Thursday</b>					
10:00 am - 11:00 am	Movement for Mind-Body Balance	Boudreaux-Dhanoa, Michelle	VSQ Music Room	2/12/26-5/14/26	<b>28703</b>
10:00 am - 12:00 pm	Beginner Painting, Watercolor and Acrylic	Gould, Emily	TNC Craft Room	2/12/26-5/14/26	<b>27686</b>
10:00 am - 11:00 am	Tai Chi Beginner*	Lee, Ray	WLNS Studio 1	2/10/26-5/14/26	<b>27704</b>
11:00 am - 12:00 pm	Tai Chi Intermediate*	Gray, Bob	WLNS Studio 1	2/10/26-5/14/26	<b>27692</b>
12:30 pm - 1:30 pm	Sun Style Tai Chi*	Gray, Bob	WLNS Studio 1	2/10/26-5/14/26	<b>27693</b>
1:00 pm - 3:00 pm	Introduction to Watercolor Painting	Schreib, Lauren	TNC Craft Room	2/12/26-5/14/26	<b>27714</b>
3:15 pm - 4:15 pm	Wine 101	Schreib, Lauren	TNC Craft Room	2/12/26-4/2/26	<b>27715</b>

\*Indicates class meets twice a week on Tuesdays *and* Thursdays; they are not separate classes.

Time	Course Title	Instructor	Building & Room	Start – End Date	SYN #
<b>Friday</b>					
10:00 am - 12:00 pm	Ink to Instagram: Modern and Contemporary Art of East Asia	Kowalski, Tamora	MST Chesapeake	2/13/26-5/15/26	<b>27703</b>
10:00 am - 12:00 pm	Creative Collage: Beyond Paper & Glue	Gould, Emily	TNC Craft Room	2/13/26-5/15/26	<b>27745</b>
10:00 am - 12:00 pm	Introduction to iPhone & iPad with Practicum	Downs, Trudy	TNC Classroom	2/13/26-5/15/26	<b>27678</b>
1:00 pm - 3:00 pm	Introduction to Improvisation	Yamamoto, Ruth	MST Chesapeake	2/13/26-5/15/26	<b>27722</b>
<b>Saturday</b>					
10:00 am - 11:00 am	Yoga for Seniors: Gentle Movement & Meditation	Wright, Millita	MST Chesapeake	2/14/26-5/16/26	<b>28708</b>
10:30 am - 12:30 pm	Elements to Mixed Media	Alibrahim, Mireim	TNC Craft Studio	2/14/26-4/4/26	<b>28725</b>



## Prince George's Community College SAGE Registration Form Riderwood Spring 2026

If you would like help registering, please fill this form out and bring it to Registration Day (with a check made out to PGCC)\* at TNC's Celebrations Room on Wednesday, January 28 from 9-11am.

\*You cannot pay by credit card at the in-person Registration Day session. To pay by credit card, you must pay online at pgcc.edu on your own or with the help of a friend.

\*\*Note that you cannot register for scholarship online. If you have already paid for at least two classes online and are only turning this form in to register for scholarship classes, you do not need to provide proof of previous payment. Scholarship deadline is February 9, 2026.

**PGCC Student ID (if known):** \_\_\_\_\_ **NEW STUDENT?**

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

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

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

**Address:** \_\_\_\_\_ Gracefield Road APT building & # \_\_\_\_\_ Silver Spring, MD 20904

**Race:**  American Indian  Asian  Black/AfricanAmerican

Hispanic  White  Other: \_\_\_\_\_

### Classes you want to take:

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

<b>SYN #</b>	<b>Class Title</b>	<b>Instructor</b>	<b>Scholarship? Y/N</b>

I confirm the above information is correct. I agree to abide by the rules, regulations, and policies of the College as presently in effect and/or here after enacted. If in the future I change my residence, I understand that it is my responsibility to notify the office of Records and Registration at the College and to provide them with my correct address. By choosing to register with this form instead of my online account, I understand that my registration will be completed by a CEC volunteer or a PGCC SAGE staff member on or after Registration Day on January 28, 2026. I understand that I will receive confirmation of the classes via email or in my cubby. If any class I selected was full when I was registered, it will not show up on my confirmation, and I am not registered for that class and my check will be returned.

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

For CEC VOLUNTEERS USE ONLY:

Check Number: \_\_\_\_\_ OR No Check at Preppers table \_\_\_\_\_