

Anne Arundel Community College

Pascal Senior Center: In-Person Course Descriptions

ART

Design, Market Art: Stained Glass Beginner-Advanced

Learn how to create stained glass masterpieces using the Tiffany/copper foil method. Participants in this course will gain an understanding of pattern use and preparation; learn how to score and break glass; practice foiling and soldering to complete a stained-glass project from start to finish. Students will learn how to select designs and will be supported by the instructor in every step of the process.

Beginning students will be instructed in the construction of a small glass project. All materials and supplies will be provided for this small beginners' project. Students who choose to move forward in this class are required to purchase their own supplies after completion of their first project/session.

For those hoping to take the art of stained glass to the next level, this course also includes ideas and examples of how to market and sell completed projects from the instructor, Cindy Kippax, an experienced stained-glass artist, and entrepreneur who has been studying stained glass for over 16 years.

Cindy Kippax: Instructor

BNS-903-903 – Mondays, 10/7- 12/16/2024 from 9:30 a.m.- 12:00 p.m.

Design, Market Art Objects Ceramic 2

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.

Alice Dudley: Instructor

BNS-907-901 – Thursdays, 10/17- 12/19/2024 from 8:45- 11:15 a.m.

BNS-907-902 – Wednesdays, 10/16- 12/18/2024 from 8:35- 11:00 a.m.

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DPAO: Watercolors

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.

Carolyn Councill: Instructor

CRE-912-903 – Fridays, 10/11- 12/13/2024 from 10:00 a.m.- 12:00 p.m.

NEW! DPAO: Acrylic Painting

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 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.

Carolyn Councill: Instructor

CRE-912-904 – Fridays, 10/11- 12/13/2024 from 1:00- 3:00 p.m.

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PERSONAL ENRICHMENT

Mind Games, Cranium Crunches and Brain Builders

Discover the risk factors of memory loss and dementia. Participate in brain building activities and cranium crunches in a small, relaxed group setting. Studies show that there are statistically significant improvements in cognitive processes through modifying the risk factors in brain function. Playing games may lead to cognitive improvements in verbal learning, reasoning, memory, attention, language, speed and more. The goal of this class is to develop a personal plan to eliminate risk factors of dementia in daily life, play games, and to have fun!

Peggy Bruce: Instructor

ERC-915-902 – Tuesdays, 10/8- 12/17/2024 from 10:30 a.m.- 12:00 p.m.

World Language

Conversational Sign Language: Level 1

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

Peggy Bruce: Instructor

SLG-904-901 – Tuesdays, 10/8- 12/17/2024 from 9:00- 10:30 a.m.

Beginning Spanish

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.

Carol Orme: Instructor

LGE-967-903 – Thursdays, 10/10- 12/05/2024 from 9:00- 11:00 a.m.

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MUSIC

Fundamentals of Music- Ukulele

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.

Ray Forton: Instructor

MUC-906-901 – Mondays, 10/7- 12/16/2024 from 10:30 a.m.- 12:00 p.m.

FITNESS

TAI CHI/ BALANCE

Functional Mobility/Balance II- Tai Chi

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.

Sean Martial: Instructor

HTH-929-906 – Tuesdays & Thursdays, 10/8- 12/19/2024 from 12:10- 1:10 p.m.

Functional Mobility and Balance II- Tai Chi with Yoga Influence

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.

Mary Krause: Instructor

HTH-929-903 – Tuesdays & Thursdays, 10/8- 12/19/2024 from 1:15- 2:15 p.m.

Functional Mobility & Balance 1- Strength/ Balance

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.

Mary Krause: Instructor

HTH-928-907 – Wednesdays, 10/9- 12/11/2024 from 12:30- 1:30 p.m.

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Self Defense

NEW! Functional Mobility & Balance – Senior Self Defense

This new program is a highly specialized self-defense course designed to teach participants to successfully handle day to day confrontations that occur in our fast-paced world. Unlike most self-defense programs that focus primarily on what to do when attacked, the senior self-defense students will learn how to assess danger, set boundaries, respond effectively to verbal attacks, prevent physical attacks, and cope with the adrenaline rush that occurs in any threatening situation. A limited number of simple techniques are taught in easily learned and progressively intensive scenarios. This program is geared toward the individual's abilities.

Herman Macon: Instructor

HTH-929-904 – Mondays & Wednesdays, 10/7- 12/16/2024 from 11:00 a.m. -Noon

Cardiovascular Conditioning

Cardiovascular Conditioning: Cardio Beat

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!

* Instructor will provide noodles at each class.

Akiko Stefanovich: Instructor

HTH-943-911 – Tuesdays, 10/8- 12/10/2024 from 10:00- 11:00 a.m.

YOGA

Integrative Strength & Flexibility II- Yoga

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

Tena Smith (Rooks): Instructor

HTH-947-927 – Thursdays, 10/10- 12/19/2024 from 10:00- 11:00 a.m.

HTH-947-928 – Mondays, 10/7- 12/9/2024 from 10:00- 11:00 a.m.

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Integrative Strength/ Flex II- Mat Yoga

Come join this mat yoga class suitable for everyone, including beginners. No yoga experience is needed. In this class you will work on posture, alignment, weight bearing exercises, balance, and body awareness. It will leave you feeling strong, centered, and peaceful. There is a focus on helpful breathing practices to induce a more relaxed state in body, mind, and spirit.

Note: *Please have a chair nearby should you think you need it to rest; wear comfortable clothes to move in the poses! Try to have enough clear space around you to open your arms and legs wide.*

Sharon Harty: Instructor

HTH-947-909 – Mondays, 10/7- 12/16/2024 from 11:00 a.m.- Noon

ADAPTED FITNESS

Adapted Physical Education II- Chair One

Chair One is a chair-based fitness program. This class is perfect for anyone with any physical limitations. All exercises are performed seated in a chair. Seated stretching, weight work, ball, and resistance bands are used to condition and tone the body combined with cardio movements to raise the heartrate. No experience is necessary.

Marilyn Bjorge: Instructor

HTH-939-905 – Wednesdays, 10/9- 12/11/2024 from 10:00- 11:00 a.m.

Adapted Physical Education: Seated Chair Exercise

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!

Mary Krause: Instructor

HTH-936-903 – Tuesdays & Thursdays, 10/8- 12/19/2024 from 11:00 a.m.- Noon

Adapted Physical Education- Seated Chair Exercise

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.**

Akiko Stefanovich: Instructor

HTH-939-931 – Wednesdays, 10/9- 12/4/2024 from 11:00 a.m.- Noon

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Adapted Physical Education II- Chair Yoga and Gentle Movement

This Adapted Exercise class of Chair Yoga and Gentle Movement will provide a safe and comfortable setting for students to discover their ability to extend themselves in an exercise or pose. The teacher will verbally teach varying levels based on what she is seeing in the classroom, endeavoring to make the class accessible to everyone in the room. Students with disabilities or limited mobility will benefit from this course. Wheelchairs are welcome. The intention is to lubricate the joints as well as to strengthen the muscles of the body. Sometimes we may come to standing, but we will use a yoga mat or some type of non-slippery mat, to make standing safe and available. However, if students cannot stand, that will be just fine as I will teach the poses or exercises in the chair from the beginning so that both levels are accessible. The teacher will also teach some methods to uplift the body, mind, and spirit by moving, getting some good breath from the exercise and with that, calming the mind! This class is designed for students with limited mobility.

Sharon Harty: Instructor

HTH-939-912 – Mondays, 10/7- 12/16/2024 from 12:00- 1:00 p.m.

CORE STABILITY

Core Stability Techniques II- Core and Stretch

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.

Akiko Stefanovich: Instructor

HTH-940-907 – Fridays, 10/11- 12/6/2024 from 9:00- 10:00 a.m.

DANCE

New! HLOA: Tap Dance

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.

Vicki Smith: Instructor

HTH-903-918 – Mondays, 10/7- 12/16/2024 from 12:30- 1:30 p.m.

New! HLOA: 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-903-919 – Mondays, 10/7- 12/16/2024 from 1:30- 2:30 p.m.

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Cardiovascular Conditioning- Zumba

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.

Mary Krause: Instructor

HTH-943-909 – Mondays, 10/7- 12/16/2024 from 1:00- 2:00 p.m.

HLOA: Beginner Line Dance

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.

Katie McVitty: Instructor

HTH-904-905 – Wednesdays, 10/9- 12/11/2024 from 12:00- 1:30 p.m.

FUNCTIONAL CONDITIONING

Functional Conditioning 3- Aerobic Dance and Strength

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.

Tena Smith (Rooks): Instructor

HTH-945-927 – Mondays, 10/7- 12/16/2024 from 9:00- 10:00 a.m.

HTH-945-926 – Thursdays, 10/10- 12/19/2024 from 9:00- 10:00 a.m.

Functional Conditioning 3- Aerobics & Strength

This class is for those who are looking for challenges. After we warm up our major muscles, we will incorporate some cardio exercises (low intensity Kickboxing or Hi-Lo aerobics movements) to bring our heart rate up to make our body really warm before we move onto some strength training. For strength training, we are not only using dumbbells, but also using exercise bands, some wobbly cushions to gain our balance, and small exercise balls to make our exercise challenging. We always finish core and stretch in the end by choice of using **chairs or yoga mat** of your choice. This is a total body exercise class, and I will make sure you feel challenged by the end of the class!! **Please wear sneakers to attend this class.**

Akiko Stefanovich: Instructor

HTH-945-931 – Tuesdays, 10/8- 12/10/2024 from 9:00- 10:00 a.m.

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Functional Conditioning 3- Aerobics & Strength

This class is for someone who is looking for a **challenge**. We will begin with warming up to loosen joints and muscles then gradually increase our heart rate. We will not be jumping too much; but modifications are always available. After the warmup we will move on to strength training by using an exercise ball, hand weights, gliders, and resistance band(s). Middle of the strength class, we will do 5-7min cardio exercises to loosen up the muscles. We always finish the class with core exercises and stretch either on the floor or in a chair. If you have been exercising via zoom and need more challenges, come out and join us at the center!

Note: For your safety, please wear sneakers to class. No crocs, flip flops, sandals, or slides allowed.

Akiko Stefanovich: Instructor

HTH-945-928 – Fridays, 10/11- 12/6/2024 from 10:00- 11:00 a.m.