

Pascal Senior Center In-Person Course Descriptions

ART

DPAO: Painting

This course is for students of all levels from beginning to advanced. Course provides technical skills in composition, design and execution. Instructor provides lecture and individualized guidance. Students will learn how to evaluate their own paintings and determine what changes are needed to improve their painting. 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-912-318 – Tuesdays, 07/12- 08/30/22 from 12:15- 2:15 p.m.

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-912-316 – Tuesdays, 07/12- 08/30/22 from 10:00 a.m.- 12:00 p.m.

Design, Market Art Objects Ceramic 2

Learn painting and glazing techniques on ceramics (using molded greenware or bisque ware). Discuss marketing strategies for selling ceramics.

Alice Dudley- Instructor

BNS-907-305 – Thursdays, 07/14- 09/15/22 from 8:35- 11:05 a.m.

BNS-907-304 – Wednesdays, 07/13- 09/14/22 from 8:35- 11:05 a.m.

DPAO: Colored Pencils

Discover the colorful effects possible using colored pencils. Beginners to advanced students welcome. Please do not purchase supplies until after the first class. A supply list will be provided at this class.

Pearl Carpenter - Instructor

CRE-912-322 – Wednesdays, 07/13- 09/14/22 from 1:45- 3:45 p.m.

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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-912-315 – Fridays, 07/15- 09/02/22 from 10:00 a.m.- 12:00 p.m.

Design, Market Art: Stained Glass Beginner

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; and 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 studying stained glass for the past 13 years.

Cindy Kippax- Instructor

BNS-903-305 – Mondays, 7/11 – 09/19/22 from 9:30 a.m. – 12:30 p.m.

FITNESS

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.

Instructor- Sean Martial

HTH-929 306 – Tuesdays and Thursdays, 7/12- 9/15/22 from 12:10- 1:10 p.m.

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Functional Mobility and Balance II- Tai Chi with Yoga Influence

This class will focus on improving overall health, endurance and flexibility. Gentle movements will help improve and maintain balance and coordination. Tai chi and Yoga stretching will be incorporated into the program. No previous training necessary.

Mary Krause- Instructor

HTH-929-303 – Tuesdays & Thursdays, 7/12- 9/15/22 from 1:15- 2:15 p.m.

Functional Mobility & Balance 1- Strength/ Balance

This course promotes core stability, overall strength and balance through the use of weights, seated and standing exercise. Good for any level to help with endurance, flexibility and ease of daily activities.

Mary Krause- Instructor

HTH-928 308 – Wednesdays, 7/13- 9/14/22 from 1:00- 2:00 p.m.

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)! Try to have enough clear space around you to open your arms and legs wide!

Sharon Harty- Instructor

HTH-947-314 – Mondays, 7/11- 9/19/22 from 11:00 a.m.- Noon

ADAPTED FITNESS

Adapted Physical Education: Seated Chair Exercise

This class will get your heart healthy and help you gain strength and mobility. We do aerobic movement in the chair as well as use light weights and work our core. This class is good for all fitness levels!

Mary Krause- Instructor

HTH-936-307 – Tuesdays & Thursdays, 7/12- 9/15/22 from 11:00 a.m.- Noon

Adapted Physical Education II- Seated Chair Exercise

This class is perfect for anyone with any physical limitations. All exercises are performed seated in a chair. Seated stretching, weight work, ball, and resistance bands are used to condition and tone the body combined with cardio movements to raise the heart rate. No experience is necessary.

Marilyn Bjorge- Instructor

HTH-939 327 – Wednesdays, 7/13- 9/14/22 from 10:00- 11:00 a.m.

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Adapted Physical Education- Seated Chair Exercise

This chair class is perfect for anyone new to exercise class, who is trying to gain strength or who has physical limitations. All movements are done seated in a chair and moves are simple and gentle. You will use hand weights, resistance bands, and balls to maintain and strengthen your upper and lower body. Also included in this class are simple cardio routines which will aid in brain training and maintaining your coordination. **Note: For your safety please wear sneakers to class. No crocs, flip flops, sandals or slides allowed.**

Akiko Stefanovich- Instructor

HTH-939 326 – Wednesdays, 7/13- 9/14/22 from 11:00 a.m.- Noon

DANCE

HLOA: Belly Dance for Exercise

Exercise, tone, and dance to exciting tunes from North Africa. This class is good for all level and improved cardio endurance, flexibility, balance and is good brain work as well! Wear comfortable shoes.

Mary Krause- Instructor

HTH-903 308 – Wednesdays, 7/13- 9/14/22 from 2:00- 3:00 p.m.

Cardiovascular Conditioning- Zumba

Uses easy to follow cardio dance steps and patterns set to fun and energizing Latin and world music. Light weights are used for strength and conditioning in a portion. This class is great cardio for all fitness levels; it also helps with balance and endurance. Can be done seated as well.

Mary Krause- Instructor

HTH-943 324 – Mondays, 7/11- 9/19/22 from 1:00- 2:00 p.m.

HLOA: Beginner 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-904-310 – Wednesdays, 07/13- 09/14/22 from 12:00- 1:30 p.m.

HLOA: Line Dance

Line dance class that will get you energized & on the move! Line dancing is a form of exercising that will help burn calories & relieve stress.

Sarah Jose - Instructor

HTH-900-301 – Mondays, 07/11- 09/19/22 from 1:00- 2:30 p.m.

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FUNCTIONAL CONDITIONING

Functional Conditioning 3- Aerobic Dance and Strength

This is a fun class to get your body moving! Class includes dynamic warm-up, Aerobic moves to fun music, exercises with hand weights, and cool-down and stretch.

Tena Rooks- Instructor

HTH-945 316 – Mondays, 7/11- 9/19/22 from 9:00- 10:00 a.m.

Functional Conditioning 3- Aerobics & Strength

This class is for someone who is looking for a **challenge**. We will begin with warming up to loosen up joints and muscles then gradually increase our heart rate. We will not be jumping too much, if so modifications are always available. After the warm up we will move on to strength training by using an exercise ball, hand weights, gliders and resistance band(s). Middle of the strength class, we will do 5-7min cardio exercises to loosen up the muscles. We always finish the class with core exercises and stretch either on the floor or in a chair. If you have been exercising via zoom and need more challenges, come out and join us at the center! **Note: For your safety please wear sneakers to class. No crocs, flip flops, sandals or slides allowed.**

Akiko Stefanovich- Instructor

HTH-945-320 – Fridays, 7/15- 9/16/22 from 10:00- 11:00 a.m.

CORE STABILITY

Core Stability Techniques II- Core and Stretch

This chair class is perfect for anyone new to exercise class, who is trying to gain strength or who has a physical limitation. All movements are done seated in a chair and moves are simple and gentle. You will use hand weights, resistance bands, and balls to maintain and strengthen your upper and lower body. Also included in this class are simple cardio routines which will aid in brain training and maintaining your coordination.

Akiko Stefanovich- Instructor

HTH-940-307 – Fridays, 7/15- 9/16/22 from 9:00- 10:00 a.m.

WORLD LANGUAGE

Beginning Spanish

Learn to read and write in Spanish. Learn basic Spanish grammar and pronunciation. Study regular verb conjugations in the present tense, and limited irregular verb forms. Become more familiar with Spanish and Latin American cultures and geography.

Cristiane Shaw – Instructor

LGE-967-305 – Tuesdays, 7/12- 9/13/22 from 11:00 a.m.- 12:45 p.m.