



HEALTH AND WELLNESS

Body and Mind

Eat Local for Less

Organic, All Natural, Cage Free - what's it all mean? Explore alternatives to the industrial food system: CSAs, farmer's markets, food co-ops and more, where the focus is on delicious, healthy food grown by environmentally responsible methods. When was the last time a tomato exploded on your tongue? Taste industrial foods alongside local, organic and sustainable alternatives. Discover how to find sources of great local food - and pay less.

Instructor: Julie Castillo

Total Cost: \$55 (includes \$55 fees)

MD senior adults pay fees only.

Course #: XXZ-333-A4

Wed., May 24 & 31, 6:30 - 9:00 PM (2 sessions)

Washington Road Campus, K116

Gentle Yoga

Stretches, postures and breathing exercises are adapted to your needs to bring calmness, stress reduction and a feeling of well-being. The stretches and simple yoga postures release tension and bring flexibility to the shoulders, neck, back, hips and legs. For beginners, those with specific limitations or recovering from injury, or experienced students desiring a more relaxed pace. Wear loose-fitting clothes and bring a yoga mat to class. *Instructor: Syeda Khan*

Total Cost: \$87 (includes \$87 fees)

MD senior adults pay fees only.

Course #: XXZ-862-A3

Sat., Feb. 4 - Mar. 18, 9:00 - 10:30 AM

(6 sessions; no class 3/4)

Washington Road Campus, P527

Course #: XXZ-862-A4

Sat., Apr. 1 - May 13, 9:00 - 10:30 AM

(6 sessions; no class 4/15)

Washington Road Campus, P527

Syeda Khan is a certified yoga instructor specializing in therapeutic yoga, meditation and chair yoga, which helps students to go deeper in their poses. Syeda has taught abroad and currently teaches locally and privately. She demonstrates meditation, massage, breathing exercises and poses that encourage relaxation, peace and harmony.

What students are saying...

“*Absolutely loved this class! Syeda is an excellent instructor, and very knowledgeable. I so look forward to this class each week.*”

— Student from *Gentle Yoga*

Tai Chi

The gentle, slow and energizing movements of Tai Chi have been shown to increase concentration and awareness, improve balance and flexibility, and provide greater vitality and overall health. The Tai Chi Fundamentals class will focus on basic concepts and movements and learning the 24-posture Yang style short form. Intermediate and advanced students will learn more advanced energy exercises and forms as well as applications of the various movements.

Fundamentals of Tai Chi

Learn the basic concepts and movements of Tai Chi as well as the 24-posture Yang style short form. Study various movements that demonstrate the principles of Tai Chi and promote relaxation and energy development such as silk reeling, Qi Gong exercises, animal frolics and two-person exercises. Team-teaching allows continuous skill development to prepare for the intermediate/advanced class. Students may need to repeat this class to master the 24-posture. *Instructors: Bill Whitenton and Linda Albright*

Total Cost: \$79 (includes \$79 fees)

MD senior adults pay fees only.

Course #: XXZ-155-A3

Thu., Jan. 19 - Mar. 9, 7:15 - 8:15 PM (8 sessions)

Washington Road Campus, P527

Course #: XXZ-155-B3

Thu., Mar. 30 - May 25, 7:15 - 8:15 PM

(8 sessions; no class 4/13)

Washington Road Campus, P527

Bill Whitenton, with over 13 years studying Tai Chi, has attended workshops in San Shou, worked with silk reeling exercises and Qui Gung breathing. Whitenton is proficient in the Jang 24 form and has studied the Jang short form and Chen short form as well.

Linda Albright has been studying Tai Chi since 1999. As a Speech and Language Pathologist with Baltimore County Public Schools, she worked and taught for 26 years. Albright's expertise in Tai Chi comes from her years of study with Jerry Diamond and workshops in San Shou and Shiba Luohangong.

Tai Chi: Intermediate/Advanced

Build on the basics of Tai Chi using traditional Chinese 'forms', choreographed sequences of movements, to demonstrate Tai Chi principles, martial applications and health benefits. Intermediate students will learn a popular Yang style form, the energizing reeling silk exercises and be introduced to 2-person push hands and other simple 2-person exercises. Advanced students will learn a Chen style form, introduction to the sword form and will practice short 2-person acts to demonstrate martial applications and refine Tai Chi movements.

Total Cost: \$79 (includes \$79 fees)

MD senior adults pay fees only.

Course #: XXZ-156-A3P

Thu., Jan. 19 - Mar. 9, 7:30 - 8:30 PM (8 sessions)

Washington Road Campus, P527

Course #: XXZ-156-B3P

Thu., Mar. 30 - May 25, 7:30 - 8:30 PM

(8 sessions; no class 4/13)

Washington Road Campus, P527

Jerry Diamond has been practicing Taiji (Taichi) for over 30 years and teaching to all ages since 1984 and the college since 1999. For the past several years, Diamond judged the Chinese Kuoshu Martial Arts Tournament in Hunt Valley. His classes emphasize the principles of Taiji with the goal of improving health, flexibility, focus and balance.

Fitness

Aerobic Dancing

Offers a progressive multi-level course professionally choreographed for the "non dancer" by Jackie Sorenson. Exercise at your own level (walk, jog or run) as you firm and tone muscles, strengthen your cardiovascular system, burn calories, reduce stress and socialize with friends. Programs are medically tested for your safety. *Instructor: Nancy Brett*

25 sessions

Total Cost: \$109 (includes \$109 fees)

MD senior adults pay fees only.

Course #: XXQ-979-A3

Mon. & Wed., Jan. 4 - Apr. 5, 6:00 - 7:00 PM

(25 sessions; no class 1/16 & 1/18)

Washington Road Campus, P527

24 sessions

Total Cost: \$105 (includes \$105 fees)

MD senior adults pay fees only.

Course #: XXQ-979-A4

Mon. & Wed., Apr. 24 - Jul. 19, 6:00 - 7:00 PM

(24 sessions; no class 5/29 & 7/3)

Washington Road Campus, P527



Self Defense for Women

Everyone has the right to defend themselves. Learn how not to be the victim. Gain basic skills to help defend yourself and go through some simple scenarios to develop safe habits. Discover how you can strike, escape grabs, defend against choking and improve your personal safety. *Instructor: Debra McCarron*
Total Cost: \$39 (includes \$39 fees)
MD senior adults pay fees only.

Course #: XXZ-340-A3
 Wed., Feb. 22, 6:00 - 9:00 PM
 Washington Road Campus, M157
Course #: XXZ-340-A4
 Wed., Apr. 26, 6:00 - 9:00 PM
 Washington Road Campus, M157

Debra McCarron holds her Fourth Degree Black Belt in Taijutsu and a Blue Belt in Brazilian Jiu-Jitsu. She is the Operations Manager and a Black Belt instructor at Tri Star Martial Arts. Debra holds certifications in group fitness, cardio kickboxing and personal training.

Winter Hiking in Maryland **NEW!**

Take a stand against cabin fever and hike when the temperatures drop and the flakes fly. Learn the basics of winter hiking: safety, proper attire, nutrition, and weather and trail conditions. First meet on campus, then at a designated hiking location. You must attend the first class to participate on the hikes. Students provide own transportation. Hiking conditions will vary; must be able to hike one to five miles in a single hike.
Instructor: Chet Andes
Total Cost: \$109 (includes \$109 fees)
MD senior adults pay fees only.

Course #: XXZ-455-A3T
 Mon. & Sat., Feb. 27 - Mar. 25, 6:00 - 8:00 PM
 (5 sessions; no class 3/6, 3/13 & 3/20)
 Washington Road Campus, K127

Classroom Session

Mon., Feb. 27, 6:00 - 8:00 PM
 Washington Road Campus, K127

Saturday Hikes, 9:00 AM - 12:00 PM

Mar. 4 - Greenbrier State Park
 Mar. 11 - Gunpowder Falls State Park
 Mar. 18 - Cunningham Falls State Park
 Mar. 25 - Annapolis Rock

YMCA

Barre **NEW!**

Stretch yourself with Barre, a combination of ballet, yoga, Pilates and strength training. No dance experience needed. The class is presented in an all-inclusive manner to accommodate participants of all fitness levels. *All classes held at the Y of Central Maryland in Westminster.*

12 sessions
Total Cost: \$97 (includes \$97 fees)
MD senior adults pay fees only.
Course #: XXZ-454-A3M
 Mon., Jan. 9 - Mar. 27, 5:30 - 6:30 PM (12 sessions)

11 sessions
Total Cost: \$92 (includes \$92 fees)
MD senior adults pay fees only.
Course #: XXZ-454-A4M
 Mon., Apr. 3 - Jun. 19, 5:30 - 6:30 PM
 (11 sessions; no class 5/29)

Body Sculpt

This muscle conditioning class increases muscular strength and endurance by challenging all the major and minor muscle groups through the utilization of free weights, dyna-bands, body bars and/or stability balls. *All classes held at the Y of Central Maryland in Westminster.*

Three times a week/36 sessions
Total Cost: \$180 (includes \$180 fees)
MD senior adults pay fees only.
Course #: XXZ-382-A3M
 Mon., Wed. & Fri., Jan. 9 - Mar. 31, 4:30 - 5:20 PM
 (36 sessions)

Twice a week/24 sessions
Total Cost: \$120 (includes \$120 fees)
MD senior adults pay fees only.
Course #: XXZ-382-B3M
 Tue. & Thu., Jan. 10 - Mar. 30, 6:00 - 6:50 AM
 (24 sessions)
Course #: XXZ-382-B4M
 Tue. & Thu., Apr. 4 - Jun. 22, 6:00 - 6:50 AM
 (24 sessions)

Three times a week/35 sessions
Total Cost: \$175 (includes \$175 fees)
MD senior adults pay fees only.
Course #: XXZ-382-A4M
 Mon., Wed. & Fri., Apr. 3 - Jun. 23, 4:30 - 5:20 PM
 (35 sessions; no class 5/29)

Everfit for Seniors

Practice movements that increase joint mobility, balance, strength, flexibility and general fitness education for active older adults. *All classes held at the Y of Central Maryland in Westminster.*
Total Cost: \$120 (includes \$120 fees)
MD senior adults pay fees only.

Course #: XXZ-400-A3M
 Tue. & Thu., Jan. 10 - Mar. 30, 11:25 AM - 12:15 PM
 (24 sessions)
Course #: XXZ-400-A4M
 Tue. & Thu., Apr. 4 - Jun. 22, 11:25 AM - 12:15 PM
 (24 sessions)

Water Fitness

Enjoy the benefits of reduced impact and added resistance with water-based exercise. This is a cardiovascular and muscle conditioning workout that's done in the pool and is easily adapted to all fitness levels. Note: Pool class schedules subject to change without notice. *All classes held at the Y of Central Maryland in Westminster.*

Twice a week/24 sessions
Total Cost: \$120 (includes \$120 fees)
MD senior adults pay fees only.
Course #: XXZ-299-A3M
 Mon. & Wed., Jan. 9 - Mar. 29, 9:00 - 10:00 AM
 (24 sessions)
Course #: XXZ-299-B3M
 Mon. & Wed., Jan. 9 - Mar. 29, 11:30 AM - 12:30 PM
 (24 sessions)
Course #: XXZ-299-C3M
 Mon. & Wed., Jan. 9 - Mar. 29, 7:30 - 8:30 PM
 (24 sessions)
Course #: XXZ-299-D3M
 Tue. & Thu., Jan. 10 - Mar. 30, 11:30 AM - 12:30 PM
 (24 sessions)
Course #: XXZ-299-D4M
 Tue. & Thu., Apr. 4 - Jun. 22, 11:30 AM - 12:30 PM
 (24 sessions)

Twice a week/23 sessions
Total Cost: \$115 (includes \$115 fees)
MD senior adults pay fees only.
Course #: XXZ-299-A4M
 Mon. & Wed., Apr. 3 - Jun. 21, 9:00 - 10:00 AM
 (23 sessions; no class 5/29)
Course #: XXZ-299-B4M
 Mon. & Wed., Apr. 3 - Jun. 21, 11:30 AM - 12:30 PM
 (23 sessions; no class 5/29)
Course #: XXZ-299-C4M
 Mon. & Wed., Apr. 3 - Jun. 21, 7:30 - 8:30 PM
 (23 sessions; no class 5/29)



Continuing Education Classes on Location at Senior Centers!



Call the individual senior center for course and schedule details and to register.

Mt. Airy Senior Center
410-795-1017

North Carroll Senior Center
410-386-3900

South Carroll Senior Center
410-386-3700

Taneytown Senior Center
410-386-2700

Westminster Senior Center
410-386-3850

181-AIG-0116 CET

Zumba

Zumba is a fusion of body sculpting movement with easy-to-follow dance steps to the tune of Latin and International music. Features aerobic/fitness interval training, instructed by a Zumba certified instructor. *All classes held at the Y of Central Maryland in Westminster.*

12 sessions

*Total Cost: \$97 (includes \$97 fees)
MD senior adults pay fees only.*

Course #: XXZ-078-A3M

Sun., Jan. 8 - Mar. 26, 11:15 AM - 12:15 PM (12 sessions)

11 sessions

*Total Cost: \$92 (includes \$92 fees)
MD senior adults pay fees only.*

Course #: XXZ-078-A4M

*Sun., Apr. 2 - Jun. 25, 11:15 AM - 12:15 PM
(11 sessions; no class 4/16 & 5/28)*

HISTORY, CULTURE AND WORLD VIEW

History

The American West-American Agriculture **NEW!**

Discover the American experience of movement and settlement of the west. Examine the impact of the settlement of the American West on Native American populations and on the land. Experience the unique tale of frontier life from the first days of mountain men and fur traders, to the arrival of families, churches and the law. See through the eyes of the American farmer, the industrialization of farming and the growth of agribusiness. Debate the implications on the lives of all Americans, how we view our culture and what food we put on the table.

Instructor: Kate Fanning

*Total Cost: \$426 (includes \$30 fees); plus text
MD senior adults pay fees only.*

Course #: PDE-873-A3B

*Mon. & Wed., Jan. 30 - May 10, 3:30 - 4:50 PM
(28 sessions; no class 4/10 & 4/12)
Washington Road Campus, K127*

The Greco-Persian Wars (Athens/Sparta Etc. vs. Persia) **NEW!**

Discover an important era in the history of western civilization and democracy. Greece evolving into a series of city-states birthed a military warrior culture and pride in its most fatal form - "hubris". Threatened with enslavement from across the Aegean Sea by the Persians, the era would see epic battles between East and West: the Battle of Marathon and the Battle of Thermopylae. Democracy would be preserved, but just barely.

Instructor: Chris Tallevast

*Total Cost: \$39 (includes \$39 fees)
MD senior adults pay fees only.*

Course #: XXZ-446-A4

*Tue., May 9, 6:00 - 9:00 PM
Washington Road Campus, K133*

The History of the Punic Wars (Rome vs. Carthage) **NEW!**

As the Roman Republic marched south to the boot of Italy, it clashed with a flourishing civilization across the Mediterranean Sea in the Carthaginians. Pitting the might of Rome against one of the most famous military generals in history - Hannibal. So began a series of three wars leading to the destruction of Carthage, the death of Hannibal, the demise of the Roman Republic and the birth of an Empire.

Instructor: Chris Tallevast

Total Cost: \$39 (includes \$39 fees)

Course #: XXZ-373-A3

*Tue., Mar. 14, 6:00 - 9:00 PM
Washington Road Campus, K128*

Chris Tallevast holds an M.A. in Military History from Norwich University. Tallevast is a popular instructor at Carroll Community College and the Community College of Baltimore County. He is passionate about the Early Republic and military history, especially the War of 1812 and the Civil War.

DID YOU KNOW?

Carthaginian army general Hannibal Barca led a team of elephants over the Alps to terrorize Roman forces during the Second Punic War.