

## **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](mailto:dmcdermott@pamlicocc.edu)

### **Winter 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 (4 classes)

**Dates:** Tuesdays, Jan. 9 - 30

### **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 (4 classes)

**Dates:** Tuesdays, TBD

### **Art of Quilting**

Join us to learn or review the basics of machine quilting. Students will learn new skills or new methods for older skills as they practice on their chosen projects. Come get started on new artistic creation! You will need a variety of cotton fabrics, sewing machine, cutting mat, rolling cutter, and a straight edge.

**Instructor:** Rolayne Schwendy

**Registration:** \$65 (5 classes)

**Dates:** Tuesdays, Jan. 23 – Feb. 20

**Times:** 1:00 – 4:00pm

### **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 (10 classes)

**Dates:** Mondays & Wednesdays, Jan. 29 – Feb. 13

**Times:** 9:00am - 12:00pm

## **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](mailto:darlabolon@gmail.com)

**Registration:** \$25 (2-classes)

**Dates:** Tuesday & Thursday; April 23 & 25<sup>th</sup>

**Times:** 5:30-7:30pm

## **Chair Yoga**

Join this class for a gentle, playful and mindful awareness practice.

**Instructor:** Myra Blue

**Registration:** \$30 (6 classes)

**Location:** Delamar Building

**Dates:** Jan. 11 – Feb. 15

**Time:** 10:00 – 10:45

## **Plant-based Cooking for Health & Wellness**

Delicious and easy meal preparation and cooking for improved health and well-being benefits.

**Instructor:** Louise Gurney

**Registration:** \$60 includes food (6 classes)

**Dates:** Tuesdays, Jan. 9 – Feb. 13

**Time:** 6:00pm – 7:30pm

## **Beginning/Intermediate Guitar**

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

**Instructor:** Jeff Gurney

**Registration:** \$95 (6 classes)

**Dates:** Tuesdays, Jan. 9 – Feb. 13

**Time:** 6:00 - 7:30pm

## **Observational Astronomy**

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

**Instructor:** Fred Read

**Dates:** TBA

**Traditional Ceramic Program**

Each student will learn the use of assorted ceramic tools and complete four projects using various ceramic finishes. Both beginners and experienced individuals are welcome. Class is held in the instructor's studio – Kil'n Thyme Ceramics - Please call for schedule information

**Instructor:** Barbara Drexler

**Music Jams!** Third & Fifth Thursdays - Free and Open to the Public - all levels of unplugged playing and 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](mailto:dmcdermott@pamlicocc.edu)