

South County Senior Activity Center Winter 2025 Classes and Activities

© = AACC ® = Free, Registration Required ** = drop in, no registration required
 V = Virtual FR = Fee, Registration Required

Winter classes begin the week of January 6, unless otherwise noted.

Class	Course ID	Time	Instructor	Location	Dates	#Classes	Omit
MONDAY							
Design/Market/Art Wildfowl Carving ©	BNS-904-101	9:00-12:00	Joe Caldwell Wayne Everd	Art Room	1/6-3/24	10	1/20, 2/17
Func. Mobility/Balance: Tai Chi ©	HTH-928-112	9:00-10:00	Young Lee	Gym	1/6-3/24	10	1/20, 2/17
Core Stability II: Balance & Posture ©	HTH-940-103	10:00-11:00	Adrienne Collins	Gym	1/6-3/24	10	1/20, 2/17
Knotty Knitters (2nd & 4th Mondays) **		10:00-12:00	none	Game Room	ongoing		
Bingo (1st & 3rd Mondays) **		10:30-12:00	Volunteers	Dining Room	ongoing		1/20, 2/17
Cardiovascular Conditioning ©	HTH 943-105	11:00-12:00	Dottie Conway	Gym	1/6-3/24	10	1/20, 2/17
Sheng Zhen **		11:00-12:00	Allen Cady	Exercise Room	ongoing		1/20, 2/17
Beginning Spanish - Part 2 ©	LGA-937-102	11:30-1:30	Leigh Fleckenstein	Classroom	1/6-3/24	10	1/20, 2/17
Weight Training **		12:00-1:00	Debbie Halley	Exercise Room	ongoing		1/20, 2/17
Func.Cond. 3 (Total Body Cond.) ©	HTH-945-108	12:00-1:00	Adrienne Collins	Gym	1/6-3/24	10	1/20, 2/17
Design/Market/Art Wildfowl Carving ©	BNS-904-102	12:30-3:30	Joe Caldwell Wayne Everd	Art Room	1/6-3/24	10	1/20, 2/17
Mahjongg **		12:30-3:30	none	Game Room	ongoing		1/20, 2/17
Chair Exercises **		1:00-2:00	Debbie Halley	Exercise Room	ongoing		1/20, 2/17
Integ. Strength/Flex Tech. (Yoga) ©	HTH-947-109	1:30-2:30	Adrienne Collins	Gym	1/6-3/24	10	1/20, 2/17
Beginning Spanish ©	LGE-967-101	2:00-4:00	Leigh Fleckenstein	Classroom	1/6-3/24	10	1/20, 2/17
HLOA: Zumba Gold ©	HTH-903-116	2:00-3:00	Linda Roberts	Excise Room	1/6-3/24	10	1/20, 2/17
Pickleball **		2:30-4:00	none	Gym	ongoing		1/20, 2/17
TUESDAY							
Func. Cond. 3 (Strength & Stretch) ©	HTH-945-122	8:30-9:30	Linda Roberts	Gym	1/7-3/18	10	1/21
Canasta **		9:00-12:00	Don Jacques	Game Room	ongoing		
Barre-Lates ®		9:45-10:30	Pamela Galligan-Stierle	Gym	ongoing		
Design/Market/Art Stained Glass ©	BNS-903-108	10:00-12:30	Cynthia Kippax	Art Room	1/7-2/25	8	
Cardio Dance ®		10:45-11:30	Pamela Galligan-Stierle	Gym	ongoing		
Mind Games & Brain Builders ©	ERC-915-104	10:30-12:00	Tiara Rogers	Lecture Room	1/7-3/13	10	
HLOA: Intermediate Line Dance ©	HTH-904-112	12:30-2:00	Kate McVitty	Gym	1/7-3/11	10	
Medicare and Medicaid Essentials ©	ERC-912-102	12:30-2:30	Ron Deacon	Classroom	1/7-1/21	3	
Bridge Club **		12:30-3:30	none	Game Room	ongoing		
Pickleball **		2:00-4:00	none	Gym	ongoing		
WEDNESDAY							
Adaptive PE/Strength Training ©	HTH-939-107	9:00-10:00	Adrienne Collins	Gym	1/8-3/12	10	
Art Open Studio **		9:00-12:00	none	Art Room	ongoing		
HLOA: Beginner Line Dance ©	HTH-904-113	10:00-11:30	Kate McVitty	Exercise Room	1/8-3/12	10	
Guitars for Fun **		10:00-11:30	Jim Schessler	Lecture Room			
DPAO: Colored Pencil ©	CRE-912-119	10:00-12:30	Alice Yeager	Craft Room	1/8-2/26	8	
Adaptive PE/Strength Training ©	HTH-939-108	10:15-11:15	Adrienne Collins	Gym	1/8-3/12	10	
Integ. Strength/Flex Tech. (Yoga) ©	HTH-947-110	11:30-12:30	Adrienne Collins	Exercise Room	1/8-3/12	10	
HLOA: Inter. Tap Dance W/F ©	HTH-901-103	12:00-1:30	Vicki Smith	Gym	1/8-3/14	20	
Mahjongg **		12:30-3:30	none	Game Room	ongoing		
Beginning Line Dance ®		12:45-1:45	Marie Brault	Exercise Room	ongoing		

Children's Book Design ©	CRE912-120	1:00-3:30	Alice Yeager	Craft Room	1/8-2/26	8	
Intro to Computers ©	CTT-928-102	1:30-3:30	John Turner	Lecture Room	1/8-3/12	10	
Creative Writing ©	ENC-911-102	2:00-4:00	Craft Room	Susan Moger	1/8-3/12	10	
Intermediate Spanish ©	LGE-969-101	2:00-4:00	Leigh Fleckenstein	Classroom	1/8-3/12	10	
HLOA: Mid-Eastern Dance ©	HTH-903-115	2:30-3:30	Jean Milazzo	Gym	1/8-2/26	8	
THURSDAY							
Pickleball **		8:30-10:00	none	Gym	ongoing		
Group Guitar **		9:00-11:00	none	Stage	ongoing		
Scrabble **		9:00-12:00	none	Game Room	ongoing		
Autobiography Writing ©	LGE-956-102	10:00-12:00	Susan Moger	Craft Room	1/9-3/13	10	
Ceramics (drop in) **		10:00-1:00	none	Art Room	ongoing		
China Painting **		10:00-1:00	none	Art Room	ongoing		
HLOA: Tap Dance Beginner ©	HTH-903-119	10:30-11:30	Vicki Smith	Gym	1/9-3/13	10	
Integ. Strength/Flex Tech. (Yoga) ©	HTH-934-104	12:30-1:45	John Cochran	Exercise Room	1/9-3/13	10	
Party Bridge **		12:30-4:00	none	Game Room	ongoing		
Current Events **		1:00-2:30	Susann Felton	Craft Room	1/9-3/13	10	
Cultural Influences ©	ENC-972-101	1:00-4:00	John O'Dell	Classroom	1/9-3/13	10	
Pickleball **		2:00-4:00	none	Gym	ongoing		
FRIDAY							
Cribbage **		9:00-10:00	none	Game Room	ongoing		
Quilting Club **		9:00-1:00	none	Art Room	ongoing		
Wii Games **		10:00-11:30	none	Dining Room	ongoing		
Trivial Pursuit **		10:00-12:00	none	Game Room	ongoing		
Intermediate Line Dance ®		10:30-11:30	Marie Brault	Gym	ongoing		
Advanced Line Dance **		12:00-1:30	Marie Brault	Exercise Room	ongoing		
HLOA: Interm. Tap Dance W/F ©	HTH-901-103	12:00-1:30	Vicki Smith	Gym	1/8-3/14	20	
HLOA: Jazz Dance ©	HTH-903-120	1:30-2:30	Vicki Smith	Gym	1/10-3/14	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: 1/3, 2/7, 3/7		

New Class for Winter 2025

Zumba Gold®

Mondays from 2:00 p.m.-3:00 p.m.

Instructor: Linda Roberts

Zumba Gold® is modified Zumba® class that recreates the original moves at a lower-intensity. It introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.