

### ART

#### DPAO: Greeting Card Design and Paper Art- NEW!

*Sharon Lewis: Instructor*

Students will discover the Art of Greeting Card Design, discuss the history of greeting cards, and create greeting cards, gift tags, and labels. Students will use hands on design techniques, creative messaging, and practice various card styles. Marketing opportunities, art venues, and sales potential will be discussed. Note: students will be provided with card stock for class 1 and are expected to bring minimal supplies to complete their designs. Information provided at the first session.

**CRE-912-313: Mondays from 10:00 to 11:30 a.m.**

#### DPAO: Chinese Brush Painting/Sumi-e

*Mei Yu Green: Instructor*

Students will learn fundamental Chinese calligraphy principles and techniques to create orchid, bamboo, plum blossom, and chrysanthemum designs for sumi-e painting. You will experiment with ink, color, and brush strokes, exploring the mind-body connection, self-cultivation, and artistic expression. This class is perfect for beginners or those looking to improve their Chinese brush painting skills. Students will also explore art venues and sales potential.

**CRE-912-312: Wednesdays from 9:00 to 11:00 a.m.**

### WORLD LANGUAGE

#### Beginning Italian

*Cristiane Shaw: Instructor*

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

**LGA-902-302: Tuesdays from 1:30 to 3:00 p.m.**

#### Beginning Spanish

*Cristiane Shaw: Instructor*

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.

**LGE-967-304: Tuesdays from 11:50 a.m. to 1:20 p.m.**

## PERSONAL ENRICHMENT

### Introduction to Egyptian Hieroglyphics- NEW!

*Luca Brigatti: Instructor*

Explore the history, structure, and use of Egyptian hieroglyphs, one of the most iconic writing systems in the world. This course will be a blend of lectures, interactive lessons, and practical exercises, including hands-on work with real hieroglyphic texts. By the end, students will have a solid foundation in Egyptian hieroglyphs, as well as an appreciation for their cultural and historical significance.

**HSY-915-301: Fridays from 10:00 a.m. to Noon**

### Finding Peace: Lessons in Conflict Resolution from Northern Ireland- *NEW!*

*Jenny Young: Instructor*

This interactive, six-week class is open to anyone interested in understanding effective ways to resolve conflict. We will assess community-based approaches to peacebuilding such as storytelling, dialogue, and music, using real-life examples from Northern Ireland, a place that experienced thirty years of communal violence known as “The Troubles,” and has since built a lasting peace.

**ERC-922-303: Thursdays from 12:30 to 3:00 p.m.**

## FITNESS

### SEATED EXERCISE

#### HLOA: Chair Tai Chi

*Mei Yu Green: Instructor*

Tai Chi Chuan is an ancient Chinese movement practice offering several health benefits. Exercises consist of slow, graceful movements made while breathing deeply. Seated Tai Chi is a great option for those with limited mobility. Some of the benefits include greater muscle control, improved system management for arthritis and related medical conditions affecting aging adults, better stability, and reduced stress.

**HTH-903-318: Wednesdays from 2:00 to 3:00 p.m.**

## CARDIOVASCULAR CONDITIONING

### Cardiovascular Conditioning- Zumba

*Mary Krause: Instructor*

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

**HTH-943-306: Fridays from 11:00 a.m. to Noon**

## DANCE

### HLOA: Line Dance Beginner

*Sarah Jose: Instructor*

Line dancing is a great way for people of all ages to get in shape and have fun! These classes are geared toward the beginner level and includes new dances. Various genres of music will be used.

**HTH-903-321: Mondays from 1:00 to 2:00 p.m.**

**HTH-903-320: Wednesdays from 10:00 to 11:00 a.m.**

### HLOA: Line Dance Intermediate/Advanced

*Sarah Jose: Instructor*

These classes are for experienced dancers. The sequence of dance steps and movements will be very challenging technically, rhythmically, and tempo wise. Geared toward intermediate and advanced level students and includes new dances. Various genres of music will be used.

**HTH-904-305: (Intermediate) Mondays from 11:30 a.m. to 1:00 p.m.**

**HTH-904-306: (Advanced) Wednesdays from 11:00 a.m. to 12:30 p.m.**

### HLOA: Tap Dance Beginner

*Vicki Smith: Instructor*

This class is geared towards beginners, but students of all levels are welcome. Come learn fun tap dance routines while learning a variety of skills which include basic tap steps, and review of the fundamentals of this fun style of dance. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and will sharpen your memory. Fun tap combinations are learned during the session.

**HTH-903-328: Mondays from 9:00 to 10:00 a.m.**



# Severn Senior Center: In-Person Course Descriptions

## Summer Term Dates: July 6- September 30, 2025

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### HLOA: Intro to Jazz Dance

*Vicki Smith: Instructor*

Join us for jazz dancing, movement to fun music while learning creative moves, stretching, and flexibility. This is a fun filled class where you will explore the movement of the body to great music, creative movement, and jazz terminology. The dances are based on Broadway Jazz. Stretches to gain flexibility and isolations are a part of the one-hour class. It also incorporates basic ballet which adds to a great activity for balance, coordination, and putting cool moves together.

**HTH-904-314: Mondays from 10:15 to 11:30 a.m.**

### HLOA: Belly Dance for Exercise

*Mei Yu Green: Instructor*

Belly dance celebrates every body type at every stage of life. It has been considered as one of the oldest forms of dance, having roots in all ancient cultures from the orient to India to the mid-East, and has been performed for women during fertility rites or parties preparing a young woman for marriage. Gain strength and tone muscles by learning how to isolate movement in different parts of the body. Increase your flexibility all while having fun dancing to exotic musical rhythms!

**HTH-903-317: Wednesdays from 4:00 to 5:00 p.m.**

## FUNCTIONAL CONDITIONING

### Functional Conditioning 3- Total Body Conditioning

*Mary Krause: Instructor*

This class begins with a cardio dance warm-up, featuring creative movements for the arms, shoulders, waist, and hips. We then focus on strict movements with proper form, building discipline and engaging core muscles. The workout includes lower and upper body routines with hand weights and a chair, featuring leg raises and seated upper body exercises to tone the torso and legs. With unique routines and great music each time, you'll stay motivated and never get bored!

**HTH-945-320: Sundays from 10:30 to 11:30 a.m.**

### Functional Conditioning 3- Aerobics/ Strength

*Mary Krause: Instructor*

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.

**HTH-945-321: Fridays from 10:00 to 11:00 a.m.**

### SELF DEFENSE

#### Functional Mobility & Balance II- Senior Self-Defense

*Rhonda Weeks: Instructor*

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.

**HTH-929-311: Tuesdays & Thursdays from 9:00 to 10:00 a.m.**

**HTH-929-310: Tuesdays & Thursdays from 4:00 to 5:00 p.m.**

### PILATES/CORE STABILITY

#### Core Stability II – Core and Stretch

*Mary Krause: Instructor*

This class is designed to help lengthen and strengthen your abdominal muscles. The combination of Pilates and yoga movements trains your core, increases range of motion, aids in daily movement and balance. It will also help relieve stress throughout the body. This class is suitable for all fitness levels.

**HTH-940-306: Saturdays from 10:00 to 11:00 a.m.**

### TAI CHI/BALANCE

#### HLOA: Qigong for Health

*Mei Yu Green: Instructor*

This class explores the health benefits of Qi Gong, an ancient Chinese practice for cultivating energy (Qi) through movement and breath. We'll focus on the 8 Pieces of Brocade (Ba Duan Jin 八段錦), a gentle yet powerful form. Benefits include improved flexibility, relaxation, mental clarity, and overall vitality. Qi Gong helps calm the mind, energize the body, and restore harmony. More Qi means more vitality—when energy flows, health improves. Join us to move, breathe, and find your center.

**HTH-903-316: Wednesdays from 3:00 to 4:00 p.m.**

#### Functional Mobility & Balance I- Tai Chi

*Mei Yu Green: Instructor*

Tai Chi Chuan is an ancient Chinese exercise that promotes balance, circulation, flexibility, and overall health. Practicing the Yang Style short form helps improve posture, joint mobility, and body awareness through slow, centered movements. Repeated practice strengthens both mind and body, supporting cardiovascular fitness, stress reduction, and mental clarity. Ideal for those seeking improved balance, flexibility, and inner calm.

**HTH-928-302: Wednesdays from 1:00 to 2:00 p.m.**

## YOGA

### Integrative Strength/ Flex II- Mat Yoga

*Mary Krause: Instructor*

This yoga class welcomes all levels and includes meditation, stretching, strengthening, and flow-based movements tied to breath. The class begins with grounding meditation, followed by a blend of floor-based, standing postures, and flow. The focus is on strengthening, lengthening, and stretching through a creative series of postures in continuous motion. To thrive, your body should be healthy, injury-free, and familiar with basic postures. You'll leave feeling relaxed, stretched, and realigned.

Bring your mat for a wonderful experience! Namaste!

**HTH-947-319: Sundays from 11:30 a.m. to 12:30 p.m.**

### Integrated Strength/Flex II- Balance and Mobility Yoga

*Sandra Nicht: Instructor*

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.

**HTH-947-322: Mondays from 2:00 to 3:00 p.m.**

## WEIGHT TRAINING

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

*Sandra Nicht: Instructor*

The group will warm up and warm down/stretch together before and after the circuit portion begins. Exercises using the 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.

**HTH-944-306: Mondays from 1:00 to 2:00 p.m.**

**HTH-944-308: Tuesdays from 4:00 to 5:00 p.m.**

**HTH-944-307: Thursdays from 2:00 to 3:00 p.m.**

**HTH-944-310: Thursdays from 1:00 to 2:00 p.m.**