

PCC Cultural & Life Enrichment Program

Designed to promote personal growth and self-enrichment. This may include courses in leisure activities, non-vocational skill development, learning a new language, discovering a new talent, arts & crafts, media techniques, wellness activities and much more, as well as musical and theatrical productions. These classes are self-supporting and use the talents and skills of some of our community's gifted residents.

For more information and registration, please contact:
Denise - 252-249-1851 x3113, dmcdermott@pamlicocc.edu

Beginning/Intermediate Guitar

Enrich, enhance and explore guitar playing methods with an enthusiastic & patient instructor.

Instructor: Jeff Gurney

Registration: \$95.55 (6 classes)

Dates: Tuesdays, Mar. 4 – Apr. 9

Time: 6:00 - 7:30pm

Spring Bird Watching

First class will meet in the Delamar Building at 9 a.m. for a slide show, discussion of birding optics and techniques with a short field trip afterwards. Subsequent classes will be held in the field with early morning meeting times.

Instructors: Sheryl McNair and Diane Midness

Registration: \$35.55 (4 classes)

Dates: Tuesdays, March 12 – April 2

Sewing & Growing

This class is geared to the individual's needs, from very basic lessons on your machine to intermediate skills and tips while working on specific & fun projects. Students will need a variety of fabrics, sewing machine and an iron.

Instructor: Johnese Carmon

Registration: \$65.55 (10 classes)

Dates: Mondays & Wednesdays, Mar. 18 – Apr. 22

Times: 9:00am - 12:00pm

Birding Apps Exploration

Whether you are you're a seasoned birder or just starting out, this course will equip you with the knowledge and tools to make the most of modern technology. Join us to:

- Explore the top birding apps available today and learn how to leverage their features.
- Identify bird species with ease using advanced bird recognition technology.
- Access comprehensive birding guide, maps, and species databases at your fingertips.
- Connect with a vibrant community of fellow bird enthusiasts and share your sightings.
- Discover hidden birding hotspots and plan your next birdwatching expedition.
- Capture bird photos and record bird songs to enhance your birding memories.

Instructor: Christine Stoughton Root

Registration: \$10.55

Dates: Wednesdays, April 10 & April 17

Times: 9:00 – 11:00am

Women and Girls Empowerment Self-Defense Course

This 2-part series covers strategies for dealing with threatening situations and boundary-violations, i.e. dealing with offensive comments or behavior, interactions with angry people, street harassment/danger, and physical and sexual assaults. Participants will learn and practice setting appropriate verbal and physical boundaries and other tactics intended to reduce vulnerability to becoming a target of violence. Skills are designed to increase safety by increasing awareness and personal presence, learning to assess dangerous situations and using appropriate intervention strategies that fit the situation. This class will involve the practice of physical techniques that anyone can learn, regardless of your physical skills or abilities. *Because this class builds upon skills from the previous class, attendance at the first class is required.* Please wear comfortable clothes that allow you to move freely. For females ages 16+.

Instructor: Darla Bolon (Certified Self-Defense Instructor with American Women's Self-Defense Association and the National Women's Martial Arts Federation). darlabolon@gmail.com

Registration: \$25.55 (2-classes)

Dates: Tuesdays, April 23 & 30

Times: 5:30-7:30pm

Classes still to be scheduled – please put your name on the list and be first in line:

Plant-based Cooking for Health & Wellness

Delicious and easy meal preparation and cooking for improved health and well-being benefits – if interested please call to add yourself to list and be in the first group to be notified to the start date.

Instructor: Louise Gurney

Registration: \$60.55 includes food (6 classes)

Dates: Tuesdays, TBD

Time: 6:00pm – 7:30pm

Observational Astronomy

Take a peek into the mysteries of the universe with an 'out of this world instructor'!

Instructor: Fred Read

Dates: April TBD

Music Jams! Third & Fifth Thursdays - Free and Open to the Public - all levels of unplugged playing, singing, toe tapping... enjoyment!
6 p.m. PCC Delamar Auditorium Atrium

Cultural and Life Enrichment Instructors Wanted!

Spread your knowledge, showcase your talents, enhance your community's experiences, spark a desire, and share a joy...

If you would enjoy sharing a talent, hobby or skill with enthusiastic students who are often of like mind and vast experiences themselves, then... Come on down to Pamlico Community College and be a part of a stress-free and fulfilling experience! Please contact us – 252.249.1851 x3113 or

dmcdermott@pamlicocc.edu