

## **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)

### **Basic of Sewing**

A class that all you will need to learn sewing on a machine with proficiency from basic to intermediate sewing as well as tips on how to make your wares look professional. Students will need a variety of fabrics, sewing machine and an iron.

Instructor: Johnese Carmon

Location: Grantsboro Campus

Registration: \$65 (10 classes)

Dates and Times: Mondays & Wednesdays, Oct. 11 – Nov. 13

Time: 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)

Date: Tuesdays, September 26 - October 3

Time: 5:30-7:30pm

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

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

Course is under construction but soon to sprout – keep posted!

Instructor: Louise Gurney

Registration: \$60 includes food (6 classes)

Dates: Tuesdays, October 3 – Nov. 7<sup>th</sup>; 6:00pm – 7:30pm

### **Bridge for Beginners FREE!**

Learn to play the strategic and social card game – BRIDGE!

Instructor: Craig Welling

Registration: FREE!

Dates: T, W & Th – Sept. 26, 27 & 28<sup>th</sup>.

Time: 5:00 - 6:00pm

### **Beginning/Intermediate Guitar**

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

Instructor: Jeff Gurney

Registration: \$95 (6 classes)

Dates: Tuesdays, Oct. 10 – Nov. 14

Time: 6:00 - 7:30pm

### **Fall Bird Watching**

Instructor: Sheryl McNair and Diane Midness

Registration: \$35 (4 classes)

Dates: Tuesdays, Oct. 10 – 31.

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.

### **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. Just in time for Christmas gifts and decorations - 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! Sept. 21<sup>st</sup>, Oct. 19<sup>th</sup> & Nov. 16<sup>th</sup> & 30<sup>th</sup>.

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)