



# SAGE Schedule of Classes

## Fall 2020

A thought about the current state of the world during COVID-19:  
Though this time may be different, we acknowledge that it will pass, it is not forever. We will strive not to complain, because we still breathe, we still love, we still hope. We still enjoy the sun, the rain, and the beautiful seasons---even if it is only through our windows. We cannot control the things that are happening in the world right now, so we will strive not to let media reports and the daily news create fear and worry in us. What we CAN do is recognize that we have everything we need to get through this, one day at a time; and we can trust that our higher power is there for us every step of the way.

RGH



# SAGE Fall 2020 Online Classes



***Seize the day, sign up and stay safe!***

These tumultuous times demand courage, hope and **adaptability!** The only certainty is uncertainty. With the safety of our students and our instructors of utmost importance, we are piloting our second round of online SAGE classes. They will be offered in a **structured remote** format, i.e., taking place on a scheduled day and at a specific time. You will interact with your instructor **and** with your classmates, to benefit from the subject matter and stay socially connected at the same time.

**Classes will run from October 12<sup>th</sup> through January 23<sup>rd</sup>.** Online classes are not connected to any physical sites, but you will see familiar classes with your favorite instructors listed. Often, these classes will be offered at the same day and time online as they were usually held face-to-face. You will be in classes with PGCC students from other SAGE locations and have the opportunity to enjoy classes taught by different teachers.

→ **Online registration opens Friday, September 11<sup>th</sup>** ←

## **Who can register for these classes?**

Prince George's Community College SAGE classes are specifically for seniors 60 and older, but non-seniors may register by paying the full tuition.

## **How will classes be offered?**

Using **Zoom** or **Blackboard online platforms**, classes will meet **virtually** on designated days and times.

## **What do you need to be a successful participant?**

Access to a personal computer or tablet with a strong and stable internet connection, a camera, and a microphone. For fitness classes, make sure you have the space to move safely with no obstacles. The video must be positioned so the instructor can see you and must be left on during the entire class so the instructor can observe you to teach responsively and responsibly.

## **How do you register?**

Register online using Owl Link. Step-by-step directions can be found at [www.pgcc.edu](http://www.pgcc.edu) in the SAGE spring 2020 class schedule, pages 2-3.

**You must pay the non-refundable \$85 registration fee online using your credit card. No mail-in registration is possible.**

**If you need assistance with registration, please call PGCC's information technology help desk at 301.546.0637.**

## **For basic information about SAGE procedures and policies:**

Refer to the SAGE spring 2020 schedule at [www.pgcc.edu](http://www.pgcc.edu) under **class schedules** and refer to pages 4-5.

## **Here is a brief overview of Zoom:**

How to download Zoom on your PC (computer):

- Open your computer's internet browser and navigate to the Zoom website at [www.Zoom.us](http://www.Zoom.us).
- Scroll down to the bottom of the page and click "Download" in the web page's footer.
- The Zoom app will then begin downloading. You should then click on the .exe file to begin the installation process.

## **How to Use Zoom - Video Link:**

<https://www.youtube.com/watch?v=fVu9BILRkww&feature=youtu.be>

Additional resource: Download Zoom (For MacBook/iPad):

<https://support.zoom.us/hc/en-us/articles/203020795-How-To-Install-on-Mac>

*\*Zoom links will be emailed to students directly from instructors 24-48 hours before class start\**

*If you are missing your class zoom link, please send an email to [SAGE@pgcc.edu](mailto:SAGE@pgcc.edu)*

## **Blackboard:**

The only instructor using Blackboard this fall is Alice Gray, who is teaching the computer classes. She will provide directions for your participation. If you have questions, please email her directly at [grayal@pgcc.edu](mailto:grayal@pgcc.edu).

## **Fall Online Course Offerings are on pages 4 - 15: (w/various course descriptions on pages 16 - 31.)**

Use the 5-digit numbers designated in the right-hand column to register online for the classes of your choice. The registration system will not allow you to register for classes with conflicting times. **You cannot register online after a class has begun.**

## SAGE Schedule of Classes by Subject

(Subject is highlighted in **yellow** at the top left of a table; classes are then listed by days of the week)

### **Arts & Crafts** (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Beginning Crocheting	Kirtland, Arleen	Mon	1-2 pm	10/12-01/11	<b>70705</b>
Intermediate Crochet	Kirtland, Arleen	Mon	2:15-3:15 pm	10/12-01/11	<b>70706</b>
Advanced Crochet	Kirtland, Arleen	Mon	3:30-4:30 pm	10/12-01/11	<b>70707</b>
Crochet Lab	Kirtland, Arleen	Mon	4:30-5:30 pm	10/12-01/11	<b>70708</b>
Beginning Jewelry Making**	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	10/12-01/11	<b>70792</b>
Painting I for Seniors**	Ruffin, Raj	Mon	6-9 pm	10/12-01/11	<b>72173</b>
Zentangle: Above & Beyond the Basics**	Allison, Julie	Tues	10am-12:30pm	10/13-01/19	<b>72166</b>
Printmaking	Brosch, David	Tues	10 am-12 pm	10/13-01/19	<b>70581</b>
Beginning Knitting	Kirtland, Arleen	Tues	1-2 pm	10/13-01/19	<b>70709</b>
Intermediate Knitting	Kirtland, Arleen	Tues	2:15-3:15 pm	10/13-01/19	<b>70710</b>
Advanced Knitting	Kirtland, Arleen	Tues	3:30-4:30 pm	10/13-01/19	<b>70711</b>
Knitting Lab	Kirtland, Arleen	Tues	4:30-5:30 pm	10/13-01/19	<b>70712</b>
Jewelry Making: 3 Techniques**	Vitale-Reddy, Cecelia	Tues	1-3 pm	10/13-01/19	<b>72178</b>
Studio Fine Arts: Portraits**	Ruffin, Raj	Tues	5-7 pm	10/13-01/19	<b>72174</b>
Drawing for Beginners**	Farrer, Susan	Wed	9:30-11:30 am	10/14-11/18	<b>72169</b>

The World of Zentangle - Intro Course**	Allison, Julie	Wed	10am-12:30pm	10/14-01/20	<b>70571</b>
Beginning Quilting	Kirtland, Arleen	Wed	1-2 pm	10/14-01/20	<b>70713</b>
Beginning Hand Quilting	Kirtland, Arleen	Wed	2:15-3:15 pm	10/14-01/20	<b>70714</b>
Intermediate to Advanced Quilting	Kirtland, Arleen	Wed	3:30-4:30 pm	10/14-01/20	<b>70715</b>
Quilting Lab	Kirtland, Arleen	Wed	4:30-5:30 pm	10/14-01/20	<b>70716</b>
Beginning to Intermediate Sewing	Kirtland, Arleen	Thur	3:30-4:30 pm	10/15-01/21	<b>70718</b>
Advanced Sewing	Kirtland, Arleen	Thur	4:30-5:30 pm	10/15-01/21	<b>70719</b>
Tunisian Crochet**	Kirtland, Arleen	Fri	12:45-1:45 pm	10/16-01/22	<b>70720</b>
Introduction to Embroidery	Kirtland, Arleen	Fri	2-3 pm	10/16-01/22	<b>70721</b>
Introduction to Embroidery II	Kirtland, Arleen	Fri	3:15-4:15 pm	10/16-01/22	<b>70722</b>

## Art History (\*\* Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Gender, Feminism, and Art**	Upshaw, Abigail	Wed	11 am -1 pm	10/14-12/2	<b>70788</b>

## Autobiographical Writing

Focus	Instructor	Day(s)	Times	Dates	Syn#
Writing Your Memoirs-all levels**	Smith, Cathy	Tues	10 am -12 pm	10/13-01/19	<b>70771</b>
Writing Your Memoirs-all levels**	Smith, Cathy	Tues	1-3 pm	10/13-01/19	<b>70772</b>



Writing Your Memoirs-all levels**	Smith, Cathy	Fri	10 am -12 pm	10/16-01/22	<b>70773</b>
Writing Your Memoirs-all levels**	Smith, Cathy	Fri	1-3 pm	10/16-01/22	<b>70774</b>

## Computer Skills

Focus	Instructor	Day(s)	Times	Dates	Syn#
Beginner, Level 1	Gray, Alice	Mon	9-11 am	10/12-01/11	<b>70694</b>
Beginner, Level 2	Gray, Alice	Tues	9-11 am	10/13-01/19	<b>70695</b>
Advanced	Gray, Alice	Wed	9-11 am	10/14-01/20	<b>70696</b>
Intermediate	Gray, Alice	Thur	9-11 am	10/15-01/21	<b>70697</b>
Windows 10/Office 2016	Gray, Alice	Fri	9-11 am	10/16-01/22	<b>70698</b>

## Current Issues

Focus	Instructor	Day(s)	Times	Dates	Syn#
Current Issues**	Cipriani, Vincent	Mon	10 am-12 pm	10/12-01/11	<b>70616</b>
Current Issues**	Cipriani, Vincent	Mon	1-3 pm	10/12-01/11	<b>70617</b>
Two "United States" of America**	Rudd, Bob	Mon	10 am-12 pm	10/12-01/11	<b>70758</b>
Current Issues**	Cipriani, Vincent	Tues	10 am-12 pm	10/13-01/19	<b>70618</b>
Issues Facing the U.S. Economy**	Kowalewski, Kim (Mr.)	Wed	1-3 pm	10/14-01/20	<b>70723</b>
Current Issues**	Cipriani, Vincent	Fri	12:30-2:30 pm	10/16-01/22	<b>70619</b>

## Finances (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Financial Literacy I**	Garner, Bella	Tues	10 am-12 pm	10/13-01/19	<b>70629</b>
Financial Literacy I**	Garner, Bella	Tues	2-4 pm	10/13-01/19	<b>70630</b>
Financial Literacy II**	Garner, Bella	Wed	10 am-12 pm	10/14-01/20	<b>70631</b>
Financial Literacy II**	Garner, Bella	Wed	2-4 pm	10/14-01/20	<b>70632</b>

## Healthy Living (Fitness & Personal Enrichment)

(\*\*Please see important additional class information at end of this document.)

Please consult with your physician for approval before enrolling for any of the Healthy Living Fitness classes.

Focus	Instructor	Day(s)	Times	Dates	Syn#
Circuit Training**	Bush, Dionne	Mon	9-10 am	10/12-01/11	<b>70584</b>
Chair Yoga**	Mullin, Jen	Mon	9:30-11:30 am	10/12-01/11	<b>70736</b>
Yoga & Movement**	Goff, Laura	Mon	10-11 am	10/12-01/11	<b>70687</b>
Line Dance	Brown, Barbara	Mon	10:30-11:30 am	10/12-01/11	<b>70582</b>
Chair Yoga**	Smith, Patricia	Mon	10:30-11:30 am	10/12-01/11	<b>72176</b>
Mindful Meditation**	Boverman, Katrina	Mon	12:30-2:30 pm	10/12-11/30	<b>70579</b>

Tap Dance	Harris, Heather	Mon	12:30-2:30 pm	10/12-01/11	<b>70704</b>
Line Dance	Meadows, Bob	Mon	1-2 pm	10/12-01/11	<b>70729</b>
Meditation for Health and Happiness**	Mullin, Jen	Mon	1-2 pm	10/12-01/11	<b>70737</b>
Gentle yoga**	Smith, Patricia	Mon	1:30-2:30 pm	10/12-01/11	<b>70775</b>
Brain Fitness Fun and Games**	Gibbons, Renee	Mon	4-6 pm	10/12-01/11	<b>70685</b>
Chair, floor & resistance band exercises- <b>Part I</b>	Holmes, LeCount	MWF	10-11am	10/12-12/09	<b>72170</b>
Chair, floor & resistance band exercises- <b>Part II</b>	Holmes, LeCount	MWF	10-11am	12/11-01/22	<b>70702</b>
Pilates - <b>Part I</b>	Shell, Susan	MWF	9-10am	10/12-12/09	<b>70763</b>
Pilates - <b>Part II</b>	Shell, Susan	MWF	9-10 am	12/11-01/22	<b>70764</b>
Chair Pilates	Shell, Susan	M/W	10-11 am	10/12-01/20	<b>70762</b>
Flexibility Exercises & Breathing Techniques**	Bush, Dionne	M/Th	10-11 am	10/12-01/21	<b>70589</b>
Circuit Training**	Bush, Dionne	Tues	9-10 am	10/13-01/19	<b>70585</b>
Aerobics	Armstrong, Johnnette	Tues	9:30-10:30 am	10/13-01/19	<b>70572</b>
Mindful Meditation: JOY - Just Observe Yourself Part 1**	Goodlow, Ollie	Tues	10 am-12 pm	10/13-11/24	<b>70690</b>
Mindful Meditation: JOY - Just Observe Yourself Part 2**	Goodlow, Ollie	Tues	10 am-12 pm	12/01-01/19	<b>70691</b>
Soul Collage**	Williams, Paula	Tues	10 am-12 pm	10/13-01/19	<b>70795</b>
Yoga I	Weimer, Lee	Tues	10 am-12 pm	10/13-01/19	<b>70796</b>



Meditation & Yoga Nidra**	Goff, Laura	Tues	10-11 am	10/13-01/19	<b>70688</b>
Cardio, Aerobic, & Weight Training	Turner, Marilyn	Tues	10-11 am	10/13-01/19	<b>70785</b>
Somatic Restorative Yoga**	Nicht, Sandra	Tues	10:15-11:15 am	10/13-01/19	<b>70743</b>
Senior Boot Camp - Gold**	Merriman, Wallace	Tues	10:30-11:30 am	10/13-01/19	<b>70732</b>
Movement, Strength, Stretch**	Smith, Patricia	Tues	10:30-11:30 am	10/13-01/19	<b>70776</b>
Nutrition Workshop 101**	Merriman, Wallace	Tues	12-1 pm	10/13-01/19	<b>70733</b>
Line Dance	Meadows, Bob	Tues	1-2 pm	10/13-01/19	<b>70730</b>
Gentle Yoga**	Smith, Patricia	Tues	2 pm-3 pm	10/13-01/19	<b>70777</b>
Meditation and Yoga Nidra**	Erteschik, Mary	Tues	6 -7 pm	10/13-01/19	<b>70622</b>
Senior Aerobics	Shell, Susan	T/Th	9-10 am	10/13-01/21	<b>70765</b>
Strength Training	Shell, Susan	T/Th	10-11 am	10/13-01/21	<b>70766</b>
Get Up & Move w/Chair**	Thompson, Rebecca	T/Th	10-11 am	10/13-01/21	<b>70783</b>
Self-Defense**	Thompson, Rebecca	T/Th	11 am-12 pm	10/13-01/21	<b>70784</b>
Weight Training	Green, Rose	T/Th	3-4 pm	10/13-1/21	<b>70699</b>
Chair Yoga**	Erteschik, Mary	Wed	8:30-9:30 am	10/14-01/20	<b>70624</b>
Chair Yoga**	Mullin, Jen	Wed	8:50-10:30 am	10/14-01/20	<b>70738</b>
Balance & Flexibility	Armstrong, Johnnette	Wed	9:30-10:30 am	10/14-01/20	<b>70573</b>

Chair Yoga	Romero, Christine	Wed	10-11 am	10/14-01/20	<b>70751</b>
Gentle Pilates	Weimer, Lee	Wed	10 am-12 pm	10/14-01/20	<b>70797</b>
Chair Yoga**	Mullin, Jen	Wed	10:30 am-12:10 pm	10/14-01/20	<b>70739</b>
Yoga & Movement**	Goff, Laura	Wed	10-11 am	10/14-01/20	<b>70689</b>
Chair Yoga**	Mullin, Jen	Wed	10:30 am-12:10 pm	10/14-01/20	<b>70739</b>
Piyochi (combo of Pilates, Yoga & Tai Chi) **	Verdi, Juliet	Wed	11 am-12 pm	10/14-01/20	<b>70791</b>
Line Dance**	Love, Denise	Wed	1-2 pm	10/14-01/20	<b>70724</b>
Line Dance	Meadows, Bob	Wed	1-2 pm	10/14-01/20	<b>70731</b>
Meditation for Health and Happiness**	Mullin, Jen	Wed	1-2 pm	10/14-01/20	<b>70740</b>
Gentle Yoga**	Smith, Patricia	Wed	1:30-2:30 pm	10/14-01/20	<b>70778</b>
Mindful Meditation**	Boverman, Katrina	Wed	3:45-4:45 pm	10/14-1/27	<b>70580</b>
Pilates	Weimer, Lee	Thur	8-10 am	10/15-01/21	<b>70798</b>
Strength Training	Armstrong, Johnnette	Thur	9:30-10:30 am	10/15-01/21	<b>70574</b>
Circuit Training**	Bush, Dionne	Thur	9-10 am	10/15-01/21	<b>70586</b>
Fabric Collage**	Goodlow, Ollie	Thur	10 am-12 pm	10/15-01/21	<b>70692</b>
Yoga--Intermediate/Advanced**	Mullin, Jen	Thur	10 am-12 pm	10/15-01/21	<b>70741</b>
Cardio, Aerobic, & Weight Training	Turner, Marilyn	Thur	10-11 am	10/15-01/21	<b>70787</b>

Line Dance	Brown, Barbara	Thur	10:30-11:30 am	10/15-01/21	<b>70583</b>
Senior Boot Camp - Gold**	Merriman, Wallace	Thur	10:30-11:30 am	10/15-01/21	<b>70734</b>
Chair Yoga**	Smith, Patricia	Thur	10:30-11:30 am	10/15-01/21	<b>70779</b>
Beginner Tap Dance, Level 1**	Love, Denise	Thur	1-2 pm	10/15-01/21	<b>70725</b>
Movement, Strength, Stretch**	Smith, Patricia	Thur	1-2 pm	10/15-01/21	<b>70781</b>
Tap Dance, Level 2** (Pre-req Level 1)	Love, Denise	Thur	2-3 pm	10/15-01/21	<b>70726</b>
Gentle Mat Yoga	Romero, Christine	Thur	4-5 pm	10/15-01/21	<b>70752</b>
Memory Training**	Mason, Donna	Thur	12-2 pm	10/15-11/19	<b>72171</b>
Memory Training**	Mason, Donna	Thur	12-2 pm	12/03-01/21	<b>72172</b>
Energizing Chair Exercises**	Bush, Dionne	Fri	9-10 am	10/16-01/22	<b>70587</b>
Group Dance	Armstrong, Johnnette	Fri	9:30-10:30 am	10/16-01/22	<b>70575</b>
Beginner Yoga**	Mullin, Jen	Fri	10 am-12 pm	10/16-01/22	<b>70742</b>
Strength Training**	Bush, Dionne	Fri	10-11 am	10/16-01/22	<b>70588</b>
Intermediate Hatha Yoga	Romero, Christine	Fri	10-11 am	10/16-01/22	<b>70753</b>
Fabric Art Journal**	Goodlow, Ollie	Fri	11 am-12 pm	10/16-01/22	<b>70693</b>
Zumba Gold	Green, Rosemary	Fri	1-2 pm	10/16-01/22	<b>70700</b>
Self-Awareness: Every Day Feels Like Saturday**	Vitale-Reddy, Cecelia; Williams, Paula	Fri	1-3 pm	10/16-01/22	<b>70794</b>

Brain Fitness Fun and Games**	Gibbons, Renee	Fri	2:30-4:30 pm	10/16-01/22	<b>70686</b>
Yoga I & II	Weimer, Lee	Sat	8:30-10:30 am	10/17-01/23	<b>70799</b>
Beginner Yoga	Weimer, Lee	Sat	10:30am-12:30pm	10/17-01/23	<b>70800</b>

## History (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
The Cultural and Historical Impact of the Baby Boomer Generation**	Rudd, Bob	Mon	2-4 pm	10/12-01/11	<b>70759</b>
Presidential Campaigns, Elections & Assassinations: The Volatile Unpredictability of American Politics**	Croatti, Mark	Tues	7-9 pm	10/13-01/19	<b>72167</b>
Presidential Campaigns, Elections & Assassinations: The Volatile Unpredictability of American Politics**	Croatti, Mark	Wed	7-9 pm	10/14-01/20	<b>72168</b>
History of Medicine**	Harden, Victoria	Wed	1-3 pm	10/14-02/03	<b>70703</b>
Great American Conspiracies**	Rudd, Bob	Thur	6-8 pm	10/15-01/21	<b>70760</b>

## Humanities (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Humanities for Senior Citizens**	Patente, Peter	Mon	10 am-12 pm	10/12-01/11	<b>70744</b>

## Improvisation (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Continuing the Basics of Improv**	Yamamoto, Ruth	Mon	3-5 pm	10/12-01/11	<b>70801</b>
Continuing the Basics of Improv**	Yamamoto, Ruth	Fri	10 am-12 pm	10/16-01/22	<b>70802</b>

## Languages (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
American Sign Language (ASL)-Intermediate	Rhoads, Bob	Mon	10 am-12 pm	10/12-01/11	<b>70749</b>
Spanish Beginner 2**	Miller, Barbara	Tues	10 am-12 pm	10/13-01/19	<b>70735</b>
Advanced Spanish	Sieiro, Debbie	Tues	10 am-12 pm	10/13-01/19	<b>70767</b>
Beginner Spanish	Rubiano, Alberto	Tues	12-2 pm	10/13-01/19	<b>70755</b>
Advanced Spanish	Sieiro, Deborah	Tues	12:30-2:30 pm	10/13-01/19	<b>70769</b>
American Sign Language (ASL)-Beginner	Rhoads, Bob	Wed	10 am-12 pm	10/14-01/20	<b>70750</b>
Spanish Beginner 1	Vargas, Clemencia	Wed	1-3 pm	10/14-01/20	<b>70789</b>
Spanish Conversation 1** (Intermediate/Advanced) Pre-req required	Vargas, Clemencia	Wed	3-5 pm	10/14-01/20	<b>70790</b>
Intermediate Spanish	Rubiano, Alberto	Thur	10 am-12 pm	10/15-01/21	<b>70756</b>
Tertulia-Jueves Cultural** (all levels)	Rubiano, Alberto	Thur	12-2 pm	10/15-01/21	<b>70757</b>

Beginner Spanish	Sieiro, Debbie	Thur	2-4 pm	10/15-01/21	<b>70768</b>
Beginner Spanish	Sieiro, Deborah	Fri	2:30-4:30 pm	10/16-01/22	<b>70770</b>

## Literature: An Exploration (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Short Stories: Mirror of the World, Pt. 2**	Pilevsky, Dillies	Tues	10 am -12 pm	10/13-01/19	<b>70747</b>
Book Discussion: Contemporary American Literature**	Kirtland, Arleen	Thur	1-3 pm	10/15-01/21	<b>70717</b>
Hamlet Lives! **	Barthel, Carol	Fri	1-3 pm	10/16-01/22	<b>70576</b>
Short Stories: Mirror of the World, Pt. 2**	Pilevsky, Dillies	Sat	1pm-3pm	10/17-01/23	<b>70748</b>

## Music Appreciation (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Music History**	Feldman, Shari	Mon	11 am -12 pm	10/12-01/11	<b>70625</b>
Piano - Advanced/Intermediate	Patente, Peter	Tues	9:30-11:30 am	10/13-01/19	<b>70746</b>
Piano - Beginner	Patente, Peter	Tues	11:30 am-1 pm	10/13-01/19	<b>70745</b>
Guitar Intermediate**	Fiestier, Robert	Wed	9:30-11:30 am	10/14-01/20	<b>70627</b>
Music History**	Feldman, Shari	Wed	11 am -12 pm	10/14-01/20	<b>70626</b>



Guitar Beginner**	Fiester, Robert	Thur	9:30-11:30 am	10/15-01/21	<b>70628</b>
Piano - Mixed Levels	Cooper, Evan	Fri	10-11 am	10/16-01/22	<b>70620</b>
Piano - Mixed Levels	Cooper, Evan	Fri	11 am -12 pm	10/16-01/22	<b>70621</b>

**Science** (\*\*Please see important additional class information at end of this document.)

Focus	Instructor	Day(s)	Times	Dates	Syn#
Virology & Superbugs**	Blumenstock, Michael	Mon	1-3 pm	10/12-01/11	<b>70577</b>
Meteorology**	Blumenstock, Michael	Wed	1-3 pm	10/14-01/20	<b>70578</b>

## SAGE Fall 2020 Course Descriptions (In Alphabetical Order by Instructor's Last Name)

Focus	Instructor	Days	Times	Dates	Syn #	Course Descriptions
Zentangle: Above & Beyond the Basics	<a href="#">Allison, Julie</a>	Tues	10am-12:30pm	10/13-01/19	<b>72166</b>	Zentangle® Above & Beyond the Basics – This intermediate course takes Tanglers on a journey to explore exciting new ways to use previously learned tangles, dip into history and culture with new creative tiles, and add new tangles to their repertoire. Tickle the imagination and cultivate creativity with this varied and unique course! In addition to the registration fee of \$85, there is a \$45.00 supply fee (including sales tax and shipping) for a full supply kit. Once registered, students should contact Julie for direct payment and shipment of supplies at <a href="mailto:julie@harmonyinspiredart.com">julie@harmonyinspiredart.com</a> . Custom kits can be put together for students wishing to bring previous course supplies to class. Please contact Julie directly for more information. In addition to these supplies, students should have glue stick, colored pencils (inexpensive 24 set is fine), eraser, pencil sharpener and blank paper for testing out new tangles. <b>Prerequisite</b> – The World of Zentangle Introduction course (or previous tangling experience with permission from instructor required). <b>Deadline for registration is 9/28!</b> For more about Instructor, Julie Allison, please click on her name in the "Instructor" column.
The World of Zentangle - Intro Course	<a href="#">Allison, Julie</a>	Wed	10am-12:30pm	10/14-01/20	<b>70571</b>	World of Zentangle – Discover this elegantly simple drawing technique, inspiring creativity and mindfulness. Master “tangles” using repetitive, guided strokes to create surprising, unplanned compositions. Learn the fundamentals, then embark on a relaxing journey to advanced techniques. No previous art experience is necessary to enjoy this art form, where there are no mistakes! In addition to the registration fee of \$85, there is a \$45.00 supply fee (including sales tax and shipping). Once registered, students should contact Julie for direct payment and shipment of supplies at <a href="mailto:julie@harmonyinspiredart.com">julie@harmonyinspiredart.com</a> . <b>Deadline for registration is 9/28!</b> For more about Instructor, Julie Allison, please click on her name in the "Instructor" column.
Hamlet Lives!	Barthel, Carol	Fri	1-3 pm	10/16-01/22	<b>70576</b>	Like its author, Shakespeare's play <i>Hamlet</i> is "not of an age but for all time." We will read this great tragedy and then follow its influence to see how the Prince of Denmark influenced the literature, art, and music of subsequent centuries and speaks to us now. Participants will need copies (any format) of Shakespeare's <i>Hamlet</i> , Tom Stoppard's play <i>Rosencrantz and Guildenstern are Dead</i> , and John Updike's novel <i>Gertrude and Claudius</i> .

Virology & Superbugs	Blumenstock, Michael	Mon	1-3 pm	10/12-01/11	<b>70577</b>	Students will be taught virology and superbugs concepts such as their origins, main types (such as SARS-CoV-2 virus), preventative measures, immune responses, and other related aspects.
Meteorology	Blumenstock, Michael	Wed	1-3 pm	10/14-01/20	<b>70578</b>	Students will be taught meteorology concepts such as atmospheric chemistry and physics, weather forecasting and other related aspects. We will also consider the 2020 Atlantic hurricane season which has already been a record breaker. Thirteen tropical systems have occurred in the Atlantic this year, possibly due to above normal tropical Atlantic and Gulf of Mexico sea surface temperatures, natural cycles and human climate change, La Niña, the Atlantic Multidecadal Oscillation, and an atypically energetic West African monsoon season.
Mindful Meditation	Boverman, Katrina	Mon	12:30-2:30 pm	10/12-11/30	<b>70579</b>	<b>No class on 10/19!</b> This is a 7 week class.
Mindful Meditation	Boverman, Katrina	Wed	3:45-4:45 pm	10/14-1/27	<b>70580</b>	<b>No class on 10/21!</b> This is a 12 week class.
Circuit Training	Bush, Dionne	Mon	9-10 am	07/06-09/28	<b>70584</b>	Endurance exercises: Cardio, Tae Bo/Kickboxing moves; Body Weight class with some floor work.
Flexibility Exercises & Breathing Techniques	Bush, Dionne	M/Th	10-11 am	10/12-01/21	<b>70589</b>	Stretch, stretch & more stretching and breathing. This class is a mixture of standing and a lot of floor (supine) exercises. Stretching can help your body stay flexible and limber, which gives you more freedom of movement for your regular physical activity as well as your everyday activities.
Circuit Training	Bush, Dionne	Tues	9-10 am	10/13-01/19	<b>70585</b>	Exercises for endurance and strength; core and floor work.
Circuit Training	Bush, Dionne	Thur	9-10 am	10/15-01/21	<b>70586</b>	Exercises for endurance and strength; core and floor work.
Energizing Chair Exercises	Bush, Dionne	Fri	9-10 am	10/16-01/22	<b>70587</b>	Exercises that help improve balance and strength, lubricate joints, and increase circulation.

Strength Training	Bush, Dionne	Fri	10-11 am	10/16-01/22	<b>70588</b>	Exercises using weights, resistance bands, and tubes; core and floor work.
Current Issues	Cipriani, Vincent	Mon	10 am-12 pm	10/12-01/11	<b>70616</b>	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
Current Issues	Cipriani, Vincent	Mon	1-3 pm	10/12-01/11	<b>70617</b>	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
Current Issues	Cipriani, Vincent	Tues	10 am-12 pm	10/13-01/19	<b>70618</b>	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
Current Issues	Cipriani, Vincent	Fri	12:30-2:30 pm	10/16-01/22	<b>70619</b>	This course focuses on topics of current interest and importance found at the local, national and international level. Discussion is encouraged.
Presidential Campaigns, Elections, and Assassinations: The Volatile Unpredictability of American Politics	Croatti, Mark	Tues	7-9 pm	10/13-01/19	<b>72167</b>	The oldest Constitution still in use anywhere in the world; the only country that employs an Electoral College system; four times in U.S. history—including twice in the past five elections—the popular vote champion was denied the presidency; and four American presidents assassinated within an average of 12 months after being elected. Does the system that the Founding Fathers designed in 1787 truly reflect the process of democracy in a manner that everyone can accept or is it time to consider major electoral reform? Join us as we examine the presidential elections of Washington, Jefferson, Madison, both Adams', Jackson, Lincoln, both Harrisons, George W. Bush, Barack Obama, and Donald Trump, as well as in-depth looks at the Lincoln and both Kennedy assassinations prior to or after the elections of 1864, 1960, and 1968.
Presidential Campaigns, Elections, and Assassinations: The Volatile Unpredictability of American Politics	Croatti, Mark	Wed	7-9 pm	10/14-01/20	<b>72168</b>	The oldest Constitution still in use anywhere in the world; the only country that employs an Electoral College system; four times in U.S. history—including twice in the past five elections—the popular vote champion was denied the presidency; and four American presidents assassinated within an average of 12 months after being elected. Does the system that the Founding Fathers designed in 1787 truly reflect the process of democracy in a manner that everyone can accept or is it time to consider major electoral reform? Join us as we examine the presidential elections of Washington, Jefferson, Madison, both Adams', Jackson, Lincoln, both Harrisons, George W. Bush, Barack Obama, and Donald Trump, as well as in-depth looks at the Lincoln and both Kennedy assassinations prior to or after the elections of 1864, 1960, and 1968.

Meditation and Yoga Nidra	Erteschik, Mary	Tues	6 -7 pm	10/13-01/19	<b>70622</b>	In this class practices will include different forms of Meditation and Yoga Nidra, both of which make improvements in emotional self-regulation, reduced levels of stress, anxiety, and depression, as well as increases in mood, quality of life and well-being.
Chair Yoga	Erteschik, Mary	Wed	8:30-9:30 am	10/14-01/20	<b>70624</b>	Taught by a certified Yoga Therapist this class is not only one of the gentlest forms of yoga but also focuses on the evidence based benefits of yoga. Students perform seated and standing mindful movements and breathing exercises with the aid of a chair. Benefits include increased stress reduction which is so important during this time, as well as increased balance, range of motion and strength.
Drawing for Beginners	Farrer, Susan	Wed	9:30-11:30	10/14-11/18	<b>72169</b>	This 6-week class will explore drawing for fun, relaxation, and self-expression using materials found at home (pencil, pen, and white paper). Through instruction and low-stress exercises, students will learn ways to “see” for drawing and will try out techniques such as hatching, contour drawing, scumbling, and stippling.
Music History	Feldman, Shari	Mon	11 am -12 pm	10/12-01/11	<b>70625</b>	What makes a Haydn string quartet 'Classical?' What makes Beethoven's 9th symphony 'Romantic?' In this course, we will explore iconic musical works from the Baroque, Classical, Romantic, and Twentieth Century musical periods, and discuss the musical features (rhythm, harmony, melody, etc.) that reflect the time period in which they were composed. Possible works to be covered include Haydn's Surprise Symphony, Mozart's Le nozze di Figaro, Schubert's Die Schone Mullerin, Schumann's Frauenliebe und -leben, Stravinsky's Rake's Progress, Gershwin's Porgy and Bess. No musical experience required.
Music History	Feldman, Shari	Wed	11 am -12 pm	10/14-01/20	<b>70626</b>	What makes a Haydn string quartet 'Classical?' What makes Beethoven's 9th symphony 'Romantic?' In this course, we will explore iconic musical works from the Baroque, Classical, Romantic, and Twentieth Century musical periods, and discuss the musical features (rhythm, harmony, melody, etc.) that reflect the time period in which they were composed. Possible works to be covered include Haydn's Surprise Symphony, Mozart's Le nozze di Figaro, Schubert's Die Schone Mullerin, Schumann's Frauenliebe und -leben, Stravinsky's Rake's Progress, Gershwin's Porgy and Bess. No musical experience required.
Guitar, Intermediate	Fiestler, Robert	Wed	9:30-11:30 am	10/14-01/20	<b>70627</b>	Students in this class can freely move open chords around, have knowledge and some mastery of barre chords, and some finger style elements. Material includes music theory, more difficult tunes, scales, and basic improvisation. Students should have reasonable experience with note values, as well as the ability to play basic tunes confidently.

Guitar, Beginner	Fiestter, Robert	Thur	9:30-11:30 am	10/15-01/21	<b>70628</b>	This is for true beginners, or those that have had extremely limited experience or success at playing the guitar. Students will need their own guitar, a tuner, and a metronome (app is fine). Topics include string names, parts of the guitar, chords, strumming, and at least two songs, with any necessary exercises, including how to read a basic chord chart, and basic note values. Students can gain a nice head-start by going to <a href="http://www.funkyguitar.com/instruction">www.funkyguitar.com/instruction</a> ; scroll down to watch the first three videos.
Financial Literacy I	Garner, Bella	Tues	10 am-12 pm	10/13-01/19	<b>70629</b>	<b>Financial Literacy I</b> will cover basic financial issues that most adults will encounter as they age, and <b>Financial Literacy II</b> will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.
Financial Literacy I	Garner, Bella	Tues	2-4 pm	10/13-01/19	<b>70630</b>	<b>Financial Literacy I</b> will cover basic financial issues that most adults will encounter as they age, and <b>Financial Literacy II</b> will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.
Financial Literacy II	Garner, Bella	Wed	10 am-12 pm	10/14-01/20	<b>70631</b>	<b>Financial Literacy I</b> will cover basic financial issues that most adults will encounter as they age, and <b>Financial Literacy II</b> will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.
Financial Literacy II	Garner, Bella	Wed	2-4 pm	10/14-01/20	<b>70632</b>	<b>Financial Literacy I</b> will cover basic financial issues that most adults will encounter as they age, and <b>Financial Literacy II</b> will expand on these topics. Some of the topics included are: Social Security benefits, health care costs and choices, insurance needs, estate planning, tax matters, housing options, and living on a fixed income.
Brain Fitness Fun and Games	Gibbons, Renee	Mon	4-6 pm	10/12-01/11	<b>70685</b>	"A mind is a terrible thing to waste." Brain Fitness Fun and Games combine mentally stimulating activities with social interaction and a little competition to maintain and enrich mental sharpness. During this two-hour session, participants will engage in activities and games that target memory, critical thinking, visualization, and cognitive thinking abilities overall. A myriad of activities includes Think Fast, Memory Challenge, Word Games, Solve the Problem, and Group Discussions. So put on your thinking cap and join instructor Renee Gibbons for this fun-filled, brain-stretching class that is sure to make you think hard, compete passionately, and laugh out loud.



Brain Fitness Fun and Games	Gibbons, Renee	Fri	2:30-4:30 pm	10/16-01/22	<b>70686</b>	"A mind is a terrible thing to waste." Brain Fitness Fun and Games combine mentally stimulating activities with social interaction and a little competition to maintain and enrich mental sharpness. During this two-hour session, participants will engage in activities and games that target memory, critical thinking, visualization, and cognitive thinking abilities overall. A myriad of activities includes Think Fast, Memory Challenge, Word Games, Solve the Problem, and Group Discussions. So put on your thinking cap and join instructor Renee Gibbons for this fun-filled, brain-stretching class that is sure to make you think hard, compete passionately, and laugh out loud.
Yoga & Movement	Goff, Laura	Mon	10-11 am	10/12-01/11	<b>70687</b>	Using yoga and movement, this class offers an opportunity to loosen, lengthen and strengthen the muscles in the body. Movements are gentle and can be accessed by beginners through advanced students with emphasis on breath and body awareness. Movement may include standing poses, seated poses and lying down. A yoga mat is recommended. Exercises are done without shoes; bare feet recommended. Pillow or bolster may be needed as prop.
Meditation and Yoga Nidra	Goff, Laura	Tues	10-11 am	10/13-01/19	<b>70688</b>	Unwind the nervous system using walking or still meditation along with yoga nidra. For walking meditation, a hallway or the length of a room can be used. In still meditation and yoga nidra, the student will rest comfortably in savasana on a yoga mat or in a comfortable chair and the teacher will use guided imagery and body scanning to promote a deep body relaxation to address our psychological, neurological and subconscious needs. By quieting an overactive mind, a deep sense of calm is achieved. Props needed are a blanket and pillow or a comfortable chair.
Yoga & Movement	Goff, Laura	Wed	10-11 am	10/14-01/20	<b>70689</b>	Using yoga and movement, this class offers an opportunity to loosen, lengthen and strengthen the muscles in the body. Movements are gentle and can be accessed by beginners through advanced students with emphasis on breath and body awareness. Movement may include standing poses, seated poses and lying down. A yoga mat is recommended. Exercises are done without shoes; bare feet recommended. Pillow or bolster may be needed as prop.
Mindful Meditation: JOY-Just Observe Yourself Pt. 1	Goodlow, Ollie	Tues	10 am-12 pm	10/13-11/24	<b>70690</b>	JOY 1 - Just Observe Yourself® (J.O.Y.) is a mindfulness training using meditation to cultivate awareness and reduce stress. It is based on the ancient practice of mindfulness, which is about waking up, being fully alive, and being present for the richness of each moment of our lives. Within this awakening, we gain access to our deepest inner resources for living, healing, and coping with stress.

Mindful Meditation: JOY-Just Observe Yourself Pt. 2	Goodlow, Ollie	Tues	10 am-12 pm	12/01-01/19	<b>70691</b>	JOY 2 -Explore the seven attitudes for mindfulness meditation. Each class will begin with 30-minute meditation practice followed by mindful journaling and creativity exercises.
Fabric Collage	Goodlow, Ollie	Thur	10 am-12 pm	10/15-01/21	<b>70692</b>	Fabric collages move beyond traditional quilting by layering fabrics, color, and design to create images that express your unique voice and help reduce stress. Come learn and journey towards developing your own artistic style.
Fabric Art Journal	Goodlow, Ollie	Fri	11 am-12 pm	10/16-01/22	<b>70693</b>	Create a fabric art journal inspired by your life experiences. Share pages of your favorite season, poem, color, or gratitude for life. Be inspired by the world around you.
History of Medicine	Harden, Victoria	Wed	1-3 pm	10/14-2/3	<b>70703</b>	This course surveys medical history from prehistoric times until the present. Although we will briefly cover Egyptian, Chinese, Indian, and current alternative medicine, the central focus of the course is the history of medicine in Western civilization from Hippocrates until the present. Because of the current COVID-19 pandemic, the history of infectious diseases—plagues, epidemics, pandemics—will be emphasized.
Book Discussion: Contemporary American Literature	Kirtland, Arleen	Thur	1-3 pm	10/15-01/21	<b>70717</b>	We will begin our look at contemporary American literature by reading <i>Ahab's Wife</i> by Sena Jeter Naslund. This is a contemporary novel retelling Moby Dick and beyond from a woman's viewpoint. Next, we will read <i>The Kitchen House</i> by Kathleen Grissom, a tale of two slaves, one white, one darker. Both are stories of women's resilience in the midst of extreme adversity in a culture that devalues them. Further books will be chosen from participant recommendation.
Tunisian Crochet	Kirtland, Arleen	Fri	12:45-1:45 pm	10/16-01/22	<b>70720</b>	This ages-old technique is a cross between knitting and crochet, and is experiencing a rebirth. In this class you will go from beginner to intermediate as we practice stitches and create a hat and more.
Issues Facing the U.S. Economy	Kowalewski, Kim (Mr.)	Wed	1-3 pm	10/14-01/20	<b>70723</b>	The course will include a discussion of issues such as the economic effects of the Covid-19 pandemic on the economy, the economic effects of large federal deficits and debt, and the economic impact of income and wealth inequality. The course also will provide an overview of issues such as inflation, unemployment, trade deficits, and monetary policy.

Line Dance	Love, Denise	Wed	1-2 pm	10/14-01/20	<b>70724</b>	This class will keep you moving and put a smile on your face! The class will offer many forms of short and easy fun line dances for one's body, mind and soul.
Beginner Tap Dance, Level 1	Love, Denise	Thur	1-2 pm	10/15-01/21	<b>70725</b>	If you have never taken a tap dance class, this is the class for you. Basic tap skills are introduced to build a solid basic level of technique, weight changes and easy tap routines.
Tap Dance, Level 2 <b>(Pre-req Level 1)</b>	Love, Denise	Thur	2-3 pm	10/15-01/21	<b>70726</b>	This class is for the student who has taken one or more beginner classes, or is returning to tap and needs a review. This class will cover basic tap techniques to strengthen skills of shuffles, flaps, cramp rolls, introduction to time steps, learn parts of the "Shim Sham," and more.
Memory Training	Mason, Donna	Thur	12-2 pm	10/15-11/19	<b>72171</b>	Memory Training presents effective memory-enhancing techniques to individuals and organizations. The course combines instructor presentations with group discussions, memory checks, and skill-building exercises and provides an innovative educational program for people with mild memory concerns. The course is not intended for people with Alzheimer's disease or other forms of dementia. We focus on the four top memory challenges that people complain about: Forgetting names and faces; Forgetting to do things in the future...like keeping an appointment, passing on a phone message, or forgetting why you walked into a room; Forgetting where you put things like keys, glasses or a wallet; Inability to immediately recall something you know or "tip of the tongue" memory challenge. <b>The course was developed by Linda Ercoli, PhD and Gary Small MD, Director, UCLA Longevity Center.</b>
Memory Training	Mason, Donna	Thur	12-2 pm	12/03-01/21	<b>72172</b>	Memory Training presents effective memory-enhancing techniques to individuals and organizations. The course combines instructor presentations with group discussions, memory checks, and skill-building exercises and provides an innovative educational program for people with mild memory concerns. The course is not intended for people with Alzheimer's disease or other forms of dementia. We focus on the four top memory challenges that people complain about: Forgetting names and faces; Forgetting to do things in the future...like keeping an appointment, passing on a phone message, or forgetting why you walked into a room; Forgetting where you put things like keys, glasses or a wallet; Inability to immediately recall something you know or "tip of the tongue" memory challenge. <b>The course was developed by Linda Ercoli, PhD and Gary Small MD, Director, UCLA Longevity Center.</b>

Senior Boot Camp - Gold	Merriman, Wallace	Tues	10:30-11:30am	10/13-01/19	<b>70732</b>	This strength training boot camp will keep things moving by mixing strength training with cardio moves for a great workout. No muscle goes un-worked in this fast-paced bootcamp. The main focus of this bootcamp is to increase strength, get toned, build muscle, and burn calories!
Nutrition Workshop 101	Merriman, Wallace	Tues	12-1 pm	10/13-01/19	<b>70733</b>	With so many fad diets and misinformation in the media and online, it can be challenging to determine the safest and most effective way to manage your weight through nutrition and exercise. This workshop will cover the basics of diet, nutrition, and exercise, making right decisions that will last a lifetime, tips for losing weight, and keeping it off and strategies for making it happen.
Senior Boot Camp - Gold	Merriman, Wallace	Thur	10:30-11:30am	10/15-01/21	<b>70734</b>	This strength training boot camp will keep things moving by mixing strength training with cardio moves for a great workout. No muscle goes un-worked in this fast-paced bootcamp. The main focus of this bootcamp is to increase strength, get toned, build muscle, and burn calories!
Spanish Beginner 2	Miller, Barbara	Tues	10 am-12 pm	10/13-01/19	<b>70735</b>	While we will review some basic grammar, this course is designed for students who already feel comfortable conjugating Spanish verbs in the present tense.
Chair Yoga	Mullin, Jen	Mon	9:30-11:30 am	10/12-01/11	<b>70736</b>	Chair Yoga is a gentle class that offers all the benefits of traditional yoga without the need to get up and down from the floor. Students are able to practice breathing techniques, explore range of motion and improve flexibility from a seated position. The chair is also used as a support for standing poses that develop both strength and balance. All movements are slow and can be modified to suit any fitness level. Experience all of the benefits of yoga while honoring your body's own wisdom! <i>NEEDED: yoga mat SUGGESTED: strap and block</i>
Meditation for Health and Happiness	Mullin, Jen	Mon	1-2 pm	10/12-01/11	<b>70737</b>	Studies show that meditation can lower blood pressure, increase lung capacity and boost the immune system. For seniors in particular, a regular meditation practice can improve brain function and sleep quality while fostering an overall sense of peace and well-being. This course will explore a range of meditation styles including mindfulness, creative visualization, yoga nidra, and sound. You will also learn simple breathing techniques (pranayama) to activate your body's natural relaxation response. Students will be given time to reflect on their experiences through journaling and class discussion. No experience is necessary, and all backgrounds are welcome to share the peaceful power of group meditation.

Chair Yoga	Mullin, Jen	Wed	8:50-10:30 am	10/14-01/20	<b>70738</b>	Chair Yoga is a gentle class that offers all the benefits of traditional yoga without the need to get up and down from the floor. Students are able to practice breathing techniques, explore range of motion and improve flexibility from a seated position. The chair is also used as a support for standing poses that develop both strength and balance. All movements are slow and can be modified to suit any fitness level. Experience all of the benefits of yoga while honoring your body's own wisdom! <i>NEEDED: yoga mat SUGGESTED: strap and block</i>
Chair Yoga	Mullin, Jen	Wed	10:30 am-12:10 pm	10/14-01/20	<b>70739</b>	Chair Yoga is a gentle class that offers all the benefits of traditional yoga without the need to get up and down from the floor. Students are able to practice breathing techniques, explore range of motion and improve flexibility from a seated position. The chair is also used as a support for standing poses that develop both strength and balance. All movements are slow and can be modified to suit any fitness level. Experience all of the benefits of yoga while honoring your body's own wisdom! <i>NEEDED: yoga mat SUGGESTED: strap and block</i>
Meditation for Health and Happiness	Mullin, Jen	Wed	1-2 pm	10/14-01/20	<b>70740</b>	Studies show that meditation can lower blood pressure, increase lung capacity and boost the immune system. For seniors in particular, a regular meditation practice can improve brain function and sleep quality while fostering an overall sense of peace and well-being. This course will explore a range of meditation styles including mindfulness, creative visualization, yoga nidra, and sound. You will also learn simple breathing techniques (pranayama) to activate your body's natural relaxation response. Students will be given time to reflect on their experiences through journaling and class discussion. No experience is necessary, and all backgrounds are welcome to share the peaceful power of group meditation.
Yoga--Intermediate & Advanced	Mullin, Jen	Thur	10 am-12 pm	10/15-01/21	<b>70741</b>	This class is for intermediate/advanced yoga students.
Beginner Yoga	Mullin, Jen	Fri	10 am-12 pm	10/16-01/22	<b>70742</b>	Beginner Yoga introduces basic poses (asanas) and conscious breathing techniques (pranayama) that are intended to create stability and ease in the body, breath and mind. Students gently stretch and strengthen key muscle groups using a variety of yoga styles. Props and modifications are used to ensure proper alignment and provide comfort. As students explore range of motion and balance, breath awareness allows them to release tension and stay mindful of the present moment. Each class ends in relaxation pose (savasana) with a brief meditation. Experience the many benefits of yoga in a relaxed and empowering setting! <i>NEEDED: comfortable clothes, bare feet, yoga mat SUGGESTED: 2 blocks, a strap, and a large towel or small blanket</i>

Somatic Restorative Yoga	Nicht, Sandra	Tues	10:15-11:15 am	10/13-01/19	<b>70743</b>	This course begins with mindful breathing and gentle movement practices which progress over the entire course from sequences done lying down, to practices done seated and finally to standing activities that look more like the <i>asana</i> practices most commonly seen. The emphasis is on reducing tension in the muscles and joints while building awareness of how the body moves in a meditative way.
Humanities for Senior Citizens	Patente, Peter	Mon	10 am-12 pm	10/12-01/11	<b>70744</b>	Students in this course will view the past 100 years of development in the areas of history, politics, literature, theatre, religion, music, and other subjects.
Short Stories: Mirror of the World, Pt. 2	Pilevsky, Dillies	Tues	10 am -12 pm	10/13-01/19	<b>70747</b>	This class will focus on short stories as works of art, reflections of the authors' lives and their human messages with relevancy to our own thoughts and feelings. Different writers with different concerns can bring out our deep personal energy for inspired critical thinking. Authors will include Albert Camus, Ralph Ellison, Shirley Jackson, Doris Lessing, Nadine Gordimer, James Baldwin, Yukio Mishima and Flannery O'Connor. Since all the authors and their short stories are NEW for this course, the instructor will email a NEW reading list along with a PDF list of internet links to these readings after 9/22.
Short Stories: Mirror of the World, Pt. 2	Pilevsky, Dillies	Sat	1pm-3pm	10/17-01/23	<b>70748</b>	This class will focus on short stories as works of art, reflections of the authors' lives and their human messages with relevancy to our own thoughts and feelings. Different writers with different concerns can bring out our deep personal energy for inspired critical thinking. Authors will include Albert Camus, Ralph Ellison, Shirley Jackson, Doris Lessing, Nadine Gordimer, James Baldwin, Yukio Mishima and Flannery O'Connor. Since all the authors and their short stories are NEW for this course, the instructor will email a NEW reading list along with a PDF list of internet links to these readings after 9/22.
Tertulia-Jueves Cultural	Rubiano, Alberto	Thur	12-2 pm	10/15-01/21	<b>70757</b>	Thursday Gathering: Spanish Cultural Conversations; <b>All Levels Welcome!</b>
Two "United States" of America	Rudd, Bob	Mon	10 am-12 pm	10/12-01/11	<b>70758</b>	Has America reached its breaking point? Are two separate and independent Americas now inevitable? How likely is it to be 2029, the end of the decade? If history repeats itself, how has our most recent history brought us to this point? We will study this and what's likely for 2020-2024 and then through 2029 and beyond, as a result of history repeating itself. Please join us in this highly interactive, non-DVD, class.



<p>The Cultural and Historical Impact of the Baby Boomer Generation</p>	<p>Rudd, Bob</p>	<p>Mon</p>	<p>2-4 pm</p>	<p>10/12-01/11</p>	<p><b>70759</b></p>	<p>Baby Boomers, hey...this is YOU! Did your history lead your culture or your culture lead your history? We're going to study the historical relevance and historical impact of your era and generation relative to its cultural and demographical importance. This will include (but not be limited to) American Boomer history from: Romper Room to Sesame Street, Elvis to The Beatles to Woodstock to Taylor Swift, the queer liberation movement, women's lib, changing social mores from "free love and the pill" to accepted living together before marriage, tv's significance in moving away from Beaver Cleaver to Archie Bunker and Maude, 12 o'Clock High to M*A*S*H, Dr. Kildare to Marcus Welby, M.D to Chicago Med, "Thirty Something" to "Modern Family", "The Cosby Show" to This Is Us," AC/DC gives way to Manilow and Adele, cinema transitions from "True Grit" to 'Brokeback Mountain," etc. "Advise and Consent" to "All the President's Men." This course will reflect that no generation has impacted American history in more ways than the Baby Boomer Generation. DVDs will not be a significant part of this experience but your thoughtful insights in discussions will be expected. I look forward to your joining us.</p>
<p>Great American Conspiracies</p>	<p>Rudd, Bob</p>	<p>Thur</p>	<p>6-8 pm</p>	<p>10/15-01/21</p>	<p><b>70760</b></p>	<p>This course will examine the truth-falsehoods of alleged American conspiracies and their importance from: Washington and the Freemasons in 1776 all the way through in our history to Truman and Area 51 followed by Ike meeting aliens and negotiating a treaty to Skull and Bones at Yale. The similarities of the Lincoln and Kennedy assassination from one shooter to their VP's possibly plotting against them will be examined. Were the killings of: Lincoln, JFK, RFK, MLK premeditated group acts or those of an individual? Let's look at Woodrow Wilson's One World Movement! What is the Trilateral Commission and its impact on America? Is Covid-19 an actual act of war? Who did Jeffrey Epstein know and call "friend" that may have included Presidents among influential and powerful Americans? BLM, a social movement or an organized plot to overthrow the American government? Does the "new" social media have an ulterior motive? We will examine and study all these and more. As always, my courses are highly interactive without DVDs.</p>

Painting I for Seniors	Ruffin, Raj	Mon	6-9 pm	10/12-01/11	<b>72173</b>	This course will offer in-depth exploration of art techniques with an emphasis on color, mood, texture and composition. Students will create multi-directional compositions with a variety of materials, paint, images, found objects. Techniques will include drawing, acrylics, and/or oil painting. Both traditional and non-traditional approaches are taught. Many projects may include ordinary objects that can be transformed into creative works of art. <b>Supplies:</b> (Can be purchased on Amazon.) Set of Palette knives for painting 11X14 canvas or canvas board Palette paper Paper towels Van Gogh oil painting set <b>if interested in oil</b> Liquitex BASICS 5 Tube Acrylic Paint Set, 4x75ml; 1x118ml <b>if interested in acrylics</b>
Portraits: Mixed Media	Ruffin, Raj	Tues	5-7 pm	10/13-01/19	<b>72174</b>	Students will learn to draw realistic portraits by studying proportion, anatomy, and foreshortening. Using models, students practice rendering the skull, facial features, and shoulders from a variety of perspectives. A strong emphasis is on dynamic symmetry and the geometrical foundation of the human face from child through adult. <b>Supplies:</b> (Can be purchased on Amazon.) Graphite Pencil set; Charcoal paper; Eraser; Small easel stand; Sketch board
Writing Your Memoirs-all levels	Smith, Cathy	Tues	10 am -12 pm	10/13-01/19	<b>70771</b>	This class provides a safe, confidential, supportive space for beginning-to-advanced writers. Writing prompts are given every week for participants who like or need them, and people already writing their memoirs are encouraged to continue on their journey. Whether you want your family to know you better, want help remembering and framing (or re-framing) your experiences, or are on a healing or spiritual journey, this class is for you. You can reach Cathy at <b>csmith6019@gmail.com</b> for more info.
Writing Your Memoirs-all levels	Smith, Cathy	Tues	1-3 pm	10/13-01/19	<b>70772</b>	This class provides a safe, confidential, supportive space for beginning-to-advanced writers. Writing prompts are given every week for participants who like or need them, and people already writing their memoirs are encouraged to continue on their journey. Whether you want your family to know you better, want help remembering and framing (or re-framing) your experiences, or are on a healing or spiritual journey, this class is for you. You can reach Cathy at <b>csmith6019@gmail.com</b> for more info.
Writing Your Memoirs-all levels	Smith, Cathy	Fri	10 am -12 pm	10/16-01/22	<b>70773</b>	This class provides a safe, confidential, supportive space for beginning-to-advanced writers. Writing prompts are given every week for participants who like or need them, and people already writing their memoirs are encouraged to continue on their journey. Whether you want your family to know you better, want help remembering and framing (or re-framing) your experiences, or are on a healing or spiritual journey, this class is for you. You can reach Cathy at <b>csmith6019@gmail.com</b> for more info.

Writing Your Memoirs-all levels	Smith, Cathy	Fri	1-3 pm	10/16-01/22	<b>70774</b>	This class provides a safe, confidential, supportive space for beginning-to-advanced writers. Writing prompts are given every week for participants who like or need them, and people already writing their memoirs are encouraged to continue on their journey. Whether you want your family to know you better, want help remembering and framing (or re-framing) your experiences, or are on a healing or spiritual journey, this class is for you. You can reach Cathy at <a href="mailto:csmith6019@gmail.com">csmith6019@gmail.com</a> for more info.
Chair Yoga	Smith, Patricia	Mon	10:30-11:30 am	10/12-01/11	<b>72176</b>	Yoga practice while seated, coordinating breathing with movement of the body, and while holding the body in a pose. Participants will need a yoga mat, 2 yoga blocks, and a yoga strap or a belt.
Gentle yoga	Smith, Patricia	Mon	1:30-2:30 pm	10/12-01/11	<b>70775</b>	Students will learn how to move their body into a pose; how to hold the pose; and how to move out of the pose. Attention will be focused on the breath to assist in calming the mind, and relaxing the joints and muscles while holding a pose. The instructor will always demonstrate modifications and recommend props to use for assistance. Participants will need a yoga mat, 2 yoga blocks, a yoga strap, beach towel, or small pillow.
Movement, Strength, Stretch	Smith, Patricia	Tues	10:30-11:30 am	10/13-01/19	<b>70776</b>	Class begins with a 20 minute warm up for joints and muscles, and cardiovascular endurance; followed by lower body and upper body strength exercises; ending with stretches. Focus will also be on correct breathing while working out to help conserve energy. Participants will need hand weights 3 lbs, 4 lbs, or 5 lbs, and a light or medium resistance tube or resistance band.
Gentle Yoga	Smith, Patricia	Tues	2 pm-3 pm	10/13-01/19	<b>70777</b>	Students will learn how to move their body into a pose; how to hold the pose; and how to move out of the pose. Attention will be focused on the breath to assist in calming the mind, and relaxing the joints and muscles while holding a pose. The instructor will always demonstrate modifications and recommend props to use for assistance. Participants will need a yoga mat, 2 yoga blocks, a yoga strap, beach towel, or small pillow.
Gentle yoga	Smith, Patricia	Wed	1:30-2:30 pm	10/14-01/20	<b>70778</b>	Students will learn how to move their body into a pose; how to hold the pose; and how to move out of the pose. Attention will be focused on the breath to assist in calming the mind, and relaxing the joints and muscles while holding a pose. The instructor will always demonstrate modifications and recommend props to use for assistance. Participants will need a yoga mat, 2 yoga blocks, a yoga strap, beach towel, or small pillow.
Chair Yoga	Smith, Patricia	Thur	10:30-11:30 am	10/15-01/21	<b>70779</b>	Yoga practice while seated, coordinating breathing with movement of the body, and while holding the body in a pose. Participants will need a yoga mat, 2 yoga blocks, and a yoga strap or a belt.

Movement, Strength, Stretch	Smith, Patricia	Thur	1-2 pm	10/15-01/21	<b>70781</b>	Class begins with a 20 minute warm up for joints and muscles, and cardiovascular endurance; followed by lower body and upper body strength exercises; ending with stretches. Focus will also be on correct breathing while working out to help conserve energy. Participants will need hand weights 3 lbs, 4 lbs, or 5 lbs, and a light or medium resistance tube or resistance band.
Get Up & Move w/Chair	Thompson, Rebecca	T/Th	10-11 am	10/13-01/21	<b>70783</b>	Increase heart rate; build strength in entire body using water bottles and light weights.
Self-Defense	Thompson, Rebecca	T/Th	11 am-12 pm	10/13-01/21	<b>70784</b>	Increase awareness; learn to defend yourself and your family.
Gender, Feminism, and Art	Upshaw, Abigail	Wed	11 am -1 pm	10/14-12/2	<b>70788</b>	This course is an introduction to visual culture in the west (1650-present) organized around issues of gender and representation. We will explore works of art across diverse media – traditional easel painting, film, performance, and dance - from the Renaissance until now. We will tell the story of the history of art through the lens of feminism and considerations of gender. No prior Art History courses required!
Spanish Conversation 1	Vargas, Clemencia	Wed	3-5 pm	10/14-01/20	<b>70790</b>	<b>This course is for high level beginners and early level intermediate students.</b> In this class, we will have informal conversations about news, podcasts, and readings. We will also play fun games in Spanish. Grammar concepts will be reviewed in detail per students' requests and in the moment as needed. To get the most of this course, students should be able to communicate in Spanish about events in the present time with moderate fluency.
Piyochi (combo of Pilates, Yoga & Tai Chi)	Verdi, Juliet	Wed	11 am-12 pm	10/14-01/20	<b>70791</b>	Piyochi is a structured class consisting of segments of Tai Chi, Pilates, Yoga, and a little Ballet movement segueing from one discipline to another. You keep moving until the cool-down, with a restful Yoga pose. Pilates, Yoga, Tai Chi. Utilizing the best of each of the Disciplines to give you a full CORE BUILDING, MIND & BODY workout. Please have water, a cushioned mat and a chair.
Beg. Jewelry Making	Vitale-Reddy, Cecelia	Mon	10 am-12 pm	10/12-01/11	<b>70792</b>	This course is an introduction to various beading methods to create necklaces, bracelets, and earrings. We explore materials, techniques and design. Some topics covered are crimping, wire wrapping, chain maille, seed beading, working with elastic and cord. Learn which tools are needed and how to use them. The instructor will email a list of supplies that should be purchased by students before the first class.

Jewelry Making: 3 Techniques	Vitale-Reddy, Cecelia	Tues	1-3 pm	10/13-12/08	<b>72178</b>	This <b>8 week class</b> introduces Kumihimo (Japanese braiding), chain mail, and seed beading. We will use these techniques to make earrings, bracelets and/or necklaces. A list of necessary materials and tools will be provided.
Self Awareness: Every Day Feels Like Saturday	Vitale-Reddy, Cecelia; Williams, Paula	Fri	1-3 pm	10/16-01/22	<b>70794</b>	The significance of feeling like Saturday is letting go of the restricting mindset of the past. Relax and be who you are. On this journey, we will explore questions or thoughts you may have had or are now having about your-self. Such as, "Am I satisfied with where I am right now? What is my truth? What choices do I have? How can I become a better guide for my communities, grandchildren, children, and the world? How do I make effective changes within? Can I create my life as I want it to be?"
Soul Collage	Williams, Paula	Tues	10 am-12 pm	10/13-01/19	<b>70795</b>	Soul Collage is a creative, intuitive, and inspiring process using images for self-expression and for discovering your deeper self. Using 5x8 mat boards and your own magazines, photos, greeting cards, calendars, posters, etc., you will reflect on life, dreams and influences. Through sharing, exercises, and card development, you will gain a deeper understanding of self, where you were and where you are now.
Continuing the Basics of Improv	Yamamoto, Ruth	Mon	3-5 pm	10/12-01/11	<b>70801</b>	Improvisation online!?! Yes, and it can be fun and beneficial. Through an online portal, we will use our improvisational skills to accept, trust and be present. The goal of this class is to reinforce foundational knowledge previously learned and flex creative muscles in a fun and safe environment. Beyond the fun, improv can help build confidence, improve social skills, and sharpen quick thinking. People of all ages can benefit from improv. Presented as a second level course for those who have prior experience and seek to improve their craft. <b>Prerequisite: Intro to Improv class.</b>
Continuing the Basics of Improv	Yamamoto, Ruth	Fri	10 am-12 pm	10/16-01/22	<b>70802</b>	Improvisation online!?! Yes, and it can be fun and beneficial. Through an online portal, we will use our improvisational skills to accept, trust and be present. The goal of this class is to reinforce foundational knowledge previously learned and flex creative muscles in a fun and safe environment. Beyond the fun, improv can help build confidence, improve social skills, and sharpen quick thinking. People of all ages can benefit from improv. Presented as a second level course for those who have prior experience and seek to improve their craft. <b>Prerequisite: Intro to Improv class.</b>