Design, Market Art: Stained Glass Beginner/Advanced
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 studying stained glass for the past 13 years.
Cindy Kippax: Instructor
BNS-903-308 – Tuesdays, 7/11 – 9/12/23 from 10:00 a.m.- 12:30 p.m.

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. Note: Paints and brushes provided.
Anne Kancherla: Instructor
BNS-907-304 – Wednesdays, 7/19 – 9/20/23 from 9:00 a.m.- 12:00 p.m.

Creative Writing
Both fiction and nonfiction writers benefit from applying creative writing techniques: hooking-the reader, characterization, setting, conflict, and satisfying endings. Through writing assignments, class discussions, and in-class exercises, you will advance your in-progress stories and discover new ones.
Susan Moger: Instructor
ENC-911-302 – Wednesdays, 7/12 – 9/13/23 from 2:00- 4:00 p.m.

Autobiographical Writing
Discover your distinctive writing voice and record stories about your life through in-class exercises, writing assignments and class discussion. Learn techniques to release memories, get started writing, develop compelling true stories, revise, and research.
Susan Moger: Instructor
LGE-956-303 – Thursdays, 7/13 – 8/31/23 from 10:00 a.m.- 12:00 p.m.
Emergency Preparedness for Seniors-New
Discover how to prepare for an emergency using practical firsthand tips, tricks and suggestions on what a senior citizen and their family should do to prepare before an emergency occurs. This class will cover a brief overview of how things are designed to work on the city, county, and state level as well as recommendations of what to do now to prepare and what to expect if an emergency event should happen at your home. Note: Instructor has front line experience with Emergency Management including FEMA, State Emergency Management and the Red Cross.

**Tim Watson**: Instructor
ERC-911-302 – Tuesdays, 8/8 – 8/22/23 from 10:30 a.m.- 12:30 p.m.

FITNESS

CARDIOVASCULAR CONDITIONING

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 slowly 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-943-305 – Monday, 7/10 – 9/11/2023 from 11:00 a.m.- Noon

ADAPTED FITNESS

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. We will do some light resistance training with hand weights. Linda will show modifications if necessary.

**Linda Roberts**: Instructor
HTH-904-313 – Wednesdays, 7/12 – 9/13/23 from 12:00- 1:15 p.m.
FUNCTIONAL CONDITIONING

Functional Conditioning 3- Strength, Cardio & Standing Stretch
This class is designed to increase strength, mobility, endurance, and range of motion through light cardio exercises paired with music for light cardiovascular conditioning, resistance exercises using hand held weights, and stretching and strengthening movements using a chair. 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-945-319 – Tuesdays, 7/11 – 9/12/23 from 8:30- 9:30 a.m.

Functional Conditioning 3- Total Body Conditioning
This class starts with dancing for cardio as a warm-up! We do a variety of creative movements, with the arms, shoulders, waist, and hips. We then move into strict movements, using good form, practicing focus and discipline, maintaining good form through the entire workout. This constantly engages the core muscles, toning the diaphragm and abdominal muscles, by holding good posture and form. Lower and upper body routines include hand weights and the chair, doing front, side and rear leg raises as well as seated upper body movements to tone the torso and all leg muscles. No two workouts are ever the same, so you’ll never get bored! All routines to great music! Suggested Equipment: hand weights, chair, mental creativity, and enthusiasm!
Adrienne Collins: Instructor
HTH-945-309 – Mondays, 7/10 – 9/18/2023 from 12:00- 1:00 p.m.

DANCE

Line Dance Beginner/Intermediate
If you have experience in line dancing and would like a challenge, this is the class for you! We will start with beginner dances and progress to the intermediate level and learn new dances.
Sarah Jose: Instructor
HTH-904-307 – Tuesdays, 7/11 – 9/12/23 from 12:30- 2:00 p.m.

HLOA: Line Dance Beginner
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-904-312 – Wednesdays, 7/12 – 9/13/23 from 9:00- 10:30 a.m.

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 will sharpen your memory
Vicki Smith: Instructor
HTH-901-304 – Wednesdays and Fridays, 7/19 – 9/22/23 from 12:00- 1:30 p.m.
HLOA: Tap Dance Introduction
Students of all levels, including beginners are welcome. Come learn fun tap dance routines while learning a variety of skills, basic tap steps, introduce and review the basic fundamentals of this fun style of dance. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and will sharpen your memory. Fun tap combinations are learned during the session.
Vicki Smith: Instructor
HTH-903-313 – Thursdays, 7/20 – 9/21/23 from 10:30- 11:30 a.m.

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-903-314 – Fridays, 7/21 – 9/22/23 from 1:30- 2:30 p.m.

YOGA
Integrative Strength/ Flex Tech- Intermediate Mat Yoga
This yoga class is intermediate. The postures always begin with a gentle version with the option to continue to more challenging positions. Postures are held a little longer than in the beginner class and any relaxation between postures is shorter. This class includes some discussion on the philosophy of yoga as well as an introduction to yoga breathing and meditation.
John Cochran: Instructor
HTH-934-305 – Thursdays, 7/13/5 – 9/14/23 from 12:30- 1:45 p.m.

Integrative Strength/ Flex II- Mat Yoga
This class is an enjoyable and energizing yoga practice focusing on breath and alignment. Participants will learn various postures and sun/moon salutations to build stamina, find flexibility and create energy. This class offers a healthy way to find self-awareness, self-care and self-healing. Participants confidently set healthy boundaries and limits. Each student creates a unique individual yoga practice. There is mat work involved and Adrienne will modify if needed. This class offers a safe environment for us to learn, laugh and grow.
Suggested Equipment: yoga mat, yoga strap, resistance bands and 2 yoga blocks
Adrienne Collins: Instructor
HTH-947-310 – Mondays, 7/10 – 9/18/2023 from 1:30- 2:30p.m.