



O'Malley Senior Center: In-Person Course Descriptions

Winter Term Dates: January 5- March 23, 2026

ART

Clothing: Design, Sew and Sell-Intermediate Level

Joyce Richardson: Instructor

This intermediate sewing class is designed for students who are already familiar with basic sewing techniques. The focus will be on working with a specific fabric type and building upon existing skills. Students will discover updated procedures and elevate their sewing expertise. Note: Students must be comfortable threading their sewing machine and committed to regular attendance.

BNS-911-101: Mondays from 9:00 a.m. to 12:00 p.m.

Sewing: Design, Sew and Sell - Beginning 1

Pauline Senk: Instructor

Become familiar with basic sewing machine use. Learn about essential tools and how to use them correctly. Complete class projects that include home decor and more. Note: Students must bring a good pair of shears, glass head pins, pin cushion, ruler or tape measure, two fat quarters (18-by-22-inch piece of fabric) and coordinating thread.

BNS-909-101: Tuesdays from 9:00 a.m. to 12:00 p.m.

Clothing: Design, Sew and Sell-Advanced Level

Joyce Richardson: Instructor

This advanced class is designed for independent sewers. Students should be comfortable working creatively with minimal assistance, mastering pattern reading and hacking, and tackling skill-building projects. Lessons will cover piping, invisible zippers, finishing techniques, working with slippery fabrics, and marketing finished products. Prerequisite: Students must have successfully completed BNS-901 Clothing 1: Design, Sew, and Sell or BNS-911 Clothing: Design, Sew, and Sell-Intermediate Level, or have instructor permission.

BNS-912-101: Fridays from 9:00 a.m. to 12:00 p.m.



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Sewing: Design, Sew and Sell, Beginning 2

Pauline Senk: Instructor

Build upon skills acquired in Sewing: Design, Sew and Sell, Beginning 1 (BNS-901). Explore new and varied projects and discuss effective methods to market and sell completed projects. Prerequisite: Completion of Clothing I: Design, Sew and Sell (BNS-901) or Sewing: Design, Sew and Sell-Beginning 1 (BNS-909) or instructor permission required.

BNS-910-101: Wednesdays from 9:00 a.m. to 12:00 p.m.

DPAO: Watercolors

Laura Zlatos: Instructor

This course will acquaint students with basic approaches for working in watercolor. Plan to arrive at the first session with the supplies. The instructor will provide instructions on how to layer paint to build your painting. We will discuss color properties and color mixing. Daily critiques will be provided as projects evolve. Answers to art business questions, as needed. Beginning and intermediate students are welcome. Please email lzlatos@aacc.edu for supply information.

CRE-912-122: Wednesdays from 1:00 to 3:00 p.m.

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-912-106: Mondays from 10:00 a.m. to 12:00 p.m.

COMPUTERS

Internet Essentials for Computer-Shy Seniors

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, Chrome notebook or desktop will be available in class. Students are welcome to bring a personal device.

CTT-932-102: Thursdays from 12:30 to 2:00 p.m.



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CONVERSATIONAL SIGN LANGUAGE

Conversational Sign Language: Level 2

Peggy Bruce: Instructor

Build upon your Conversational Sign Language skills. Review and expand the phrases and vocabulary you have mastered in ASL. Practice signing in a small group setting as you learn to appreciate deaf history and culture. Note: Students must have completed Level 1. Book: Learn American Sign Language James W. Guido ISBN# ISBN 978-1577151074.

SLG-903-101: Thursdays from 9:30 to 11:00 a.m.

LITERATURE

African American Literature

Vivian Spencer: Instructor

Study African American poetry, fiction, nonfiction, and drama from the 18th century to the present. Explore and discuss the major literary, political, and social currents in American and African American culture.

ENG-928-101: Mondays from 12:30 to 2:00 p.m.

PERSONAL ENRICHMENT

American Revolutionary Generation

Lester Brooks: Instructor

Explore the lives and legacies of America's Founding Fathers, focusing on their pivotal roles in breaking from British rule and crafting the foundations of a new government. Gain insight into the ideologies, domestic life of the period and the early presidencies that shaped the birth of the United States.

HSY-919-101: Mondays from 11:00 a.m. to 12:30 p.m.

Intermediate Digital Photography

Robert Hendry: Instructor

Examine the technical aspects of digital photography at the intermediate level. Familiarity with camera controls is suggested. Explore the use of depth of field and different types of light and color balance in portraits to enhance photography. Increase basic skills to advance knowledge of techniques to improve photography.

PHO-920-101: Wednesdays from 1:00 to 3:00 p.m.

Medicare & Medicaid: The 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.

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-915-102: Mondays from 9:30 to 11:00 a.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. 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.

ERC-922-101: Fridays from 9:30 a.m. to 12:00 p.m.



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Ancient Greece: History and Culture- NEW!

John Cahill: Instructor

Discover ancient Greece and its rich history, cultural influence and legacy. Explore topics from early Greek civilizations to famous myths and heroes to major wars. Discuss everyday life including customs, medicine and beliefs about death, the Greek Alphabet, the Olympic games, ancient drama and theatre.

HSY-920-101: Tuesdays from 10:00 a.m. to Noon

World of Opera: Richard Strauss

John Cahill: Instructor

This course surveys some of the music of the German composer **Richard Strauss**. It includes a variety of compositions including a biography and a documentary, several operas, songs (lieder), concertos, and a ballet. The compositions are performed by famous orchestras and singers; they are all in video format, and the operas are sung in German with English subtitles.

MUC-904-101: Fridays from 10:00 a.m. to Noon

WORLD LANGUAGE

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.

LGE-937-101: Thursdays from 12:00 to 2:00 p.m.

FITNESS

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Circuit Training Stations

Tena Smith: Instructor

This innovative class includes unique core, strength, balance & functional mobility exercises that are fun & collaborative. It feels like “playtime” during each workout session. Learn proper form using weights, bands, balls & core stability equipment in a logical progression.

HTH-945-133: Tuesdays from 2:15 to 3:15 p.m. (Annex)

HTH-945-134: Thursdays from 2:15 to 3:15 p.m. (Main Building)

Functional Conditioning 3 - Resistance Loops and Bands

Sandra Infante-Ludlum: Instructor

Come join Sandra’s class that focuses on improving mobility and strength using resistance loops and bands. The exercises are low-impact and tailored to help build muscle strength, improve flexibility, and increase joint mobility in a safe and supportive environment. Whether you're looking to maintain your independence or simply stay active, this class will help enhance your overall fitness and well-being. The movements are gentle yet effective, ensuring that everyone can participate at their own pace. We will use a chair for support.

HTH-945-115: Thursdays from 9:30 to 10:30 a.m.

Functional Conditioning II- Aerobics & Strength

Kim Murphy: Instructor

This class begins with 20-30 minutes of cardio movement to raise the heart rate and get the blood pumping. This is followed by a mixture of conditioning training to help tone the body using a combination of hand weights, bands, small balls, and a chair to build core strength, balance, and tone. This is truly a complete body workout! Suggested Equipment: hand weights, bands, small balls, and chair.

HTH-926-105: Tuesdays and Thursdays from 8:30 to 9:30 a.m.

Functional Conditioning II: Circuit Training

June Medford: Instructor

Circuit training makes use of the weights and cardio machines in the Fitness Center of the Annex. After a 5-minute warm up each machine is used for 5 minutes alternating between aerobic/cardio machines and weight machines to help improve muscular endurance. The class ends with a 5-minute cool down. The goal is to gain strength and endurance plus notice an overall increase in energy and fitness level. Beginner to intermediate level.

HTH-926-104: Mondays & Fridays from 11:00 a.m. to Noon

Functional Conditioning I

Marcia Brusberg: Instructor

The goal of this class is to improve the level of fitness through resistance training and stretching with the use of hand-held weights, bands, and balls. Floor work is included to enhance abdominal strength as an option. Balance is emphasized throughout. Cardiovascular fitness is improved from continuous movement in a safe, effective, and fun way. This class is suitable for all levels including beginners.

HTH-925-101: Mondays, Wednesdays, & Fridays from 8:30 to 9:30 a.m.

ADAPTED FITNESS

Adapted Physical Education II- Chair Exercise with Light Weights

Sandra Infante-Ludlum: Instructor

Join Sandra's chair exercises which can come in handy when you have limited mobility or find it hard to maintain your balance. The movements increase blood flow and keep your joints active and lubricated. They also strengthen your muscles and increase flexibility and mobility as you work out. Suggested Equipment: Weights: 1 lb. to 5 lbs.

HTH-939-112: Thursdays from 12:15 to 1:15 p.m.

Adapted Physical Education- Seated Chair Exercise

Kim Murphy: Instructor

This chair class is perfect for anyone with physical limitations. All exercises are performed seated in a chair without arms. Kim will take you through a combination of movements to get the body energized and get the blood flowing. Seated stretching, weight work, and small balls are used to condition and tone the body combined with cardio movements to raise the heart rate. Suggested Equipment: light hand weights, chair without arms preferred, small/med. ball, towel, or strap.

HTH-936-105: Tuesdays and Thursdays from 9:30 to 10:30 a.m.



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Adapted Physical Education II- Chair Yoga

Gretchen Serinis: Instructor

Chair yoga is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the mat and becomes an extension of the body. We will do seated and standing work with the chair for balance and support. This class is suitable for those working with injuries, balance problems, Parkinsons, MS and all who are looking for a little extra support in yoga class.

Suggested Equipment: sturdy chair

HTH-939-123: Fridays from 1:00 to 2:00 p.m.

HTH-939-124: Wednesdays from 1:00 to 2:00 p.m.

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-939-111: Tuesdays from 12:45 to 1:45 p.m.

Adapted Physical Education

June Medford: Instructor

Chair exercises are designed to be a safe and effective means to move all parts of the body without undue stress. The goal is to improve flexibility and strength from a seated position; at times standing behind the chair is an option. This is a beginner level class and is also suitable for anyone with special limitations.

HTH-939-121: Wednesdays from 10:30 to 11:30 a.m.

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 bring a chair if needed, wear comfortable clothes, and use a yoga mat or non-slippery surface.

HTH-947-112: Mondays from 9:00 to 10:00 a.m.

Integrative Strength & Flexibility II- Mat Yoga

Gretchen Serinis: Instructor

This yoga class is designed for those who are familiar with yoga. We will flow gently and mindfully guided by the breath. We will work the whole body practicing standing postures, balancing postures and seated postures as well as meditation. Suggested Equipment: Yoga mat, yoga blocks, yoga strap.

HTH-947-127: Mondays from 1:00 to 2:00 p.m.

TAI CHI/ BALANCE

Functional Mobility and Balance II- Tai Chi Intermediate/ Advanced

Jackie Colestock: Instructor

This Intermediate to Advanced Tai Chi class is for students familiar with the Yang Simplified 24 Form. It builds on core principles by introducing the Yang Simplified 88 Form. Tai Chi uses slow, smooth movements to relax both body and mind, while improving general health, mobility, and balance. It also strengthens the cardiovascular and immune systems.

HTH-929-101: Mondays & Wednesdays from 2:00 to 3:00 p.m.

Functional Mobility & Balance II- Tai Chi Beginner

Jackie Colestock: Instructor

This beginner Tai Chi class is perfect for those new to the practice. You'll explore fundamental principles through the Yang Simplified 24 Form. Tai Chi is a Chinese exercise system using slow, smooth movements to relax the body and mind. It supports overall health, strengthens the cardiovascular and immune systems, and enhances mobility and balance.

Suggested Equipment: Comfortable clothing and flexible shoes

HTH-929-102: Mondays & Wednesdays from 3:00 to 4:00 p.m.



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CARDIOVASCULAR CONDITIONING

Cardiovascular Conditioning- Latin Cardio Dance

Sandra Infante-Ludlum: Instructor

Join Sandra for a Latin Cardio dance class which fuses Latin rhythms and choreographed dance moves of Salsa, Samba, Cumbia, and Merengue together to create a dynamic workout that's designed for fun and a good workout! Simply put, dance cardio utilizes different types of dances to exercise your body. Students will then progress from basic dance steps to intermediate. Open to anyone who wants to have fun and dance for an hour.

HTH-943-102: Thursdays from 11:00 a.m. to Noon

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 for 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-943-104: Wednesdays from 10:30 to 11:30 a.m.

WEIGHT TRAINING

Weight Training for Older Adults- Strength

Deborah Halley: Instructor

Class starts with a 5-minute cardio warm up and then progresses with exercises using the below items. There will be some seated exercises focusing on the abdominals, but the class is a standing class for the most part. Debbie will also focus on balance and coordination in some of the classes as well. The class will end with seated stretches. Equipment needed: bands, weights, small ball, and a chair for abdominal exercises.

HTH-944-103: Tuesdays from 1:00 to 2:00 p.m.

DANCE

HLOA: Line Dance Advanced

Sarah Jose: Instructor

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

HTH-904-105: Fridays from 10:30 a.m. to 12:00 p.m.

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-904-109: Fridays from 12:30 to 2:00 p.m.

HLOA: Dance

June Medford: Instructor

This class is designed to strengthen the cardiovascular system plus tone muscles through aerobic dancing. It is a professionally choreographed workout by Jacki Sorensen for healthy people who want to stay fit in a fun, effective way. Hand-held weights and floor work are used for a portion of the class to help improve strength and flexibility. Easy dance steps are taught and cued throughout. Upbeat music is used beginning with the warm-up to the cooldown. This is a beginner to intermediate class for students who enjoy a wide variety of music and movement.

HTH-901-101: Mondays, Wednesdays, & Fridays from 9:30 to 10:30 a.m.



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HLOA: Ballroom Dance

Carlos Pabon: Instructor

Do you want to sharpen your dance skills, get some exercise, and have some fun? Come join Carlos, former Rhythm and Latin National Champion and sought-after Judge at national competitions, for this fun class. The class will begin by teaching you the basics of ballroom dance and will focus on building a foundation of movement, patterns, and skills related to each dance style. Carlos loves working with seniors since there are so many benefits of ballroom dance to the senior community ranging from physical fitness to memory support. All levels are welcome, and partners are encouraged but not necessary.

HTH-900-101: Tuesdays from 2:00 to 3:45 p.m.

SENIOR SELF DEFENSE

Functional Mobility and Balance 2- 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-929-108: Mondays and Wednesdays from 12:45 to 1:45p.m.