



PRINCE GEORGE'S  
COMMUNITY COLLEGE



# SAGE

Seasoned Adults  
Growing Educationally

Classes for Seniors 60 and Older **SUMMER 2026**

**REGISTRATION**  
opens April 20, 2026  
Classes begin  
May 18



# MARYLAND SENIOR OLYMPICS

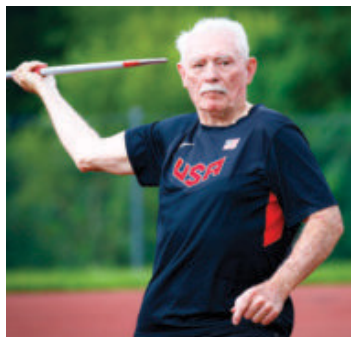


## 2026 MSO EVENTS, SCHEDULE & INFO!

For men and women aged 50-plus. | 30 sports, April 26-Oct. 31

Archery .....	Sept. 26
Badminton .....	July 12
Basketball 3-on-3 .....	Aug. 15
Basketball Skills .....	Aug. 15
Billiards .....	Oct. 3-4
Bocce (Columbia 4-player teams) .....	June 15
Bocce (Frederick singles, doubles) .....	Sept. 5
Bocce (Gaithersburg singles, doubles) .....	Oct. 9
Bowling .....	Aug. 17-18
Cornhole .....	Oct. 4
Cycling 10k Time Trials .....	May 6
Cycling 5k Time Trials .....	June 3
Disc Golf .....	June 28
Golf .....	Sept. 14
Horseshoes .....	July 11
Pickleball .....	May 28-31
Pistol Shooting .....	Aug. 8
Powerlifting .....	Oct. 10
Racquetball .....	Sept. 9-10
Road Race 5k .....	Sept. 5
Road Race 10k .....	April 26
Shuffleboard .....	Aug. 9
Soccer 8v8 .....	Oct. 5
Softball .....	Sept. 19
Swimming .....	Sept. 26
Table Tennis .....	June 27
Tennis .....	Sept. 17-19
Track & Field .....	Aug. 1-2
Trap Shooting .....	Oct. 31
Triathlon .....	May 31
Volleyball .....	Aug. 29-30
Walking Events .....	Aug. 1-2
Wii Bowling .....	Oct. 23

*Dates subject to change*



### Complete Details & Registration

[mdseniorolympics.org](https://mdseniorolympics.org)



Call 240-777-4930 or email to:  
[info@mdseniorolympics.org](mailto:info@mdseniorolympics.org)



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301-546-7422

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## 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
<b>Bowie Senior Center</b>	Evening hours (expanded programming)	Open to varied subject areas
<b>Camp Springs Senior Activity Center</b>	Varies	Spanish
<b>Central Parke at Victoria Falls</b>	Varies	Spanish
<b>John E. Howard Community Center</b>	Varies	Piano
<b>Riderwood Village</b>	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
<b>PGCC – Largo (main campus)</b>	Thursdays 11:30 a.m.–3:30 p.m.	Walking and Hiking
<b>PGCC - University Town Center (UTC)</b>	Weekdays 1–4 p.m.; Saturdays	Arts & Creative Expression; Foreign Languages; Computer Skills & Technology; Health, Wellness & Group Fitness; Practical Life Skills; Social & Interactive Courses

### 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](https://tinyurl.com/SAGEposting)

### Questions?

Please contact Tilandra Rhyne at [rhynetn@pgcc.edu](mailto:rhynetn@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.

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## SAGE SUMMER 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.

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## IMPORTANT DATES

- Registration Opens: April 20, 2026
- Semester Begins: May 18, 2026
- Semester Ends: September 4, 2026
- No Class Dates: June 19, 2026; July 3–4, 2026
- Scholarship Deadline: May 18, 2026

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## REGISTRATION & FEES

### Maryland Residents Age 60+

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

### Maryland Residents Under 60

- \$25 per course registration fee
- Tuition: Based on class hours
  - o 12–15 hours = \$75
  - o 24–45 hours = \$150

### Out-of-County/State Residents

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

### Disabled Retirees Under 60 years Old

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

To determine eligibility:

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

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

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## HOW TO REGISTER

You have three easy ways to sign up:

### 1. Online with Owl Link

#### • Online Registration Video Tutorial

<https://youtu.be/LUJbe6Ste4g>

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

### 2. In person on Campus

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

### 3. Mail-In Registration

Mail your completed form and payment to:

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

Must be received 10 days before your class begins.

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

### Please Note:

- You cannot self-register online once a class has started.
- Please include your student ID number on the memo line of your check/money order.
- You will not be able to register before designated registration dates.
- You will not be able to register for classes with conflicting times.
- You cannot register for classes after the second week has ended.

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## REFUNDS & SUPPLIES

- Refunds for the \$40 registration fee apply only if all classes are dropped before the start of earliest class start date.
- Refunds for classes canceled by the college are refunded automatically by the cashier's office.
- Students purchase their own supplies; details are shared in the first class.

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### SCHOLARSHIP REQUESTS

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Two options:

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

#### Scholarship request forms must be received by May 18

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

**Note:** Scholarships can only be applied towards SAGE classes. Requests for scholarship funding must be submitted each semester.

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### ZOOM CLASS REQUIREMENTS

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

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

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### INCLEMENT WEATHER POLICY

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- 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.

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### GENERAL COURSE INFORMATION

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#### Course Registration and Confirmation

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

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

#### Course Capacities

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

### Course Cancellations

Prince George's Community College reserves the right to:

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

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

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### COURSE DATES

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

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

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### INSTRUCTOR NOTICE

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Instructor names are listed when available; however, assignments may change without notice.

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

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### SAGE PROGRAM STAFF CONTACT INFORMATION

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 or call the SAGE Program Office..... 301-546-0923

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

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

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

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

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


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

**Allentown Splash, Tennis and Fitness Park**

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

**Bowie Community Center**

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

**Bowie Senior Center (55+)**

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

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

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

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

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

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

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

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

**Crofton Bowling Center**

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

**Collington Life Care Community**

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

**District Heights Senior Center**

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

**Greenbelt Community Center**

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

**John E. Howard Senior Activity Center**

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

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

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

**Laurel College Center**

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

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

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

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

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

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

**Temple Solel\*\***

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

**University Town Center (UTC)**

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

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

## CLASS LOCATION ABBREVIATIONS

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

<b>ARAC</b> .....	Allentown Splash, Tennis and Fitness Park	<b>LACC</b> .....	Laurel Armory-Anderson and Murphy Comm Center
<b>BCC</b> .....	Bowie Community Center	<b>LCC</b> .....	Laurel College Center
<b>BSC</b> .....	Bowie Senior Center	<b>Largo</b> .....	Prince George's Community College, Largo
<b>CBC</b> .....	Crofton Bowling Center	<b>JHCC</b> .....	John E. Howard Senior Activity Center
<b>CGAC</b> .....	Cameron Grove Adult Lifestyle Community	<b>RVSC</b> .....	Riderwood Village Senior Living
<b>CSSC</b> .....	Camp Springs Senior Activity Center	<b>TESO</b> .....	Temple Solel
<b>CPVF</b> .....	Central Parke at Victoria Falls	<b>UTC</b> .....	University Town Center
<b>CLCC</b> .....	Collington Life Care Community	<b>F2F</b> .....	Face-to-Face
<b>DHSC</b> .....	District Heights Senior Center	<b>Zoom</b> .....	Online
<b>GRCC</b> .....	Greenbelt Community Center		

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## ARTS & ENTERTAINMENT

### ART HISTORY

#### ART 306 A Critical History of Comics: Medium, Method, & Meaning

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.

30642 F 5/29-9/4 10 a.m.-Noon UTC Schreib

### DESIGN & PRODUCTION OF CRAFTS

#### ART 903 Beginner/Intermediate Stained Glass

This course introduces stained glass techniques for beginning and continuing students. Instruction covers essential tools, materials, safety practices, and foundational processes through guided projects. Beginning students complete a series of structured projects to build core skills, while continuing students further develop technique and design through instructor-guided individual projects. Emphasis is placed on craftsmanship, safe tool use, and progressive skill development in a supportive instructional environment.

30624 W 5/27-8/19 10 a.m.-1 p.m. LCC Holloman

#### ART 903 Beginning Hand Embroidery

This course introduces basic hand embroidery stitches that can be used to create points, lines (including text), and filled shapes. Students will use these stitches in combination to produce and finish an embroidery as a framed picture, a wall hanging or table mat, or as a pillow.

30520 M 6/1-8/24 10 a.m.-Noon Zoom Gossage

#### ART 903 Finish It Up! Fiber UFO's

This course is designed to guide students as they work through finishing a stalled fiber project. We will work through the main reasons for stalling. These include needing technical assistance, needing artistic assistance, and needing time and motivation. As we move through the term, students will develop skills in analyzing problems in fiber work, as well as giving feedback. Students will be able to finish at least one piece of work for their own home or as a gift.

30522 Th 5/28-8/20 2-4 p.m. Zoom Gossage

#### ART 903 Intermediate Hand Embroidery

This class focuses on dimensional hand embroidery, introducing techniques such as whipping, lacing, weaving, beading, and tufting. Students should be comfortable with basic embroidery skills and foundational flat hand embroidery techniques. By the end of the course, students will complete a finished piece suitable for framing, display as a wall hanging or table mat, or use as a decorative pillow.

30528 W 5/27-8/19 2-4 p.m. Zoom Gossage

#### ART 903 Jewelry Making 4: Techniques

This course provides instruction in multiple jewelry-making techniques, including wire-wrapping, Kumihimo braiding, crimping, and chain maille. Students develop technical skills through guided demonstrations, visual presentations, and hands-on practice. Instruction is adapted to accommodate varying levels of dexterity and visual ability, with emphasis on safe tool use, technique mastery, and individualized project development. Students are encouraged to design original pieces while applying learned methods in a supportive and collaborative learning environment. The instructor provides guidance on materials and supplies. Students are responsible for acquiring any personal materials needed for their projects. Weekly handouts and visual demonstrations support independent practice and preparation.

30585 M 6/1-8/24 10 a.m.-Noon Zoom Vitale-Reddy

#### ART 903 Jewelry Making for Beginners

This course introduces foundational jewelry-making and basic jewelry repair techniques. Instruction covers a range of methods, tools, and materials, with an emphasis on adaptable techniques suited to varying levels of dexterity and visual ability. Through demonstrations, guided practice, and weekly instructional materials, students explore design possibilities, develop technical skills, and gain familiarity with commonly used supplies. The course encourages individualized design development within a supportive and collaborative learning environment. **\*Must become member at BSC before registering**

30669 F 5/29-9/4 10 a.m.-Noon BSC Vitale-Reddy

#### ART 903 Kawandi Quilting

This course introduces the aesthetics and techniques used by Afro-Indian communities in southwest India to create vibrant, improvisational quilts and home goods. Instruction will focus on small-scale projects—such as pillows, table runners, and wall art—rather than bed-sized pieces. Students will learn how to size and cut a foundation fabric, compose fabric scraps into a cohesive design, execute traditional quilting stitches, and properly finish their work.

30531 T 5/26-8/18 2-4 p.m. Zoom Gossage

### ART 903 Beginning Hand Quilting

This course introduces the basic skills required to design and create a hand-quilted piece of work. Please note! We will focus on creating small projects (pillows, table runners, and wall art for example), not bed-sized pieces. We will learn how to make the quilting stitch, how to applique, and how to hand-piece. Students will be able to finish a beautiful piece of work for their own home or as a gift.

30521 Th 5/28-8/20 10 a.m.-Noon Zoom Gossage

### ART 954 Advanced Stained Glass

This advanced course provides guided instruction for students as they plan and execute self-directed stained glass projects. Emphasis is placed on refining technical skills, exploring complex design elements, and developing individual artistic expression. Students receive feedback and support to strengthen craftsmanship, problem-solving, and creative decision-making. **\*Must become member at BSC before registering**

30511 M 6/1-8/24 12:30-4 p.m. BSC Rapczynski

### ART 955 Ceramics, All Levels

This course introduces students to foundational ceramics techniques. Instruction covers core elements of clay work, mold casting, firing processes including cone settings, surface decoration, painting methods, and sculptural techniques. Students develop technical proficiency, craftsmanship, and creative problem-solving through structured projects and guided practice. **\*Must become member at BSC before registering**

30484 Tu 5/26-8/18 8:45-11:45 a.m. BSC Cockrell

### ART 955 Ceramics, All Levels

This course introduces students to foundational ceramics techniques. Instruction covers core elements of clay work, mold casting, firing processes including cone settings, surface decoration, painting methods, and sculptural techniques. Students develop technical proficiency, craftsmanship, and creative problem-solving through structured projects and guided practice. **\*Must become member at BSC before registering**

30485 Th 5/28-8/20 9 a.m.-Noon BSC Cockrell

### DRAWING FOR SENIOR CITIZENS

#### ART 913 Drawing for the Visual Mind

This course introduces foundational observational drawing skills through structured exercises in line, shape, proportion, and perspective. Students practice accurately observing and rendering visual information through progressive, skill-building assignments. Instruction emphasizes technical proficiency, visual analysis, and the translation of observation into precise drawings.

30593 F 5/29-9/4 12:30-2:30 p.m. UTC Schreib

#### ART 913 Drawing I & II

This course provides instruction for students with little or some prior drawing experience. Students develop foundational skills in proportion and scale, perspective, contour line, composition, and value. Projects include drawing from live subjects and photographic references, with an emphasis on building observational accuracy and technical proficiency.

30449 M 6/1-8/24 6:30-8:30 p.m. BSC Allison

#### ART 913 Foundations of Shading & Value Techniques

This course explores methods and principles for depicting form, depth, and contrast through shading. Students practice controlled mark-making and value techniques, including line-weight variation, cross-hatching, contour hatching, stippling, tonal shading, chiaroscuro, and the use of solid blacks in ink. Learners analyze shading approaches in historical and contemporary artworks and apply appropriate techniques to produce expressive, proportionally and structurally accurate drawings.

30590 M 6/1-8/24 10 a.m.-Noon UTC Schreib

### STUDIO FINE ART

#### ART 918 Art Workshop

This course provides structured studio instruction in drawing, pen and ink with wash, acrylic painting, and mixed-media techniques. Through guided demonstrations, individualized feedback, and group critique, students develop technical skills and refine works in progress. Instruction balances teacher-led activities with supervised independent practice, emphasizing artistic problem-solving, technique refinement, and constructive peer discussion. **\*Must become member at BSC before registering**

30514 W 5/27-8/19 3-5 p.m. BSC Wilson

### **ART 918 Basic Art Fundamentals**

This course introduces students to the fundamentals of art, combining theory, practice, and creative expression. Participants will explore drawing, painting, design, and collage using a variety of media and tools, while developing skills in art appreciation, oral presentation, and critical thinking. Emphasis is placed on applying the elements of art and principles of organization to create original two-dimensional works. No prior experience or prerequisites are required. **\*Residents only**

30527 W 5/27-8/19 11 a.m.-1 p.m. CGAC Williams, V

### **ART 958 Beginning Drawing**

This course introduces fundamental drawing skills with an emphasis on line, value, shading, and composition. Students 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. **\*Must become member at BSC before registering**

30510 M 6/1-8/24 9 a.m.-Noon BSC Wilson

### **ART 918 Introduction to Digital Photography**

This course introduces students to the fundamentals of digital photography for novice and intermediate photographers. Instruction covers the operation of digital cameras—including DSLR, mirrorless, and point-and-shoot models—and provides an overview of basic smartphone photography. Students learn key concepts such as camera settings, lenses, flash, composition, exposure, lighting, color, and aesthetic principles. Ethical considerations, including copyright and responsible photography, are also addressed. The course emphasizes hands-on practice through guided exercises, live photography sessions, and assignments designed to develop technical proficiency and creative expression.

30575 Th 5/28-8/20 2-4 p.m. Largo Moreno

### **ART 918 Introduction to Digital Photography**

This course introduces students to the fundamentals of digital photography for novice and intermediate photographers. Instruction covers the operation of digital cameras—including DSLR, mirrorless, and point-and-shoot models—and provides an overview of basic smartphone photography. Students learn key concepts such as camera settings, lenses, flash, composition, exposure, lighting,

color, and aesthetic principles. Ethical considerations, including copyright and responsible photography, are also addressed. The course emphasizes hands-on practice through guided exercises, live photography sessions, and assignments designed to develop technical proficiency and creative expression. **\*Must become member at BSC before registering**

30489 W 5/27-8/19 2-4 p.m. BSC Moreno

### **ART 918 Introduction to Digital Photography**

This course introduces students to the fundamentals of digital photography for novice and intermediate photographers. Instruction covers the operation of digital cameras—including DSLR, mirrorless, and point-and-shoot models—and provides an overview of basic smartphone photography. Students learn key concepts such as camera settings, lenses, flash, composition, exposure, lighting, color, and aesthetic principles. Ethical considerations, including copyright and responsible photography, are also addressed. The course emphasizes hands-on practice through guided exercises, live photography sessions, and assignments designed to develop technical proficiency and creative expression.

30508 W 5/27-8/19 10 a.m.-Noon BSC Moreno

### **ART 918 Silverpoint Drawing**

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.

30453 Th 6/18-8/20 10 a.m.-1 p.m. BSC Allison

### **ART 957 Watercolor Painting**

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.

30611 W 5/27-8/19 10 a.m.-2:30 p.m. BSC Swanson

### ART 958 Acrylic Painting & Multimedia

This course provides instruction in basic composition, acrylic painting, and mixed-media techniques. Students learn principles of color theory, color mixing with a limited palette, and compositional organization. Through guided exercises and projects, students apply techniques appropriate to their experience level. The course supports skill development for both beginning and continuing students, with opportunities to deepen technical and compositional understanding. **\*Must become member at BSC before registering**

30512 F 5/29-9/4 Noon-3 p.m. BSC Wilson

### ART 958 Mixed Media, All levels

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

30612 Tu 5/26-8/18 9 a.m.-Noon BSC Swanson

### ART 958 Pen, Ink, & Wash

This course introduces students to basic pen and ink techniques combined with watercolor washes. Instruction focuses on developing technical skills, understanding line and tonal values, and creating balanced compositions. Students complete guided exercises and projects that build proficiency in both media and support creative expression. **\*Must become member at BSC before registering**

30509 F 5/29-9/4 9 a.m.-Noon BSC Wilson

## COMPUTERS & TECHNOLOGY

### INTERMEDIATE COMPUTER SKILLS

#### DPR 573 Finding Your Roots: Genealogy Research

This hands-on genealogy research course introduces the resources, tools, and techniques used to explore ancestry and family history. Participants 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.

30581 F 5/29-9/4 9-11 a.m. Largo Williams, J

### DPR 573 Intermediate Office

This intermediate computer course builds proficiency in commonly used office software for everyday tasks. Participants develop skills in word processing, spreadsheets, presentations, and email communication while gaining greater confidence using technology. The course emphasizes practical applications that support digital literacy and effective use of office tools in personal and community settings.

30578 W 5/27-8/19 9-11 a.m. Largo Williams, J

### INTRO TO PERSONAL COMPUTERS

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

This beginner-level course introduces essential computer skills for everyday use. Learn how to set up and navigate a computer or laptop, connect to Wi-Fi, use the internet safely, manage email communication, and create, format, and edit documents using Microsoft Word. Instruction is hands-on and thoughtfully paced, emphasizing practical, real-world applications that build confidence, independence, and proficiency in basic digital tasks.

30589 Th 5/28-8/20 9-11 a.m. UTC Hylton

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

This beginner-level course introduces essential computer skills for everyday use. Learn how to set up and navigate a computer or laptop, connect to Wi-Fi, use the internet safely, manage email communication, and create, format, and edit documents using Microsoft Word. Instruction is hands-on and thoughtfully paced, emphasizing practical, real-world applications that build confidence, independence, and proficiency in basic digital tasks.

30571 F 5/29-9/4 11 a.m.-1 p.m. Largo Gibbons

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

This beginner-level course introduces essential computer skills for everyday use. Learn how to set up and navigate a computer or laptop, connect to Wi-Fi, use the internet safely, manage email communication, and create, format, and edit documents using Microsoft Word. Instruction is hands-on and thoughtfully paced, emphasizing practical, real-world applications that build confidence, independence, and proficiency in basic digital tasks.

30573 F 5/29-9/4 1-3 p.m. Largo Gibbons

### **DPR 548 Basic Computer, Email & Microsoft Word Skills**

This beginner-level course introduces essential computer skills for everyday use. Learn how to set up and navigate a computer or laptop, connect to Wi-Fi, use the internet safely, manage email communication, and create, format, and edit documents using Microsoft Word. Instruction is hands-on and thoughtfully paced, emphasizing practical, real-world applications that build confidence, independence, and proficiency in basic digital tasks.

30467 F 5/29-9/4 11 a.m.-1 p.m. LACC Hylton

### **DPR 548 Introduction to Personal Computers**

This beginner-level course introduces essential computer skills for everyday use. Participants learn how to set up and navigate a computer or laptop, connect to Wi-Fi, use the internet safely, manage email communication, and create, format, and edit documents using Microsoft Word. Instruction is hands-on and thoughtfully paced, emphasizing practical, real-world applications that build confidence, independence, and proficiency in basic digital tasks.

30577 M 6/1-8/24 9-11 a.m. Largo Williams, J

## **ENRICHMENT & GROWTH**

### **AUTOBIOGRAPHICAL WRITING**

#### **SKB 419 Autobiographical (Memoir) Writing**

This course encourages participants to capture and share the stories of their lives through guided memoir writing. Participants explore memories and experiences using simple techniques such as scenes, dialogue, and personal reflection in a welcoming, supportive setting.

30568 Tu 5/26-8/18 10 a.m.-Noon Zoom Smith, C

#### **SKB 419 Autobiographical (Memoir) Writing**

This course encourages participants to capture and share the stories of their lives through guided memoir writing. Participants explore memories and experiences using simple techniques such as scenes, dialogue, and personal reflection in a welcoming, supportive setting.

30570 F 5/29-9/4 10 a.m.-Noon Zoom Smith, C

#### **SKB 419 Autobiographical (Memoir) Writing**

This course encourages participants to capture and share the stories of their lives through guided memoir writing. Participants explore memories and experiences using simple techniques such as scenes, dialogue, and personal reflection in a welcoming, supportive setting.

30572 F 5/29-9/4 1-3 p.m. Zoom Smith, C

#### **SKB 419 Autobiographical (Memoir) Writing**

This course encourages participants to capture and share the stories of their lives through guided memoir writing. Participants explore memories and experiences using simple techniques such as scenes, dialogue, and personal reflection in a welcoming, supportive setting.

30532 Tu 5/26-8/18 2-4 p.m. CLCC Smith, C

## **HEALTH & FITNESS**

### **BOWLING (BEGINNING)**

#### **ATH 352 Bowling**

This introductory bowling course is designed specifically for senior citizens and provides a safe, supportive, and enjoyable environment to learn the fundamentals of bowling. Participants will develop basic bowling skills while improving balance, coordination, strength, flexibility, and cardiovascular endurance. The course emphasizes proper technique, safety, and injury prevention, while highlighting bowling as a lifelong recreational activity that supports physical health, mental engagement, and social connection as part of a healthy lifestyle. Participants will also learn accurate scorekeeping, basic handicapping concepts, and the structure of league play to support continued participation beyond the class.

30361 Tu 5/19-8/4 12:30-3:30 p.m. CBC Bickford

### **HEALTH & FITNESS FOR SENIORS**

#### **ATH 900 Health & Fitness for Seniors**

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

30365 TTH 5/19-6/18 8:30-11:30 a.m. BCC Gleason

### ATH 911 Health & Fitness for Seniors

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

30364 TTH 5/26-7/30 8:30-11:30 a.m. Largo, NOVAK Clary

### HEALTHY LIVING

#### HES 905 Beginner Swimming

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

30628 TTh 5/26-8/20 11:30 a.m.-Noon CLCC Shell

#### HES 905 Chair Pilates

This gentle, chair-based class focuses on improving flexibility, mobility, core strength, and balance in a safe and supportive environment. Exercises are adaptable for all fitness levels and use a chair to provide stability and confidence while promoting overall wellness and ease of movement. Participants should bring water, a 9-inch Pilates ball, and socks to participate comfortably.

30502 M 6/1-8/24 2:45-3:45 p.m. CGAC Carrington

#### HES 905 Line Dancing for Seniors—All Levels

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. **\*Residents only**

30501 M 6/1-7/13 10:15 a.m.-12:15 p.m. CGAC Brown

#### HES 905 Move & Groove Line Dancing

This course introduces students to beginner-level line dancing, focusing on basic steps, rhythms, and patterns. Instruction emphasizes technique, timing, and expressive movement while exploring traditional and cultural dance styles. Classes are structured to support skill development in a fun and engaging environment. No prior dance experience is required. **\*Residents only**

30543 Tu 5/26-8/18 5-6 p.m. CPVF Love

### HES 905 Nutrition

This course introduces the principles of nutrition and their practical application to everyday life. Students explore macronutrients, vitamins, minerals, and water, their digestion, absorption, and metabolism, as well as food sources and physiological functions. The course also examines the relationship between diet and chronic disease, current nutrition issues, and common myths, helping participants make informed choices to support health and well-being.

30457 Th 5/28-8/20 10-11 a.m. Zoom Carrington

#### HES 905 Rebounder Beginner & Intermediate

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

30803 TTH 5/26-8/20 4-4:30 p.m. Zoom Shell

#### HES 905 Zumba Gold

This course offers a modified Zumba dance fitness experience designed for active older adults. Choreography recreates the energy and fun of traditional Zumba at a lower intensity, emphasizing balance, range of motion, coordination, and overall fitness. The class provides a safe, engaging, and accessible workout suitable for adults of all fitness levels. **\*Must become member at BSC before registering**

30488 M 6/1-8/24 9-10 a.m. BSC Green

#### HES 905 Zumba Gold Toning

This low-impact fitness course combines elements of Zumba Gold and Zumba Toning for active older adults and beginners. Participants enjoy engaging dance rhythms while incorporating light weights or Zumba Toning Sticks to enhance muscle strength, tone, and endurance. The class also emphasizes improving balance, coordination, and range of motion, providing a safe, fun, and accessible workout for all fitness levels. **\*Residents only**

30515 Th 5/28-8/20 12-1 p.m. CGAC Green

### HES 905 Zumba Gold Toning

This low-impact fitness course combines elements of Zumba Gold and Zumba Toning for active older adults and beginners. Participants enjoy engaging dance rhythms while incorporating light weights or Zumba Toning Sticks to enhance muscle strength, tone, and endurance. The class also emphasizes improving balance, coordination, and range of motion, providing a safe, fun, and accessible workout for all fitness levels. **\*Residents only**

30540 Th 5/28-8/20 9-10 a.m. CPVF Green

### HES 910 Aerobics Balance

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

30804 TTh 5/26-8/20 9-10 a.m. Zoom Shell

### HES 910 Balance & Flexibility

This course is designed to improve balance, mobility and flexibility through safe, progressive movement exercises. Students will participate in a variety of stretching, strengthening, and balance-focused activities aimed at enhancing posture, joint range of motion, and overall body awareness. Emphasis is placed on fall prevention, injury reduction.

30436 W 5/27-8/19 9:30-11:30 a.m. LACC Armstrong

### 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.

30561 TTh 5/26-8/20 2-3 p.m. Zoom Shell

### HES 910 Beginner Tai Chi

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. **\*Residents only**

30548 M 6/1-8/24 1-3 p.m. CPVF Verdi

### HES 910 Brain Fitness Fun & Games

This course engages participants in mentally stimulating activities and games designed to enhance memory, critical thinking, visualization, and other cognitive skills. Activities include memory challenges, word games, problem-solving exercises, and group discussions. The course also promotes social interaction and friendly competition, providing a fun and supportive environment for maintaining and enriching mental sharpness.

30513 M 6/1-8/24 3-5 p.m. Zoom Gibbons

### HES 910 Brain Fitness Fun & Games

This course engages participants in mentally stimulating activities and games designed to enhance memory, critical thinking, visualization, and other cognitive skills. Activities include memory challenges, word games, problem-solving exercises, and group discussions. The course also promotes social interaction and friendly competition, providing a fun and supportive environment for maintaining and enriching mental sharpness.

30569 Tu 5/26-8/18 11 a.m.-1 p.m. Largo Gibbons

### HES 910 Cardio Aerobics

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

30437 Tu 5/26-8/18 9:30-11:30 a.m. LACC Armstrong

### HES 910 Cardio Group Dance

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

30446 F 5/29-9/4 9:30-11:30 a.m. LACC Armstrong

### HES 910 Chair Aerobics

This chair aerobics class focuses on improving flexibility, mobility, strength, and cardiovascular health through low-impact, seated exercises appropriate for all fitness levels. Using a chair for support, along with light dumbbells and a resistance band, participants engage in safe, accessible movements that promote joint health, muscle tone, and overall wellness. Please bring a sturdy chair, light dumbbells, a resistance band, water to stay hydrated, and enthusiasm to participate comfortably and confidently.

30503 WF 5/27-9/4 2:30-3:30 p.m. CGAC Carrington

### HES 910 Chair Yoga

This course introduces students to chair yoga, a gentle and adaptable form of yoga designed for individuals of all abilities, including those with physical limitations. Instruction emphasizes safe practice, breathing techniques, gentle movement, and relaxation to improve physical strength, flexibility, balance, and mental well-being.

30574 TTh 5/26–8/20 10:30–11:30 a.m. Zoom Smith, P

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

Participants will engage in 50–60 minutes of chair yoga emphasizing gentle stretching, muscular toning, and strength building with light weights, transitioning to standing yoga to support balance and stability. The class finishes with 50–60 minutes of tai chi, promoting improved coordination, mindfulness, and brain-body connection.

30583 W 5/27–8/19 2–4 p.m. Zoom Verdi

### HES 910 Everyday Feels Like Saturday

This course guides participants in cultivating self-awareness and personal growth through reflection and discussion. Explore themes such as wisdom, letting go, communication, change, gratitude, forgiveness, and balance. The course emphasizes understanding oneself and others, making intentional life choices, and fostering a positive impact in family, community, and daily life.

30586 Th 5/28–8/20 4–6 p.m. Zoom Williams, P

### HES 910 Everyday Feels Like Saturday

This course guides participants in cultivating self-awareness and personal growth through reflection and discussion. Students explore themes such as wisdom, letting go, communication, change, gratitude, forgiveness, and balance, with the goal of understanding oneself and others, making intentional life choices, and fostering positive impact in family, community, and daily life. **\*Must become member at BSC before registering**

30516 F 5/29–9/4 1–3 p.m. BSC Williams, P

### HES 910 Gentle Yoga

This course introduces students to gentle yoga, a low-intensity, slow-paced practice emphasizing mindful movement, stretching, and relaxation. Instruction focuses on improving physical awareness, flexibility, and stress reduction. Modifications and props are provided to ensure safety and accessibility for students of all levels.

30562 M 6/1–8/24 1:30–3:30 p.m. GRCC Smith, P

### HES 910 Gentle Yoga

This course introduces students to gentle yoga, a low-intensity, slow-paced practice emphasizing mindful movement, stretching, and relaxation. Instruction focuses on improving physical awareness, flexibility, and stress reduction. Modifications and props are provided to ensure safety and accessibility for students of all levels.

30563 W 5/27–8/19 1:30–3:30 p.m. GRCC Smith, P

### HES 910 Gentle Yoga

This course introduces students to gentle yoga, a low-intensity, slow-paced practice emphasizing mindful movement, stretching, and relaxation. Instruction focuses on improving physical awareness, flexibility, and stress reduction. Modifications and props are provided to ensure safety and accessibility for students of all levels.

30524 TTh 5/26–8/20 10:30–11:30 a.m. CGAC Green, Rose

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

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

30473 Tu 5/26–7/7 1–3 p.m. BSC Brown

### HES 910 Iyengar-Inspired Yoga & Tai Chi (108 Long Form)

This course combines yoga and tai chi to promote physical, mental, and emotional well-being. Instruction includes standing, seated, and supine/asana-based yoga poses, classic breathing and meditation exercises, and guided visualizations. The tai chi segment focuses on the 108-form Classic Long Form and is designed for students with prior tai chi experience who wish to explore this advanced form. Emphasis is placed on safe practice, skill refinement, and mind-body coordination.

30582 W 5/27–8/19 10:30 a.m.–12:30 p.m. Zoom Verdi

### HES 910 Morning Stretching & Meditation

This class supports the release of muscle tension, improved circulation, and greater muscle awareness through gentle, mindful movements set to soft, soothing music. Each session concludes with a relaxing chair-based meditation designed to calm the mind and encourage overall well-being.

30458 M 6/1–8/24 9:30–11:30 a.m. LACC Armstrong

### **HES 910 Movement, Strength, Stretch**

This course provides a full-body fitness program designed to build strength, improve flexibility, and enhance mobility through a variety of movement exercises. Classes include a 20-minute aerobic dance warm-up, strength-building exercises for the upper and lower body, and a guided cool-down stretch. Each week introduces a new routine to support progressive skill development and overall physical wellness.

30566 TTh 5/26-8/20 1-2 p.m. GRCC Smith, P

### **HES 910 Nutrition**

This course introduces the principles of nutrition and their practical application to everyday life. Students explore macronutrients, vitamins, minerals, and water, their digestion, absorption, and metabolism, as well as food sources and physiological functions. The course also examines the relationship between diet and chronic disease, current nutrition issues, and common myths, helping participants make informed choices to support health and well-being. **\*Residents only**

30504 M 6/1-8/24 12:30-2:30 p.m. CGAC Carrington

### **HES 910 Strength Training**

This course provides a low-impact, instructor-led strength training program designed for older adults and adults of all fitness levels. Instruction emphasizes safe, guided movements using bodyweight and light resistance to improve muscular strength, power, balance, flexibility, coordination, and overall functional mobility. The course is suitable for participants with limited mobility, balance concerns, or those returning to exercise. Emphasis is placed on proper form, gradual progression, and maintaining a supportive, engaging environment.

30462 Th 5/28-8/20 9:30-11:30 a.m. LACC Armstrong

### **HES 910 Strength Training**

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

30460 TTh 5/26-8/20 8-9 a.m. Zoom Carrington

### **HES 910 Tai Chi**

This course introduces students to tai chi, a mind-body exercise that integrates coordinated movements of the head, eyes, arms, hands, body, legs, and feet with focused breathing and mental awareness. Instruction emphasizes improving balance, flexibility, coordination, strength,

and overall well-being, with adaptations suitable for adults of all fitness levels. **\*Must become member at BSC before registering**

30476 M 6/1-8/24 10:30 a.m.-12:30 p.m. BSC Chang

### **HES 910 Tai Chi**

This course introduces students to tai chi, a mind-body exercise that integrates coordinated movements of the head, eyes, arms, hands, body, legs, and feet with focused breathing and mental awareness. Instruction emphasizes improving balance, flexibility, coordination, strength, and overall well-being, with adaptations suitable for adults of all fitness levels.

30477 W 5/27-8/19 1:30-3:30 p.m. BSC Chang

### **HES 910 Tai Chi Dao Yin**

This course introduces students to Tai Chi Dao Yin, a stretching and breathing practice derived from tai chi and taoist qigong exercises. Instruction emphasizes whole-body muscular relaxation, flexibility, and toning, while promoting joint mobility, increased circulation, and the flow of energy throughout the body. The course is suitable for adults of all fitness levels, with adaptations for seniors and those seeking gentle, low-impact movement.

30478 Th 5/28-8/20 1:30-3:30 p.m. BSC Chang

### **HES 910 Tai Chi Intermediate**

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. **\*Must become member at BSC before registering**

30479 Th 5/28-8/20 10:30 a.m.-12:30 p.m. BSC Chang

### **HES 910 Water Aerobics**

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

30630 TTh 5/26-8/20 10:30-11:30 a.m. CLCC Shell

### HES 914 Aerobics Balance Beginner and Intermediate

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

30633 MWF 6/1-8/28 11:30 a.m.-12:30 p.m. CLCC Shell

### HES 914 Chair Aerobics

This chair aerobics class focuses on improving flexibility, mobility, strength, and cardiovascular health through low-impact, seated exercises appropriate for all fitness levels. Using a chair for support, along with light dumbbells and a resistance band, participants engage in safe, accessible movements that promote joint health, muscle tone, and overall wellness. Please bring a sturdy chair, light dumbbells, a resistance band, water to stay hydrated, and enthusiasm to participate comfortably and confidently.

30464 MWF 6/1-8/28 8-9 a.m. Zoom Carrington

### HES 914 Energizing Chair Exercise Circuit 102

This virtual chair-based exercise class is designed for adults aged 60+ seeking an accessible, safe, and energizing full-body workout. Participants will follow a rotating chair circuit that includes seated cardio, strength training with bands or light weights, and flexibility drills. Ideal for those with minor mobility issues or who prefer seated movement. No floor work or standing required, but optional standing options will be offered for those able.

30556 MWF 6/1-8/28 9-10 a.m. Zoom Shaw-Bush

### HES 914 Nutrition

This course introduces the principles of nutrition and their practical application to everyday life. Students explore macronutrients, vitamins, minerals, and water, their digestion, absorption, and metabolism, as well as food sources and physiological functions. The course also examines the relationship between diet and chronic disease, current nutrition issues, and common myths, helping participants make informed choices to support health and well-being.

30564 MWF 6/1-8/28 2-3 p.m. Zoom Shell

### HES 914 Pilates Beginner & Intermediate

With consistent practice, Pilates enhances overall posture by promoting proper spinal alignment and body awareness. It helps correct muscle imbalances by strengthening weak muscles and stretching tight ones. By focusing

on core strength, Pilates builds a stable foundation that supports efficient and safe movement throughout daily activities and other physical exercises.

30632 MWF 6/1-8/28 10:30-11:30 a.m. CLCC Shell

### HES 914 Pilates Beginner & Intermediate

This fitness class teaches exercise that focuses on improving flexibility, controlled movement, enhancing body awareness and strengthening the core. Please bring a mat, light weights, and water.

30805 MWF 6/1-8/28 9-10 a.m. Zoom Shell

### HES 914 Strength Cardio Balance Circuit 102

This virtual fitness course is designed for older adults to enhance strength, cardiovascular endurance, balance, and fall prevention from the comfort of home. Participants rotate through low-impact, circuit-style workouts using light equipment or common household items. All exercises are adaptable for varying levels of mobility, with emphasis on safe movement, proper posture, and functional skills for daily living.

30552 MWF 6/1-8/28 8-9 a.m. Zoom Shaw-Bush

### HES 914 Strength Training

This course provides a low-impact, instructor-led strength training program designed for older adults and adults of all fitness levels. Instruction emphasizes safe, guided movements using bodyweight and light resistance to improve muscular strength, power, balance, flexibility, coordination, and overall functional mobility. The course is suitable for participants with limited mobility, balance concerns, or those returning to exercise. Emphasis is placed on proper form, gradual progression, and maintaining a supportive, engaging environment. **\*Residents only**

30518 TTh 5/26-8/20 5-6:30 p.m. CGAC Green, Rose

### HES 914 Stretching

This course is designed to improve flexibility, mobility, and muscular relaxation through safe and effective stretching techniques. Students will participate in guided stretching sessions targeting major muscle groups to increase range of motion, reduce muscle stiffness, and improve posture and movement efficiency. Emphasis is placed on proper alignment, breathing, and injury prevention. The course is appropriate for all fitness levels and supports improved daily function, recovery, and overall physical well-being.

30567 MWF 6/1-8/28 1-2 p.m. Zoom Shell

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## THERAPEUTIC AQUATIC EXERCISE

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### ATH 930 Therapeutic Aquatic Exercise

This course is a low to moderate impact, full-body workout that uses the natural resistance and buoyancy of water to improve cardiovascular endurance, muscular strength, flexibility, balance, and overall functional mobility. Guided exercises are designed to reduce stress on the joints while promoting safe movement, proper technique, and individual pacing. This course is suitable for adults of all ages and fitness levels, including older adults, those with limited mobility, balance concerns, or anyone returning to exercise. Classes emphasize gradual progression in a fun, supportive environment to foster lifelong health and functional independence.

**\*Residents only**

30362 WF 5/20-8/12 10:15-11:45 a.m. CGAC Carrington

### ATH 930 Therapeutic Aquatic Exercise

This course is a low to moderate impact, full-body workout that uses the natural resistance and buoyancy of water to improve cardiovascular endurance, muscular strength, flexibility, balance, and overall functional mobility. Guided exercises are designed to reduce stress on the joints while promoting safe movement, proper technique, and individual pacing. This course is suitable for adults of all ages and fitness levels, including older adults, those with limited mobility, balance concerns, or anyone returning to exercise. Classes emphasize gradual progression in a fun, supportive environment to foster lifelong health and functional independence.

**\*Residents only**

30363 WF 5/20-8/12 12:1-3:30 p.m. CGAC Carrington

### ATH 930 Therapeutic Aquatic Exercise

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

30368 MWF 5/18-8/10 10-10:55 a.m. Largo, NAT Mabry

### ATH 930 Therapeutic Aquatic Exercise

This low-impact aquatic fitness class is designed specifically for older adults seeking to enhance their overall health and mobility in a safe, supportive environment. Utilizing the natural resistance and buoyancy of water, participants

will engage in exercises that promote cardiovascular endurance, muscular strength, flexibility and balance—while minimizing stress on the joints.

30369 MWF 5/18-8/10 11-11:55 a.m. Largo, NAT Mabry

### ATH 930 Therapeutic Aquatic Exercise

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

30370 MWF 5/18-8/10 9-9:55 a.m. Largo, NAT Mabry

### ATH 930 Therapeutic Aquatic Exercise

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

30366 MWF 5/18-8/10 8-9 a.m. ARAC Jordan

### ATH 930 Therapeutic Aquatic Exercise

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

30367 MWF 5/18-8/10 9-10 a.m. ARAC Jordan

## HISTORY

### AMERICAN HISTORY: SELECT TOPICS

#### 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. Students explore social, political, and cultural developments, analyzing their impact on modern American society.

30472 Th 5/28-8/20 1-3 p.m. Zoom Cipriani

### **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. Students explore social, political, and cultural developments, analyzing their impact on modern American society. **\*Must become member at BSC before registering**

30483 Tu 5/26-8/18 12:30-2:30 p.m. BSC Cipriani

### **HIS 916 The Constitution of the United States in the 21st Century**

This course examines the U.S. Constitution as a living document, focusing on its interpretation, application, and adjudication in the 21st century. Students will explore the roles of the three branches of the federal government and analyze contemporary issues in constitutional law. Interactive discussions and classroom activities are integrated with lecture to enhance understanding and critical thinking. **\*Must become member at BSC before registering**

30519 Th 5/28-8/20 2:15-4:15 p.m. BSC Rudd

### **HIS 916 The Cultural & Historical Importance of Baby Boomers in America**

This course explores the historical and cultural influence of the Baby Boomer generation. Students examine how history shaped culture and how culture shaped history. The course covers major social, political, and cultural developments, including television, music, cinema, changing social mores, civil rights movements, and landmark events from Romper Room to Woodstock and from Elvis to The Beatles. Through discussion and analysis, students gain insight into the lasting impact of the Baby Boomer generation on American society. **\*Must become member at BSC before registering**

30517 Th 5/28-8/20 6-8 p.m. BSC Rudd

## **CURRENT ISSUES**

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

This course explores major current issues shaping the United States and the world, including politics, economics, health, media, climate, and global affairs. Each week, students review local, national, and international news, making connections to historical context to deepen understanding. Designed for older

adults, the course fosters respectful discussion, critical thinking, informed civic engagement, and a supportive space for sharing perspectives, reflecting on progress, and building community.

30551 M 6/1-8/24 6-8 p.m. Zoom Rudd

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

This course explores major current issues shaping the United States and the world, including politics, economics, health, media, climate, and global affairs. Each week, students review local, national, and international news, making connections to historical context to deepen understanding. Designed for older adults, the course fosters respectful discussion, critical thinking, informed civic engagement, and a supportive space for sharing perspectives, reflecting on progress, and building community. **\*Residents only**

30546 Tu 5/26-8/18 1-3 p.m. CPVF Rudd

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

This course explores major current issues shaping the United States and the world, including politics, economics, health, media, climate, and global affairs. Each week, students review local, national, and international news, making connections to historical context to deepen understanding. Designed for older adults, the course fosters respectful discussion, critical thinking, informed civic engagement, and a supportive space for sharing perspectives, reflecting on progress, and building community. **\*Members only**

30584 W 5/27-8/19 10 a.m.-Noon TESO Rudd

### **ENR 903 Current Issues**

This course explores major current issues shaping the United States and the world, including politics, economics, health, media, climate, and global affairs. Each week, students review local, national, and international news, making connections to historical context to deepen understanding. Designed for older adults, the course fosters respectful discussion, critical thinking, informed civic engagement, and a supportive space for sharing perspectives, reflecting on progress, and building community.

30470 M 6/1-8/24 10 a.m.-Noon Zoom Cipriani

### ENR 903 Current Issues

This course explores major current issues shaping the United States and the world, including politics, economics, health, media, climate, and global affairs. Each week, students review local, national, and international news, making connections to historical context to deepen understanding. Designed for older adults, the course fosters respectful discussion, critical thinking, informed civic engagement, and a supportive space for sharing perspectives, reflecting on progress, and building community.

30471 M 6/1-8/24 1-3 p.m. Zoom Cipriani

### ENR 903 Current Issues

This course explores major current issues shaping the United States and the world, including politics, economics, health, media, climate, and global affairs. Each week, students review local, national, and international news, making connections to historical context to deepen understanding. Designed for older adults, the course fosters respectful discussion, critical thinking, informed civic engagement, and a supportive space for sharing perspectives, reflecting on progress, and building community. **\*Must become member at BSC before registering**

30482 Tu 5/26-8/18 10 a.m.-Noon BSC Cipriani

## HUMANITIES

### LITERATURE: AN EXPLORATION

#### ENR 380 Exploring 21st Century Literature

This course explores the work of living 21st-century authors from diverse genres and backgrounds, including Louise Erdrich, Claudia Rankine, Barbara Kingsolver, and José Olivarez. Students examine biographical and cultural context, genre conventions, and literary techniques through direct instruction, discussion, and student presentations. Emphasis is placed on the craft of storytelling, the interplay of language and genre, and the exploration of shared human experiences, including individual versus society, speaking one's truth, and the relationship between place and identity.

30587 Tu 5/26-8/18 10 a.m.-Noon UTC Ehlers

#### ENR 380 Exploring 21st Century Literature

This course explores the work of living 21st-century authors from diverse genres and backgrounds, including Louise Erdrich, Claudia Rankine, Barbara Kingsolver, and José Olivarez. Students examine biographical and cultural context, genre conventions, and literary techniques through direct instruction, discussion, and student presentations. Emphasis is placed on the craft of storytelling, the interplay of language and genre, and the exploration of shared human experiences, including individual versus society, speaking one's truth, and the relationship between place and identity.

30505 Th 5/28-8/20 10:15 a.m.-12:15 p.m. CGAC Ehlers

#### ENR 380 Exploring Modern American Poetry

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.

30588 Tu 5/26-8/18 1-3 p.m. UTC Ehlers

#### ENR 380 Exploring Modern American Poetry

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.

30506 Th 5/28-8/20 1-3 p.m. CGAC Ehlers

#### ENR 380 Shakespeare: Three Late Plays

Explore three of Shakespeare's most powerful and contrasting tragedies: *Romeo and Juliet* (Italian and romantic), *Julius Caesar* (Roman and political), and *King Lear* (British and elemental). Through guided reading and discussion, examine themes of love, power, betrayal, loyalty, and fate while considering the historical and cultural contexts that shape each play. Participants should bring a readable copy of each text to class.

30444 Tu 5/26-8/18 1-3 p.m. Zoom Barthel

## LANGUAGES

### AMERICAN SIGN LANGUAGE FOR BEGINNERS

#### COM 901 ASL Beginner

This course introduces students to the fundamentals of American Sign Language (ASL), including proper hand shapes and orientation, the alphabet, numbers, basic greetings, and signs for family members. Emphasis is placed on developing foundational communication skills, understanding ASL structure, and fostering confidence in basic conversational signing.

30450 Th 5/28–8/20 3-5 p.m. Zoom Bruce

#### COM 901 ASL Beginner

This course introduces students to the fundamentals of American Sign Language (ASL), including proper hand shapes and orientation, the alphabet, numbers, basic greetings, and signs for family members. Emphasis is placed on developing foundational communication skills, understanding ASL structure, and fostering confidence in basic conversational signing.

30455 Th 5/28–8/20 7-9 p.m. Zoom Bruce

#### COM 901 ASL Beginner

This course introduces students to the fundamentals of American Sign Language (ASL), including proper hand shapes and orientation, the alphabet, numbers, basic greetings, and signs for family members. Emphasis is placed on developing foundational communication skills, understanding ASL structure, and fostering confidence in basic conversational signing. **\*Must become member at BSC before registering**

30474 M 6/1–8/24 12-2 p.m. BSC Bruce

#### COM 901 ASL Intermediate

This course builds on foundational ASL skills, expanding vocabulary and enhancing conversational signing. Students engage in discussions on a variety of topics, practicing ASL in place of spoken English to improve fluency and comprehension. Prerequisite: completion of Beginner ASL. **\*Must become member at BSC before registering**

30475 M 6/1–8/24 2-4 p.m. BSC Bruce

#### COM 901 ASL Lab

This online ASL lab, conducted via Zoom, provides students with an opportunity to practice and reinforce vocabulary learned in previous ASL courses. Emphasis is placed on correct signing space, palm orientation, and vocabulary expansion through guided discussions on a variety of topics. Students are encouraged to use ASL exclusively to build conversational fluency. Prerequisite: completion of Beginner ASL.

30452 W 5/27–8/19 4-6 p.m. Zoom Bruce

### BEGINNER SPANISH

#### LGE 333 Beginner Spanish 5

This course introduces students to the Spanish language through practical, real-life contexts. Using reading, videos, listening exercises, and songs, students will learn to introduce themselves, discuss preferences, describe daily routines and hobbies, and talk about others (family, friends, or public figures). Basic grammar and vocabulary are reviewed, and students practice reading, writing, listening, and speaking skills to build a solid foundation in Spanish communication.

30541 M 6/1–8/24 3-5 p.m. Zoom Martinez

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

This course follows Beginner Levels 1 and 2 and focuses on building confidence in Spanish verb conjugation. Students will study both regular verbs and six common irregular verbs, including their specific uses, as well as the present progressive tense. Emphasis is placed on mastering present-tense irregularities through guided drills, classroom practice, and daily Q&A exercises submitted electronically. **\*Must become member at BSC before registering**

30605 F 5/29–9/4 12:30-2:30 p.m. BSC Sieiro

#### LGE 333 Spanish I, Level 2

Building on Beginner's Spanish I, Level 1, this course expands essential vocabulary and strengthens grammar skills. Students review core verbs—ser, estar, tener, and ir—along with regular verbs, while progressing to irregular and special verbs. Emphasis is placed on practical vocabulary development and improving proficiency in everyday communication.

30558 Tu 5/26–8/18 12:15-2:15 p.m. GRCC Sieiro

### LGE 333 Beginning Spanish II, Level 3

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

30609 M 6/1-8/24 12:30-2:30 p.m. BSC Sieiro

### FRENCH II

#### LGE 338 French Intermediate I

This course is designed for students who have completed French Beginner II or have at least two years of prior study. This course builds on foundational skills by deepening understanding of grammar, vocabulary, and sentence structure. Emphasis is placed on speaking and listening, with frequent opportunities to practice conversational French in real-life contexts within a supportive classroom environment.

30579 Tu 5/26-8/18 11 a.m.-1 p.m. Zoom Torres

#### LGE 338 French Intermediate II

This course is designed for students who have completed French Beginner II and French Intermediate I, or who have at least three years of prior study. This course builds on foundational skills by further deepening grammar, vocabulary, and sentence structure. Emphasis is placed on speaking and listening, with frequent opportunities to practice conversational French in real-life contexts within a supportive and engaging classroom environment.

30580 W 5/27-8/19 11 a.m.-1 p.m. Zoom Torres

### FRENCH: BEGINNER I

#### LGE 337 French Beginner II

This course is designed for students who have completed French Beginner I or have at least one year of prior study. The course builds on foundational skills in speaking, pronunciation, listening, reading, and writing, while expanding grammar, vocabulary, and sentence structure. Emphasis is placed on developing functional language skills for everyday situations, including greetings, introductions, ordering food, discussing kinship and weather, planning activities, and describing people and their physical characteristics.

30576 M 6/1-8/24 Noon-2 p.m. Zoom Torres

### INTERMEDIATE AND ADVANCED SPANISH

#### LGE 381 Advanced Spanish Conversation

This course is designed for students with strong Spanish grammar and vocabulary skills. Participants will select and read a Spanish-language novel as a group, engaging in weekly discussions that focus on vocabulary expansion, colloquial expressions, cultural context, and analysis of key events. The course emphasizes comprehension, interpretation of the author's intent, and the development of advanced conversational fluency.

30560 Tu 5/26-8/18 10 a.m.-Noon GRCC Sieiro

#### LGE 381 Advanced Spanish Conversation

This course is designed for students with strong Spanish grammar and vocabulary skills. Participants will select and read a Spanish-language novel as a group, engaging in weekly discussions that focus on vocabulary expansion, colloquial expressions, cultural context, and analysis of key events. The course emphasizes comprehension, interpretation of the author's intent, and the development of advanced conversational fluency.

30550 W 5/27-8/19 1-3 p.m. Zoom Martinez

### INTERMEDIATE SPANISH

#### LGE 381 Intermediate Spanish

This course is designed for students to learn the Spanish language in context, using reading, videos, listening exercises, songs, and review of prior knowledge. Students will practice conversational skills by discussing preferences, routines, hobbies, and those of others. The course also introduces more complex grammar and vocabulary, including past and future tenses, as well as the conditional mood, all through meaningful, context-based practice.

30534 Tu 5/26-8/18 1-3 p.m. Zoom Martinez

#### LGE 381 Intermediate Spanish Conversation

This course helps students learn Spanish in context through reading, videos, listening exercises, and songs. Students will practice discussing preferences, routines, and hobbies, as well as describing the same for others (family, friends, or public figures). The course also covers talking about past experiences and future plans. Reading materials will primarily come from Spanish news sources and online content, providing authentic context for improving reading comprehension and conversational skills.

30545 M 6/1-8/24 1-3 p.m. Zoom Martinez

### LGE 381 Intermediate Spanish I, Level 1

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

30606 F 5/29-9/4 10 a.m.-Noon BSC Sieiro

### LGE 381 Intermediate Spanish III, Conversation 1

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

30610 M 6/1-8/24 10 a.m.-Noon BSC Sieiro

## MUSIC

### MUSIC APPRECIATION & MASTERY

#### MUS 308 Beginner Guitar

This course is designed for true beginners or those with very limited experience playing the guitar. Students must provide their own guitar, tuner, and metronome (apps are acceptable). Instruction covers string names, parts of the guitar, basic chords, strumming techniques, and fundamental music concepts, including reading simple chord charts and basic note values. Students will learn at least two songs and complete supporting exercises. For a helpful head start, students may visit [www.funkyguitar.com/instruction](http://www.funkyguitar.com/instruction) and watch the first three instructional videos. **\*Must become member at BSC before registering**

30487 Th 5/28-8/20 9:30-11:30 a.m. BSC Fiester

### MUS 308 Intermediate Guitar

This course is designed for students who can confidently move open chords, have working knowledge of barre chords, and are familiar with basic fingerstyle techniques. Instruction includes music theory, more challenging repertoire, scales, and introductory improvisation. Students should be comfortable with note values and able to perform basic tunes with confidence. **\*Must become member at BSC before registering**

30486 W 5/27-8/19 9:30-11:30 a.m. BSC Fiester

### MUSIC APPRECIATION & MASTERY: PIANO

#### MUS 307 Advanced Piano

Designed for advanced-level musicians, this course expands upon the master class format with a heightened focus on complex repertoire, stylistic nuance, and historical context. Students will perform one or two advanced-level works and receive in-depth, individualized coaching in an open classroom setting. The collaborative environment promotes critical listening, artistic refinement, and interpretive discussion among peers. In addition to performance, the curriculum explores advanced music theory, sophisticated technical execution, chord symbol interpretation, and historically informed stylistic performance practices. Requires five or more years of playing the piano. **\*Must become member at BSC before registering**

30480 M 6/1-8/24 Noon-2 p.m. BSC Choi

#### MUS 307 Beginner Piano

This course is designed for anyone interested in learning or strengthening their piano skills—whether you are a complete beginner, currently studying, or returning after time away. Students of all levels are welcome in this supportive and engaging learning environment.

30625 Tu 5/26-8/18 11:30 a.m.-1:30 p.m. CSSC Patente

#### MUS 307 Intermediate Piano

This course is designed for pianists with prior experience who are looking to refine technique, expand repertoire, and deepen musical expression. Students will strengthen sight-reading skills, explore more complex pieces, and develop greater control of dynamics and phrasing. Through guided practice and individualized feedback, participants will build confidence and artistry in performance.

30481 M 6/1-8/24 10 a.m.-Noon BSC Choi

**MUS 307 Intermediate/Advanced Piano**

This course offers intermediate (hour 1) and advanced (hour 2) instruction for students with prior piano experience. Intermediate students should be able to read treble and bass clefs, use five-finger positions, and play basic chord progressions while building technique and expanding repertoire. Advanced students will refine technique and interpretation through classical, popular, hymn, or gospel works, with added exploration of music history and appreciation. Prerequisite: Beginning Piano or equivalent experience for Intermediate; five or more years of study for advanced.

30468 Tu 5/26-8/18 9-11 a.m. Zoom Choi

**MUS 307 Intermediate/Advanced Piano**

This course is designed for pianists with prior experience who wish to refine their technique, expand their repertoire, and deepen their musical expression. Whether returning to the piano or currently performing at an intermediate or advanced level, students will find a supportive and engaging environment that both challenges and strengthens their skills as musicians.

30626 Tu 5/26-8/18 9:30-11:30 a.m. CSSC Patente

## Supplemental Nutrition Assistance Program (SNAP) Outreach

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

### Services Offered

- Application Assistance
  - New Application
  - Redetermination
- Food Resources

### Contact

College & Career Transitions  
CCTunit@pgcc.edu  
301-546-3505

**Schedule your appointment TODAY!**



PRINCE GEORGE'S  
COMMUNITY COLLEGE

Seedco | Improving lives  
growing communities



# SNAP COLLEGE STUDENT ELIGIBILITY

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

**3.3 million**

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

**67%**

of those college students reported not receiving benefits



## Think you might qualify?

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

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

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

## Need more info?

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





# Prince George's Community College 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: May 18, 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: \_\_\_\_\_



PRINCE GEORGE'S  
COMMUNITY COLLEGE

**Workforce Development and Continuing Education**

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