

# PCC Cultural & Life Enrichment Program

## Spring 2022

The Cultural & Life Enrichment Program at Pamlico Community College is designed to promote personal growth and self-enrichment through a variety of courses.

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 non-curriculum and self-supporting. They rely on the talents and skills of some of our community's gifted residents who are so often eager to share with the community.

**Watch the website for upcoming classes:**

**<http://www.pamlicocc.edu/programs-culturalenrichment.php>**

For more information and to register for classes, contact Denise Meyerson at 252-249-1851, ext. 3113, or [dmeyerson@pamlicocc.edu](mailto:dmeyerson@pamlicocc.edu)

### **Winter Bird Watching**

**Instructor:** Sheryl McNair & Diane Midness

**Location:** Grantsboro Campus/Field

**Registration:** \$35

**Dates:** Thursdays, January 6 – 27<sup>th</sup>

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.

### **Roadmap to Wellness Series Introduction**

**Instructor:** Michele Musella RN, BSN Doctor of Integrated Medicine

**Location:** Grantsboro Campus

**Registration:** \$5

**Date:** Thursday, Jan. 27<sup>th</sup>

**Time:** 6:00 – 7:30 p.m.

This program is an overview to the Roadmap to Wellness series of interactive classes i.e. Aromatherapy, Acupressure & Auricular Acupressure, Reflexology, Ayurveda, Reiki, etc. designed to complement current medical therapies.

### **“Sooo, You Want to Write and be Published?!”**

Lessons on writing methods and composition of the short story.

**Instructor:** Sarah Swan

**Location:** Grantsboro campus

**Registration:** \$40

**Dates:** Tuesdays and Thursdays, Feb. 8 - 24

**Time:** 10:30 a.m. to noon

### **Quilting Arts**

Explore unique techniques while working on various projects. All levels of experience are welcomed to join this generous and sharing workshop.

**Instructor:** Karen Dodd

**Location:** Grantsboro campus

**Registration:** \$65

**Dates:** Tuesdays, Feb.22 – Mar. 22

**Time:** 1 to 4 p.m.

### **Spring Bird Watching**

**Instructor:** Sheryl McNair & Diane Midness

**Location:** Grantsboro Campus/Field

**Registration:** \$35

**Dates:** Thursdays, March 17<sup>th</sup> – April 14<sup>th</sup>

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.

### **Bridge for Beginners: Phase 1 – FREE!**

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

**Instructor:** Craig Welling

**Location:** Grantsboro campus

**Registration:** FREE!

**Dates:** TBD

**Time:** 5:30 to 7 p.m.

### **Bridge for Beginners: Phase 2 – FREE!**

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

**Instructor:** Craig Welling

**Location:** Grantsboro campus

**Registration:** FREE!

**Dates:** TBD

**Time:** 5:30 to 7 p.m.

### **Ukulele, Fiddle and Guitar Lessons**

**Instructor:** Simon Spalding

**Location:** Grantsboro campus

**Registration:** \$85

**Dates:** Wednesdays, TBD

**Time:** 10 a.m., 11 a.m. and noon

### **REFIT® Dance Fitness FREE!**

A workout program that is structured around dance fitness movements and uses positive, energetic and family friendly music in multiple genres, designed for all shapes, ages and sizes.

**Dates:** Most Wednesdays

**Time:** 6:00 p.m. – 7:00 p.m.

**Watch the website for these upcoming classes and more!**

**<http://www.pamlicocc.edu/programs-culturalenrichment.php>**

### **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.

### **Chair Yoga**

Seated muscle toning and joint lubrication for strength, balance and stability. Breathing techniques for relaxation, stress reduction and meditation.

### **Forums on National Interests**

A monthly series of nonpartisan, interactive discussions on topics of national interest will be announced.

**Golf Lessons: Beginning and Intermediate**

Players will learn the basic rules and the proper techniques for successful driving, chipping and putting. The last lessons will consist of actual play.

**Music Jams!** Third Thursdays FREE!