

ARNOLD SENIOR CENTER WINTER 2012 CLASSES

Classes listed in *bold and italics* are FREE and DO NOT require registration. All other classes are sponsored by AACC and require registration and fees. Registration begins Wednesday, November 16. Classes begin Monday, January 9.

MONDAY					
Class	Time	Instructor	Location	Dates	Sessions
Cardiovascular Conditioning	8:00-9:00	Laura Olsen	Exercise	1/9-3/12	8
Enhancing Mind Functions I	9:15-10:30	Jim Durcan	Activity	1/9-3/12	8
Mixed Media Art	9:30-11:30	Maggie O'Leary	Arts & Crafts	1/9-3/12	8
World of Opera	9:30-11:30	M.A. Cashman	Library	1/9-3/12	8
Cardiovascular Conditioning	10:00-11:00	Judy Luce	Exercise	1/9-3/12	8
Intermediate Spanish	10:00-12:00	Margaret Hanna	Conference	1/9-3/12	8
HLOA: Exercise on the Ball (M/W)	10:45-11:45	Barb Raflo	Gloria Dei	1/9-3/14	18
Enhancing Mind Functions II	10:45-12:00	Jim Durcan	Activity	1/9-3/12	8
Cardiovascular Conditioning	11:00-12:00	Judy Luce	Exercise	1/9-3/12	8
Functional Conditioning (M/W/F) (Weight Training)	12:00-1:00	Barb Raflo	Exercise	1/9-3/16	28
Chinese Brush Painting	12:30-2:30	Mei Yu Green	Arts & Crafts	1/9-3/12	8
Google: Beyond the Basics	12:30-2:30	Brent Herrick	Library	1/9-3/5	7
Scrabble	12:45-3:00	open play	Activity	ongoing	ongoing
Adaptive PE (Chair Exercises)	1:00-2:00	Barb Raflo	MPR	1/9-3/12	8
HLOA: Easy Line Dancing	1:00-2:15	Erin Callen	Exercise	1/9-3/12	8
Fundamentals of Music: Broadway	1:00-3:00	Donna Ervin	Conference	1/9-3/12	8
HLOA: Beginning Ballroom Dance	2:30-4:00	Tim Pilachowski	Exercise	1/9-3/12	8
TUESDAY					
Class	Time	Instructor	Location	Dates	Sessions
Functional Conditioning (T/TH) (Strength & Stretch)	8:15-9:15	Mary Kershaw	Exercise	1/10-3/15	20
Beginning Watercolors	8:45-10:45	Barbara Schiehing	Arts & Crafts	1/10-3/13	10
Functional Conditioning (T/TH) (Aerobics)	9:20-10:20	Mary Kershaw	Exercise	1/10-3/15	20
Party Bridge (sign in at 9:00)	9:30-4:00	open play	Library	ongoing	ongoing
Functional Conditioning (T/TH) (Stretch & Tone w/ Rita)	10:00-11:30	Rita Ferguson	MPR	1/10-3/15	20
Integrative Strength/Flex (Yoga)	10:15-11:15	Michele Adair	Gloria Dei	1/10-3/13	10
Functional Conditioning (T/TH) (Weight Training)	10:25-11:25	Mary Kershaw	Exercise	1/10-3/15	20
Craft Club with Scott	11:00-1:00	Volunteers	Activity	ongoing	ongoing
Intermediate Watercolors	11:00-1:00	Barbara Schiehing	Arts & Crafts	1/10-3/13	10
Functional Mobility & Balance (Tai Chi)	11:30-12:30	Sean Martial	Exercise	1/10-3/13	10
Readers' Theatre	12:30-2:30	Deborah Bingle	Conference	1/10-2/28	8
HLOA: Beg. Country Line Dance	1:15-3:00	Dottie Cadden	Exercise	1/10-3/13	10
Woodcarving	1:15-3:45	Gordon Hanna	Arts & Crafts	1/10-3/13	10
Integrative Strength/Flex (Yoga)	3:00-4:00	Nina Benoit	Exercise	1/10-3/13	10
WEDNESDAY					
Class	Time	Instructor	Location	Dates	Sessions
Cardiovascular Conditioning	8:00-9:00	Laura Olsen	Exercise	1/11-3/14	10
HLOA: Shaolin Fitness (W/F)	9:00-10:00	Billy Greer	Exercise	1/11-3/16	18
Traditional Hand Quilting	9:00-12:00	Sallye Silesky	Activity	1/11-3/14	10
Beginning Italian	9:30-11:30	Maria Beaderman	Conference	1/11-3/14	10
Cardiovascular Conditioning	10:00-11:00	Judy Luce	Exercise	1/11-3/14	10
Art of Pottery (Ceramics A.M.)	10:00-12:00	Becky Baker	Arts & Crafts	1/11-3/14	10
HLOA: Exercise on the Ball (M/W)	10:45-11:45	Barb Raflo	Gloria Dei	1/9-3/14	18
Cardiovascular Conditioning	11:00-12:00	Judy Luce	Exercise	1/11-3/14	10
Functional Conditioning (M/W/F) (Weight Training)	12:00-1:00	Barb Raflo	Exercise	1/9-3/16	28
Art of Pottery (Ceramics P.M.)	12:30-2:30	Becky Baker	Arts & Crafts	1/11-3/14	10
Sign Language	12:30-2:30	Peggy Bruce	Conference	1/11-3/7	9
Mahjongg	12:30-3:30	Volunteers	Library	ongoing	ongoing
Stained Glass	12:30-3:30	Cheryl Loeschke	Activity	1/11-3/14	10
HOLA: Ballroom Dancing	1:10-2:10	Spero Pappafotis	Exercise	1/11-3/14	10
Cardiovascular Conditioning (Latin Aerobics)	2:45-3:30	Linda Barrett	Exercise	1/11-3/14	10
HLOA: Round Dancing	3:30-4:30	Tim Pilachowski	Exercise	1/11-3/14	10

THURSDAY

Class	Time	Instructor	Location	Dates	Sessions
Functional Conditioning (T/TH) (Strength & Stretch)	8:15-9:15	Mary Kershaw	Exercise	1/10-3/15	20
Duck Carving/Painting	8:30-1:30	Lu Fisher	Arts & Crafts	1/12-3/15	10
Functional Conditioning (T/TH) (Aerobics)	9:20-10:20	Mary Kershaw	Exercise	1/10-3/15	20
Computer Awareness	9:00-11:00	Brent Herrick	Library	1/12-3/1	8
Functional Conditioning (T/TH) (Stretch & Tone w/ Rita)	10:00-11:30	Rita Ferguson	MPR	1/10-3/15	20
Knit & Crochet	10:00-12:00	Volunteers	Activity	ongoing	ongoing
Integrative Strength/Flex (Yoga)	10:15-11:15	Michele Adair	Gloria Dei	1/12-3/15	10
Functional Conditioning (T/TH) (Weight Training)	10:25-11:25	Mary Kershaw	Exercise	1/10-3/15	20
HLOA: Country Line Dance	11:30-1:30	Dottie Cadden	Exercise	1/12-3/15	9
Macramé	12:30-2:30	Sally Murrin	Activity	ongoing	10
Belly Dancing	2:00-3:00	Joanne DeWilde	Exercise	1/12-3/1	8
One-Stroke Painting	2:00-4:00	Flo Ormand	Arts & Crafts	1/12-3/15	10
Fundamentals Digital Photography	2:15-4:15	Rob Hendry	Library	1/12-3/15	10
Integrative Strength/Flex (Yoga)	3:00-4:00	Nina Benoit	Exercise	1/12-3/15	10

FRIDAY

Class	Time	Instructor	Location	Dates	Sessions
HLOA: Shaolin Fitness I (W/F)	9:00-10:00	Billy Greer	Exercise	1/9-3/16	18
HLOA: Chair Yoga	10:00-11:00	Sharon Harty	MPR	1/13-3/16	10
Cardiovascular Conditioning	10:00-11:00	Judy Luce	Exercise	1/13-3/16	10
Home Desktop Publishing	10:00-12:00	Doris Cuffey	Library	1/13-3/2	8
Baby Quilts	10:00-12:00	Volunteers	Conference	ongoing	ongoing
Cardiovascular Conditioning	11:00-12:00	Judy Luce	Exercise	1/13-3/16	10
Functional Conditioning (M/W/F) (Weight Training)	12:00-1:00	Barb Raflo	Exercise	1/9-3/16	28
Bingo	12:30-2:00	Volunteers	MPR	ongoing	ongoing
HLOA: Line Dancing	1:00-2:30	Kathy McIntyre	Exercise	1/13-3/16	8
MS Word Level I	1:00-3:00	Doris Cuffey	Library	1/13-3/2	8
History of Middle East, Near East & Asia	2:30-4:00	Chuck Thomann	Conference	1/13-3/16	10

NEW CLASSES WINTER 2012

FUNDAMENTALS OF MUSIC: BROADWAY

Mondays from 1:00 p.m. – 3:00 p.m.

Instructor: Donna Ervin

Learn about Broadway music through video clips and songs. Students will learn how music and lyrics help to tell a story in musical theater, where the songs and dances are integrated into a well-written story, and help to evoke emotion in the audience.

FUNCTIONAL CONDITIONING (Weight Training)

Tuesdays and Thursdays from 10:25 a.m. – 11:25 a.m.

Instructor: Mary Kershaw

SIGN LANGUAGE

Wednesdays from 12:30 p.m. – 2:30 p.m.

Instructor: Peggy Bruce

Learn the fundamental principles and practices of American Sign Language. Students will discuss sign language history and origins, recognize basic signs used by the deaf community in day-to-day conversation, employ a basic vocabulary and understanding of finger spelling, handshakes and survival vocabulary and interpret basic sentence structures used in American Sign Language.

READER'S THEATRE

Tuesdays from 12:30 p.m. – 2:00 p.m.

Instructor: Deborah Bingle

Read plays, discuss character, scene, voice, interpretation, etc. Learn to analyze the subtexts, determine character histories, discuss context clues that give the play a base, and eventually perform the play as a Reader's Theatre.

GOOGLE: BEYOND THE BASICS

Mondays from 12:30 p.m. – 2:30 p.m.

Instructor: Brent Herrick

Learn to use all of Google's free, useful applications including word processing, photo editing, e-mail and much more. This class will delve further into the applications that Google offers. Become a master of web searches!