

# Anne Arundel Community College

## O'Malley Senior Center: In-Person Course Descriptions

### ART

#### **Clothing I: Design, Sew & Sell- Basic/Intermediate Sewing**

This is a beginning/intermediate class for students who want to learn to make quality garments that fit well. To progress to the next level, we will make casual style pants with a pocket. Please come already comfortable with threading your sewing machine. This class is always building on your skills and pushing you forward. **Students stay in this class approximately 1 year. This is the class to learn updated/ new procedure. Please do not sign up if you can only come occasionally.**

**Joyce Richardson: Instructor**

**BNS-901-301 – Mondays, 7/8- 9/16/24 from 9:00 a.m.- 12:00 p.m.**

#### **Clothing I: Design, Sew & Sell/Beginning Sewing**

Learn from the very beginning about the sewing machines and tools needed to increase your knowledge and skill level. Create projects that include home decor and more.

**Recommend taking class for 2 semesters.**

**Pauline Senk & Cynthia Kerr: Instructors**

**BNS-901-302 – Tuesdays, 7/9- 9/17/24 from 9:00 a.m.- 12:00 p.m.**

#### **Clothing II: Design, Sew & Sell**

Prerequisite: **You must have successfully completed Clothing I curriculum with Joyce Richardson. Instructor permission is required without the prerequisite.**

This is an advanced class for independent sewers who can work creatively on projects with minimal assistance. Students are working on mastering pattern reading/hacking and skill building projects. Lessons in piping, invisible zippers, learning finishing skills, using slippery fabrics will be presented as well as marketing techniques used to sell finished products.

**Joyce Richardson: Instructor**

**BNS-902-301 – Fridays, 7/12- 9/13/24 from 9:00 a.m.- 12:00 p.m.**

#### **Clothing II: Design, Sew & Sell**

Hone your skills, explore different sewing techniques, and experience different fabrics. Redesign an item through embellishing it with fabric and different mediums while using the sewing machine and available sergers. Students will discuss the sales of potential completed works.

**Pauline Senk: Instructor**

**BNS-902-302 – Wednesdays, 7/10- 9/18/24 from 9:00 a.m.- 12:00 p.m.**

# Anne Arundel Community College

## O'Malley Senior Center: In-Person Course Descriptions

### CONVERSATIONAL SIGN LANGUAGE

#### **Conversational Sign Language: Level 2**

Build upon your Conversational Sign Language skills. Review and expand the phrases and vocabulary you have mastered in ASL. Practice signing in a small group setting as you learn to appreciate deaf history and culture. Note: Students must have completed Level 1.

**Peggy Bruce: Instructor**

**SLG-903-302 – Thursdays, 7/11- 9/12/24 from 9:30- 11:00 a.m.**

### HISTORY

#### **NEW! Introduction to China**

Explore the history, culture, and language of China as well as the relationship challenges between the U.S. and China.

**Greg Nedved: Instructor**

**HSY-910-301 – Wednesdays, 8/7- 9/4/24 from 9:00- 10:30 a.m.**

### PERSONAL ENRICHMENT

#### **Mind Games, Cranium Crunches and Brain Builders**

Discover the risk factors of memory loss and dementia. Participate in brain building activities and cranium crunches in a small, relaxed group setting. Studies show that there are statistically significant improvements in cognitive processes through modifying the risk factors in brain function. Playing games may lead to cognitive improvements in verbal learning, reasoning, memory, attention, language, speed and more. The goal of this class is to develop a personal plan to eliminate risk factors of dementia in daily life, play games, and to have fun!

**Peggy Bruce: Instructor**

**ERC-915-302 – Mondays, 7/8- 9/16/24 from 9:30- 11:00 a.m.**

# Anne Arundel Community College

## O'Malley Senior Center: In-Person Course Descriptions

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### **World of Opera: Donizetti: Bel Canto Genius**

Donizetti: Bel Canto Genius: Of the three great *bel canto* composers of the 19<sup>th</sup> century (Gioachino Rossini, Gaetano Donizetti, and Vincenzo Bellini) Gaetano Donizetti is only second to Gioachino Rossini in operatic output with 75 operas. Most of these are tragic stories, but there are some great comic masterpieces. The following operas have been selected: L'elisir d'amore (The Elixir of Love), Don Pasquale, Linda di Chamounix (Linda of Chamounix), La fille du régiment (The Daughter of the Régiment), Lucia di Lammermoor (Lucia of Lammermoor), Lucrezia Borgia, and Rosmonda d'Inghilterra (Rosamund of England). The operas are sung in Italian and French with English subtitles.

**John Cahill: Instructor**

**MUC-904-301 – Fridays, 7/12- 8/30/2024 from 10:00 a.m.- Noon**

## **WORLD LANGUAGE**

### **Beginning Spanish**

Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and light conversation in a casual atmosphere will be stressed. Textbooks: *Practice Makes Perfect BASIC SPANISH 2<sup>nd</sup> Edition*, by [Gilda Nissenberg](#); *Easy Spanish Reader*, any edition by William T. Tardy.

**Cristiane Shaw: Instructor**

**LGE-967-304 – Wednesdays, 7/10- 9/11/24 from 12:00- 1:30 p.m.**

### **NEW! Beginning Spanish 2**

Extend the study of basic grammar, sentence structure and vocabulary skills. Practice comprehension and oral proficiency of level-appropriate Spanish through small group conversation. Students must have completed Level 1.

**Cristiane Shaw: Instructor**

**LGA-937-301 – Thursdays, 7/11- 9/12/24 from 12:00- 1:30 p.m.**

# Anne Arundel Community College

## O'Malley Senior Center: In-Person Course Descriptions

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### **NEW! Brazilian Portuguese for Beginners**

Discover the beautiful language of Brazilian Portuguese. Start learning the sounds of the alphabet and develop pronunciation and vocabulary in a fun, comfortable atmosphere. Master simple conversations and discuss the Portuguese culture and civilization, both in Brazil and Europe.

**Cristiane Shaw: Instructor**

**LGE-982-301 – Wednesdays, 7/10 – 9/11/24 from 1:30- 3:00 p.m.**

### **Beginning Italian**

Examine and recite basic Italian grammar, vocabulary, and verb conjugations used in daily conversation. Discuss Italian culture and history.

**Cristiane Shaw: Instructor**

**LGA-902-301 – Thursdays, 7/11- 9/12/24 from 1:30- 3:00 p.m.**

## **FITNESS**

### **FUNCTIONAL CONDITIONING**

#### **Functional Conditioning 3- Circuit Training Stations**

This innovative class includes unique core, strength, balance & functional mobility exercises that are fun & collaborative. It feels like “playtime” during each workout session. Learn proper form using weights, bands, balls & core stability equipment in a logical progression.

**Margaret Johnson: Instructor**

**HTH-945-316 – Tuesdays (Annex), 7/9- 9/10/2024 from 2:15- 3:15 p.m.**

#### **Functional Conditioning II- Aerobics & Strength**

This class begins with 20-30 minutes of cardio movement to raise the heart rate and get the blood pumping. This is followed by a mixture of conditioning training to help tone the body using a combination of hand weights, bands, small balls, and a chair to build core strength, balance, and tone. This is truly a complete body workout! Suggested Equipment: hand weights, bands, small balls, and chair.

**Kim Murphy: Instructor**

**HTH-926-304 – Tuesdays & Thursdays, 7/9- 9/12/2024 from 8:30- 9:30 a.m.**

# Anne Arundel Community College

## O'Malley Senior Center: In-Person Course Descriptions

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### **Functional Conditioning II: Circuit Training**

Circuit training makes use of the weights and cardio machines in the Fitness Center of the Annex. After a 5-minute warm up each machine is used for 5 minutes alternating between aerobic/cardio machines and weight machines to help improve muscular endurance. The class ends with a 5-minute cool down. The goal is to gain strength and endurance plus notice an overall increase in energy and fitness level. Beginner to intermediate level.

**Judy Schummer: Instructor**

**HTH-926-306 – Mondays & Fridays, 7/8- 9/16/2024 from 11:00 a.m.- 12:00 p.m.**

### **Functional Conditioning I**

The goal of this class is to improve the level of fitness through resistance training and stretching with the use of hand-held weights, bands, and balls. Floor work is included to enhance abdominal strength as an option. Balance is emphasized throughout. Cardiovascular fitness is improved from continuous movement in a safe, effective, and fun way. This class is suitable for all levels including beginners.

**Judy Schummer: Instructor**

**HTH-925-302 – Mondays, Wednesdays, & Fridays, 7/8- 9/16/2024 from 8:30- 9:30 a.m.**

## **ADAPTED FITNESS**

### **Adapted Physical Education II- Chair Exercise with Light Weights**

Join Sandra's Chair exercises which can come in handy when you have limited mobility or find it hard to maintain your balance. The movements increase blood flow and keep your joints active and lubricated. They also strengthen your muscles and increase flexibility and mobility as you work out. Suggested Equipment: Weights 1-lb to 5-lbs

**Sandra Infante-Ludlum: Instructor**

**HTH-939-312 – Thursdays, 7/11- 9/12/2024 from 12:15- 1:15 p.m.**

### **Adapted Physical Education- Seated Chair Exercise**

This chair class is perfect for anyone with physical limitations. All exercises are performed seated in a chair without arms. Kim will take you through a combination of movements to get the body energized and get the blood flowing. Seated stretching, weight work, and small balls are used to condition and tone the body combined with cardio movements to raise the heart rate. Suggested Equipment: light hand weights, chair without arms preferred, small/med. ball, towel, or strap.

**Kim Murphy: Instructor**

**HTH-936-305 – Tuesday & Thursdays, 7/9- 9/12/2024 from 9:30- 10:30 a.m.**

# Anne Arundel Community College

## O'Malley Senior Center: In-Person Course Descriptions

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### **Adapted Physical Education II- Chair Yoga**

Chair yoga is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the mat and becomes an extension of the body. We will do seated and standing work with the chair for balance and support. This class is suitable for those working with injuries, balance problems, Parkinsons, MS and all who are looking for a little extra support in yoga class. Suggested Equipment: sturdy chair

**Gretchen Serinis: Instructor**

**HTH-939-323 – Fridays, 07/12- 09/13/24 from 1:00- 2:00 p.m.**

**HTH-939-324 – Wednesdays, 07/10- 09/11/24 from 1:00- 2:00 p.m.**

### **Adapted Physical Education II- Chair Yoga**

This is primarily a seated yoga class. We spend quite a bit of time using dynamic yoga poses to lubricate joints and strengthen the muscular system. Yoga poses help to alleviate tightness in the tendons and ligaments. They help create better alignment to support optimal functioning and relief of pain. We will learn new poses as the weeks progress and many poses will be repeated to create continuity and comfortable adaptation. To create a feeling of contentment we strive to teach modifications of the poses if necessary for individual students. Yoga breathing techniques can help to reduce anxiety, depression, and create an ease that complements the stabilization that the poses provide for the body. There are also some techniques to help quiet the mind and create a restful heart by learning bits of the art of mindfulness. There is a focus on helpful breathing practices to induce a more relaxed state in body, mind, and spirit.

**Sharon Harty: Instructor**

**HTH-939-311 – Tuesdays, 7/9- 9/10/2024 from 12:45- 1:45 p.m.**

### **Adapted Physical Education II**

Chair exercises are designed to be a safe and effective means to move all parts of the body without undue stress. The goal is to improve flexibility and strength from a seated position or at times standing behind the chair as an option. This is a beginner level class and is also suitable for anyone with special limitations.

**Judy Schummer: Instructor**

**HTH-939-322 – Wednesdays, 7/10- 9/11/2024 from 10:30- 11:30 a.m.**

# Anne Arundel Community College

## O'Malley Senior Center: In-Person Course Descriptions

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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. It will leave you feeling strong, centered, and peaceful. There is a focus on helpful breathing practices to induce a more relaxed state in body, mind, and spirit.

Note: Please have a chair nearby should you think you need it to rest; wear comfortable clothes to move in the poses; if possible, use a yoga mat to prevent slipping. Try to have enough clear space around you to open your arms and legs wide!

**Sharon Harty: Instructor**

**HTH-947-313 – Mondays, 7/8- 9/16/2024 from 9:00- 10:00 a.m.**

#### **Integrative Strength & Flexibility II- Mat Yoga**

This yoga class is designed for those who are familiar with yoga. We will flow gently and mindfully guided by the breath. We will work the whole body practicing standing postures, balancing postures and seated postures as well as meditation.

Suggested Equipment: Yoga mat, yoga blocks, yoga strap (old tie will work as well)

**Gretchen Serinis: Instructor**

**HTH-947-328 – Mondays, 07/08- 09/16/24 from 1:00- 2:00 p.m.**

### **WEIGHT TRAINING**

#### **Weight Training for Older Adults- Strength**

Class starts with a 5-minute cardio warm up and then progresses with exercises using the below items. There will be some seated exercises focusing on the abdominals, but the class is a standing class for the most part. Debbie will also focus on balance and coordination in some of the classes as well. The class will end with seated stretches.

Equipment needed: bands, weights, small ball, and a chair for abdominal exercises.

**Deborah Halley: Instructor**

**HTH-944-302 – Tuesdays, 7/9- 9/17/2024 from 1:00- 2:00 p.m.**

# Anne Arundel Community College

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### **TAI CHI/ BALANCE**

#### **Functional Mobility and Balance II- Tai Chi Intermediate/ Advanced**

This is an Intermediate to Advanced Tai Chi Class, students need to know the Yang Simplified 24 Form Tai Chi. In this class, the basic Tai Chi principles taught through the 24 Form will be expanded upon using the Yang Simplified 88 Form Tai Chi. Tai Chi is a Chinese exercise system using slow, smooth body movements to achieve a state of relaxation of both body and mind. It is known to improve and maintain general health while strengthening the cardiovascular and immune systems and improving the practitioner's mobility and balance.

**Jackie Colestock: Instructor**

**HTH-929-301 – Mondays & Wednesdays, 07/15- 09/16/24 from 2:00- 2:55 p.m.**

#### **Functional Mobility & Balance II- Tai Chi Beginner**

This is a beginner Tai Chi Class and is perfect for someone who has never done Tai Chi! In this class you will explore basic Tai Chi principles using the Yang Simplified 24 Form Tai Chi. Tai Chi is a Chinese exercise system using slow, smooth body movements to achieve a state of relaxation of both body and mind. It is known to improve and maintain general health while strengthening the cardiovascular and immune systems and improving the practitioner's mobility and balance.

Suggested Equipment: Comfortable clothing and flexible shoes

**Jackie Colestock: Instructor**

**HTH-929-302 Mondays & Wednesdays, 07/15- 09/16/24 from 3:00- 3:55 p.m.**

### **CARDIOVASCULAR CONDITIONING**

#### **Cardiovascular Conditioning- Latin Cardio Dance**

Join Sandra for a Latin Cardio dance class which fuses Latin rhythms and choreographed dance moves of the following dances: Salsa, Cha-Cha, Samba, Merengue. Together they create a dynamic workout that's designed for fun and a good workout! Simply put, dance cardio is utilizing different types of dances to exercise your body. Students will progress from basic dance steps to intermediate. Open to anyone who wants to have fun and dance for an hour.

**Sandra Infante-Ludlum: Instructor**

**HTH-943-309 – Thursdays, 7/11- 9/12/2024 from 11:00 a.m.- Noon**

#### **Cardiovascular Conditioning- Zumba**

Uses easy to follow cardio dance steps and patterns set to fun and energizing Latin and world music. Light weights are used for strength and conditioning in a portion. This class is great cardio for all fitness levels, it also helps with balance and endurance. Can be done seated as well.

**Mary Krause: Instructor**

**HTH-943-311 – Wednesdays, 7/10- 9/11/2024 from 10:30- 11:30 a.m.**



# Anne Arundel Community College

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### **DANCE**

#### **Line Dance Intermediate**

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-904-311 – Fridays, 7/1 - 9/13/2024 from 12:30- 2:00 p.m.**

#### **HLOA: Dance**

This class is designed to strengthen the cardiovascular system plus tone muscles through aerobic dancing. It is a professionally choreographed workout by Jacki Sorensen for healthy people who want to stay fit in a fun, effective way. Hand-held weights and floor work are used for a portion of the class to help improve strength and flexibility. Easy Dance steps are taught and cued throughout. Upbeat music is used beginning with the warm-up to the cooldown. This is a beginner to intermediate class for students who enjoy a wide variety of music and movement.

**Judy Schummer: Instructor**

**HTH-901-302 – Mondays, Wednesdays, and Fridays, 7/8- 9/16/2024 from 9:30- 10:30 a.m.**

#### **HLOA: Ballroom Dance**

Do you want to sharpen your dance skills, get in some exercise, and have some fun? Come join Carlos! This class will begin by teaching you the basics of ballroom dance. All levels are welcome, and partners are encouraged but not necessary.

**Carlos Pabon: Instructor**

**HTH-900-301 – Tuesdays, 7/9- 9/10/2024 from 2:00- 3:45 p.m.**

#### **HLOA: 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-904-303 – Thursdays, 7/11- 9/12/2024 from 10:30 a.m.- 12:00 p.m.**