ARNOLD SENIOR ACTIVITY CENTER
WINTER 2027 CLASSES

Winter semester will be in our newly renovated Center! PLEASE refer to the table of classes below which indicates where each class is scheduled to be held. Class descriptions for Arnold's Winter 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 aresponsored by AACC and require registration and fees. New classes are marked with an (*). REGISTRATION BEGINSTUESDAY, NOVEMBER 10TH. CLASSES BEGIN MONDAY, JANUARY 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 Winter Classes:

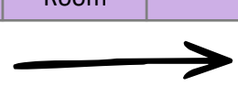
The form will be processed when received by AACC; please note that online registration is the best way to ensure that you are registered before a class fills.

- 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: 10/26/26

Days	Course ID	Course Title	Start Date	End Date	Faculty	Start Time	End Time	Bldg/ Room	Omit Date(s)
M	HTH-947-125	Mat Yoga	1/4/27	3/8/27	Akiko Stefanovich	09:00 AM	10:00 AM	Exercise Room	1/18, 2/15
M,W	HTH-959-108	Self Defense	1/4/27	3/17/27	Rhonda Weeks	09:00 AM	10:00 AM	Room 17	1/18, 2/15
M	HTH-945-141	Aerobics & Strength	1/4/27	3/8/27	Akiko Stefanovich	10:00 AM	11:00 AM	Exercise Room	1/18, 2/15
M	CTT-917-101	Online Computer Safety	1/11/27	2/15/27	Gloria Laird	10:00 AM	11:30 AM	Room 18	1/18, 2/15
*M	CTT-935-101	Productivity with iPhones & iPads	2/22/27	3/22/27	Gloria Laird	10:00 AM	12:00 PM	Room 18	1/18, 2/15
M	HTH-945-142	Aerobics & Weights for Beginners	1/4/27	3/8/27	Akiko Stefanovich	10:00 AM	12:00 PM	Exercise Room	1/18, 2/15
M	HTH-904-102	Beg. Line Dance	1/4/27	3/22/27	Ann Gross	12:00 PM	01:30 PM	Room 17	1/18, 2/15
M	CTT-922-103	Intro to Artificial Intelligence	1/4/27	3/8/27	Gloria Laird	12:00 PM	02:00 PM	Room 11	1/18, 2/15
M,W	HTH-959-104	Funct. Mobility/Balance I Tai Chi	1/4/27	3/17/27	Sean Martial	01:00 PM	02:00 PM	Exercise Room	1/18, 2/15
M	CRE-912-105	Drawing	1/4/27	3/22/27	Scott Clarke	02:00 PM	04:00 PM	Art Room A	1/18, 2/15
T	CRE-912-111	Beg. Watercolors	1/5/27	2/23/27	Alice Dudley	08:45 AM	10:45 AM	Art Room B	
*T	HTH-944-115	Circuit Training	1/5/27	3/2/27	Akiko Stefanovich	09:00 AM	10:00 AM	GYM	
T	CRE-912-102	Greeting Card Design	1/5/27	3/9/27	Scott Clarke	09:00 AM	11:00 AM	Room 17	
*T	HTH-945-119	Zumba Gold	1/5/27	3/9/27	Kim Goff	09:00 AM	10:00 AM	Exercise Room	
T	HTH-945-118	Zumba Toning	1/5/27	3/9/27	Kim Goff	10:00 AM	11:00 AM	Exercise Room	
T	BNS-908-104	Beg. Wood Carving	1/5/27	3/9/27	Scott Smith	10:30 AM	1:00 PM	Art Room B	
T,F	HTH-935-101	Core Stability Techniques (Pilates)	1/5/27	3/12/27	Jeanine Farrell-Ove	11:00 AM	12:00 PM	Exercise Room	

T	CRE-912-110	Interm. Watercolors	1/5/27	2/23/27	Alice Dudley	11:00 AM	01:00 PM	Art Room A	
*T	CTT-936-101	Windows 10/11 Interm.	1/5/27	3/9/27	John Turner	12:30PM	02:00 PM	Room 17	
T	SLG-904-101	Conversational Sign Language 1	1/5/27	3/9/27	Peggy Bruce	12:30 PM	02:00 PM	Room 18	
T	ERC-912-102	Medicare & Medicaid: The Essentials	1/5/27	1/19/27	Ron Deacon	12:30 PM	02:30 PM	Room 11	
T	ERC-904-103	Genealogy	1/5/27	3/16/27	Carol Carman	01:00 PM	03:00 PM	TBD	
T	BNS-908-103	Adv. Wood Carving	1/5/27	3/9/27	Scott Smith	01:15 PM	03:45 PM	Art Room B	
*T	HTH-903-108	Salsa & Bachata Dance	1/5/27	3/9/27	Nicholas Gallagher	02:00 PM	03:00 PM	Exercise Room	
T	ERC-915-101	Mind Games & Brain Teasers	1/5/27	3/9/27	Peggy Bruce	02:00 PM	03:30 PM	Room 18	
W	HTH-945-144	Aerobics & Strength	1/6/27	3/3/27	Akiko Stefanovich	09:00 AM	10:00 AM	Exercise Room	
W		***Hand Quilting Club***	***ongoing***	***ongoing***		***09:00 AM***	***12:00 PM***	***Room 11***	
W	BNS-913-101	Stained Glass	1/6/27	3/10/27	Cynthia Kippax	09:30 AM	12:00 PM	Art Room B	
W	HTH-960-116	Chair Yoga	1/6/27	3/10/27	Sharon Harty	10:00 AM	11:00 AM	Exercise Room	
W	HTH-904-103	Beg. Line Dance	1/6/27	3/10/27	Ann Gross	10:00 AM	11:30 AM	Room 18	
*W	CTT-945-101	AI Made Simple	1/6/27	2/17/27	Matt Myers	10:00 AM	12:00 PM	MPR	1/20
W	HTH-947-108	Mat Yoga	1/6/27	3/10/27	Sharon Harty	11:00 AM	12:00 PM	Exercise Room	
W	HTH-945-146	Weighted Hula Hoop	1/7/27	3/10/27	Kim Goff	12:00 PM	01:00 PM	Exercise Room	
W	BNS-913-102	Stained Glass	1/6/27	3/10/27	Cynthia Kippax	12:00 PM	02:30 PM	Art Room	
W	CTT-928-101	Intro to Computers	1/6/27	3/10/27	John Turner	12:30 PM	02:00 PM	Room 18	
W	CRE-912-109	Colored Pencil	1/6/27	2/24/27	Alice Dudley	12:30 PM	02:30 PM	Room 11	
W	ENC-972-102	Cultural Influences in American Film	1/6/27	3/10/27	Richard Striner	12:30 PM	03:30 PM	Room 17	
W	CRE-912-103	Acrylic Painting	1/6/27	3/10/27	Scott Clarke	02:00 PM	04:00 PM	Room 18	
TH	HTH-945-143	Aerobics & Strength	1/7/27	3/4/27	Akiko Stefanovich	09:00 AM	10:00 AM	Exercise Room	
TH	HTH-957-102	Pilates	1/7/27	3/11/27	Amanda Breon	09:00 AM	10:00 AM	Room 17	
TH	CPT-978-101	iPhone Basics	1/7/27	3/11/27	John Turner	09:30 AM	11:00 AM	Room 18	
TH	BNS-913-108	Stained Glass	1/7/27	3/11/27	Donna Threadgill	09:30 AM	12:00 PM	Art Room	
TH	HTH-947-126	Yogalates	1/7/27	3/4/27	Akiko Stefanovich	10:00 AM	11:00 AM	Exercise Room	
TH	HTH-947-101	Strength & Flex II (Mat Yoga)	1/7/27	3/11/27	Michele Adair	10:00 AM	11 :00 AM	Exercise Room	
		Knit & Crochet	***ongoing***	***ongoing***	***Wendy Preslan***	***10:00 AM***	***1:00 PM***	***Room 11***	
TH	HTH-904-104	Intermediate Line Dance	1/7/27	3/11/27	Sarah Jose	10:30 AM	12:00 PM	Room 18	
TH	HTH-960-138	Chair Yoga	1/7/27	3/4/27	Akiko Stefanovich	11:00 AM	12:00 PM	Room 17	
TH	HTH-960-127	Chair Tai Chi	1/7/27	3/11/27	Young Lee	11:00 AM	12:00 PM	Exercise Room	
TH	BNS-913-107	Stained Glass	1/7/27	3/11/27	Donna Threadgill	12:15 PM	2:45 PM	Art Room	
F	HTH-943-106	Cardio Beat (Drumming)	1/8/27	3/5/27	Akiko Stefanovich	08:45 AM	10:45 AM	Exercise Room	



F	CRE-912-112	One Stroke Painting	1/8/27	3/12/27	Kay Edelblute	10:00 AM	12:00 AM	Room 11	
F	HTH-945-116	Functional Conditioning III (Total Fitness)	1/8/27	3/12/27	Jeanine Farrell-Ove	10:00 AM	11:00 AM	Exercise Room	
*F	CRE-912-101	Beg. Watercolors	1/22/27	2/26/27	Gloria Campbell	10:30 AM	01:00 PM	Art Room	

New Classes!

Productivity with iPhones & iPads,Mondays,10:00am–12:00 pm
Instructor, Gloria Laird

Make everyday tasks easier using your iPhone or iPad. Each session includes step-by-step guidance and time for questions to discover ways to stay organized, connected and productive using Apples built-in apps. Students must bring their own iPhone or iPad.

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

Build muscular and cardiovascular strength through guided workouts using cardio machines, free weights, and circuit training. Each class includes a warm-up, strength intervals, cardio and resistance circuits, core exercises, balance work, and stretching. Designed for all fitness levels, this course requires a mandatory orientation to ensure safe equipment use.

Zumba Gold, Tuesdays, 9:00 am – 10:00 am
Instructor, Kim Goff

Zumba Gold is a low-impact dance fitness class designed especially for active agers. It is based on original Zumba moves and can be enjoyed either standing or seated, making it accessible for a variety of fitness levels. Stay active while dancing to certified Latin music and international rhythms. You'll get moving, break a sweat, and have so much fun!

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.

Salsa & Bachata Dance, Tuesdays, 2:00 pm – 3:00 pm
Instructor, Nicholas Gallagher

Discover the joy of Latin dancing from the ground up! This introductory class teaches you the core rhythms, basic steps, and partner connections of Salsa and Bachata. Designed for absolute beginners, you will build the muscle memory and confidence needed to hit the social dance floor.

AI Made Simple, Wednesdays, 10:00 am – 12:00 pm
Instructor, Matt Myers

Explore practical applications of artificial intelligence. Practice using AI tools to communicate, create and edit content, organize information, and solve common challenges. Gain confidence using AI while learning about its limitations and responsible use.

Beginning Watercolors, Fridays, 10:30 am – 1:00 pm
Instructor, Emily Campbell

Explore the fundamentals of watercolor painting in this hands-on introductory course. Over six weeks, students will learn how to work confidently with watercolor materials, control water and pigment, create beautiful washes, mix color, build layers, and use a variety of techniques to create texture and solve common painting problems. Each class combines instructor demonstrations with guided practice and simple painting exercises. No prior experience required.