

# O'Malley Senior Center & Annex

# SPRING 2024 Course List

Registration Begins: February 20th, 2024

| Course ID# & Section # | Course Title   | Start Date | End Date | Instructor       | Class Location (Subject to Chg.) | Beg. Time | End Time | Days |
|------------------------|--|------------|----------|------------------|----------------------------------|-----------|----------|------|
| HTH-947-213            | Integrative Strength/Flex II<br><b>Mat Yoga</b>                      | 04/01/24   | 06/10/24 | Harty,Sharon     | <b>ANNEX</b>                     | 09:00AM   | 10:00AM  | M    |
| BNS-901-201            | Clothing I: Design, Sew & Sell<br><b>Intermediate Garment Sewing</b> | 04/01/24   | 06/10/24 | Richardson,Joyce | <b>ANNEX</b>                     | 09:00AM   | 12:00PM  | M    |
| ERC-915-201            | Mind Games and Brain Builders  | 04/08/24   | 06/17/24 | Bruce,Peggy      |                                  | 09:30AM   | 11:00AM  | M    |
| ENG-928-201            | African American Literature  | 04/01/24   | 06/10/24 | Spencer,Vivian   |                                  | 12:30PM   | 02:00PM  | M    |
| HTH-947-229            | Integrative Strength/Flex II<br><b>Mat Yoga</b>                      | 04/01/24   | 06/10/24 | Serinis,Gretchen | <b>ANNEX</b>                     | 01:00PM   | 02:00PM  | M    |
| CRE-912-202            | DPAO: Greeting Card Design   | 04/02/24   | 06/04/24 | Clarke,Matthew   |                                  | 09:00AM   | 10:30AM  | T    |
| BNS-901-202            | Clothing I: Design, Sew & Sell<br><b>Beginning Sewing</b>            | 04/02/24   | 06/04/24 | Senk,Pauline     | <b>ANNEX</b>                     | 09:00AM   | 12:00PM  | T    |
| CPT-978-201            | iPhone Basics  | 04/02/24   | 05/21/24 | Turner, John     |                                  | 12:00PM   | 2:00PM   | T    |
| HTH-939-210            | Adapted Physical Education II<br><b>Chair Yoga</b>                   | 04/02/24   | 06/04/24 | Harty,Sharon     |                                  | 12:45PM   | 01:45PM  | T    |
| HTH-944-202            | Weight Training Older Adults   | 04/02/24   | 06/04/24 | Halley,Deborah   | <b>ANNEX</b>                     | 01:00PM   | 02:00PM  | T    |
| HST-937-201            | Women of Achievement   | 04/02/24   | 05/13/24 | Tate,Marilyn     |                                  | 01:00PM   | 03:30PM  | T    |
| HTH-900-201            | HLOA: Ballroom Dance   | 04/02/24   | 06/04/24 | Pabon,Carlos     |                                  | 02:00PM   | 03:45PM  | T    |
| HTH-945-215            | Functional Conditioning 3<br><b>Circuit Training Stations</b>        | 04/02/24   | 06/04/24 | Johnson,Margaret | <b>ANNEX</b>                     | 02:15PM   | 03:15PM  | T    |

|             |   |          |          |                       |              |          |         |    |
|-------------|---|----------|----------|-----------------------|--------------|----------|---------|----|
| HRY-986-201 | Chapters in American History  | 05/08/24 | 06/12/24 | Nedved,Greg           |              | 09:00AM  | 10:30AM | W  |
| BNS-902-202 | Clothing II: Design, Sew & Sell<br><b>Intermediate Sewing</b>           | 04/03/24 | 06/05/24 | Senk,Pauline          | <b>ANNEX</b> | 09:00AM  | 12:00PM | W  |
| HTH-943-211 | Cardiovascular Conditioning<br><b>Zumba</b>                             | 04/03/24 | 06/05/24 | Krause,Mary           | <b>ANNEX</b> | 10:30AM  | 11:30AM | W  |
| HTH-939-222 | Adapted Physical Education II<br><b>Armchair Exercise</b>               | 04/03/24 | 06/05/24 | Schummer,Judith       |              | 10:30AM  | 11:30AM | W  |
| LGE-967-206 | Beginning Spanish   | 04/10/24 | 06/12/24 | Shaw,Cristiane        |              | 12:00PM  | 01:30PM | W  |
| HTH-939-224 | Adapted Physical Education II<br><b>Chair Yoga</b>                      | 04/03/24 | 06/05/24 | Serinis,Gretchen      | <b>ANNEX</b> | 01:00PM  | 02:00PM | W  |
| CRE-912-217 | DPAO: Mixed Media Art   | 04/03/24 | 06/05/24 | McGowan,Kathleen      | <b>ANNEX</b> | 01:00PM  | 03:00PM | W  |
| LGE-982-201 | Brazilian Portuguese  | 04/10/24 | 06/12/24 | Shaw,Cristiane        |              | 01:30PM  | 03:00PM | W  |
| CRE-912-218 | DPAO: Watercolors   | 04/03/24 | 05/29/24 | Rimpo, April          |              | 01:45PM  | 03:45PM | W  |
| SLG-903-202 | Conversational Sign Language II   | 04/11/24 | 06/13/24 | Bruce,Peggy           |              | 09:30AM  | 11:00AM | TH |
| HTH-943-209 | Cardiovascular Conditioning<br><b>Latin Cardio Dance</b>                | 04/04/24 | 06/27/24 | Infante-Ludlum,Sandra |              | 11:00AM  | 12:00PM | TH |
| HTH-904-218 | HLOA: Line Dance Intermediate   | 04/04/24 | 06/06/24 | Jose,Sarah            | <b>ANNEX</b> | 10:30 AM | 12:00PM | TH |
| LGA-937-201 | Beginning Spanish-Part II   | 04/11/24 | 06/13/24 | Shaw,Cristiane        |              | 12:00PM  | 01:30PM | TH |
| HTH-939-211 | Adapted Physical Education II<br><b>Chair Exercise w/ Light Weights</b> | 04/04/24 | 06/27/24 | Infante-Ludlum,Sandra |              | 12:15PM  | 01:15PM | TH |
| ENL-905-202 | Sherlock Holmes II: Lit   | 04/04/24 | 05/15/24 | Whitall,Lynn          |              | 01:00PM  | 03:00PM | TH |
| LGA-902-201 | Beginning Italian   | 04/11/24 | 06/13/24 | Shaw,Cristiane        |              | 01:30PM  | 03:00PM | TH |
| HTH-945-216 | Functional Conditioning 3<br><b>Circuit Training Stations</b>           | 04/04/24 | 06/06/24 | Johnson,Margaret      |              | 02:15PM  | 03:15PM | TH |

|             |  |          |          |                  |              |         |         |       |
|-------------|--|----------|----------|------------------|--------------|---------|---------|-------|
| BNS-902-201 | Clothing II: Design, Sew & Sell<br><b>Advanced Garment Sewing</b>      | 04/05/24 | 06/07/24 | Richardson,Joyce | <b>ANNEX</b> | 09:00AM | 12:00PM | F     |
| HSY-906-201 | Pyramids, Pharaohs, & Mummies  | 04/05/24 | 05/24/24 | Cahill,John      |              | 10:00AM | 12:00PM | F     |
| HTH-904-211 | HLOA: Line Dance   | 04/05/24 | 06/07/24 | McVitty,Kate     |              | 12:30PM | 02:00PM | F     |
| HTH-939-223 | Adapted Physical Education II<br><b>Chair Yoga</b>                     | 04/05/24 | 06/07/24 | Serinis,Gretchen | <b>ANNEX</b> | 01:00PM | 02:00PM | F     |
| HTH-926-206 | Functional Conditioning II<br><b>Circuit Training</b>                  | 04/01/24 | 06/10/24 | Schummer,Judith  | <b>ANNEX</b> | 11:00AM | 12:00PM | M F   |
| HTH-929-201 | Functional Mobility/Balance II<br><b>Intermediate/Advanced Tai Chi</b> | 04/01/24 | 06/12/24 | Colestock,Jackie |              | 02:00PM | 02:55PM | M W   |
| HTH-929-202 | Functional Mobility/Balance II<br><b>Beginning Tai Chi</b>             | 04/01/24 | 06/12/24 | Colestock,Jackie |              | 03:00PM | 03:55PM | M W   |
| HTH-925-202 | Functional Conditioning I<br><b>Morning Stretch</b>                    | 04/01/24 | 06/10/24 | Schummer,Judith  |              | 08:30AM | 09:30AM | M W F |
| HTH-901-202 | HLOA: Dance<br><b>Aerobics</b>   | 04/01/24 | 06/10/24 | Schummer,Judith  |              | 09:30AM | 10:30AM | M W F |
| HTH-926-204 | Functional Conditioning II<br><b>Aerobics &amp; Strength</b>           | 04/02/24 | 06/06/24 | Murphy,Kimberly  |              | 08:30AM | 09:30AM | T TH  |
| HTH-936-205 | Adapted Physical Education<br><b>Seated Chair Exercise</b>             | 04/02/24 | 06/06/24 | Murphy,Kimberly  |              | 09:30AM | 10:30AM | T TH  |

**CLASSES ARE SUBJECT TO CHANGE**

Registration can be completed **online** at [portal.aacc.edu](http://portal.aacc.edu) OR **paper registration** forms can be picked up at the front desk. Completed paper registration forms can be returned to the front desk or taken to one of AACC's sites (Arnold, Arundel Mills or Glen Burnie Town Center). Online registration is *highly* recommended as some classes fill quickly.

Last day to submit completed paper registration forms at the center is **Tuesday, March 5th**; after that all registration must be done online or be taken to one of AACC's sites.

For all students, there is an administrative fee of \$80.00. Students aged 55 to 59 pay the \$80.00 administrative fee plus \$40.00 per course.