

South County Senior Center In-Person Course Descriptions

ART

DPAO: Children's Book Illustration

Learn how to create your own children's book. This class takes you through the process of producing a children's story as a book designed with text and illustrations. Illustrations can include drawings, paintings, photography or collage media. The steps toward having it published are covered including the choice of self-publishing or submitting it to a publisher. This includes current trends in e-publishing and working with on-line and traditional printers.

Instructor – Alice Yeager

CRE 912 92- Wednesdays – 10/6 – 12/08/21 from 1:30 – 3:30 PM

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.

Instructor – Alice Yeager

CRE 912 922- Wednesdays – 10/6 – 12/08/21 from 9:30 – 11:30 AM

Design, Market Art: Stained Glass

Learn how to cut glass, pattern preparation, foiling, soldering in order to complete a stained-glass project. Students will receive help with designs, produce beautiful creations and will be given guidance to reach personal goals. Discuss opportunities for marketing and sale of completed projects.

Cindy Kippax- Instructor

BNS 903 905- Tuesdays- 10/5- 12/07/21 from 1- 3:30pm

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 912 921 – Wednesdays – 10/6 – 12/08/21 from 11:15 AM – 1:15 PM

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Design, Marketing & Art of Wildfowl Carving

This course provides detailed instruction on the design, production, and marketing of completed wildfowl carvings that are finished. Topics include techniques of carved and painted wildfowl carvings and business and market strategies. An orientation that includes safety procedures is given by the instructor before the class starts. The instructor will provide a supply list to the students.

Joe Caldwell - Instructor

Will return to teaching Winter 2022

FITNESS

Cardiovascular Conditioning- Aerobic Dance

Come try this fun dance fitness class for a whole-body workout for your health, heart and mind. The fitness class will start slow and gradually progress. Dance steps and movements will be taught and cued throughout the class. The class includes warm-up dances, several aerobic dances, a cool-down, weights and floor/chair stretches, followed by a recovery heart rate. This is a fitness class for the non-dancer where students work at their own level. The main idea is to have fun. Students must be able to stand, walk, move side to side, and get up and down off the floor on their own or with the assistance of a chair.

Dottie Conway- Instructor

HTH 943 927- Monday- 10/4- 12/6/21 from 11am- Noon

Intermediate 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.

Ann Gross – Instructor

HTH 904 910 - Mondays – 10/4 – 12/06/21 from 12 – 1:30 PM

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 904 913 - Wednesdays – 10/6 – 12/08/21 from 9 – 10:30 AM

HLOA: Tap Dance

Come learn fun tap dance routines. Learn a variety of skills and choreographed tap dances. Some tap experience is preferred. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and sharpen your memory

Vicki Smith – Instructor

HTH 901 903 - Wednesdays and Fridays – 10/06 – 12/15/21 from 12 – 1:30 pm

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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 903 912- Thursdays – 10/7 – 12/16/21 from 10:30 AM – 11:30 am

HLOA: Jazz Dance

Join us for jazz dancing, movement to fun music while learning creative moves, stretching, and flexibility. This is a fun filled class where you will explore the movement of the body to great music, creative movement, and jazz terminology. Dances are based on Broadway Jazz. Stretches to gain flexibility and isolations are a part of the one-hour class. It also incorporates basic ballet which adds to a great activity for balance, coordination, and putting cool moves together.

Vicki Smith – Instructor

HTH 903 913 - Fridays – 10/8 – 12/17/21 from 1:30 – 2:30 pm

Functional Conditioning 3- Strength & Stretch

This class is designed to increase strength, mobility, endurance, and range of motion through light cardio exercises paired with music for cardiovascular conditioning, resistance exercises using hand held weights, and stretching and strengthening movements using a chair. Linda will give you options for the equipment you can use at home. Core strength, balance, and flexibility are addressed as well. No prior experience is needed and modifications will be shown as needed.

Linda Roberts- Instructor

HTH 945 913 – Tuesdays, 10/6-12/8 from 12noon-1:15pm

HLOA-Drums Alive

Come and experience this fun and energetic seated chair class! **Drums Alive** uses drumming to music for strengthening muscles (including your heart) and reducing stress. The rhythm and patterns stimulate your brain while the workout makes you laugh and have fun. No experience is necessary. Linda will show modifications if necessary. All you need is two chairs, and something to drum with. You can use drumsticks, wooden spoons, paper towel holders, or 16” pool noodle.

Linda Roberts- Instructor

HTH 904 906 – Wednesdays, 10/6-12/8 from 12noon-1:15pm

HLOA-Mid-Eastern Dance

Jean Milazzo-Instructor

HTH-903 914 – Wednesdays, 10/6-11/24 from 2:30- 3:30pm

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HEALTH & SCIENCE

Healing Arts & Sciences

A range of healing arts topics will be covered including: terms such as complementary, alternative, holistic, wellness and mind-body medicine; self-healing practices of mindfulness meditation, journaling, intuitive and creative arts; subtle energy healing methods including hands healing, acupuncture, bodywork, Yoga, Tai Chi and Qigong; medicinal homeopathy, herbs and essential oils; health foods and nutritional supplements.

Alice Yeager - Instructor

HTH 902 903 – Tuesdays - 10/5 - 12/7 from 1:00-3:00pm

HISTORY

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 914 903 – Tuesdays – 10/5-12/7 from 1:30-3:30pm

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 928 903 – Tuesdays – 10/5-12/7 from 10:30am-12:30pm

Cultural Influences in America

The course will examine the interaction of film with culture, noting through a variety of genres and time periods how the symbiotic nature of film and culture has enriched American life. The roles of individuals, groups, history, language, religion, fashion, technology, and art will be among the topics discussed as they intersect in American film classics.

John O'Dell – Instructor

ENC 972 901 – Wednesdays, 10/6-12/8 from 1-4pm

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PERSONAL ENRICHMENT

Creative Writing

Learn about plotting, characterization, dialogue, conflict development and satisfying endings.

Susan Moger – Instructor

ENC 911 902- Wednesdays, 10/6 – 12/8/21 from 2-4p.m. – South County Senior Center