

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

ART

DPAO: Mixed Media Art

Using various medium this course offers the student a general understanding of the unique strengths and weaknesses of various medium. Media include watercolor, charcoal, pencil, pastel, alcohol ink and acrylic. Students will do printmaking without using a press. They will increase their knowledge and get help to determine the best medium for them to use to express themselves. Students are encouraged to develop their strengths by critiques showing them how subtle changes may improve their work. Design and composition are stressed in this class. An understanding of the use of color, design, composition, materials and techniques will be the basis for instruction. Students will do painting of their own subject matter or images picked by the instructor. Individuality is stressed by encouraging students to take chances. Students will identify art venues and determine sales potential.

Kass McGowan- Instructor

CRE-912-219 – Mondays, 4/3– 6/12/23 from 1:00- 3:00 p.m.

Design, Market Art: Stained Glass

Learn how to create stained glass masterpieces using the Tiffany/copper foil method. Participants in this course will gain an understanding of pattern use and preparation; learn how to score and break glass; practice foiling and soldering to complete a stained-glass project from start to finish. Students will learn how to select designs and will be supported by the instructor in every step of the process. For those hoping to take the art of stained glass to the next level, this course also includes ideas and examples of how to market and sell completed projects from the instructor, Cindy Kippax, an experienced stained-glass artist and entrepreneur who has been working with stained glass for the past 14 years.

Cindy Kippax: Instructor

ADVANCED – students have mastered basic stain glass skills

BNS-903-203 – Wednesdays, 4/5– 6/7/23 from 9:30 a.m.- 12:30 p.m.

BNS-903-202 – Wednesdays, 4/5– 6/7/23 from 12:45- 3:45 p.m.

BEGINNING Level Stained Glass

BNS-903-204 – Thursdays, 4/6– 6/8/23 from 9:30 a.m.- 12:30 p.m.

DPAO: Painting with Eggshells

Learn to create beautiful works of art using eggshells as your medium! Learn how to prep, color and place the eggshell to create mosaic styled artwork. Discuss opportunities for marketing and sale of completed projects.

Kay Edelblute: Instructor

CRE-912-208 – Fridays, 4/14– 6/16/23 from 12:30- 2:30 p.m.

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

DPAO: One-Stroke Painting

Explore one-stroke painting. This class is perfect for beginners and experienced students. Learn basic strokes like flat stroke, U-stroke, Daisy stroke, bud stroke, 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.

Kay Edelblute: Instructor

CRE-912-207 – Fridays, 4/14– 6/16/23 from 10:00 a.m.- 12:00 p.m.

DPAO: Watercolors

Intermediate/Advanced Watercolor – Moving at a faster pace and using more challenging design techniques than Beginning Watercolor. Use of line drawings and students own subject matter from photographs. Application/demonstration of additional watercolor mediums and additives. Matting, framing and preservation of work. Critiques upon completion of painting projects. Identifying market outlets.

Alice Dudley: Instructor

CRE-912-204 – Tuesdays, 4/4– 6/6/23 from 11:00 a.m.- 1:00 p.m.

DPAO: Colored Pencil

Discover the luminous beauty and colorful effects possible using color pencils, a non-toxic, highly portable medium ideal for travelers. Enhance your artistic expression by learning drawing, application techniques, and tools for bringing a picture of life. Class will review the basics of art design and color theory before advancing through the fundamental essentials of memorializing landscapes. Art venues will be identified and artwork salability will be discussed.

Alice Dudley: Instructor

CRE-912-205 – Wednesdays, 4/5– 6/14/23 from 12:30- 2:30 p.m.

Design, Marketing & Art of Woodcarving

WOOD CARVING BASICS, FOR NOVICE TO INTERMEDIATE CARVERS

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.

Dave Parker: Instructor

BNS-908-201 – Tuesdays, 4/4– 6/6/23 from 1:15 - 3:45 p.m.

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

FITNESS

ADAPTED FITNESS

Adapted Physical Education II- Chair Yoga

This is primarily a seated yoga class. We spend quite a bit of time using dynamic yoga poses to lubricate joints and strengthen the muscular system. The yoga poses help to alleviate tightness in the tendons and ligaments. They help create better alignment, to support optimal functioning and relief of pain. We will learn new poses as the weeks progress and many poses will be repeated to create continuity and comfortable adaptation. To create a feeling of contentment we strive to teach modifications of the poses if necessary for individual students. Yoga breathing techniques can help to reduce anxiety, depression, and create an ease that compliments the stabilization that the poses provide for the body. There are also some techniques to help quiet the mind and create a restful heart by learning bits of the art of mindfulness. There is a focus on Helpful Breathing practices to induce a more relaxed state in body, mind and spirit

Sharon Harty: Instructor

HTH-939-209 – Wednesdays, 4/5- 6/7/23 from 9:30- 10:30 a.m.

Adapted Physical Education-Seated Chair Exercise

Fabi will present you with an energetic, upbeat workout, all while seated in a chair. This workout will engage your arms, legs and other areas all while getting your heart pumping. It also helps build endurance and strengthen the heart. This is a great class if you need to ease back into the exercising regime. Class meets Tues. & Thurs. each week.

Instructor: Fabiola Forste

HTH-936-203 – Tuesdays & Thursdays, 4/4– 6/8/23 from 12:00- 1:00 p.m.

Adapted Physical Education - Seated Tai Chi

This is a seated/chair Tai Chi class, a gentle exercise program for mental and physical well-being based on Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing.

It is designed for those who find it difficult to stand for extended periods of time or those who are in a wheelchair. Use a sturdy, armless, straight back chair without rollers for safety.

Wheelchair is ok if you lock it. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, improves balance to prevent falls, and relieves rheumatoid arthritis and fibromyalgia pain from the back, neck, and joints. It sharpens the mind to minimize age related cognitive decline, improves mood, lowers anxiety, and reduces depression.

Young Lee: Instructor

HTH-939-214 – Thursdays, 4/6– 6/8/23 from 11:00 a.m.- 12:00 p.m.

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Total Fitness

Improve overall physical health, stamina, flexibility, and balance while gaining the benefit of stronger muscles. As we age we naturally lose muscle mass and bone density leaving the joints more vulnerable and susceptible to injury. Stronger muscles around the joint help to protect and preserve joints. The class format will consist of, but not be limited to, light cardiovascular movement, light weight training including some weight bearing movements and abdominal exercises.

Jeanine Ove: Instructor

HTH-945-213- Fridays, 4/14- 6/23/23 from 10:00- 11:00a.m.

Functional Conditioning 3- Nia Technique- NEW!

Join us for this new class with Claudia! Nia is the first practice to combine martial arts, dance arts and healing arts. Nia's 52 movements benefit the body towards wellness and a healthier body-mind-emotion and spirit. One of Nia's main appeals is that it benefits people of all ages and ability levels. Nia is generally practiced bare-foot however one can choose to wear soft dance slippers. All Nia movements are based on what we call The Body's Way. Participants are encouraged within the 52 moves to move in their body's way and to choose their intensity levels based on their individual needs. Nia can be a stand-alone practice and or utilized to enhance your choice of physical / recreational activities. Nia is both therapeutic and enjoyable. Looking forward to dance Nia with you. Claudia Salomon is a 1st Degree Nia Black Belt Instructor.

Claudia Salomon: Instructor

HTH-945-227 – Thursdays, 4/6- 6/15/2023 from 1:00- 2:00 p.m.

Functional Conditioning II-Low impact Cardio and Weights

Designed to improve cardiovascular flow, range of motion, strength and balance to allow participants to complete daily movements with confidence. Class starts with 10 minutes of warm up and brief stretch followed by 20 minutes of low impact Cardio. The remaining 30 minutes will consist of strength exercises (weights) and balance routine.

This is a great class if you need to ease back into the exercising regime. Don't miss it!

Fabiola Forste: Instructor

HTH-926-203 – Tuesdays & Thursdays, 4/4– 6/8/23 from 11:00 a.m.- 12:00 p.m.

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

CORE STABILITY

Core Stability Techniques- Pilates

Are you looking for a class focusing on strengthening your entire core? This classical Mat Pilates class will strengthen all the muscles of your core including your abdominal, back, and hip muscles as well as improve mobility and stability in those joints. By doing so you will also help to improve your posture and increase your flexibility. Jeanine may also incorporate some exercises for the chest and upper back utilizing 1lb. hand weights. Pilates is suitable for most students, but you must be able to get down to the floor and back up and be able to roll over while lying down for mat work. This would be considered an intermediate class, beginners are welcome with some exercise experience.

Jeanine Ove: Instructor

HTH-935-201 – Mondays and Fridays, 4/3- 6/23/23 from 11:00 a.m.- Noon

Core Stability Techniques

Strengthen and lengthen postural muscles to improve efficiency of movement during daily activities. Chair and standing exercises using weights, band, and bender ball. Focus is on core strength which includes all muscles supporting the spine. Workout includes leg and arm exercises.

Diane Hensley: Instructor

HTH-935-208 – Tuesdays and Thursdays, 4/4– 6/8/23 from 10:00- 11:00 a.m.

SELF DEFENSE

Functional Mobility & Balance II- Senior Self-Defense

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.

Rhonda Weeks: Instructor

HTH-929-207 – Mondays and Wednesdays, 4/3- 6/12/23 from 9:00- 10:00 a.m.

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

YOGA

Integrative Strength/ Flex II- Mat Yoga

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. It will leave you feeling strong, centered, and peaceful. There is a focus on helpful breathing practices to induce a more relaxed state in body, mind and spirit. Note: *Please have a chair nearby should you think you need it to rest; wear comfortable clothes to move in the poses if possible, use a yoga mat to prevent slipping (or try to be on a non-slippery surface- some folks use yoga socks)!*

Sharon Harty: Instructor

HTH-947-246 – Wednesdays, 4/5- 6/7/23 from 10:30- 11:30 a.m.

Integrative Strength/ Flex II- Mat Yoga

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 body, mind and spirit.

Instructor: Nina Benoit

HTH-947-238 – Tuesdays, 4/4– 6/6/23 from 9:00- 10:00 a.m.

LINE DANCE

Line Dance Beginner

This class is for beginners to learn basic steps and line dances using mostly country music. It is an aerobic exercise with no partners needed. Students need to wear shoes with leather bottoms, dance sneakers, or dance boots. This is a great exercise class that gives your mind a workout as well as your muscles. We will work on balance and posture as well as dance techniques and steps. Bring your smiles and dancing feet to this new class where you will learn new dances, hear some good music, and laugh your “blues” away as we “boot scoot” our way to better health together.

Ann Gross: Instructor

HTH-903-209 – Thursdays, 4/6– 6/15/23 from 2:00- 3:00 p.m.

HLOA: Line Dance Beginner

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. History of some dances are 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.

Katie McVitty: Instructor

HTH-904-209 – Fridays, 4/14– 6/16/23 from 9:30- 11:00 a.m.

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

Line Dance Low-Intermediate

This class is for students who have successfully completed the beginner level of line dance and are ready to move on to the next challenge!

Ann Gross: Instructor

HTH-903-210 – Mondays, 4/3– 6/12/23 from 12:00- 1:00 p.m.

Line Dance Intermediate/Advanced

If you have some experience in line dancing and would like a challenge, this class is for you! It is geared toward the intermediate to advanced level student & includes more modern or newer dances.

Ann Gross: Instructor

HTH-904-201 – Mondays, 4/3– 6/12/23 from 2:00- 3:30 p.m.

Line Dance Intermediate/Advanced

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.

Ann Gross: Instructor

HTH-902-201 – Thursdays, 4/6– 6/8/23 from 12:00- 2:00 p.m.

HLOA: Ballroom Dance Intermediate

If you want to practice your dance skills, get some exercise, and have fun, come and join this ballroom dance class.

Carlos Pabon: Instructor

HTH-903-214 – Wednesdays, 4/5- 6/7/23 from 11:30 a.m.- 12:30 p.m.

HLOA: Tap Dance Beginner

Come learn fun tap dance routines. Learn a variety of skills and choreographed tap dances. This class is geared toward beginners or those who need to relearn the basics. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and sharpen your memory.

Vicki Smith: Instructor

HTH-903-215 – Mondays, 4/3- 6/12/23 from 9:00- 10:00 a.m.

TAI CHI/ BALANCE

Functional Mobility/Balance II- Tai Chi

This continuing education course provides instruction on improving and maintaining health through education and awareness of movement and balance concepts and practices. Topics include muscle groups, falls prevention, maintaining and improving coordination and improved balance.

Sean Martial: Instructor

HTH-929-205 – Mondays and Wednesdays, 4/3– 6/12/23 from 1:00- 2:00 p.m.

Anne Arundel Community College

Arnold Senior Center: In-Person Course Descriptions

PERSONAL ENRICHMENT

Foundations of Genealogy Research

Make genealogy more interesting by flushing out information on ancestor's lives. Learn how and where to find and record information. Discuss how to solve genealogical obstacles. The goal of this class is to learn proper genealogy methods to construct a family tree that goes beyond names and dates and incorporates the history of the times. This goes beyond clicking on a shaking leaf on Ancestry.com and actually teaches how to conduct genealogy research and evaluate what you find. **Note: No class February 8- March 1**

Carol Carman: Instructor

ERC-904-201 – Wednesdays, 4/5- 5/10/23 from 1:00- 3:00p.m.

SIGN LANGUAGE

Conversational Sign Language

Examine commonly used hand formations, the manual alphabet and fingerspelling with a basic everyday survival and emergency vocabulary. Explore cardinal and ordinal numbers and fractions. Examine time and money-related words. Discuss simultaneous communications including manual signs and fingerspelling with speech, and manual signs without speech.

Nancy Trimper: Instructor

SLG-900-204 – Tuesdays, 4/4- 6/6/23 from 10:00- 11:30 a.m.

WORLD LANGUAGE

Beginning Spanish

Provide the adult student with a practical application of the Spanish language and acquire an appreciation of its culture and traditions through reading and writing assignments and in class discussion. Vocabulary building and light conversation in a casual atmosphere will be stressed. Textbooks: *Practice Makes Perfect BASIC SPANISH 2nd Edition*, by [Gilda Nissenberg](#); *Easy Spanish Reader*, any edition by William T. Tardy.

Cristiane Shaw: Instructor

LGE-967-201 – Mondays, 4/3– 6/12/23 from 2:00- 3:30 p.m.