

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

ART

DPAO: Colored Pencil

Discover the luminous beauty and colorful effects possible using colored pencils, a non-toxic, highly portable medium ideal for travelers. Enhance your artistic expression by learning application techniques and tools for bringing a picture of life. Class will review the basics of art design and color theory before advancing through the fundamental essentials. Art venues will be identified, and artwork salability and marketing opportunities will be discussed. Supplies will be discussed at the first class.

Alice Dudley: Instructor

CRE-912-304 – Wednesdays, 7/10- 9/18/24 from 12:30- 2:30 p.m.

Design, Market Art: Stained Glass

Learn how to create stained glass masterpieces using the Tiffany/copper foil method. Participants in this course will gain an understanding of pattern use and preparation; learn how to score and break glass; practice foiling and soldering to complete a stained-glass project from start to finish. Students will learn how to select designs and will be supported by the instructor in every step of the process. For those hoping to take the art of stained glass to the next level, this course also includes ideas and examples of how to market and sell completed projects from the instructor, Cindy Kippax, an experienced stained-glass artist, and entrepreneur who has been studying stained glass for over 15 years.

Cindy Kippax: Instructor

ADVANCED – Students have mastered basic stain glass skills

BNS-903-304 – Wednesdays, 7/10- 9/11/24 from 9:30 a.m.- 12:00 p.m.

BNS-903-303 – Wednesdays, 7/10- 9/11/24 from 12:15- 2:45 p.m.

BEGINNING Level-Stained Glass

BNS-903-306 – Thursdays, 7/11- 9/12/24 from 9:30 a.m.- 12:00 p.m.

BNS-903-305 – Thursdays, 7/11- 9/12/24 from 12:15- 2:45 p.m.

DPAO: One-Stroke Painting

Explore one-stroke painting. This class is perfect for beginners and experienced students. Learn basic strokes like flat stroke, U-stroke, Daisy stroke, bud stroke, 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-912-305 – Fridays, 7/12- 9/20/2024 from 10:00 a.m.- 12:00 p.m.

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PERSONAL ENRICHMENT

Foundations of Genealogy Research

Make genealogy more interesting by fleshing out information about ancestors' lives. Learn how and where to find and record information. Discuss how to solve genealogical obstacles. Explore proper genealogy methods to construct a family tree that goes beyond names and dates and incorporates the history of the times.

Carol Carman: Instructor

ERC-904-302 – Wednesdays, 7/10- 8/21/2024 from 1:00- 3:00 p.m.

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-915-301 – Tuesdays, 7/9- 9/10/24 from 2:00- 3:30 p.m.

Smartphone Photography

Take your photos to the next level by exploring the basic controls on your smartphone's camera, applying compositional techniques to your shooting, and using Snapseed, a free photo editing app. We will also discuss accessories and other apps you can use for shooting and editing your photos.

Christine Edwards: Instructor

PHO-921-301 – Mondays, 7/8- 8/19/2024 from 1:00- 2:30 p.m.

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WORLD LANGUAGE

Conversational Sign Language: Level 1

Examine the fundamental principles of American Sign Language (ASL). Explore basic sign vocabulary, syntax structure, finger spelling and numbers. Discuss the origins of sign language.

Peggy Bruce: Instructor

SLG-904-302 – Tuesdays, 7/9- 9/10/24 from 12:30- 2:00 p.m.

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* 2nd Edition, by [Gilda Nissenberg](#); *Easy Spanish Reader*, any edition by William T. Tardy.

Cristiane Shaw: Instructor

LGE-967-303 – Mondays, 7/8- 9/16/24 from 2:00- 3:30 a.m.

FITNESS

ADAPTED FITNESS

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. These 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-939-310 – Wednesdays, 7/10- 9/11/2024 from 9:30- 10:30 a.m.

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Adapted Physical Education - Seated Tai Chi

This is a seated/chair Tai Chi class, a gentle exercise program for mental and physical well-being based on Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It is designed for those who find it difficult to stand for extended periods of time or those who are in a wheelchair. Use a sturdy, armless, straight back chair without rollers for safety. A wheelchair is ok if you lock it. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, improves balance to prevent falls, and relieves rheumatoid arthritis and fibromyalgia pain from the back, neck, and joints. It sharpens the mind to minimize age related cognitive decline, improves mood, lowers anxiety, and reduces depression.

Young Lee: Instructor

HTH-939-316 – Thursdays, 7/11- 9/12/2024 from 11:00 a.m.- 12:00 p.m.

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-945-313 – Tuesdays, 7/9- 9/10/2024 from 10:00- 11:00 a.m.

Functional Conditioning 3- Total Fitness

Improve overall physical health, stamina, flexibility, and balance while gaining the benefit of stronger muscles. As we age, we naturally lose muscle mass and bone density leaving the joints more vulnerable and susceptible to injury. Stronger muscles around the joint help to protect and preserve joints. The class format will consist of, but not be limited to, light cardiovascular movement, light weight training including some weight bearing movements and abdominal exercises.

Jeanine Ove: Instructor

HTH-945-312 – Fridays, 7/12- 9/13/2024 from 10:00- 11:00 a.m.

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Functional Conditioning 3- Aerobics & Strength

This class is for those who are looking for challenges (**Intermediate class**). After we warm up our major muscles, we will incorporate some cardio exercises (low intensity Kickboxing or Hi-Lo aerobics movements) to bring our heart rate up to make our body warm before we move onto some strength training. For strength training, we use dumbbells, balls, exercise bands, gliders, and Pilates rings to make our exercises challenging. We always end our class with some core workout and stretches by choice of using Chairs or yoga mat. We will always be doing different moves to make our exercise fun! **Please wear sneakers to attend this class.**

Akiko Stefanovich: Instructor

HTH-945-328 – Mondays, 7/8- 9/9/2024 from 10:00- 11:00 a.m.

HTH-945-327 – Wednesdays, 7/10- 9/4/2024 from 9:00- 10:00 a.m.

Functional Conditioning 3- Aerobics and Weights NEW!

This is a beginner class for those who want to learn proper ways to exercise by using dumbbells, exercise bands and simple aerobics movements etc. Also focus to gain some balance and core strength through workout. We are always ending our class with some stretches. If you have been thinking about graduating from the chair exercise class to the standing class, or even if you haven't exercised for a while and are hesitant to sign up for regular exercise class(es), this class will be a perfect fit for you!!

Akiko Stefanovich: Instructor

HTH-945-329 – Mondays, 7/8- 9/9/2024 from 11:00 a.m.- Noon

CORE STABILITY

Core Stability Techniques- Pilates

Are you looking for a class focusing on strengthening your entire core? This classical Mat Pilates class will strengthen all the muscles of your core including your abdominal, back, and hip muscles as well as improve mobility and stability in those joints. By doing so you will also help to improve your posture and increase your flexibility. Jeanine may also incorporate some exercises for the chest and upper back utilizing 1lb. hand weights. Pilates is suitable for most students, but you must be able to get down to the floor and back up and be able to roll over while lying down for mat work. This would be considered an intermediate class; beginners are welcome with some exercise experience.

Jeanine Ove: Instructor

HTH-935-301 – Tuesdays and Fridays, 7/9- 9/13/2024 from 11:00 a.m.- Noon

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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-929-307 – Mondays & Wednesdays, 7/8- 9/16/2024 from 9:00- 10:00 a.m.

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 (or try to be on a non-slippery surface-some folks use yoga socks)!*

Sharon Harty: Instructor

HTH-947-312 – Wednesdays, 7/10- 9/11/2024 from 10:30- 11:30 a.m.

Integrative Strength & Flexibility II- Mat Yoga

This is a **yoga flow** class. This class is perfect for anyone who is ready to take the **challenge** to the **next level**. We will start with Sun salutations to warm ourselves up and move on to some standing poses and balances. Finishing up on the floor in a seated position to stretch and ending our class on the floor with some core strengthening and savasana. (Sometimes we will use a magic ring to make our class more fun!)

Akiko Stefanovich: Instructor

HTH-947-333 – Mondays, 7/8- 9/9/2024 from 9:00- 10:00 a.m.

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Integrative Strength/Flex II- Mat Yoga

The practice of Yoga is a holistic approach that improves the functionality of the mind, body, spirit, and awareness. The benefits of this practice improve flexibility, strength, concentration, and reduces the stress and anxiety we may have through relaxation, breathing, and meditation techniques. This class is for the active senior whether you are new to Yoga or experienced in Yoga. Modifications are made for all levels.

Required Equipment: two yoga blocks, a yoga strap and yoga mat.

Michele Adair: Instructor

HTH-947-302 – Thursdays, 07/11- 09/12/24 from 10:00- 11:00 a.m.

LINE DANCE

NEW! 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-903-312 – Tuesdays, 7/9- 9/10/2024 from 2:30- 3:30 p.m.

HLOA: Line Dance Beginner

This low impact line dance class is geared toward beginners with guidance through the steps and how to perform circle dances and other similar dances. The history of some dances is occasionally explained. This class addresses the needs of beginners with attention to the best and easiest way to accomplish the dance. Dances can be adapted for students who have physical limitations.

Katie McVitty: Instructor

HTH-904-310 – Fridays, 7/12- 9/13/2024 from 9:30- 11:00 a.m.

HLOA: Line Dance Low-Intermediate

This class is for students who have successfully completed the beginner level of line dance and are ready to move on to the next challenge!

Ann Gross: Instructor

HTH-903-310 – Mondays, 7/8- 9/16/24 from 12:00- 1:00 p.m.

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HLOA: Line Dance Beginner

This class is for beginners to learn basic steps and line dances using mostly country music. It is an aerobic exercise with no partners needed. Students need to wear shoes with leather bottoms, dance sneakers, or dance boots. This is a great exercise class that gives your mind a workout as well as your muscles. We will work on balance and posture as well as dance techniques and steps. Bring your smiles and dancing feet to this new class where you will learn new dances, hear some good music, and laugh your “blues” away as we “boot scoot” our way to better health together.

Ann Gross: Instructor

HTH-903-311 – Thursdays, 7/11- 9/12/2024 from 1:00- 2:00 p.m.

HLOA: Line Dance Intermediate/Advanced

If you have some experience in line dancing and would like a challenge, this class is for you! It is geared toward the intermediate to advanced level student & includes more modern or newer dances.

Ann Gross: Instructor

HTH-904-301 – Mondays, 7/8- 9/16/24 from 2:00- 3:30 p.m.

HLOA: Line Dance Intermediate/Advanced

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.

Ann Gross: Instructor

HTH-902-301 – Thursdays, 7/11- 9/12/2024 from 2:00- 4:00 p.m.

TAI CHI/ BALANCE

Functional Mobility/Balance II: Tai Chi

This continuing education course provides instruction on improving and maintaining health through education and awareness of movement and balance concepts and practices. Topics include muscle groups, fall prevention, maintaining and improving coordination and improved balance.

Sean Martial: Instructor

HTH-929-305 – Mondays and Wednesdays, 7/8- 9/16/2024 from 1:00- 2:00 p.m.