

**Registration
opens
Monday,
July 27**



Version 2
includes the correct
email to contact the
SAGE office –
sage@pgcc.edu

Version 3 includes a
schedule change to
Intermediate Spanish
– Thursday to
Wednesday.

Version 4 includes
changes to late
registration dates and
dates for Ann
Stephenson's Zoom
course.

**Semester
starts
Tuesday,
September**

8

Prince George's Community College SAGE Program at Riderwood

Fall 2026

IMPORTANT EVENTS	DATE	TIME & LOCATION
Enrollment & Password Help Session	Monday, July 13	10:00 am – 12:00 pm Town Center Celebrations Room
Registration Day – Online Registration	Monday, July 27	Starting at 7:00 am pgcc.edu
Registration Day – In-Person Assistance	Monday, July 27	9:00 am – 11:00 am Town Center Celebrations Room
Fall 2026 Semester Starts	<i>Tuesday,</i> September 8	

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
David Farr (RAC)
Elly Greene
Jennie Lane
Dianne Lyon

Pat Moskof
Bob Phillips
Judy Scherer
Martha Watson
Diane Willen
Sydney Siegel (Staff)

If you have questions *before* Registration Day (July 27), please reach out to:

Sydney Siegel

Community Resources Coordinator

301-572-8392

Sydney.Siegel@erickson.com

Office location: Town Center, across from the mailboxes

To register *after* Registration Day (July 27) please contact the SAGE office directly at sage@pgcc.edu or 301-546-0923. The SAGE team will provide you with the address to mail your check and your student ID number to write in the memo.

Welcome to the Semester & Important Program Updates

Dear Students,

Welcome to another bustling SAGE semester! Just as fall brings changing leaves, our program is evolving as well. This semester begins earlier—**September 8**—and concludes on December 12, allowing classes to finish before the holiday season and eliminating the three-week holiday break. As a result, **Registration Day is also earlier: July 27**. You'll know your class schedule well in advance of one of the busiest times of the year.

We're also pleased to introduce **Riderwood-exclusive Zoom classes**! These courses are reserved for Riderwood residents, so you won't be competing for seats with students across the county. PGCC will continue offering county-wide Zoom and other off-site classes in its regular catalog. These Riderwood-only courses help us retain popular instructors who have moved away and expand our class offerings when classroom space is limited. If you plan to enroll in a Zoom class, please be sure you're comfortable **using Zoom independently** or have assistance available. The Continuing Education Committee (CEC) is unable to provide technical support, but you can explore helpful resources offered by Riderwood and PGCC for tech support if needed.

One of the highlights this semester is the anticipated return of **Art of Ceramics I and II**. As this catalog goes to print, the Village Square Craft Studio is expected to open in mid-July. If construction delays affect the class schedule, updates will be shared via email and MyErickson. The course is planned for the full 13-week semester. Refunds (if applicable) will be issued only if the class is shortened to fewer than seven weeks.

Because some classes fill quickly, the CEC continues to recommend **online registration**. Online registration opens at **7:00 a.m.**, while in-person registration assistance begins at **9:00 a.m.** in the Town Center Celebrations Room. Step-by-step guides for enrolling, checking or updating your password, and registering online are available in the CEC section of MyErickson (Resident Resources) and on RiderwoodLife.com. If needed, consider asking a friend or family member for assistance.

Finally, if you have questions before Registration Day, please contact Sydney Siegel, Community Resources Coordinator. **After Registration Day (July 27), all registration questions and requests must be directed to the PGCC SAGE office.** Details are available in the catalog.

We look forward to another wonderful semester of learning with you!

Warm regards,

Continuing Education Committee

Table of Contents

<i>Welcome to the Semester.....</i>	<i>3</i>
<i>& Important Program Updates.....</i>	<i>3</i>
<i>Table of Contents.....</i>	<i>4</i>
<i>Everything You Need to Know.....</i>	<i>6</i>
<i>Enrollment & Password Help Session.....</i>	<i>9</i>
<i>Registration Day.....</i>	<i>9</i>
<i>Course Listings</i>	<i>10</i>
ART AND ART HISTORY	10
Sight and Sound: The Art and Music of the 20th-Century	10
A Critical History of Comics: Medium, Method, and Meaning.....	11
Accessible Printmaking.....	11
Paper Mache Construction	12
2D Studio Drawing	12
Masterpiece Mondays, Canvas & Community: Weekly Acrylic Paint Party Class.....	13
Pen & Pattern: Inspired by Maps	14
Introduction to Watercolor Painting	14
Junk Journal, Creative Collage, and Memory Keeping.....	15
Art of Ceramics I.....	16
Art of Ceramics II	17
EXERCISE	18
Introduction to Qigong.....	18
Beginning Tai Chi.....	18
Intermediate Tai Chi	19
Advanced Tai Chi	19
Line Dancing for Seniors, All Levels	20
Chair Based Gentle Yoga & Mindful Movement.....	20
Yoga Mindfulness for Musculoskeletal Conditions – Arthritis.....	21
Movement for Mind-Body Balance	21
Adaptive Vinyasa: Strength through Stillness.....	22
Path to Calm – Gentle Yoga and Meditation.....	22
FILM & MUSIC	23
Post World War II European Cinema:A look at Italian Neo-realism and the French New Wave	23

The Western Film Genre.....	23
American Popular Song	24
Classical Music By Request.....	25
Classical Music By Request.....	25
HISTORY & PHILOSOPHY	26
HERstory of NE Asia: Post-Pacific War Years 1946-1980	26
Philosophy of Criminal Law	27
LANGUAGE	27
Beginning Spanish II.....	27
Intermediate Spanish I *Scheduled change as of July 8*	28
LEISURE	28
Improvisation Basics.....	28
Introduction to Wine Appreciation & Tasting.....	29
LITERATURE	29
Exploring Modern American Poetry.....	29
Things That Go Bump in the Night: Ghost Stories, Classic and Modern *Schedule change as of July 20*	30
TECHNOLOGY	31
Apple Computer Apps for Word Processing & Spreadsheets.....	31
Introduction to iPhone/iPad with Practicum.....	31
<i>Instructor Biographies</i>	<i>32</i>
<i>Courses at a Glance – Fall 2026.....</i>	<i>35</i>
<i>Registration Form.....</i>	<i>39</i>

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.

New 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 (but before Registration Day) to ensure you are charged the in-county fee. Find instructions on how to enroll and create a MyPGCC account on RiderwoodLife.com and MyErickson.

Costs & Scholarship: Each course costs \$40. Students who pay for two classes (totaling \$80) can enjoy up to eight additional non-conflicting classes for FREE! Fill out a Registration Form (the last page of this catalog), mark how many scholarships you would like, and a) drop off the Registration Form at Town Center Celebrations Room on July 27 from 9:00am – 11:00am –OR– b) contact the SAGE office directly at 301-546-0923 or sage@pgcc.edu between July 28 – September 4. Last day for scholarship requests is August 24. Scholarships cannot be requested online and will not be refunded if a student pays online. If a class is dropped or cancelled, students who utilized scholarship will not be refunded.

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.

Registration Times: On July 27, online registration starts at 7:00am on pgcc.edu. The in-person assistance is open from 9am-11am in TNC Celebrations Room, though many students arrive earlier than the doors open to get a number in line. See page 9 for details.

Catalogs: This catalog is produced by Riderwood and contains classes for Riderwood residents only. These classes are at Riderwood (except for two courses on Zoom for Fall 2026). To see the rest of the Zoom courses and classes at other PGCC locations, please look online for the *PGCC SAGE County-Wide Catalog*. That catalog is produced by PGCC. Please check online for the release of their catalog as we do not have a release date as of production of this catalog.

Zoom Classes: Accessing Zoom is the responsibility of the student and not of Riderwood or CEC. Please only register for a Zoom class if you feel confident in navigating Zoom on your own or with the help of a friend. 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

Please make sure you write your student ID number in the memo line of the check.

Late Registrations: PGCC will not register students for Fall 2026 after **Friday, September 4.**

Scholarship request deadline is Monday, August 24.

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 if you did not utilize scholarship.

Length of Courses: The duration of each class is listed under the course description. Classes are typically 7 weeks or 13 weeks but can vary. 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.

Fall 2026 Dates: The semester begins on *Tuesday*, September 8, 2026, and will end Saturday, December 12, 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 Fall semester are:

- Labor Day: Monday, September 7
- Professional Development Day: Tuesday, Oct 13
- Thanksgiving Break: Thursday, November 26 through Saturday, November 28

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.**
- **NEW INCLEMENT WEATHER POLICY:** SAGE classes follow PGCC inclement weather policy. If the main PGCC campus is closed, Riderwood classes are subject to cancellation. When PGCC announces a delayed opening, classes with at least 45 minutes of class time remaining at the time of the opening will be held. If the college announces a virtual day, this does NOT affect Riderwood classes. During inclement weather events, please look for updates on MyErickson and your email inbox. When possible, notice will be posted on community bulletin boards, at front desks, and Riderwood TV as well.

Communications from PGCC: Once you enroll, you are considered a student of PGCC and will 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 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.

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.

Enrollment & Password Help Session

Monday, July 13 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, waiting times may vary.
The CEC recommends bringing a book or activity to do during your wait.

Registration Day

Monday, July 27 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 icon). 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 in order to set up your MyPGCC account.*
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. Confirmation will be placed in your cubby by 8:00pm the following Friday.
3. **Late Registration** – After July 27, please contact the SAGE office directly at sage@pgcc.edu or 301-546-0923. The SAGE team will provide you with the address to mail your check and your student ID number to write in the memo. Last day to register for Fall is September 4.

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.

Course 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: **Sight and Sound: The Art and Music of the 20th-Century**

PGCC Course Title: Art History

NEW This interdisciplinary course explores the dynamic relationship between 20th-century American visual art and music, examining how artists and composers responded to shared cultural, social, and historical influences. Through thematic and chronological case studies, students will investigate major movements in American music—including blues, jazz, rock, minimalism, and the avant-garde—alongside developments in modern and contemporary art. By integrating close observation and focused listening, participants will explore how rhythm, form, improvisation, repetition, and innovation operate across artistic disciplines. The course encourages students to consider how art and music together reflect the emotional, political, and cultural landscape of modern America. Both beginning and seasoned learners are welcome.

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

1. Identify and describe major movements in 20th-century American art and music, including blues, jazz, rock, minimalism, and the avant-garde.
2. Recognize influential artists and composers, including George Gershwin, Duke Ellington, Jackson Pollock, Andy Warhol, and Philip Glass, and explain their contributions to American cultural history.
3. Analyze connections between visual and musical forms, including shared elements such as rhythm, improvisation, abstraction, repetition, and emotional expression.

Instructor: Kowalski, Tamora

Day: Fri

Time: 10:00 am – 12:00 pm

Weeks: 13

Dates: Sept. 11 - Dec. 11

Capacity: 60

Location: MST Chesapeake Room

Syn#: 32030

Riderwood Course Title: **A Critical History of Comics: Medium, Method, and Meaning**
PGCC Course Title: Art History

NEW This course examines the historical development, artistic structure, and cultural impact of the comic book medium. Students analyze primary comic texts, identify major genres and influential creators, and evaluate publishing trends from early sequential art to contemporary graphic narratives. Using historical, visual, and literary frameworks, students compare genre conventions, interpret content and form, and produce written or visual analyses demonstrating understanding of the medium's evolution.

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

1. Understand why comics are a great medium for telling a story.
2. Identify the different styles of comics.
3. Read more comics.

Instructor: Schreib, Lauren

Day: Fri Time: 10:30 am - 11:30 am

Weeks: 7 Dates: Sept. 11 - Oct. 23

Capacity: 20

Location: LSC Classroom

Syn#: 32043

Riderwood Course Title: **Accessible Printmaking**
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 will explore three accessible techniques: drypoint, embossing, and collagraph, using recycled tetra-pak cartons, plastic sheets, watercolor crayons, and ink pads to create fine art prints. Whether drawing from imagination or using personal photos as inspiration, students will develop their own creative process while learning step-by-step methods. This class emphasizes experimentation, playful technique, and building confidence through accessible tools. Previous experience with drawing or painting is helpful but not required. Students will be asked to contribute \$20 for shared materials.

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

1. Create original prints using drypoint, embossing, 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 Time: 10:00 am – 12:00 pm

Weeks: 7 Dates: Oct. 26 - Dec. 7

Capacity: 10

Location: MST Craft Studio

Syn#: 32027

Riderwood Course Title: **Paper Mache Construction**

PGCC Course Title: Design & Production of Crafts

This course introduces students to the creative process of papier-mâché construction in a supportive and hands-on environment. Designed for both beginners and experienced artists, students will create original sculptures such as animals, people, flowers, decorative bowls, and places. The course emphasizes the use of recyclable and found materials, including cardboard, plastic items, and other objects (e.g., feathers). Students will decorate their finished pieces using colored tissue paper, fabric, yarn, and various embellishments. Through guided instruction, students will develop creativity, problem-solving skills, and a new perspective on everyday materials while discovering artistic talents they may not have known they had.

Materials fee: \$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: Sept. 14 - Dec. 7

Capacity: 14

Location: MST Craft Studio

Syn#: 32057

Riderwood Course Title: **2D Studio Drawing**

PGCC Course Title: Studio Fine Art

NEW In this studio drawing course, students explore foundational drawing concepts and the Elements of Design in a supportive and inspiring environment. The class emphasizes skill development, creative confidence, and the growth of individual artistic style. Through guided practice and study of techniques used by both historical masters and contemporary artists, students learn to translate their creative ideas into strong, visually compelling drawings.

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

1. Develop knowledge of new methods, techniques, and drawing skills that provide confidence to create independently and grow as artists.
2. Apply methods to overcome creative blocks.
3. Demonstrate willingness to experiment, innovate, and take risks to pursue ideas, forms, and meanings that emerge in the process of art- making or designing.

Instructor: Gould, Emily

Day: Thur Time: 10:00 am – 12:00 pm

Weeks: 13 Dates: Sept. 10 - Dec. 10

Capacity: 18

Location: TNC Craft Studio

Syn#: 32053

Riderwood Course Title: **Masterpiece Mondays, Canvas & Community: Weekly Acrylic Paint Party Class**

PGCC Course Title: Design & Production of Crafts

NEW Rediscover the joy of creativity in this lively, social, and stress-free acrylic paint party class. Whether you haven't picked up a brush since grade school or paint regularly, this course offers a welcoming, fun-filled environment focused on relaxation and self-expression. Each session features a new subject, and students will complete a finished acrylic painting on canvas by the end of class. Guided step-by-step by the instructor, students will build confidence from the first brushstroke to the final detail while learning foundational techniques in color mixing, brushwork, and composition through subjects such as landscapes, florals, and abstract designs. All materials are provided, including easels, canvases, acrylic paints, and smocks. This class is a creative escape designed for enjoyment, skill-building, and connection, with no prior experience required.

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

1. Master Step-by-Step Composition: Follow a guided, multi-stage process to transform a blank canvas into a finished painting, gaining confidence in their ability to execute a project from start to finish.
2. Apply Foundational Acrylic Techniques: Demonstrate basic painting skills including color mixing, blending gradients, and selecting the appropriate brush for specific textures and details.
3. Cultivate Creative Well-being: Utilize the social "paint party" environment to reduce stress, improve fine motor coordination, and engage in meaningful social interaction with peers.

Please note: At the time of publication of this catalog, the Village Square Craft Studio is expected to finish construction in time for Fall 2026 courses but that is subject to change. Updates will be sent via MyErickson and email. A refund will only be processed if class is cut shorter than seven weeks.

Instructor: Gould, Emily

Day: Mon Time: 9:30 am - 12:30 pm

Weeks: 8 Dates: Sept. 14 - Nov. 2

Capacity: 18

Location: VSQ Craft Studio

Syn#: 32047

Riderwood Course Title: **Pen & Pattern: Inspired by Maps**

PGCC Course Title: Drawing for Senior Citizens

NEW This pen-and-ink course explores pattern drawing through the lens of maps and cartography. Students create abstract artwork inspired by traditional, historical, and imaginative mapmaking, including routes, symbols, grids, and fantasy landscapes. Through guided instruction, students will transform map-based ideas into unique visual compositions. All skill levels are welcome. There is a \$5 materials fee for this course

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

1. Learn how to combine simple lines and shapes to create patterns.
2. Find inspiration in a variety of mapmaking techniques, from traditional styles to more whimsical, artful styles.
3. Create unique abstract pen and ink drawings using the patterns and art technique taught in class.

Instructor: Shawhan, Julia

Day: Tues Time: 2:30 pm - 3:45 pm

Weeks: 13 Dates: Sept. 8 - Dec. 8

Capacity: 18

Location: TNC Classroom

Syn#: 32049

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

PGCC Course Title: Drawing for Senior Citizens

This course provides instruction and studio practice in watercolor painting for students at all skill levels, from beginner to advanced. Students explore techniques in color application, brushwork, composition, and layering. Emphasis is placed on guided practice, skill development, and creative expression within a supportive open-studio format. Instructor will provide a list of materials for students to purchase.

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

1. Become familiar with several techniques of watercolor painting.
2. Understand the use of watercolor paint.
3. How to use these techniques on your own artwork.

Instructor: Schreib, Lauren

Day: Thur Time: 12:30 pm - 2:30 pm

Weeks: 13 Dates: Sept. 10 - Dec. 10

Capacity: 10

Location: TNC Craft Studio

Syn#: 32045

Riderwood Course Title: **Junk Journal, Creative Collage, and Memory Keeping**

PGCC Course Title: Design & Production of Crafts

NEW This hands-on course explores storytelling through collage, journaling, and mixed media. Students will transform blank pages into expressive journal spreads using vintage materials, photos, florals, papers, and personal keepsakes. Instruction includes collage techniques such as layout, layering, and composition, along with inspiration from contemporary collage artists. Creative writing prompts and poetry will be integrated to support personal storytelling.

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

1. Apply Mixed Media Techniques: Upcycle and use layering techniques to transform everyday scraps into art.
2. Integrate Art and Storytelling: Combine creative writing with visual art by incorporating poetry and meaningful memorabilia.
3. Develop a Self Care Practice: Use collage and junk journaling as a calming tool for self reflection. Inspired by the styles of contemporary artists to find your unique creative voice.

Instructor: Gould, Emily

Day: Fri

Time: 9:15 am - 12:15 pm

Weeks: 13

Dates: Sept. 11 - Dec. 11

Capacity: 18

Location: TNC Craft Studio

Syn#: 32094

Riderwood Course Title: **Art of Ceramics I**
PGCC Course Title: Design & Production of Crafts

Discover the creative possibilities of hand-built ceramics in this engaging beginner-friendly studio course. Students learn foundational techniques such as slab, coil, and pinch construction while exploring texture, impressions, molds, underglazes, and glazes to enhance both functional and decorative pieces. Through guided demonstrations and hands-on projects, students develop craftsmanship, design awareness, and confidence in working with clay. The course emphasizes creativity, safety, and individualized instruction in a supportive studio environment where students can work at their own pace to create unique pieces for display, personal use, or gifts. A \$15 materials fee covers shared tools, supplies, and studio materials. Additional contributions may be needed for advanced or high-volume projects.

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

1. Demonstrate hand-building techniques such as slab, pinch, coil, and basic mold construction.
2. Apply surface treatments such as texture, impressions, underglazes, and glazes to enhance their work.
3. Create functional or decorative ceramic pieces to treasure, display, or gift.

Please note: At the time of publication of this catalog, the Village Square Craft Studio is expected to finish construction in time for Fall 2026 courses but that is subject to change. Updates will be sent via MyErickson and email. A refund will only be processed if class is cut shorter than seven weeks.

Instructor: Yin, Won

Day: Mon Time: 1:00 pm – 4:00 pm
Weeks: 13 Dates: Sept. 14 - Dec. 7

Capacity: 16

Location: VSQ Craft Studio

Syn#: 32061

Riderwood Course Title: **Art of Ceramics II**

PGCC Course Title: Design & Production of Crafts

Designed for continuing students, course encourages greater artistic exploration and technical refinement in hand-built ceramics. Students expand upon foundational techniques while exploring more complex forms, surface design, glazing methods, and creative problem-solving. Emphasis is placed on craftsmanship, experimentation, and developing individual artistic expression through functional, decorative, or sculptural projects. Students may combine techniques, work from sketches or models, and create coordinated pieces or thematic series. Opportunities to assist with studio practices, including kiln preparation under supervision, may also be available. The course fosters a collaborative and supportive studio atmosphere that encourages creativity, skill development, and artistic growth. A \$15 materials fee covers shared tools, supplies, and studio materials. Additional contributions may be needed for advanced or individualized projects.

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

1. Create functional and sculptural ceramic pieces with advanced hand-building techniques.
2. Apply surface design, glazing, and finishing touches to enhance form and expression.
3. Develop original ideas and a personal style using sketches, maquettes, and other preparatory work, which may include sets or series.

Please note: At the time of publication of this catalog, the Village Square Craft Studio is expected to finish construction in time for Fall 2026 courses but that is subject to change. Updates will be sent via MyErickson and email. A refund will only be processed if class is cut shorter than seven weeks.

Instructor: Yin, Won

Day: Tues

Time: 1:00 pm – 4:00 pm

Weeks: 13

Dates: Sept. 8 - Dec. 8

Capacity: 16

Location: VSQ Craft Studio

Syn#: **32062**

EXERCISE

Riderwood Course Title: **Introduction to Qigong**

PGCC Course Title: Healthy Living

This course introduces students to Qigong, a mind-body practice that combines gentle movement, breathing, and focused awareness to promote physical health, balance, and mental relaxation. Designed for beginners, the course also supports more experienced practitioners seeking to deepen their understanding. Supplemental video materials are provided to reinforce learning and practice outside of class.

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: Tues Time: 9:00 am – 10:00 am

Weeks: 13 Dates: Sept. 8 - Dec. 8

Capacity: 22

Location: WLNS Studio 1

Syn#: 32055

Riderwood Course Title: **Beginning Tai Chi**

PGCC Course Title: Healthy Living

This course introduces students to Tai Chi, a mind-body practice that combines gentle movement, breathing, and focused attention to promote strength, balance, concentration, and overall health. Designed for beginners with no prior experience, the course emphasizes safe practice, foundational forms, and skill development to reduce the risk of falls or injury.

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: T/TH Time: 10:00 am – 11:00 am

Weeks: 13 Dates: Sept. 8 - Dec. 10

Capacity: 20

Location: WLNS Studio 1

Syn#: 32035

Riderwood Course Title: **Intermediate Tai Chi**

PGCC Course Title: Healthy Living

This course introduces students to Chen Style Tai Chi, the oldest Tai Chi form in China. Instruction emphasizes circular and spiral movements to enhance strength, balance, flexibility, and the flow of energy (chi) throughout the body. Participants will develop mind-body coordination while practicing this traditional form, suitable for adults of varying fitness levels with appropriate adaptations for seniors.

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: T/TH Time: 11:00 am – 12:00 pm

Weeks: 13 Dates: Sept. 8 - Dec. 10

Capacity: 22

Location: WLNS Studio 1

Syn#: 32064

Riderwood Course Title: **Advanced Tai Chi**

PGCC Course Title: Healthy Living

This course provides instruction in Tai Chi, a mind-body practice that combines gentle movement, breathing, and focus to improve strength, balance, and overall health. Designed for students with prior experience, the course emphasizes skill refinement, progression of forms, and safe practice techniques to reduce the risk of falls or injury.

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

1. Perform the complete sequence of Yang-style, 32-movements Tai Chi.
2. Use new Tai Chi skills that implement the principles of Tai Chi.
3. Perform exercises that students can use on their own to improve their Tai Chi skills.

Instructor: Gray, Bob

Day: T/TH Time: 12:30 pm - 1:30pm

Weeks: 13 Dates: Sept. 8 - Dec. 10

Capacity: 22

Location: WLNS Studio 1

Syn#: 32065

Riderwood Course Title: **Line Dancing for Seniors, All Levels**

PGCC Course Title: Healthy Living

This course offers students a structured program of movement-based activities designed to improve physical fitness, mental alertness, stamina, flexibility, and stress management. Emphasis is placed on safe practice, gradual skill development, and fostering engagement through social interaction and enjoyable group exercises.

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

1. Name dance steps.
2. Recognize those steps, and execute the steps.
3. Understand the tempo of music, and how the dance is in sync with the music and vice versa.

Instructor: Brown, Barbara

Day: Wed Time: 1:00 pm – 2:00 pm

Weeks: 12 Dates: Sept. 9 - Dec. 2

Capacity: 30

Location: WLNS Studio 1

Syn#: 32067

Riderwood Course Title: **Chair Based Gentle Yoga & Mindful Movement**

PGCC Course Title: Healthy Living

This accessible movement course offers gentle, chair-based yoga to support mobility, balance, and overall well-being. Students will explore simple stretches, mindful movement, breath awareness, and relaxation techniques. All movements are adaptable to ensure comfort and safety. This course is educational in nature and does not include diagnosis or treatment.

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

1. Perform chair based mobility sequences.
2. Use breath-supported movement.
3. Demonstrate seated strength practices.

Instructor: Boudreaux-Dhana, Michelle

Day: Thur Time: 11:00 am – 12:00 pm

Weeks: 13 Dates: Sept. 10 - Dec. 10

Capacity: 30

Location: MST Chesapeake Room

Syn#: 32029

Riderwood Course Title: **Yoga Mindfulness for Musculoskeletal Conditions – Arthritis**

PGCC Course Title: Healthy Living

NEW This course introduces accessible yoga, breathwork, and mindfulness practices designed to support individuals with musculoskeletal conditions such as osteoarthritis, rheumatoid arthritis, degenerative joint changes, chronic pain, and age-related stiffness. Through gentle, adaptive movement and somatic awareness, students will focus on improving mobility, posture, muscular balance, and functional movement while developing strategies for pain management and relaxation. Practices include seated, standing, and supported variations to ensure accessibility and safety for a wide range of abilities.

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

1. Identify how neuromuscular conditions affect movement, balance, and sensory motor function.
2. Demonstrate safe and accessible yoga postures and movement sequences appropriate for neuromuscular limitations.
3. Apply breathwork techniques to support relaxation, postural stability, and autonomic regulation.

Instructor: Boudreaux-Dhana, Michelle

Day: Thur Time: 2:00 pm – 3:00 pm

Weeks: 13 Dates: Sept. 10 - Dec. 10

Capacity: 30

Location: MST Chesapeake Room

Syn#: 32032

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

PGCC Course Title: Healthy Living

This course introduces evidence-informed mind-body practices that integrate gentle movement, yoga-informed postures, breathwork, and mindfulness. Students explore accessible seated and standing techniques designed to support balance, flexibility, mobility, stress reduction, and overall well-being.

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

1. Coordinate breath and movement.
2. Demonstrate safe standing balance practices.
3. Apply mind-body awareness tools.

Instructor: Boudreaux-Dhana, Michelle

Day: Thur Time: 9:45 am - 10:45 am

Weeks: 13 Dates: Sept. 10 - Dec. 10

Capacity: 30

Location: MST Chesapeake Room

Syn#: 32031

Riderwood Course Title: **Adaptive Vinyasa: Strength through Stillness**

PGCC Course Title: Healthy Living

NEW This course introduces an adaptive vinyasa-based yoga practice designed for active older adults seeking a flowing, strength-building experience with appropriate modifications. Students practice breath-led sequences that include standing balance work, strength-focused holds, and accessible transitions, with options to use chairs, walls, and props to support safe alignment and individual range of motion. Each class includes warm-ups, guided practice for balance and transitions, and relaxation and meditation to support body awareness, self-regulation, and overall well-being. Participants should bring a yoga mat and any preferred props.

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

1. Increase physical stamina by maintaining "Stillness in Motion" (isometric holds) in standing balance poses for a duration of 5 to 10 rhythmic breaths using a chair for light support.
2. Transition from a seated warm-up to a standing sequence without losing the steady rhythm of Ujjayi or natural diaphragmatic breathing.
3. Utilize tools, if needed, to safely transition from standing to floor position.

Instructor: Boudreaux-Dhana, Michelle

Day: Thur Time: 12:45 pm - 1:45 pm

Weeks: 13 Dates: Sept. 10 - Dec. 10

Capacity: 30

Location: MST Chesapeake Room

Syn#: 32028

Riderwood Course Title: **Path to Calm – Gentle Yoga and Meditation**

PGCC Course Title: Healthy Living

This class is designed specifically for seniors, focusing on accessibility, joint health, and nervous system regulation. The program transitions gradually from seated chair work to optional mat-based movements, ensuring every participant builds a foundation of strength and mobility at their own pace.

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

1. Have a foundational understanding of meditation and body alignment.
2. Master various Pranayama (breathwork) and meditation techniques.
3. Integrate mindfulness into daily life through mind-body dialogue.

Instructor: Wright, Millita

Day: Sat Time: 10:00 am – 11:00 am

Weeks: 10 Dates: Sept. 12 - Nov. 14

Capacity: 25

Location: MST Chesapeake Room

Syn#: 32059

FILM & MUSIC

Riderwood Course Title: **Post World War II European Cinema: A look at Italian Neorealism and the French New Wave**

PGCC Course Title: Art History

NEW Post-World War II Europe experienced a surge in film production that produced numerous influential works. During this period, two major movements emerged that reshaped global cinema for decades: Italian Neorealism and the French New Wave. Italian Neorealism developed in a war-damaged film industry and focused on everyday life and social realities, while the French New Wave emerged from a generation of critics-turned-filmmakers inspired by American cinema. This course examines key films from both movements, along with the later careers of several of their most influential directors.

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

1. Understand basic film vocabulary and theory.
2. Identify the basic components of the Italian Neorealism and the French New Wave.
3. Identify the major directors of the two movements.

Instructor: Creed, Bill

Day: Mon Time: 10:00 am – 12:00 pm

Weeks: 13 Dates: Sept. 14 - Dec. 7

Capacity: 50

Location: MST Chesapeake Room

Syn#: 32034

Riderwood Course Title: **The Western Film Genre**

PGCC Course Title: History Through Hollywood

NEW The Western genre has played a significant role in American cinema since its early development and was one of its most prominent genres during the classical studio era. This course examines representative Western films and analyzes how they reflect American cultural values while shaping representations of the frontier in both national and global contexts.

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

1. Understand basic film vocabulary and theory.
2. Classify Films in various genres.
3. Identify the basic tropes of the Western genre and the various plot elements.

Instructor: Creed, Bill

Day: Thur Time: 10:00 am – 12:00 pm

Weeks: 13 Dates: Sept. 10 - Dec. 10

Capacity: 50

Location: LSC Encore Theater

Syn#: 32037

Riderwood Course Title: **American Popular Song**

PGCC Course Title: Music Appreciation

NEW This course explores the development of what is now known as The Great American Songbook, focusing on the period from 1935–1965. Using audio, video, and anecdotal examples, students will study the composers, lyricists, musicians, and performers who shaped American popular music, including George & Ira Gershwin, Richard Rodgers, Lorenz Hart, Jerome Kern, Oscar Hammerstein, Johnny Mercer, Hoagy Carmichael, Frank Sinatra, Ella Fitzgerald, Duke Ellington, and Louis Armstrong. Broadway and Hollywood musicals of the era will also be highlighted. Designed for students with no prerequisites, this class provides a foundation for appreciating classic American popular music and encourages further exploration of this influential era.

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

1. Recognize many of the composers and lyricists of The Great American Songbook.
2. Identify many of the artists who performed selections from the Standard Era of popular music.
3. Understand how music became a tool to boost the morale of both the G.I.s and civilians during World War II.

Instructor: Kramer, Steve

Day: Tues

Time: 1:00 pm – 3:00 pm

Weeks: 8

Dates: Sept. 8 - Nov. 3

Capacity: 60

Location: MST Chesapeake Room

Syn#: 32033

Riderwood Course Title: **Classical Music By Request (AM)**

PGCC Course Title: Music Appreciation

NEW This new and completely unique music discovery course was developed completely from topics suggested by Riderwood Residents. The wide variety of subjects range from Pagliacci to Prokofiev, Bach to Bernstein, Tchaikovsky to Traviata, and much more. Audio and video examples will be used to examine multiple historical periods, musical forms, and composer biographies. No prior musical experience is required. Select either the morning or afternoon session. Come join us as we experience some of the world's most beautiful, exciting and engaging musical masterpieces.

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

1. Recognize stylistic characteristics across different genres and historical periods.
2. Relate musical works to the social, political, and cultural environments in which they were created.
3. Identify and describe musical elements such as melody, harmony, rhythm, texture, form, and timbre.

Instructor: Marshall, Clint

Day: Wed Time: 10:00 am – 12:00 pm

Weeks: 13 Dates: Sept. 9 - Dec. 9

Capacity: 36

Location: TNC Classroom

Syn#: 32036

Riderwood Course Title: **Classical Music By Request (PM)**

PGCC Course Title: Music Appreciation

NEW This new and completely unique music discovery course was developed completely from topics suggested by Riderwood Residents. The wide variety of subjects range from Pagliacci to Prokofiev, Bach to Bernstein, Tchaikovsky to Traviata, and much more. Audio and video examples will be used to examine multiple historical periods, musical forms, and composer biographies. No prior musical experience is required. Select either the morning or afternoon session. Come join us as we experience some of the world's most beautiful, exciting and engaging musical masterpieces.

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

1. Recognize stylistic characteristics across different genres and historical periods.
2. Relate musical works to the social, political, and cultural environments in which they were created.
3. Identify and describe musical elements such as melody, harmony, rhythm, texture, form, and timbre.

Instructor: Marshall, Clint

Day: Wed Time: 1:00 pm – 3:00 pm

Weeks: 13 Dates: Sept. 9 - Dec. 9

Capacity: 36

Location: TNC Classroom

Syn#: 32041

HISTORY & PHILOSOPHY

Riderwood Course Title: **HERstory of NE Asia: Post-Pacific War Years 1946-1980**

PGCC Course Title: World History

NEW Following Japan's surrender in 1945, Northeast Asia underwent significant political, social, and economic transformation. This course examines the postwar development of Japan, the Korean Peninsula, Taiwan, and the People's Republic of China, with attention to processes of state-building, economic modernization, and shifting international roles. Particular focus is given to the emergence of industrialized economies in Japan, South Korea, and Taiwan, alongside their evolving democratic institutions and cultural industries. The course also explores the political history of the People's Republic of China under Mao Zedong, including major state campaigns and their social and economic consequences, using newly available historical sources and scholarly interpretations. Across all cases, attention is given to changing social structures, including the evolving roles of women in political, economic, and cultural life, as well as the region's growing global cultural influence.

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

2. Identify key events in Japan that marked their economic and political transformation after Japan's surrender in August 1945. Examples include the years of the Allied Occupation of Japan, the return of Japan's sovereignty, the peacetime constitution, etc.
3. Discuss the ethical issues raised by the Tokyo Trials against Japanese war criminals and implications of its judgments for conduct of war, treatment of civilians, etc. today.
4. Identify the new or expanded roles and responsibilities that became accessible to women in Japan, Taiwan and South Korea to them from the economic transformations and democratic reforms in their respective countries.

Instructor: Kato, Linda

Day: Mon

Time: 2:00 pm – 4:00 pm

Weeks: 7

Dates: Sept. 14 - Oct. 26

Capacity: 50

Location: MST Chesapeake Room

Syn#: 32026

Riderwood Course Title: **Philosophy of Criminal Law**

PGCC Course Title: Creative and Critical Thinking

NEW Why do societies punish people who break the law? What makes a punishment fair? Should intent matter as much as the crime itself? Is capital punishment ever justified? This discussion-based course explores the moral and philosophical questions behind criminal law and legal punishment. Through guided conversation and real-world examples, participants will examine topics such as justice, responsibility, punishment, guilt, intent, and mercy. The course will introduce major philosophical perspectives on criminal law while encouraging participants to share their own ideas, experiences, and viewpoints in a respectful and engaging environment. No prior background in philosophy or law is required.

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

1. Discuss the various theories that philosophers have developed to answer philosophical questions discussed in class.
2. Assess strengths and weaknesses of philosophical theories.
3. Apply philosophical theories to current criminal law.

Instructor: Sverdlik, Steven

Day: Tues

Time: 10:00 am – 12:00 pm

Weeks: 7

Dates: Sept. 8 - Oct. 27

Capacity: 25

Location: TNC Classroom

Syn#: 32058

LANGUAGE

Riderwood Course Title: **Beginning Spanish II**

PGCC Course Title: Beginner Spanish

This introductory course provides a foundation in Spanish through practical, real-life communication. Students learn basic vocabulary, pronunciation, and simple sentence structures used in everyday situations such as greetings, introductions, and daily activities. Instruction emphasizes listening and speaking skills, supported by reading and writing practice. Cultural topics introduce students to traditions and perspectives from Spanish-speaking communities, helping to build both language skills and cultural awareness.

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

1. Strengthen Spanish comprehension skills.
2. Explore cultural aspects of different communities.
3. Gain confidence in using Spanish in everyday situations.

Instructor: Sieiro, Debbie

Day: Wed

Time: 12:30 pm - 2:30 pm

Weeks: 13

Dates: Sept. 9 - Dec. 9

Capacity: 15

Location: VSQ Fireside PDR

Syn#: 32050

Riderwood Course Title: **Intermediate Spanish I** * **Schedule change as of July 8***

PGCC Course Title: Intermediate & Advanced Spanish

This course strengthens students' ability to communicate in Spanish across a wider range of real-life contexts. Students expand their vocabulary and improve fluency while working with more complex grammatical structures, including past and future tenses. Instruction integrates speaking, listening, reading, and writing through discussions, short readings, and multimedia materials. Cultural exploration and contemporary topics provide context for language use and support more meaningful communication.

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

1. Develop stronger listening skills.
2. Expand vocabulary.
3. Acquire confidence in understanding spoken Spanish.

Instructor: Sieiro, Debbie

Day: **Wed** Time: 10:00 am – 12:00 pm

Weeks: 13 Dates: Sept. 10 - Dec. 10

Capacity: 15

Location: VSQ Fireside PDR

Syn#: 32052

Please note: This course was originally advertised for Thursdays but as of July 8 this class is on Wednesdays.

LEISURE

Riderwood Course Title: **Improvisation Basics**

PGCC Course Title: Introduction to Improv

This course introduces students to the world of acting, encouraging discovery, creativity, and personal expression in a fun and supportive environment. Participants will develop foundational skills in voice, speech, and movement while exploring empathy, collaboration, and idea-sharing. Acting as a craft engages the whole body and mind, helping students build their “actor’s toolbox” while having fun and connecting with others.

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

1. Increase confidence in public presentations.
2. Understand basic improv terminology.
3. Play several theatre games.

Instructor: Yamamoto, Ruth

Day: **Fri** Time: 1:30 pm - 3:30 pm

Weeks: 13 Dates: Sept. 11 - Dec. 11

Capacity: 20

Location: MST Chesapeake Room

Syn#: 32060

Riderwood Course Title: **Introduction to Wine Appreciation & Tasting**

PGCC Course Title: Healthy Living

This course introduces students to the fundamentals of wine, including terminology, tasting techniques, and basic concepts of flavor, aroma, and appearance. Students will sample a variety of wines, learn recommended serving practices and pairings, and apply professional sommelier techniques to develop their own descriptive evaluations. A \$50 course fee covers wine samples.

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

1. Name basic wine terms and concepts.
2. Improve their wine etiquette.
3. Improve wine tasting skills.

Instructor: Schreib, Lauren

Day: Thur

Time: 3:00 pm – 4:00 pm

Weeks: 7

Dates: Sept. 10 - Oct. 22

Capacity: 15

Location: TNC Craft Studio

Syn#: 32046

LITERATURE

Riderwood Course Title: **Exploring Modern American Poetry**

PGCC Course Title: Literature: An Exploration

This course explores Modern American poetry as a powerful means of expressing human experience through precise language, rhythm, and imagery. Readings include poets such as Clint Smith, Ada Limón, Wendell Berry, Naomi Shihab Nye, Elizabeth Alexander, and Louise Glück. Through selected anthologies and a complete poetry collection, students will engage in close yet accessible analysis while considering how poems resonate differently with individual readers.

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

1. Analyze various texts through close readings, discussion, and responsive writing.
2. Evaluate poets' 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: Sept. 14 - Dec. 7

Capacity: 20

Location: LSC Classroom

Syn#: 32040

Riderwood Course Title: **Things That Go Bump in the Night: Ghost Stories, Classic and Modern**

PGCC Course Title: Literature: An Exploration

NEW This course explores the enduring power of ghost stories across literature and film, from classic works to contemporary interpretations. Through texts ranging from Shakespeare to Charles Dickens, Edith Wharton, and Toni Morrison, students will analyze how ghosts and hauntings function as narrative devices that reveal deeper truths about the human experience. Themes such as mortality, morality, loss, memory, time, secrecy, and justice will guide our discussions. By examining why the past continues to resurface in these stories, students will consider what it means when history—personal or collective—refuses to remain buried.

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

1. Identify a variety of folk traditions and beliefs regarding ghosts and spirits, as well as prevalent traits of Gothic literature.
2. Assess the narrative techniques that an author employs in storytelling and recognize how these elements are manipulated for the intended effect.
3. Evaluate historical or cultural influence upon both the writing of fiction and its reception by reading or viewing audiences.

Please note this is a virtual course. Students must be capable of accessing Zoom independently.

Instructor: Stephenson, Ann

Day: Wed Time: 10:00 am – 12:00 pm

Weeks: 7 Dates: Oct. 21 – Dec. 9*

*Change in class dates as of July 20, 2026.

Capacity: 20

Location: Zoom

Syn#: 32056

TECHNOLOGY

Riderwood Course Title: **Apple Computer Apps for Word Processing & Spreadsheets**

PGCC Course Title: Introduction to the iPhone & iPad

NEW This course introduces students to Apple's built-in productivity software, including Pages and Numbers, as alternatives to Microsoft Word and Excel. Students will learn how to create, format, and manage documents and spreadsheets, as well as import, export, and convert files between Apple and Microsoft formats. Emphasis is placed on developing practical skills for everyday personal, academic, and professional use while maximizing the value of free software included with Apple computers.

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

1. Create documents of all types using the built in app supplied by Apple.
2. Work with previous documents created in Word and convert into Pages and then export into Word and .pdf formats for others to read/edit as appropriate.
3. Build spreadsheets to support your financial needs in budgeting, creating lists such as holiday card listings of names, email addresses and US postal service tracking items, creating small data bases.

Please note this is a virtual course. Students must be capable of accessing Zoom independently.

Instructor: Downs, Trudy

Capacity: 15

Day: Wed

Time: 10:00 am – 12:00 pm

Location: Zoom

Weeks: 13

Dates: Sept. 9 - Dec. 9

Syn#: 32038

Riderwood Course Title: **Introduction to iPhone/iPad with Practicum**

PGCC Course Title: Introduction to the iPhone & iPad

This course introduces students to the basic functions and applications of iPhones and iPads. Instruction covers device setup, managing settings, using built-in apps such as calendar, contacts, and reminders, downloading and using additional apps, and accessing digital media including movies, books, and magazines. Students develop practical skills to maximize the functionality of their devices and Internet connectivity through guided, hands-on exercises.

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

1. Set up their phone and customize to their particular usage styles and preferences.
2. Use basic features such as phone, calendar, contacts, text messaging, reminders.
3. Download new applications from the app store.

Instructor: Downs, Trudy

Capacity: 18

Day: Fri

Time: 10:00 am – 12:00 pm

Location: TNC Classroom

Weeks: 13

Dates: Sept. 11 - Dec. 11

Syn#: 32039

Instructor Biographies

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.

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.

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.

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.

Hendel, Tamar is a trained teacher and art therapist, as well as a practicing artist, teaching for PGCC for over 12 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.

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.

Kramer, Steve is a collector of jazz, big band, and vocal recordings since childhood. Steve is also an author and has produced CDs by some prominent vocalists of the 1940s. Since 2005, he has been an adjunct faculty member of Prince George's Community College teaching music appreciation classes at both Riderwood and the Greenbelt Community Center. He provided music for the local stage productions of Clare Boothe Luce's "The Women" (Greenbelt Arts Center) and for "Born Yesterday" (The Prince George's Little Theater).

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.

Marshall, Clinton enjoys an international reputation as a gifted teacher, conductor, clinician, adjudicator and lecturer. He has conducted at the Palace for Children and Youth in Kiev, Ukraine; appeared eleven times as artist-in-residence at the prestigious Rocky Mountain Music Festival in Banff, Canada; served as the keynote speaker for the British Columbia Music Educators Conference in Victoria, B.C.; and served on the faculty of the International Music Camp held at the Peace Gardens. A resident of Riderwood, Clint is well known for his entertaining and engaging teaching style.

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.

Sverdlik, Steven taught philosophy at Southern Methodist University in Dallas for 37 years. His specialties are ethics, moral psychology and philosophy of criminal law, of which he has taught many times.

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.

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.

Yin, Won has an MFA degree from the University of Maryland with credits from Antioch College in Columbia, Maryland. She taught mostly ceramics at Thomas S. Wootton High School, MCPS, MD until retirement in 1998, and has taught ceramics at Riderwood since February 2012.

Courses at a Glance – Fall 2026

Time	Course Title	Building & Room	Start – End Date	SYN #
Monday				
9:30 am – 12:30 pm	Masterpiece Mondays, Canvas & Community	VSQ Craft Studio	Sept. 14 – Nov. 2	32047
10:00 am – 12:00 pm	Exploring Modern American Poetry	LSC Classroom	Sept. 14 – Dec. 7	32040
10:00 am – 12:00 pm	Accessible Printmaking	MST Craft Studio	Oct. 26 – Dec. 7	32027
10:00 am – 12:00 pm	Post World War II European Cinema	MST Chesapeake	Sept. 14 – Dec. 7	32034
12:30 pm - 2:30 pm	Paper Mache Construction	MST Craft Studio	Sept. 14 – Dec. 7	32057
1:00 pm – 4:00 pm	Art of Ceramics I	VSQ Craft Studio	Sept. 14 – Dec. 7	32061
2:00 pm – 4:00 pm	HERstory of NE Asia: Post-Pacific War Years	MST Chesapeake	Sept. 14 – Oct. 26	32026
Tuesday				
9:00 am – 10:00 am	Introduction to Qigong	WLNS Studio 1	Sept. 8 – Dec. 8	32055
10:00 am – 11:00 am	Beginning Tai Chi*	WLNS Studio 1	Sept. 8 – Dec. 10	32035
11:00 am – 12:00 pm	Intermediate Tai Chi*	WLNS Studio 1	Sept. 8 – Dec. 10	32064
12:30 pm - 1:30 pm	Advanced Tai Chi*	WLNS Studio 1	Sept. 8 – Dec. 10	32065
10:00 am – 12:00 pm	Philosophy of Criminal Law	TNC Classroom	Sept. 8 – Oct. 27	32058
1:00 pm – 3:00 pm	American Popular Song, All Levels	MST Chesapeake	Sept. 8 – Nov. 3	32033
1:00 pm – 4:00 pm	Art of Ceramics II	VSQ Craft Studio	Sept. 8 – Dec. 8	32062
2:30pm - 3:45 pm	Pen & Pattern: Inspired by Maps	TNC Classroom	Sept. 8 – Dec. 8	32049

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

Time	Course Title	Building & Room	Start – End Date	SYN #
Wednesday				
10:00 am – 12:00 pm	Things That Go Bump in the Night: Ghost Stories *updated dates*	Zoom	Oct. 21 – Dec. 9	32056
10:00 am – 12:00 pm	Apple Computer Apps	Zoom	Sept. 9 – Dec. 9	32038
10:00 am – 12:00 pm	Classical Music By Request (AM)	TNC Classroom	Sept. 9 – Dec. 9	32036
10:00 am – 12:00 pm	Intermediate Spanish I *originally listed as Thursdays*	VSQ Fireside PDR	Sept. 9 – Dec. 9	32052
12:30 pm - 2:30 pm	Beginning Spanish II	VSQ Fireside PDR	Sept. 9 – Dec. 9	32050
1:00 pm – 2:00 pm	Line Dancing for Seniors, All Levels	WLNS Studio 1	Sept. 9 – Dec. 2	32067
1:00 pm – 3:00 pm	Classical Music By Request (PM)	TNC Classroom	Sept. 9 – Dec. 9	32041
Thursday				
9:45 am - 10:45 am	Movement for Mind-Body Balance	MST Chesapeake	Sept. 10 – Dec. 10	32031
10:00 am – 11:00 am	Beginning Tai Chi*	WLNS Studio 1	Sept. 8 – Dec. 10	32035
10:00 am – 12:00 pm	2D Studio Drawing	TNC Craft Studio	Sept. 10 – Dec. 10	32053
10:00 am – 12:00 pm	The Western Film Genre	LSC Encore	Sept. 10 – Dec. 10	32037
11:00 am – 12:00 pm	Intermediate Tai Chi*	WLNS Studio 1	Sept. 8 – Dec. 10	32064
11:00 am - 12:00 pm	Chair Based Gentle Yoga	MST Chesapeake	Sept. 10 – Dec. 10	32029
12:30 pm - 1:30 pm	Advanced Tai Chi*	WLNS Studio 1	Sept. 8 – Dec. 10	32065
12:30 pm - 2:30 pm	Intro to Watercolor Painting	TNC Craft Studio	Sept. 10 – Dec. 10	32045
12:45 pm - 1:45 pm	Adaptive Vinyasa: Strength through Stillness	MST Chesapeake	Sept. 10 – Dec. 10	32028
2:00 pm – 3:00 pm	Yoga Mindfulness for Musculoskeletal Conditions	MST Chesapeake	Sept. 10 – Dec. 10	32032
3:00 pm – 4:00 pm	Introduction to Wine Appreciation & Tasting	TNC Craft Studio	Sept. 10 – Oct. 22	32046

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

Time	Course Title	Building & Room	Start – End Date	SYN #
Friday				
9:15 am - 12:15 pm	Junk Journal, Creative Collage, and Memory Keeping	TNC Craft Studio	Sept. 11 – Dec. 11	32094
10:00 am - 12:00 pm	Introduction to iPhone/iPad with Practicum	TNC Classroom	Sept. 11 – Dec. 11	32039
10:00 am – 12:00 pm	Sight and Sound: The Art and Music of the 20 th Century	MST Chesapeake	Sept. 11 – Dec. 11	32030
10:30 am - 11:30 am	A Critical History of Comics: Medium, Method, and Meaning	LSC Classroom	Sept. 11 – Oct. 23	32043
1:30 pm - 3:30 pm	Improvisation Basics	MST Chesapeake	Sept. 11 – Dec. 11	32060
Saturday				
10:00 am – 11:00 am	Path to Calm – Gentle Yoga and Meditation	MST Chesapeake Room	Sept. 12 – Nov. 14	32059

This page is intentionally left blank.

Prince George's Community College SAGE Registration Form Riderwood Fall 2026

If you would like help registering, please bring this completed form to Registration Day (with a check made out to PGCC)* at TNC's Celebrations Room on Monday, July 27 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 August 24.

PGCC Student ID (if known): _____ **NEW STUDENT?** ☐

Full Name: _____

Date of Birth (MM/DD/YY): ____ / ____ / ____

Address: _____ Gracefield Road APT building & # _____

Classes you want to take:

☐ I have already registered and paid for my first two classes online.

SYN #	Class Title	Scholarship? Y/N

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 the Registration Day of Monday, July 27. 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 (if applicable).

Signature: _____ Date: _____

For CEC VOLUNTEERS USE ONLY:

Check Number: _____ **OR** No Check at Preppers table _____