



South County Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

ART

Design, Market Art: Stained Glass Beginner/Advanced

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 can purchase supplies for further projects. Instructor Cindy Kippax, with over 16 years of experience, offers guidance, marketing tips, and examples for selling completed projects.

BNS-903-208: Tuesdays from 10:00 a.m. to 12:30 p.m.

DPAO: Colored Pencil

Alice Yeager: Instructor

Discover the colorful potential of colored pencils, perfect for studio or travel drawing. Develop artistic skills with various colored pencil media, including professional-grade wax, oil, watercolor and pastel pencils plus related drawing materials. Explore historical styles of art including realist, impressionist, expressionist, surrealist, and abstract art. Learn color theory, composition, texture effects, and techniques to create depth. Various drawing techniques, surfaces and enhancement tools are also covered. Beginner to intermediate students welcome.

CRE-912-221: Wednesdays from 10:00 a.m. to 12:30 p.m.

DPAO: Colored Pencil Studio Practice

Alice Yeager: Instructor

Discover the colorful potential of colored pencils, perfect for studio or travel drawing. Develop skills with various colored pencil media, including watercolor and professional-grade pencils. Explore styles like realist, impressionist, expressionist, surrealist, and abstract art. Learn color theory, composition, texture effects, and techniques to create depth. Beginner to intermediate students welcome.

CRE-912-220: Wednesdays from 1:00 to 3:30 p.m.

Design, Marketing & Art of Wildfowl Carving

Joe Caldwell & Wayne Everd - Instructors

This course provides detailed instruction on the design, production, and marketing of completed wildfowl carvings that are finished. Topics include techniques of carved and painted wildfowl carvings and business and market strategies. An orientation that includes safety procedures is given by the instructor before the class starts. The instructor will provide a supply list to the students.

BNS-904-201: Mondays from 9:00 a.m. to 12:00 p.m.

BNS-904-202: Mondays from 12:30 p.m. to 3:30 p.m.



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HISTORY

The U.S. Presidents: From Washington to Present Day- NEW!

Greg Nedved- Instructor

Experience American history from a presidential perspective. Examine the U.S. presidents, focusing on their challenges, achievements and the lessons their presidencies offer for contemporary politics. Delve into miscellaneous topics related to the presidents including their unique personalities and idiosyncrasies.

HSY-913-202: Wednesdays from 9:00 to 11:00 a.m.

Cultural Influences in America Through Film

John O'Dell – Instructor

This course explores American culture through film, examining various genres from the 1930s to the present. It highlights the interaction between film and culture, focusing on individuals, groups, history, language, religion, fashion, technology, and art. Films such as musicals, westerns, romantic comedies, and documentaries will be analyzed to understand how they portray culture and how culture has shaped films. The class aims to explore this symbiotic relationship in American film classics.

ENC-972-201: Thursdays from 1:00 to 4:00 p.m.

PERSONAL ENRICHMENT

Mind Games, Cranium Crunches and Brain Builders

Tiara Rogers- Instructor

Discover memory loss and dementia risk factors. Engage in brain-building activities and games in a relaxed group setting. 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-915-204: Tuesdays from 1:00 to 2:30 p.m.

Enhancing Mind Functions

James Durcan- Instructor

Explore how the brain functions and ways to both sustain current brain power and even increase brain stamina. Discover ways to guard against debilitating brain events.

ENR-993-201: Mondays from 9:30 to 11:00 a.m.



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Creative Writing

Susan Moger – Instructor

Both fiction and nonfiction writers benefit from applying creative writing techniques: hooking-the reader, characterization, setting, conflict, and satisfying endings. Through writing assignments, class discussions, and in-class exercises, you will advance your in-progress stories and discover new ones.

WRI-901-202: Wednesdays from 2:00 to 4:00 p.m.

Autobiography Writing

Susan Moger – Instructor

Discover your distinctive writing voice and record stories about your life through in-class exercises, writing assignments and class discussion. Learn techniques to release memories, get started writing, develop compelling true stories, revise, and research.

LGE-956-203: Thursdays from 10:00 a.m. to 12:00 p.m.

WORLD LANGUAGE

Beginning Spanish

Leigh Fleckenstein- Instructor

Learn to read and write in Spanish. Learn basic Spanish grammar and pronunciation. Study regular verb conjugations in the present tense and limited irregular verb forms. Become more familiar with Spanish and Latin American cultures and geography. Textbook: Practice Makes Perfect: Basic Spanish, Premium Third Edition 3rd Edition, by Dorothy Richmond ISBN: 978-1260453492

LGE-967-201: Mondays from 2:00 to 4:00 p.m.

Beginning Spanish- Part 2

Leigh Fleckenstein- Instructor

Extend the study of basic grammar, sentence structure and vocabulary skills. Practice comprehension and oral proficiency of level-appropriate Spanish through small group conversation. Students must have completed Level 1.

LGA-937-201: Mondays from 11:30 a.m. to 1:30 p.m.

Intermediate Spanish

Leigh Fleckenstein-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 conversation in a casual atmosphere will be stressed. Textbooks: *Practice Makes Perfect: Complete Spanish All-in-One, Premium Second Edition*, by Gilda Nissenberg; *Easy Spanish Reader*, any edition by William T. Tardy.

LGE-969-201: Wednesdays from 2:00 to 4:00 p.m.



FITNESS

CARDIOVASCULAR CONDITIONING

HLOA: Zumba Gold

Linda Roberts: Instructor

This class is perfect for active older adults who are looking for a modified Zumba class that recreates original moves you love at a lower intensity such as salsa, meringue, bachata, etc. Linda will introduce easy to follow choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility, and balance. Not to mention all the fun that you will have dancing like nobody is watching. Note: Athletic shoes must be worn.

HTH-903-219: Mondays from 2:00 to 3:00 p.m.

Cardiovascular Conditioning- Aerobic Dance

Adrienne Collins: Instructor

Come try this fun dance fitness class for a whole-body workout for your health, heart, and mind. The fitness class will start slowly and gradually progress. Dance steps and movements will be taught and cued throughout the class. The class includes warm-up dances, several aerobic dances, a cool-down, weights, and floor/chair stretches, followed by a recovery heart rate. This is a fitness class for the non-dancer where students work at their own level. The main idea is to have fun. Students must be able to stand, walk, move side to side, and get up and down off the floor on their own or with the assistance of a chair.

HTH-943-203: Mondays from 11:00 a.m. to Noon

CORE STABILITY TECHNIQUES

Core Stability Techniques- Balance and Posture and Fall Prevention

Adrienne Collins: Instructor

This class combines stretching and strengthening for a full-body workout. We begin with basic stretches, similar to easy yoga movements, starting in the chair to warm and stretch muscles. Then, we move to core exercises using the chair and mat to build stronger abs and core. We also focus on proper breathing to relax muscles, improving flexibility, tone, strength, and circulation. Each session is unique, set to inspiring music for motivation.

HTH-940-203: Mondays from 10:00 to 11:00 a.m.



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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 for light cardiovascular conditioning, resistance exercises using handheld 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-945-222: Tuesdays from 8:30 to 9:30 a.m.

Functional Conditioning 3- Total Body Conditioning

Adrienne Collins: Instructor

This class starts with a cardio warm-up through creative dance movements for the arms, shoulders, waist, and hips. We then focus on strict, controlled movements to maintain good form, engaging the core and toning the diaphragm and abs. Routines include lower and upper body exercises using hand weights and a chair, with leg raises and seated upper body movements to tone the torso and legs. Each workout is different, ensuring variety and fun to great music!

HTH-945-208: Mondays from Noon to 1:00 p.m.

DANCE

HLOA: Mid-Eastern Dance

Jean Milazzo: Instructor

Students participate in an aerobic/dance format designed for cardiovascular development, muscle toning and flexibility, balance, coordination, and overall body conditioning. Students are provided with a foundation in the fundamental movements, rhythms, history, and culture of American Style Belly Dance. Students explore various styles of belly dance, costuming, and music, and how fusion has played a role in the development of this dance style in America.

HTH-903-218: Wednesdays from 2:30 to 3:30 p.m.

HLOA: Line Dance Beginner

Katie McVitty: Instructor

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.

HTH-904-211: Wednesdays from 10:00 to 11:30 a.m.



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HLOA: Line Dance Intermediate

Katie McVitty: Instructor

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.

HTH-904-212: Tuesdays from 12:30 to 2:00 p.m.

HLOA: Tap Dance

Vicki Smith: Instructor

Come learn fun tap dance routines. Learn a variety of skills and choreographed tap dances. Some tap experience is preferred. Tap dancing will help increase muscular strength, motor skills, cardiovascular conditioning and will sharpen your memory.

HTH-901-202: Wednesdays & Fridays from 12:00 to 1:30 p.m.

HLOA: Tap Dance Introduction

Vicki Smith: Instructor

Students of all levels, including beginners, are welcome. Come learn fun tap dance routines while learning a variety of skills, including basic tap steps and 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-903-222: Thursdays from 10:30 to 11:30 a.m.

HLOA: 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 this one-hour class. It also incorporates basic ballet which adds to a great activity for balance, coordination, and putting cool moves together.

HTH-903-223: Fridays from 1:30 to 2:30 p.m.

ADAPTED FITNESS

Adapted Physical Education- Seated Chair Exercise

Adrienne Collins: Instructor

This workout is a bit slower, gently stretching the body, to create flexibility. We also focus on the key points to develop and hold good posture, as well as using hand weights and chair routines for the upper and lower body. These sessions are devoted to help condition the body, learn proper form, and practice balancing exercises using the chair.

HTH-939-207: Wednesdays from 9:00 to 10:00 a.m.

HTH-939-908: Wednesdays from 10:15 to 11:15 a.m.



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TAI CHI/BALANCE

Functional Mobility/Balance – Beginner Tai Chi

Young Lee: Instructor

This beginner class is a gentle exercise program for mental and physical well-being using the Yang Style Simplified Short Form taught by Master Cheng Man-Ch'ing. It 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-928-212: Mondays from 9:00 to 10:00 a.m.

Senior Self-Defense

Functional Mobility and Balance- Senior Self Defense- NEW!

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, & how to have a survival mindset.

HTH-928-213: Fridays from 10:00 to 11:00 a.m.

YOGA

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.

HTH-934-204: Thursdays from 12:30 to 1:45 p.m.

Integrative Strength/ Flex II- Mat Yoga

Adrienne Collins: Instructor

This energizing yoga class focuses on breath and alignment, using postures and salutations to build stamina, flexibility, and energy. It promotes self-awareness, self-care, and self-healing, helping participants set healthy boundaries. Each student creates their own practice, with mat work and modifications as needed. The class offers a safe environment to learn, laugh, and grow.

HTH-947-209: Mondays from 1:30 to 2:30 p.m.

HTH-947-210: Wednesdays from 11:30 a.m. to 12:30 p.m.