

# SPRING 2012 – Class Offerings– Annapolis Senior Ctr.

Registration begins Wednesday, February 1, 2012

Classes begin week of April 2nd, 2012 unless otherwise indicated.

- Codes:** © = Community College sponsored class (held at the senior center)  
 \* = Non College Class—No cycle fee applies.  
 B&G Club = Boys and Girls Club of Annapolis (next to the Senior Center)  
 ♦ & **Bold**= Indicates Class Description on Back

**STARS REGISTRATION** is available at Annapolis Senior Center. Please stop by a week before registration to obtain your STARS codes and registration instructions to register by phone. Online registration is available at myaacc.aacc.edu. No STARS codes are necessary for online registration..

<b>Monday</b>	
8:30-9:30 Aerobics (Cardiovascular Conditioning) © <b>♦9:00-11:00 Google Tools Beyond the Basics</b> © 9:15-10:45 Beginning French Language & Customs © 9:30-10:30 Beginning Yoga (Integrative Strength/Flex) © 10:00-12:00 Art of Pottery: Ceramics AM © 10:00-12:00 DPAO: Mixed Media Art—Beginning © 10:30-11:30 Aerobics (Cardiovascular Conditioning) © 11:00-12:30 Intermediate French © <b>♦11:00-1:00 MS Word Level I—Beginning</b> ©	11:30-12:30 Beginning Tai Chi (Functional Mobility/Balance) © (m/w) 12:30-2:00 Art of Pottery: Ceramics PM © 1:00-3:00 World of Opera © <b>1:00-3:00 Beginning Italian Level II</b> © <b>♦1:30-2:30 Anatomy &amp; Kinesiology</b> © <b>♦1:45-3:45 MS Word Level II—Intermediate</b> © 2:45-3:30 HLOA: Line Dance—Beginning ©
<b>Tuesday</b>	
8:00-9:00 Pilates (Core Stability Tech.)w/Colleen © (t/th) 8:00-9:00 Pilates (Core Stability Tech.) w/Kim © (t/th) 9:00-10:00 Aerobics (Cardiovascular Conditioning) © <b>♦9:00-11:00 Home Computer Data Organization</b> © 9:15-12:15 DPAO: Watercolor © 9:30-11:00 Yoga & Beyond (Integrative Strength/Flex) © (B & G's Club) 10:00-11:00 HLOA: Weight Room I © 10:00-11:00 Tai Chi (Intermediate) (Functional Mobility and Balance) © <b>♦10:00-12:00 Art Education for Older Adults</b> © 10:00-12:00 History of Anne Arundel County ©	11:00-12:00 Adaptive PE (Chair Class) © (t/th) 11:10-12:10 Beginning Tai Chi (Functional Mobility/ Balance) © (t/th) (B & G Club) 12:00-1:00 HLOA: Pilates at Noon © (t/th) 1:00-3:00 Knitting (Except the 2nd Tuesday)* 1:00-3:30 DPAO: Pastels © 1:00-2:30 HLOA: Intermediate Line Dancing © <b>♦1:00-2:00 ZUMBA (B&amp;G's Club)</b> © 1:00-3:00 DPAO: One Stroke Painting © (\$5.00 supply fee) 2:30-4:00 Open Table Tennis* <b>♦2:30-4:00 History of Gilbert and Sullivan</b> ©
<b>Wednesday</b>	
8:30-9:30 HLOA:Aerobics (Cardiovascular Conditioning) © (w) 9:00-12:00 Oil Painting with T.J. © 9:30-10:30 HLOA: Yoga © (m/w) 9:30-11:30 Beginning Spanish © 10:00– 10:45 Keep Your Mind Alert I * <b>♦10:00-12:00 Computer Awareness</b> © <b>♦10:00-12:00 Early Christianity</b> © 10:30-11:30 HLOA: Aerobics (Low Impact) (w) © 10:45-11:30 Keep Your Mind Alert II* 11:30-12:30 Beginning Tai Chi ( Fcn. Mobility/ Balance) © (m/w)	11:45-3:00 Party Bridge* 1:00-3:00 Wine History © 12:00-2:30 Digital Photography © 12:30-2:30 Intermediate Spanish © 1:00 - 3:00 Autobiographical Writing for Seniors © 12:30-1:30 HLOA: Mid Eastern Dance © 1:30-3:30 Intro to the Internet © 1:30-3:00 HLOA: Yoga (Beyond Beginner) © <b>♦ 2:30-4:00 History Of England</b> ©
<b>Thursday</b>	
8:00-9:00 HLOA: Pilates w/John © (t/th) 8:00-9:00 HLOA: Pilates w/Kim © (t/th) 9:00-10:00 HLOA: Aerobics © (th) <b>♦9:00-12:00 DPAO: Beginning Quilting</b> © <b>9:00-12:00 Drawing w/T.J. (NEW)</b> © 9:30-12:00 DPAO: Painting and Drawing AM © 9:30-11:00 Beginning Yoga (Integrative Strength/Flex) (B&G's Club) © 10:00-11:00 Intermediate Tai Chi (Functional Mobility & Balance) © (t/th) 10:00-11:00 HLOA: Weight Room II © 11:00-12:00 HLOA: Adaptive PE ( Chair Class) ©	11:10-12:10 Beginning Tai Chi (Functional Mobility/ Balance) © (t/th) (B & G Club) 12:00-1:00 Mat Pilates (Core Stability Techniques) © (t/th) 12:00-4:00 Duplicate Bridge * <b>♦1:00-3:00 Masterpieces of Asian Art (NEW)</b> © 1:00-3:00 Current Issues w/Steve Cohen © 1:00-2:30 BINGO * <b>♦1:00-3:00 Masterpieces of Symphonic Music</b> © 1:00-2:30 HLOA: Strength and Stretch © 2:00-4:30 DPAO: Painting & Drawing PM © 2:30-4:00 Table Tennis *
<b>Friday</b>	
8:30-9:30 Aerobics © (f) 9:15-12:15 DPAO: Landscapes and Seascapes © 9:30-10:30 Chair Exercise* <b>♦9:30-11:30 Microsoft Word Level II</b> © 10:00-12:00 Russian Literature ©	10:30-11:30 HLOA: Low Impact Aerobics © (f) 1:00-3:00 Scrabble Group* 1:00-4:00 Portrait Painting ©

◆ **Art Education for Older Adults ~ “Exploring the Elements of Art”** The students will analyze the ways artists interpret the elements of art, color, shape and texture. 10 sessions plus two field trips on an alternate class day.

◆ **Computer Classes** ~ Please note: Computer classes may require the purchase of a book. **Book cost is \$20.00 (if you don't already own the book) in addition to \$80.00 cycle fee .** Full descriptions of classes are available at the center. Titles include Google Tools, MS Word Level I, MS Word Level II, Home Computer Organization, Computer Awareness and Intro to the Internet.

◆ **Masterpieces of Symphonic Music "Symphony: What makes it tick?"** How did it evolve? Why did symphony become so popular in the Eighteenth Century? Why then? Brief discussion of symphonic instruments and then "directed listening" to one each representative of the symphonies by Haydn, Mozart, Beethoven, Brahms, Schumann, Mendelssohn, Dvorak, Sibelius . By "directed listening," we will actually pull each symphony apart, and then we listen to each complete symphony.

◆ **Gilbert and Sullivan and Their Musicals** ~ Welcome to the rollicking world of the Gilbert and Sullivan Operettas. During the course we will discuss the lives of the composers, the plots and musical styles of the fourteen operettas they produced. The discussion of the compositional and musical style of the operettas will include the use of patter songs, arias, orchestra, costuming, acting and stage settings that are unique to Gilbert and Sullivan. Students will have a better appreciation of the art form that developed during the Victorian era, as well as for the development of the theatre's and staging techniques during the Victorian period.

◆ **Wine Education** ~ Learn to appreciate wine. Learn where it comes from, how it is made, and what goes on during fermentation. Learn how we taste, using our tongues and nose, and what wine to serve first and at what temperature. What glass do you use and why do you ever need to decant or aerate wine? Learn the wine “lingo” and what grapes are used. Are there any differences between the old world and the new world wine styles? Learn to read wine labels. Did you hear that drinking wine can improve your health? What's for dinner? Learn how to pair wine with foods and cheeses. Want to get some help buying wine and learn how to store it? Taught by center member and friend, Harry Latimer.

◆ **Traditional Hand Quilting** ~ Students will learn the techniques of hand piecing and hand quilting. The student will learn how to draw, transfer the pattern to material, hand stitch quilt the pattern and finally how to hand quilt your project. During this 10 week class you will make a 42”x 42” sampler quilt.

◆ **Zumba** ~ Fuse Latin rhythms with easy to follow moves as you learn Zumba fitness. Gain insights into the long-term benefits of this calorie-burning, body-energizing exercise program.

◆ **History of Early Christianity:** This course covers the tumultuous period in the history of Christianity from the crucifixion of Jesus to the Council of Nicaea and the theological precepts of Augustine.

◆ **Beginning Italian Level II** ~ This course is designed to provide you with simple but important phrases and vocabulary as spoken in everyday Italian. You will learn simple grammar, writing, reading, and speaking skills. TEXT— Italian in 10 minutes a day, by Kristine Kershul. Available at the Anne Arundel Community College Bookstore, at book stores, or on line, for example through Amazon.

◆ **Anatomy and Kinesiology for Older Adults** ~ Topics include the major body systems, the relationship between the musculoskeletal and cardio-respiratory systems, theories of aging and movement control, nutrition, functional conditioning and the aging process.

◆ **Masterpieces of Asian Art** ~ This course focuses on selected master works of Asian art. It is an eclectic (rather than a survey) approach to art as we examine 1-2 pieces per class to discover what makes it a masterpiece. Each work is discussed within its historical, cultural and religious (as needed) context. A variety of media will be used (sculpture, ceramics, painting, jade, metal) as well as an expansive geographic area and time frame (Neolithic to the present). Areas covered include: Ancient Near East, China, India, the Islamic World, Japan, Tibet, SE Asia.

◆ **History of England Part I** ~ Comprehensive History of England from 4000BC to Present (Kings, Queens and Events). This comprehensive course has four semesters.