

# O'Malley Senior Center & Annex

## FALL 2023 Course List

Registration Begins: August 22nd, 2023

Course ID# & Section #	Course Title	Start Date	End Date	Instructor	Class Location (Subject to Chg.)	Beg. Time	End Time	Days
BNS-901-903	Clothing I: Design, Sew & Sell <b>Intermediate Garment Sewing</b>	10/02/23	12/11/23	Richardson, Joyce	<b>ANNEX</b>	09:00AM	12:00PM	M
HTH-947-915	Integrative Strength/Flex II <b>Mat Yoga</b>	10/02/23	12/04/23	Harty, Sharon	<b>ANNEX</b>	09:00AM	10:00AM	M
ERC-915-901	MindGames, Cranium Crunches, and Brain Builders	10/02/23	12/04/23	Bruce, Peggy		09:30AM	11:00AM	M
ENG-928-901	African American Literature	10/02/23	12/04/23	Spencer, Vivian		12:30PM	02:00PM	M
HTH-947-930	Integrative Strength/Flex II <b>Mat Yoga</b>	10/02/23	12/04/23	Serinis, Gretchen	<b>ANNEX</b>	01:00PM	02:00PM	M
CRE-912-901	DPAO: Greeting Card Design	10/03/23	12/05/23	Clarke, Scott		09:00AM	10:30AM	T
BNS-901-901	Clothing I: Design, Sew & Sell <b>Beginning Sewing</b>	10/02/23	12/05/23	Senk, Pauline	<b>ANNEX</b>	09:00AM	12:00PM	T
BNS-907-905	Design, Market Art Cerm 2 <b>Ceramics</b>	10/03/23	12/05/23	Powell, Betty		09:00AM	12:00PM	T
BNS-907-906	Design, Market Art Cerm 2 <b>Ceramics</b>	10/03/23	12/05/23	Powell, Betty		12:00PM	03:00PM	T
HTH-939-911	Adapted Physical Education II <b>Chair Yoga</b>	10/03/23	12/05/23	Harty, Sharon		12:45PM	01:45PM	T
HTH-944-902	Weight Training for Older Adults	10/10/23	12/12/23	Halley, Deborah	<b>ANNEX</b>	01:00PM	02:00PM	T
HTH-900-901	HLOA: Ballroom Dance	10/03/23	12/05/23	Pabon, Carlos		02:00PM	03:45PM	T
HTH-945-915	Functional Conditioning 3 <b>Circuit Training Stations</b>	10/03/23	12/05/23	Johnson, Margaret	<b>ANNEX</b>	02:15PM	03:15PM	T
								W

BNS-902-902	Clothing II: Design, Sew & Sell <b>Intermediate Garment Sewing</b>	10/04/23	12/06/23	Senk, Pauline	<b>ANNEX</b>	09:00AM	12:00PM	
HTH-943-924	Cardiovascular Conditioning <b>Zumba</b>	10/04/23	12/06/23	Krause, Mary	<b>ANNEX</b>	10:30AM	11:30AM	W
HTH-939-923	Adapted Physical Education II <b>Armchair Exercise</b>	10/04/23	12/06/23	Schummer, Judith		10:30AM	11:30AM	W
ENL-939-902	Shakespeare's Hamlet: Ghost & Skull	10/18/23	12/06/23	Barry, Cynthia		10:30AM	12:30PM	W
LGE-967-905	Beginning Spanish	10/04/23	12/06/23	Shaw, Cristiane		12:00PM	01:30PM	W
CRE-912-916	DPAO: Mixed Media Art	10/04/23	12/06/23	McGowan, Kathleen	<b>ANNEX</b>	01:00PM	03:00PM	W
HTH-939-925	Adapted Physical Education II <b>Chair Yoga</b>	10/04/23	12/06/23	Serinis, Gretchen	<b>ANNEX</b>	01:00PM	02:00PM	W
ENL-940-901	Out of Eden: In China with Poets	10/18/23	12/06/23	Barry, Cynthia		01:30PM	03:30PM	W
LGE-982-901	Brazilian Portuguese for Beginners	10/04/23	12/06/23	Shaw, Cristiane		01:30PM	03:00PM	W
CRE-912-921	DPAO: Watercolors	10/03/23	11/28/23	Rimpo, April		01:45PM	03:45PM	W
SLG-904-904	Conversational Sign Language	10/12/23	12/21/23	Bruce, Peggy		09:30AM	11:00AM	TH
HTH-903-912	HLOA: Chair Exercise	10/05/23	12/14/23	Jose, Sara	<b>ANNEX</b>	10:00AM	11:00AM	TH
HTH-943-920	Cardiovascular Conditioning <b>Latin Cardio Dance</b>	10/05/23	12/14/23	Infante-Ludlum, Sandra		11:00AM	12:00PM	TH
HTH-904-903	HLOA: Intermediate Line Dance	10/05/23	12/14/23	Jose, Sara	<b>ANNEX</b>	11:00AM	12:30PM	TH
HTH-939-913	Adapted Physical Education II <b>Chair Exercise w/ Light Weights</b>	10/05/23	12/14/23	Infante-Ludlum, Sandra		12:15PM	01:15PM	TH
HTH-945-916	Functional Conditioning 3 <b>Circuit Training Stations</b>	10/05/23	12/14/23	Johnson, Margaret		02:15PM	03:15PM	TH
BNS-902-901	Clothing II: Design, Sew & Sell <b>Advanced Garment Sewing</b>	10/06/23	12/22/23	Richardson, Joyce	<b>ANNEX</b>	09:00AM	12:00PM	F
MUC-906-901	Fundamentals of Music	10/06/23	12/08/23	Cahill, John		10:00AM	12:00PM	F

HTH-904-911	HLOA: Line Dance	10/06/23	12/22/23	McVitty, Kate		12:30PM	02:00PM	F
HTH-939-924	Adapted Physical Education II <b>Chair Yoga</b>	10/06/23	12/22/23	Serinis, Gretchen	<b>ANNEX</b>	01:00PM	02:00PM	F
HTH-926-907	Functional Conditioning II <b>Circuit Training</b>	10/02/23	12/15/23	Schummer, Judith	<b>ANNEX</b>	11:00AM	12:00PM	M F
HTH-929-901	Functional Mobility/Balance II <b>Intermediate Tai Chi</b>	10/02/23	12/06/23	Colestock, Jackie		02:00PM	02:55PM	M W
HTH-929-902	Functional Mobility/Balance II <b>Beginning Tai Chi</b>	10/02/23	12/06/23	Colestock, Jackie		03:00PM	03:55PM	M W
HTH-925-903	Functional Conditioning I <b>Morning Stretch</b>	10/02/23	12/13/23	Schummer, Judith		08:30AM	09:30AM	M W F
HTH-901-904	HLOA: Dance <b>Aerobics</b>	10/02/23	12/13/23	Schummer, Judith		09:30AM	10:30AM	M W F
HTH-901-901	HLOA: Hatha Yoga	10/02/23	12/13/23	Durand, Alicia	<b>ANNEX</b>	02:30PM	03:30PM	M W F
HTH-926-905	Functional Conditioning II <b>Aerobics &amp; Strength</b>	10/03/23	12/12/23	Murphy, Kimberly		08:30AM	09:30AM	T TH
HTH-936-906	Adapted Physical Education <b>Seated Chair Exercise</b>	10/03/23	12/12/23	Murphy, Kimberly		09:30AM	10:30AM	T TH