

Anne Arundel Community College

South County Senior Center: In-Person Course Descriptions

ART

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 & Wayne Everd: Instructors

BNS-904-201 – Mondays, 4/1- 6/10/24 from 9:00 a.m.- 12:00 p.m.

BNS-904-202 – Mondays, 4/1- 06/10/24 from 12:30- 3:30 p.m.

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 over 15 years.

Cindy Kippax: Instructor

BNS-903-208 – Tuesdays, 4/2- 6/4/24 from 10:00 a.m.- 12:30 p.m.

DPAO: Colored Pencil

Discover the varied imagery and colorful effects possible using color pencils. Colored pencils offer an ideal portable medium for both studio and on-the-spot drawing when traveling. Develop artistic skills using a variety of colored pencil media including watercolor pencils to traditional professional grade-colored pencils. Creative exploration of various styles of art is encouraged including realist, impressionist, expressionist, surrealist, and abstract compositions. Color theory, compositional design, textural effects, and ways to achieve the illusion of depth through a range of drawing techniques, surfaces and enhancement tools are covered. Beginner to intermediate students welcome.

Alice Yeager: Instructor

CRE-912-220 – Wednesdays, 4/3- 5/22 from 10:00 a.m.- 12:30 p.m.

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COMPUTERS

iPhone Basics

Take the frustration out of using your iPhone. Create an Apple ID, iTunes account, set up email, adjust settings and learn how to browse the web. Explore downloading useful applications available on the iPhone. This class is designed for beginners.

John Turner: Instructor

CPT-978-202 – Wednesdays, 4/3- 5/22/24 from 1:30- 3:30 p.m.

PERSONAL ENRICHMENT

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-956-203 – Thursdays, 4/6- 6/6/24 from 10:00 a.m.- 12:00 p.m.

Conversational Sign Language: Level 1

Examine the fundamental principles of American Sign Language (ASL). Explore basic sign vocabulary, syntax structure, finger spelling and numbers. Discuss the origins of sign language.

Tiara Rogers: Instructor

SLG-904-204 – Mondays, 4/1- 6/10/24 from 1:30- 3:30 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-911-202 – Wednesdays, 4/3- 6/5/24 from 2:00- 4:00 p.m.

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NEW! Medicare and Medicaid: The Essentials

Gain confidence in understanding these crucial programs. Examine key aspects of Medicare and Medicaid and practice using web resources. Explore the recommended criteria to use when selecting coverage, how to work with claims and the future planned changes to these government programs. Note: This course is designed for students getting ready for Medicare before 65 and it also discusses what happens once you are in it and how you can change things as you move along.

Ron Deacon: Instructor

ERC-912-202 – Tuesdays, 4/9- 4/23/24 from 12:30- 2:30 p.m.

Robert Frost: Essential Poems

Read and discuss 12 poems by the great 20th-century American poet Robert Frost. Assess your feelings and interpretations as we read the poems closely and rediscover a poet who, although identified with New England, is universal and timeless in his examination of human life.

Cindy Barry: Instructor

ENL-941-201 – Tuesdays, 4/16- 5/14/2024 from 1:30- 3:30 p.m.

Sherlock Holmes: A Place in Literature

Discuss how Sir Arthur Conan Doyle created Sherlock Holmes and the influences of this fictional character on literature and law enforcement.

Lynn Whitall: Instructor

ENG-927-202 – Tuesdays, 4/2- 5/13/2024 from 10:00 a.m.- Noon

Enhancing Mind Functions

Explore how the brain functions and ways to both sustain current brain power and even increase brain stamina. Discover ways to guard against debilitating brain events.

James Durcan: Instructor

ENR-993-201 – Mondays, 4/1- 5/20/2024 from 9:30- 11:00 a.m.

Smartphone Photography

Take your photos to the next level by exploring the basic controls on your smartphone's camera, applying compositional techniques to your shooting, and using Snapseed, a free photo editing app. We will also discuss accessories and other apps you can use for shooting and editing your photos.

Christine Edwards: Instructor

PHO-921-202 – Wednesdays, 4/3- 5/15/2024 from 10:30 a.m.- Noon

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Cultural Influences in America

Cultural Influences in America | Analyze the influence of literature, music, film, historical events, and the economy on American culture.

John O'Dell: Instructor

ENC-972-201 – Thursdays, 4/4- 6/6/2024 from 1:00- 4:00 p.m.

Introduction to Oceanography

Gain practical knowledge of the aquatic environment, especially of the Chesapeake Bay and its relationship with the world oceans. Discover the fundamental physical, biological and ecological principles of the ocean world.

Richard Danforth: Instructor

SNC-905-201 – Fridays, 4/5- 5/24/2024 from 10:30 a.m.- Noon

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. Textbook: Practice Makes Perfect: Basic Spanish, Premium Third Edition 3rd Edition, by Dorothy Richmond ISBN: 978-1260453492

Leigh Fleckenstein: Instructor

LGE-967-203 – Mondays, 4/1- 6/10/24 from 2:00- 4:00 p.m.

Beginning Spanish 2

Extend the study of basic grammar, sentence structure and vocabulary skills. Practice comprehension and oral proficiency of level-appropriate Spanish through small group conversation. Students must have completed Level 1.

Leigh Fleckenstein: Instructor

LGA-937-202 – Mondays, 4/1 – 6/10/24 from 11:30 a.m.- 1:30 p.m.

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Intermediate 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 conversation in a casual atmosphere will be stressed.

Textbooks: *Practice Makes Perfect: Complete Spanish All-in-One, Premium Second Edition*, by Gilda Nissenberg; *Easy Spanish Reader*, any edition by William T. Tardy.

Leigh Fleckenstein: Instructor

LGE-969-202 – Wednesdays, 4/3- 6/5/24 from 2:00- 4:00 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-943-205 – Mondays, 4/1- 6/10/2024 from 11:00 a.m.- Noon

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 handheld 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. **Note: Athletic shoes must be worn.**

Linda Roberts: Instructor

HTH-945-220 – Tuesdays, 4/2- 6/11/24 from 8:30- 9:30 a.m.

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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-945-209 – Mondays, 4/1- 6/17/2024 from 12:00- 1:00 p.m.

DANCE

HLOA-Mid-Eastern Dance

Students participate in an aerobic/dance format designed for cardiovascular development, muscle toning and flexibility, balance, coordination, and overall body conditioning. Students are provided with a foundation in the fundamental movements, rhythms, history, and culture of American Style Belly Dance. Students explore various styles of belly dance, costuming, and music, and how fusion has played a role in the development of this dance style in America.

Jean Milazzo: Instructor

HTH-903-218 – Wednesdays, 4/3- 5/22/24 from 2:30- 3:30 p.m.

HLOA: Line Dance Intermediate

Line dancing is a great way for people of all ages to get in shape and have fun! 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. Various genres of music will be used.

Sarah Jose: Instructor

HTH-904-206 – Tuesdays, 4/2- 6/4/24 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-904-214 – Wednesdays, 4/3- 6/5/24 from 9:30- 11:00 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-901-203 – Wednesdays and Fridays, 4/3- 6/14/24 from 12:00- 1:30 p.m.

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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-903-221 – Thursdays, 4/4- 6/20/24 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. The 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-903-222 – Fridays, 4/5- 6/7/24 from 1:30- 2:30 p.m.

TAI CHI/BALANCE

Functional Mobility/Balance – Beginner Tai Chi

This is a Beginner Tai Chi class, a gentle exercise program for mental and physical wellbeing, Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It is a standing, weight bearing exercise. It's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, strengthens bones, 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-928-213 – Mondays, 4/1- 6/10/24 from 9:30- 10:30 a.m.

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Functional Mobility & Balance I- Beginner Tai Chi

This is a mind/body workout that combines the best of Tai Chi with a variety of relaxation exercises. This class is suitable for any fitness level! You will be guided through the flowing *yang style short form-37 postures* that will bring your muscular, cardiovascular and nervous systems into perfect synergy. Benefits can include stress reduction, improved cardio conditioning, muscular strength, balance, and flexibility. These exercises often will enhance cognitive function, uplift mental and emotional state, build stamina and improve the quality of your sleep if practiced regularly. ***This course is designed for beginners.***

Regina Judge: Instructor

HTH-928-206 – Thursdays, 4/4- 6/6/2024 from 1:00- 2:00 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-934-204 – Thursdays, 4/4- 6/6/24 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-947-210 – Mondays, 4/1- 6/17/2024 from 1:30- 2:30 p.m.