

O'Malley 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. Increasing their knowledge and helping them 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.

Instructor: Kass McGowan

CRE 912 918- Wednesdays – 10/6 – 12/08/21 from 1 – 3 PM

Clothing I: Design, Sew & Sell

Learn the basics of sewing while sewing a Blouse/Tunic (everyone will use the same pattern) Learn more about sewing machines, sergers, pressing tools and ironing techniques. Use updated procedures that make sewing faster and easier. Learn unique fitting skills to help you have a professional looking garment that fits and flatters your body type. With the skills you learn, you can make Blouses/Tunics for your loved ones as well as starting your own sewing business.

Instructor: Joyce Richardson

BNS 901 901 – Mondays – 10/4 – 12/06/21 from 9 AM – 12 PM

Clothing II: Design, Sew & Sell

Prerequisite: Must take Class 1 with Joyce Richardson or have permission the instructor.

Students can continue making any of the garments we've previously made in Class 1 to perfect their skill. Add a jacket pattern for a challenge. Continue to build sewing skills. Discuss the skill needed to be able to market your designs.

Instructor: Joyce Richardson

BNS 902 901 – Fridays – 10/8 – 12/17/21 from 9 AM – 12 PM

DPAO: One-Stroke Painting

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

Instructor: Flo Ormond

CRE 912 920 – Mondays – 10/4 – 12/06/21 from 2 - 4 PM

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DPAO: Pastels

This course is for students of all levels from beginning to advanced. The instructor will explain by demonstrating to beginners about materials and methods of applying pastels. Students will learn how and when to use various brands of pastel and surfaces. Advanced students will learn more about the principles of art and new techniques as they relate to painting with pastels. The student will find this an exciting medium that is different from the usual methods of painting. Individual attention will be given to each student. Framing and matting will be discussed. 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. 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.

Marty Lenhoff – Instructor

CRE 912 913 – Wednesdays – 10/6 – 11/24/21 from 1 – 3 PM

DPAO: Watercolor

This course is for students of all levels from beginning to advanced. Students will improve their drawing skills. Better compose and design your artwork by planning before you start will be stressed in this course. How to better evaluate what images to use for your painting will be discussed. Gain confidence in your painting by learning a three-step approach to your watercolor. Students will learn how to avoid muddy color by understanding why that happens. Demos will show how to approach a watercolor and critiques will show students how to improve their own work. 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. 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.

Marty Lenhoff – Instructor

CRE 912 912 – Wednesdays – 10/6 – 11/24/21 from 10 AM – 12 PM

Clothing I: Design, Sew & Sell

Learn the basics of a sewing machine, tools that are helpful when sewing, choosing the right fabric and pattern as well as stitching techniques. Students will discuss sales potential of completed works.

Instructor: Pauline Senk

BNS 901 902 – Wednesdays – 10/6 – 12/08/21 from 9 AM – 12 PM

Design, Market Art Objects Ceramic 2

Enjoy creating ceramics pieces to give as gifts, keep for yourself or sell to others. Leave the firing and glazing to us! Take finished works home.

Rae Chapman- Instructor

BNS 907 901- Tuesdays- 10/5-12/07/21 from 9am- Noon

Betty Powell & Rae Chapman- Instructor

BNS 907 905- Tuesdays- 10/5- 12/07/21 from Noon- 3pm

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DPAO: Greeting Card Design

Students will discover the Art of Greeting Card Design through the history and present-day creations. With hands on design techniques, style and subject matter, creative writing, marketing and advertising information. Students will identify art venues and determine sales potential.

Scott Clarke - Instructor

CRE 912 907 - Tuesdays – 10/5 – 12/07/21 from 9 – 10:30 am

FITNESS

Functional Mobility and Balance II- Tai Chi Intermediate/ Advanced

This is an Intermediate to Advanced Tai Chi Class, students need to know the Yang Simplified 24 Form Tai Chi. In this class, the basic Tai Chi principles taught through the 24 Form will be expanded upon using the Yang Simplified 88 Form Tai Chi. Tai Chi is a Chinese exercise system using slow, smooth body movements to achieve a state of relaxation of both body and mind. It is known to improve and maintain general health while strengthening the cardiovascular and immune systems, and improving the practitioner's mobility and balance.

Jackie Colestock- Instructor

HTH 929 901- Monday & Wednesdays- 10/4- 12/8/21 from 2-2:55pm

Functional Mobility & Balance II- Tai Chi Beginner

This is a beginner Tai Chi Class and is perfect for someone who has never done Tai Chi! In this class you will explore basic Tai Chi principles using the Yang Simplified 24 Form Tai Chi. Tai Chi is a Chinese exercise system using slow, smooth body movements to achieve a state of relaxation of both body and mind. It is known to improve and maintain general health while strengthening the cardiovascular and immune systems, and improving the practitioner's mobility and balance.

Suggested Equipment: Comfortable clothing and flexible shoes

Jackie Colestock- Instructor

HTH 929 902- Monday & Wednesday- 10/4- 12/8/21 from 3- 3:55pm

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 leaving 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.

Sharon Harty- Instructor

HTH 947 938- Monday- 10/4- 12/6/21 from 9- 10am

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Functional Mobility & Balance II- Senior Self Defense

This **new** program is a highly specialized self-defense course designed to teach participants to successfully handle day to day confrontations that occur in our fast-paced world. Unlike most self-defense programs that focus primarily on what to do when attacked, the senior self-defense students will learn how to assess danger, set boundaries, respond effectively to verbal attacks, prevent physical attacks, and cope with the adrenaline rush that occurs in any threatening situation. A limited number of simple techniques are taught in easily learned and progressively intensive scenarios. This program is geared toward the individual's abilities.

Herman Macon- Instructor

HTH 929 904- Wednesday & Fridays- 10/6- 12/15/21 from 2:15- 3:15pm

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 939 931- Tuesdays- 10/5-12/7/21 from 1- 2pm

Intermediate/Advanced Line Dance

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.

Katie McVitty – Instructor

HTH 902 905- Fridays – 10/8 – 12/17/21 from 12:30 – 2:30 pm

Adapted Physical Education II

Chair exercises are designed to be a safe and effective means to move all parts of the body without undue stress. The goal is to improve flexibility and strength from a seated position or at times standing behind the chair as an option. This is a beginner level class and is also suitable for anyone with special limitations.

Judy Schummer-Instructor

HTH 939 921 – Wednesdays, 10/6-12/8 from 10:30-11:30am

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Functional Conditioning II

Circuit training makes use of the weight and cardio machines in the Fitness Center of the Annex. After a 5-minute warm up each machine is used for 5 minutes alternating between aerobic/cardio machines and weight machines to help improve muscular endurance. The class ends with a 5-minute cool down.

The goal is to gain strength and endurance plus notice an overall increase in energy and fitness level. Beginner to intermediate level.

Judy Schummer-Instructor

HTH 926 907 – Mondays and Fridays, 10/4-12/13 from 11am-12noon

Functional Conditioning I

The goal of this class is to improve the level of fitness through resistance training and stretching with the use of hand-held weights, bands and balls. Floor work is included to enhance abdominal strength as an option. Balance is emphasized throughout. Cardiovascular fitness is improved from continuous movement in a safe, effective and fun way. This class is suitable for all levels including beginners.

Judy Schummer-Instructor

HTH 925 904 – Mondays, Wednesdays, and Fridays, 10/4-12/13 from 8:30- 9:30am

HLOA: Dance

This class is designed to strengthen the cardiovascular system and tone muscles through dance aerobics. It is a professionally designed workout choreographed by Jacki Sorensen for healthy people who want to get fit in a fun and effective way. Hand held weights, balance, and floor work are used for a portion of the class to help improve strength and flexibility. This is a beginner to intermediate class for students who enjoy a variety of music and movement. Students should be able to move easily from side to side and get down to floor and back up without assistance.

Judy Schummer-Instructor

HTH 901 902 - Mondays, Wednesdays, and Fridays, 10/4-12/13 from 9:30-10:30am

HISTORY

Shakespeare: Two Comedies

Explore two of Shakespeare's great comedies, *A Midsummer Night's Dream* and *Twelfth Night* aloud in class and discuss the language, plot, characters, imagery, and themes, particularly love, mistaken identity, and self-delusion. Participants will come away with deeper knowledge of these two comedies and how comedic situations are portrayed on stage.

Cynthia Barry – Instructor

ENL 928 902 – Wednesdays – 10/6-12/8 from 10:30am-12:30pm

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Touchstones Discussions

Explore passages in class by, among others, Blaise Pascal, Martin Luther King, Jr., Carl von Clausewitz, Plutarch, and Mary Wollstonecraft, from *Touchstones, Volume B*, which also includes Eastern texts and folktales. Participants collaborate as creative thinkers in a guided discussion. Engage in regular, lively, and stimulating discussion grounded in brief texts chosen to promote communication. Participants gain insight into the discussion process itself and practice leadership. Exchanging ideas, examining assumptions, listening closely and respectfully, tolerating perspectives, and growing in self-discovery, while reading selected writings of great thinkers, from both Western and Eastern traditions, are the hallmarks of this class.

Cynthia Barry – Instructor

ENL 914 902 – Wednesdays – 10/6-12/8 from 1:30-3:30pm

Origins of our Republic and Constitution

Examine events that engulfed Europe, the development of English Rule of Law practices, exploration of the Americas, and the English colonies and their different cultures and economies. Discuss the American Revolution and why the Constitution was written and ratified.

Liles Creighton - Instructor

HRY 963 901-Thursdays, 10/7-12/16 from 10am-12pm

Chapters in American History

Examine our states, our capitals, our presidents, our explorers, e.g., Lewis and Clark. Discover the roles each played in shaping our unique American history.

Greg Nevned – Instructor

HRY 986 901 -Tuesdays, 10/5-11/9 from 9-10:30am

MUSIC

World of Opera

This course provides instruction on the world of ballet. They include: Cinderella (*Sergei Prokofiev*), Frankenstein (*Lowell Liebermann*), Romeo and Juliet (*Sergei Prokofiev*), The Fountain of Bakhchisarai (*Boris Asafyev*), Petrushka (*Igor Stravinsky*) and The Dream (*Felix Mendelssohn*), Ondine (*Hans Werner Henze*), La Reine Morte (The Dead Queen) (*choreography by Kader Belarbi; music by Pyotr Tchaikovsky*), Mazowsze (*The Music and Dance of Poland*). The greatest dancers will be seen in spectacular productions from ballet companies, mostly from Europe.

John Cahill – Instructor

MUC 904 902 - Fridays – 10/8 - – 12/03/21 from 10 AM – 12 PM