

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 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.

BNS-903-207: Mondays from 9:30 a.m. to 12:00 p.m.

Design, Market Art Objects Ceramic 2

Alice Dudley: Instructor

Learn painting techniques and use various glazing techniques to acquire a glass-like finish or staining with acrylic paints, using additional methods by enhancing with antiquing and dry brushing. Students will work at their own pace. Discuss marketing strategies for selling ceramics.

BNS-907-201: Thursdays from 8:45 to 11:15 a.m.

BNS-907-202: Wednesdays from 8:30 to 11:00 a.m.

DPAO: Watercolors

Carolyn Councell: Instructor

This course is for students of all levels from beginning to advanced. Students will improve their drawing skills. Better compose and design your artwork by planning before you start will be stressed in this course. How to better evaluate what images to use for your painting will be discussed. Gain confidence in your painting by learning a three-step approach to your watercolor. Students will learn how to avoid muddy color by understanding why that happens. Demos will show how to approach a watercolor and critiques will show students how to improve their own work. Students will paint their own subject matter or images picked by the instructor. Individuality is stressed by encouraging students to take chances and to explore other media, such as pen & ink, collage, acrylic. Students will identify art venues and determine sales potential. 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-912-204: Fridays from 10:00 a.m. to 12:00 p.m.

DPAO: Acrylic Painting

Carolyn Councill: Instructor

This course is for students of all levels from beginning to advanced. Students will improve their drawing skills. This class will stress planning, composition, and design. How to better evaluate what images to use for your painting will be discussed. Gain confidence in your painting by learning a three-step approach to your acrylic. Demos will show how to approach acrylics and critiques will show students how to improve their own work. Students will paint their own subject matter or images picked by the instructor. Individuality is stressed by encouraging students to take chances and to explore other media, such as pen & ink, collage, acrylic, and other media. Students will identify art venues and determine sales potential. 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-912-205: Fridays from 1:00 to 3:00 p.m.

COMPUTERS

iPhone Intermediate

Donna MacAuley-Shoemaker: Instructor

Go beyond the iPhone basics course and get ready to use the capabilities and functions of the iPhone to improve productivity.

CPT-991-201: Thursdays from 9:30 to 11:30 a.m.

Apple Spotlight: Notes for iPhone and iPad

Donna MacAuley-Shoemaker: Instructor

Using Notes on an Apple device is an effective way to create outstanding documents or a grocery list. Learn how to sync your notes with all your devices or just for one device. Create notes instantly using Siri.

CTT-910-202: Thursdays from 12:00 to 2:00 p.m.

Apple Spotlight: Settings for iPhone and iPad

Donna MacAuley-Shoemaker: Instructor

Become familiar with settings to make certain you get the most out of your iPhone and/or iPad, including setup for accessibility features. Discover how to check on your device and iCloud storage, and tweak settings to your preference.

CTT-914-201: Thursdays from 12:00 to 2:00 p.m.



Pascal Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

Canva Basics: Online Graphic Design

Julian Faulkner: Instructor

Explore Canva's main features and practice using the free templates to generate print designs, digital presentations, social media posts and photo slide videos. Learn to access the stock photos, videos, and graphics available.

CTT-919-901: Thursdays from 2:30 to 4:00 p.m.

PERSONAL ENRICHMENT

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-915-203: Tuesdays from 10:30 a.m. to 12:00 p.m.

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-904-203: Tuesdays from 9:00 to 10:30 a.m.

Beginning Spanish

Phillip Swann: 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-967-207: Thursdays from 9:00 to 11:00 a.m.

MUSIC

Fundamentals of Music- Ukulele

Ray Forton: Instructor

This course provides a brief history of the ukulele, the fundamentals of basic music theory, forms of notation, chord chart reading, major scales, music history with related information about performers, song writers, and the basics of a variety of genres while learning to play the ukulele.

MUC-906-201: Mondays from 10:30 a.m. to Noon

FITNESS

TAI CHI/ BALANCE

Functional Mobility/Balance II- Tai Chi

Sean Martial: Instructor

This continuing education 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-929-206: Tuesdays & Thursdays from 12:10 to 1:10 p.m.

Functional Mobility and Balance II- Tai Chi with Yoga Influence

Mary Krause: Instructor

This class will focus on improving overall health, endurance, and flexibility. Gentle movements will help improve and maintain balance and coordination. Tai chi and Yoga stretching will be incorporated into the program. No previous training necessary.

HTH-929-203: Tuesdays & Thursdays from 1:15 to 2:15 p.m.

Functional Mobility & Balance 1- Strength/ Balance

Mary Krause: Instructor

This course promotes core stability, overall strength, and balance through the use of weights, seated and standing exercise. Good for any level to help with endurance, flexibility, and ease of daily activities.

HTH-928-206: Wednesdays from 12:30 to 1:30 p.m.



Pascal Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

SELF DEFENSE

Functional Mobility & Balance – Senior Self Defense

Herman Macon: Instructor

This specialized self-defense course teaches participants to handle everyday confrontations in today's fast-paced world. Unlike traditional programs focused on physical attacks, it emphasizes assessing danger, setting boundaries, responding to verbal attacks, preventing physical harm, and managing adrenaline during threats. Students learn a limited number of simple techniques through progressively intense scenarios tailored to individual abilities, ensuring effective and practical self-defense training.

HTH-929-204: Mondays & Wednesdays from 11:00 a.m. to Noon

CARDIOVASCULAR CONDITIONING

Cardiovascular Conditioning: Cardio Beat

Akiko Stefanovich: Instructor

This is not a regular cardio class, but you have options to join either seated or standing. We use noodles to hit chairs as a drum. We move along with the beats of the music. We will do basic aerobics movements between the drumming and the movements are very simple and easy to follow. This is a great way to get rid of stress and when you are done you have a **big smile** on your face! If you are looking for a different way of doing some cardio, try this class! Note: Instructor will provide noodles at each class.

HTH-943-211: Tuesdays from 10:00 to 11:00 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 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-947-217: Mondays from 11:00 a.m. to Noon

Integrative Strength & Flexibility II- Yoga

Tena Smith (Rooks)- Instructor

Yoga for Strength & Flexibility. Standing and mat yoga poses.

HTH-947-230: Thursdays from 10:00 to 11:00 a.m.

HTH-947-229: Mondays from 10:00 to 11:00 a.m.

ADAPTED FITNESS

Adapted Physical Education: Seated Chair Exercise

Mary Krause: Instructor

This class will make your heart healthy and help you gain strength and mobility. We do aerobic movement in the chair as well as use light weights and work our core. This class is good for all fitness levels!

HTH-936-204: Tuesdays & Thursdays from 11:00 a.m. to Noon

Adapted Physical Education- Seated Chair Exercise

Akiko Stefanovich: Instructor

This chair class is perfect for anyone who is new to exercise class, trying to gain strength or has physical limitations. All movements are done seated in a chair and the moves are simple and gentle. You will use hand weights, resistance bands, and balls to maintain and strengthen your upper and lower body. Also included in this class are simple cardio routines which will aid in brain training and maintaining your coordination. Note: For your safety, please wear sneakers to class. No crocs, flip flops, sandals, or slides allowed.

HTH-939-228: Wednesdays from 11:00 a.m. to Noon

CORE STABILITY

Core Stability Techniques II- Core and Stretch

Akiko Stefanovich: Instructor

This class is done either in a **chair** or on the **floor**. Very slow-paced class. Providing different options to meet your abilities to do core exercises and stretching to gain your flexibility. Perfect for beginners; learn good posture for doing stretches. If you prefer floor exercises, please bring your own mat.

HTH-940-207: Fridays from 9:00 to 10:00 a.m.

DANCE

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-903-220: Mondays from 12:30 to 1:30 p.m.



Pascal Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

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

HTH-903-221: Mondays from 1:30 to 2:30 p.m.

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 of the class. This class is great cardio for all fitness levels; it also helps with balance and endurance. Can be done seated as well.

HTH-943-207: Mondays from 1:00 to 2:00 p.m.

HLOA: Line Dance

Katie McVitty: Instructor

Whether you are new to line dancing or already have some experience and just want to brush up on your skills, this is the class for *you*! Geared toward the beginner level, we will go over the dances step by step before we add the music, and cues will be given while we are dancing to the music. We will learn new steps together and enjoy some dances from the past which have made their comeback.

HTH-904-210: Wednesdays from 12:00 to 1:30 p.m.

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Aerobic Dance and Strength

Tena Smith (Rooks)- Instructor

This is a fun class to get your body moving! Class includes dynamic warm-up, Aerobic moves to fun music, exercises with hand weights, and cool-down and stretch.

HTH-945-228: Mondays from 9:00 to 10:00 a.m.

HTH-945-229: Thursdays from 9:00 to 10:00 a.m.



Pascal Senior Center: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

Functional Conditioning 3- Aerobics & Strength

Akiko Stefanovich: Instructor

This class is designed for those seeking a challenge! We start with a warm-up to loosen joints and muscles, gradually increasing the heart rate, with modifications available for low-impact options. After warming up, we move into strength training using an exercise ball, hand weights and resistance bands. Mid-class, we'll do 5-7 minutes of cardio to keep the body moving. We finish with core exercises and stretching, either on the floor or in a chair. If you're looking for a challenge, join us at the center! Please wear sneakers to attend this class.

HTH-945-234: Fridays from 10:00 to 11:00 a.m.

Functional Conditioning 3- Aerobics & Strength

Akiko Stefanovich: Instructor

This class is for those ready for a challenge! After warming up, we'll elevate the heart rate with low-intensity kickboxing or Hi-Lo aerobics. Then, we'll move into strength training using dumbbells, exercise bands, and small exercise balls for extra challenge. We'll finish with core work and stretching, using chairs. This total-body workout will leave you feeling challenged and energized by the end of class! Note: For your safety, please wear sneakers to class. No crocs, flip flops, sandals, or slides allowed.

HTH-945-235: Tuesdays from 9:00 to 10:00 a.m.