



South County Center: In-Person Course Descriptions

Summer Term Dates: July 6- September 30, 2025

ART

DPAO: Drawing - *NEW!*

Scott Clarke: Instructor

Scott Clarke is an accomplished local artist specializing in feel good art classes that combine laughter, creativity and motivation. Throughout his inspiring ten-week course, you will explore a different facet of drawing from still life and perspective to caricature and cartooning and MORE!

CRE-912-303: Fridays from 8:30 to 10:30 a.m.

Design, Market Art: Stained Glass Beginner/Advanced

Cindy Kippax: Instructor

Learn to create stained glass masterpieces using the Tiffany/copper foil method. Gain skills in pattern use, glass scoring, foiling, and soldering. Each beginner will complete a small project with materials provided. Advanced students can purchase supplies for further projects. Instructor Cindy Kippax, with over 16 years of experience, offers guidance, marketing tips, and examples for selling completed projects.

BNS-903-308: Tuesdays from 10:00 a.m. to 12:30 p.m.

DPAO: Colored Pencil

Alice Yeager: Instructor

Discover the colorful potential of colored pencils, perfect for studio or travel drawing. Develop artistic skills with various colored pencil media, including professional-grade wax, oil, watercolor and pastel pencils plus related drawing materials. Explore historical styles of art including realist, impressionist, expressionist, surrealist, and abstract art. Learn color theory, composition, texture effects, and techniques to create depth. Various drawing techniques, surfaces and enhancement tools are also covered. Beginner to intermediate students welcome.

CRE-912-315: Wednesdays from 10:00 a.m. to 12:30 p.m.

DPAO: Colored Pencil Studio Practice

Alice Yeager: Instructor

Practice and enhance your colored pencil skills. Build upon techniques using various colored pencil media including professional-grade watercolor, wax, oil, pastel and other colored pencil related drawing materials. Further develop your own unique style and more in-depth awareness of historical styles of art. Gain a greater understanding of color theory, composition, textural effects, surfaces and techniques for creating depth. Previous Colored Pencil course completion is expected. Intermediate to advanced students welcome.

CRE-912-314: Fridays from 10:30 a.m. to 1:00 p.m.



South County Center: In-Person Course Descriptions

Summer Term Dates: July 6- September 30, 2025

DPAO: Watercolors- Beginning -NEW!

Laura Zlatos: Instructor

Acquaint students with basic elements of watercolor as an art form. Use of line drawings, defining various watercolor applications and techniques. Discussion of color theory and color mixing. Matting, framing and preservation of work will be discussed. Critiques upon completion of painting projects. Identifying market outlets. A supply list is available at the Senior Center Information Desk.

CRE 912-317: Thursdays from 1:00 to 3:00 p.m.

Design, Marketing & Art of Wildfowl Carving

Joe Caldwell & Wayne Everd - Instructors

This course provides detailed instruction on the design, production, and marketing of completed wildfowl carvings that are finished. Topics include techniques of carved and painted wildfowl carvings and business and market strategies. An orientation that includes safety procedures is given by the instructor before the class starts. The instructor will provide a supply list for students.

BNS-904-302: Mondays from 9:00 a.m. to 12:00 p.m.

BNS-904-301: Mondays from 12:30 to 3:30 p.m.

PERSONAL ENRICHMENT

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-922-302: Mondays from 1:30 to 4:00 p.m.

Creative Writing

Susan Moger – Instructor

Both fiction and nonfiction writers benefit from applying creative writing techniques: hooking-the reader, characterization, setting, conflict, and satisfying endings. Through writing assignments, class discussions, and in-class exercises, you will advance your in-progress stories and discover new ones.

Last day of class will run from 1:00 to 4:00 p.m.

WRI-901-302: Wednesdays from 1:45 to 4:00 p.m.



South County Center: In-Person Course Descriptions

Summer Term Dates: July 6- September 30, 2025

Autobiography Writing

Susan Moger – Instructor

Discover your distinctive writing voice and record stories about your life through in-class exercises, writing assignments and class discussion. Learn techniques to release memories, get started writing, develop compelling true stories, revise, and research.

LGE-956-303: Thursdays from 10:00 a.m. to 12:00 p.m.

FITNESS

CARDIOVASCULAR CONDITIONING

HLOA: Zumba Gold

Linda Roberts: Instructor

This class is perfect for active older adults who are looking for a modified Zumba class that recreates the original salsa, merengue, etc. moves you love at a lower intensity. Come ready to sweat and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular and muscular conditioning, flexibility, range of motion, coordination, and balance. And you'll have fun dancing like nobody's watching.

Note: Athletic shoes must be worn.

HTH-903-323: Mondays from 2:00 to 3:00 p.m.

Cardiovascular Conditioning- Aerobic Dance

Adrienne Collins: Instructor

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.

HTH-943-301: Mondays from 11:00 a.m. to Noon



South County Center: In-Person Course Descriptions

Summer Term Dates: July 6- September 30, 2025

CORE STABILITY TECHNIQUES

Core Stability Techniques- Balance and Posture and Fall Prevention

Adrienne Collins: Instructor

This class combines stretching and strengthening for a full-body workout. We begin with basic stretches, similar to easy yoga movements, starting in the chair to warm and stretch muscles. Then, we move to core exercises using the chair and mat to build stronger abs and core. We also focus on proper breathing to relax muscles, improving flexibility, tone, strength, and circulation. Each session is unique, set to inspiring music for motivation.

HTH-940-303: Mondays from 10:00 to 11:00 a.m.

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Strength, Cardio & Standing Stretch

Linda Roberts: Instructor

This class is designed to increase strength, mobility, endurance, and range of motion through light cardio exercises paired with music for light cardiovascular conditioning, resistance exercises using handheld weights, and stretching and strengthening movements using a chair. Core strength, balance, and flexibility are addressed as well. No prior experience is needed, and modifications will be shown as needed. Note: Athletic shoes must be worn.

HTH-945-324: Tuesdays from 8:30 to 9:30 a.m.

Functional Conditioning 3- Total Body Conditioning

Adrienne Collins: Instructor

This class starts with a cardio warm-up through creative dance movements for the arms, shoulders, waist, and hips. We then focus on strict, controlled movements to maintain good form, engaging the core and toning the diaphragm and abs. Routines include lower and upper body exercises using hand weights and a chair, with leg raises and seated upper body movements to tone the torso and legs. Each workout is different, ensuring variety and fun to great music!

HTH-945-308: Mondays from 12:00 to 1:00 p.m.

DANCE

HLOA: Line Dance Intermediate

Katie McVitty: Instructor

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.

HTH-904-313: Tuesdays from 12:30 to 2:00 p.m.

HTH-904-312: Wednesdays from 10:00 to 11:30 a.m.



South County Center: In-Person Course Descriptions

Summer Term Dates: July 6- September 30, 2025

HLOA: Tap Dance

Vicki Smith: Instructor

Come learn fun tap dance routines. Learn a variety of skills and choreographed tap dances. Some tap experience is preferred. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and will sharpen your memory.

HTH-901-302: Wednesdays & Fridays from 12:00 to 1:30 p.m.

HLOA: Tap Dance Introduction

Vicki Smith: Instructor

Students of all levels, including beginners, are welcome. Come learn fun tap dance routines while learning a variety of skills, including basic tap steps and 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-903-326: Thursdays from 10:30 to 11:30 a.m.

HLOA: 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 this one-hour class. It also incorporates basic ballet which adds to a great activity for balance, coordination, and putting cool moves together.

HTH-903-327: Thursdays from 11:45 to 12:45 p.m.

ADAPTED FITNESS

Adapted Physical Education- Seated Chair Exercise

Adrienne Collins: Instructor

This workout is a bit slower, gently stretching the body, to create flexibility. We also focus on the key points to develop and hold good posture, as well as using hand weights and chair routines for the upper and lower body. These sessions are devoted to help condition the body, learn proper form, and practice balancing exercises using the chair.

HTH-939-306: Wednesdays from 9:00 to 10:00 a.m.

HTH-939-307: Wednesdays from 10:15 to 11:15 a.m.



South County Center: In-Person Course Descriptions

Summer Term Dates: July 6- September 30, 2025

TAI CHI/BALANCE

Functional Mobility/Balance – Beginner Tai Chi

Young Lee: Instructor

This beginner class is a gentle exercise program for mental and physical well-being using the Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It is a standing, weight-bearing exercise that's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, strengthens bones, 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.

HTH-928-311: Mondays from 9:00 to 10:00 a.m.

Senior Self-Defense

Functional Mobility and Balance- Senior Self Defense- NEW!

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, & how to have a survival mindset.

HTH-928-312: Fridays from 10:00 to 11:00 a.m.

YOGA

Integrative Strength/ Flex Tech- Intermediate Mat Yoga

John Cochran: Instructor

This yoga class is intermediate. The postures always begin with a gentle version with the option to continue to more challenging positions. Postures are held a little longer than in the beginner class and any relaxation between postures is shorter. This class includes some discussion on the philosophy of yoga as well as an introduction to yoga breathing and meditation.

HTH-934-304: Thursdays from 12:30 to 1:45 p.m.

Integrative Strength/ Flex II- Mat Yoga

Adrienne Collins: Instructor

This energizing yoga class focuses on breath and alignment, using postures and salutations to build stamina, flexibility, and energy. It promotes self-awareness, self-care, and self-healing, helping participants set healthy boundaries. Each student creates their own practice, with mat work and modifications as needed. The class offers a safe environment to learn, laugh, and grow.

HTH-947-310: Mondays from 1:30 to 2:30 p.m.

HTH-947-311: Wednesdays from 11:30 a.m. to 12:30 p.m.

HEALTH & SCIENCE

HLOA: Healing Arts & Sciences: Natural Health Practices for the Journey (Level 1)

Alice Yeager: Instructor

A range of healing arts topics will be covered including complementary, alternative, wellness, mind-body, holistic and world medicine. A basic natural health understanding of health food diets and nutritional supplements is covered. Also included are self-healing practices of mindfulness meditation, journaling, reflective writing, plus the intuitive and creative arts. Subtle energy therapies include homeopathy, herbs, essential oils, aroma therapy, acupuncture, bodywork and hands healing, plus Yoga, Tai Chi, Qi-gong, etc. subtle energy movement exercise practices.

HTH-900-302: Tuesdays from 1:00 to 3:00 p.m.

HLOA: Healing, Intuitive and Creative Arts: Natural Health Practices for the Journey (Level 2)

Alice Yeager: Instructor

This course is an experiential in-depth follow-up to the HLOA: Healing Arts and Sciences (Level 1) course. Level 1 completion is highly recommended before taking this more in-depth experiential course. Beyond the basic understanding of complementary, alternative, holistic wellness and mind-body medicine, students are encouraged to further develop self-healing abilities and skills for greater health and well-being. Included are exercises designed to increase meditative mindfulness, intuitive insights, subtle energy healing abilities and inspired creative expression.

HTH-900-303: Thursdays from 1:00 to 3:00 p.m.