

Anne Arundel Community College

Severn Senior Center: In-Person Course Descriptions

ART

NEW! DPAO: Greeting Card Design and Paper Art

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 will be provided at the first session.

Sharon Lewis: Instructor

CRE-912-115 – Mondays, 01/06- 03/24/25 from 10:00- 11:30 a.m.

DPAO: Chinese Brush Painting

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.

Mei Yu Green: Instructor

CRE-912-113 – Wednesdays, 01/08- 03/12/2025 from 9:00- 11:00 a.m.

WORLD LANGUAGE

Conversational Sign Language

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

Tiara Rogers: Instructor

SLG-904-104 – Wednesdays, 01/08- 03/12/25 from 10:00 a.m.- 12:00 p.m.

PERSONAL ENRICHMENT

NEW! Master Healthy Aging: A Medical Perspective

Examine the key principles and practices for maintaining health and well-being as we age. Discover a comprehensive overview of the physical, mental and social aspects of aging, with practical strategies to enhance quality of life in the later years. Information regarding nutrition, exercise, brain health, fall Prevention, sleep, and routine Screenings will all be presented. Note: Ideal for adults interested in learning about healthy aging, caregivers and anyone seeking to improve their own or their loved ones' quality of life as they age. The instructor is a licensed nurse practitioner.

Janet Paydo: Instructor

HTH-949-102 – Wednesday, 01/08- 02/12/25 from 5:30- 7:00 p.m.

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

Finding Peace: Lessons in Conflict Resolution from Northern Ireland is an exploration into the root causes of conflict and an introduction to established approaches to find resolution. This course 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.

Jenny Young: Instructor

ERC-922-102 – Saturdays, 01/11- 02/15/2025, 9:30 a.m. - 12:00 p.m.

NEW! Aristotle's Nicomachean Ethics

Aristotle's Nicomachean Ethics | Explore Aristotle's thoughts on human flourishing. Read and discuss ethics, intellectual curiosity, human good, friendship and happiness. Delve into the timeless questions of the good life, including what is the goal of human life? What is the nature of happiness? How do we act in the world?

Cindy Barry: Instructor

ENL-945-102 – Tuesdays, 01/21- 03/11/2025, 10:30 a.m.- 12:30 p.m.

NEW! Harlem Renaissance: Essays, Poems, Novels

Harlem Renaissance: Essays, Poems, Novels | Explore the Harlem Renaissance through at-home readings and in-class discussions of essays, poems and novels that marked a blossoming of expression by African American and Caribbean writers in the early 1900s. We'll encounter Countee Cullen, Alain Locke, Langston Hughes, Claude McKay, James Weldon Johnson, W. E. B. DuBois, Nella Larsen and Zora Neale Hurston.

Cindy Barry: Instructor

ENL-946-102 – Tuesdays, 01/21- 03/11/2025, 1:30-3:30 p.m.

Pyramids/Pharaohs/Mummies: A History of Ancient Egypt Part 2

Learn about the history of ancient Egypt via video presentations. A series of lectures by a noted Egyptologist on the history, pharaohs and mummies of ancient Egypt will be complimented by many videos from National Geographic, The History Channel and other media on **King Tut, Nefertiti, Ramesses II, Cleopatra**, and others. Information on reading the hieroglyphs, mummification, the afterlife, Egyptian magic and spells, medicine, temples and tombs, and much more will be presented in part one of a 16-week course. This is not a discussion course.

John Cahill: Instructor

HSY-906-101 – Fridays, 01/10- 02/28/2025 from 1:30- 3:30p.m.

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FITNESS

CHAIR FITNESS

HLOA: Chair Tai Chi

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.

Mei Yu Green: Instructor

HTH-903-109 – Wednesdays, 01/08- 03/12/2025 from 2:00- 3:00 p.m.

LINE DANCE

HLOA: Line Dance Intermediate/Advanced

This class is for experienced dancers. The sequence of dance steps and movements in this level will be very challenging technically, rhythmically, and tempo wise. It is geared toward the advanced level and includes new dances. Various genres of music will be used.

Sarah Jose: Instructor

HTH-904-105 – Mondays, (Intermediate) 01/06- 03/24/2025 from 11:30- 1:00 p.m.

HTH-904-106 – Wednesdays, (Advanced) 01/08- 03/12/2025 from 11:00 a.m.- 12:30 p.m.

HLOA: Line Dance Beginner

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 beginner level and includes new dances. Various genres of music will be used.

Sarah Jose: Instructor

HTH-903-112 – Mondays, 01/06- 03/24/2025 from 1:00- 2:00 p.m.

HTH-903-113 – Wednesdays, 01/08- 03/12/2025 from 10:00- 11:00 a.m.

Cardiovascular Conditioning

Cardiovascular Conditioning- Zumba

Join the Latin-inspired, easy to follow, feel it to the core, dance-fitness party! This is a fun dance fitness class that will get your heart pumping. Please expect an hour-long class that incorporates Latin inspired music as well as other rhythms from around the world. This is a class where time will fly because of all the fun that you will have! No dance background is necessary. The steps are simple and fun, and everyone will enjoy the class. Whether you are a new dancer or a seasoned dancer, this will be an invigorating and energetic class. “Ven bailas con nosotros!” Suggested Equipment: dancing shoes, hand towel and lots of water!

Mary Krause: Instructor

HTH-943-110 – Fridays, 01/10- 03/14/2025 from 11:30 a.m.- 12:30 p.m.

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DANCE

HLOA: Tap Dance Beginner

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.

Vicki Smith: Instructor

HTH-903-121 – Mondays, 01/0 - 03/24/2025 from 9:00- 10:00 a.m.

HLOA: Intro to Jazz Dance

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.

Vicki Smith: Instructor

HTH-904-114 – Mondays, 01/06- 03/24/2025 from 10:15- 11:30 a.m.

HLOA: Belly Dance for Exercise

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!

Mei Yu Green: Instructor

HTH-903-108 – Wednesdays, 01/08- 03/12/2025 from 4:00- 5:00 p.m.

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Total Body Conditioning

This class starts with dancing for cardio as a warm-up. We do a variety of creative movements, with the arms, shoulders, waist, and hips. We then move into strict movements, using good form, practicing focus and discipline, maintaining good form through the entire workout. This constantly engages the core muscles, toning the diaphragm and abdominal muscles, by holding good posture and form. Lower and upper body routines include hand weights and the chair, doing front, side and rear leg raises as well as seated upper body movements to tone the torso and all leg muscles. No two workouts are ever the same, so you'll never get bored! All routines to great music!

Suggested Equipment: hand weights, chair, mental creativity, and enthusiasm!

Mary Krause: Instructor

HTH-945-118 – Sundays, 01/12- 03/16/2025 from 10:30- 11:30 a.m.

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Functional Conditioning 3- Aerobics/ Strength

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.

Mary Krause: Instructor

HTH-945-119 – Fridays, 01/10- 03/14/2025 from 10:30- 11:30 a.m.

SELF DEFENSE

Functional Mobility & Balance II- Senior Self-Defense

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.

Rhonda Weeks: Instructor

HTH-929-110 – Tuesdays & Thursdays, 01/07- 03/13/2025 from 9:00- 10:00 a.m.

HTH-929-109 – Tuesdays & Thursdays, 01/07- 03/13/2025 from 4:00- 5:00 p.m.

PILATES/CORE STABILITY

Core Stability II – Core and Stretch

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.

Mary Krause: Instructor

HTH-940-106 – Saturdays, 01/11- 03/15/2025 from 10:00- 11:00 a.m.

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TAI CHI/BALANCE

NEW! HLOA: Qigong for Health

This *new* class introduces students to the many health benefits of practicing Qi Gong. There are many different versions of the history of Qi Gong. These ancient Chinese exercises have been practiced in the Taoist and Buddhist traditions. It's approximately 4000 years old. It has changed and 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 called 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.

Mei Yu Green: Instructor

HTH-903-107 – Wednesdays, 01/08- 03/12/2025 from 3:00- 4:00 p.m.

Functional Mobility & Balance I- Tai Chi

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.

Mei Yu Green: Instructor

HTH-928-102 – Wednesdays, 01/08- 03/12/2025 from 1:00- 2:00 p.m.

YOGA

Integrative Strength/ Flex II- Mat Yoga

This class is an enjoyable and energizing yoga practice focusing on breath and alignment. Participants will learn various postures and sun/moon salutations to build stamina, find flexibility & create energy. This class offers a healthy way to find self-awareness, self-care, and self-healing. Participants confidently set healthy boundaries and limits. Each student creates a unique individual yoga practice. There is mat work involved and the instructor will modify it if needed. This class offers a safe environment for us to learn, laugh and grow.

Mary Krause: Instructor

HTH-947-118 – Sundays, 01/12- 03/16/2025 from 11:30 a.m.- 12:30 p.m.

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Integrated Strength/Flex II- Balance and Mobility Yoga

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.

Sandra Nicht: Instructor

HTH-947-121 – Mondays, 01/06- 03/24/2025 from 2:00- 3:00 p.m.

Integrative Strength/Flex II- Mat Yoga

For those who can get up and down from the floor: learn a powerful traditional sequence of Hatha Vinyasa poses to build strength, flexibility, joint mobility, and more with a mindful awareness of your breath. Bring your own mat and any props you might need (like blocks), chairs will be available if needed, and detailed explanations will be given and alternatives demonstrated. All levels of experience are welcome!

Sandra Nicht: Instructor

HTH-947-122 – Thursdays, 01/09- 03/13/2025 from 1:00- 2:00 p.m.

WEIGHT TRAINING

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

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.

Sandra Nicht: Instructor

HTH-944-107 – Mondays, 01/06- 03/24/2025 from 1:00- 2:00 p.m.

HTH-944-109 – Tuesdays, 01/07- 03/11/2025 from 4:00- 5:00 p.m.

HTH-944-108 – Thursdays, 01/09- 03/13/2025 from 2:00- 3:00 p.m.