

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 who are so often eager to share with you.

For more information and registration, please contact:
Denise - 252-249-1851 x3113, dmcdermott@pamlicocc.edu

Roadmap to Wellness Series Introduction

Instructor: Michele Musella RN, BSN Doctor of Integrated Medicine

Registration: \$5

Date: Thursday, Sept 15

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.

Bridge for Beginners: Phase 1 – FREE!

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

Instructor: Craig Welling

Registration: FREE!

Dates: T, W & Th – Oct. 11, 12 & 13

Time: 5:00 to 6:30 p.m.

Bridge for Beginners: Phase 2 – FREE!

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

Instructor: Craig Welling

Registration: FREE!

Dates: T, W & Th – Oct. 18, 19 & 20

Time: 5:30 to 7 p.m.

Fall Bird Watching New dates!

Instructor: Sheryl McNair & Diane Midness

Registration: \$35 (4 classes)

Dates: **Tuesdays, Oct. 11 – Nov. 1**

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.

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.

Instructor: Yolanda Cristiani

Dates: **POSTPONED**

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.

Forums on World 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! Free and Open to the Public

THIRD & FIFTH THURSDAYS! **POSTPONED**

Please call for Schedule.