

ART**DPAO: Greeting Card Design and Paper Art- NEW!***Sharon Lewis: Instructor*

Students will discover the Art of Greeting Card Design, discuss the history of greeting cards, and create greeting cards, gift tags, and labels. Students will use hands on design techniques, creative messaging, and practice various card styles. Marketing opportunities, art venues, and sales potential will be discussed. Note: students will be provided with card stock for class 1 and are expected to bring minimal supplies to complete their designs. Information provided at the first session.

CRE-912-215: Mondays from 10:00 to 11:30 a.m.**DPAO: Acrylic Painting- NEW!***Elaine Weiner-Reed: Instructor*

Embrace creativity in this acrylic painting course, where you'll unlock your unique voice. Explore water media, color-mixing, composition, and design. Enjoy lectures, demos, and personalized guidance as you transform canvases into endless possibilities. Sketching, journaling, and using personal source images are encouraged. Discussions cover art venues and professional goals. Students must bring their own sketchbook and supplies, with additional recommendations discussed in class. Join like-minded individuals and unleash your artistic potential!

CRE-912-219: Thursdays from 1:30 to 4:00 p.m.**DPAO: Chinese Brush Painting***Mei Yu Green: Instructor*

Students will learn the fundamental concepts of Chinese calligraphy-related principles, and elements required to create orchid, bamboo, plum blossom, and chrysanthemum, which are basic designs to construct an oriental brush painting (sumi-e painting). Experiment with ink and color. Discover the materials and the brush strokes to be able to apply this technique. Experience simplicity and meditation while learning to recognize the mind-body connection of frame of mind and self-cultivation, as well as how it affects one's artistic expression. It's also good to learn something new and for those wanting to improve their Chinese brush painting skills. Students will identify art venues and determine sales potential.

CRE-912-213: Wednesdays from 9:00 to 11:00 a.m.



Severn Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

WORLD LANGUAGE

Conversational Sign Language

Tiara Rogers: Instructor

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

SLG-904-204: Wednesdays from 10:00 a.m. to 12:00 p.m.

Beginning Italian

Cristiane Shaw: Instructor

Examine and recite basic Italian grammar, vocabulary, and verb conjugations used in daily conversation. Discuss Italian culture and history.

LGA-902-203: Tuesdays from 1:30 to 3:00 p.m.

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-967-206: Tuesdays from 11:50 a.m. to 1:20 p.m.

PERSONAL ENRICHMENT

Master Healthy Aging: A Medical Perspective – NEW

Janet Paydo: Instructor

Explore key principles for maintaining health and well-being as we age. This class provides an overview of physical, mental, and social aspects of aging, with practical strategies to enhance life quality. Topics include nutrition, exercise, brain health, fall prevention, sleep, and routine screenings. Ideal for adults, caregivers, and anyone aiming to improve their or loved ones' aging experience. Led by a licensed nurse practitioner.

HTH-949-201: Wednesdays from 5:30 to 7:00 p.m.

Finding Peace: Lessons in Conflict Resolution from Northern Ireland- *NEW!*

Jenny Young: Instructor

This class is an exploration into the root causes of conflict and an introduction to established approaches to find resolution. It is focused on conflict theory, understood through the lens of Northern Ireland, a region which has experienced over 25 years of peace following a protracted civil unrest known as “The Troubles.” We welcome curious learners to join our discussion of how lessons from peace practitioners and researchers in the region may be applied to other deeply divided societies, as well as to handling conflict in one’s everyday life.

ERC-922-202: Thursdays from 12:30 to 3:00 p.m.

Bob Dylan in the 1960s- *NEW!*

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-947-201: Tuesdays from 10:30 a.m. to 12:30 p.m.

Touchstones Discussions (Volume B, Part 1)

Cindy Barry: Instructor

Read in class brief extracts from the great works of Western and Eastern civilizations and discuss the ideas of philosophers, writers, and thinkers such as Homer, William James, Pascal, Martin Luther King, Jr., Carl von Clausewitz, Plutarch, and others.

ENL-948-201: Tuesdays from 1:30 to 3:30 p.m.

FITNESS

SEATED EXERCISE

HLOA: Chair Tai Chi

Mei Yu Green: Instructor

Tai Chi Chuan is an ancient Chinese movement practice offering several health benefits. Exercises consist of slow, graceful movements made while breathing deeply. Seated Tai Chi is a great option for those with limited mobility. Some of the benefits include greater muscle control, improved system management for arthritis and related medical conditions affecting aging adults, better stability, and reduced stress.

HTH-903-212: Wednesdays from 2:00 to 3:00 p.m.

CARDIOVASCULAR CONDITIONING

Cardiovascular Conditioning- Zumba

Mary Krause: Instructor

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

HTH-943-208: Fridays from 11:00 a.m. to Noon

DANCE

HLOA: Line Dance Intermediate/Advanced

Sarah Jose: Instructor

These classes are for experienced dancers. The sequence of dance steps and movements will be very challenging technically, rhythmically, and tempo wise. Geared toward the intermediate and advanced level students and include new dances. Various genres of music will be used.

HTH-904-204: Mondays (Intermediate) from 11:30 a.m. to 1:00 p.m.

HTH-904-205: Wednesdays (Advanced) from 11:00 a.m. to 12:30 p.m.

HLOA: Line Dance Beginner

Sarah Jose: Instructor

Line dancing is a great way for people of all ages to get in shape and have fun! These classes are geared toward the beginner level and includes new dances. Various genres of music will be used.

HTH-903-215: Mondays from 1:00 to 2:00 p.m.

HTH-903-216: Wednesdays from 10:00 to 11:00 a.m.

HLOA: Tap Dance Beginner

Vicki Smith: Instructor

This class is geared towards beginners, but students of all levels are welcome. Come learn fun tap dance routines while learning a variety of skills which include basic tap steps, and review of the 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.

HTH-903-224: Mondays from 9:00 to 10:00 a.m.

HLOA: Intro to Jazz Dance

Vicki Smith: Instructor

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.

HTH-904-213: Mondays from 10:15 to 11:30 a.m.

HLOA: Belly Dance for Exercise

Mei Yu Green: Instructor

Belly dance celebrates every body type at every stage of life. It has been considered as one of the oldest forms of dance, having roots in all ancient cultures from the orient to India to the mid-East, and has been performed for women during fertility rites or parties preparing a young woman for marriage. Gain strength and tone muscles by learning how to isolate movement in different parts of the body. Increase your flexibility all while having fun dancing to exotic musical rhythms!

HTH-903-211: Wednesdays from 4:00 to 5:00 p.m.

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Total Body Conditioning

Mary Krause: Instructor

This class begins with a cardio dance warm-up, featuring creative movements for the arms, shoulders, waist, and hips. We then focus on strict movements with proper form, building discipline and engaging core muscles. The workout includes lower and upper body routines with hand weights and a chair, featuring leg raises and seated upper body exercises to tone the torso and legs. With unique routines and great music each time, you'll stay motivated and never get bored!

HTH-945-218: Sundays from 10:30 to 11:30 a.m.

Functional Conditioning 3- Aerobics/ Strength

Mary Krause: Instructor

This class is for all levels. It incorporates easy to follow aerobic moves and functional strength training with the use of light weights. This class helps with cardio conditioning, posture, balance, full body strength for daily activities and endurance! Wear light clothing and get ready to have fun.

HTH-945-219: Fridays from 10:00 to 11:00a.m.

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-929-210: Tuesday & Thursdays from 9:00 to 10:00 a.m.

HTH-929-209: Tuesday & Thursdays from 4:00 to 5:00 p.m.

PILATES/CORE STABILITY

Core Stability II – Core and Stretch

Mary Krause: Instructor

This class is designed to help lengthen and strengthen your abdominal muscles. The combination of Pilates and yoga movements trains your core, increases range of motion, aids in daily movement and balance. It will also help relieve stress throughout the body. This class is suitable for all fitness levels.

HTH-940-206: Saturdays from 10:00 to 11:00 a.m.

TAI CHI/BALANCE

HLOA: Qigong for Health

Mei Yu Green: Instructor

This class introduces students to the many health benefits of practicing Qi Gong. These ancient Chinese exercises have been practiced in the Taoist and Buddhist traditions for approximately 4000 years. It has evolved over the centuries, but the central concepts remain. Qi is energy, life force, vital energy, spirit, "Breath". Gong is work, skill, mastery, cultivation. Qi Gong means Qi cultivation. Good Qi cultivation = good health, more Qi = more vitality. If Qi is stagnant or deficient, we will experience poor health.

In this class, we are going to focusing on the 8 pieces of Brocade call Ba Duan Jin 八段錦.

Benefits:

1. Move gently and gracefully: Stretch, strengthen, soften the muscles, joints, and tissue, allowing the body to heal.
2. Find your calm center: Like a moving meditation, and Qi Gong can help you settle a busy mind.
3. Energize body and mind: Breathe deeply and naturally, feel relaxed and full of energy.
4. Find Harmony and Balance: Feel connected with your body, mind, and nature.

HTH-903-210: Wednesdays from 3:00 to 4:00 p.m.

Functional Mobility & Balance I- Tai Chi

Mei Yu Green: Instructor

Tai Chi Chuan is an ancient Chinese form of exercise which promotes internal and external centering, Chi circulation, balance, health, and longevity. The Yang Style short form takes students through a complete, natural range of motion over their center of gravity. Accurate, repeated practice of the solo routine is said to improve posture, encourage circulation throughout the body, maintain flexibility through the joints, and further familiarize students with the martial application sequences applied to the appropriate form. The goal of Tai Chi Chuan is to strengthen and integrate the mind and body for health and awareness. Many improvements include balance control, flexibility, cardiovascular fitness, reduced stress, and mental health.

HTH-928-202: Wednesdays from 1:00 to 2:00 p.m.

YOGA

Integrative Strength/ Flex II- Mat Yoga

Mary Krause: Instructor

This yoga class welcomes all levels and includes meditation, stretching, strengthening, and flow-based movements tied to breath. The class begins with grounding meditation, followed by a blend of floor-based, standing postures, and flow. The focus is on strengthening, lengthening, and stretching through a creative series of postures in continuous motion. To thrive, your body should be healthy, injury-free, and familiar with basic postures. You'll leave feeling relaxed, stretched, and realigned.

Bring your mat for a wonderful experience! Namaste!

HTH-947-218: Sundays from 11:30 a.m. to 12:30 p.m.

Integrated Strength/Flex II- Balance and Mobility Yoga

Sandra Nicht: Instructor

This class will emphasize postures to improve mobility, strength, and balance and may include seated work in a chair including breathing exercises and meditation. Chair versions of standing work will be demonstrated, and you will NOT need to get up and down from the floor or do postures on your knees.

HTH-947-221: Mondays from 2:00 to 3:00 p.m.

HTH-947-222: Thursdays from 1:00 to 2:00 p.m.



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WEIGHT TRAINING

Weight Training for Older Adults- Circuit Training with Weights & Cardio

Sandra Nicht: Instructor

The group will warm up and warm down/stretch together before and after the circuit portion begins. Exercises using the weights will be kept simple and safe and coaching on proper form and modifications will be offered as necessary. Class formats may change from week to week for variety. All students must participate in orientation of equipment on the first day of class.

HTH-944-207: Mondays from 1:00 to 2:00 p.m.

HTH-944-209: Tuesdays from 4:00 to 5:00 p.m.

HTH-944-208: Thursdays from 2:00 to 3:00 p.m.