

South County Senior Activity Center Summer 2024 Classes and Activities

© = AACC ® = Free, Registration Required ** = drop in, no registration required

V = Virtual FR = Fee, Registration Required

Summer classes begin the week of July 8, unless otherwise noted. (Revised 5/15/2024)

Class	Course ID	Time	Instructor	Location	Dates	#Classes	Omit
MONDAY							
Func. Mobility/Balance: Tai Chi ©	HTH-928-313	9:30-10:30	Young Lee	Gym	7/8-9/16	10	9/2
Core Stability: Balance & Posture ©	HTH-940-303	10:00-11:00	Adrienne Collins	Exercise Rm 1	7/8-9/16	10	9/2
Knotty Knitters (2nd & 4th Mondays) **		10:00-12:00	none	Game Room	ongoing		9/2
Bingo (1st & 3rd Mondays) **		10:30-12:00	Volunteers	Dining Room	ongoing		9/2
Cardiovascular Conditioning ©	HTH 943-305	11:00-12:00	Dottie Conway	Gym	7/8-9/9	9	9/2
Weight Training **		12:00-1:00	Debbie Halley	Exercise Rm 1	ongoing		9/2
Func. Cond. 3 (Strength & Stretch) ©	HTH-945-309	12:00-1:00	Adrienne Collins	Gym	7/8-9/16	10	9/2
Mahjongg **		12:30-3:30	none	Game Room	ongoing		9/2
Book Club (3rd Monday) **		1:00-2:00	Library Staff	Edge. Library	Third Monday: 7/15, 8/19, 9/16		
Chair Exercises **		1:00-2:00	Debbie Halley	Exercise Rm 1	ongoing		9/2
Integ. Strength/Flex Tech. (Yoga) ©	HTH-947-309	1:30-2:30	Adrienne Collins	Gym	7/8-9/16	10	9/2
Gene Way Book Club (last Monday) **		2:00-3:00	none	Lecture Room	Last Monday : 7/29, 8/26, 9/30		
Pickleball **		2:30-4:00	none	Gym	ongoing		9/2
TUESDAY							
Func. Cond. 3 (Strength & Stretch) ©	HTH-945-320	8:30-9:30	Linda Roberts	Gym	7/9-9/10	10	
Canasta **		9:00-12:00	Don Jacques	Game Room	ongoing		
Design/Market/Art Stained Glass ©	BNS-903-308	10:00-12:30	Cynthia Kippax	Art Room	7/9-9/10	10	
HLOA: Intermediate Line Dance ©	HTH-904-307	12:30-2:00	Sarah Jose	Gym	7/9-9/11	10	
Bridge Club **		12:30-3:30	none	Game Room	ongoing		
Pickleball **		2:00-4:00	none	Gym	ongoing		
WEDNESDAY							
Chair Ex./Strength Training ©	HTH-939-306	9:00-10:00	Adrienne Collins	Gym	7/10-9/11		
Art Open Studio **		9:00-12:00	none	Art Room	ongoing		
HLOA: Beginner Line Dance ©	HTH-904-314	9:30-11:00	Kate McVitty	Exercise Rm 1	7/10-9/11	10	
DPAO: Colored Pencil ©	CRE-912-310	10:00-12:30	Alice Yeager	Art Room	7/10-8/28	8	
Chair Ex./Strength Training ©	HTH-939-307	10:15-11:15	Adrienne Collins	Gym	7/10-9/11		
Smartphone Photography ©	PHO-921-302	10:30-12:00	Christine Edwards	Classroom	7/10-8/21	7	
Integ. Strength/Flex Tech. (Yoga) ©	HTH-647-310	11:30-12:30	Adrienne Collins	Exercise Rm 1	7/10-9/11	10	
HLOA: Inter. Tap Dance W/F ©	HTH-901-303	12:00-1:30	Vicki Smith	Gym	7/10-9/13	20	
Mahjongg **		12:30-3:30	none	Game Room	ongoing		
Beginning Line Dance ®		12:45-1:45	Marie Brault	Exercise Rm 1	ongoing		
THURSDAY							
Pickleball **		8:30-10:00	none	Gym	ongoing		
Introduction to China ©	HSY-910-302	9:00-10:30	Greg Nedved	Classroom	8/8-9/5	5	
Group Guitar **		9:00-11:00	none	Stage	ongoing		
Scrabble **		9:00-12:00	none	Game Room	ongoing		
Ceramics (drop in) **		10:00-1:00	none	Art Room	ongoing		
China Painting **		10:00-1:00	none	Art Room	ongoing	10	
HLOA: Tap Dance Beginner ©	HTH-903-318	10:30-11:30	Vicki Smith	Gym	7/11-9/12	10	
Integ. Strength/Flex Tech. (Yoga) ©	HTH-934-304	12:30-1:45	John Cochran	Exercise Room 1	7/11-9/12	10	
Party Bridge **		12:30-4:00	none	Game Room	ongoing		
Func. Mobility: Beg. Tai Chi ©	HTH-928-306	1:00-2:00	Regina Judge	Gym	7/11-9/12	10	

Pickleball **		2:00-4:00	none	Gym	ongoing		
FRIDAY							
Cribbage **		9:00-10:00	none	Game Room	ongoing		
Wii Games **		10:00-11:30	none	Dining Room	ongoing		
Trivial Pursuit **		10:00-12:00	none	Game Room	ongoing		
Quilting Club **		9:00-1:00	none	Art Room	ongoing		
Intermediate Line Dance ®		10:30-11:30	Marie Brault	Gym	ongoing		
Advanced Line Dance **		12:00-1:30	Marie Brault	Exercise Room 1	ongoing		
HLOA: Interm. Tap Dance W/F ©	HTH-901-303	12:00-1:30	Vicki Smith	Gym	7/10-9/13	20	
HLOA: Jazz Dance ©	HTH-903-319	1:30-2:30	Vicki Smith	Gym	7/12-9/13	10	
Pickleball **		2:30-4:00	none	Gym	ongoing		
Tech. User Group (1st Friday) **, V		3:00-4:00	Lloyd Harrison	Virtual	First Friday of the month:		

NEW CLASSES

Core Stability Techniques: Balance and Posture Instructor: Adrienne Collins

Mondays from 10:00 a.m.-11:00 a.m.

Everyone needs to take time to stretch AND strengthen. This class has so many benefits. We will gradually move through basic stretches, similar to easy yoga movements, starting in the chair to slowly warm and stretch the muscles. Then we'll move into core exercises, using the chair and a floor mat, for deeper stretches and to build stonger, firmer abdominals and core. We'll also learn proper breathing techniques to help us relax the muscles through a variety of stretch movements, improving overall flexibility, muscle tone, core strength and circulation. Come join us for this body conditioning class, with no two repeated workouts, while listening to a variety of great music to inspire your training session.

Introduction to China

Instructor: Greg Nedved

Thursdays from 9:00 a.m.-10:30 a.m.

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

The following classes are now AACC classes and registration is required

Chair Exercise/Strength Training is now: Adapted P.E. Seated Chair Exercise

Wednesdays from 9:00 a.m.-10:00 a.m.

Chair Exercise/Strength Training is now: Adapted P.E. Seated Chair Exercise

Wednesdays from 10:15 a.m.-11:15 a.m.

Mat Exercise is now: Integrative Strength/Flex Techiques (Yoga)

Wednesdays from 11:30 a.m.- 12:30 p.m.