

Anne Arundel Community College

Severn Senior Center: In-Person Course Descriptions

ART

DPAO: Chinese Brush Painting

Students will learn the fundamental concepts of Chinese calligraphy-related principles, and elements required to create orchid, bamboo, plum blossom, and chrysanthemum, which are basic designs to construct an oriental brush painting (sumi-e painting). Experiment with ink and color. Discover the materials and the brush strokes to be able to apply this technique. Experience simplicity and meditation while learning to recognize the mind-body connection of frame of mind and self-cultivation, as well as how it affects one's artistic expression. It's also good to learn something new and for those wanting to improve their Chinese brush painting skills. Students will identify art venues and determine sales potential.

Mei Yu Green: Instructor

CRE-912-308 – Wednesdays, 7/10- 9/11/2024 from 9:00- 11:00 a.m.

WORLD LANGUAGE

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-902-302 – Tuesdays, 7/9- 9/10/24 from 1:30- 3:00 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-967-305 – Tuesdays, 7/9- 9/10/24 from 12:00- 1:30 p.m.

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PERSONAL ENRICHMENT

iPhone Basics

Take the frustration out of using your iPhone. Create an Apple ID, iTunes account, set up email, adjust settings and learn how to browse the web. Explore downloading useful applications available on the iPhone. This class is designed for beginners.

John Turner: Instructor

CPT-978-301 – Wednesdays, 7/10- 8/28/24 from 1:30- 3:30 p.m.

World of Opera: French Opera

The course presents French operas of the 19th and 20th centuries.

The productions to be presented include works by **Georges Bizet, Amboise Thomas, Hector Berlioz, Charles Gounod, Leo Delibes, Édouard Lalo, and Francis Poulenc**. Video excerpts from seven operas include the greatest singers of today from the United States and Europe. The performances are enhanced by dramatic staging, spectacular sets, and traditional costumes portraying events in the time periods in which the operas take place.

John Cahill- Instructor

MUC-904-302- Fridays, 7/12- 8/30/2024 from 1:30- 3:30 p.m.

FITNESS

CHAIR FITNESS

HLOA: Chair Tai Chi

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.

Mei Yu Green: Instructor

HTH-903-309 – Wednesdays, 7/10- 9/11/2024 from 2:00- 3:00 p.m.

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HLOA: Line Dance Beginner

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-903-313 – Wednesdays, 7/10- 9/11/2024 from 10:00- 11:00 a.m.

Cardiovascular Conditioning

Cardiovascular Conditioning- Zumba

Join the Latin-inspired, easy to follow, feel it to the core, dance-fitness party! This is a fun dance fitness class that will get your heart pumping. Please expect around an hour class that incorporates Latin inspired music as well as other rhythms from around the world. This is a class where time will fly because of all the fun that you will have! No dance background is necessary. The steps are simple and fun and everyone will enjoy the class. Whether you are a new dancer or a seasoned dancer, this will be an invigorating and energetic class. “Ven bailas con nosotros!” Suggested Equipment: dancing shoes, hand towel and lots of water!

Mary Krause: Instructor

HTH-943-313 – Fridays, 7/12- 9/13/2024 from 11:30 a.m.- 12:30p.m.

DANCE

HLOA: Tap Dance Beginner

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.

Vicki Smith: Instructor

HTH-903-320 – Mondays, 7/8- 9/16/24 from 9:00- 10:00 a.m.

HLOA: Intro to Jazz Dance

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.

Vicki Smith: Instructor

HTH-904-315 – Mondays, 7/8- 9/16/24 from 10:15- 11:30 a.m.

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HLOA: Belly Dance for Exercise

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!

Mei Yu Green: Instructor

HTH-903-308 – Wednesdays, 7/10- 9/11/2024 from 4:00- 5:00 p.m.

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Total Body Conditioning

This class starts with dancing for cardio as a warm-up! We do a variety of creative movements, with the arms, shoulders, waist, and hips. We then move into strict movements, using good form, practicing focus and discipline, maintaining good form through the entire workout. This constantly engages the core muscles, toning the diaphragm and abdominal muscles, by holding good posture and form. Lower and upper body routines include hand weights and the chair, doing front, side and rear leg raises as well as seated upper body movements to tone the torso and all leg muscles. No two workouts are ever the same, so you'll never get bored! All routines to great music! Suggested Equipment: hand weights, chair, mental creativity, and enthusiasm!

Mary Krause: Instructor

HTH-945-310 – Sundays, 7/7- 9/15/2024 from 10:30- 11:30 a.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-945-318 – Fridays, 7/12- 9/13/2024 from 10:30- 11:30 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-929-310 – Tuesdays & Thursdays, 7/9- 9/12/2024 from 9:00- 10:00 a.m.

HTH-929-309 – Tuesdays & Thursdays, 7/9- 9/12/2024 from 4:00- 5:00 p.m.

LINE DANCE

HLOA: Line Dance Intermediate/Advanced

This class is for experienced dancers. The sequence of dance steps and movements in this level will be very challenging technically, rhythmically, and tempo wise. It is geared toward the advanced level and includes new dances. Various genres of music will be used.

Sarah Jose: Instructor

HTH-904-308 – Wednesdays, 7/10- 9/11/2024 from 11:00 a.m.- 12:30 p.m.

PILATES/CORE STABILITY

Core Stability II – Core and Stretch

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.

Mary Krause: Instructor

HTH-940-305 – Saturdays, 7/13- 9/21/2024 from 10:00- 11:00 a.m.

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TAI CHI/BALANCE

NEW! HLOA: Qigong for Health

This *new* class introduces students to the many health benefits of practicing Qi Gong. There are many different versions of the history of Qi Gong. These ancient Chinese exercises have been practiced in the Taoist and Buddhist traditions. It's approximately 4000 years old. It has changed and evolved over the centuries, but the central concepts remain. Qi is energy, life force, vital energy, spirit, "Breath". Gong is work, skill, mastery, cultivation. Qi Gong means Qi cultivation. Good Qi cultivation = good health, more Qi = more vitality. If Qi is stagnant or deficient, we will experience poor health. In this class, we are going to focusing on the 8 pieces of Brocade call Ba Duan Jin 八段錦.

Benefits:

1. Move gently and gracefully: Stretch, strengthen, soften the muscles, joints, and tissue, allowing the body to heal.
2. Find your calm center: Like a moving meditation, and Qi Gong can help you settle a busy mind.
3. Energize body and mind: Breathe deeply and naturally, feel relaxed and full of energy.
4. Find Harmony and Balance: Feel connected with your body, mind, and nature.

Mei Yu Green: Instructor

HTH-903-307 – Wednesdays, 7/10- 9/11/2024 from 3:00- 4:00 p.m.

Functional Mobility & Balance I- Tai Chi

Tai Chi Chuan is an ancient Chinese form of exercise which promotes internal and external centering, Chi circulation, balance, health, and longevity. The Yang Style short form takes students through a complete, natural range of motion over their center of gravity. Accurate, repeated practice of the solo routine is said to improve posture, encourage circulation throughout the body, maintain flexibility through the joints, and further familiarize students with the martial application sequences applied to the appropriate form. The goal of Tai Chi Chuan is to strengthen and integrate the mind and body for health and awareness. Many improvements include balance control, flexibility, cardiovascular fitness, reduced stress, and mental health.

Mei Yu Green: Instructor

HTH-928-302 – Wednesdays, 7/10- 9/11/2024 from 1:00- 2:00 p.m.

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YOGA

Integrative Strength/ Flex II- Mat Yoga

This class is an enjoyable and energizing yoga practice focusing on breath and alignment. Participants will learn various postures and sun/moon salutations to build stamina, find flexibility & create energy. This class offers a healthy way to find self-awareness, self-care, and self-healing. Participants confidently set healthy boundaries and limits. Each student creates a unique individual yoga practice. There is mat work involved and the instructor will modify it if needed. This class offers a safe environment for us to learn, laugh and grow.

Mary Krause: Instructor

HTH-947-311 – Sundays, 7/7- 9/15/2024 from 11:30 a.m.- 12:30 p.m.

Integrated Strength/Flex II- Balance and Mobility 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-947-325 – Mondays, 7/8- 9/16/2024 from 2:00- 3:00 p.m.

HTH-947-326 – Tuesdays, 7/9- 9/10/2024 from 4:00- 5:00 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 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.

Sandra Nicht: Instructor

HTH-944-307 – Mondays, 7/8- 9/16/2024 from 1:00- 2:00 p.m.