

ART

DPAO: Wood Carving-Beginner

WOOD CARVING BASICS, FOR NOVICE CARVERS

Dave Parker: Instructor

This is a wood carving class designed specifically for absolute beginners. Students with no wood carving experience or those who haven't carved since their Boy Scout days are welcome. We'll use only knives and gouges-no power tools. Tool selection (& where to buy them) will be covered. Topics include basic knife cuts, tool sharpening, wood selection, pattern application, pyrography, and painting. Because carving tools are very sharp, safety (& first aid) will be stressed. A Kevlar reinforced carving glove, and a leather thumb guard are required. For questions or for a list of required supplies, email Dave Parker at daveparker1000@gmail.com.

BNS-908-201: Tuesdays from 10:30 a.m. to 1:00 p.m.

Location: Annex A, Room 116

DPAO: Wood Carving-Advanced

WOOD CARVING BASICS, FOR INTERMEDIATE TO ADVANCED CARVERS

Dave Parker: Instructor

The purpose of this class is to develop the skills of wood carvers from the intermediate to advanced levels. While this class offers a single project to be completed over each semester, other carving styles will be discussed. In this class, only hand tools (knives & gouges) are used and since carving tools are *extremely* sharp, safety will be emphasized. Tool sharpening & selection, painting, and pyrography will also be covered. In lieu of the semester project, students may work on their own projects with instructor assistance (as time allows). Students will identify art venues and determine sales potential.

BNS-908-202: Tuesdays from 1:15 to 3:45 p.m.

Location: Annex A, Room 116

DPAO: Colored Pencil

Alice Dudley: Instructor

Discover the luminous beauty and colorful effects possible using colored pencils, a non-toxic, highly portable medium ideal for travelers. Enhance your artistic expression by learning application techniques and tools for bringing a picture of life. Class will review the basics of art design and color theory before advancing through the fundamental essentials. Art venues will be identified, and artwork salability and marketing opportunities will be discussed. Supplies will be discussed at the first class.

CRE-912-207: Wednesdays from 12:30 to 2:30 p.m.

Location: Annex A, Room 114



Arnold Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

DPAO: Drawing- *NEW!*

Scott Clarke: Instructor

Scott Clarke is an accomplished local artist specializing in feel good art classes that combine laughter, creativity and motivation. Throughout his inspiring ten-week course, you will explore a different facet of drawing from still life and perspective to caricature and cartooning and MORE!

CRE-912-203: Mondays from 2:00 to 4:00 p.m.

Location: Johnson Building, Room 103

DPAO: Greeting Card Design - *NEW!*

Scott Clarke: Instructor

Students will discover the Art of Greeting Card Design through history and present-day creations. Includes hands on design techniques, style and subject matter, creative writing, marketing, and advertising information. Students will identify art venues and determine sales potential.

CRE-912-202: Tuesdays from 9:00 to 11:00 a.m.

Location: Annex A, Room 114

DPAO: Watercolors- Beginning

Alice Dudley: Instructor

Acquaint students with basic elements of watercolor as an art form. Use of line drawings, defining various watercolor applications and techniques. Discussion of color theory and color mixing. Matting, framing and preservation of work will be discussed. Critiques upon completion of painting projects. Identifying market outlets. A supply list available at the Senior Center Information Desk.

CRE 912-209: Tuesdays from 8:45 to 10:45 a.m.

Location: Johnson Building, Room 109

DPAO: Watercolors Intermediate

Alice Dudley: Instructor

This class moves at a faster pace and uses more challenging designs and techniques than Beginning Watercolor. Will be using line drawings; students own subject matter from photographs or their own drawings. Application/demonstration of additional watercolor mediums and additives.

Matting, framing and preservation of work will be discussed. Critiques upon completion of painting projects. Identifying market outlets. A supply list is available at the Senior Center Information Desk.

CRE-912-208: Tuesdays from 11:00 a.m. to 1:00 p.m.

Location: Johnson Building, Room 109

Design, Market Art: Stained Glass

Cindy Kippax: Instructor

Learn to create stained glass masterpieces using the Tiffany/copper foil method. Gain skills in pattern use, glass scoring, foiling, and soldering. Each beginner will complete a small project with materials provided. Advanced students must purchase supplies for further projects. Instructor Cindy Kippax, with over 16 years of experience, offers guidance, marketing tips, and examples for selling completed projects.

ADVANCED – Students have mastered basic stain glass skills

BNS-903-206: Wednesdays from 9:30 a.m. to 12:00 p.m.

BNS-903-205: Wednesdays from 12:15 to 2:45 p.m.

BEGINNING Level-Stained Glass

BNS-903-204: Thursdays from 9:30 a.m. to 12:00 p.m.

BNS-903-203: Thursdays from 12:15 to 2:45 p.m.

Location: Annex A, Room 116

DPAO: One-Stroke Painting

Kay Edelblute: Instructor

Explore one-stroke painting. This class is perfect for beginners and experienced students. Learn basic strokes like flat stroke, U-stroke, daisy stroke, bud stroke, tear drop stroke, easy petal strokes, shell strokes/wiggle strokes, leaf strokes as well as learning about the supplies needed. Discuss opportunities for marketing and sale of completed projects. Supplies needed for class will be discussed at the first session. It is recommended that students wait to purchase supplies. Attendance at the first session is highly recommended.

CRE-912-210: Fridays from 9:30 a.m. to 11:30 a.m.

Location: Annex A, Room 116

COMPUTERS

iPhone Basics

John Turner: Instructor

Optimize your ability to use the many features of your iPhone. Create an Apple ID, an iTunes account, adjust your settings, browse the web using Safari, set up email and learn how to add apps in a friendly, relaxed environment.

CPT-978-201: Thursdays from 10:00 to 11:30 a.m.

Location: Johnson Building, Room 106



Arnold Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

Office 365 Basics

John Turner: Instructor

Learn new ways to create, edit, copy, transfer and share documents. Explore ways to use the many new features offered by Microsoft Office 365.

CPT-992-202: Wednesdays from 10:00 to 11:30 a.m.

Location: Johnson Building, Room 106

An Introduction to Computers: Windows 10/11 - NEW!

John Turner: Instructor

Examine the basic features and functions of a Windows computer. Explore essential computer hardware and software, settings and computer safety, and practice beginning skills needed to navigate the world of computers. Review uses for day-to-day functions such as banking and email communication.

CTT-928-201: Wednesdays from 12:30 to 2:00 p.m.

Location: Johnson Building, Room 106

PERSONAL ENRICHMENT

The China Trade: Ceramics and Culture – NEW!

Catherine Masek: Instructor

Discover the significance of China Trade upon European and American decorative arts, primarily ceramic design in the 18th and 19th century. Examine examples of Chinese export wares that reached the US and discuss the significance of the China trade upon exploration of the New World. Discuss the 4,000-mile Silk route and how it led to cultural exchange between the East & the West.

ERC-917-201: Wednesdays from 2:00 to 3:30 p.m.

Location: Johnson Building, Room 103

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-904-202: Wednesdays from 1:00 to 3:00 p.m.

Location: Johnson Building, Room 105/107

Mind Games, Cranium Crunches and Brain Builders

Peggy Bruce: Instructor

Discover memory loss and dementia risk factors. Engage in brain-building activities and games in a relaxed group. Studies show modifying these risk factors can significantly improve cognitive functions like verbal learning, reasoning, memory, attention, and language. This class aims to create a personal plan to reduce dementia risks, play games, and have fun!

ERC-915-201: Tuesdays from 2:00 to 3:30 p.m.

Location: Johnson Building, Room 103

Smartphone Photography

Christine Edwards: Instructor

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.

PHO-921-201: Wednesdays from 9:30 to 11:15 a.m.

Location: Johnson Building, Room 109

Medicare and Medicaid: Essentials

Ron Deacon: Instructor

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*.

ERC-912-201: Tuesdays from 12:30 to 2:30 p.m.

Location: Annex A, Room 114

WORLD LANGUAGE

Conversational Sign Language: Level 1

Peggy Bruce: Instructor

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.

Book: Learn American Sign Language James W. Guido ISBN# ISBN 978-1577151074

SLG-904-202: Tuesdays from 12:30 to 2:00 p.m.

Location: Johnson Building, Room 104

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-967-204: Mondays from 2:00 to 3:30 p.m.

Location: Annex A, Room 114

FITNESS

ADAPTED FITNESS

Adapted Physical Education II- Chair Yoga

Sharon Harty: Instructor

This seated yoga class focuses on dynamic poses to lubricate joints, strengthen muscles, and alleviate tightness in tendons and ligaments. Poses are designed to improve alignment, support optimal function, and relieve pain. As the weeks progress, new poses will be introduced, with many repeated for continuity and adaptation. Modifications will be taught to suit individual needs.

Breathing techniques help reduce anxiety and depression, while mindfulness practices promote relaxation and calmness. The focus is on creating balance in body, mind, and spirit.

HTH-939-210: Wednesdays from 10:00 to 11:00 a.m.

Location: Annex A, Room 110

Adapted Physical Education - Seated Tai Chi

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. It is designed for those who find it difficult to stand for extended periods of time or those who are 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-939-216: Thursdays from 11:00 a.m. to 12:00 p.m.

Location: Annex A, Room 110

FUNCTIONAL CONDITIONING

Functional Conditioning 3: Zumba Toning

Kim Goff: Instructor

A unique way to improve your body through the combination of dance and fitness with a focus on FUN which ensures you'll "stick with it"! This whole-body workout to great music will tone arms and legs, strengthen your core, and improve your balance. The class is one of the most senior-friendly workouts as it allows the participant to easily modify any movement due to ability or needs. Light "Toning sticks" are used; while similar to traditional hand weights, they are constructed to allow for improved movement. Come dance your way to leaner muscles and a more sculpted shape.

HTH-945-211: Tuesdays from 10:00 to 11:00 a.m.

Location: Annex A, Room 110

Functional Conditioning 3- Total Fitness

Jeanine Ove: Instructor

Improve overall physical health, stamina, flexibility, and balance while gaining the benefit of stronger muscles. As we age, we naturally lose muscle mass and bone density leaving the joints more vulnerable and susceptible to injury. Stronger muscles around the joint help to protect and preserve joints. The class format will consist of, but not be limited to, light cardiovascular movement, light weight training including some weight bearing movements and abdominal exercises.

HTH-945-210: Fridays from 10:00 to 11:00 a.m.

Location: Annex A, Room 110

Functional Conditioning 3- Aerobics & Strength

Akiko Stefanovich: Instructor

This intermediate class is for those seeking a challenge! We start with a warm-up, followed by cardio exercises (low-intensity kickboxing or Hi-Lo aerobics) to elevate the heart rate. Strength training includes dumbbells, balls, exercise bands, gliders, and Pilates rings for added difficulty. The class ends with core work and stretches, using either chairs or a yoga mat. Expect new, fun moves each session to keep your workout fresh and exciting! **Please wear sneakers to attend this class.**

HTH-945-230: Mondays from 10:00 to 11:00 a.m.

HTH-945-233: Wednesdays from 9:00 to 10:00 a.m.

HTH-945-232: Thursdays from 9:00 to 10:00 a.m.

Location: Annex A, Room 110



Arnold Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

Functional Conditioning 3- Aerobics and Weights- NEW!

Akiko Stefanovich: Instructor

This is a beginner class for those who want to learn proper ways to exercise by using dumbbells, exercise bands and simple aerobics movements etc. Also helps to gain some balance and core strength through workout. We always end our class with some stretches. If you have been thinking about graduating from the chair exercise class to the standing class, or even if you haven't exercised for a while and are hesitant to sign up for regular exercise class(es), this class will be a perfect fit for you!!

HTH-945-231: Mondays from 11:00 a.m. to Noon

Location: Annex A, Room 110

CORE STABILITY

Core Stability Techniques- Pilates

Jeanine Ove: Instructor

Looking to strengthen your entire core? This classical Mat Pilates class targets your abdominal, back, and hip muscles while improving joint mobility and stability. You'll also enhance posture and flexibility. Jeanine may incorporate 1lb hand weights for chest and upper back exercises. Pilates is suitable for most students, though you should be able to get down to the floor and back up, as well as roll over for mat work. This is an intermediate-level class, but beginners with some exercise experience are welcome.

HTH-935-201: Tuesdays and Fridays from 11:00 a.m. to Noon

Location: Annex A, Room 110

SELF DEFENSE

Functional Mobility & Balance II- Senior Self-Defense

Rhonda Weeks: Instructor

This course provides instruction on how to defend yourself using your body's own natural reactions, how to spot dangers and potential threats. Students will learn how to stop an attacker in his tracks by acting early and learn how and where to strike to escape quickly. Topics include using your voice as a weapon, enhancing your awareness skills, learning avoidance and de-escalation skills, and how to have a survival mindset.

HTH-929-207: Mondays and Wednesdays from 9:00 to 10:00 a.m.

Location: Johnson Building, Room 101

YOGA

Integrative Strength/ Flex II- Mat Yoga

Sharon Harty: Instructor

Join this mat yoga class suitable for all levels, including beginners. No prior experience is needed. You'll work on posture, alignment, balance, body awareness, and weight-bearing exercises, leaving you feeling strong, centered, and peaceful. Breathing techniques will help relax the body, mind, and spirit. Please use a chair if needed, wear comfortable clothes, and use a yoga mat or non-slippery surface. Ensure enough clear space to move freely.

HTH-947-211: Wednesdays from 11:00 a.m. to Noon

Location: ANXA building, room 110

Integrative Strength & Flexibility II- Mat Yoga

Akiko Stefanovich: Instructor

This is a **yoga flow** class. This class is perfect for anyone who is ready to take the **challenge** to the **next level**. We will start with Sun salutations to warm ourselves up and move on to some standing poses and balances. Finishing up on the floor in a seated position to stretch and ending our class on the floor with some core strengthening and savasana. (Sometimes we will use a magic ring to make our class more fun!)

HTH-947-232: Mondays from 9:00 to 10:00 a.m.

Location: Annex A, Room 110

Integrative Strength & Flexibility II- Yogalates- NEW!

Akiko Stefanovich- Instructor

This is a combination of core strength and yoga stretch class on the mat. Great way to wake up your body to start your day. Gentle warm up either floor or standing, then some slow and steady core workout. After halfway through the class some yoga stretches and relaxes our mind and muscles. (We may occasionally use light dumbbells during some core exercises but every week)

HTH-947-231: Thursdays from 10:00 to 11:00 a.m.

Location: Annex, Room 114

Integrative Strength/Flex II- Mat Yoga

Michele Adair: Instructor

The practice of Yoga is a holistic approach that improves the functionality of the mind, body, spirit, and awareness. The benefits of this practice improve flexibility, strength, concentration, and reduces the stress and anxiety we may have through relaxation, breathing, and meditation techniques. This class is for the active senior whether you are new to Yoga or have experience in Yoga. Modifications are made for all levels.

HTH-947-202: Thursdays from 10:00 to 11:00 a.m.

Location: Annex A, Room 110

LINE DANCE

HLOA: Line Dance Intermediate- *NEW!*

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-904-217: Thursdays from 10:30 a.m. to 12:00 p.m.

Location: Johnson Building, Room 101

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-904-207: Fridays from 9:30 to 11:00 a.m.

Location: Johnson Building, Room 101

HLOA: Line Dance Beginner

Ann Gross: Instructor

This class is for beginners to learn basic steps and line dances using mostly country music. It is an aerobic exercise with no partners needed. Students need to wear shoes with leather bottoms, dance sneakers, or dance boots. This is a great exercise class that gives your mind a workout as well as your muscles. We will work on balance and posture as well as dance techniques and steps. Bring your smiles and dancing feet to this new class where you will learn new dances, hear some good music, and laugh your “blues” away as we “boot scoot” our way to better health together.

HTH-904-201: Mondays from 11:00 a.m. to 12:30 p.m.

HTH-904-202: Wednesdays from 10:00 to 11:30 a.m.

Location: Johnson Building, Room 101

TAI CHI/ BALANCE

Functional Mobility/Balance II: Tai Chi

Sean Martial: Instructor

This course provides instruction on improving and maintaining health through education and awareness of movement and balance concepts and practices. Topics include muscle groups, fall prevention, maintaining and improving coordination and improved balance.

HTH-929-205: Mondays & Wednesdays from 1:00 to 2:00 p.m.

Location: Annex A, Room 110