HARFORD COUNTY
SENIOR ACTIVITY CENTERS
CATALOG OF CLASSES
SPRING 2019

BARRY GLASSMAN
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

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 Havre de Grace Senior Activity Center starting Thursday, April 11 through May 30, 2019 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 eight weeks. Participants must apply and be approved for the class, and must commit to attending all eight 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 Spring registration. Class is limited to 14. For more information, contact the Havre de Grace Senior Activity Center at 410-939-5121. This class will be offered at other Senior Activity Centers in Harford County in 2019.

More information on additional class dates coming soon!

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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.*

CONTACT

Fax: 410-893-2371 • TTY: 410-638-3086
hcaging@harfordcountymd.gov
www.harfordcountymd.gov
145 N. Hickory Ave, Bel Air, MD 21014

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

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2019 HEALTH SCREENING SCHEDULE: APRIL – JUNE 2019

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.

April – Blood Pressure and A1C Screenings, Diabetes Prevention Education

9:30 a.m. - 11:30 a.m.

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

May – Blood Pressure Screenings and Stroke Risk Assessment

9:30 a.m. - 11:30 a.m.

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

June – Skin Cancer Awareness (Skin Analyzer Machine)

9:30 a.m. - 11:30 a.m.

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

In addition to the screenings listed, Upper Chesapeake will also provide FREE blood pressure screenings on the same day as other screenings.

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Harford County Senior Activity Centers

Locations and Hours of Operation

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

EDGEWOOD REC & COMMUNITY CENTER 410-612-1606
Satellite location – Classes and Activities only
1980 Brookside Drive, 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.

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

SPRING SEMESTER 2019

Monday, April 1 through Friday, June 7, 2019

CLASS REGISTRATION INFORMATION

Registration OPENS at Fallston classes ONLY on Wednesday, February 20, 2019
Registrations OPENS at McFaul for McFaul and Fallston classes ONLY on Thursday, Feb. 21, 2019
Registration OPENS at Edgewood, Havre de Grace and Norrisville* on Friday, Feb. 22, 2019

**Note: Norrisville is a satellite location and accepts drop-off registrations only;*

Norrisville class registrations are also accepted at all Harford County Senior Center sites.

SPRING CLASS REGISTRATION CLOSES ON FRIDAY, MARCH 22, 2019

Registrations will not be accepted after this date

ALL CENTERS ARE CLOSED ON THE FOLLOWING DATES:

Friday, March 15, 2019 for quarterly staff meetings
Monday, May 27 for Memorial Day

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. Getting out of line forfeits your place, no exceptions.**

We accept cash, checks (made payable to Harford County, Maryland), VISA, MasterCard, Discover and debit cards at all locations except Norrisville. We appreciate exact change when paying with cash. 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.

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.harfordcountymd.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.

MORE INFORMATION ON OUR WEBSITE

More information about the Harford County Senior Activity Centers, services offered through the Office on Aging, and information on community resources can be found on the Harford County web site at www.harfordcountymd.gov

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

	Course #	Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Edgewood Senior Activity Center									
Arts & Crafts	ED119AC	Crocheting for Beginners *Students should bring G&H crochet needles, cotton worsted weight yarn and scissors, approx. cost of $15-25 for supplies.*	17	Monday	12:00 noon - 1:00 PM	5	15	Moulsdale	$23
	ED105AC	Stained Glass – Beginner *Note: Students must bring safety glasses, shoe box, 2 fine-tip paint pens (black & white) & scissors.*	17	Thursday	1:00 PM – 3:00 PM	6	12	Kunig	$45
Computers	ED100CO-PM	Learning to Use the Personal Computer *Four week class: Apr 3, 10, 17, 24, Meets at ERCC. Students must bring a 32GB flash drive to each class.*	18	Wednesday	12:30 PM - 2:30 PM	2	8	Lelliott	$45
Dance	ED117DA	Ballroom Dancing *Meets at ERCC*	18	Monday	12:00 PM - 1:00 PM	10	30	Woodward	$23
Exercise	ED340EX	Beginners 24 Form Taijiquan *Meets at ERCC*	20	Mon & Fri	9:00 AM - 10:00 AM	3	40	Palmiter	$5
	ED404EX	Cardio Toning *Meets at ERCC*	21	Tuesday	8:45 AM - 09:45 AM	10	45	Keene	$25
	ED170EX	Functional Fitness	21	Monday	10:30 AM - 11:30 AM	10	25	Keene	$23
	ED503EX	Gentle Yoga & Meditation *Meets at ERCC*	22	Thursday	10:00 AM - 11:00 AM	15	45	Trafton	$25
	ED501EX	Gentle Yoga & Meditation *Meets at ERCC*	22	Tuesday	10:00 AM - 11:00 AM	15	45	Trafton	$25
	ED102DA	Line Dance 2 Intermediate *Meets at ERCC*	19	Monday	9:30 AM - 10:45 AM	5	40	Smith	$5
	ED802DA	Line Dance Beginner *Meets at ERCC*	19	Wednesday	9:30 AM - 10:30 AM	5	40	Smith	$5
	ED436EX	Zumba Gold Chair	24	Monday	12:45 PM - 1:45 PM	10	30	Keene	$23
Fine Arts	ED219FA	Beginning Painting & Drawing *See front desk for supply list. Cost should not exceed $25.*	25	Friday	12:30 PM - 2:30 PM	3	12	Presberry	$45
	ED119FA	Beginning Painting & Drawing *See front desk for supply list. Cost should not exceed $25.*	25	Wednesday	10:00 AM - 12:00 noon	3	12	Presberry	$45
	ED208FA	Intermediate Drawing *$3 supply fee payable to instructor.*	25	Wednesday	10:00 AM - 11:30 AM	8	12	Principe	$5
Music	ED100MU	Beginning Piano *Need to bring your own keyboard, adapter, headphones, and book: Older Beginner Piano Course by James Bastien. Contact instructor with any questions; see front desk for contact information.*	26	Friday	11:00 AM - 12:00 noon	5	10	Le Bon-Harris	$25
Fallston Senior Activity Center									
Arts & Crafts	FA136AC	Basket Making - Advanced Weaver *$29 supply fee payable to instructor.*	17	Thursday	2:00 PM - 3:30 PM	6	10	Sheriff	$35

	Course #	Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Fallston Senior Activity Center (cont.)									
	FA133AC	Basket Making-Beginning Weaver *$26 materials fee payable to instructor.*	17	Thursday	9:30 AM - 11:30 AM	8	16	Sheriff	$45
	FA134AC	Basket Making-Intermediate *$35 supply fee payable to instructor.*	17	Thursday	12:00 PM-2:00 PM	8	16	Sheriff	$45
	FA506AC	Knit & Crochet-Beginner/intermediate *See front desk for supply list.* *Supply cost should not exceed $25.*	17	Tuesday	10:00 AM - 12:00 noon	5	25	Hopkins	$45
	FA311AC	Machine Quilting 1 *Six week class: 4-3, 4-10, 4-17, 4-24, 5-1,5-8* *$5 supply fee payable to instructor.* *Students must bring sewing machine to each class.*	17	Wednesday	12:30 PM - 3:00 PM	6	14	Whitlock	$35
	FA611AC	Machine Quilting 2 *Three week class: 5-15, 5-22, 5-29* *$3 supply fee payable to instructor. Students must bring sewing machine to each class.*	17	Wednesday	12:30 PM - 3:00 PM	6	14	Whitlock	$20
	FA106AC	Wild Fowl Carving/Painting *See front desk for supply list. Additional $40 supply fee payable to instructor for specialized items.*	18	Wednesday	9:00 AM - 11:00 AM	5	18	Stram	$45
Computers	FA100CO-AM	Learning to Use the Personal Computer *Four week class: 4-4, 4-11, 4-18, 4-25 Students must bring a 32GB flash drive to each class.*	18	Thursday	9:30 AM - 11:30 AM	4	16	Lelliott	$45
	FA210CO - A	MS Excel Level 1 *Four week class: 5-7, 5-14, 5-21, 5-28 Students must bring a 32GB flash frive to each class.*	18	Tuesday	1:00 PM-3:00 PM	4	16	Lelliott	$45
	FA200CO-AM	Using Social Media: Facebook, Email & YouTube *Four week class: 5-9, 5-16, 5-23, 5-30 Students must bring a 32GB flash drive to each class.*	18	Thursday	9:30 AM-11:30 AM	4	16	Lelliott	$45
Dance	FA124DA	Basic Tap Dance - Level 2	18	Wednesday	10:00 AM - 11:00 AM	6	40	Godwin	$25
	FA698DA	Stretch & Tone Barre	20	Wednesday	11:00 AM - 12:00 noon	5	20	Godwin	$25
	FA161EX	Body Conditioning & Training	20	Friday	10:00 AM - 11:00 AM	15	60	Conner	$25
	FA167EX	Body Conditioning & Training	20	Monday	10:00 AM - 11:00 AM	15	60	Conner	$23
	FA166EX	Body Conditioning & Training	20	Wednesday	10:00 AM - 11:00 AM	15	60	Conner	$25
	FA176EX	Body Conditioning & Training-Beginner	20	Friday	12:00 PM - 1:00 PM	15	50	Conner	$25
	FA173EX	Body Conditioning & Training-Beginner	20	Monday	12:00 PM - 1:00 PM	15	50	Conner	$23
	FA172EX	Body Conditioning & Training-Beginner	20	Wednesday	12:00 PM - 1:00 PM	15	50	Conner	$25

	Course #	Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Fallston Senior Activity Center (cont.)									
	FA529EX	Cardio Intervals	20	Friday	9:00 AM - 10:00 AM	15	60	Conner	$25
	FA429EX	Cardio Intervals	20	Thursday	9:00 AM - 10:00 AM	25	60	Raymonda	$25
	FA129EX	Cardio Intervals	20	Monday	9:00 AM - 10:00 AM	15	60	Conner	$23
	FA329EX	Cardio Intervals	20	Wednesday	9:00 AM - 10:00 AM	15	60	Conner	$25
	FA150EX	Chair Cardio-Sit & Get Fit	21	Tuesday	11:00 AM - 12:00 noon	15	40	Conner	$25
	FA450EX	Chair Cardio-Sit & Get Fit	21	Thursday	11:00 AM - 12:00 noon	15	40	Conner	$25
	FA302EX	Chair Yoga	21	Monday	11:00 AM - 12:00 noon	15	60	Strama	$23
	FA223EX	Chair Yoga	21	Thursday	11:00 AM - 12:00 noon	12	60	Raymonda	$25
	FA648EX	CIZE LIVE	21	Thursday	9:00 AM - 10:00 AM	20	50	Conner	$25
	FA649EX	Country Heat	21	Tuesday	9:00 AM - 10:00 AM	20	50	Conner	$25
	FA224EX	Gentle Yoga	22	Tuesday	12:00 PM - 1:00 PM	12	60	Strama	$25
	FA739EX	Mindful Yin Yoga	22	Tuesday	12:15 PM - 1:15 PM	15	35	Conner	$25
	FA158EX	Pilates Yoga Blend	22	Monday	11:00 AM - 12:00 noon	15	45	Conner	$23
	FA351EX	Qigong	22	Thursday	10:00 AM - 11:00 PM	15	40	Raymonda	$25
	FA246EX	Taijiquan Yang	23	Thursday	2:00 PM - 3:00 PM	10	28	Pearce	$25
	FA339EX	Yoga Strength & Stretch	24	Thursday	10:00 AM - 11:00 AM	15	60	Conner	$25
	FA239EX	Yoga Strength & Stretch	24	Tuesday	10:00 AM - 11:00 AM	15	60	Conner	$25
	FA139EX	Yoga Strength & Stretch - Beginner	24	Wednesday	11:00 AM - 12:00 noon	15	50	Conner	$25
	FA439EX	Yoga Strength & Stretch - Beginner	24	Friday	11:00 AM - 12:00 noon	15	50	Conner	$25
	FA130EX	Zumba Gold	24	Monday	11:00 AM - 12:00 PM	15	60	Slacum	$23
	FA631EX	Zumba Gold Toning	24	Tuesday	10:00 AM - 11:00 AM	15	60	Slacum	$25
	FA330EX	Zumba Gold - WEDNESDAY	24	Wednesday	10:00 AM - 11:00 AM	15	60	Slacum	$25
Fine Arts	FA108FA	Basic Drawing *$3 supply fee payable to instructor.*	24	Friday	10:00 AM - 12:00 noon	10	25	Mayhew	$45
	FA122FA	Introduction to Acrylic Painting *See front desk for supply list. Startup costs are approx. $50 to $60 if you have no supplies.*	25	Thursday	11:00 AM - 1:00 PM	10	25	Mayhew	$45

	Course #	Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Fallston Senior Activity Center (cont.)									
	FA118FA	Landscape Painting in Oils & Acrylics *See front desk for supply list. Note: Start-up supply costs can run $50-60 if you do not have your own supplies.*	25	Tuesday	12:30 PM - 2:30 PM	5	15	Kopp	$45
Life Enrichment	FA117LE	Exploring the Chakras & Human Energy Fields	26	Wednesday	12:30 PM - 2:00 PM	10	16	Kocher	$35
	FA114LE	Meditation and Energy Practices for Self-Care	26	Wednesday	2:00 PM - 3:00 PM	10	16	Kocher	$35
	FA911LE	Learning Italian Language & Culture - Level 3 *Textbook required: Italiano Essenziale 2 Fundamental of Italian – Maria/Cocchiara, Mariastella Procopio-Demas (Author). The instructor will provide extra materials via email.*	26	Tuesday	10:00 AM - 12:00 noon	5	20	Perino	$45
	FA902LE	Spanish is Fun! *Textbook required: Spanish Is Fun by Haywood Wald & Lori Langer de Ramirez, fifth edition, book 1. $5 supply fee payable to instructor.*	26	Tuesday	1:00 PM - 3:00 PM	10	25	Grimm	$45
	FA903LE	Spanish is Fun! Level 2 *Prerequisite: Must have completed Level 1. Textbook required: Spanish Is Fun by Haywood Wald & Lori Langer de Ramirez, fifth edition, book 1. $5 supply fee payable to instructor.*	26	Thursday	9:30 AM - 11:30 AM	10	25	Grimm	$45
Music	FA403MU	Finger Style Guitar *Prerequisite: The student should be familiar with open chords and basic barre chords. Student must bring a guitar. Contact the instructor with any questions; please see the front desk for contact information.*	27	Friday	10:00 AM - 11:00 AM	10	15	Jankowski	$25
	FA100MU	Beginning Piano *Need to bring your own keyboard, adapter, headphones, and book: Older Beginner Piano Course by James Bastien. Contact instructor with any questions; see front desk for contact information.*	26	Wednesday	12:45 PM - 1:45 PM	5	25	Le Bon-Harris	$25
	FA300MU	Intermediate Piano *Prerequisite: Beginner Piano, or completion of Chapter 5 in Older Beginner Piano Course by James Bastien. Students must bring a keyboard, adapter and headphones. Contact the instructor with any questions; please see the front desk for contact information.*	26	Wednesday	2:00 PM - 3 :00 PM	5	25	Le Bon-Harris	$25

	Course #	Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Havre de Grace Senior Activity Center									
Dance	HG117DA	Ballroom Dancing	18	Thursday	12:00 PM - 1:00 PM	10	40	Bollino	$25
	HG205DA	LaBlast Silk - Thursday	19	Thursday	10:00 AM - 11:00 AM	10	45	Sastro	$25
	HG203DA	LaBlast Silk - Tuesday	19	Tuesday	10:00 AM - 11:00 AM	10	45	Sastro	$25
	HG702DA	Line Dance - Intermediate	19	Tuesday	1:00 PM - 2:30 PM	8	50	Pastelak	$20
	HG601DA	Line Dance - Ultra Beginner	19	Tuesday	10:00 AM - 11:00 PM	8	50	Pastelak	$20
Exercise	HG340EX	Beginners 24 Form Taijiquan	20	Tues, Wed, Thurs	9:00 AM - 10:00 PM	10	60	Palmiter	$5
	HG371EX	Cardio & Strength	20	Wednesday	10:00 AM - 11:00 AM	10	65	Wurm	$25
	HG104EX	Cardio Toning	21	Wednesday	9:00 AM - 10:00 AM	10	60	Keene	$25
	HG604EX	Cardio Toning - Monday (no class 5/27)	21	Monday	9:00 AM - 10:00 AM	10	60	Keene	$23
	HG102EX	Chair Yoga	21	Wednesday	11:00 AM - 12:00 noon	10	60	Heimburger	$25
	HG255EX	LaBlast Shape	19	Friday	9:00 AM - 10:00 AM	6	60	Sastro	$25
	HG256EX	LaBlast Shape (no class 5/27)	19	Monday	12:00 PM - 1:00 PM	6	60	Sastro	$23
	HG846EX	Tai Chi-Qigong (no class 5/27)	23	M, T, Th, F	11:00 AM - 12:00 noon	10	75	Matters/ Powell	$5
	HG408EX	Yoga	24	Wednesday	10:00 AM - 11:00 AM	15	65	TBD	$25
	HG208EX	Yoga - Friday	24	Friday	10:00 AM - 11:00 AM	15	65	TBD	$25
	HG308EX	Yoga - Monday (no class 5/27)	24	Monday	10:00 AM - 11:00 AM	16	65	Newton	$23
	HG108EX	Yoga - Tuesday	24	Tuesday	10:00 AM - 11:00 AM	15	65	Newton	$25
	HG330EX	Zumba Gold	24	Wednesday	10:00 AM - 11:00 PM	15	20	Mercado	$25
	HG130EX - B	Zumba Gold - Monday (no class 5/27)	24	Monday	10:00 AM - 11:00 AM	15	20	Mercado	$23
	HG436EX	Zumba Gold Chair - Monday (no class 5/27)	24	Monday	11:00 AM - 12:00 noon	10	45	Sastro	$23
	HG440EX	Zumba Gold Chair - Thursday	24	Thursday	11:00 AM - 12:00 noon	10	45	Sastro	$25
	HG632EX	Zumba Gold Toning	24	Wednesday	12:00 PM - 1:00 PM	10	45	Sastro	$25
Fine Arts	HG119FA	Beginning Painting & Drawing *See front desk for supply list.* *Cost should not exceed $25.*	25	Monday	10:00 AM - 12:00 noon	5	20	Presberry	$41
Life Enrichment	HG100MU	Beginning Piano *Need to bring your own keyboard, adapter, headphones, and book: Older Beginner Piano Course by James Bastien. Contact instructor with any questions; see front desk for contact information.*	26	Wednesday	10:00 AM - 11:00 AM	5	10	Le Bon-Harris	$25

	Course #	Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Havre de Grace Senior Activity Center (cont.)									
	HG300MU	Intermediate Piano *Prerequisite: Beginner Piano, or completion of Chapter 5 in Older Beginner Piano Course by James Bastien. Students must bring a keyboard, adapter and headphones.Contact the instructor with any questions; please see the front desk for contact information.*	26	Wednesday	11:00 AM - 12:00 noon	5	10	Le Bon-Harris	$25
McFaul Senior Activity Center									
Arts & Crafts	BA113AC	Basket Making - Beginning Weaver *Five week class: 4/1, 4/8, 4/15, 4/22, 4/29* *$26 fee payable to instructor.*	*17*	Monday	9:30 AM - 11:30 AM	8	16	Sheriff	$25
	BA134AC	Basket Making - Intermediate Weaver *Five week class: 4/1, 4/8, 4/15, 4/22, 4/29* *$35 fee payable to instructor.*	*17*	Monday	12:00 PM - 2:00 PM	8	16	Sheriff	$25
	BA506AC	Knit & Crochet - Beginner/Intermediate *See front desk for supply list.* *Supply cost should not exceed $25.*	17	Tuesday	1:00 PM - 3:00 PM	5	20	Hopkins	$45
	BA125AC - AM	Knit & Crochet All Levels *See class description for list of supplies to bring.* *Estimated supply costs of $15-$20 to start*	17	Thursday	10:00 AM - 12:00 noon	5	20	Hopkins	$45
	BA125AC - PM	Knit & Crochet All Levels *See class description for list of supplies to bring.* *Estimated supply costs of $15-$20 to start.*	*17*	Thursday	1:00 PM - 3:00 PM	5	20	Hopkins	$45
Computers	BA100CO-AM	Learning to Use the Personal Computer *Four week class: 4/3, 4/10, 4/17, 4/24* *Students must bring a 32GB flash drive to each class.*	18	Wednesday	9:00 AM - 11:00 AM	4	8	Lelliott	$45
	BA200CO-AM	Using Social Media: Facebook, Email & Youtube *Four week class: 5/8, 5/15, 5/22, 5/29* *Students must bring a 32GB flash drive to each class.*	18	Wednesday	9:00 AM - 11:00 AM	4	8	Lelliott	$45
Dance	BA301DA	Line Dance 1	19	Wednesday	9:30 AM - 10:30 AM	10	60	DeAngelis	$25
	BA605DA	Line Dance 2 & 3	19	Wednesday	10:45 AM - 11:45 AM	10	60	DeAngelis	$25
Exercise	BA155EX	Ageless Grace	20	Wednesday	11:00 AM - 12:00 noon	5	25	Raymonda	$25
	BA194EX-A	Better Posture/Better You (4/8)	20	Monday	12:30 PM - 2:30 PM	2	4	McDaniel	$25
	BA194EX-B	Better Posture/Better You (5/13)	20	Monday	12:30 PM - 2:30 PM	2	4	McDaniel	$25
	BA231EX	Body Tone	20	Wednesday	10:00 AM - 11:00 AM	10	65	McDaniel	$23

	Course #	Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
McFaul Senior Activity Center (cont.)									
	BA471EX	Cardio & Strength	20	Thursday	10:15 AM - 11:15 AM	10	50	Willis	$25
	BA271EX	Cardio & Strength	20	Tuesday	10:15 AM - 11:15 AM	10	50	Willis	$25
	BA304EX	Cardio Toning	21	Friday	9:00 AM - 10:00 AM	10	65	McDaniel	$23
	BA804EX	Cardio Toning w/ Core	21	Thursday	9:00 AM - 10:00 AM	10	90	Svoboda	$25
	BA704EX	Cardio Toning w/ Core	21	Tuesday	9:00 AM - 10:00 AM	10	65	Svoboda	$25
	BA218EX	Classic Cardio	21	Wednesday	9:00 AM - 10:00 AM	10	65	McDaniel	$23
	BA118EX	Classic Cardio	21	Monday	9:00 AM - 10:00 AM	10	65	McDaniel	$21
	BA305EX	CSR (Core, Stretch, Relax)	21	Monday	10:00 AM - 11:00 AM	10	65	McDaniel	$21
	BA191EX	Functional Movement	22	Friday	11:00 AM - 12:00 PM	10	65	McDaniel	$23
	BA133EX	Gentle Aerobics/Yoga Combo	22	Wednesday	11:00 AM - 12:00 PM	10	65	McDaniel	$23
	BA132EX	Gentle Aerobics/Yoga Combo	22	Monday	11:00 AM - 12:00 PM	10	65	McDaniel	$21
	BA502EX	Gentle/Chair Yoga	22	Monday	12:00 PM - 12:30 PM	10	65	McDaniel	$13
	BA159EX	Hatha Yoga	22	Friday	10:00 AM - 11:00 AM	10	65	McDaniel	$23
	BA303EX	Senior Circuits	23	Monday	9:00 AM - 10:00 AM	10	50	Svoboda	$23
	BA326EX	Sit & Stretch	23	Tuesday	11:30 AM - 12:30 PM	10	50	Willis	$25
	BA325EX	Sit & Stretch PLUS	23	Thursday	11:30 AM - 12:30 PM	10	50	Willis	$25
	BA235EX-A	Small Group Training (4/5, 4/12, 4/19, 4/26)	23	Friday	12:00 PM - 1:00 PM	3	4	McDaniel	$45
	BA235EX-B	Small Group Training (5/3, 5/10, 5/17, 5/24)	23	Friday	12:00 PM - 1:00 PM	3	4	McDaniel	$45
	BA946EX	Taijiquan Advanced	23	Monday	8:45 AM - 9:45 AM	4	25	Martinez	$23
	BA198EX	Traditional Yang Tai Chi Chuan, Beginner to Intermediate	24	Friday	9:00 AM - 10:00 AM	4	25	Martinez	$25
	BA197EX	Traditional Yang Tai Chi Chuan, Beginner to Intermediate	24	Tuesday	9:00 AM - 10:00 AM	4	25	Martinez	$25
	BA508EX	Yoga	24	Thursday	10:15 AM - 11:15 AM	10	65	Gallagher	$25
	BA108EX	Yoga	24	Tuesday	10:15 AM - 11:15 AM	10	65	Gallagher	$25
	BA230EX	Zumba Gold	24	Thursday	11:30 AM - 12:30 PM	10	50	Privett	$25
	BA631EX	Zumba Gold Toning	24	Tuesday	11:30 AM - 12:30 PM	10	50	Privett	$25
Fine Arts	BA118FA	Landscape Painting in Oils & Acrylics *See front desk for supply list.* *Note: Start-up supply costs can run $50-60 if you do not have your own supplies.*	25	Monday	10:00 AM - 12:00 noon	5	15	Kopp	$41

	Course #	Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
McFaul Senior Activity Center (cont.)									
Life Enrichment	BA101MU	Beginning Piano *Need to bring your own keyboard, adapter, headphones, and book: Older Beginner Piano Course by James Bastien. Contact instructor with any questions; see front desk for contact information.*	26	Friday	9:00 AM - 10:00 AM	5	10	Le Bon-Harris	$25
	BA402MU	Guitar Chord Melodies *Student must bring a guitar. Contact the instructor with any questions; please see the front desk for contact information.*	27	Tuesday	8:45 AM - 9:45 AM	10	15	Jankowski	$25
Norrisville Senior Activity Center									
Exercise	NR108EX	Yoga - TUESDAY	24	Tuesday	8:30 AM - 9:30 AM	10	25	Mayhew	$25
	NR508EX	Yoga - THURSDAY	24	Thursday	9:00 AM - 10:00 AM	10	25	Mayhew	$23
	NR634EX	Zumba Gold Toning - FRIDAY	24	Friday	9:30 AM - 10:30 AM	10	50	Slacum	$25

HARFORD COUNTY SENIOR ACTIVITY CENTERS

CLASS SCHEDULE AND REGISTRATION DATES

SPRING 2019 THROUGH SPRING 2020

NOTE: CLASS REGISTRATION WILL OPEN ON A WEDNESDAY INSTEAD OF A MONDAY, STARTING WITH OUR SPRING 2019 REGISTRATION.

SEMESTER	CLASS REGISTRATION BEGINS	CLASS REGISTRATION ENDS	CLASSES START	CLASSES END
SPRING 2019	Fallston only – WEDNESDAY, Feb. 20 McFaul – THURSDAY, Feb. 21 All centers – FRIDAY, Feb. 22	Friday, March 22	Monday, April 1	Friday, June 7
SUMMER 2019	Fallston only – WEDNESDAY, May 22 McFaul – THURSDAY, MAY 23 All centers – FRIDAY, MAY 24	Friday, June 21	Monday, July 1	Friday, Sept. 6
FALL 2019	Fallston only – WEDNESDAY, Aug. 21 McFaul – THURSDAY, Aug. 22 All centers – FRIDAY, Aug. 23	Friday, Sept. 20	Monday, Sept. 30	Friday, Dec. 6
WINTER 2020	Fallston only – WEDNESDAY, Nov. 20 McFaul – THURSDAY, NOV. 21 All centers – FRIDAY, NOV. 22	Friday, Dec. 20	Monday, January 6, 2020	Friday March 6, 2020

Relax and enjoy a tasty, affordable, nutritionally balanced lunch.
It's quick and convenient!

Let's have Lunch!

Here are just a few of the delicious dishes on our menu:

- Hearty Beef & Vegetable Stew
- Spaghetti & Meatballs with Caesar Salad
- Roasted Pork Loin with Dijon Mustard
- Grilled Chicken Salad with Pasta on Baby Spinach

Join us! Lunch is served at noon at the following centers:

- Havre de Grace & McFaul – daily
- Edgewood –Monday & Thursday
- Fallston – serving several days per week, contact center to confirm days

How does it work?

Sign up on our lunch list two days in advance. Call 410-638-3025, visit www.harfordcountymd.gov/services/aging/, or see the front desk to sign up. Come to the dining room at noon on the day you are having lunch. The suggested minimum donation is $3.00 for those age 60 and over, $5.00 cost for those under age 60.

If you haven't dined with us lately, try us again!

To see our menu visit www.harfordcountymd.gov/services/aging/ and click on Meal Program & Menu

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 410.638.3025

Class Descriptions

PLEASE NOTE: This is a list of all classes that MAY be offered throughout the Senior Center Division. This list may contain course descriptions for any classes offered anytime during the course of a year. Not all of these classes are offered in every 10-week class session. Please see the class listing to confirm what is being offered this session at each location.

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Arts & Crafts

Basket Making – Beginning Weaver

This class will focus on learning basic weaving basics. Participants will have an opportunity to put their weaving skills to use by weaving several baskets. Participants can express their creativity using different dyed reed. Supply fee of $26 payable to instructor.

Basket Making – Intermediate Weaver

This class will focus on learning more complex basket weaving elements. Participants 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. Participants will be encouraged to use their creativity. Supply fee of $35 payable to instructor. Prerequisite: Basket Making-Beginning Weaver.

Basket Making – Advanced Weaver

The instructor will facilitate and work together with participants to weave new, complex baskets. Some homework may be required between classes. New shapes, rim techniques, and unusual materials will be covered. Supply fee of $29 payable to instructor. Prerequisite: Basket Making-Intermediate Weaver.

Crocheting for Beginners

Learn to make three dish clothes, each with a new stitch. After learning the basics, learn the granny square and other projects. Bring G & H crochet hooks, cotton, worsted-weight yarn in your choice of colors and scissors. Cost of supplies is approx. $10-$25.

Knit & Crochet All Levels

This class can take you from a beginner to an experienced knitter or crocheter. Learn new stitches, patterns and joining as well as new cast on and bind off methods to use, depending on their purpose in your patterns. Learn basic as well as advanced stitches, how to change the gauge of a pattern and how to use different weights of yarn for the same project. New patterns and methods will be offered throughout the course. Everyone works at their own pace and advances when they are ready. Experienced knitters and crocheters can bring their own pattern if they prefer. Students will need to bring light colored yarn, #4, #5 or #6 weight, and knit or crochet needles in appropriate size. Cost of supplies is approx. $10-$25.

Knit & Crochet Beginner/Intermediate

An experienced instructor will help you develop your knit or crochet skills. Beginners will learn the basic skills needed to successfully complete a simple cotton dishcloth and will then work on another easy project with patterns provided. Intermediate students will be guided in a project of their choice, learning new skills as they progress. Some patterns are provided, but use of your own patterns is encouraged. See front desk for supply list; cost of supplies should not exceed $25.

Machine Quilting 1

Class is for beginners and those wishing to learn new patterns. Project: Seasonal quilt in a size of your choice. $5 supply fee payable to instructor. Participants must bring sewing machine to class.

Machine Quilting 2

This class is for beginners as well as those who would like to learn new skills and who enjoy quilting with others. We will be making a fun table runner or small wall hanging. $5 supply fee payable to instructor. Participants must bring sewing machine to class.

Stained Glass – Beginners

This class teaches stained glass safety and the creation of a simple stained-glass artifact. Each student will select the piece to be made and the selection of glass will be made from the course supplies. Students must bring safety glasses, a shoe box, 2 fine tip paint pens (black and white) and scissors to class.

Wild Fowl Carving & Painting

Students will carve from wood and paint various types of wildfowl; projects vary. Supplies needed will include wood file, knife, sandpaper, pencil, paper, paints, brushes and other tools depending on carving piece. See front desk for supplies to purchase prior to class. Additional $40 supply fee payable to instructor for specialized items.

Computers

User Basics for Apple iPhone Users - Level 1

This class offers an overview of basic cellular technology, terminology (i.e., Bluetooth and roaming) and secure practices. This class will review icons used, apps, layers and types of touch screen functions and types of internet connections (data vs. WiFi). Finding and changing settings like larger text or brighter screens will be taught as well as how to create, check, and delete contacts, voice mail, email and text messages. Learn what roaming, cellular data usage and automatic downloading are, as well as how to control them. Bring iPhone to each class.

Learning to Use the Personal Computer

In this class, we will familiarize you with the component parts of the personal computer and to introduce the software tools that make it useful in everyday life. You will:

- Learn to identify hardware, types of software and peripherals of the Personal Computer
- Learn to use the Windows Operating System
- Learn to access the Internet and learn the purpose of the most common application software

Please bring a 32GB flash drive to each class.

MS Excel – Level 1

Students will be introduced to the basic features of MS Excel 2016. Prerequisites: A working knowledge of the personal computer in the Windows 7, 8 or 10 environment is required, as well as a working knowledge of manipulating elements on the screen using a mouse and keyboard. Please bring a 32BG flash drive to each class.

Using Social Media – Facebook, Email and YouTube

This class will familiarize you with the safe and strategic use of the most popular social media platforms. You will create and use a personal email account, then create a Facebook account, connect with friends, family, schoolmates and follow your favorite people. Learn basic safety and security while using social media. Please bring a 32GB flash drive to each class.

Dance *(See Fitness Class Symbols Key on Page 6)*

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Ballroom Dancing

Join us and learn the basic steps and rhythms of several social ballroom dances. Learn about dance patterns, timing and how to lead and/or follow.

Basic Tap Dance – Level 1 *OR*

A basic Tap class focused on learning tap steps while using lower body and core strength to dance in rhythms. The class begins with a warm-up and practice of basic tap steps, then will build the steps into final movement combinations. Clothing should be comfortable for movement. Tap shoes are preferred but athletic shoes can also be used.

Basic Tap Dance – Level 2 OR

A basic Tap class focused on learning tap steps while using lower body and core strength to dance in rhythms. The class begins with a warm-up and practice of basic tap steps, then will build the steps into final movement combinations. Clothing should be comfortable for movement. Tap shoes are preferred but athletic shoes can also be used. This class is for anyone who has already taken 1 or more semesters of Tap Dance.

Cardio Dance for Active Seniors

Warm-up, workout, strengthen, and cool-down using music and choreographed aerobics. Class will include a balanced combination of rhythmic limbering exercise and static stretches. Aerobic workout will include standardized dance steps choreographed for fun to improve the cardiovascular system and strengthen the upper and lower body. Strengthen legs, hips, buttocks, abdominals, and lower back as well as upper body strengthening for shoulders, chest, and arms. Cool-down to lower the heart rate for a comfortable level to begin stretching exercises. Strength training and toning will be done from the seated or standing position. Bring a bottle of water to class.

LaBlast Shape

LaBlast Shape is a multi- level interval based cardio workout that uses several dance styles, including ballroom dancing. Build strength, improve endurance, and up the calorie, the fun, blasting energy dance fitness format based on TV's "Dancing with the Stars" that combines low to mid impact cardio , core and total body conditioning. In our SHAPE format, participants will be enjoying dances like Tango, Samba, Merengue and many more with weight training and chair modification segments. These sneaky seated moves offer a total-body cardio and strength workout. The small-range-of-motion exercise is great for firing up the inner thighs, glutes, and triceps. LaBlast Shape will help increase caloric burn, eliminates boredom and makes participants feel satisfied physically, mentally and emotionally.

LaBlast Silk

Ease into fitness with LaBlast SILK, the partner free dance/fitness format based on TV's *Dancing with the Stars.* LaBlast is simple nd fun! The class allows every participant from all fitness levels and dance backgrounds to gradually build strength and stamina with easy-to-follow, stress free patterns and low impact. This workout in disguise will get you moving to dances like the Jive, Lindy hop, Salsa, Quickstep, Paso Doble, Belly Dancing, Flamenco, Waltz, and many more. Awaken your expressive self with some of the best dance tracks selected from around the world. (Use same symbols for level of activity as Cardio Core Dance.)

Line Dance Intermediate

This class will help the student learn line dance steps and dancing with a group, and just having fun dancing without a partner. It is good exercise both physically and mentally. Prerequisite: know Basic line dance steps.

Line Dance - Beginner

This class offers beginner line dance instruction. This class will help the student learn line dance steps and dancing with a group, and just having fun dancing without a partner. It is good exercise both physically and mentally. Comfortable sneakers or shoes that will not leave marks on a wooden gym floor will be needed; sneakers are best.

Line Dance – Ultra Beginner

We will learn all of the basic steps involved in line dancing. We will do ultra-beginner dances only, taking time to help individuals who are having trouble with some of the steps. Some dances consist of 16, 24 and 32 steps. We will start with 16-step dances and work up to 24 slowly.

Line Dance 1

If you have never line danced before, or want to start again with the basic steps, this is the class for you. Learn a couple of new, easy steps and dances each week. No pressure--just fun! Line dance is a great way to exercise the body and mind while moving to the beat of the latest hits and favorite oldies music, too. Start off by learning basic steps and very easy dances for the first three (3) weeks. The dances get a little more difficult as the weeks go by, but you learn by constant repetition.

Line Dance 2 & 3

Now the rhythm is going to get you to want to move those feet to another level. Have fun dancing to the beat, but take it a step further to get a good cardio work-out. We will combine Line Dance 2 and 3 and find our dance comfort zone. We'll take a little journey while line dancing to Country, Latin, Irish, 50's music, and more. Come join the fun while enjoying great music and learning well choreo-graphed moves. Prerequisite: Line Dance 1 or previous line dance experience.

Line Dance Low Intermediate

This class offers low intermediate line dance instruction. This class will help the student learn line dance steps and dancing with a group, and just having fun dancing without a partner. It is good exercise both physically and mentally. Comfortable sneakers or shoes that will not leave marks on a wooden gym floor will be needed; sneakers are best. Prerequisite: Line Dance 1 or previous line dance experience.

Stretch & Tone Barre

This is a class of basic dance and exercise movements, while holding onto a barre or chair for stability, focused on engaging the entire body in a toning and stretching workout to fun and funky music. The class begins with a warm-up of basic dance steps and exercises with light weights, then adds a few moderately challenging strength exercises. The class finishes with stretching for the arms and legs as well as the core. Class requires standing the entire time.

Exercise *(See Fitness Class Symbols Key on Page 6)*

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Ageless Grace

This is a fitness and wellness program of 21 Simple Tools for Lifelong Comfort and Ease. The practice of Ageless Grace promotes the "Three R's", the ability to respond, react, and recover efficiently and safely. Designed for all ages and all abilities, Ageless Grace emphasizes a variety of anti-aging techniques such as joint mobility, spinal flexibility, right-left brain coordination, core strength, bone density, kinesthetic learning, cognitive functioning, systemic health, balance, fall prevention, self-esteem, confidence and playfulness. The techniques are designed to be practiced in a chair to lively and familiar music. You will get a good workout, stimulate your mind, and have a very good time!

Beginners 24 Form Taijiquan

A short form of ancient Chinese Martial Art used as a learning tool to get students familiar with Taijiquan movements without having to memorize a long list of movements.

Better Posture / Better You (Lecture)

Train for an effective body-conditioning workout. Learn proper form when using hand weights, body bars, balls, etc. All routines choreographed with music. Strengthening segments will be followed by a stretch sequence for a more enjoyable workout. All exercises will be done standing or on the mat. Bring a mat to class.

Body Conditioning & Training

Train for an effective body-conditioning workout. Learn proper form when using hand weights, body bars, balls, etc. All routines choreographed with music. Strengthening segments will be followed by a stretch sequence for a more enjoyable workout. All exercises will be done standing or on the mat. Bring a mat to class.

Body Conditioning & Training - Beginner *OR*

Train for an effective body-conditioning workout. Learn proper form when using hand weights, body bars, balls, etc. All routines choreographed with music. Strengthening segments will be followed by a stretch sequence for a more enjoyable workout. All exercises will be done standing or in the seated position. No mat required.

Body Tone

This is a fun and exciting way to gain strength and improve muscle endurance. Upbeat songs are choreographed to target each specific muscle group. Includes a cool down and stretch to improve flexibility. Bring hand weights and a mat.

Cardio & Strength

Low impact, fun choreographed workout with high energy music focusing on strength, balance and coordination. No twisting or jumping involved.

Cardio Intervals

Metabolic circuit training helps to elevate your metabolic blueprint. Performing intervals of cardio and strength training is twice as effective as regular exercise. Improve your strength and endurance while creating a higher metabolism which burns calories for hours after class ends. All equipment will be provided by the facility.

Cardio Tone OR

This class combines choreographed dance intervals and toning intervals. Students must bring their own light weights and a smile. Participants can work to an intermediate or advanced level. The class concludes with ab work and a cool down. Stretch on a mat or in a chair.

Cardio Toning OR

This class combines low impact cardio interval and strength/toning training. Improve your strength and endurance while increasing metabolism to burn fat. Students MUST bring their own light weights and a smile! ALL EXERCISES ARE DONE STANDING-NO FLOOR WORK REQUIRED. Participants can work to an intermediate or advanced level.

Cardio Toning with Core OR

Everyone works at their own level; alternatives are constantly offered for the cardio and toning. Light hearted atmosphere with "Oldies" music. Students are encouraged to increase range of movement and be aware of posture at all times. Fun and motivating. Must be able to stand and walk. Using a chair during the exercises is available if needed. Bring 3-5 lb. hand weights.

Chair Cardio-Sit & Get Fit

Exercises will be done in seated and standing positions. Chair cardio can benefit anyone looking for a safe beginning into the fitness arena, working up to more intense exercise. Chair cardio improves overall heart health using upper and lower body exercises. The Balance Challenge position will help improve overall balance by developing core strength and sense of motion in standing and/or sitting positions with emphasis on real life situations such as reaching, rising out of a chair or car seat, etc. Proper form will be discussed when reaching, rising, bending, etc. to avoid injury. Strength training and cooling will be included. Music will be used during cardio and stretching; students may come dressed in comfortable clothing; gym clothing is not needed.

Chair Yoga

Think you can't do yoga? Try this! Practice yoga in a manner that is slow paced, gentle and supported. All postures will be guided either sitting in a chair or using a chair for support while standing. Simple and safe methods of increasing both flexibility and strength will be offered. Wear comfortable layered clothing and sneakers, and get ready to connect with your body. Please bring a strap and small towel to class.

CIZE Live

A music inspired cardio-based dance class, CIZE Live will have you bustin' out full dance routines while gaining cardiovascular conditioning, core strengthening and overall muscle tone. Designed for everyone, you'll be stepping, swerving and clapping to this energetic, professionally choreographed class combining dance, strength training, and cool-down stretches. Modifications of each exercise are presented so that participants can follow along at a comfortable pace for each individual. Let's Dance!!

Classic Cardio OR

Have a FUNtastic experience exercising to the songs you know and love. Low impact cardio conditioning uses simple moves such as grapevine and mambo at a tempo that will enable you to be successful yet challenged enough to elevate the heart rate. Bring a mat for abdominal and stretching exercises at the end of class.

Country Heat

A high energy, low impact country dance-inspired fitness program, Country Heat is such fun that you won't feel like you are working out! Each dance routine is packed with easy-to-follow moves set to lively country music-all you have to do is follow. Modifications of each exercise are presented so that participants can follow along at a comfortable pace for each individual. This class combines dance, strength training and cool-down stretches. Let's Giddy Up!

CSR (Core, Stretch, Relax) OR

Most people do not realize the need for Core Strengthening and Muscle Stretching as we age. This class is designed to maintain Strength within the Core, while focusing on the elements of stretch and relaxation. A great class on its own, or perfect after a cardio or weight class. You will need to bring a yoga mat. Advice will be offered on the best techniques for getting up and down off the floor.

Functional Fitness

Do you like to exercise? Unless you're an athlete, you probably answered "no" to that question. Most of us would say we exercise to improve our quality of life. This muscle toning class focuses on core strength using a variety of equipment. Body sculpting and toning are offered while incorporating exercises that work the core and help challenge balance while also decreasing body fat and improving overall health.

Functional Movement

This class focuses on strength, stretching, flexibility, posture, range of motion, and coordination. Notice improvement in your overall health and mobility. Optional ten minutes of standing. Ending with relaxation is the perfect way to quiet and balance the mind and body.

Gentle Aerobics & Yoga Combo *OR*

This class is the perfect combination of Cardio and Yoga. The music is held at a pace for all to feel successful. The class ends with gentle and beneficial yoga poses, seated in a chair, or standing with assistance of a chair.

Gentle Chair Yoga *OR*

This unique program increases strength, flexibility, and balance while relieving stress and tension associated with everyday living. Moving through poses seated in the chair, or standing (using the chair for assistance) can provide great reward for both your body and mind! Participants can work at an intermediate OR advanced level.

Gentle Yoga

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

Gentle Yoga and Meditation

Students will practice gentle yoga and breathing techniques with pauses to notice feelings and connections between their mind, body, and spirit. Students will also be introduced to meditative techniques after asana (poses) and pranayama (breathing exercises) have prepared them. A relaxed body will lead to a relaxed mind. Students must be able to attain a standing position from the floor.

Hatha Yoga *OR*

Modern yoga is practiced to promote good health and wellbeing. Using breath to move you in and out of poses will help improve flexibility, balance, and strength. Students are encouraged to work at their own level and "Honor Your Body". Participants must be able to get up and down from the floor. Please bring a mat. Blocks and straps are suggested.

Introduction to Classic Martial Arts

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. Wear loose-fitting clothing and footwear with non-slip soles. Karate gi (uniform) is optional. Please do not wear jewelry during class.

Mindful Yin Yoga *OR*

Mindful Yin Yoga is a slow-paced, passive style of yoga practice which can alleviate pain and help to relieve tightness in your hips, pelvis, inner thighs and lower spine. In a Yin practice, you are not concerned with alignment or activation of muscles, but rather you are focused on relaxing in the pose. Your practice will bring awareness to your body and is the perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat. Suitable for almost all levels of students.

Partner Yoga

If you are looking for a way to heighten your individual yoga practice, consider this approach, Partner Yoga. Partners are fully engaged in their own experience, each with their own clear role of support for the other. Relying on each other to maintain balance, alignment and focus, you will be able to try and create new poses and find deeper expressions of familiar poses.

Pilates Yoga Blend

Pilates is great for creating long, lean muscle. Yoga gives you strength, balance, and flexibility. This revolutionary blend of Yoga and Pilates combines movement within both disciplines adding the element of functional fitness to build core strength. Bring a yoga mat to class.

Qigong

This class is tailored for the beginning student. Qigong (pronounced), cheegong) 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. $3 fee for handouts payable to instructor.

Senior Circuits OR

IIncrease strength, stamina and flexibility using 8-10 exercise stations set up to work different muscle groups. Move from station to station with a goal of completing 1-20 repetitions in a 30-60 second time interval (alternatives will be offered), with a short rest in between. This class allows students to work at their own ability level and has a seated option.

Self Defense for Seniors OR

Apply personal awareness techniques with everyday life to avoid confrontational conditions with potential assailants. Practice basic blocks, strikes and locks, using reasonable force to protect oneself. Instruction will be based on level of experience.

Sequencing Yoga and Mindfulness

Students will begin and end each class with a mindfulness activity that can be used in everyday life to promote a peaceful, less stressful life. Class will consist of gentle yoga sequences; most classes will be either a standing sequence or a floor sequence. Students must be able to get up and down off the floor.

Sit & Stretch

Exercise safely from a chair with a choreographed workout using fun energetic music. Focus on strength, stretching and coordination.

Sit & Stretch PLUS

Exercise safely from a chair with choreographed movements to fun, energetic music. Focus on strength, stretching and coordination. Participants have the option to stand during a few songs. Weights are optional; please bring your own to class.

Small Group Training

This class meets in the fitness room for four consecutive weeks. Students will learn proper alignment and technique with various fitness equipment. Each participant gets a personalized chart for their workout. Limited to 4 participants.

Steppers

Steppers Exercise is a mid-range exercise program designed to improve overall balance, endurance, cardio-vascular health, mental clarity, and boost energy levels and flexibility. It helps tone muscles and enhance joint strength. "Step up" to overall fitness while stepping to the beat of music and reaping the benefits of working with light weights. Must be able to move rapidly to music on foot for 30 minutes and lift 2-3 lb. weights. Please bring your own weights.

Tai Chi & Qigong

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

Tai Chi Chuan - Yang Style OR

Students will be taught the elemental principles of Tai Chi Chuan, form choreography, and breath coordination in order to realize the potential of Tai Chi Chuan exercise to improve balance, mobility, and energy levels. Instruction will include both seated and moving Taoist Qigong warm-up exercises which are used to help stretch the limbs and chest cavity for a more flexible body. There will be a variety of drills to assist in muscle toning and in gaining an understanding of the body's balance boundary as well as effective martial applications and fighting technique. Participants can work at an intermediate or advanced level.

Tai Chi & Qigong Intermediate OR

Participants will practice Tai Chi classical yang style with special emphasis on balance, flexibility and strength improvement by performing Tai Chi postures We will use proper breathing techniques to improve internal energy that will in turn will improve general health. Prerequisites for this class is at least one year of Tai Chi.

Taijiquan Advanced

This class is being offered to provide students of basic taiji classes an opportunity to delve deeper into the principles and concepts of taijiquan which allow the student to achieve better health and safety. Classes will use the Yang Long Form as a basis from which to draw postures and applications. Instruction on principles and applications will allow students to interpret the form to make applications more personal and useful. Prerequisite: Consultation with Instructor regarding training level, OR referral from Instructors Dale Matters or Bill Powell.

Traditional Yang Tai Chi Chuan - Beginner to Intermediate

OR

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 taught in six sections with a goal of setting a 29 minute optimum duration and pace for the entire form. 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.

Traditional Yang Tai Chi Chuan - Basic

OR

Students will be taught the principles of taijiquan, form choreography, and breath coordination in order to realize the potential of taijiquan exercise to improve balance, mobility, and energy levels. Instruction will include qigong warm-up exercises taken directly from internal Chinese martial arts systems which are used for building, storing, and improving the expression of qi (internal energy).

Yoga

OR

This class is designed for those at various levels of fitness. With attention to safe alignments, this hour of yoga will help joint stability and mobility and improve posture. Various standing and seated postures will be taught, with modifications when possible. You must be able to get up and down off floor on your own. Please bring a yoga mat and block or extra props to accommodate structural issues.

Yoga Strength & Stretch

Class incorporates movement with breath to improve range of motion, flexibility, and overall strength. Postures will focus on proper alignment for a safe yoga practice. Modifications will be provided. Bring a yoga mat to class.

Yoga Strength & Stretch Beginner

Class will be taught in the standing or seated position, incorporating movement with breath to improve range of motion, flexibility, and overall strength. Postures will focus on proper alignment for a safe yoga practice. Chairs will be used so the student will not get down on the floor.

Zumba™ Gold

The Zumba Gold classes are specifically designed for active seniors as well as those participants who may not be ready for full Zumba. Zumba Gold still uses the same concept of original Zumba by incorporating exciting Latin and international dance rhythms. Some of these dances include Merengue, Salsa, Cha Cha, Cumbia, and Belly Dancing. It will guarantee a full body workout but the exercises are modified for success and safety. Students should wear dancing shoes or dance socks to go over sneakers, to allow sliding.

Zumba™ Gold Chair

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

Zumba™ Gold Toning

Learn how to combine spicy Latin dance rhythms with light weights to enhance muscle strength, tone, and endurance. This unique combination of cardio and resistance exercise makes this an effective total body workout that can improve balance, posture, coordination and help prevent osteoporosis. Bring a pair of 1 or 2 pound weights or purchase maraca-like toning sticks from the instructor.

Fine Arts

Acrylic Pour Painting

Create beautiful paintings and have fun using acrylic pours, which may be topped with stencils. Learn about color and flow, acrylic pour techniques, and other painting materials as you create unique pieces of artwork while expressing your own creativity. No drawing experience necessary! See front desk for supply list.

Basic Drawing

Experiment with drawing a variety of objects using numerous materials (pencil, colored pencil, pastel, markers). Learn techniques to make objects appear lifelike, 3-dimensional, hard, soft, or fluid. Guidance will be given on using color to create an illusion. $3 supply fee payable to instructor.

Beginning Painting & Drawing

Students will be introduced to painting and drawing, learning color theory, and will enjoy the class. All instruction will be very easy for beginners. This is an exciting class that you will enjoy. See front desk for supply list.

Intermediate Drawing

Building on experiences from beginning drawing, intermediate drawing will include exercises in developing imagination to break from the restrictions of copying a photographic image. This should give the student confidence to produce more free flowing drawings. We will go over the rules of perspective and composition, followed by relevant exercises. We will also begin drawing the human body, focusing on specific body parts such as hands, feet, parts of the face and hair. Students will use themselves as models. Supply fee of $3 payable to instructor.

Introduction to Acrylic Painting

Students will learn to paint with acrylic paints, which are more forgiving and easier to use than watercolor or oil painting. Students will learn to use colors and textures and will create their own unique and creative products. Beginners are very welcome. See front desk for supply list. Startup costs are approx. $50 to $60 if you have no supplies.

Landscape Painting in Oils and 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, such as composition how to mix color. Express your inner creativity and explore interpretations of landscape by other artists. See front desk for supply list. Note: Start-up supply costs can run $50-60 if you do not have your own supplies.

Oil Painting for All Levels

Oil painting is considered the most versatile of the painting mediums in regard to the blending of colors. In this course, students will explore the many possibilities in the blending of different oil colors. They will be required to complete at least three different paintings that will cover areas from tonal value to color mixing. Instruction will include layout, perspective, using light and shadow to create depth and focus on the primary subject of the work of art. See front desk for supply list. Note: Start-up supply costs can run up to $100 if you do not have your own supplies.

Pastel Drawing and Painting

Drawing is the basic of art. Every good painting starts with a concept drawing. Students will learn how to control the mediums of graphite, charcoal and pastel pencils and sticks to create fully developed drawings. The class will help students learn the skills to control line, shape and form working from general concept to fully developed drawings. Students will work from still life items. The instructor will provide demonstrations in graphite, charcoal, and pastels to show how students can develop beautiful drawings. Instruction will include layout, perspective, light, and shadow to create depth and focus on the primary subject of the work of art. See front desk for supply list. Note: Start-up supply costs can run $50-60 if you do not have your own supplies.

Life Enrichment

AHA CPR/AED Training

If a family, friend, or infant in your care had a cardiac or first aid emergency in your presence, could you recognize the signs and respond quickly and appropriately? Less than one-third of sudden cardiac arrest victims are administered immediate CPR from bystanders. The American Heart Association's CPR & AED learning program helps increase survival rates by training people just like you to respond quickly. Four to six minutes is the window of opportunity for someone to act before it is too late. Learn the proper procedure to take in the event of a life-threatening event. Recognize the signs and administer lifesaving CPR taught by a certified AHA/CPR/AED instructor. (Note that the intent of this workshop is not to provide certification or recertification for the participant.)

Conversational Spanish - Intermediate

This class will help students learn to pronounce, read, comprehend, and engage in basic Spanish conversation.

Learning Italian Language and Culture with Fun - Level 1

This introductory course will provide the basics of the Italian language, enabling students to understand simple written and spoken Italian. Students will acquire "survival skills" essential to traveling in Italy and will have fun learning about the Italian culture, food, songs, art and history. Textbook required: ***Italiano Essenziale 1 Fundamental of Italian –*** Maria/Cocchiara, Mariastella Procopio-Demas (Author). The instructor will provide extra materials via email.

Learning Italian Language and Culture with Fun – Level 2

After learning the basics, keep practicing the Italian language in a fun, relaxing and engaging environment. We will work together on grammar that is more complex, reading easy books; listening to songs; sharing recipes…you name it! Textbook required: ***Italiano Essenziale 2 Fundamental of Italian –*** Maria/ Cocchiara, Mariastella Procopio-Demas (Author). The instructor will provide extra materials via email.

Learning Italian Language and Culture with Fun – Level 3

After learning the basics, keep practicing the Italian language in a fun, relaxing and engaging environment. We will work together on grammar that is more complex, reading easy books; listening to songs; sharing recipes…you name it! Textbook required: ***Italiano Essenziale 2 Fundamental of Italian –*** Maria/ Cocchiara, Mariastella Procopio-Demas (Author). The instructor will provide extra materials via email.

Spanish is Fun!

Learn beginning Spanish language and gain cultural insights while familiarizing yourself with vocabulary in a fun, easy to learn way. Use the Internet during each class, so bring your laptop, IPAD, or other device with you as we journey through the language and traditions of Spanish culture. Using the computer program Quizlet, you'll be able to practice the vocabulary with flashcards and a couple of games on this program. Textbook required: ***Spanish Is Fun*** - Haywood Wald & Lori Langer de Ramirez, fifth edition, book 1.

Spanish is Fun! Level 2

Continue to learn the Spanish language in a fun, easy to master way. Participants will be able to use the Spanish learned in Spanish is Fun! Level 1 class and also converse about activities, dates, time, weather and food, as well as ask and answer questions. Cultural insights will give you a new perspective on the Spanish language and people. Prerequisite: Spanish is Fun! Level 1.

Exploring the Chakras and the Human Energy Field

Discover the aura and the physical, emotional mental, and spiritual characteristics of the seven major chakras. Meditation techniques and opportunities for sensing energy and learning self-care for energy balance will be presented. Please bring a notebook and pen. Supply fee of $3 for handouts payable to instructor.

Meditation and Energy Practices for Self-Care

This class builds on the information shared in Exploring the Chakras and Human Energy Field. Meditation and visualization techniques will be shared to increase relaxation and enhance overall well-being. Students will develop their abilities to sense energy, and balance their energy fields to support the body's ability to self-heal. Please bring a notebook and pen to class. Supply fee of $3 for handouts payable to instructor. Prerequisite: Completing "The Exploring Chakras & the Human Energy Field" class.

Understanding and Dealing with Your Stress

This introductory class will retrain your brain. It will help you understand the causes of stress, allow you to reduce stress and even help you learn how to make stress work for you. The class format will be an interactive forum of class discussions and activities.

Music

Beginning Piano

The beginning piano class is a group lesson (students will be taught as a group). Keyboards will be used instead of a piano. Students must bring their own keyboard (39, 61, 76 or 88 keys), adapter, and headphones. You may need a stand depending on the class location. The book ***Older Beginner Piano Course*** by James Bastien will be used for class. Contact the instructor with any questions; please see the front desk for contact information.

Intermediate Piano

In this introduction to music theory, participants will learn to identify and notate major and minor scales, keys, and time signatures, while introducing various genres of music from a variety of cultures. The student of piano will be able to play songs by sight, proficiently using both hands. Students must bring their own keyboard (39, 61, 76 or 88 keys), adapter, and headphones. Prerequisite: Beginner Piano, or completion of Chapter 5 in the ***Older Beginner Piano Course*** by (James Bastien). This course will begin to introduce music theory. This course will help students identify and notate major and minor scales, keys and time signatures. This course will also introduce various genres of music from various cultures. Students must bring a keyboard, adapter and headphones. Contact the instructor with any questions; please see the front desk for contact information.

Intermediate Guitar

This next level of playing guitar will build upon the lessons of the Guitar Beginning Class. We will learn some more complex chords and basic Blues Pentatonic Scales for use in improvisational guitar playing. Students will also learn additional music theory that will allow them to understand song structure. Prerequisite: Student must know open chords and understand basic tablature reading. Student must bring a guitar. Contact the instructor with any questions; please see the front desk for contact information.

Finger-Style Guitar

The piano student will learn basic finger-style picking patterns from which they can form any type of music they wish to play in a finger-style method. Style will apply to Classical, Delta Blues, Folk, Popular, and Country. Participants will need to bring a guitar (acoustic or electric). Students will be invited to voluntarily perform the arrangements for the class each week.

Finger-Style and Chord Melody Guitar

The piano student will learn how to take basic song structures and convert them into interesting stand-alone acoustical chord melodies and finger-style arrangements. The instructor will provide songs in both note and tablature format. Participants will learn simple banjo rolls, Chet Atkins picking, Travis Picking, jazz finger-style, and Classical style while learning popular songs from the 50's – 90's. Prerequisite: The student should be familiar with open chords and basic barre chords. Student must bring a guitar. Contact the instructor with any questions; please see the front desk for contact information.

Guitar Chord Melodies

For this class, it is recommended that students have at least one year if experiencing playing guitar. Student should be familiar with basis chords in open position. Students must also bring an acoustic or electric guitar to class.

Performance Guitar

Students will build upon current skills to learn how to construct simple lead guitar patterns, convert simple songs into richer sounding chord melodies and how to use musical theory and scales to compose songs or improvisations on songs. Individual and group performance, on a voluntary basis, will be encouraged. Prerequisite: students should be familiar with open chords, basic barre chords and simple strum patterns. Student must bring a guitar. Contact the instructor with any questions; please see the front desk for contact information.

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This system provides Public Safety officials the ability to send vital emergency messages to all affected residents and businesses within a matter of minutes. Notifications may include severe weather, imminent flood warnings, missing persons, and other important information that can help ensure the safety of the citizens of Harford County. This new technology will also enable Harford County to send voice or text messages to cell phones, PDA, e-mail accounts, and TTY/TDD for the hearing impaired. Although all publicly available residential and business telephone numbers have already been automatically entered into the system, County officials are urging citizens and business owners to add unlisted telephone numbers, cell phone numbers, and email addresses by registering for free at www.harfordpublicsafety.org and clicking on

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