

# HARFORD COUNTY SENIOR ACTIVITY CENTERS CATALOG OF CLASSES WINTER 2017



**BARRY GLASSMAN**  
Harford County Executive

**AMBER SHRODES**  
Director, Community Services

**Office on Aging**

Harford County Department of Community Services  
[www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging) 410.638.3025

# Harford County Senior Activity Centers

## Locations and Hours of Operation

**ABERDEEN** 410-273-5666  
7 Franklin Street, Aberdeen, MD 21001  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**EDGEWOOD** 410-612-1622  
1000 Gateway Road, Edgewood, MD 21040  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**FALLSTON** 410-638-3260  
1707 Fallston Road, Fallston, MD 21047  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**FOREST HILL/HICKORY** 410-638-3616  
*Satellite Location – Summer Classes only*  
2213 Commerce Drive, Forest Hill, MD 21050  
*No meals are available at this location*

**HAVRE DE GRACE** 410-939-5121  
351 Lewis Lane, Havre de Grace, MD 21078  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**MCFAUL** 410-638-4040  
525 W. MacPhail Road, Bel Air, MD 21014  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**NORRISVILLE** 410-692-7820  
*Satellite Location - Classes only*  
5310 Norrisville Road (Route 23)  
White Hall, MD 21161  
Monday-Friday 9:00 a.m. - 3:00 p.m.  
*No meals are available at this location*

## Welcome to Harford County's Senior Activity Centers!

*We are dedicated to promoting healthy and active lifestyles for our citizens age 55 and over*

## WINTER SEMESTER 2017

Tuesday, January 3, 2017 through Friday, March 10, 2017

### CLASS REGISTRATION INFORMATION

Registration OPENS at Fallston, for Fallston classes ONLY on Monday, November 28, 2016

Registration OPENS at McFaul for McFaul classes ONLY on Tuesday, November 29, 2016

Registration OPENS at Aberdeen, Edgewood, Havre de Grace and Norrisville (satellite location) on Wednesday, November 30, 2016

*NOTE: Norrisville is a satellite location and accepts drop-off registrations only.*

**Registration CLOSES at all centers on Friday, December 23, 2016**

### HOW TO REGISTER:

To register for a class, you must first complete a SENIOR CENTER MEMBERSHIP form at any of our five locations. We recommend stopping in at your local center for a tour and to complete this form ahead of class registration.

Class registrations are accepted IN PERSON ONLY. At this time, we do not accept mail-in or drop-off registrations (except for Norrisville). You may bring ONE additional registration besides your own for someone unable to register in person. No one is permitted to hold a place in the registration line or to accept a registration from someone with a higher processing number once numbers have been issued.

We accept cash, checks (made payable to Harford County, Maryland), VISA, MasterCard, Discover and debit cards at all locations except Norrisville. If a course does not meet minimum enrollment, the class will be cancelled and students who paid for that class will be refunded. THERE ARE NO OTHER REFUNDS. Thank you for your cooperation.

**\*CENTERS ARE CLOSED: MONDAY, JANUARY 2 FOR NEW YEAR'S HOLIDAY,  
MONDAY, JANUARY 16, 2017 FOR MARTIN LUTHER KING, JR. DAY,  
MONDAY, FEBRUARY 20, 2017 FOR PRESIDENT'S DAY**

**This document is available in an alternative format upon request and on the Harford County website at [www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging)**

# What You Need to Know Before You Register for Classes

## LIABILITY WAIVERS

The instructors who teach classes and workshops in the Harford County Senior Activity Centers are independent contractors. They are not Harford County employees, and are not covered under the County's liability insurance. Please be aware that as part of your participation in a Harford County Senior Activity Center class or activity, you may be asked by instructors to sign a liability waiver as part of their business practice. Individual instructors can explain more about their waiver form. Waivers are distributed and collected by the instructors only, and not by Harford County employees or volunteers.

If you are not willing to sign a waiver for a particular class, this will prevent you from participating. Please note NO REFUNDS will be offered if you register for a class and then refuse to sign a waiver presented by the instructor.

## TRANSITION TIME FOR CLASSES AND ACTIVITIES

Our centers have busy schedules, and many classes and activities run back to back. Please note that the time listed for an activity or classes includes transition time for attendance at the start of class, and a few minutes for a class or activity to end and for participants to leave the space. We ask that participants arrive promptly for class and vacate the space quickly when the class is over. Thank you for your cooperation!

## SENIOR CENTER INCLEMENT WEATHER POLICY

In the event of inclement weather, our foremost concern is the safety of participants and staff. In the case of inclement weather, if Harford County Public

Schools are closed, all senior centers are closed. If Harford County Government offices are closed, all senior centers are closed. If Harford County Public Schools open LATE, all senior centers will open at 10:00 AM, with no bus or lunch service. Morning classes starting prior to 10:00 a.m. will be cancelled. If Harford County Government offices open LATE, all senior centers will open at the same time that Harford County Government Offices open, with no bus or lunch service. Morning classes with starting times prior to the late opening time will be cancelled. You can confirm closures or delays by visiting the Harford County website: [www.harford-countymd.gov/1139/County-Government-ClosingsDelays](http://www.harford-countymd.gov/1139/County-Government-ClosingsDelays) by calling the Harford County Inclement Weather Information Lines: 410-638-3484 or 410-638-3594 or by calling your local senior center.

## OTHER CLOSINGS

Every effort is made to keep the centers open during all normal hours of operation. Situations and conditions may arise that require us to close the center for all or part of the day. We will give participants as much notice as possible when these situations arise.

## MEMBER REQUESTS TO MAKE UP CLASSES

Members often ask if they can "make up" a class they must miss due to illness or a schedule conflict, especially when their instructor is offering the same class at the same center on a different day, or at another center. Members are not permitted to attend any class but the class they are registered to attend. Thank you for your understanding.

*Please note: This applies only to situations where a member must miss a class, not to classes cancelled by the instructor or to cancellations due to weather or other center emergencies.*

## FITNESS CLASS SYMBOLS



Aerobic, Increases heart rate



Light strength training/toning.  
Class may or may not use weights.



Seated/Seated Option



Mind/Body class. Uses breath with movement and concentration to enhance overall wellness and fitness.



Basic exercise for those just getting back into exercise or with limited abilities.



Intermediate low impact exercise for those with some experience and who can stand for at least 30 minutes.



Advanced exercise for those who can move continuously for at least 30 minutes and can easily get up and down from floor.

## EMERGENCY TELEPHONE ALERTS

Please make sure you are signed up for the Harford County Connect CTY system to receive important announcements about weather-related issues and other emergencies. To sign up, go to [www.harfordpublicsafety.org](http://www.harfordpublicsafety.org) and click Emergency Alerts.

To request disability-related accommodations, call 410-638-3025 at least seven business days before an event.

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
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### Aberdeen Senior Activity Center

<i>Exercise</i>	AB160EX	Functional Fitness	13	Wednesday	12:30 p.m. - 1:30 p.m.	10	40	Webb	\$25
	AB130EX	Zumba Gold	15	Monday	10:00 a.m. - 11:00 a.m.	15	35	Mercado	\$19
	AB330EX	Zumba Gold	15	Wednesday	10:00 a.m. - 11:00 a.m.	15	38	Mercado	\$25
	AB438EX	Zumba Gold Chair	15	Wednesday	11:15 a.m. - 12:00 noon	10	20	Renshaw	\$25
<i>Life Enrichment</i>	AB908LE	Conversational Spanish - Intermediate	16	Tuesday	12:30 p.m. - 1:30 p.m.	6	11	Stevens	\$15

### Edgewood Senior Activity Center

<i>Dance</i>	ED702DA	Line Dance - Advanced <i>Meets at ERCC 1980 Brookside Drive, Edgewood</i>	11	Monday	9:30 a.m. - 10:45 a.m.	5	60	Smith	\$5
	ED802DA	Line Dance - Beginning	11	Wednesday	9:45 a.m. - 10:45 a.m.	5	20	Smith	\$5
<i>Exercise</i>	ED404EX	Cardio Toning	12	Tuesday	8:45 a.m. - 9:45 a.m.	10	20	Keene	\$25
	ED170EX	Functional Fitness	13	Monday	11:00 a.m. - 12:00 noon	10	20	Keene	\$19
	ED199EX	Gentle Hatha Yoga <i>Meets at ERCC 1980 Brookside Drive, Edgewood</i>	13	Tuesday	10:00 a.m. - 11:00 a.m.	15	40	Trafton	\$25
	ED209EX	Gentle Hatha Yoga <i>Meets at ERCC 1980 Brookside Drive, Edgewood</i>	13	Thursday	10:00 a.m. - 11:00 a.m.	15	30	Trafton	\$25
	ED210EX	Steppers	14	Wednesday	11:00 a.m. - 12:00 noon	10	40	Webster	\$5
	ED310EX	Steppers	14	Friday	11:00 a.m. - 12:00 noon	10	40	Webster	\$5
	ED177EX	Traditional Yang Tai Chi Chuan-TUE <i>Meets at ERCC 1980 Brookside Drive, Edgewood</i>	14	Tuesday	11:00 a.m. - 12:00 noon	4	40	Martinez	\$25
	ED230EX	Zumba Gold <i>Meets at ERCC 1980 Brookside Drive, Edgewood</i>	15	Thursday	11:15 a.m. - 12:15 p.m.	15	60	Renshaw	\$25
	ED436EX	Zumba Gold Chair	15	Monday	12:30 p.m. - 1:30 p.m.	10	40	Keene	\$19
<i>Life Enrichment</i>	ED108FA	Basic Drawing	15	Wednesday	10:00 a.m. - 11:00 a.m.	5	15	Principe	\$5

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### Fallston Senior Activity Center

<i>Arts &amp; Crafts</i>	FA133AC	Basket Making for the Beginning Weaver	10	Thursday	9:30 a.m. - 11:30 a.m.	5 12	Sheriff	\$45
	FA134AC	Basket Making for the Intermediate Weaver	10	Thursday	12:00 noon - 2:00 p.m.	5 14	Sheriff	\$45
	FA506AC	Knit & Crochet Beginner/Intermediate	10	Tuesday	10:00 a.m. - 12:00 noon	5 20	Ziamba	\$45
	FA311AC	Machine Quilting 1 <i>Six weeks: 1/4, 11, 18, 25 and 2/1; 8 Supply fee: \$5</i>	10	Wednesday	12:30 p.m. - 3:00 p.m.	6 14	Whitlock	\$35
	FA611AC-A	Machine Quilting 2 <i>Three weeks: 2/22, 3/1, 8 Supply fee: \$3</i>	10	Wednesday	12:30 p.m. - 3:00 p.m.	6 14	Whitlock	\$20
	FA106AC	Wildfowl Carving & Painting <i>Supply fee \$40 maximum covers wood, cut-out, feet, eyes (supply list at front desk)</i>	10	Wednesday	9:00 a.m. - 11:00 a.m.	5 12	Stram	\$45
<i>Computers</i>	FA106CO-C	A Guide to Getting the Most Out of Your Computer - BEGINNER <i>Four weeks 1/5, 1/12, 1/19, 1/26</i>	10	Thursday	10:00 a.m. - 12:00 noon	6 12	Galumbeck	\$45
	FA106CO-D	A Guide to Getting the Most Out of Your Computer - ADVANCED <i>Four weeks 2/2, 9, 16, 23</i>	11	Thursday	10:00 a.m. - 12:00 noon	6 12	Galumbeck	\$45
<i>Dance</i>	FA123DA	Basic Tap Dance - Level 1	11	Wednesday	9:30 a.m. - 10:30 a.m.	6 40	Erline	\$25
	FA124DA	Basic Tap Dance - Level 2	11	Tuesday	10:15 a.m. - 11:15 a.m.	6 40	Erline	\$25
	FA106DA	Cardio Dance for Active Seniors	11	Tuesday	9:00 a.m. - 10:00 a.m.	10 55	Conner	\$25
	FA306DA	Cardio Dance for Active Seniors	11	Thursday	9:00 a.m. - 10:00 a.m.	10 55	Conner	\$25
	FA698DA	Stretch & Tone Barre	11	Thursday	10:00 a.m. - 11:00 a.m.	5 14	Erline	\$25
<i>Exercise</i>	FA156EX	Ageless Grace	12	Thursday	10:00 a.m. - 11:00 a.m.	15 60	Raymonda	\$25
	FA167EX	Body Conditioning & Training	12	Monday	10:00 a.m. - 11:00 a.m.	15 45	Conner	\$19
	FA166EX	Body Conditioning & Training	12	Wednesday	10:00 a.m. - 11:00 a.m.	10 45	Conner	\$25
	FA161EX	Body Conditioning & Training	12	Friday	10:00 a.m. - 11:00 a.m.	10 45	Conner	\$25
	FA173EX	Body Conditioning & Training - Beginner	12	Monday	12:00 noon - 1:00 p.m.	15 45	Conner	\$19
	FA172EX	Body Conditioning & Training - Beginner	12	Wednesday	12:00 noon - 1:00 p.m.	15 45	Conner	\$25
	FA176EX	Body Conditioning & Training - Beginner	12	Friday	12:00 noon - 1:00 p.m.	15 45	Conner	\$25
	FA129EX-AM	Cardio Intervals	12	Monday	9:00 a.m. - 10:00 a.m.	15 45	Conner	\$19
	FA129EX-PM	Cardio Intervals	12	Monday	12:00 noon - 1:00 p.m.	25 60	Raymonda	\$19
	FA329EX	Cardio Intervals	12	Wednesday	9:00 a.m. - 10:00 a.m.	15 45	Conner	\$25

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
<b>Fallston Senior Activity Center (cont.)</b>							
	FA429EX	Cardio Intervals	12	Thursday	9:00 a.m. - 10:00 a.m.	25 60	Raymonda \$25
	FA529EX	Cardio Intervals	12	Friday	9:00 a.m. - 10:00 a.m.	10 45	Conner \$25
	FA150EX	Chair Cardio-Sit & Get Fit	13	Tuesday	11:00 a.m. - 12:00 noon	10 40	Conner \$25
	FA450EX	Chair Cardio-Sit & Get Fit	13	Thursday	11:00 a.m. - 12:00 noon	10 40	Conner \$25
	FA302EX	Chair Yoga	13	Monday	1:00 p.m. - 2:00 p.m.	15 60	Raymonda \$19
	FA223EX	Chair Yoga	13	Thursday	12:00 noon - 1:00 p.m.	12 60	Norwood \$25
	FA224EX	Gentle Yoga	13	Tuesday	12:00 noon - 1:00 p.m.	12 60	Norwood \$25
	FA158EX	Pilates Yoga Blend	13	Monday	11:00 a.m. - 12:00 noon	15 45	Conner \$19
	FA341EX	Qigong	14	Thursday	11:00 a.m. - 12:00 noon	15 30	Raymonda \$25
	FA246EX	Tai Chi Chuan - Yang Style	14	Thursday	2:00 p.m. - 3:00 p.m.	10 16	Pearce \$25
	FA239EX	Yoga Strength & Stretch	15	Tuesday	10:00 a.m. - 11:00 a.m.	10 50	Conner \$25
	FA339EX	Yoga Strength & Stretch	15	Thursday	10:00 a.m. - 11:00 a.m.	10 50	Conner \$25
	FA139EX	Yoga Strength & Stretch Beginner	15	Wednesday	11:00 a.m. - 12:00 noon	10 45	Conner \$25
	FA439EX	Yoga Strength & Stretch Beginner	15	Friday	11:00 a.m. - 12:00 noon	10 40	Conner \$25
	FA130EX	Zumba Gold	15	Monday	11:00 a.m. - 12:00 p.m.	15 50	Slacum \$19
	FA330EX	Zumba Gold	15	Wednesday	10:00 a.m. - 11:00 a.m.	15 50	Slacum \$25
<i>Fine Arts</i>	FA403FA	Decorative Painting	15	Thursday	10:00 a.m. - 12:00 noon	5 14	Wimmers \$45
	FA117FA	Drawing & Painting for Fun!	15	Monday	10:00 a.m. - 12:00 noon	5 10	Mulholland \$33
	FA118FA	Landscape Painting in Oils & Acrylics	15	Tuesday	12:30 p.m. - 3:00 p.m.	5 15	Kopp \$45
<i>Life Enrichment</i>	FA809LE	Learning Italian with Fun – (Level 1)	16	Monday	10:00 a.m. - 12:00 noon	5 20	Perino \$33
	FA910LE	Learning Italian Language & Culture (Level 2)	16	Tuesday	10:00 a.m. - 12:00 noon	5 15	Perino \$45
	FA912LE	Strategies for Positive Aging <i>Please obtain and bring to class Seven Strategies for Positive Aging by Robert D. Hill, pub. 2008</i>	16	Monday	10:30 a.m. - 11:30 a.m.	10 20	Bond \$19
<i>Music</i>	FA201MU	Introduction to Guitar	16	Friday	10:00 a.m. - 11:00 a.m.	4 10	Jankowski \$25

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
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### Havre de Grace Senior Activity Center

Arts & Crafts	HG135AC	Basket Making - All Weaving Levels <i>Basic supply fee is \$25, payable to instructor. An additional fee may be needed, depending on basket chosen.</i>	10	Wednesday	10:00 a.m. - 12:00 noon	5 10	Sheriff	\$45
Dance	HG201DA	Line Dance - Beginner	11	Tuesday	1:00 p.m. - 2:00 p.m.	8 50	Pastelak	\$20
Exercise	HG184EX	Advanced Concepts - Traditional Yang Tai Chi Chuan	12	Wednesday	11:00 a.m. - 12:00 noon	4 40	Martinez	\$25
	HG371EX	Cardio & Strength	12	Wednesday	10:30 a.m. - 11:30 a.m.	10 40	Webb	\$25
	HG604EX	Cardio Toning	12	Monday	9:00 a.m. - 10:00 a.m.	10 40	Keene	\$19
	HG104EX	Cardio Toning	12	Wednesday	9:00 a.m. - 10:00 a.m.	10 40	Keene	\$25
	HG187EX	Chi Kung (Qigong/Energy Work)	13	Thursday	9:00 a.m. - 10:00 a.m.	4 40	Martinez	\$25
	HG748EX	Introduction to Classical Martial Arts	13	Tuesday	1:00 p.m. - 2:00 p.m.	6 20	Brill	\$5
	HG647EX	Self Defense for Seniors - Intermediate	14	Tuesday	12:00 noon - 1:00 p.m.	4 40	Brill	\$5
	HG846EX	Tai Chi & Qigong	14	M, Tue, Th, Fri	11:00 a.m. - 12:00 noon	10 50	Matters/Powell	\$5
	HG308EX	Yoga	14	Monday	10:00 a.m. - 11:00 a.m.	20 40	Newton	\$19
	HG408EX	Yoga	14	Wednesday	10:00 a.m. - 11:00 a.m.	10 60	Norwood	\$25
	HG208EX	Yoga	14	Friday	10:00 a.m. - 11:00 a.m.	15 60	Norwood	\$25
	HG130EX	Zumba Gold	15	Monday	9:00 a.m. - 10:00 a.m.	10 60	Wurm	\$19
	HG230EX	Zumba Gold	15	Thursday	9:00 a.m. - 10:00 a.m.	10 60	Wurm	\$25
	HG631EX	Zumba Gold Toning	15	Tuesday	9:00 a.m. - 10:00 a.m.	10 20	Wurm	\$25

### McFaul Senior Activity Center

Arts & Crafts	BA133AC	Basket Making for the Beginning Weaver <i>Basic supply fee is \$25, payable to instructor. An additional fee may be needed, depending on basket chosen.</i>	10	Monday	9:30 a.m. - 11:30 a.m.	5 12	Sheriff	\$33
	BA134AC	Basket Making for the Intermediate Weaver <i>Basic supply fee is \$28, payable to instructor. An additional fee may be needed, depending on basket chosen.</i>	10	Monday	12:00 noon - 2:00 p.m.	5 14	Sheriff	\$33
	BA123AC-AM	Knit & Crochet All Levels	10	Thursday	10:00 a.m. - 12:00 noon	5 20	Hopkins	\$45
	BA123AC-PM	Knit & Crochet All Levels	10	Thursday	1:00 p.m. - 3:00 p.m.	5 20	Hopkins	\$45
	BA506AC	Knit & Crochet Beginner/Intermediate	10	Tuesday	1:00 p.m. - 3:00 p.m.	5 20	Ziamba	\$45

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<b>McFaul Senior Activity Center (cont.)</b>							
<i>Computers</i>	BA106CO-C	A Guide to Getting the Most Out of Your Computer - BEGINNER Four weeks 1/3, 1/10, 1/17, 1/24	10	Tuesday	10:00 a.m. - 12:00 noon	5 8	Galumbeck \$45
	BA106CO-D	A Guide to Getting the Most Out of Your Computer - ADVANCED Four weeks 1/31, 2/7, 2/14, 2/21	11	Tuesday	10:00 a.m. - 12:00 noon	5 8	Galumbeck \$45
	BA122CO	User Basics for Apple iPhone Owners Five weeks: 1/11, 1/18, 1/25, 2/1, 2/8	11	Wednesday	1:30 p.m. - 2:30 p.m.	5 10	Erline \$30
<i>Dance</i>	BA123DA	Basic Tap Dance - Level 1	11	Wednesday	12:00 noon - 1:00 p.m.	6 15	Erline \$25
	BA698DA	Stretch & Tone Barre <i>Optional equipment available through instructor</i>	11	Monday	10:00 a.m. - 11:00 a.m.	5 30	Erline \$19
<i>Exercise</i>	BA155EX	Ageless Grace	12	Wednesday	11:00 a.m. - 12:00 noon	5 25	Raymonda \$25
	BA306EX	Balance and Fall Prevention	12	Thursday	10:00 a.m. - 11:00 a.m.	10 25	Webb \$25
	BA194EX-A	Better Posture/Better You <i>One day class: 1/9/17</i>	12	Monday	1:15 p.m. - 3:15 p.m.	4 4	McDaniel \$25
	BA174EX-B	Better Posture/Better You <i>One day class: 2/13/17</i>	12	Monday	1:15 p.m. - 3:15 p.m.	4 4	McDaniel \$25
	BA231EX	Body Tone	12	Wednesday	10:00 a.m. - 11:00 a.m.	15 60	McDaniel \$25
	BA271EX	Cardio & Strength	12	Tuesday	10:00 a.m. - 11:00 a.m.	10 40	Webb \$25
	BA500EX	Cardio Intervals Plus	12	Friday	10:00 a.m. - 11:00 a.m.	15 60	McDaniel \$25
	BA704EX	Cardio Toning with Core	12	Tuesday	9:00 a.m. - 10:00 a.m.	20 60	Svoboda \$25
	BA804EX	Cardio Toning with Core	12	Thursday	9:00 a.m. - 10:00 a.m.	20 90	Svoboda \$25
	BA118EX	Classic Cardio	13	Monday	10:00 a.m. - 11:00 a.m.	15 60	McDaniel \$19
	BA218EX	Classic Cardio	13	Wednesday	9:00 a.m. - 10:00 a.m.	15 60	McDaniel \$25
	BA191EX	Functional Movement	13	Friday	11:00 a.m. - noon	10 60	McDaniel \$25
	BA132EX	Gentle Aerobics & Yoga Combo	13	Monday	9:00 a.m. - 10:00 a.m.	15 60	McDaniel \$19
	BA133EX	Gentle Aerobics & Yoga Combo	13	Wednesday	11:00 a.m. - 12:00 noon	15 60	McDaniel \$25
	BA502EX	Gentle/Chair Yoga	13	Wednesday	12:00 noon - 12:30 p.m.	15 60	McDaniel \$15
	BA121EX	Get to the Core - Pilates	13	Monday	11:00 a.m. - 12:00 noon	15 60	McDaniel \$19
	BA159EX	Hatha Yoga	13	Friday	9:00 a.m. - 10:00 a.m.	15 60	McDaniel \$25
	BA748EX	Introduction to Classical Martial Arts	13	Thursday	10:30 a.m. - 11:30 a.m.	4 20	Brill \$5

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
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### McFaul Senior Activity Center (cont.)

	BA647EX	Self Defense for Seniors - Intermediate	14	Thursday	11:30 a.m. - 12:30 p.m.	4 20	Brill	\$5
	BA326EX	Sit & Stretch	14	Tuesday	11:30 a.m. - 12:30 p.m.	10 60	Webb	\$25
	BA327EX	Sit & Stretch	14	Thursday	11:30 a.m. - 12:30 p.m.	10 60	Webb	\$25
	BA235EX-A	Small Group Training <i>Four sessions: 1/6, 13, 20, 27</i>	14	Friday	12:30 p.m. - 1:30p.m.	2 4	McDaniel	\$45
	BA235EX-B	Small Group Training <i>Four sessions: 2/3, 10, 17, 24</i>	14	Friday	12:30 p.m. - 1:30p.m.	2 4	McDaniel	\$45
	BA177EX	Traditional Yang Tai Chi Chuan	14	Tuesday	9:00 a.m. - 10:00 a.m.	4 40	Martinez	\$25
	BA178EX	Traditional Yang Tai Chi Chuan	14	Friday	9:00 a.m. - 10:00 a.m.	4 40	Martinez	\$25
	BA108EX	Yoga	14	Tuesday	10:15 a.m. - 11:15 a.m.	15 60	Norwood	\$25
	BA508EX	Yoga	14	Thursday	10:15 a.m. - 11:15 a.m.	10 60	Norwood	\$25
	BA175EX	Yoga II	15	Friday	12:00 noon - 1:00 p.m.	15 60	Norwood	\$25
	BA230EX	Zumba Gold	15	Thursday	11:30 a.m. - 12:30 p.m.	10 40	Privett	\$25
	BA631EX	Zumba Gold Toning	15	Tuesday	11:30 a.m. - 12:30 p.m.	10 40	Privett	\$25
<i>Fine Arts</i>	BA103FA	Decorative Painting <i>Project TBD. Supply fee not to exceed \$20 for paint &amp; surface payable to instructor. General supply list at front desk.</i>	15	Tuesday	9:00 a.m. - 11:00 a.m.	5 15	Wimmers	\$45
	BA203FA	Decorative Painting <i>Project TBD. Supply fee not to exceed \$20 for paint &amp; surface payable to instructor. General supply list at front desk.</i>	15	Tuesday	11:30 a.m. - 1:30 p.m.	5 15	Wimmers	\$45
	BA118FA	Landscape Painting in Oils & Acrylics <i>Supply list at front desk. Students can purchase a 9x12 prepared canvas from instructor for \$5.</i>	15	Monday	10:00 a.m. - 12:30 p.m.	5 15	Kopp	\$33
	BA116FA	Oil Painting for All Levels <i>Supply list at front desk.</i>	15	Friday	9:00 a.m. - 12:00 noon	8 10	Tryon Elgin	\$45
	BA115FA	Pastel Drawing and Painting <i>Supply list at front desk.</i>	16	Friday	1:00 p.m. - 3:00 p.m.	8 10	Tryon Elgin	\$45

### Norrisville Senior Activity Center

<i>Exercise</i>	NR108EX	Yoga	14	Tuesday	9:00 a.m. - 10:00 a.m.	5 25	Wachter	\$25
<i>Life Enrichment</i>	NR105LE	Meditation/Relaxation Series for Seniors	16	Tuesday	10:30 a.m. - 11:30 a.m.	6 20	Wachter	\$25

## Class Descriptions

**PLEASE NOTE:** This is a comprehensive list of all classes offered throughout the Senior Center Division over the course of the year. Not every class in this listing is offered each session and not all classes are offered at every location. Please see the class listing to confirm what is being offered this session at each location.

### Arts & Crafts

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#### **BASKET MAKING FOR THE BEGINNING WEAVER**

This class will focus on learning basket weaving basics. Students will have an opportunity to use their weaving skills by weaving several baskets. Students can express their creativity using different dyed reed.

#### **BASKET MAKING FOR THE INTERMEDIATE WEAVER**

This class will focus on learning more complex basket weaving elements. Students will design their own weaving patterns for their baskets, and will have the opportunity to work with several sizes and shapes. Different weaving materials will be introduced. Students will be encouraged to use their creativity. *Prerequisite-Basket Weaving for the Beginning Weaver.*

#### **BASKET MAKING FOR ALL LEVELS**

Instruction in basket weaving will be given to meet each student's individual experience level. Several different types of baskets will be woven by each student.

#### **CROCHETING FOR BEGINNERS & EXPERIENCED**

Transform a skein of yarn into a cherished keepsake. Participants will make a potholder, scarf & infant afghan. Bring a J hook & one skein of yarn to class. Experienced students are welcome.

#### **KNIT & CROCHET FOR ALL LEVELS**

Take your craft to a new level. Learn basic & advanced stitches, new patterns & methods. Work at your own pace. Experienced students are welcome to bring their own pattern. Bring light colored yarn (#4, #5 or #6 wt.) & appropriate needles.

#### **KNIT & CROCHET – BEGINNER/INTERMEDIATE**

Beginners learn basic skills to complete a dishcloth project. Patterns provided for an additional project. Intermediate students will be guided on a project of their choice (your own pattern is encouraged).

#### **MACHINE QUILTING 1**

Class is for beginners & those wishing to learn new patterns. Project is a seasonal quilt in a size of the student's choice. Students must bring sewing machine to class.

#### **MACHINE QUILTING 2**

This class is for beginners as well as those who like to learn new skills and enjoy quilting with others. Students will make a fun table runner or small wall hanging. Students must bring sewing machines to class.

#### **WILDFOWL CARVING**

Students will carve from wood and paint various types of wildfowl; projects vary. Supplies needed include wood file, knife, sandpaper, pencil, paper, paints, brushes and other tools depending on carving piece. Contact instructor for supplies prior to class. Supply list at front desk.

### Computers

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#### **A Guide to Getting the Most of Your Computer (Beginner)**

- An overview of Windows 10.
- Keyboard and Mouse – Understanding the keyboard and how to use a mouse.
- Internet – How to search on the net and recognize meaningful websites.
- Filling Out Forms on the Internet – how to register for internet access to various websites.
- Useful Websites and Recognizing Spam.
- Using email and moving mail from your inbox to folders; obtaining pictures and files from the internet.

*(Prerequisite: know how to use a keyboard and mouse)*

#### **A Guide to Getting the Most of Your Computer (Advanced)**

- How to customize your computer and make existing programs accessible
- Add to and learn to use free programs for performing tasks, adjusting photos and more
- Bookmarking meaningful websites, obtain free resources, and publications

- Removing unwanted programs and backing up your computer's files, etc.
- Creating eye catching emails by inserting art and photos
- Establishing your own safe Newsletter instead of using Social Media
- Understanding and using Cloud storage

*(Prerequisite: Know how to use a keyboard and mouse)*

### User Basics for Apple iPhone Owners

A class for iPhone owners to have a working overview of the calling and emergency phone features and standard applications like email, safari, camera, maps and app store. There will also be a walk through the Settings options with tips for greater security and functionality. Five weeks of practice exercises and review. This class requires a liability waiver to be signed the day of class.

## Dance

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*(See Fitness Class Symbols Key on Page 3)*

### Notice to Members: Liability Waivers

The instructors who teach classes and workshops in the Harford County Senior Activity Centers are independent contractors. They are not Harford County employees, and are not covered under the County's liability insurance. Please be aware that as part of your participation in a Harford County Senior Activity Center class or activity, you may be asked by the instructor to sign a liability waiver as part of their business practice. The individual instructor can explain more about their waiver form. Waivers are distributed and collected by the instructors only, and not by Harford County employees or volunteers. If you are not willing to sign a waiver for a particular class, this will prevent you from participating. Please note NO REFUNDS will be offered if you register for a class and then refuse to sign a waiver presented by the instructor.

### Basic Tap Dance 1 OR

Learn basic tap steps while using lower body & core strength to dance in rhythms. Begin with warm-up & practice of basic tap steps & building the steps to final movement combinations. Tap shoes are preferred, but athletic shoes can be used. Clothing should be comfortable for movement.

### Basic Tap Dance 2 OR

This class is for anyone who has already taken 1 or more semesters of Tap Dance. Begin with warm-up & practice of tap steps & building the steps to final

movement combinations. Tap shoes are preferred, but athletic shoes can be used. Clothing should be comfortable for movement.

### Cardio Dance for Active Seniors

Warm-up, workout, strengthen & cool-down using music & choreographed aerobics with a balanced combination of rhythmic limbering exercises & static stretches. Includes standardized dance steps to improve cardiovascular system and strength training for both upper and lower body. Strength training & toning will be done from seated or standing positions. Bring a bottle of water to class.

### Line Dance - Beginner

Learn beginning line dance steps! Individual help will be offered if needed. Comfortable sneakers or shoes that will not leave marks on a wooden gym floor are required.

### Line Dance - Advanced

Prerequisite: Previous line dance experience. Take your Line Dancing to another level while getting a good cardio work-out. Comfortable sneakers or shoes that will not leave marks on a wooden gym floor are required.

### Stretch & Tone Barre

Basic dance & exercise movements, done while using a barre or chair for stability. Toning & stretching workout for the entire body using light weights, to fun & funky music. Students must be able to stand for entire class. Optional equipment available through instructor.

## Exercise *(See Fitness Class Symbols Key on Page 3)*

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### Notice to Members: Liability Waivers

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## Advanced Concepts - Traditional Yang Tai Chi Chuan

Using Chi Kung (Qigong or Energy Work) with Tai Chi Chuan (T'ai chi ch'uan/ Taijiquan/Grant Ultimate Boxing), and the Yang Tai Chi Long Form as a framework, participants will examine postures of the Yang Tai Chi Long form, their relationship to each other and the nature of the energies they exhibit. The Long Form will be practiced in its entirety with a goal of setting the 29 minute optimum duration and pace. Students should wear loose fitting clothes and flat soled shoes (not running shoes). Cross trainers or court shoes are preferred. Instructor can provide suggestions and refer students to sources.

## Ageless Grace®

Fitness & wellness program of 21 simple tools for lifelong comfort & ease designed for all ages & abilities. Promotes the three "R's"; the ability to respond, react and recover. Variety of anti-aging techniques such as joint mobility, spinal flexibility & many more! Techniques are designed to be practiced in a chair to lively and familiar music.

## Balance and Fall Prevention

Using a variety of exercises & drills, focus will be on improving balance to aid in fall prevention. Goals: increased strength, aerobic capacity, flexibility & mobility. Students will spend much of the class time standing and walking with chairs as aids. \*Light hand weights & mat are highly recommended. (Floor work is optional.)

## Better Posture / Better You (Lecture)

Why not take time to educate yourself on how your body is designed and moves? This two hour talk is designed to teach you ways to improve your posture and help with everyday movements. Learning to activate the CORE muscles and BREATHE properly plays a huge role in keeping you safe and injury free as you go about your everyday life.

## Body Conditioning & Training - Beginner

Training for an effective body conditioning workout includes routines choreographed with music. Learn & understand proper form when using hand weights, body bars, balls, etc. Entire beginning class is done in a SEATED position. NO MAT REQUIRED.

## Body Conditioning & Training

Train for an effective body conditioning workout. Includes routines choreographed with music. Understand proper form when using hand weights, body bars, balls, etc. Bring exercise mat to class, or participants may use a chair.

## Body Tone

This is a fun & exciting way to gain strength & improve muscle endurance. Each song choreographed to target a specific muscle group. Includes a cool down and stretch to improve overall body tone. Bring hand held weights & exercise mat.

## Cardio & Strength

Class combines cardio work & strength training. Participants must be able to get up & down from the floor unassisted. Bring exercise mat to class.

## Cardio Intervals

Metabolic circuit training helps to elevate metabolic blueprint. Improve strength & endurance while creating a higher metabolism to burn calories hours after class.

## Cardio Intervals Plus

This dance exercise class takes on a new dimension when all genres of music are used to take you through time. You will learn basic dance steps choreographed just right to fit each song. Proper alignment is encouraged as you create your own style. Participants can work at intermediate or advanced level.

## Cardio Toning OR

Class provides low impact cardio interval & strength/toning training. Work at an intermediate or advanced level. Improve your strength & endurance while increasing metabolism to burn fat. Exercises are done standing; no floor mat required. Bring your own light weights.

## Cardio Toning with Core OR

Work at your own level. Alternative aerobic and toning exercises encourage increased range of movement and proper posture. Must be able to stand & walk, but use of a chair is available if needed. Exercise in a light-hearted atmosphere with "Oldies" music.

## Chair Cardio-Sit & Get Fit

Exercises will be done in seated & standing positions. Strength training included. Benefits anyone looking for a safe beginning into the fitness arena and allows them to work up to more intense exercise. The Balance Challenge position will help improve overall balance by developing core strength & sense of motion in standing and/or sitting positions, with an emphasis on real life situations.

### Chair Yoga

Practice Yoga is a manner that is slow paced, gentle & supported. All postures will be guided either sitting in a chair or using a chair for support while standing. Wear comfortable layered clothing & sneakers. Bring yoga mat, strap & small towel to class.

### Chi Kung (Qigong/Energy Work)

Using Chi Kung (Qigong or Energy Work) principles, individual exercises and exercise sets, participants will learn to connect with and move internal energy to improve health. Varying sets and exercises will allow students to select those that are most meaningful and effective for them. Students should wear loose fitting clothes and flat soled shoes (not running shoes). Cross trainers or court shoes are preferred. Instructor can provide suggestions and refer students to sources.

### Classic Cardio OR

Low impact cardio conditioning using simple moves such as grapevine & mambo while listening to songs you know & love. Participants must be able to get up & down from the floor unassisted. Bring exercise mat for abdominal & stretching exercises.

### Functional Fitness

Basic muscle toning class focuses on core strength using a variety of equipment. Basic body sculpting & toning exercises work the core & help challenge balance while decreasing body fat & improving overall health. Most exercises done from a seated position, but students can also stand.

### Functional Movement

Seated fitness program designed to improve your overall health and mobility. Start with warm-up, leading to a light cardio segment with safe & functional moves; followed with gentle poses targeting joint mobility, flexibility, core strength, balance, self-esteem & confidence.

### Gentle Aerobics & Yoga Combo OR

Have fun & increase your cardio while dancing to songs you know & love. Class will end with gentle & beneficial standing & seated yoga poses. No mat needed for this class.

### Gentle Hatha Yoga

Class will combine proper breathing & alignment while focusing on basic yoga poses. Posture options are offered to accommodate a wide variety of ability levels. Listen to your body and honor your feelings as you turn attention inward. Bring a yoga mat. (Yoga straps and blocks are optional.)

### Gentle/Chair Yoga OR

Increase strength, flexibility & balance while relieving stress & tension associated with everyday living. Work at beginner or intermediate level. Move through poses seated in a chair, or stand (using a chair for assistance), with great reward for both body & mind!

### Gentle Yoga

This class is open to all levels of practice and abilities. The class focuses on basic yoga poses, how to modify the yoga poses, and how to connect them through breath, alignment and mindfulness. Therapeutic in nature, this class will help you gain flexibility, strength and balance and you move through the poses at a slower pace. Meditation and relaxation techniques encourage stress reduction and overall positive wellbeing. Perfect for beginners. Participants must be able to move up and down from off the floor unassisted. Yoga mat required.

### Get to the Core - Pilates OR

Improve breathing, balance, coordination, flexibility & strength through moves to strengthen your core (work at beginner or intermediate level). Participants must be able to get up & down from the floor unassisted. Bring an exercise mat.

### Hatha Yoga OR

This class helps improve breathing, flexibility, balance & strength using poses such as: Down-Dog, Plank & Cobra. Yoga promotes good health & well-being. Students must bring an exercise mat. Yoga straps & blocks are also suggested. Participants must be able to get up & down from the floor unassisted.

### Introduction to Classical Martial Arts OR OR

This traditional martial arts training is tailored to seniors and provides an opportunity for the older adult to study classical Asian martial arts without throws, falling high kicking, leg sweeps, etc. Exercises can be done at your preferred level and ability: easy, moderate or hard. Please wear loose-fitting clothes and footwear with non-slip soles. Karate gi (uniform) is optional. Please do not wear jewelry during class.

### Pilates / Yoga Blend

Blend of Yoga & Pilates combines movements within both disciplines to burn calories & improve overall fitness. Participants must be able to get down & up from floor mat unassisted. Bring a yoga mat.

### Practical Stick Self Defense

Learn & practice tactical defenses as well as counter attacks against armed & unarmed assailants. Participants must be physically capable of carrying & wielding the stick. Must supply your own martial arts or walking stick, staff or cane, which must be a minimum of 2' in length.

## Qigong

This class is tailored for the beginning student. Qigong (pronounced, chee-gong) is an ancient Chinese health method that combines slow, graceful stationary movements with mental concentration and breathing to increase and balance a person's vital energy. Requiring no special equipment, Qigong exercises are simpler than Tai Chi and can be done either sitting or standing. Stretch and lengthen your muscles, increase your breathing capacity, lubricate and preserve your joints, all while relaxing the mind into a single focus. Please bring a notebook and pen.

## Self Defense for Seniors - Beginner

Apply personal awareness techniques within everyday life to avoid confrontational situations with potential assailants. Practice basic blocks, strikes & locks, using reasonable force to protect one's self. Instruction will be based on level of experience.

## Self Defense for Seniors - Intermediate

Sessions will include light exercise, demonstration, individual & paired interactive drills. This class teaches non-strength oriented breakaway techniques continuing to be refined adding empty hand, in close, self-defense techniques utilizing elbow, knee & hammer fists strikes. No hard contact will be made. All blocks used will be parries (deflections).

## Sit & Stretch

All exercises are done without leaving your chair. Emphasis is on stretching, flexibility, posture, range of motion & coordination moves. Physical capabilities and strength will expand for increased fitness & flexibility.

## Small Group Training

Four, one-hour sessions over four weeks that will guide you in learning body form & alignment using fitness equipment. At the end of the four weeks, each participant will have their own chart to guide them through their daily workout.

## Steppers

A mid-range level exercise program designed to improve overall balance, endurance, cardiovascular health, mental clarity, boost energy levels & flexibility. Must be able to move rapidly to music on foot for 30 minutes while using 2-3 lb. weights. Bring your own 2-3 lb. weights to class

## Stretch and Restore

Increase range of motion & flexibility with stretching movements. Learn the proper way to stretch & gain a better range of motion through your joints. Most poses held & supported with props. Bring exercise mat, blanket and/or pillow.

## Tai Chi & Qigong

Exercise without strain or pain, while learning low impact Ancient Chinese Tai Chi forms & Qigong exercises to increase muscle strength & aerobic capacity. Benefits to overall health, when performed regularly include: decrease stress/anxiety, increased energy, stamina, flexibility & balance.

## Tai Chi Chuan - Yang Style

Learn elemental principles of Tai Chi Chuan (pronounced tie-chee-quan) form choreography, breath coordination & the ability to improve balance, mobility & energy levels. Instruction includes both seated & moving Taoist Qigong warm-up exercises used to help stretch the limbs and chest cavity for a more flexible body. Work at an intermediate or advanced level.

## Traditional Taijiquan -

Using Chi Kung (Qigong or Energy Work) with Tai Chi Chuan (T'ai chi ch'uan/ Taijiquan/Grant Ultimate Boxing), and the Yang Tai Chi Long Form as a framework, participants will learn individual postures of the Yang Tai Chi Long form. Postures will then be linked into a continuous set of movements comprising a total of six sections. Group practice of the Long Form will be used to develop individual practice. Students should wear loose fitting clothing and flat soled shoes (not running shoes). Cross trainers or court shoes are preferred. Instructor can provide suggestions and refer students to sources.

## Yoga

A traditional yoga "flow" class with modifications available. Postures will focus on alignment, increasing range of motion & strength with a final relaxation focusing on breath & stress relief. Participants must be able to get up and down from the floor unassisted. Bring a yoga mat & water bottle.

## Yoga II

This is a challenging class designed for those seeking to progress their yoga practice to an intermediate or more advanced level. The class incorporates movement and breath to develop strength and endurance, while improving balance and flexibility. Participants will practice a full sun salutation in this class, must be able to move to and from the floor with ease, and bring their own mat,

yoga strap and yoga block. Modifications will be provided, and the class sequences will build over the course of the session. This class is not recommended for beginners or for those with serious physical limitations.

### **Yoga Strength & Stretch Beginner**

Class is taught with gentle standing & sitting poses designed to improve range of motion & flexibility, increase overall strength, improve core strength to aid in balance & help combat daily stress. Students will NOT have to get up and down from the floor unassisted. Chairs can be used for modified poses to assist in the student's transition from beginner level to intermediate. Yoga mat required for standing poses only.

### **Yoga Strength & Stretch**

Class is designed to improve range of motion, flexibility, increase overall strength, improve core strength to aid in balance & help combat daily stress. Students must be able to get up and down from the floor unassisted. Chairs will be used for modified poses to assist in the student's transition from beginner level to intermediate. Yoga mat is required.

### **Zumba™ Gold**

Zumba Gold is a low impact dance/fitness class for the active older adult using modified dance & fitness movements. Zumba Gold helps improve balance, flexibility & cardiovascular strength. Warm up with low impact dance movements in a 6-10 minute period to prepare for interval dance routines. Start with Latin dance moves from medium to high impact. Participants must be able to stand during the entire class.

### **Zumba™ Gold Chair**

Zumba Gold Chair is designed for the older adult population, those with limited range of motion, physical limitations or wheelchair bound. Class aims to help individuals maintain their functional skills & attunes them to their body responses while learning easy choreography movements. Students with problems standing, use of a walker or wheelchair may benefit from this class. Zumba toning sticks are available for purchase from the Instructor, but NOT required.

### **Zumba™ Gold Toning**

Zumba Gold Toning offers the Zumba fitness party at a slower pace and use Zumba Toning sticks to shake up those muscles. Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength & atrophy.

## **Fine Arts**

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### **Basic Drawing**

Experiment with drawing a variety of objects using numerous materials (pencil, colored pencil, pastel, markers). Learn techniques to make objects appear life-like, 3-dimensional, hard, soft, or fluid. Guidance will be given when using color to create an illusion.

### **Decorative Painting**

Styles and techniques of the past are incorporated into decorative and functional artwork of the present. Students will work with acrylic paints on a variety of surfaces (including canvas, metal, fabric, wood, screen painting) with individual teacher assistance. This is a diverse art form which utilizes a variety of techniques to achieve great personal satisfaction.

### **Drawing & Painting for Fun!**

Learn basic drawing using a #2 HB pencil, sharpener, vinyl eraser & drawing pad. Learn painting using your own medium: oil, acrylic, pastel or watercolor. Individual attention from the instructor. Painting supplies discussed in first class.

### **Landscape Painting in Oils & Acrylics**

A realistic landscape painting can bring life to a favorite place or create a serene retreat from various elements of nature. Nurture your appreciation for the splendor of the great outdoors while acquiring the fundamental principles of landscape painting. Learn to mix color and learn the composition of landscape painting. Express your inner creativity and explore interpretation of landscapes by other artists.

### **Oil Painting for All Levels**

Explore many possibilities in the blending of different colors. Required Projects: 3 different paintings that covering areas from tonal value to color mixing. Instruction includes layout, perspective using light & shadow to create depth & focus.

### **Pastel Drawing and Painting**

Learn to control the mediums of graphite, charcoal & pastels to create fully developed drawings. Learn skills to control line, shape & form while working from concept to fully developed drawings. Instruction includes layout, perspective using light & shadow to create depth & focus.



Shaffer, McLaughlin & Stover, LLC  
Attorneys at Law

Gina D. Shaffer | Eric E. McLaughlin | Tracey D. McLaughlin | Bradley R. Stover



### Services

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## Life Enrichment

### Conversational Spanish - Intermediate

This class will help students learn to pronounce, read, comprehend, and engage in basic Spanish conversation. Prerequisite: Student must have understanding of some basic Spanish.

### Learning Italian With Fun (Level 1)

Introductory course will enable students to understand simple written and spoken Italian – acquiring “survival skills” essential to traveling in Italy. Have fun while learning about Italian food, songs, art, history & culture. Textbook will be suggested & handouts provided.

### Learning Italian Language & Culture (Level 2)

Prerequisite: Learning Italian with Fun (Level 1). Continue basic understanding of written & spoken Italian language while learning about food, songs, art, history & customs. Textbook may be suggested at the beginning of the course & handouts provided.

### Meditation/Relaxation Series for Seniors

This class will begin with gentle stretching, followed by focusing on a short quote or poem. Next, sitting quietly and comfortably, there will be breathing practice, with centering on a reading and practice using mantras. Meditation/visualization will be led by the instructor. The closing of the class will include an "om" or meta-meditation, and discussion and sharing experience. Class will vary slightly from one practice to the next.

### Strategies for Positive Aging

Enhance and expand your overall sense of wellbeing while exploring the seven strategies to positive aging. Discover effective ways to modify and change your behavior while uncovering the powerful connection between body and mind. Develop and implement a practical plan to enrich your quality of life in your journey toward good health and happiness. Please obtain and bring this book to first class: *Seven Strategies for Positive Aging* by Robert D. Hill, published 2008

## Music

### Introduction to Guitar

This class will provide the student with skills necessary to play hundreds of songs. Learning standard songs such as Happy Birthday, Margaritaville, Addams Family Theme Song, Down on the Corner, and others will provide a basis for playing almost any song the student may care to play. Basic rhythm strumming skills and tablature reading will be taught as well as introduction to music theory.

## Move Management Services

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For more information contact  
**Heather Murphy**  
at 410-828-7700 ext. 1271  
or [hmurphy@abilitiesnetwork.org](mailto:hmurphy@abilitiesnetwork.org)

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# 2017 HEALTH SCREENING SCHEDULE

**Upper Chesapeake Health Link will provide the following screenings to Harford County Seniors age 55+ at the Harford County Senior Activity Centers.**

*For more information about each screening please call your local Senior Activity Center.*

*In addition to the screenings listed, Upper Chesapeake will also provide FREE blood pressure screenings on the same day as other screenings, with the exception of the day that flu shots are offered.*

## January Blood Pressure Screenings

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## February – Cholesterol Screenings (non-fasting)

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## March – Colorectal Cancer Prevention and Education

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## April – Skin Cancer Awareness

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## May – Stroke Risk Assessment

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## June – Ear Care

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## July – Osteoporosis Screenings

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## August – Sleep Disorder Screenings

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## September – My Plate/Healthy Eating\*

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace  
*(\*this will happen in Oct. for HDG)*

## October – Flu Shots

*(Flu shots are free with Medicare Card and ID; otherwise \$30 cash or check)*

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace  
*(\*Flu shots will happen in Sept. for HDG)*

## November – Diabetes Prevention and Education

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace

## December – Blood Pressure Screenings

**10:00 a.m. - 12:00 noon**

1st Monday – Edgewood  
1st Wednesday – McFaul  
2nd Tuesday – Aberdeen  
2nd Wednesday – Fallston  
4th Wednesday – Havre de Grace



**Barry Glassman**  
Harford County Executive

**Amber Shrodes**  
Director, Dept. of Community Services

**Office on Aging**  
Harford County Department of Community Services  
[www.harfordcountymd.gov/services](http://www.harfordcountymd.gov/services) 410.638.3025



# Stepping On

## Building Confidence and Reducing Falls

## Concerned about Falling?

*Stepping On is a well-researched falls prevention program that will be offered at the Edgewood Senior Activity Center starting Thursday, January 12 from 10:00 a.m. to Noon.*

The class is free of charge to senior center members and meets for two hours a week for seven weeks. Participants must commit to attending all seven classes.

The class is facilitated by nurses from University of Maryland Upper Chesapeake Health Systems HealthLink.

Interested members must apply in person for the class and must meet the following criteria:

- Age 55 or older
- Have had a fall in the past year or are fearful of falling
- Are living in a home or apartment
- Are NOT suffering from dementia

Applications will be accepted starting the first day of Winter registration. Class is limited to 14. For more information, contact the Edgewood Senior Activity Center at 410.612.1622. This class will be offered at other Senior Activity Centers in Harford County in 2017.

***More information on additional class dates coming soon!***



**BARRY GLASSMAN**  
Harford County Executive

**AMBER SHRODES**  
Director, Community Services

**Office on Aging**

Harford County Department of Community Services  
[www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging) 410.612.1622

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## HIGHLIGHTS

HARFORD COUNTY DEPARTMENT OF COMMUNITY SERVICES

# OFFICE ON AGING

*The Harford County Department of Community Services Office on Aging provides support to persons age 55\* and over to live full, productive and satisfying lives.*

## SERVICES

**Caregiver Support** — case workers provide case management and coordinate services for respite care and/or financial assistance for other services and supplies as determined on an individual basis.

**Housing Information** — available on senior apartments, assisted living and nursing homes in Harford County.

**In-Home Care** — includes home visits by Office on Aging caseworkers, and senior care that provides services to eligible homebound seniors, such as shopping, personal hygiene, cleaning/chores, medications and respite care.

### **Information and Assistance regarding:**

- *Consumer Problems*
- *Food Stamps*
- *Insurance*
- *Legal & Financial Issues*
- *Loan Closet*
- *Long Term Care*
- *Medical Assistance*
- *Pharmacy Assistance*
- *Social Security*
- *Social Services*
- *Supplemental Security Income*
- *Support Groups*
- *Taxes*
- *Veterans Benefits*

**Long Term Care Ombudsman** — helps advocate for the rights of residents of nursing homes and assisted living facilities.

**Medicaid Waiver** — provides case management services for those who are medically and financially eligible for nursing home medical assistance.

**State Health Insurance Assistance Program (SHIP)** — provides information on health insurance issues affecting seniors, such as Medicare, Medicaid, Medigap and Long Term Care Insurance. **The Senior Medicare Patrol (SMP)** program trains people to be aware of health care fraud, waste and abuse in the Medicare/Medicaid programs and provides information about identity theft and scams.

*\* Some services require a person to be age 60 or over.*

## Direct Numbers for Office on Aging Programs

**Aging & Disability Resource Center (ADRC)**  
410-638-3303

**Caregiver Program**  
410-638-3303

**Guardianship Program**  
410-638-4283

**Medicaid Waiver Program**  
410-638-4283

**Ombudsman Program**  
410-638-3577

**Outreach Programs**  
410-638-3303

**Senior Care Program**  
410-638-3303

**Senior Activity Centers**  
410-638-3032

**State Health Insurance Program**  
410-638-3577

**Senior Medicare Patrol Program**  
410-638-3577

## CONTACT

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Harford County Executive

**AMBER SHRODES**  
Director, Community Services

**Office on Aging**

Harford County Department of Community Services  
www.harfordcountymd.gov/services/aging 410.638.3025