

Anne Arundel Community College

Pasadena Senior Center: In-Person Course Descriptions

ART

Design, Marketing & Art of Stained Glass

Learn glass cutting, pattern preparation, foiling, and soldering to complete a stained-glass project. Students will receive help with designs, produce beautiful creations and be given individual guidance to reach personal goals. Discuss opportunities for marketing & sale of completed projects.

Kay Edelblute: Instructor

BNS-903-301 – Mondays, from 7/ - 9/16/24 from 12:30- 3:30 p.m. (Advanced)

BNS-903-302 – Wednesdays, 7/10- 9/11/2024 from 12:30- 3:30 p.m. (Beginner)

DPAO: One-Stroke Painting-Advanced

Explore one-stroke painting. This class is perfect for beginners and experienced students. Learn basic strokes like flat stroke, U-strokes, Daisy strokes, bud strokes, tear drop stroke, easy petal strokes, shell strokes/wiggle strokes, leaf strokes as well as learning about the supplies needed. Discuss opportunities for marketing and sale of completed projects. Supplies needed for class will be discussed at the first session. It is recommended that students wait to purchase supplies. Attendance at the first session is highly recommended.

Kay Edelblute: Instructor

CRE-912-306 – Tuesdays, 7/9- 9/10/2024 from 1:00- 3:00 p.m.

Design, Market Art Objects Ceramic 2

Enjoy creating ceramics pieces to give as gifts, keep for yourself or sell to others. Leave the firing and glazing to us! Take the finished work home. Note: Supplies are not included in the Senior cycle fee. A supply list of recommended supplies will be available the first day of class.

Anne Kancherla: Instructor

BNS-907-303 – Mondays, 7/15- 9/30/24 from 9:00 a.m.- 12:00 p.m. No class 8/19 and 9/2

PHOTOGRAPHY

Intermediate Digital Photography

Examine the technical aspects of digital photography at the intermediate level. Familiarity with camera controls is suggested. Explore the use of depth of field and different types of light and color balance in portraits to enhance photography. Increase basic skills to advance knowledge of techniques to improve photography.

Robert Hendry: Instructor

PHO-920-302 – Wednesdays, 7/10- 9/11/24 from 1:00- 3:00 p.m.

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FITNESS

CARDIOVASCULAR CONDITIONING

Cardiovascular Conditioning- Aerobic Dance

Come try this fun dance fitness class for a whole-body workout for your health, heart, and mind. The fitness class will start slowly and gradually progress. Dance steps and movements will be taught and cued throughout the class. The class includes warm-up dances, several aerobic dances, a cool-down, weights, and floor/chair stretches, followed by a recovery heart rate. This is a fitness class for the non-dancer where students work at their own level. The main idea is to have fun. Students must be able to stand, walk, move side to side, and get up and down off the floor on their own or with the assistance of a chair.

Dottie Conway: Instructor

HTH-943-304 – Wednesdays, 7/10- 9/11/2024 from 11:15 a.m.- 12:15 p.m.

ADAPTED FITNESS

Adapted Physical Education-Chair Exercise

This Adaptive Physical Education class develops an awareness of the benefits of exercise. The class discusses information on health and fitness for seniors. This class is also suitable for anyone with a physical limitation as it uses chairs. Linda also incorporates hand weights, fitness bands and various equipment to explore individual levels of fitness.

Linda Bouchat-Smith: Instructor

HTH-936-301 – Wednesdays and Fridays, 7/10- 9/13/2024 from 10:00- 11:00 a.m.

Adapted Physical Education II - Chair/Mat Yoga

This class is based on gentle movements and poses of Hatha Yoga. Poses will be done from the chair and using the chair for balance, flexibility and improving function in daily life. Modifications will be shown as well as technique for each pose. All classes end with Meditation.

Mary Krause: Instructor

HTH-939-314 – Mondays, 7/8- 9/16/2024 from 9:30- 10:30 a.m.

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FUNCTIONAL CONDITIONING

NEW! Functional Conditioning 3: Zumba Toning

A unique way to improve your body through the combination of dance and fitness with a focus on FUN which ensures you'll "stick with it"! This whole-body workout to great music will tone arms and legs, strengthen your core, and improve your balance. The class is one of the most senior - friendly workouts as it allows the participant to easily modify any movement due to ability or needs. Light "Toning sticks" are used; while similar to traditional hand weights, they are constructed to allow for improved movement. Come dance your way to leaner muscles and a more sculpted shape.

Kim Goff: Instructor

HTH-945-314 – Wednesdays, 7/10- 9/11/2024 from 12:30- 1:30 p.m.

Functional Conditioning 3- Aerobics/ Strength

This class is for all levels. It incorporates easy to follow aerobic moves and functional strength training with the use of light weights. This class helps with cardio conditioning, posture, balance, full body strength for daily activities and endurance! Wear light clothing and get ready to have fun.

Mary Krause: Instructor

HTH-945-317 – Mondays, 7/8- 9/16/2024 from 10:30- 11:30 a.m.

Functional Conditioning 3- Aerobic Dance and Strength

This is a fun class to get your body moving! Class includes dynamic warm-up, Aerobic moves to fun music, exercises with hand weights, and cool-down and stretch.

Tena Smith (Rooks): Instructor

HTH-945-324 – Wednesdays, 07/10- 09/11/24 from 8:45- 9:45 a.m.

LINE DANCE

HLOA: Beginner Line Dance

If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances.

Katie McVitty: Instructor

HTH-904-312 – Mondays, 7/8- 9/16/24 from 11:30 a.m.- 1:00 p.m.

Line Dance Intermediate

Line dancing is a great way for people of all ages to get in shape and have fun! If you have experience in line dancing and would like a challenge, this is the class for you! It is geared toward the intermediate level and includes new dances. Various genres of music will be used.

Sarah Jose: Instructor

HTH-904-305 – Tuesdays, 7/9- 9/10/2024 from 9:30- 11:00 a.m.

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YOGA

Integrative Strength/ Flex II- Mat Yoga

Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. You will leave feeling strong, centered, and peaceful. There is a focus on breathing practices to induce a more relaxed state in the body, mind, and spirit.

Nina Benoit: Instructor

HTH-947-304 – Tuesdays, 7/9- 9/10/2024 from 11:00 a.m.- 12:00 p.m.

HTH-947-303 – Thursdays, 7/11- 9/12/2024 from 11:00 a.m.- 12:00 p.m.

HTH-947-305 – Fridays, 7/12- 9/13/2024 from 11:15 a.m.- 12:15 p.m.

Integrated Strength/Flex II- Mat Yoga

This class will emphasize postures to improve mobility, strength, and balance and may include seated work in a chair including breathing exercises and meditation. Chair versions of standing work will be demonstrated, and you will NOT need to get up and down from the floor or do postures on your knees.

Sandra Nicht: Instructor

HTH-947-324 – Thursdays, 7/11- 9/12/2024 from 1:00- 2:00 p.m.

TAI CHI/ BALANCE

Functional Mobility & Balance I- Tai Chi for Health and Wellness

The health benefits of tai chi are well documented in many medical studies. It helps to control blood pressure, improves balance, focus, strength, flexibility, endurance, and bone density. It also boosts the immune system and has anti-aging benefits. If you have been curious about this ancient art of slow, mindful movement, this is an excellent opportunity to experience it for yourself. Movements can be modified for every fitness level. Those with no experience will learn strong foundation skills. Those who already have experience will refine their understanding. No special equipment is needed, and you can just wear loose, comfortable clothes (athletic pants and a T-shirt work great). The movements are all done standing, but each student can modify many to be done seated if needed.

Billy Greer: Instructor

HTH-928-305 – Thursdays, 07/11- 9/12/24 from 9:45- 10:45 a.m.

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SELF-DEFENSE

Functional Mobility & Balance II- Senior Self-Defense

This course provides instruction on how to defend yourself using your body's own natural reactions, how to spot dangers and potential threats. Students will learn how to stop an attacker in his tracks by acting early and learn how and where to strike to escape quickly. Topics include using your voice as a weapon, enhancing your awareness skills, learning avoidance and de-escalation skills, and how to have a survival mindset.

Rhonda Weeks: Instructor

HTH-929-308 – Tuesdays & Thursdays, 7/9- 9/12/2024 from 2:00- 3:00 p.m.

WEIGHT TRAINING

Weight Training for Older Adults- Circuit Training with Weights & Cardio

The group will warm up and warm down/stretch together before and after the circuit portion begins. Exercises using weights will be kept simple and safe and coaching on proper form and modifications will be offered as necessary. Class formats may change from week to week for variety. All students must participate in orientation of equipment on the first day of class.

Sandra Nicht: Instructor

HTH-944-306 – Thursdays, 7/11- 9/12/2024 from 2:00- 3:00 p.m.

Weight Training for Older Adults- Circuit Training with Weights & Cardio

The group will warm up and warm down/stretch together before and after the circuit portion begins. Exercises using weights will be kept simple and safe and coaching on proper form and modifications will be offered as necessary. Class formats may change from week to week for variety. All students must participate in orientation of equipment on the first day of class.

Mary Krause: Instructor

HTH-944-305 – Tuesdays, 7/9- 9/10/2024 from 8:30- 9:30 a.m.