

Pamlico Community College's Cultural & Life Enrichment program classes stating soon.

ROADMAP TO WELLNESS

Instructor Michele Musella BSN, MSN

Part of the *Roadmap to Wellness* series of interactive discussions about health and creating mind, body and spirit balance these sessions include information on tools available to achieve wellness using various therapies and natural healing strategies.

INTRODUCTION TO REIKI An informative peek into the practice and history of Reiki including an abbreviated treatment. Wednesday, March 7th, 6:00pm – 8:00pm, \$25 (1 class)

Classes are held in the PCC Johnson Building Rm. 121

AJYURVEDA An ancient Indian system of PREVENTIVE MEDICINE addressing health and dietary issues pertaining to each DOSHA. Thursdays, March 15th & 22nd, 6:00pm – 8:00pm, \$45 (2 classes)

JEWELRY

Instructor: Suzanne Burchfiel

Learn a new technique and design every time

Monday 10:00am – 12:30pm

March 5th, April 11th, May 7th, \$35 per session/1 class per session (materials are included in price).

PCC Brinson Building Rm 404

POETRY WRITING FOR EVERYONE!

With Instructor, Claire Pittman. Goals for this class: to sharpen writing skills and to have fun in the process! You will learn how to develop your creativity, study a variety of techniques, engage in numerous exercises to kick-start your poem and receive feedback on your work in a supportive atmosphere.

Thursdays, March 8th – April 26th, 2:00pm – 4:00pm, \$45 (8 classes). PCC Johnson Building Rm. 121

GUITAR BEGINNING & INTERMEDIATE

Instructor: Bobby Hurff of *Peace Soldier Band & Productions*

Mondays 6:00 pm – 7:00 pm

March 19th – April 30th

PCC Johnson Bldg. Library

\$97 per session (6 classes)

GOLF Beginning & Intermediate

Instructor: Terry Bobbin, PGA Professional

Players will learn the basic rules in 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
March 19th – April 10th, \$64 per person (8 classes)
Maximum 8 Students 16 years old through Senior Adults.

SPRING BIRDING

Instructor: Sheryl McNair

This is another exciting time of year when the resident and returning birds ramp up for the nesting season. Viewing capabilities include numerous species in full breeding plumage i.e. warblers and other songbirds that migrate here from the tropics. Busy birds of all categories are promised.

First class will meet in the PCC Johnson Building at 9:00am for a slide show, discussion of Spring migration, birding optics and techniques with a short field trip afterwards. Subsequent classes will be held in the field with early morning meeting times.

Tuesdays, March 20th – April 10th, \$35 per person (4 classes)

PLAY THE UKULELE, VIOLIN/FIDDLE, BANJO OR MANDOLIN!

Instructor Simon Spalding of *The Bears*, *Tuppence & Casablanca* bands
Beginners and Intermediates.

Wednesdays, March 21st – April 25th.

UKULELE, 10:00 am – 11:00 am,

VIOLIN/FIDDLE, 11:00 am – 12:00 pm

MANDOLIN or BANJO at 12:00 pm – 1:00 pm.

\$85 (6 classes) in the PCC Library.

ADVANCED T'AI CHI FOR ARTHRITIS & BALANCE – Part 2

Instructor: Diana Peterson

Pre-requisites: Basic T'ai Chi, Advanced and Part 2

Tuesdays 3:30pm – 5:00pm

March 27th – March 15th, 2018

Oriental Town Hall \$45 (8 classes)

MACHINE QUILTING

Instructor: Karen Dodd

Thursdays 1:00pm – 4:00pm

March 29th – April 26th, 2018

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 (5 classes) *plus materials*

(machine required - not experience)

PCC Delamar Auditorium

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

April 5th – June 7th, 2018 (10 classes)

\$35 (10 classes) Oriental Town Hall

TRADITIONAL CERAMIC PROGRAM

Instructor: Barb Drexler

Students will learn ceramic terms and the use of assorted ceramic tools.

Each student will complete 4 projects using various ceramic finishes on each piece. This class is offered to both beginners and experienced individuals.

Wednesdays, April 11th – May 9th, 1:00 pm – 3:00 pm, \$70/session (5 classes/session)

Only a cleaning kit and brushes must be purchased by students - all other materials are included in the cost Classes held at instructor's studio - Kil "N" Thyme Ceramics in Stonewall.

**For more information and possible schedule changes for the C&LE classes contact:
Denise ~ 252-249-1851 Ext. 3113, 252-617-1376, dmeyerson@pamlicocc.edu

REFIT® - Free!

Instructors: Yolanda Cristiani and Kacy Forbes

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.

🎵 PCC MUSIC JAMS 🎵

THIRD & FIFTH THURSDAYS!

March 15th & 29th, April 19th, May 17th & 31st.

6 pm until 🎵 PCC Delamar Auditorium STAGE.

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 🎵