



Annapolis Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

ART

Design, Market Art Objects Ceramics

Alice Dudley: Instructor

Students will work on pieces of their choosing and at their own pace. A supply list of sources will be provided. Students will learn painting techniques using various glazing techniques to acquire a glass-like finish or staining with acrylics paints and using additional methods by enhancing with antiquing and dry brushing. Glaze firing is provided at the center. Discussion of marketing strategies for selling ceramics.

BNS-906-201: Mondays from 12:30 to 2:30 p.m.

BNS-906-202: Mondays from 10:00 a.m. to 12:00 p.m.

COMPUTERS

Internet Essentials for Computer-Shy Senior Citizens - *NEW!*

John Turner: Instructor

Safely learn the basics of navigating the internet for practical day-to-day uses in a welcoming, supportive setting. Learn to communicate with doctors, set up an email account and stay safe while online. Note: Access to an iPad will be available in class. Students are welcome to bring a personal device.

CTT-928-201: Tuesdays from 10:30 a.m. to 12:00 p.m.

PERSONAL ENRICHMENT

Bob Dylan in the 1960's

Cindy Barry: Instructor

Listen, read, and discuss Bob Dylan's songwriting, singing, and poetry in the formative decade of the 1960s. We will hear the music that influenced him and explore how he developed his art and persona. In 2016, Dylan was awarded the Nobel Prize in Literature. We'll consider his songwriting as lyric poetry.

ENL-947-202: Thursdays from 10:00 a.m. to 12:00 p.m.



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Foundations of Genealogy Research

Carol Carman: Instructor

Make genealogy more interesting by fleshing out information about ancestors' lives. Learn how and where to find and record information. Discuss how to solve genealogical obstacles. Explore proper genealogy methods to construct a family tree that goes beyond names and dates and incorporates the history of the times.

ERC-904-201: Tuesdays from 1:00 p.m. to 3:00 p.m.

Touchstones Discussions (Volume B, Part 1)

Cindy Barry: Instructor

Table-read and view flip clips of "Henry V," Shakespeare's most acclaimed exploration of leadership and power. Delve into questions of patriotism, justice, and treachery. Is he a leader we would trust and follow today?

ENL-948-202: Thursdays from 1:30-3:30 p.m.

WORLD LANGUAGE

Beginning Spanish

Cristiane Shaw: Instructor

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* 2nd Edition, by [Gilda Nissenberg](#); *Easy Spanish Reader*, any edition by William T. Tardy.

LGE-967-203: Mondays from 12:00 to 1:30 p.m.



FITNESS

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Strength, Cardio & Standing Stretch

Linda Roberts: Instructor

This class is designed to increase strength, mobility, endurance, and range of motion through light cardio exercises paired with music, 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. **Note: Athletic shoes must be worn.**

HTH-945-220: Tuesdays from 10:30 to 11:30 a.m.

HTH-945-221: Thursdays from 11:30 a.m. to 12:30 p.m.

SEATED EXERCISE

Adapted Physical Education - Chair Tai Chi- *NEW!*

Young Lee: Instructor

This is a seated/chair Tai Chi class, a gentle exercise program for mental and physical well-being based on Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It is designed for those who find it difficult to stand for extended periods of time or those in a wheelchair. Use a sturdy, armless, straight back chair without rollers for safety. A wheelchair is ok if you lock it. It is a system of exercise that uses slow, smooth body movements with deep breathing to achieve both physical and mental health. It's often called meditation in motion. Tai Chi strengthens the cardiovascular and immune systems, 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.

HTH-939-215: Mondays from 1:00 to 2:00 p.m.

Adapted Physical Education II-Chair One (Chair Aerobics)

Linda Roberts: Instructor

This is a comprehensive chair exercise program designed for individuals who have trouble standing during a fitness regimen. This includes people with balance deficits, injuries, disabilities, or suffering from obesity. It is designed to keep individuals mobile to ensure they remain progressive in daily function and/or recovery. This class will deliver a fun interactive workout that uplifts people while providing a total body workout and will include hand resistance training using hand weights and stretching. Note: Closed shoes must be worn.

HTH-939-221: Tuesdays from 11:30 to 12:30 a.m.



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Adapted Physical Education – Gentle Chair Yoga- *NEW!*

John Cochran: Instructor

This one-hour class addresses the needs of individuals with reduced mobility. It is a gentle version of Hatha yoga that uses a chair for support in seated, half-raised, and standing postures. Participants do not need to lower to or rise up from the floor. The postures always begin with a gentle version frequently with the option to continue to more challenging positions. Postures will include balance, stretching, and strength-building exercises and are held for short periods followed by relaxation. The posture will cover the entire body (over several class periods) - head to toes. This class includes some discussion on the philosophy of yoga as well as an introduction to yoga breathing and meditation. All equipment is available at the senior center; includes a folding chair and may include the use of light weights and/or a strap.

HTH-939-205: Tuesdays from 1:30 to 2:30 p.m.

LINE DANCE

HLOA: Line Dance Intermediate

Sarah Jose: Instructor

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.

HTH-903-213: Thursdays from 12:30 to 1:30 p.m.

HLOA: Line Dance Beginner

Katie McVitty: Instructor

This low impact line dance class is geared toward beginners with guidance through the steps and how to perform circle dances and other similar dances. The history of some dances is occasionally explained. This class addresses the needs of beginners with attention to the best and easiest way to accomplish the dance. Dances can be adapted for students who have physical limitations.

HTH-904-206: Fridays from 2:30 to 3:45 p.m.

HLOA: Line Dance Intermediate/Advanced

Ann Gross: Instructor

If you have some experience in line dancing and would like a challenge, this class is for you! It is geared toward the intermediate to advanced level student & includes more modern or newer dances.

HTH-902-202: Mondays from 1:30 to 3:30 p.m.

HTH-902-201: Wednesdays from 12:15 to 2:15 p.m.



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PILATES AND CORE STABILITY

Core Stability Techniques - Pilates with Weights

John Cochran: Instructor

This Mat Pilates class is a progressive class emphasizing building strength in the core muscles and learning to control the movements of the arms and legs in order to build strength, increase flexibility, and achieve fluidity of movement. Class starts with a discussion of the history and philosophy of Pilates mixed with a gentle version of some of the movements. At the end of the 10-week session, the class is almost exclusively exercise using more advanced variations and including more exercises and is quite strenuous. Join John for this class and watch as you progressively improve your strength.

HTH-940-201: Thursdays from 10:30 to 11:30 a.m.

Core Stability Techniques - Pilates with Stretch Bands

John Cochran: Instructor

This Mat Pilates class is a progressive class emphasizing building strength in the core muscles and learning to control the movements of the arms and legs to build strength, increase flexibility, and achieve fluidity of movement. Class starts with a discussion of the history and philosophy of Pilates mixed with a gentle version of some of the movements. At the end of the 10-week session, the class is almost exclusively exercise using more advanced variations and including more exercises and is quite strenuous. Join John for this class and watch as you progressively improve your strength.

HTH-940-202: Tuesdays from 12:30 to 1:30 p.m.

Core Stability Techniques-Strengthen and Lengthen

Diane Hensley: Instructor

Postural strengthening with weights and floor work is central to this workout. Guidance and movement accommodations will be suggested for anyone with joint mobility issues. Must be able to work out on a mat on the floor. Chair and standing exercises will also be part of the exercises. Exercise with weights, band, and bender ball.

HTH-935-204: Mondays & Wednesdays from 9:00 to 10:00 a.m.

Core Stability Techniques-Stand Tall and Strong

Diane Hensley: Instructor

Strengthen and lengthen postural muscles to improve efficiency of movement during daily activities. Chair and standing exercises using weights, band, and bender ball. Focus is on core strength which includes all muscles supporting the spine. Workout includes leg and arm exercises.

HTH-935-202: Mondays & Wednesdays from 10:00 to 11:00 a.m.

HTH-935-203: Tuesdays & Thursdays from 8:30 to 9:30 a.m.



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Core Stability Techniques II- Stand Tall and Strong

Diane Hensley: Instructor

Strengthen and lengthen postural muscles to improve efficiency of movement during daily activities. Chair and standing exercises using weights, band, and bender ball. Focus is on core strength which includes all muscles supporting the spine. Workout includes leg and arm exercises.

HTH-940-204: Fridays from 9:00 to 10:00 a.m.

Core Stability Techniques II- Stand Tall and Strong

Diane Hensley: Instructor

Strengthen and lengthen postural muscles to improve efficiency of movement during daily activities. Chair and standing exercises using weights, band, and bender ball. Focus is on core strength which includes all muscles supporting the spine. Workout includes leg and arm exercises.

HTH-940-205: Fridays from 10:00 to 11:00 a.m.

TAI CHI/BALANCE

Functional Mobility/Balance – Beginner Tai Chi

Young Lee: Instructor

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 that'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.

HTH-928-207: Mondays from 11:00 a.m. to Noon

Functional Mobility & Balance – Intermediate Tai Chi

Young Lee: Instructor

This is an Intermediate Tai Chi class; Beginner Tai Chi is a pre-requisite. After you have learned Yang Style Simplified Short Form at the Beginner Tai Chi class, continue to practice Tai Chi. 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 that'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.

HTH-928-208: Thursdays from 9:30 to 10:30 a.m.

HTH-928-209: Mondays from 12:00 to 1:00 p.m.



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YOGA

Integrative Strength/Flex II-(Mat) Yoga

Doreen O'Connor: Instructor

This is a yoga class for everyone. We will start with the basic yoga postures and breathing with a focus on form. Some yoga philosophy will be shared. A format of breathing, warmup and pose sequences both on and off the mat will be explored. Modifications and progressions will be offered. The goal is to increase flexibility and strength through a series of focused and mindful exercises. We will finish with a final meditation and relaxation.

HTH-947-223: Tuesdays from 9:30 to 10:30 a.m.

Integrative Strength/ Flex Tech- Intermediate Mat Yoga

John Cochran: Instructor

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. **This class is not recommended for beginners.**

HTH-934-201: Wednesdays from 11:00 a.m. to 12:15 p.m.