

### ART

#### DPAO: Acrylic Painting-Acrylic Flower Painting

*Laura Forsythe-Chisolm: Instructor*

In this class, students will learn skills to paint a variety of flowers on canvas, wood and paper. Advanced and beginner students are welcome. Class is designed to be a relaxing and fun exploration of painting and art! Loose and expressive style is the focus rather than precision. Please come to the first session to see and learn about the many options for supplies.

**CRE-913-201: Tuesdays from 9:00 a.m. to 12:00 p.m.**

#### Design, Marketing & Art of Stained Glass

*Kay Edelblute: Instructor*

Learn glass cutting, pattern preparation, foiling, and soldering to complete a stained-glass project. Students will receive help with designs, produce beautiful creations and be given individual guidance to reach personal goals. Discuss opportunities for marketing & sale of completed projects.

**BNS-903-201: Mondays from 12:30 to 3:30 p.m. (Advanced)**

**BNS-903-202: Wednesdays from 12:30 to 3:30 p.m. (Beginner)**

#### DPAO: One-Stroke Painting-Advanced

*Kay Edelblute: Instructor*

Explore one-stroke painting. This class is perfect for beginners and experienced students. Learn basic strokes like flat stroke, U-strokes, Daisy strokes, bud strokes, tear drop stroke, easy petal strokes, shell strokes/wiggle strokes, leaf strokes as well as learning about the supplies needed. Discuss opportunities for marketing and sale of completed projects. Supplies needed for class will be discussed at the first session. It is recommended that students wait to purchase supplies. Attendance at the first session is highly recommended.

**CRE-912-211: Tuesdays from 1:00 to 3:00 p.m.**

#### Design, Market Art Objects Ceramic 2

*Anne Kancherla: Instructor*

Enjoy creating ceramics pieces to give as gifts, keep for yourself or sell to others. Leave the firing and glazing to us! Take the finished work home. Note: Supplies are not included in the Senior cycle fee. A supply list of recommended supplies will be available the first day of class.

**BNS-907-203: Fridays from 9:00 a.m. to 12:00 p.m.**

**BNS-907-204: Mondays from 9:00 a.m. to 12:00 p.m.**



# Pasadena Senior Center: In-Person Course Descriptions

## Spring Term Dates: April 7- June 30, 2025

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### DPAO: Wood Carving: Wood Carving Basics for Novice to Intermediate Carvers

*John Richardson: Instructor*

The purpose of this class is to develop the skills of wood carvers from the novice to intermediate levels. While this class offers a single project to be completed over each semester, other carving styles will be discussed. In this class, only hand tools (knives & gouges) are used and since carving tools are *extremely* sharp, safety will be emphasized. Tool sharpening & selection, painting, and pyrography will also be covered. In lieu of the semester project, students may work on their own projects with instructor assistance (as time allows). Students will identify art venues and determine sales potential.

**BNS-908-203: Thursdays from 1:15 to 3:45 p.m.**

## FITNESS

### CARDIOVASCULAR CONDITIONING

#### Cardiovascular Conditioning- Aerobic Dance

*Susan Wells: Instructor*

Join our fun dance fitness class for a full-body workout that benefits your health, heart, and mind. The class starts slowly, with step-by-step instructions for each dance move. It includes warm-up dances, aerobic routines, cool-downs, weights, and floor/chair stretches, followed by a recovery heart rate. Designed for non-dancers, students work at their own pace while focusing on enjoyment. Participants should be able to stand, walk, move side to side, and get up and down from the floor independently or with a chair's help

**HTH-943-202: Wednesdays from 11:15 to 12:15p.m.**

### ADAPTED FITNESS

#### Adapted Physical Education-Chair Exercise

*Linda Bouchat-Smith: Instructor*

This Adaptive Physical Education class develops an awareness of the benefits of exercise. The class discusses information on health and fitness for seniors. It is also suitable for anyone with a physical limitation as it uses chairs. Linda also incorporates hand weights, fitness bands and various equipment to explore individual levels of fitness.

**HTH-936-202: Wednesdays & Fridays from 10:00 to 11:00 a.m.**



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### Adapted Physical Education II - Chair/Mat Yoga

*Mary Krause: Instructor*

This class is based on gentle movements and poses of Hatha Yoga. Poses will be done from the chair and using the chair for balance, flexibility and improving function in daily life. Modifications will be shown as well as technique for each pose. All classes end with Meditation.

**HTH-939-214: Mondays from 9:30 to 10:30 a.m.**

## FUNCTIONAL CONDITIONING

### HLOA: Drums Alive- *NEW!*

*Kim Goff: Instructor*

Get ready to drum your way to fitness and fun! We're excited to announce our new Drums Alive class! This is a unique and energizing workout experience that combines drumming, music and movement. This high-energy class is suitable for all ages and fitness levels, and it's a great way to improve your physical and mental health while having a blast. Register early to claim your spot in this class and discover the power of rhythm and movement!

**HTH-903-204: Tuesdays from 12:15 to 1:15 p.m.**

### Functional Conditioning 3: Zumba Toning

*Kim Goff: Instructor*

A unique way to improve your body through the combination of dance and fitness with a focus on FUN which ensures you'll "stick with it"! This whole-body workout to great music will tone arms and legs, strengthen your core, and improve your balance. The class is very senior-friendly as it allows the participant to easily modify any movement due to ability or needs. Light "Toning sticks" are used; while similar to traditional hand weights, they are constructed to allow for improved movement. Come dance your way to leaner muscles and a more sculpted shape.

**HTH-945-212: Thursdays from 12:00 to 1:00 p.m.**

### Functional Conditioning 3- Aerobics/ Strength

*Mary Krause: Instructor*

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.

**HTH-945-217: Mondays from 10:30 to 11:30 a.m.**

### Functional Conditioning 3- Aerobic Dance and Strength

*Tena Smith (Rooks): Instructor*

This is a fun class to get your body moving! Class includes dynamic warm-up, Aerobic moves to fun music, exercises with hand weights, and cool-down and stretch.

**HTH-945-227: Wednesdays from 8:45 to 9:45 a.m.**

## LINE DANCE

### HLOA: Line Dance Beginner

*Katie McVitty: Instructor*

This low impact line dance class is geared toward beginners with guidance through the steps and how to perform circle dances and other similar dances. The history of some dances is occasionally explained. This class addresses the needs of beginners with attention to the best and easiest way to accomplish the dance. Dances can be adapted for students who have physical limitations.

**HTH-904-209: Mondays from 11:30 a.m. to 1:00 p.m.**

### HLOA: Line Dance Intermediate

*Katie McVitty: Instructor*

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.

**HTH-903-217: Tuesdays from 10:00 to 11:00 a.m.**

## TAI CHI/ BALANCE

### Functional Mobility & Balance I- Tai Chi for Health and Wellness

*Billy Greer- Instructor*

The health benefits of tai chi are well documented in many medical studies. It helps to control blood pressure, improves balance, focus, strength, flexibility, endurance, and bone density. It also boosts the immune system and has anti-aging benefits. If you have been curious about this ancient art of slow, mindful movement, this is an excellent opportunity to experience it for yourself. Movements can be modified for every fitness level. Those with no experience will learn strong foundation skills. Those who already have experience will refine their understanding. No special equipment is needed, and you can wear loose, comfortable clothes (athletic pants and a t-shirt are fine). The movements are all done standing, but the individual can modify many to be done seated if needed.

**HTH-928-205: Thursdays from 9:45 to 10:45 a.m.**



## SELF-DEFENSE

### Functional Mobility & Balance II- Senior Self-Defense

*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, and how to have a survival mindset.

**HTH-929-208: Tuesdays and Thursdays from 2:00 to 3:00 p.m.**

## WEIGHT TRAINING

### Weight Training for Older Adults- Circuit Training with Weights & Cardio

*Mary Krause: Instructor*

Students will warm up and warm down/stretch together before and after the circuit portion begins. Exercises using 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.

**HTH-944-206: Tuesdays from 8:30 to 9:30 a.m.**

## YOGA

### Integrative Strength/ Flex II- Mat Yoga

*Nina Benoit: Instructor*

Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. You will leave feeling strong, centered, and peaceful. There is a focus on breathing practices to induce a more relaxed state in the body, mind, and spirit.

**HTH-947-204: Tuesdays from 11:00 a.m. to 12:00 p.m.**

**HTH-947-203: Thursdays from 11:00 a.m. to 12:00 p.m.**

**HTH-947-205: Fridays from 11:15 a.m. to 12:15 p.m.**