

# ARNOLD SENIOR ACTIVITY CENTER

## WINTER 2025 CLASSES

Winter semester continues to be in our new location on site at Anne Arundel Community College (AACC) campus in the Annex “A” building located at the south end of the campus. There are also classes being held in the Johnson building, which is located in the parking lot just down the hill from Annex “A”. PLEASE refer to the table of classes below which indicates where each class is scheduled to be held.

Classes listed in *bold and italics* are FREE and DO NOT require registration. All other classes are sponsored by AACC and require registration and fees. **REGISTRATION BEGINS TUESDAY, NOVEMBER 12TH. CLASSES BEGIN MONDAY, JANUARY 6<sup>TH</sup>**

All classes require an \$80 administrative fee payable to AACC by check or major credit card. Those under age 60 pay an additional \$40 per course. Some classes may have a supply fee. Please be sure to register early to avoid class cancellations or classes filling up. The registration process is fastest either online at [noncredit.aacc.edu](http://noncredit.aacc.edu) or in person at AACC at the Computer Applied Learning Technology (CALT) building, Room 115.

### Tips for Students Completing Paper Registration Forms for Winter Classes:

- The form will be processed when received by AACC; please note that online registration is the best way to ensure that you are registered before a class fills.
- If you do not include your credit card information, you will receive a call from AACC requesting the information via telephone. Your registration form cannot be processed until payment is received.
- Please check that the course number matches the class/times that you wish to take.
- Be sure to include your Date of Birth and SIGN and DATE your form or it cannot be processed.
- You may not sign up for a class that overlaps another class.

Last updated 11/4/24

Days	Course ID	Course Title	Start Date	End Date	Faculty	Start Time	End Time	Bldg/ Room
M	HTH-947-132	Mat Yoga	1/6/25	3/10/25	Akiko Stefanovich	09:00 AM	10:00 AM	ANNEX 110
M,W	HTH-929-107	Self Defense	1/6/25	3/26/25	Rhonda Weeks	09:00 AM	10:00 AM	JOHN 101
M	HTH-945-131	Aerobics & Strength	1/6/25	3/10/25	Akiko Stefanovich	10:00 AM	11:00 AM	ANNEX 110
M	HTH-945-132	Aerobics & Weights for Beginners	1/6/25	3/10/25	Akiko Stefanovich	11:00 AM	12:00 PM	ANNEX 110
*M	HTH-904-101	Beg. Line Dance	1/6/25	3/31/25	Ann Gross	11:00 AM	12:30 PM	JOHN 101
M,W	HTH-929-105	Funct. Mobility/Balance I Tai Chi	1/6/25	3/26/25	Sean Martial	01:00 PM	02:00 PM	ANNEX 110
M	CRE-912-116	Mixed Media Art	1/6/25	3/31/25	Cass McGowan	01:00 PM	03:00 PM	ANNEX 116
*M	CRE-912-102	Drawing	1/6/25	3/31/25	Scott Clarke	02:00 PM	04:00 PM	ANNEX 114
T	CRE-912-108	Beg. Watercolors	1/7/25	3/11/25	Alice Dudley	08:45 AM	10:45 AM	JOHN 109
T	CRE-912-101	Greeting Card Design	1/7/25	3/11/25	Scott Clarke	09:00 AM	11:00 AM	ANNEX 114
T	HTH-945-111	Zumba Toning	1/7/25	3/11/25	Kim Goff	10:00 AM	11:00 AM	ANNEX 110
T	BNS-908-101	Beg. Wood Carving	1/7/25	3/11/25	David Parker	10:30 AM	01:00 PM	ANNEX 116
T,F	HTH-935-101	Core Stability Techniques (Pilates)	1/7/25	3/14/25	Jeanine Farrell-Ove	11:00 AM	12:00 PM	ANNEX 110
T	CRE-912-107	Interm. Watercolors	1/7/25	3/11/25	Alice Dudley	11:00 AM	01:00 PM	JOHN 109
T	SLG-904-101	Conversational Sign Language 1	1/7/25	3/11/25	Peggy Bruce	12:30 PM	02:00 PM	JOHN 103
T	BNS-908-102	Adv. Wood Carving	1/7/25	3/11/25	David Parker	01:15 PM	03:45 PM	ANNEX 116

T	ERC-915-101	Mind Games & Brain Teasers	1/7/25	3/11/25	Peggy Bruce	02:00 PM	03:30 PM	JOHN 103
*T	HTH-903-114	Intermed. Line Dance	1/7/25	3/11/25	Sarah Jose	02:30 PM	03:30 PM	JOHN 101
W	HTH-945-133	Aerobics & Strength	1/8/25	3/5/25	Akiko Stefanovich	09:00 AM	10:00 AM	ANNEX 110
W		<b>Hand Quilting Club</b>	<i>continuous</i>	<i>continuous</i>		<b>09:00 AM</b>	<b>12:00 PM</b>	JOHN 103
W	HTH-939-111	Chair Yoga	1/8/25	3/12/25	Sharon Harty	09:30 AM	10:30 AM	ANNEX 114
W	BNS-903-106	Stained Glass	1/8/25	3/12/25	Cynthia Kippax	09:30 AM	12:00 PM	ANNEX 116
*W	HTH-904-102	Beg. Line Dance	1/8/25	3/12/25	Ann Gross	10:00 AM	11:30 AM	JOHN 101
W	HTH-947-111	Mat Yoga	1/8/25	3/12/25	Sharon Harty	10:30 AM	11:30 AM	ANNEX 110
W	BNS-903-105	Stained Glass	1/8/25	3/12/25	Cynthia Kippax	12:15 PM	02:45 PM	ANNEX 116
W	CRE-912-109	Colored Pencil	1/8/25	3/12/25	Alice Dudley	12:30 PM	02:30 PM	ANNEX 114
W	ERC-904-102	Foundations of Genealogy Research	1/8/25	2/12/25	Carol Carman	01:00 PM	03:00 PM	JOHN 103
*TH	HTH-945-130	Aerobics & Strength	1/9/25	3/6/25	Akiko Stefanovich	09:00 AM	10:00 AM	ANNEX 110
TH	BNS-903-104	Stained Glass	1/9/25	3/13/25	Cynthia Kippax	09:30 PM	12:00 PM	ANNEX 116
*TH	HTH-947-131	Yogalates	1/9/25	3/6/25	Akiko Stefanovich	10:00 AM	11 :00 AM	ANNEX 114
TH	HTH-947-101	Strength & Flex II	1/9/25	3/13/25	Michele Adair	10:00 AM	11:00 AM	ANNEX 110
TH	CPT-991-1 01	Intermediate iPhone	1/9/25	2/27/25	Donna MacAuley-Shoemaker	10:00 AM	12:00 PM	JOHN 106
TH	HTH-939-120	Chair Tai Chi	1/9/25	3/13/25	Young Lee	11:00 AM	12:00 PM	ANNEX 110
TH	BNS-903-103	Stained Glass	1/9/25	3/13/25	Cynthia Kippax	12:15 PM	02:45 PM	ANNEX 116
*TH	CPT-998-101	Apple Watch: Novice to Pro	1/9/25	1/28/25	Donna MacAuley-Shoemaker	12:30 PM	02:30 PM	JOHN 106
F	HTH-904-108	Beg. Line Dance	1/10/25	3/14/25	Katy McVitty	09:30 AM	11:00 AM	JOHN 101
F	CRE-912-110	One Stroke Painting	1/10/25	3/14/25	Kay Edelblute	09:30 AM	11:30 AM	ANNEX 116
F	HTH-945-110	Functional Conditioning III	1/10/25	3/14/25	Jeanine Farrell-Ove	10:00 AM	11:00 AM	ANNEX 110



**Beginning Line Dance, Mondays, 11:00 am - 12:30 pm and Wednesdays, 10:00 am - 11:30 am Instructor, Ann Gross**

New to line dancing? Then this class is for you! Learn basic line dance steps and simple routines. This is a fun way to exercise, reduce stress, and increase energy! This class is perfect for any age and fitness level.

**Drawing, Mondays, 2:00 pm - 4:00 pm Instructor, Scott Clarke**

Drawing is fundamentally about learning to see, and to transport that vision onto paper through a variety of mark making techniques. In this class, you'll learn characteristics such as line, shape, form, value, perspective, and composition. This is a great beginner class!

**Intermediate Line Dance, Tuesdays, 2:30 pm to 3:30 pm Instructor, Sarah Jose**

Building on the basics, Intermediate Line Dance typically covers more complex steps, patterns, and rhythms than the beginner course. Intermediate line dancing classes may include a faster pace, new dances, and more challenging choreography.



**Aerobics & Strength, Thursdays, 9:00 am - 10:00 am**  
**Instructor, Akiko Stefanovich**

This class is an aerobic and strength conditioning workout class. This class includes circuit training, cardio exercise, bodyweight exercises, and finishes with core training and stretching for a complete workout. Improve the strength of your heart and body in this combination class.

**Yogalates, Thursdays, 10:00 am - 11:00 am**  
**Instructor, Akiko Stefanovich**

Yogalates is a combination of yoga and Pilates that aims to improve flexibility, posture, and strength. This class will include core work, Yoga poses, and breathing exercises. Yogalates classes are suitable for all fitness levels, from beginners to experienced yogis.

**Apple Watch: Novice to Pro, Thursdays, 12:30 pm - 2:30 pm**  
**Instructor, Donna MacAuley-Shoemaker**

This class explores the features and capabilities of the latest Apple Watch OS, including Siri, the updated interface, and bundled app capabilities. Learn how to manage your Watch, including the haptic alert system, theater mode, and more. Discover ways you can communicate using your Apple Watch, as well as ways to view and work with apps. Get useful tips on using Siri, and learn about the variety of health and safety features that your Watch offers. Plus, find out how to take a screenshot, find your iPhone, force quit apps, and more.