



ARNOLD SENIOR ACTIVITY CENTER

FALL 2026 CLASSES

Fall semester continues to be in our new location on site at Anne Arundel Community College (AACC) campus in the Annex “A” building located at the south end of the campus. There are also classes being held in the Johnson building, which is located in the parking lot just down the hill from Annex “A”. PLEASE refer to the table of classes below which indicates where each class is scheduled to be held. Class descriptions for Arnold’s Fall classes are available at the front desk. NOTE: YOU MUST BE A MEMBER OF THE SENIOR CENTER IN ORDER TO TAKE CLASSES.

Classes listed in bold and italics are FREE and DO NOT require registration. All other classes are sponsored by AACC and require registration and fees. New classes are marked with an (*).

REGISTRATION BEGINS TUESDAY, AUGUST 11TH. CLASSES BEGIN MONDAY, OCTOBER 5TH

All classes require an \$80 administrative fee payable to AACC by check or major credit card. Those under age 60 pay an additional \$40 per course. Some classes may have a supply fee. Please be sure to register early to avoid class cancellations or classes filling up. The registration process is fastest either online at noncredit.aacc.edu or in person at AACC at the Computer Applied Learning Technology (CALT) building, Room 115.

Tips for Students Completing Paper Registration Forms for Fall Classes:

- The form will be processed when received by AACC; please note that online registration is the best way to ensure that you are registered before a class fills.
- If you do not include your credit card information, you will receive a call from AACC requesting the information via telephone. Your registration form cannot be processed until payment is received.
- Please check that the course number matches the class/times that you wish to take.
- Be sure to include your Date of Birth and SIGN and DATE your form or it cannot be processed.
- You may not sign up for a class that overlaps another class.

Last updated 8/6/26

Days	Course ID	Course Title	Start Date	End Date	Faculty	Start Time	End Time	Bldg/ Room	Omit Date(s)
M	HTH-947-928	Mat Yoga	10/5/26	12/7/26	Akiko Stefanovich	09:00 AM	10:00 AM	ANNEX 110	
M,W	HTH-959-908	Self Defense	10/5/26	12/14/26	Rhonda Weeks	09:00 AM	10:00 AM	JOHN 101	11/11
M	HTH-945-939	Aerobics & Strength	10/5/26	12/7/26	Akiko Stefanovich	10:00 AM	11:00 AM	ANNEX 110	
*M	CTT-917-901	Online Computer Safety	10/5/26	11/9/26	Gloria Laird	10:00 AM	11:30 PM	JOHN 109	
*M	ENL-914-902	Touchstones Discussions	10/5/26	12/21/26	Cynthia Barry	10:30 AM	12:30 PM	ANNEX 114	10/12, 11/23
M	HTH-945-940	Aerobics & Weights for Beginners	10/5/26	12/7/26	Akiko Stefanovich	11:00 AM	12:00 PM	ANNEX 110	
M	HTH-904-902	Beg. Line Dance	10/5/26	12/7/26	Ann Gross	12:00 PM	01:30 PM	JOHN 101	
*M	CTT-922-902	Intro to Artificial Intelligence	10/5/26	11/23/26	Gloria Laird	12:00 PM	02:00 PM	JOHN 106	
M,W	HTH-959-904	Funct. Mobility/Balance I Tai Chi	10/5/26	12/14/26	Sean Martial	01:00 PM	02:00 PM	ANNEX 110	11/11
M	LGA-945-905	Beginning Spanish	10/5/26	12/7/26	Cristiane Shaw	02:00 PM	03:30 PM	ANNEX 114	
M	CRE-912-904	Drawing	10/5/26	12/7/26	Scott Clarke	02:00 PM	04:00 PM	JOHN 103	
T	CRE-912-910	Beg. Watercolors	10/6/26	12/1/26	Alice Dudley	08:45 AM	10:45 AM	JOHN 109	11/3
*T	HTH-944-916	Circuit Training	10/6/26	12/8/26	Akiko Stefanovich	09:00 AM	10:00 AM		11/3
T	CRE-912-901	Greeting Card Design	10/6/26	12/15/26	Scott Clarke	09:00 AM	11:00 AM	ANNEX 114	11/3
T	HTH-945-916	Zumba Toning	10/6/26	12/15/26	Kim Goff	10:00 AM	11:00 AM	ANNEX 110	11/3
T	BNS-908-904	Beg. Wood Carving	10/6/26	12/15/26	Scott Smith	10:30 AM	01:00 PM	ANNEX 116	11/3



T,F	HTH-935-901	Core Stability Techniques (Pilates)	10/6/26	12/18/26	Jeanine Farrell-Ove	11:00 AM	12:00 PM	ANNEX 110	11/3, 11/27
T	CRE-912-909	Interm. Watercolors	10/6/26	12/1/26	Alice Dudley	11:00 AM	01:00 PM	JOHN 109	11/3
*T	CTT-936-901	Windows 10/11 Interm.	10/6/26	12/15/26	John Turner	12:30PM	02:00 PM	JOHN 106	11/3
T	SLG-904-902	Conversational Sign Language 1	10/6/26	12/15/26	Peggy Bruce	12:30 PM	02:00 PM	JOHN 103	11/3
T	ERC-912-902	Medicare & Medicaid: The Essentials	10/6/26	10/20/26	Ron Deacon	12:30 PM	02:30 PM	JOHN 106	11/3
T	ERC-904-901	Genealogy	10/6/26	11/17/26	Carol Carman	01:00 PM	03:00 PM	JOHN 103	11/3
T	BNS-908-903	Adv. Wood Carving	10/6/26	12/15/26	Scott Smith	01:15 PM	03:45 PM	ANNEX 116	11/3
*T	HTH-903-909	Swing Dance	10/6/26	12/15/26	Nicholas Gallagher	02:00 PM	03:00 PM	TBD	11/3
T	ERC-915-902	Mind Games & Brain Teasers	10/6/26	12/15/26	Peggy Bruce	02:00 PM	03:30 PM	JOHN 103	11/3
W	HTH-945-942	Aerobics & Strength	10/6/26	12/9/26	Akiko Stefanovich	09:00 AM	10:00 AM	ANNEX 110	11/11
W		Hand Quilting Club	ongoing	ongoing		09:00 AM	12:00 PM	JOHN 109	
W	PHO-921-901	Smartphone Photography	10/7/26	11/25/26	Christine Edwards	09:30 AM	11:00 AM	JOHN 109	11/11
W	BNS-913-901	Stained Glass	10/7/26	12/16/26	Cynthia Kippax	09:30 AM	12:00 PM	ANNEX 116	11/11
W	HTH-960-911	Chair Yoga	10/7/26	12/16/26	Sharon Harty	10:00 AM	11:00 AM	ANNEX 110	11/11
W	HTH-904-903	Beg. Line Dance	10/7/26	12/16/26	Ann Gross	10:00 AM	11:30 AM	JOHN 101	11/11
W	HTH-947-906	Mat Yoga	10/7/26	12/16/26	Sharon Harty	11:00 AM	12:00 PM	ANNEX 110	11/11
W	CTT-937-901	Intro to Keyboarding	10/7/26	12/16/26	John Turner	11:30 PM	12:15 PM	JOHN 106	11/11
*W	HTH-945-915	Weighted Hula Hoop	10/7/26	12/16/26	Kim Goff	12:00 PM0	01:00 PM	ANNEX 110	11/11
W	BNS-913-902	Stained Glass	10/7/26	12/16/26	Cynthia Kippax	12:00 PM	0 2:30 PM	ANNEX 116	11/11
W	CTT-928-901	Intro to Computers	10/7/26	12/16/26	John Turner	12:30 PM	02:00 PM	JOHN 106	11/11
W	CRE-912-908	Colored Pencil	10/7/26	12/02/26	Alice Dudley	12:30 PM	02:30 PM	ANNEX 114	11/11
*W	ENC-972-902	Cultural Influences in American Film	10/7/26	12/16/26	Richard Striner	12:30 PM	03:30 PM	TBD	11/11
W	CRE-912-902	Acrylic Painting	10/7/26	12/16/26	Scott Clarke	02:00 PM	04:00 PM	JOHN 103	11/11
TH	HTH-945-941	Aerobics & Strength	10/8/26	12/10/26	Akiko Stefanovich	09:00 AM	10:00 AM	ANNEX 110	11/26
*TH	HTH-935-906	Pilates	10/8/26	12/17/26	Amanda Breon	09:00 AM	10:00 AM	ANNEX 114	11/26
TH	CPT-978-901	iPhone Basics	10/8/26	12/17/26	John Turner	09:30 AM	11:00 AM	JOHN 106	11/26
TH	BNS-913-908	Stained Glass	10/8/26	12/17/26	Donna Threadgill	09:30 PM	12:00 PM	ANNEX 116	11/26
TH	HTH-947-929	Yogalates	10/8/26	12/10/26	Akiko Stefanovich	10:00 AM	11 :00 AM	ANNEX 114	11/26
TH	HTH-947-901	Strength & Flex II (Mat Yoga)	10/8/26	12/17/26	Michele Adair	10:00 AM	11:00 AM	ANNEX 110	11/26
		Knit & Crochet	ongoing	ongoing	Wendy Preslan	10:00 AM	1:00 PM	ANNEX 111	
TH	HTH-904-905	Intermediate Line Dance	10/8/26	12/17/26	Sarah Jose	10:30 AM	12:00 PM	JOHN 101	11/26
*TH	HTH-960-927	Chair Yoga	10/8/26	12/10/26	Akiko Stefanovich	11:00 AM	12:00 PM	ANNEX 114	11/26

TH	HTH-960-917	Chair Tai Chi	10/8/26	12/17/26	Young Lee	11:00 AM	12:00 PM	ANNEX 110	11/26
TH	BNS-913-907	Stained Glass	10/8/26	12/17/26	Donna Threadgill	12:15 PM	02:45 PM	ANNEX 116	11/26
F	HTH-943-906	Cardio Beat (Drumming)	10/9/26	12/11/26	Akiko Stefanovich	08:45 AM	09:45 AM	ANNEX 110	11/27
F	CRE-912-911	One Stroke Painting	10/9/26	12/18/26	Kay Edelblute	10:00 AM	12:00 AM	ANNEX 116	11/27
F	HTH-945-914	Functional Conditioning III (Total Fitness)	10/9/26	12/18/26	Jeanine Farrell-Ove	10:00 AM	11:00 AM	ANNEX 110	11/27



Online Computer Safety, Mondays, 10:00 am – 11:30 am
Instructor, Gloria Laird

Learn ways to stay safe on your computer. Create strong passwords you will remember. Discuss best practices for privacy settings on your devices and social media accounts. Learn to stay safe with SPAM, personal emergencies, and financial scams. Shop with confidence when adding your information to purchase items online. Develop techniques to protect against online fraud.

Touchstone Discussions, Mondays, 10:30 am – 12:30 pm
Instructor, Cynthia Barry

Examine brief passages from great books of the Western and Eastern traditions, American speeches, and folktales from around the world.

Intro to Artificial Intelligence, Mondays, 12:00 pm – 2:00 pm
Instructor, Gloria Laird

Gain artificial intelligence practical knowledge foundation. Learn about various forms of artificial intelligence (AI) and consumer interaction with AI in applications like chatbots and recommendation engines. Recognize how AI provides analytics in business and consider industries that may be transformed or even disrupted by AI implementations. Gain knowledge on how computers can "learn" using artificial neural networks and various forms of machine learning. Learn about the AI development process, how AI will affect the workforce and ethical factors in AI deployment.

Circuit Training, Tuesdays, 9:00 am – 10:00 am
Instructor: Akiko Stefanovich

Circuit Training with weights and 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.

Windows 10/11 Intermediate, Tuesdays, 12:30 pm – 2:00 pm
Instructor, John Turner

Build upon skills acquired in Introduction to Windows 10 and 11. Review common Windows elements, examine system properties, organizing folders and manipulating folders while working in a Windows application. Practice restoring deleted files, renaming files, protecting data as well as disk management.

Swing Dance, Tuesdays, 2:00 pm – 3:00 pm
Instructor, Nicholas Gallagher

Unleash your inner rhythm in this energetic, high-spirited Swing dance class! Whether you are a total beginner or looking to refine your footwork, this class breaks down classic 6-count and 8-count patterns with a focus on connection, musicality, and flow.

Weighted Hula Hoop, Wednesdays, 12:00 pm – 1:00 pm
Instructor, Kim Goff

A fun, low-impact class using weighted hula hoops to, improve cardio fitness, boost core and overall strength, improve balance, hip mobility, and coordination. Whittle your waistline while enjoying adaptable techniques and pacing to support joint health, confidence, joyful movement, and plenty of laughs along the way!

Cultural Influences in American Film, Wednesdays, 12:30 pm – 2:30 pm
Instructor, Richard Striner

This course is specially designed for connoisseurs of film, we will watch and discuss movies from the 1930s onward that explore the themes of love/romance, death/ the afterlife, sorrow, madness, peace, and comedy, joy and deep lessons about the human condition. You will see many classic movies, and the viewing list will be shared as the start date of class approaches. This ten-week course is taught by Richard Striner, our brilliant instructor and historian, and your guide to explore what film has to offer!



Pilates, Thursdays, 9:00 am – 10:00 am
Instructor, Amanda Breon

Join instructor Amanda Breon for a classical Pilates mat class designed to build strength, flexibility, coordination, and core stability. Perfect for movers of all levels looking to improve body awareness and technique.

Chair Yoga, Thursdays, 11:00 am – 12:00 pm
Instructor, Akiko Stefanovich

Join this gentle, slow-flow chair yoga class. This session is designed to improve balance, flexibility, and mobility. While we primarily use chairs for support, there will be opportunities for standing poses. We will hold each pose for several breaths to ensure smooth transitions and effective movement. You may be surprised by how much can be achieved while remaining seated. Please bring your own yoga mat. If you prefer to use yoga blocks or straps, feel free to bring those as well.