

## **BEGINNING & INTERMEDIATE GOLF**

**Instructor: Terry Bobbin, PGA Professional**

**Players will learn the basic rules of the game of golf.**

**The proper techniques for successful Driving,  
Chipping and Putting.**

**The last lessons will consist of the actual play of golf  
holes. Students will be rewarded with a  
complimentary 9 holes of Golf Certificate upon  
successful completion of the class.**

**Mondays & Tuesdays 4:00pm – 5:30pm**

**September 18<sup>th</sup> – October 17<sup>th</sup>**

**\$64.00 per person (8 classes)**

**Maximum 8 Students 16 years old through Senior  
Adults. Preregistration is required.**

## **MACHINE QUILTING**

**Instructor: Karen Dodd**

**Thursdays 2:00pm – 5:00pm**

**September 14<sup>th</sup> – October 12<sup>th</sup>**

**Individuals can decide on possible and unique projects i.e. bags & purses, table runners, baby quilt, sweat shirt jacket etc., using various quilt patterns & techniques.**

**If you enjoy the company of others while learning- this is your class!**

**\$55.00 (5 classes) \*plus materials\*  
(machine required - not experience)**

**PCC Delamar Auditorium**

## **ADVANCED T'AI CHI FOR ARTHRITIS & BALANCE**

**Instructor: Diana Peterson**

**Pre-requisites: Basic T'aiChi**

**Tuesdays 3:30pm – 5:00pm**

**September 12<sup>th</sup> – November 14<sup>th</sup> Oriental Town Hall**

**\$55.00 (10 classes)**

## **CHAIR YOGA/MEDITATION**

**Instructor: Diana Peterson**

**Seated muscle toning & joint lubrication for strength, balance and stability.**

**Breathing techniques for relaxation, stress reduction and meditation.**

**Thursdays 10:30 am – 11:30 am**

**September 14<sup>th</sup> – November 16<sup>th</sup>**

**\$35.00 (10 classes)**

**Oriental Town Hall**

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## **BEGINNING & INTERMEDIATE GUITAR**

**Instructor: Bobby Hurff of *Peace Soldier Band & Productions* Mondays 6:00 pm – 7:00 pm**

**September 11<sup>th</sup> – October 16<sup>th</sup> (6 classes)**

**October 23<sup>rd</sup> – November 27<sup>th</sup> (6 classes)**

**PCC Johnson Bldg.**

**\$97.00 per session (6 classes) (Instruments not included)**

## **Free BRIDGE FOR BEGINNERS Class!**

**Instructor: Craig Welling**

**Learn to play the strategic and sociable card game – *BRIDGE!* Monday, Wednesday & Friday (morning session – 3 classes) September 11<sup>th</sup>, 13<sup>th</sup> & 15<sup>th</sup>, 10:00am – 11:30am**

**Tuesday, Wednesday & Thursday (evening session 3 classes). September 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup>, 5:30pm – 7:00pm.**

**This is a no-cost course. PCC Johnson Building Library**

## **REFIT® - Free!**

**Instructor: Yolanda Cristiani**

**REFIT® is a workout program that is structured around cardio- dance movements, toning and flexibility, strength training and stretching. REFIT® uses value positive, energetic, and family-friendly music in multiple genres and is designed for all shapes, sizes, and fitness levels.**

**These FREE classes are offered most Tuesdays 6:00pm – 7:00pm in the Delamar Center Auditorium. Class schedules are listed on "REFIT® Pamlico" on Facebook, or call Yolanda at [828-421-7981](tel:828-421-7981).**

## **ROADMAP TO WELLNESS**

**Instructor: Michele Musella BSN, MSN**

**A series of interactive discussions about health and creating mind, body and spirit balance. Sessions include information on tools available to achieve wellness using various therapies and natural healing strategies**

**i.e. Aromatherapy, Acupressure, Ayurveda etc.**

**Tuesdays, 6:00 pm - 8:00 pm, Johnson Building Rm.**

**121 ROADMAP, is an overview of the therapies offered in this program. September 12<sup>th</sup>, \$15.00.**

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**♪ PCC MUSIC JAMS ♪**

***3rd & 5th THURSDAYS UNPLUGGED***

**Sept 21<sup>st</sup>, Oct 19<sup>th</sup> and Nov 16<sup>th</sup> & 30<sup>th</sup>.**

**6 pm until ♪ PCC Johnson Building Auditorium**

**Musicians of all levels gather to share song and camaraderie in a relaxed and open atmosphere. Pick, play, sing, or just listen!**

**♪ Free and Open to the Public ♪**

**For more info & possible schedule changes contact:  
Denise ~ 252-249-1851 Ext. 3113, 252-617-1376,  
[dmeyerson@pamlico.edu](mailto:dmeyerson@pamlico.edu)**

**Denise D. Meyerson**

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