

South County Senior Center Spring'12 Classes

In-center registration begins February 1st at 8:00 a.m. Classes begin week of April 2nd unless otherwise indicated.

Codes: © = Community College sponsored class (held at the senior center) Fee * Non AACC = No Fee

MONDAY

<i>Class</i>	<i>Time</i>	<i>Instructor</i>	<i>Location</i>	<i>Dates</i>	<i>Special Notes</i>
Functional Conditioning II ©	8:05-8:55	TBA	Gym	4/2-6/13	Sign up as M,W class
DPAO: Painting ©	8:30-11:30	J. Caldwell, J. Cardelli	Art Room	4/2-6/11	Painting an American Kestrel
Cardiovascular Conditioning © (Aerobics)	9:00-9:55	TBA	Gym	4/2-6/11	Sign up as M class
DPAO: Crafts ©	9:30-11:30	E. Bacon	Craft Room	4/2-6/11	Same class as Mondays at 12:30 pm
Adapted Physical Education ©	10:00-11:00	J. Nalley	Gym	4/2-6/15	Sign up as M, F class
World War II ©	10:00-12:00	C. Mullauer	Classroom	4/2-6/11	
Chair Yoga ©	10:30-12:00	K. Pedra	So. Dist. Police Station	4/2-6/4	New class! Bring your own mat or towel.
Chair Exercise *	11:00-11:45	Jane Nalley	Dining Rm.	4/2-6/11	
HLOA:Line Dance ©	11:05-12:05	TBA	Gym	4/2-6/15	Intermediate Level; Sign up as M,F class;
Integrative Strength & Flexibility Techniques © (Yoga)	12:10-1:25	J. Cochran	Gym	4/2-6/18	Intermediate Level
DPAO: Painting ©	12:30-3:30	J. Caldwell, J. Cardelli	Art Room	4/2-6/11	Painting an American Kestrel
DPAO:Crafts ©	12:30-2:30	E. Bacon	Craft Room	4/2-6/11	Same class as Mondays at 9:30 am
History of United States Presidents ©	1:00-3:00	C. Thomann	Classroom	4/2-6/11	

TUESDAY

Core Stability Techniques © (Pilates)	8:05-8:55	E. Martin	Gym	4/3-6/7	Sign up as T,Th class
Exercise w/Weights-Police Station (drop in)	8:00-8:50	L. Petroy	So. Dist. Police Station	4/3-6/7	T,Th class; Class does not meet on the third Thursday each month;
Functional Conditioning II ©	9:00-10:00	L. Petroy	Gym	4/3-6/7	Sign up as T,Th class
DPAO:Portrait Painting ©	9:00-11:30	P. Fink	Alcove	4/3-6/5	
Masterpieces of Symphonic Music ©	9:00-11:00	J. Kraemer	Craft Room	4/3-6/5	
Permaculture ©	9:30-11:30	H. Loughrey	Classroom	4/3-6/5	NEW CLASS! Please request a class description.
South County Show Stoppers	11:00	J. DeWilde	Dining Rm.	ongoing	Planning & rehearsals usually held at this time, performance dates vary
The Art of Pottery ©	9:00-12:00	N. DiMauro	Art Room	4/10-6/12	Also known as ceramics
Functional Conditioning II ©	10:00-11:00	J. Triantis	Gym	4/3-6/7	Sign up as T,Th class
Integrative Strength & Flexibility Techniques © (Yoga)	10:30-12:00	N. Benoit	So. Dist. Police Station	4/10-6/5	Sign up as T class; Bring your own mat/towel. Intermediate level
Functional Conditioning II ©	11:00-12:00	J. Triantis	Gym	4/3-6/7	Sign up as T,Th class
Beginning Italian ©	12:00-2:00	A. Bova	Craft Room	4/3-6/5	
Functional Conditioning II ©	12:05-1:05	N. Butler	Gym	4/3-6/7	Sign up as T,Th class
Intermediate Spanish ©	12:15-2:15	N. Pouring	Classroom	4/3-6/5	
Functional Mobility/Balance II ©	1:10-2:10	S. Martial	Gym	4/3-6/7	Sign up as T,Th class; Formerly known as Tai Chi
Art Education for Older Adults ©	1:00-3:00	A. McWhirter	Art Room	4/10-6/12	
HLOA:Tap Dance ©	1:30-2:30	V. Smith	Dining Rm	4/3-6/5	Beginning level
Beginning Italian II ©	2:05-4:05	A. Bova	Craft Room	4/3-6/5	
Autobiography Writing for Sr. Citizens ©	2:20-4:20	S. Moger	Classroom	4/3-6/5	

WEDNESDAY

DPAO:Watercolor ©	8:00-10:30	B. Scheihing	Art Room	4/4-6/6	
Functional Conditioning II ©	8:00-8:55	TBA	Gym	4/2-6/13	Sign up as M,W class
Cardiovascular Conditioning © (Aerobics)	8:55-9:55	TBA	Gym	4/4-6/6	Sign up as W class
Beginning French ©	9:15-10:55	S. Gryszko	Craft Room	4/4-6/6	
The Bible as Literature ©	10:00-11:30	D. Stewart	Classroom	4/4-6/6	The Gospel of John
Adapted Physical Education ©	10:00-11:00	TBA	Gym	4/4-6/8	Sign up as W class

WEDNESDAY (continued)					
<i>Class</i>	<i>Time</i>	<i>Instructor</i>	<i>Location</i>	<i>Dates</i>	<i>Special Notes</i>
DPAO: One Stroke Painting ©	10:45-12:45	F. Ormond	Art Room	4/4-6/6	Intermediate/advanced level
Intermediate French ©	11:00-12:40	S. Gryszko	Craft Room	4/4-6/6	
Chair Exercise *	11:00-11:45	TBA	Dining Rm.	4/4-6/6	
Integrative Strength & Flexibility Techniques © (Yoga)	11:00-12:15	K. Pedra	Gym	4/4-6/6	
British Novels ©	12:30-2:00	D. Stewart	Classroom	4/4-6/6	"A romp with British murder & mystery"
HLOA: Tap Dance ©	12:35-2:05	V. Smith	Gym	4/4-6/15	Sign up as W,F class
DPAO: Stained Glass ©	1:00-3:30	R. Sanford	Art Room	4/4-6/6	
HLOA: Line Dance	1:15-2:45	B. Brown	Gym	4/4-6/6	
DPAO: One Stroke Painting ©	1:30-3:30	F. Ormond	Craft Room	4/4-6/6	Beginning level; Supply list available
HLOA: Mid Eastern Dance ©	2:30-3:45	J. DeWilde	Gym	4/4-5/30	Intermediate level
Creative Writing ©	2:15-4:15	S. Moger	Classroom	4/4-6/6	
THURSDAY					
Core Stability Techniques © (Pilates)	8:05-8:55	E. Martin	Gym	4/3-6/7	Sign up as T,Th class
Exercise w/Weights-Police Station (drop in)	8:00-8:50	L. Petroy	So. Dist. Police Station	4/3-6/7	T,Th class; Class does not meet on the third Thursday each month
DPAO:Art©	9:00-12:00	J. Taylor	Art Room	4/5-6/7	
Functional Conditioning II ©	9:00-10:00	L. Petroy	Gym	4/3-6/7	Sign up as T,Th class
Functional Conditioning II ©	10:00-11:00	J. Triantis	Gym	4/3-6/7	Sign up as T,Th class
Contemporary Literature ©	10:00-12:00	J. Roes	Craft Room	4/5-6/7	
History of Anne Arundel County ©	10:00-12:00	W. Mumford	Classroom	4/5-6/7	
DPAO: Porcelain China Painting ©	10:00-3:00	H. Treff	Alcove	4/5-5/3	Intermediate/advanced level class
DPAO: Porcelain China Painting ©	10:00-3:00	H. Treff	Alcove	5/10-6/7	Intermediate/advanced level class
Integrative Strength & Flexibility Techniques © (Yoga)	10:30-12:30	N. Deane	So. Dist. Police Station	4/5-6/7 Omit 1/19 & 2/17	Sign up as Th class; Bring your own mat/towel; Class does not meet on the third Thursday each .month; Intermediate level
Functional Conditioning II ©	11:00-12:00	J. Triantis	Gym	4/5-6/7	Sign up as T,Th class
Functional Conditioning II ©	12:05-1:05	N. Butler	Gym	4/5-6/7	Sign up as T,Th class
Jane Austen ©	1:00-3:00	J. Rich	Craft Room	4/5-5/17	NEW CLASS! Please request a class description.
Cultural Influences in America ©	1:00-4:00	J. Roes	Craft Room	4/5-6/7	
Functional Mobility/Balance II ©	1:10-2:10	S. Martial	Gym	4/3-6/7	Sign up as T,Th class
Computer Awareness ©	1:30-3:45	T. Armour	Classroom	4/12-5/31	
FRIDAY					
Cardiovascular Conditioning © (Aerobics)	8:05-8:55	L. Petroy	Gym	4/13-6/15	
Beginning Spanish ©	8:15-10:15	J. Chamorro	Craft Room	4/13-6/15	
Cardiovascular Conditioning © (Aerobics)	9:00-9:55	D. Conway	Gym	4/13-6/15	
Introduction to the Internet ©	9:00-10:30	T. Armour	Classroom	4/13-6/8	Textbook available through AACC
DPAO:Painting ©	9:30-12:30	P. Fink	Art Room	4/13-6/15	
Adapted Physical Education ©	10:00-11:00	J. Nalley	Gym	4/2-6/15	Sign up as M, F class
Intermediate Spanish ©	10:30-12:30	J. Chamorro	Craft Room	4/13-6/15	
HLOA:Line Dance ©	11:05-12:05	TBA	Gym	4/2-6/15	Intermediate Level; Sign up as M,F class
HLOA:Jazz Dance ©	11:30-12:30	V. Smith	Gym	4/13-6/15	
HLOA: Tap Dance ©	12:35-2:05	V. Smith	Gym	4/4-6/15	Sign up as W,F class
Introduction to Social Media ©	1:30-3:45	T. Armour	Classroom	4/13-6/8	Textbook available through AACC
World of Opera ©	1:00-3:00	M.A. Cashman	Art Room	4/13-6/15	
Masterpieces of Asian Art ©	1:00-3:00	D. Hobbs	Classroom	4/13-6/15	
Cardiovascular Conditioning ©	2:30-3:30	W. Preslan	Gym	4/13-6/15	Zumba Gold

DPAO: Design and Production of Craft Objects

HLOA: Healthy Living for Older Adults

**Scholarship help may be available through Friends of South County Senior Center, Inc. funds.
Please speak privately with Sharon.**