

Cultural & Life Enrichment Opportunities at PCC

The Healing Art of Tai Chi

Instructor: Diana Peterson, Certified Integral Yoga and Certified Master Tai Chi Instructor

Basic Tai Chi

Location: Oriental Town Hall

Registration \$40.00

Date: October 16 – November 15, 2018 [Tuesdays and Thursdays]

Time: 3:00 p.m. – 4:00 p.m.

Call 252.249.1851 ext. 3113 to register

Yoga: Ageless Yoga/Meditation

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

Breathing techniques for relaxation, stress reduction and meditation. Instructor: Diana Peterson, Certified Integral Yoga and Tai Chi Instructor

Location: Oriental Town Hall

Registration \$20.00

Date: October 17 – November 14, 2018 [Wednesdays]

Time: 10:30 a.m. – 11:30 a.m.

Call 252.249.1851 ext. 3113 to register

New Series! “Don’t Know Much About...!”

A series of **Free** monthly seminars by ‘those in the know’ on various topics that you have always wanted to learn more about!

“Don’t Know Much About the Economy and Big Numbers!”

An apolitical explanation of some of the terms we hear about today: GDP, Real Median Income, per capita, Civilian Labor Force, Participation Rate and other key factors of the state of the economy. A brief review of Keynesian economics, as well as a bit of history, current status, and trends for the future, will be part of the discussion.

Presenter: Craig Welling

Location: PCC Delamar Building, Room 102A

Registration: **Free!**

Date: Tuesday, October 16, 2018

Time: 5:30 p.m. – 7:30 p.m.

Call 252.249.1851 ext. 3113 to register

Bridge for Beginners: Free!

Learn to play the strategic and social card game – *BRIDGE!* Instructor: Craig Welling

Location: PCC Johnson Building Library

Registration: **Free!**

Date: October 23 – 25, 2018 (T, W, TH)

Time: 5:30 p.m. – 7:00 p.m.

Call 252.249.1851 ext. 3113 to register

Bridge for Beginners Phase II : Free!

Learn advanced techniques for playing the strategic and social card game – *BRIDGE!*

Instructor: Craig Welling

Location: PCC Johnson Building Library

Registration: **Free!**

Date: October 30 - November 1, 2018 (T, W, TH)

Time: 5:30 p.m. – 7:00 p.m.

Call 252.249.1851 ext. 3113 to register

REFIT® - Free!

REFIT® is a workout program that is structured around cardio-dance movements, toning and flexibility, strength training and stretching. Instructors: Yolanda Cristiani and Kacy Forbes

Location: Auditorium, Delamar Building, Grantsboro Campus

Registration: **Free!**

Date: Tuesdays

Time: 6:00 p.m. – 7:00 p.m.