



PRINCE GEORGE'S
COMMUNITY COLLEGE



SAGE

Seasoned Adults
Growing Educationally

Classes for Seniors 60 and Older

FALL 2026

REGISTRATION
opens July 27, 2026
Classes begin
Aug. 24, 2026



3 WAYS TO REGISTER FOR CLASS

REGISTER HERE



1. ONLINE

Use the QR code to register online.
You **MUST** have an email address and
you **MUST** pay with a credit card.
No application is required.
Online registration
is a breeze!

For best availability,
mail your form and
payment two weeks
before the class is
scheduled
to begin.

2. BY MAIL

To register by mail, complete the
registration form in the inside back cover
of this schedule. Mail it along with your
check or money order (payable to Prince
George's Community College) to:

Cashier's Office

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

3. IN PERSON

To register in person, visit the Office
of Records and Registration, Bladen
Hall, Room 126 at the Largo campus.

Monday–Friday
8:30 a.m.–6 p.m.

Questions?

Call 301-546-0159



PRINCE GEORGE'S
COMMUNITY COLLEGE

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and the Office of Communications

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

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	YOUTUBE	@pgccvonline
	FLICKR	@pgccnews
	X	@pgccnews

TEACH WITH SAGE – SHARE YOUR EXPERTISE WITH LIFELONG LEARNERS

The SAGE (Seasoned Adults Growing Educationally) program at Prince George's Community College invites passionate professionals, retirees, and subject-matter experts to join our dynamic team of instructors. If you have a skill, hobby, academic background, or professional expertise you would enjoy sharing with engaged adult learners, we welcome your proposal. SAGE instructors teach in supportive, community-based settings throughout the county, with opportunities for both in-person and virtual (Zoom) instruction.

Current Instructional Needs by Location

We are expanding course offerings at several partner sites and are especially interested in instructors in the following areas:

Location	Days/Times	Instructional Needs
Bowie Senior Center	Evening hours (expanded programming)	Open to varied subject areas
Camp Springs Senior Activity Center	Varies	Spanish
John E. Howard Community Center	Varies	Piano
Riderwood Village	Weekdays 10 a.m.–Noon & 1–4 p.m.; Saturdays 10 a.m.–Noon	Water Aerobics; Pilates; Dance (Cardio, Zumba, Hip Hop, etc.); History (Social or Cultural); Literature (European or Asian, Poetry); Current Events & Politics; Film & History; Sign Language; Philosophy or Comparative Religion
PGCC – Largo (main campus)	Thu 11:30 a.m.–3:30 p.m.; MWF 9 a.m.–Noon	Walking and Hiking Water Aerobics
PGCC - University Town Center (UTC)	Weekdays 1–4 p.m.; Saturdays	Open to varied subject areas
Allentown Splash, Tennis, and Fitness Park	MWF 8–10 a.m.	Water Aerobics

How to Apply

Interested individuals should apply by visiting the link below to submit an application to one of our active job postings: tinyurl.com/SAGEposting

Questions?

Please contact Tilandra Rhyne at rhynetrn@pgcc.edu

Join us in building vibrant learning communities for older adults across Prince George's County. Your knowledge and passion can make a lasting impact.

SAGE FALL 2026

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

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

IMPORTANT DATES

- Registration Opens: July 27, 2026
- Semester Begins: August 24, 2026
- Semester Ends: December 12, 2026
- No Class Dates: Sept. 7, Oct. 13, Nov 25–28, 2026
- Scholarship Deadline: August 24, 2026

REGISTRATION, TUITION & FEES

Registration Fees

- Maryland Residents Age 60+ and approved disabled persons: \$40 per course
- Maryland residents under age 60: \$25 registration fee per course plus tuition
- Out-of-county Maryland residents: additional \$5 per course
- Out-of-state residents: additional \$10 per course

Registration fees are generally nonrefundable unless the College cancels all courses in which a student is enrolled.

Tuition for Maryland Residents Under Age 60

- 12–15 contact hours: \$75
- 24–45 contact hours: \$150

Course-Related Fees

Students are responsible for all additional course-related costs, which may include:

- Lab fees
- Materials fees
- Food fees
- Supply costs

Important Notice

Fees and policies are subject to change.

TUITION WAIVER

Senior Citizens (Age 60+)

Maryland residents who are 60 years of age or older at the start of the semester are exempt from tuition for eligible state-funded courses and instructional services fees.

Students are still responsible for registration fees and any required course-related fees or materials.

Maryland Disabled Persons

Maryland residents who are out of the workforce due to a permanent disability may qualify for a tuition waiver for eligible continuing education courses focused on employment or life skills development.

Disabled Retirees Under Age 60

Disabled retirees under age 60 may qualify for a tuition waiver for eligible credit and noncredit courses.

How to Apply for a Tuition Waiver

Contact the Office of Records and Registration:

- Bladen Hall, Room 126
 - Phone: 301-546-7422
 - Email: enroll@pgcc.edu
- (Include “Tuition Waiver Forms” in the subject line)

Please note:

- A new waiver application must be submitted each academic year.
- Disabled retirees under age 60 must complete a Tuition Waiver Certification Form through their local Social Security office before submitting it to the College.

SAGE SCHOLARSHIP INFORMATION

Scholarship Request Options

Students requesting scholarship assistance may choose one of the following options:

- Option 1:** Register and pay for two classes, then submit a scholarship request form for additional classes.
- Option 2:** Register and pay for all classes, then submit a scholarship request form for reimbursement.
- Option 3:** List all requested classes on the scholarship form and submit it with an \$80 check or money order.

Submission Deadline

Scholarship request forms must be received by August 24.

How to Obtain and Submit a Scholarship Form

Scholarship forms are available:

- At the back of this catalog
- In Bladen Hall, Room 126

Completed forms may be emailed to:

- SAGE@pgcc.edu

Important Scholarship Information

- Scholarships may only be applied toward SAGE classes.
- Scholarship requests must be submitted each semester.

REGISTRATION & ENROLLMENT INFORMATION

Confirming Your Enrollment

Students must register online or in person to confirm enrollment.

The SAGE Office will notify students only if:

- A class is canceled
- There is a schedule change

Students may review their schedule by visiting www.pgcc.edu and selecting myPGCC at the top of the page to log into their Owl Link student portal.

IMPORTANT REGISTRATION POLICIES

Please note:

- Students cannot self-register online once a class has started.
- Registration is not permitted before designated registration dates.

- Students may not register for classes with conflicting meeting times.
- Registration is not permitted after the second week of class.
- When paying by check or money order, include your student ID number on the memo line.

COURSE INFORMATION & POLICIES

Course Capacities

Enrollment may be limited due to space, safety, or equipment requirements. Early registration is encouraged.

Course Cancellations & Schedule Changes

Prince George's Community College reserves the right to:

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

Courses with insufficient enrollment at least one week prior to the start of the semester may be canceled. Early registration is encouraged to ensure classes run as scheduled.

10 Steps for Registering Online



NOTE FOR RETURNING PGCC STUDENTS

If you have previously enrolled in a course at Prince George's Community College, you will be required to log in before you can register. Go to www.pgcc.edu and select "Continuing Education" via Programs & Courses. Next, select the "Register" link for returning Continuing Education students. Log in and follow steps 8, 9, and 10 below.

Instructions for New PGCC Students

Online Registration Video Tutorial

<https://youtu.be/LUJbe6Ste4g>

1. Go to www.pgcc.edu and select "Programs & Courses."
2. Go to "Continuing Education."
3. Click "Enroll" if you are a new student. Otherwise, click "Register."
4. Complete all the demographic information (required fields are noted by a red *) and check the box at the bottom of the page before hitting the "Submit" button.

5. After receiving the confirmation email, make note of the User ID and temporary password.
6. Go back to the welcome screen, click "Login to register" and use the User ID and temporary password that you received by email.
7. Change your password to something you will remember and repeat steps 3-4; then click "Register for Courses."
8. Find the field for "Search for sections" and type in the course number. Be sure to add a dash between the letters and numbers (example: YTH-111).
9. Choose the section(s) you want and click "Submit."
10. Print the confirmation page and keep it for your records.

**REGISTER EARLY.
SPACES ARE LIMITED!**



Course Dates & Instructor Information

Course dates and instructor assignments may change without notice due to site availability or scheduling needs.

No prorated refunds will be issued for course date changes.

Instructors may recommend that a student transfer to a different class based on skill level.

ZOOM CLASS REQUIREMENTS

- Students must have access to a computer or tablet with stable internet
- Device must have a camera and microphone
- Students must have a safe space for movement for fitness classes

Zoom links are sent by instructors at least 24-48 hours before class begins.

RETURNED CHECKS

If the College receives final notice of a check being returned for any reason prior to the start of class, you will be dropped from all classes with no financial obligation other than the returned check fee and registration fee. All checks are deposited twice.

If the College receives final notification of the returned check on or after the first day of the class, you will not be dropped from classes. You will remain enrolled unless you personally withdraw or otherwise adjust your schedule during the refund period. At the end of that period, you — the student — will be liable for tuition and fees for all remaining courses plus the returned check fee, regardless of whose check was used to pay your tuition.

DROPPING A COURSE/REFUNDS

Individuals who withdraw from a course up until the day before the start date of the course will be issued a 100% refund of tuition, and course-related fees, but not the registration fee. No refunds will be issued after that date.

Refunds of payments made by debit or credit card will be applied to the card. If payment was made by check or with cash, the refund will be sent by check to the student's address of record. If payment was made by a third party, the refund will go to that party. It may take up to 14 business days to process a refund.

If you choose to drop a course after the refund period, it must be done in person at the Office of Records and Registration or by phone with the program coordinator

of the course you are dropping. Call 301-546-0159 to contact your program coordinator. Courses cannot be dropped after the refund period on Owl Link.

Call 301-546-0688 with any questions regarding a refund.

INCLEMENT WEATHER POLICY

- SAGE program will follow the College's operating status for classes.
 - If PGCC is delayed, SAGE courses will be delayed.
 - If PGCC is closed, all SAGE classes are canceled
- Zoom classes are NOT impacted by the inclement weather policy.

CLASS LOCATIONS: CAMPUS-BASED

Laurel College Center

312 Marshall Avenue
Laurel, MD 20707
301-546-8940
www.laurelcollegecenter.org
A Maryland Regional Higher Education Center

Office Hours

Mon–Thurs: 8:30 a.m.–8 p.m.
Fri: 8:30 a.m.–4 p.m.

GENERAL INFORMATION FOR LAUREL

Room Locations at Laurel

Classroom assignments will be posted in Suite 205 and at the elevator on the second, third, fourth, and fifth floors of the Laurel College Center.

Parking at Laurel

Free parking is available in the lots directly across from the building near the front and side entrance parking lots. Parking is also available in the yellow-marked spaces at the Laurel Shopping Center. (There's a walkway to the 2nd-floor entrance, between T-Mobile, KPOT Korean BBQ, and Hot Pot.

University Town Center

6505 Belcrest Road, Suite 125
Hyattsville, MD 20782
301-546-8882 (English and Spanish)
pgcc.edu/go/utc/
Park in garage A and receive validation for 3.5 hours of parking.

Office Hours

Mon–Thurs: 8:30 a.m.–8 p.m.
Fri: 8:30 a.m.–4:30 p.m.
Sat: 8:30 a.m.–4:30 p.m.

HOW TO USE THIS SCHEDULE

	ARTS & ENTERTAINMENT	Area of Study
Specialization	STUDIO FINE ART	
Course number and course title	ART 918 Art Workshop	
Course description	Develop your artistic skills through studio instruction in drawing, pen and ink with wash, acrylic painting, and mixed media techniques. Refine works in progress through guided demonstrations, individualized feedback, and group critiques. Strengthen technical abilities, creative problem-solving, and artistic decision-making while engaging in supervised practice and constructive peer discussion.	
	31897 W 9/9-12/9 3-5 p.m. BSC Wilson	5-digit SYN number Class Day Class Dates Class Time Location Instructor

CLASS LOCATION ABBREVIATIONS

These location codes are used in the class description in this schedule. Address for these locations are listed below.

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

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

CLASS LOCATIONS: PARTNER SITES

Residents-Only Locations have a ** next to its name.

Allentown Splash, Tennis and Fitness Park

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

Bowie Community Center

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

Bowie Senior Center (55+)

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

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

Cameron Grove Adult Lifestyle Community**

100 Cameron Grove Boulevard, Upper Marlboro, MD 20774
 301-249-3900 (Residents Only)

Camp Springs Senior Activity Center (60+)

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

Central Parke at Victoria Falls**

13701 Belle Chasse Boulevard, Laurel, MD 20707
 410-813-0090 (Residents Only)

Crofton Bowling Center

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

Collington Life Care Community

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

District Heights Senior Center

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

Greenbelt Community Center

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

John E. Howard Senior Activity Center

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

Laurel Armory-Anderson and Murphy Community Center

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

Riderwood Village Senior Living**

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

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

Temple Solel**

2901 Mitchellville Rd, Bowie, MD 20716
301-249-2424 (Congregants Only)

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

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

SAGE PROGRAM STAFF CONTACT INFORMATION

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Crystal Pope	popecr@pgcc.edu
Tilandra Rhyne.....	rhynetrn@pgcc.edu
or call the SAGE Program Office.....	301-546-0923

CASHIER**301-546-0691****Bladen Hall, Room 120**

Bill payment: cash, check,
company voucher,
Visa, MasterCard, and Discover.

Mon:	8:30 a.m.-6 p.m.
Tue:	Noon-6 p.m.
Wed:	8:30 a.m.-4:30 p.m.
Thurs:	Noon-4:30 p.m.
Fri:	Closed

CONTINUING EDUCATION OFFICE**301-546-0159****Lanham Hall, Room 224**

Mon-Fri: 8:30 a.m.-3 p.m.

To view courses and schedules, visit www.pgcc.edu and click on Programs and Courses.

FINANCIAL AID**301-546-0822****Bladen Hall, Room 121**

You must be inside the office 30 minutes before closing.
Hours are subject to change.

Mon-Thurs:	8:30 a.m.-6 p.m.
Fri:	12 p.m.-6 p.m.

GENERAL INFORMATION/DIRECTORY ASSISTANCE**301-546-7422**

Mon-Thurs:	8:30 a.m.-8 p.m.
Fri:	8:30 a.m.-5 p.m.
Sat:	9 a.m.-1 p.m.

HELP DESK (OWL LINK)**301-546-0637****Bladen Hall, Room 106**

Mon-Fri:	8 a.m.-8 p.m.
Sat:	10 a.m.-3 p.m.

ONLINE REGISTRATION**Visit pgcc.edu****Mon-Sun: 7 a.m.-midnight**

Also available weekends and holidays.

RECORDS AND REGISTRATION**301-546-7422****Bladen Hall, Room 126**

Transcripts and in-person registration for Continuing Education and credit courses. You must be present at least 15 minutes before closing for full service.

Mon-Thurs:	8:30 a.m.-6 p.m.
Fri:	8:30 a.m.-6 p.m.

STUDENT ACCOUNTING**301-546-0688****Bladen Hall, Room 120**

Mon-Fri: 8:30 a.m.-4:30 p.m.

INSTRUCTOR PGCC EMAIL ADDRESSES – FALL 2026

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ARTS & ENTERTAINMENT

ART HISTORY

HES 912 A Critical History of Comics: Medium, Method, & Meaning

Examine the history, artistic structure and cultural impact of comic books. Analyze key comic texts, major genres and influential creators while exploring publishing trends from early sequential art to contemporary graphic narratives. Use historical, visual and literary perspectives to compare genre conventions, interpret content and form, and create written or visual analyses that demonstrate an understanding of the medium's evolution.

32068 M 9/14-10/26 3-4 p.m. UTC, 148 Schreib

DESIGN & PRODUCTION OF CRAFTS

ART 903 3D Sculpture: Wire & Clay Techniques

Learn the fundamentals of sculpture through wire armature construction. Create three-dimensional freestanding figures and two-dimensional wall-mounted forms while developing skills in structure, proportion, and form. Explore sculptural design through guided exercises and projects, with the option to use air-dry clay for surface details and finishing. Build technical ability and confidence in creative expression.

31844 W 9/9-12/9 2-4 p.m. Zoom Verdi

ART 903 Beginning Embroidery

Learn basic hand embroidery stitches used to create points, lines, text and filled shapes. Combine these techniques to design and complete an original embroidery project. Finish your work as a framed piece, wall hanging, table mat, or pillow while building foundational skills in stitch work, design, and creative expression.

31845 M 9/14-12/7 10 a.m.-Noon Zoom Gossage

ART 903 Beginning Hand Quilting

Learn the fundamentals of hand quilting while creating small projects such as pillows, table runners, and wall art. Develop essential skills in quilting stitches, appliqué, and hand piecing through guided instruction and practice. Complete a handmade quilted piece suitable for your home or as a personalized gift while building confidence in design and craftsmanship.

31846 Th 9/10-12/10 10 a.m.-Noon Zoom Gossage

ART 903 Finish It Up: Fiber UFO's

Complete unfinished fiber projects while building skills in creative problem solving and project planning. Address technical challenges, artistic decisions and common barriers to progress through guided instruction and peer feedback. Strengthen your ability to evaluate fiber work and refine techniques as you complete at least one finished piece suitable for your home or as a gift.

31847 Tu 9/8-12/8 2-4 p.m. Zoom Gossage

ART 903 Intermediate Embroidery

Build on your basic hand embroidery skills by exploring dimensional techniques such as whipping, lacing, weaving, beading, and tufting. Develop texture, depth, and visual interest through guided practice and creative experimentation. Design, create, and finish an original embroidery project as a framed piece, wall hanging, table mat, or pillow while strengthening your technical and artistic skills.

31850 W 9/9-12/9 2-4 p.m. Zoom Gossage

ART 903 Jewelry Making for Beginners

Learn the fundamentals of jewelry-making and basic jewelry repair through hands-on instruction and guided practice. Explore a range of tools, materials, and techniques to develop technical skills and confidence in design. Create original pieces, gain experience with commonly used supplies, and refine your creative approach in a supportive and collaborative learning environment. *Must become member at BSC before registering

31852 F 9/11-12/11 10 a.m.-Noon BSC Vitale-Reddy

ART 903 Jewelry Making: 4 Techniques

Expand your jewelry-making skills through techniques such as wire wrapping, Kumihimo braiding, crimping, and chain maille. Develop technical ability through demonstrations and hands-on practice while learning safe tool use and effective design methods. Create original jewelry projects, explore a variety of materials and techniques, and strengthen your craftsmanship in a supportive and collaborative learning environment. Weekly handouts and visual demonstrations support independent practice and preparation. You will be responsible for acquiring any materials needed for projects.

32025 M 9/14-12/7 10 a.m.-Noon Zoom Vitale-Reddy

ART 903 Portraits in Cloth

Create expressive fiber art portraits using techniques such as embroidery, appliqué, piecing, and fabric painting. Explore how traditional drawing and painting methods can be adapted to cloth while developing skills in composition, texture, and visual storytelling. Through guided instruction and practice, complete at least one finished portrait suitable for display in your home or as a gift.

31853	Tu	9/8-12/8	2-4 p.m.	Zoom	Gossage
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ART 954 Advanced Stained Glass

Advance your stained glass skills by planning and completing self-directed projects. Refine your craftsmanship while exploring more complex design concepts and techniques. Receive individualized feedback and guidance as you strengthen problem-solving, creative decision-making, and artistic expression. Complete original work that reflects your personal style and growing technical expertise.

31914	M	9/14-12/7	12:30-4 p.m.	BSC	Cerrelli
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ART 955 Advanced Ceramics

Build on your ceramics experience through advanced hand-building or wheel-throwing projects. Explore complex forms, surface design, glazing techniques, and finishing processes while developing a cohesive body of work. Strengthen craftsmanship, problem-solving, and studio practices through creative experimentation. Refine your personal style and expand your understanding of functional and decorative ceramic art in a supportive studio environment.

31917	Th	9/10-12/10	9 a.m.-Noon	BSC	Cockrell
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ART 955 Beginner/Intermediate Stained Glass

Learn the fundamentals of stained glass through guided projects that introduce essential tools, materials, safety practices, and construction techniques. Build core skills as a beginning student or expand your technical ability through individualized projects if you have prior experience. Develop craftsmanship, confidence, and creative expression while working in a supportive studio environment.

31919	W	9/9-12/9	10 a.m.-Noon	LCC	Holloman
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31921	Sa	9/12-12/12	10 a.m.-Noon	LCC	Holloman
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ART 955 Beginning Ceramics

Learn foundational ceramics techniques through hands-on projects and guided instruction. Explore clay construction, mold casting, firing processes, surface decoration, painting methods, and sculptural techniques while developing technical skills and craftsmanship. Strengthen your creative problem-solving abilities as you create original ceramic works and build confidence in the studio.

31923	Tu	9/8-12/8	8:45-11:45 a.m.	BSC	Cockrell
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31924	W	9/9-12/9	Noon-3 p.m.	DHSC	Cockrell
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DRAWING FOR SENIOR CITIZENS

ART 913 Drawing for the Visual Mind

Develop foundational drawing skills through exercises focused on line, shape, proportion, and perspective. Learn to observe visual information with greater accuracy and translate what you see into clear, effective drawings. Through guided assignments and practice, strengthen your technical abilities, visual analysis skills, and confidence in observational drawing.

31855	M	9/14-12/7	10 a.m.-Noon	UTC, 148	Schreib
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ART 913 Drawing I & II

This course introduces students to the fundamentals of metalpoint drawing, a technique used by Renaissance masters such as Leonardo da Vinci and Albrecht Dürer. Instruction covers the use of metal instruments on prepared surfaces, emphasizing line, value, and careful observation. Students complete guided exercises and projects to develop technical precision, observational skills, and creative expression.

31895	Tu	9/14-12/7	6:15-8:15 p.m.	BSC	Allison
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31856	Th	10/1-12/10	10 a.m.-1 p.m.	BSC	Allison
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ART 913 Introduction to Figure Drawing

Learn the fundamentals of figure drawing by building the human form from simple shapes to more detailed representations. Develop an understanding of body proportions, structure, and observation techniques through guided practice and progressive exercises. Strengthen your ability to draw accurate figures while building confidence in rendering the human form.

31995	M	9/14-12/7	12:30-2:30 p.m.	UTC, 148	Schreib
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ART 913 Introduction to Color Pencil

Learn the fundamentals of colored pencil drawing through instruction in color theory, blending, and layering techniques. Build technical skills and color control through guided practice, beginning with simple designs and progressing to fine art projects on specialty paper. Develop confidence in creative expression while creating finished artwork. A set of 24 Prismacolor colored pencils is required. The instructor provides fine art paper at no charge. Additional materials may be required for advanced practice or personal projects.

31891	W	9/9-12/9	6-8 p.m.	BSC	Allison
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DRAWING I

ART 311 Hands, Feet, & Face Drawing

Strengthen your drawing skills by focusing on hands, feet, and faces, some of the most complex elements of figure drawing. Explore proportion, perspective, and construction techniques through guided exercises and hands-on practice. Improve your observational skills, refine anatomical accuracy, and develop greater confidence in capturing expressive details and realistic forms.

31997	Tu	9/8-12/8	12:30-1:30 p.m.	UTC, 148	Schreib
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STUDIO FINE ART

ART 918 Art Workshop

Develop your artistic skills through studio instruction in drawing, pen and ink with wash, acrylic painting, and mixed media techniques. Refine works in progress through guided demonstrations, individualized feedback, and group critiques. Strengthen technical abilities, creative problem-solving, and artistic decision-making while engaging in supervised practice and constructive peer discussion.

31897	W	9/9-12/9	3-5 p.m.	BSC	Wilson
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ART 918 Basic Art Fundamentals

Explore the fundamentals of art through drawing, painting, design, and collage. Develop creative and technical skills while working with a variety of media and tools. Apply the Elements of Art and Principles of Organization to create original two-dimensional artwork while strengthening art appreciation, critical thinking, and presentation skills. No prior experience is required.

*Residents only.

31900	Th	9/9-12/9	11 a.m.-1 p.m.	CGAC	Williams, V
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ART 918 Introduction to Digital Photography

Build a strong foundation in digital photography as you explore DSLR, mirrorless, point-and-shoot, and smartphone cameras. You will learn camera settings, lenses, flash, composition, exposure, lighting, color, and visual design principles. The course also covers copyright and ethical photography practices. Through hands-on exercises, live photo sessions, and creative assignments, you will develop technical skills and strengthen your artistic vision.

31902	W	9/9-12/9	4-6 p.m.	BSC	Moreno
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31911	Th	9/10-12/10	2-4 p.m.	Largo, CPA 119	Moreno
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ART 918 Introduction to Watercolor Painting

Develop your watercolor painting skills through guided instruction and hands-on studio practice. Explore color application, brushwork, composition, and layering techniques. The course combines skill-building exercises with creative exploration, allowing you to strengthen your technique and create original works in a supportive, open-studio environment.

31905	Tu	9/8-12/8	10 a.m.-Noon	UTC, 148	Schreib
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ART 958 Acrylic Painting & Mixed Media

Build your painting skills as you explore composition, acrylic painting, and mixed-media techniques. You will learn color theory, mix colors using a limited palette, and create balanced visual compositions. Through guided exercises and projects, you will apply new techniques at your skill level while strengthening technical abilities, creative decision-making, and your understanding of effective design principles.

31927	F	9/11-12/11	Noon-3 p.m.	BSC	Wilson
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ART 958 Beginning Drawing

This course introduces fundamental drawing skills with an emphasis on line, value, shading, and composition. Learn to work with a variety of media and techniques to develop visual balance, proportion, and effective design. Instruction focuses on building foundational drawing competencies through guided practice and structured exercises.

31929	M	9/14-12/7	9 a.m.-Noon	BSC	Wilson
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ART 958 Pen, Ink, & Wash

Explore the creative possibilities of pen and ink combined with watercolor washes. You will develop technical skills, learn to use line and tonal values effectively, and create balanced compositions. Through guided exercises and projects, build confidence in both media while strengthening your artistic technique and personal style.

31930 F 9/11–12/11 9 a.m.–Noon BSC Wilson

COMPUTERS & TECHNOLOGY

INTRO TO PERSONAL COMPUTERS

DPR 548 Computer Basics for Beginners

Build confidence using a computer for everyday tasks. You will learn how to set up and navigate a computer or laptop, connect to Wi-Fi, browse the internet safely, manage email, and create, edit, and format simple documents. Through hands-on instruction and practical exercises, develop essential digital skills that support independence at home, work, and in your community.

31912 F 9/11–12/11 11 a.m.–1 p.m. Largo, CE 113 Gibbons

31925 M 9/14–12/7 9–11 a.m. Largo, CE 113 Williams, J.

31920 F 9/11–12/11 11 a.m.–1 p.m. LACC Hylton

31922 Th 9/10–12/10 9–11 a.m. UTC, 162 Hylton

DPR 548 Navigating the Internet – Going Online in Everyday Life

Gain the skills to use the internet safely and confidently for everyday tasks. You will learn how to create and manage secure accounts, access financial and health information, shop online, and organize email. The course also covers strategies for protecting personal information and recognizing online scams. Through hands-on practice, you will build digital skills that support confidence, safety, and independence.

31932 M 9/14–12/7 10 a.m.–Noon BSC Clemens

INTERMEDIATE COMPUTER SKILLS

DPR 573 Genealogy Research: Tracing Your Roots

This hands-on genealogy research course introduces the resources, tools, and techniques used to explore ancestry and family history. Learn how to build and organize family trees, navigate online databases, and interpret historical records, while deepening their understanding of personal heritage and family connections.

31934 F 9/11–12/11 9–11 a.m. Largo, CE 113 Williams, J.

DPR 573 Intermediate Digital Office Skills

This intermediate-level course builds proficiency in commonly used productivity tools. Develop skills in word processing, spreadsheets, presentations, and email communication while gaining confidence navigating different platforms. Emphasis is placed on practical applications for personal, academic, and community use.

31935 W 9/9–12/9 9–11 a.m. Largo, CE 113 Williams, J.

ENRICHMENT & GROWTH

AUTOBIOGRAPHICAL WRITING

SKB 419 Autobiographical (Memoir) Writing

Tell your story through the art of memoir writing. Learn techniques such as characterization, scene building, dialogue, setting, and context to bring personal experiences to life on the page. Open to writers of all skill levels, this course helps you strengthen your storytelling craft while encouraging reflection, creativity, and authentic self-expression.

31980 Tu 9/8–12/8 2–4 p.m. CLCC Smith, C

31981 Tu 9/8–12/8 10 a.m.–Noon Zoom Smith, C

31982 F 9/11–12/11 10 a.m.–Noon Zoom Smith, C

31983 F 9/11–12/11 1–3 p.m. Zoom Smith, C

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

Celebrate your life experiences and preserve the wisdom you have gained along the way. Designed for adults age 60 and older, this course combines guided conversation, reflection, and creative journaling to help you document meaningful memories and insights. By the end of the course, you will create a personal Legacy Notebook that honors your journey and can be shared with future generations.

31984 Tu 9/8–11/3 10–11:30 a.m. DHSC Snowden

CURRENT ISSUES

ENR 903 Current Events & Issues

Explore the issues shaping the United States and the world, including politics, economics, health, media, climate, and global affairs. Each week, you will examine local, national, and international news and connect current events to historical context. Designed for older adults, the course encourages thoughtful discussion, critical thinking, informed civic engagement, and meaningful exchange in a supportive learning community.

31996	Tu	9/8-12/8	10 a.m.-Noon	BSC	Cipriani
31998	M	9/14-12/7	10 a.m.-Noon	Zoom	Cipriani
31999	M	9/14-12/7	1-3 p.m.	Zoom	Cipriani
32000	M	9/14-12/7	6-8 p.m.	Zoom	Rudd

INTRODUCTION TO IMPROV

COM 900 Improvisation Basics

Discover the fundamentals of acting in a fun and supportive environment. You will develop skills in voice, speech, and movement while exploring creativity, collaboration, and self-expression. Through interactive exercises and performance activities, you will strengthen communication skills, build confidence, and expand your actor's toolbox. The course encourages imagination, empathy, and meaningful connections with fellow participants.

31848	M	9/14-12/7	1-3 p.m.	GRCC	Yamamoto
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COM 900 Improvisation - Beyond Basics

Continue developing your improvisation skills as you build on foundational techniques in a supportive and engaging environment. Through acting exercises, you will strengthen creativity, collaboration, active listening, and confidence while exploring new ways to connect and share ideas. Prior completion of Introduction to Improvisation or instructor permission is required. Improvisation offers valuable tools for creative expression, communication, and personal growth.

31864	F	9/11-12/11	10 a.m.-Noon	BSC	Yamamoto
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LITERATURE: AN EXPLORATION

ENR 380 Exploring 21st Century Literature

Explore works by contemporary authors from diverse backgrounds and genres, including Louise Erdrich, Claudia Rankine, Barbara Kingsolver, and José Olivarez. You will

examine literary techniques, genre conventions, and cultural context through reading, discussion, and presentations. The course explores storytelling, language, identity, and the human experience while encouraging thoughtful analysis of themes such as truth, community, and belonging.

31990	Th	9/10-12/10	10:15 a.m.-12:15 p.m.	CGAC	Ehlers
31991	Tu	9/8-12/8	10 a.m.-Noon	UTC, 144	Ehlers

ENR 380 Exploring Modern American Poetry

Explore Modern American poetry as a powerful form of expression through language, rhythm, and imagery. You will read and discuss works by poets such as Clint Smith, Ada Limón, Wendell Berry, Naomi Shihab Nye, Elizabeth Alexander, and Louise Glück. Through guided analysis of selected poems and collections, you will examine meaning, craft, and the unique ways poetry connects with individual readers.

31993	Tu	9/8-12/8	1-3 p.m.	UTC, 144	Ehlers
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ENR 380 Shakespeare's Dark Comedies

Explore three of Shakespeare's most complex plays: "Troilus and Cressida," "Measure for Measure," and "All's Well That Ends Well." These works blend comedy, tragedy, romance, and satire in ways that challenge traditional genres. Through reading and discussion, deepen your understanding of Shakespeare's craft while developing critical analysis and appreciation of these distinctive works.

31994	Tu	9/8-12/8	1-3 p.m.	Zoom	Barthel
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FINANCE

FINANCIAL LITERACY

FIN 901 Estate Planning

Learn the fundamentals of estate planning, including wills, trusts, powers of attorney, health care directives, and taxation. Explore strategies used to protect assets, reduce tax exposure, and document personal wishes. Additional topics may include Social Security, housing, charitable giving, health care planning, and investments. This educational course is designed to inform and does not provide legal or financial advice.

32002	Th	9/8-12/10	Noon-2 p.m.	Zoom	Garner
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FIN 901 Financial Literacy & Emerging Issues in Retirement

Learn the fundamentals of retirement planning and make informed decisions about your financial future. You will explore income sources, budgeting, long-term financial needs, Social Security, Medicare, investment basics, and tax-planning concepts. Through guided instruction, you will gain practical knowledge to support retirement planning. This educational course provides information only and does not offer financial or investment advice.

32003 W 9/9-12/9 Noon-2 p.m. Zoom Garner

HEALTH & FITNESS

BOWLING

ATH 352 Bowling

Learn the fundamentals of bowling in a safe, supportive, and enjoyable environment designed for older adults. You will develop basic skills while improving balance, coordination, strength, flexibility, and cardiovascular fitness. The course covers proper technique, safety, scorekeeping, handicapping, and league play. Bowling is presented as a lifelong activity that supports physical health, mental engagement, and social connection.

31886 Tu 8/25-12/7 12:30-3:30 p.m. CBC Bickford

HEALTH & FITNESS FOR SENIORS

ATH 911 Health & Fitness for Seniors

Improve your strength, balance, flexibility, cardiovascular endurance, and overall fitness through activities designed for older adults. You will participate in low-impact and moderate-intensity exercises, including cardio workouts, resistance training, stretching, tai chi, and line dancing. The course supports mobility, energy, fall prevention, and long-term independence. Activities can be adapted to meet a variety of fitness levels and physical abilities.

31882 T/TH 8/25-12/10 9-11 a.m. Largo, NOVAK Clary

31884 T/TH 8/25-12/10 9-11 a.m. BCC Gleason

HEALTHY LIVING

HES 905 Chair Pilates

Build strength, flexibility, balance, and mobility through chair pilates, a low-impact fitness program performed primarily while seated, with some supported standing exercises. You will improve posture, core strength, and

overall functional movement while learning safe techniques and proper form. Suitable for adults of all ages and fitness levels, the course provides a supportive environment and accommodates participants with mobility or balance concerns.

32005 M 9/14-12/7 2:45-3:45 p.m. CGAC Carrington

HES 905 Chair Yoga Somatic Movement

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

32004 Tu 9/15-12/8 9-10 a.m. Zoom Erteschik

HES 905 Gentle Yoga & Mindfulness Foundations

Explore gentle yoga-based movement, breath awareness, and introductory mindfulness practices that support overall well-being and stress management. Participate in accessible seated, standing, and supported exercises, along with guided relaxation and awareness activities. This beginner-friendly course helps you build confidence with mind-body wellness practices. Instruction is educational in nature and does not provide medical treatment or therapy.

31931 F 9/11-12/11 10-11 a.m. UTC, 065 Oliver

HES 905 Guided Meditation

This course introduces meditation techniques for everyday living, helping you cultivate mindfulness, reduce stress, and enhance self-awareness. Engage in guided practice, reflection, and group discussion, fostering a supportive community for both beginners and experienced meditators.

32006 W 9/9-12/9 3:45-4:45 p.m. Zoom Boverman

HES 905 Mindfulness & Meditation

Explore a variety of guided meditation practices while learning how meditation can support mental and physical well-being. Each week, participate in meditation sessions and discussions focused on relaxation, mindfulness, and stress reduction. You are encouraged to create a comfortable space for practice and may bring items such as blankets, pillows, or neck supports to enhance comfort during class.

32007 M 9/21-12/7 5-6 p.m. Zoom Erteschik

HES 905 Nutrition for Healthy Aging

Learn the fundamentals of nutrition and how healthy eating supports aging and overall wellness. You will explore macronutrients, micronutrients, hydration, digestion, metabolism, and changing nutritional needs throughout life. The course examines evidence-based nutrition concepts, common myths, and the role of diet in reducing health risks. Instruction is educational in nature and does not provide medical advice.

32008 Th 9/10–12/10 10–11 a.m. Zoom Carrington

HES 905 Path to Calm – Gentle Yoga & Meditation

Learn to build strength, mobility, and confidence through movement designed specifically for older adults. Participate in accessible exercises that support joint health, balance, and nervous system regulation. The course progresses gradually from seated chair-based activities to optional mat work, allowing you to develop skills at a comfortable pace while improving overall function and well-being.

32009 M 9/14–12/7 5:30–6:30 p.m. Zoom Wright

HES 905 Rebounding for Beginners

Improve balance, coordination, cardiovascular endurance, and overall fitness through low-impact exercise on a mini-trampoline, or rebounder. You will learn safe, progressive movements that reduce stress on the joints while supporting body awareness and healthy circulation. The course emphasizes proper posture, controlled movement, and fall prevention. Suitable for all fitness levels, it offers an enjoyable, joint-friendly approach to aerobic exercise.

32010 T/Th 9/8–12/10 10:30–11:30 a.m. Zoom Shell

HES 910 Aerobics Balance

This course introduces you to the principles and practice of aerobics as a method for improving strength, flexibility, posture, and body awareness. Through guided mat-based exercises, students will learn how controlled movement, proper breathing, and core engagement support overall physical fitness and injury prevention.

32011 M/W/F 9/14–12/11 11:30 a.m.–12:30 p.m. Zoom Shell

32012 T/Th 9/8–12/10 9–10 a.m. Zoom Shell

HES 910 Allergy-Friendly Global Cooking on Zoom

Cook your way through recipes from around the world in this interactive virtual course. Learn to prepare dishes in your own kitchen while following live, step-by-step instructions via Zoom. Weekly recipes include shopping lists, preparation tips, and dietary accommodations for vegetarian, vegan, gluten-free, sugar-free, nut-free, and low-sodium needs. As you cook, you will learn practical techniques, ingredient substitutions, food safety practices, and presentation skills while building confidence in the kitchen.

32013 F 9/11–12/11 2:30–4:30 p.m. Zoom Verdi

HES 910 Balance & Flexibility

Improve your balance, mobility, and flexibility through safe, progressive movement exercises. You will participate in stretching, strengthening, and balance-focused activities designed to enhance posture, joint range of motion, and body awareness. The course emphasizes fall prevention, injury reduction, and functional movement for everyday activities. Suitable for all fitness levels, it supports lifelong wellness, independence, and an improved quality of life.

32014 W 9/9–12/9 9:30–11:30 a.m. LACC Armstrong

32015 T/TH 9/8–12/10 11:30 a.m.–12:30 p.m. Largo, NOVAK Carter

HES 910 Balance, Flexibility & Stretching

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

32024 T/Th 9/8–12/10 2–3 p.m. Zoom Shell

HES 910 Beginning Tai Chi

Discover the benefits of tai chi, a mind-body practice that combines gentle movement, breathing, and focused attention. You will learn foundational forms and techniques that support strength, balance, concentration, and overall well-being. Designed for beginners with no prior experience, the course emphasizes safe practice and skill development to help improve stability and reduce the risk of falls and injury.

32016 M 9/14–12/7 1–3 p.m. CPVF Verdi

HES 910 Beginning Yoga

Learn the fundamentals of yoga through beginner-friendly postures, breathing techniques, and centering practices. You will improve flexibility, maintain range of motion, build muscle and bone strength, and develop greater calm and focus. Suitable for adults of all ages and fitness levels, the course offers modifications to support accessibility, comfort, and safe participation.

32017 Sa 9/12-12/12 8:30-10:25 a.m. BSC Robling

HES 910 Brain Fitness Fun & Games

Keep your mind active through engaging activities designed to strengthen memory, critical thinking, visualization, and problem-solving skills. You will participate in memory challenges, word games, brain teasers, and group discussions that encourage learning and mental engagement. The course also promotes social connection and friendly competition in a fun, supportive environment that helps you maintain and sharpen cognitive abilities.

32018 M 9/14-12/7 4-6 p.m. BSC Bruce

31866 M 9/14-12/7 3-5 p.m. Zoom Gibbons

31874 Tu 9/8-12/8 11 a.m.-1 p.m. Largo, CPA 119 Gibbons

HES 910 Cardio Aerobics

Get moving to the sounds of Motown in this low-impact cardio aerobics class! Participate in chair-based and standing exercises that raise your heart rate, improve cardiovascular endurance, enhance coordination, and support overall wellness. Easy-to-follow routines make the class accessible to a variety of fitness levels while promoting safe, active movement in a fun and supportive environment.

31877 Tu 9/8-12/8 9:30-11:30 a.m. LACC Armstrong

HES 910 Cardio Group Dance

This energetic low-impact dance fitness class combines easy-to-follow dance movements with classic oldies music to create a fun and engaging cardio workout experience. Improve cardiovascular endurance, coordination, balance, and mobility while enjoying a supportive atmosphere designed for varying fitness levels. The course emphasizes movement, rhythm, and wellness through music and dance.

31892 F 9/11-12/11 9:30-11:30 a.m. LACC Armstrong

HES 910 Chair Aerobics

This low-impact chair aerobics class is designed to improve flexibility, mobility, muscular strength, and cardiovascular health through safe, seated exercise routines. Using a sturdy chair for support, you will engage in guided movements that may include light resistance training with dumbbells and resistance bands. The class emphasizes joint health, functional movement, and overall wellness in a supportive and accessible environment suitable for all fitness levels.

31899 W/F 9/9-12/11 2:30-3:30 p.m. CGAC Carrington

HES 910 Chair Pilates, Barre & Tai Chi for Strength and Balance

Develop strength, balance, flexibility, and functional movement through a gentle full-body workout. You will combine chair pilates and light weights to build core strength and stability, practice ballet barre exercises to enhance posture and balance, and finish with tai chi to promote relaxation and coordination. Designed for older adults, the course supports mobility, confidence, and overall well-being.

31945 Th 9/10-12/10 10:30-12:30 p.m. Zoom Verdi

HES 910 Chair Yoga

Discover chair yoga, a gentle and adaptable practice designed for adults of all abilities, including those with physical limitations. You will learn breathing techniques, gentle movements, and relaxation practices that support strength, flexibility, balance, and overall well-being. The course emphasizes safe participation and accessible instruction, helping you build confidence and comfort while enhancing mind-body awareness.

31906 T/Th 9/8-12/10 10:30-11:30 a.m. Zoom Smith, P

HES 910 Classic Mat Yoga & Intermediate Tai Chi

Strengthen your balance, flexibility, coordination, and overall well-being through a combination of mat-based yoga and intermediate tai chi. You will practice standing, seated, and floor-based yoga postures, breathwork, meditation, and relaxation techniques while refining your tai chi skills through the traditional 108-movement long form. You must be able to safely move to and from the floor independently. Prior tai chi experience is recommended.

31938 W 9/9-12/9 10:30 a.m.-12:30 p.m. Zoom Verdi

HES 910 Everyday Feels Like Saturday

Deepen your self-awareness and support personal growth through guided reflection and discussion. Explore topics such as wisdom, communication, change, gratitude, forgiveness, balance, and letting go. The course encourages you to better understand yourself and others, make intentional life choices, and strengthen your ability to contribute positively to your family, community, and everyday life.

31910 F 9/11–12/11 1–3 p.m. BSC Williams, P

31913 Th 9/10–12/10 4–6 p.m. Zoom Williams, P

HES 910 Gentle Yoga

Experience gentle yoga through mindful movement, stretching, and relaxation practices designed to support overall well-being. You will increase body awareness, enhance flexibility, and develop techniques for managing stress. The course moves at a comfortable pace and includes modifications and props to support safe participation. Suitable for all experience levels, it provides an accessible introduction to yoga practice.

31916 M 9/14–12/7 1:30–3:30 p.m. GRCC Smith, P

31926 W 9/9–12/9 1:30–3:30 p.m. GRCC Smith, P

31928 T/Th 9/8–12/10 10:30–11:30 a.m. CGAC Green, R D

HES 910 Healthy Eating for Active Seniors

Apply practical nutrition principles to your daily routine and make informed food choices that support healthy aging. Learn how to plan balanced meals, stay hydrated, and select foods that promote energy, strength, and overall well-being. The course emphasizes realistic strategies that align with your lifestyle, accessibility needs, and personal preferences.

31933 F 9/11–12/11 1–2 p.m. Largo, CAT 110 Carter

HES 910 Intermediate Tai Chi

Explore Chen-style tai chi, the oldest form of tai chi practiced in China. You will learn circular and spiral movements that support strength, balance, flexibility, and mind-body coordination. Through guided practice, you will develop greater body awareness and movement skills while exploring traditional tai chi principles. The course welcomes adults with a range of fitness levels and includes adaptations for older adults.

31936 Th 9/10–12/10 10:30 a.m.–12:30 p.m. BSC Chang

HES 910 Intermediate Yoga

Build on your yoga experience through a practice designed for students with a foundational level of strength and familiarity with yoga. You will explore a variety of postures, breathing techniques, balance exercises, and meditative practices that support strength, flexibility, and body awareness. Modifications are provided to help you practice safely while challenging yourself and advancing your skills.

31937 Sa 9/12–12/12 10:30 a.m.–12:30 p.m. BSC Robling

HES 910 Morning Stretching & Meditation

Release muscle tension, increase circulation, and develop greater body awareness through gentle, mindful movement set to soothing music. You will participate in exercises that promote relaxation and overall well-being while improving comfort and mobility. Each session concludes with a chair-based guided meditation designed to calm the mind, reduce stress, and support a sense of balance and renewal.

31942 M 9/14–12/7 9:30–11:30 a.m. LACC Armstrong

HES 910 Movement, Strength, Stretch

Increase strength, flexibility, and mobility through a full-body fitness program that combines movement, cardio, and strength training. You will begin each class with a 20-minute aerobic dance warm-up, followed by exercises for the upper and lower body and a guided stretching session. New routines are introduced regularly to support skill development, variety, and overall physical wellness.

31943 T/Th 9/8–12/10 1–2 p.m. GRCC Smith, P

HES 910 Nutrition for Healthy Aging

Learn how nutrition supports healthy aging and overall wellness. Explore macronutrients, micronutrients, hydration, digestion, metabolism, and changing nutritional needs throughout life. The course examines evidence-based nutrition concepts, common misconceptions, and the role of diet in supporting long-term health and reducing age-related risk factors. Instruction is educational in nature and does not provide medical advice.

31944 M 9/14–12/7 12:30–2:30 p.m. CGAC Carrington

HES 910 Strength Training

Build strength, balance, flexibility, coordination, and functional mobility through a low-impact fitness program designed for older adults and participants of all fitness levels. You will perform safe, instructor-led exercises using body weight and light resistance while learning proper technique and movement patterns. The course supports gradual progress and provides an encouraging environment for those with mobility concerns or returning to exercise.

31946 Th 9/10–12/10 9:30–11:30 a.m. LACC Armstrong

31947 T/Th 9/8–12/10 8–9 a.m. Zoom Carrington

HES 910 Tai Chi Dao Yin

Develop skills in Tai Chi Dao Yin, a gentle system of stretching, breathing, and movement derived from tai chi and Taoist qigong traditions. You will increase flexibility, promote muscular relaxation, and support joint mobility, circulation, and overall body awareness. Suitable for adults of all fitness levels, the course includes adaptations for older adults and those seeking a low-impact approach to wellness.

31948 Th 9/10–12/10 1:30–3:30 p.m. BSC Chang

HES 910 Tai Chi, All Levels

Learn tai chi, a mind-body practice that combines coordinated movement, focused breathing, and mental awareness. You will move your arms, legs, hands, feet, and body through a series of flowing exercises that build balance, flexibility, coordination, strength, and overall well-being. The course includes adaptations to help you participate safely and confidently, regardless of your fitness level.

31949 M 9/14–12/7 10:30 a.m.–12:30 p.m. BSC Chang

31950 W 9/9–12/9 1:30–3:30 p.m. BSC Chang

HES 910 Yoga & Tai Chi for Flexibility & Balance

Combine yoga and tai chi to build flexibility, balance, strength, coordination, and overall well-being through mindful movement. You will practice standing, seated, and chair-based exercises, along with optional floor exercises, and stretching, breathwork, meditation, and relaxation techniques. Light hand weights may be used to support strength and stability. Suitable for beginners and continuing students, the course helps you move with greater confidence, ease, and body awareness.

31941 Sa 9/12–12/12 10 a.m.–Noon Zoom Verdi

31951 Tu 9/8–12/8 2–4 p.m. Zoom Verdi

HES 910 Zumba Gold

Enjoy the energy of Zumba in a format designed for active older adults. You will learn easy-to-follow dance movements that support balance, coordination, range of motion, and overall fitness. The class adapts traditional Zumba routines to a lower intensity while maintaining a fun and engaging atmosphere. Suitable for adults of all fitness levels, it provides a safe and accessible way to stay active.

31952 M 9/14–12/7 9–10 a.m. BSC Green, R V

HES 910 Zumba Gold Toning

Experience a low-impact workout that combines the fun of Zumba Gold with the strength-building benefits of Zumba Toning. You will move to upbeat rhythms while using light weights or toning sticks to build muscle strength, endurance, and coordination. The course also supports balance, flexibility, and range of motion, providing a safe, engaging, and accessible fitness experience for all levels.

31953 Th 9/10–12/10 Noon–1 p.m. CGAC Green, R V

31954 Th 9/10–12/10 9–10 a.m. CPVF Green, R V

HES 914 Beginner & Intermediate Pilates

Learn the fundamentals of Pilates and discover how controlled movement, proper breathing, and core engagement support overall fitness. Through guided mat-based exercises, you will build strength, increase flexibility, improve posture, and develop greater body awareness. Suitable for beginners and continuing participants, the course promotes balance, injury prevention, mindful movement, and lifelong wellness.

31955 M/W/F 9/14–12/11 10:30–11:30 a.m. Zoom Shell

31956 M/W/F 9/14–12/11 9–10 a.m. Zoom Shell

HES 914 Chair Aerobics

Build flexibility, mobility, muscular strength, and cardiovascular fitness through low-impact chair aerobics. You will perform guided seated exercises using a sturdy chair for support and may incorporate light dumbbells or resistance bands to enhance strength and endurance. The course emphasizes joint health, functional movement, and overall wellness while providing a safe, supportive, and accessible environment for participants of all fitness levels.

31957 M/W/F 9/14–11/2 8–9 a.m. Zoom Carrington

HES 914 Energizing Chair Exercise Circuit

Stay active with a virtual chair-based workout designed for adults aged 60 and older. You will participate in rotating exercise circuits that combine seated cardio, strength training with resistance bands or light weights, and flexibility exercises. The course offers an accessible, full-body workout for individuals with mobility limitations or those who prefer seated movement. No floor work is required, and optional standing variations are available.

31958 M/W/F 9/14-12/11 9-10 a.m. Zoom Shaw Bush

HES 914 Nutrition for Healthy Aging

Learn how nutrition supports healthy aging and overall wellness. You will examine macronutrients, micronutrients, hydration, digestion, metabolism, and changing nutritional needs throughout life. The course also explores evidence-based nutrition topics, common misconceptions, and practical strategies for supporting long-term health and reducing age-related risk factors. Instruction is educational in nature and does not provide medical advice.

31959 M/W/F 9/14-12/11 2-3 p.m. Zoom Shell

HES 914 Strength Cardio Balance Circuit

Build strength, cardiovascular endurance, and balance from the comfort of home in this virtual fitness class for adults age 60 and older. You will participate in low-impact, circuit-style workouts using common household items or light exercise equipment. Exercises can be adapted to accommodate different mobility levels. The course emphasizes posture, safety, and functional movement to support everyday activities and independent living.

31960 M/W/F 9/14-12/11 8-9 a.m. Zoom Shaw Bush

HES 914 Strength Training

Enhance your overall fitness through a low-impact strength-training program designed for older adults and participants of all fitness levels. You will perform safe, instructor-led exercises using body weight and light resistance to support strength, balance, flexibility, coordination, and functional mobility. The course emphasizes proper form, gradual progression, and a supportive environment for those with mobility concerns or returning to exercise.

31961 T/Th 9/8-12/10 5-6:30 p.m. CGAC Green, R D

HES 914 Stretching for Everyday Movement

Increase flexibility, mobility, and muscular relaxation through guided stretching techniques designed to support overall wellness. You will practice stretches that target major muscle groups to improve range of motion, reduce stiffness, and enhance posture and movement efficiency. The course emphasizes proper alignment, breathing, and injury prevention. Suitable for all fitness levels, it supports daily function, recovery, and long-term physical well-being.

31962 M/W/F 9/14-12/11 1-2 p.m. Zoom Shell

HES 910 Line Dancing for Seniors (All Levels)

Enhance your physical fitness, flexibility, stamina, and mental alertness through a structured program of movement-based activities. You will participate in safe, progressive exercises designed to support stress management, overall wellness, and lifelong activity. The course encourages skill development, social connection, and active engagement through enjoyable group exercise experiences.

31939 M 9/14-12/7 10:15 am.-12:15 p.m. CGAC Brown

31940 Tu 9/8-12/8 1-3 p.m. BSC Brown

WALKING & HIKING FOR SENIORS

ATH 400 Walking & Hiking for Seniors

Discover how walking can support your health, mobility, and overall well-being. You will learn proper walking techniques, pacing strategies, and safety practices while developing a routine that fits your fitness level and health needs. The course explores how regular walking can enhance cardiovascular health, balance, strength, and mobility while helping you maintain an active lifestyle as you age. Prerequisite: You must be able to walk two miles

32131 Th 8/27-12/10 11:30 a.m.-3:30 p.m. Largo, CE 111 Snowden

THERAPEUTIC AQUATIC EXERCISE

You may register for only one section of ATH 930 Therapeutic Aquatic Exercise per location. If you enroll in more than one section, you will be dropped from all subsequent sections.

ATH 930 Therapeutic Aquatic Exercise

Exercise in the water to improve cardiovascular endurance, strength, flexibility, balance, and functional mobility. You will participate in low- to moderate impact activities that use the natural resistance and buoyancy of water to support safe movement and reduce stress on the joints. Suitable for all fitness levels, the course encourages gradual progress while promoting lifelong wellness, confidence, and functional independence.

31871	M/W/F	8/24-12/11	8-9 a.m.	ARAC	Jordan
31867	M/W/F	8/24-12/11	9-10 a.m.	ARAC	Jordan
31879	W/F	8/26-12/11	10:15-11:45 a.m.	CGAC	Carrington
31876	W/F	8/26-12/11	Noon-1:30 p.m.	CGAC	Carrington
31865	M/W/F	8/24-12/11	9-9:55 a.m.	Largo, NAT	Mabry
31875	M/W/F	8/24-12/11	10-10:55 a.m.	Largo, NAT	Mabry
31873	M/W/F	8/24-12/11	11-11:55 a.m.	Largo, NAT	Mabry

HISTORY

AMERICAN HISTORY: SELECT TOPICS

HIS 916 The Cultural History of the Baby Boomers

Explore the historical and cultural impact of the Baby Boomer generation and its influence on American society. You will examine television, music, film, social change, civil rights movements, and major events from the postwar era through the late 20th century. Through discussion and analysis, you will gain a deeper understanding of how culture shaped a generation and its lasting legacy.

31872	M	9/14-12/7	2-4 p.m.	CLCC	Rudd
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HIS 916 21st Century America Through Its Presidents

Examine 21st-century American history through the actions and decisions of recent U.S. presidents. Perform analysis on campaign strategies, governing priorities, leadership styles, policy successes and failures, and responses to national and international challenges. By studying each president as an individual leader, you will gain a deeper understanding of executive decision-making and the forces that shape modern American government and history.

31857	W	9/9-12/9	12:30-2:30 p.m.	BSC	Rudd
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HIS 916 21st Century America: Modern History Through Foreign Policy

This course examines the political, social, and economic developments of the United States in the 21st century through the study of recent presidencies. Learn to analyze domestic and foreign policy decisions, leadership approaches, and the impact of government actions on modern American society.

31862	Th	9/10-12/10	10 a.m.-Noon	BSC	Rudd
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HIS 916 American History - Select Topics

This course provides a weekly review of events in American history, with focused study on significant topics from the 1890s through the 1980s. You will explore social, political, and cultural developments, analyzing their impact on modern American society.

31869	Tu	9/8-12/8	12:30-2:30 p.m.	BSC	Cipriani
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31870	Th	9/10-12/10	1-3 p.m.	Zoom	Cipriani
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WORLD HISTORY

HIS 378 Modern China

Examine recent developments in international relations and their impact on today's global landscape. You will explore China's rise as a major economic and geopolitical power and analyze how its domestic and foreign policies influence international systems. Through discussion and analysis, you will gain a deeper understanding of contemporary global dynamics and the forces shaping relationships among nations.

31851	W	9/9-12/9	6-8 p.m.	BSC	Crane
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LANGUAGES

AMERICAN SIGN LANGUAGE

COM 901 American Sign Language for Beginners

Learn the fundamentals of American Sign Language (ASL) as you develop basic communication skills through signing practice and interactive activities. You will learn the alphabet, numbers, greetings, signs for family members, and proper hand shapes and orientation. The course introduces ASL structure and helps you build confidence using basic conversational signs in everyday situations.

31881	M	9/14-12/7	Noon-2 p.m.	BSC	Bruce
31889	M	9/14-12/7	6-8 p.m.	BSC	Bruce

COM 901 American Sign Language for Beginners (Online)

Begin learning American Sign Language (ASL) through interactive practice and guided instruction. You will learn the alphabet, numbers, greetings, signs for family members, and proper hand shapes and orientation. The course introduces the structure of ASL while helping you develop foundational communication skills and confidence in using basic conversational signs in everyday interactions.

31893	Th	9/10-12/10	3-5 p.m.	Zoom	Bruce
31901	Th	9/10-12/10	7-9 p.m.	Zoom	Bruce

COM 901 American Sign Language Intermediate

Continue developing your American Sign Language (ASL) skills as you expand your vocabulary and strengthen conversational signing. You will participate in discussions on a variety of topics while using ASL in place of spoken English to improve fluency, comprehension, and confidence. This course builds on foundational signing skills. Prerequisite: Completion of Beginner ASL.

31904	M	9/14-12/7	2-4 p.m.	BSC	Bruce
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COM 901 American Sign Language Practice Lab Intermediate

Strengthen your American Sign Language (ASL) skills in this interactive online lab conducted via Zoom. You will review and expand vocabulary, practice correct signing space and palm orientation, and participate in guided discussions on a variety of topics. The course encourages you to communicate primarily in ASL,

helping you build confidence, improve accuracy, and develop greater conversational fluency. Prerequisite: completion of Beginner ASL.

31908	W	9/9-12/9	4-6 p.m.	Zoom	Bruce
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BEGINNER SPANISH

LGE 333 Beginning Spanish Conversation

Develop your Spanish speaking and listening skills through guided conversations and practical, real-world scenarios. You will practice common interactions such as introductions, asking for directions, and everyday exchanges through structured dialogues and role-playing activities. The course helps you build confidence, improve pronunciation, and communicate more comfortably in Spanish within a supportive and encouraging learning environment.

31885	F	9/11-12/11	10 a.m.-Noon	BSC	Sieiro
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LGE 333 Beginning Spanish I

Begin communicating in Spanish through practical, real-world conversations and activities. You will build vocabulary, improve pronunciation, and learn basic sentence structures used in everyday situations, including greetings, introductions, and daily activities. The course emphasizes listening and speaking skills while incorporating reading and writing practice. You will also explore cultural traditions and perspectives from Spanish-speaking communities to strengthen language skills and cultural awareness.

31887	Tu	9/8-12/8	10 a.m.-Noon	CPVF	Boada
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31888	W	9/9-12/9	10 a.m.-Noon	DHSC	Martinez
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31890	M	9/14-12/7	12:30-2 p.m.	BSC	Sieiro
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LGE 333 Beginning Spanish II

Continue building your foundational Spanish language skills as you communicate with greater confidence and accuracy in everyday situations. You will expand your vocabulary, strengthen sentence structure, and improve pronunciation through guided conversations and interactive activities. The course provides opportunities to discuss daily routines, preferences, and common experiences while deepening your understanding of cultures throughout the Spanish-speaking world.

31894	Th	9/10-12/10	10 a.m.-Noon	UTC, 148	Miller, B
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LGE 333 Beginning Spanish III

Continue developing your Spanish language skills as you communicate with greater fluency, accuracy, and confidence. You will expand your vocabulary, strengthen conversational abilities, and work with more advanced grammar through speaking, listening, reading, and writing activities. The course encourages discussion of everyday life, past experiences, and future plans while deepening your understanding of cultures throughout the Spanish-speaking world.

31883 F 9/11-12/11 12:30-2:30 p.m. BSC Sieiro

LGE 333 Spanish Through the Ages: From Latin Roots to Modern Voices

Discover how Spanish evolved from its Latin roots into one of the world's most widely spoken languages. You will explore the history of Spanish across Spain, Latin America, Africa, and the United States while examining the influence of Arabic and Indigenous cultures. Through readings, audio, video, and discussion, you will gain a deeper understanding of language, culture, and the diversity of the Spanish-speaking world. Prior Spanish exposure is helpful but not necessary.

31986 Sa 9/12-12/12 10 a.m.-Noon UTC, 140 Miller, C

LGE 381 Intermediate Spanish I

Expand your ability to communicate in Spanish across a wider range of everyday situations. You will build vocabulary, increase fluency, and work with more complex grammar, including past and future tenses. Instruction integrates speaking, listening, reading, and writing activities. Learn to strengthen communication skills while exploring cultural topics and contemporary issues that provide meaningful context for language learning and conversation.

31992 M 9/14-12/7 3-5 p.m. Zoom Martinez

INTERMEDIATE & ADVANCED SPANISH

LGE 381 Advanced Spanish Conversation

Refine your Spanish speaking and listening skills through in-depth discussion and analysis. You will engage in extended conversations about cultural, social, and global issues using authentic texts, media, and student-selected topics. The course emphasizes fluency, precision, and the effective use of advanced vocabulary and idiomatic expressions while helping you communicate with greater confidence and spontaneity.

31915 W 9/9-12/9 1-3 p.m. Zoom Martinez

LGE 381 Advanced Spanish Conversation

Deepen your Spanish language skills through the shared reading of a Spanish-language novel. You will participate in weekly discussions that expand vocabulary, explore colloquial expressions, examine cultural context, and analyze key events and themes. Designed for students with strong grammar and vocabulary skills, the course strengthens reading comprehension, literary interpretation, and advanced conversational fluency.

31965 Tu 9/8-12/8 10 a.m.-Noon GRCC Sieiro

LGE 381 Intermediate Spanish Conversation

Strengthen your conversational skills through guided discussions and interactive activities. You will work with authentic materials, including short readings, videos, and current events, to practice expressing ideas, sharing experiences, and participating in group conversations. The course helps you improve comprehension, expand vocabulary, and build confidence in spontaneous communication while developing greater fluency in everyday language use.

31966 M 9/14-12/7 1-3 p.m. Zoom Martinez

31967 M 9/14-12/7 10 a.m.-Noon BSC Sieiro

LGE 381 Intermediate Spanish I

Expand your Spanish language skills and communicate with greater confidence in a variety of real-world situations. You will build vocabulary, increase fluency, and work with more advanced grammar, including past and future tenses. Through speaking, listening, reading, and writing activities, you will strengthen communication skills while exploring cultural topics and contemporary issues that provide meaningful context for language use.

31968 Tu 9/8-12/8 1-3 p.m. Zoom Martinez

31969 Tu 9/8-12/8 10 a.m.-Noon UTC, 144 Miller, B

31970 Tu 9/8-12/8 12:30-2:30 p.m. GRCC Sieiro

FRENCH: BEGINNER I

LGE 337 Beginning French I

Begin learning French in a supportive environment designed for students with little or no prior experience. You will develop speaking, listening, reading, and writing skills, as well as vocabulary, grammar, and sentence structure. Through practical activities, you will learn to greet others, introduce yourself, exchange basic information, ask and answer simple questions, and communicate in everyday situations.

31987 W 9/9-12/9 10 a.m.-Noon UTC, 144 Ngo Nlend

LGE 337 Beginning French II

Continue developing your French language skills as you expand your ability to communicate in everyday situations. You will strengthen speaking, listening, reading, and writing skills while building vocabulary, grammar, and sentence structure. Through practical activities, you will learn to order food, discuss family and weather, plan activities, describe people, and communicate with greater confidence in a variety of real-world contexts.

31896	M	9/14-12/7	Noon-2 p.m.	Zoom	Torres
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LGE 337 French Across Time & Space

Discover how French evolved from its roots in Ancient Rome into a global language and cultural influence. You will explore the history of French in Europe, Canada, Louisiana, and Africa while examining the impact of migration, culture, and colonization on language development. Through readings, multimedia resources, and discussion, you will gain a deeper understanding of the diversity and global reach of the French-speaking world.

31985	F	9/11-12/11	1-3 p.m.	UTC 148	Miller, C
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FRENCH II

LGE 338 Intermediate French I

This course is designed for you if you have completed French Beginner II or have at least two years of prior French study. You will build on your foundational skills by expanding your understanding of grammar, vocabulary and sentence structure. Through a focus on speaking and listening, you will have frequent opportunities to practice conversational French in real-life contexts within a supportive classroom environment.

31907	Tu	9/8-12/8	11 a.m.-1 p.m.	Zoom	Torres
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31909	W	9/9-12/9	11 a.m.-1 p.m.	Zoom	Torres
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MUSIC

MUSIC APPRECIATION

MUS 308 Beginning Guitar

Begin your guitar journey in a course designed for students with little or no playing experience. You will learn string names, guitar parts, basic chords, strumming techniques, and foundational music concepts, including simple chord charts and note values. You also need to

provide your own tuner and metronome (apps are acceptable). By the end of the course, you will play at least two songs while developing the skills and confidence needed to continue learning. For a helpful, head start, you may visit www.funkyguitar.com/instruction and watch the first three instructional videos.

31971	Th	9/10-12/10	9:30-11:30 a.m.	BSC	Fiester
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MUS 308 Intermediate Guitar

Expand your guitar skills as you work with more challenging repertoire, scales, music theory, and introductory improvisation. You should be comfortable moving between open chords, playing barre chords, and using basic fingerstyle techniques. The course helps you strengthen musical understanding, refine technique, and build confidence as a performer while continuing to develop your musicianship.

31977	W	9/9-12/9	9:30-11:30 a.m.	BSC	Fiester
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MUS 308 Sing Well: Voice, Music, & AI Creativity

Develop your singing voice while learning music fundamentals and exploring modern creative tools, including AI-assisted music applications. Using a mastery-based approach, you will build skills progressively, strengthen vocal technique, improve listening abilities, and gain confidence as a musician. The course also examines practical and ethical ways technology can support creativity, learning, and musical expression.

31978	W	9/9-12/9	1-3 p.m.	BSC	Buford
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31979	Th	9/10-12/10	1-3 p.m.	DHSC	Buford
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MUSIC APPRECIATION & MASTERY: PIANO

MUS 307 Beginning Piano

Learn piano in a supportive and encouraging environment, whether you are a beginner, a current player, or returning to the instrument after time away. You will develop foundational techniques, strengthen your understanding of music, and build confidence at the keyboard. The course allows you to progress at a comfortable pace while expanding your skills and musical expression.

31989	Tu	9/8-12/8	9:30-11:30 a.m.	JHCC	TBD
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31972	Tu	9/8-12/8	11:30 a.m.-1:30 p.m.	CSSC	Patente
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MUS 307 Intermediate Piano

Refine your performance skills in this master class designed for intermediate musicians. You will perform two prepared pieces and receive individualized coaching in an open classroom setting. The course strengthens technical ability, musical interpretation, and performance confidence while encouraging learning through peer observation and discussion. Instruction also covers music theory, chord symbol interpretation, technical execution, and stylistic approaches appropriate to the repertoire.

31973	M	9/14-12/7	10 a.m.-Noon	BSC	Choi
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MUS 307 Intermediate/Advanced Piano

Advance your musicianship through performance, coaching, and collaborative learning in a class designed for intermediate and advanced students. You will perform one or two prepared pieces and receive individualized feedback in an open classroom setting. The course explores music theory, technical execution, chord symbol interpretation, stylistic performance practices, and music history while encouraging growth through peer observation and shared musical experiences.

31975	Tu	9/8-12/8	9-11 a.m.	Zoom	Choi
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31974	Tu	9/8-12/8	9:30-11:30 a.m.	CSSC	Patente
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MUS 307 Advanced Piano

Refine your artistry in this master class designed for advanced musicians. You will perform one or two challenging works and receive in-depth, individualized coaching in an open classroom setting. The course emphasizes stylistic interpretation, historical context, technical mastery, and critical listening. You will also explore advanced music theory, chord symbol interpretation, and historically informed performance practices while learning through discussion and peer feedback.

31976	M	9/14-12/7	Noon-2 p.m.	BSC	Choi
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PRINCE GEORGE'S
COMMUNITY COLLEGE

Prince George's Community College SAGE Registration Form

☐ First Time Student?

PGCC Student ID (if known): _____

Full Name: _____

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

Phone: _____ Email: _____

Address: _____ APT# _____

City: _____ State: _____ Zip: _____

Residency (check one)

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

Status (check one)

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

Race (required)

☐ American Indian ☐ Asian ☐ Black/African American ☐ Hispanic
☐ White ☐ Other: _____

Classes you want to take:

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

SYN #	Class Title	Location	Scholarship? Y/N

Scholarship Deadline: August 24, 2026

Send form and payment to:

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

I confirm the above information is correct.

Signature: _____ Date: _____

OFFICE USE ONLY

Check number: _____

Processed by: _____

Date processed: _____



PRINCE GEORGE'S
COMMUNITY COLLEGE

Workforce Development and Continuing Education

301 Largo Road
Largo, MD 20774-2199
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