

# Anne Arundel Community College

## O'Malley Senior Center: In-Person Course Descriptions

### ART

#### **Clothing I: Design, Sew & Sell- Basic/Intermediate Sewing**

This is a beginner/intermediate class where we are progressively learning. Our Fall class will be making a simple T-shirt just to get us motivated again. We will then jump to some new skills with a unisex shirt using snaps, a lined yolk using the burrito method of sewing. We will have a collar and cuff. Both projects will be building skills. Our goal is to be able to make clothing so perfect that you will sew for your family/friends and feel so confident that you will begin selling or teaching soon. **Students stay in this class approximately 1 year. This is the class to learn updated/new procedures.**

**Joyce Richardson: Instructor**

**BNS-901-903 – Mondays, 10/2 – 12/11/23 from 9:00 a.m.- 12:00 p.m.**

#### **Clothing I: Design, Sew & Sell/Beginning Sewing**

Learn from the very beginning about the sewing machines and tools needed to increase your knowledge and skill level. Create projects that include home decor and more.

**Recommend taking class for 2 semesters.**

**Pauline Senk & Cynthia Kerr: Instructors**

**BNS-901-901 – Tuesdays, 10/3 – 12/5/23 from 9:00 a.m.- 12:00 p.m.**

#### **Clothing II: Design, Sew & Sell**

**Prerequisite: Must successfully complete Clothing 1 curriculum with Joyce Richardson.**

This is our advanced class. We have been building skills and are confident by now. Let's add some additional challenges this semester. We will be making a Shacket which is a shirt/jacket that is unisex. We will have many twists and turns we can make with this project such as buttonholes, snaps, color blocking, and you can partially line or fully line your Shacket. You can experiment with some new fabrics and creativity. Our goal is to be able to make clothing so perfect that you will sew for your family/friends and feel so confident that you will begin selling or teaching soon.

**NOTE: Must have successful completion of BNS-901 Clothing I: Design & Sell or instructor permission from Joyce Richardson is required.**

**Joyce Richardson: Instructor**

**BNS-902-901 – Fridays, 10/6 – 12/22/23 from 9:00 a.m.- 12:00 p.m.**

#### **Clothing II: Design, Sew & Sell**

Hone your skills, explore different sewing techniques, and experience different fabric. Redesign an item through embellishing it with fabric and different mediums.

Using the sewing machine and available sergers. Students will discuss the sales of potential completed works.

**Pauline Senk: Instructors**

**BNS-902-902 – Wednesdays, 10/4 – 12/6/23 from 9:00 a.m.- 12:00 p.m.**

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### **DPAO: Watercolors**

Acquaint students with basic elements and supplies of watercolor as an art form. **Plan to arrive at the first session with the supplies you have and your own reference material.** Use of line drawings, defining various watercolor applications and techniques. Discussion of color theory and color mixing. **Presentation options with watercolor.** Daily critiques as projects evolve. Identifying market outlets.

**April Rimpo: Instructor**

**CRE-912-921 – Wednesdays, 10/4 – 12/6/23 from 1:45- 3:45 p.m. No class 10/11/23.**

### **DPAO: Greeting Card Design**

Students will discover the Art of Greeting Card Design through 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-912-901 – Tuesdays, 10/3 – 12/5/23 from 9:00- 10:30 a.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 your finished works home.

**Betty Powell: Instructor**

**BNS-907-905 – Tuesdays, 10/3 – 12/5/23 from 9:00 a.m.- 12:00 p.m.**

**BNS-907-906 – Tuesdays, 10/3 – 12/5/23 from 12:00- 3:00 p.m.**

### **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 paint 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-912-916 – Wednesdays, 10/4 - 12/6/22 from 1:00- 3:00 p.m.**

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### **CONVERSATIONAL SIGN LANGUAGE**

#### **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.

**Peggy Bruce: Instructor**

**SLG-904-904 – Thursdays, 10/12 – 12/21/23 from 9:30- 11:00 a.m.**

### **LITERATURE**

#### **African American Literature**

Study African American poetry, fiction, nonfiction, and drama from the 18th century to the present. Explore and discuss the major literary, political, and social currents in American and African American culture.

**Vivian Spencer: Instructor**

**ENG-928-901 – Mondays, 10/2 – 12/4/22 from 12:30- 2:00 p.m.**

#### **Shakespeare's Hamlet: Ghost & Skull**

Table-read and discuss Shakespeare's greatest drama on existence, procrastination, revenge, madness, and death. Explore the question "To be or not to be." Examine the slings and arrows of outrageous fortune in this popular and puzzling play.

**Cindy Barry: Instructor**

**ENL-939-902—Wednesdays, 10/18 to 12/06/2023 from 10:30 a.m.- 12:30 p.m.**

#### **Out of Eden Walk: In China with Poets**

Read and discuss National Geographic dispatches of Pulitzer-prize winning journalist Paul Salopek as he visits China on his storytelling odyssey, the Out of Eden Walk. Share kinship with poets of the 8th- and 9th-century T'ang dynasty, building a bridge across geography, culture and time.

**Cindy Barry: Instructor**

**ENL-940-901 – Wednesdays, 10/18 – 12/06/2023 from 1:30- 3:30 p.m.**

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### MUSIC

#### **Fundamentals of Music: Romantic Composers (Part 1)**

**Romantic Composers** is a **three-part course** highlighting many composers of the **Romantic Period** in music between about 1815 and 1910. A long list of composers is represented in this period. We will examine works by **Beethoven, Brahms, Mendelssohn, Saint-Saëns, Richard Strauss** and **Mozart**. Romantic composers sought to create music that was individualistic, emotional, dramatic, and often programmatic. Their music was often inspired by non-musical stimuli, such as nature, literature, and poetry.

**John Cahill: Instructor**

**MUC-906-901 – Fridays, 10/6 – 12/8/2023 from 10:00 a.m.- Noon**

### PERSONAL ENRICHMENT

#### **NEW! Mind Games, Cranium Crunches and Brain Builders**

Discover the risk factors of memory loss and dementia. Participate in brain building activities and cranium crunches in a small, relaxed group setting. Studies show that there are statistically significant improvements in cognitive processes through modifying the risk factors in brain function. Playing games may lead to cognitive improvements in verbal learning, reasoning, memory, attention, language, speed and more. The goal of this class is to develop a personal plan to eliminate risk factors of dementia in daily life, play games, and to have fun!

**Peggy Bruce: Instructor**

**ERC-915-901 – Mondays, 10/2 – 12/4/23 from 9:30- 11:00 a.m.**

### WORLD LANGUAGE

#### **NEW! Brazilian Portuguese for Beginners**

Discover the beautiful language of Brazilian Portuguese. Start learning the sounds of the alphabet and develop pronunciation and vocabulary in a fun, comfortable atmosphere. Master simple conversations and discuss the Portuguese culture and civilization, both in Brazil and Europe.

**Cristiane Shaw: Instructor**

**LGE-982-901 – Wednesdays, 10/4 – 12/6/23 from 1:30- 3:00 p.m.**

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### **Beginning 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 light conversation in a casual atmosphere will be stressed. Textbooks: *Practice Makes Perfect BASIC SPANISH* 2<sup>nd</sup> Edition, by [Gilda Nissenberg](#); *Easy Spanish Reader*, any edition by William T. Tardy.

**Cristiane Shaw: Instructor**

**LGE-967-905 – Wednesdays, 10/4 – 12/6/23 from 12:00- 1:30 p.m.**

## **FITNESS**

### **FUNCTIONAL CONDITIONING**

#### **Functional Conditioning 3- Circuit Training Stations**

This **new** class is designed to focus on functional movement for daily activities, sports and living. It is the perfect way for individuals to incorporate balance training, core strength, mobility, and flexibility exercises. Suggested Equipment: hand weights, resistance bands, small balls, a chair for support if needed.

**Margaret Johnson: Instructor**

**HTH-945-915 – Tuesdays (Annex), 10/3 – 12/5/23 from 2:15- 3:15 p.m.**

**HTH-945-916 – Thursdays (Main Building), 10/5 – 12/14/23 from 2:15- 3:15 p.m.**

#### **Functional Conditioning II- Aerobics & Strength**

This class begins with 20-30 minutes of cardio movement to raise the heart rate and get the blood pumping. This is followed by a mixture of conditioning training to help tone the body using a combination of hand weights, bands, small balls, and a chair to build core strength, balance, and tone. This is truly a complete body workout! Suggested Equipment: hand weights, bands, small balls, and chair

**Kim Murphy: Instructor**

**HTH-926-905 – Tuesdays & Thursdays, 10/3 – 12/12/2023 from 8:30- 9:30am**

#### **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, 10/2 – 12/15/23 from 11:00 a.m.- 12:00 p.m.**

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### **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-925-903 – Mondays, Wednesdays, and Fridays, 10/2 – 12/13/23 from 8:30- 9:30 a.m.**

### **ADAPTED FITNESS**

#### **HLOA: Chair Exercise**

This chair class is perfect for anyone who is new to exercise class, trying to gain strength or deal with physical limitations. All movements are done seated in a chair and the 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.

**Sarah Jose: Instructor**

**HTH-903-912 – Thursdays, 10/5 – 12/14/23 from 10:00- 11:00 a.m.**

#### **Adapted Physical Education II- Chair Exercise with Light Weights**

Join Sandra's Chair exercises which can come in handy when you have limited mobility or find it hard to maintain your balance. The movements increase blood flow and keep your joints active and lubricated. They also strengthen your muscles and increase flexibility and mobility as you work out. Suggested Equipment: Weights 1-lb to 5-lbs

**Sandra Infante-Ludlum: Instructor**

**HTH-939-913 – Thursdays, 10/5 – 12/14/2023 from 12:15- 1:15p.m.**

#### **Adapted Physical Education- Seated Chair Exercise**

This chair class is perfect for anyone with physical limitations. All exercises are performed seated in a chair without arms. Kimberly will take you through a combination of movements to get the body energized and get the blood flowing. Seated stretching, weight work, and small balls are used to condition and tone the body combined with cardio movements to raise the heart rate. Suggested Equipment: light hand weights, chair without arms preferred, small/med. ball, towel or strap.

**Kim Murphy: Instructor**

**HTH-936-906 – Tuesday & Thursdays, 10/3 – 12/12/2023 from 9:30-10:30 a.m.**

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### **Adapted Physical Education II- Chair Yoga**

Chair yoga is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the mat and becomes an extension of the body. We will do seated and standing work with the chair for balance and support. This class is suitable for those working with injuries, balance problems, Parkinson's, MS and all who are looking for a little extra support in yoga class. Suggested Equipment: sturdy chair

**Gretchen Serinis: Instructor**

**HTH-939-924 – Fridays, 10/6 – 12/22/2023 from 1:00- 2:00 p.m.**

**HTH-939-925 – Wednesdays, 10/4 – 12/6/2023 from 1:00- 2:00 p.m.**

### **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. 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 complements 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-939-911 – Tuesdays, 10/3 – 12/5/2023 from 12:45- 1:45 p.m.**

### **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-939-923 – Wednesdays, 10/4 – 12/6/23 from 10:30- 11:30 a.m.**

## **YOGA**

### **HLOA: Hatha Yoga**

This yoga class is for students of all levels of flexibility and is designed with easy-to-follow poses that can be modified at the student's own pace. The class will tone and strengthen the body and improve circulation, creating a sense of wellbeing physically and emotionally. As a senior myself, I am living proof that health can be achieved even at an older age.

**Alicia Durand: Instructor**

**HTH-901-901 – Mondays, Wednesdays, and Fridays, 10/2 – 12/13/23 from 2:30- 3:30 p.m.**

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### **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. Try to have enough clear space around you to open your arms and legs wide!

**Sharon Harty: Instructor**

**HTH-947-915 – Mondays, 10/2 – 12/4/2023 from 9:00- 10:00 a.m.**

### **Integrative Strength & Flexibility II- Mat Yoga**

This yoga class is designed for those who are familiar with yoga. We will flow gently and mindfully guided by the breath. We will work the whole body practicing standing postures, balancing postures, and seated postures as well as meditation.

Suggested Equipment: Yoga mat, yoga blocks, yoga strap (old tie will work as well)

**Gretchen Serinis: Instructor**

**HTH-947-930 – Mondays, 10/2 – 12/4/2023 from 1:00- 2:00 p.m.**

## **WEIGHT TRAINING**

### **Weight Training for Older Adults- Strength**

Class starts with a 5-minute cardio warm up and then progresses with exercises using the below items. There will be some seated exercises focusing on the abdominals, but the class is a standing class for the most part. Debbie will also focus on balance and coordination in some of the classes as well. The class will end with seated stretches.

Equipment needed: bands, weights, small ball and a chair for abdominal exercises.

**Deborah Halley: Instructor**

**HTH-944-902 – Tuesdays, 10/10 – 12/12/2023 from 1:00- 2:00 p.m.**

## **TAI CHI/ BALANCE**

### **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 – Mondays & Wednesdays, 10/2 – 12/6/2023 from 2:00- 2:55 p.m.**



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### **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 – Mondays & Wednesdays, 10/2 – 12/6/2023 from 3:00- 3:55 p.m.**

### **CARDIOVASCULAR CONDITIONING**

#### **Cardiovascular Conditioning- Latin Cardio Dance**

Join Sandra for a Latin Cardio dance class which fuses Latin rhythms and choreographed dance moves of the following dances: Salsa, Cha-Cha, Samba, Merengue. Together they create a dynamic workout that's designed for fun and a good workout! Simply put, dance cardio is utilizing different types of dances to exercise your body.

Students will progress from basic dance steps to intermediate. Open to anyone who wants to have fun and dance for an hour.

**Sandra Infante-Ludlum: Instructor**

**HTH-943-920 – Thursdays, 10/5 – 12/14/2023 from 11:00 a.m.- Noon**

#### **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-943-924 – Wednesdays, 10/4 – 12/6/2023 from 10:30- 11:30 a.m.**

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### **DANCE**

#### **Line Dance Intermediate**

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-904-911 – Fridays, 10/6 – 12/22/23 from 12:30- 2:00 p.m.**

#### **HLOA: Dance**

This class is designed to strengthen the cardiovascular system plus tone muscles through aerobic dancing. It is a professionally choreographed workout by Jacki Sorensen for healthy people who want to stay fit in a fun, effective way. Hand-held weights and floor work are used for a portion of the class to help improve strength and flexibility. Easy Dance steps are taught and cued throughout. Upbeat music is used beginning with the warm-up to the cooldown. This is a beginner to intermediate class for students who enjoy a wide variety of music and movement.

**Judy Schummer: Instructor**

**HTH-901-904 – Mondays, Wednesdays, and Fridays, 10/2 – 12/13/23 from 9:30- 10:30 a.m.**

#### **HLOA: Ballroom Dance**

Do you want to sharpen your dance skills, get in some exercise, and have some fun? Come join Carlos! This class will begin by teaching you the basics of ballroom dance. All levels are welcome, and partners are encouraged but not necessary.

**Carlos Pabon: Instructor**

**HTH-900-901 – Tuesdays, 10/3 – 12/5/23 from 2:00- 3:45 p.m.**

#### **HLOA: Line Dance Intermediate**

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

**Sarah Jose: Instructor**

**HTH-904-903 – Thursdays, 10/5 – 12/14/23 from 11:00 a.m.- 12:30 p.m.**