

## CENTER FOR CREATIVE RETIREMENT CLASSES SPRING 2010

The Center for Creative Retirement provides programs and resources that enhance the intellectual, physical and personal well-being of the active retirees in the Sandhills area. Classes are open to all. If a book is required, please purchase prior to the first class meeting. Books are available in Logan Bookstore in the Dempsey Student Center. Pre-registration is required for ALL courses, including FREE courses. Except for "all must pay," Center for Creative Retirement courses are free for those 65 and older.

### Academic

#### Great Decisions 2010

\$65 (All Must Pay)

This Foreign Policy Association program facilitates discussion on current foreign policy topics. Share and develop informed opinions concerning the role the USA plays in world affairs. Course meets on the following Tuesdays: Feb 2 & 23, Mar 16, Apr 6 & 27, May 11. Required textbook is available in the SCC bookstore. 1.2 CEUs.

#1051	J. Marcum	Feb 2-May 11
102 Van Dusen Hall	T	2-4 pm

#### NEW! Judicial Profiles: A Unique Perspective

\$65

This overview of our nation's criminal justice system offers a comprehensive study of law enforcement, prosecution, defense, and the courts. Landmark United States Supreme Court decisions will be discussed. High profile criminal cases will be critiqued. The course will be presented by the former Chief of Staff to Arkansas and New York Attorneys General. 1.2 CEUs.

#1052	P. Yellin, JD	Mar 4-Apr 8
Wood Reading Room	Th	1-3 pm

### Music, Film & Literature

#### NEW! Adventures of Mark Twain—Reading His Works Today

\$65

Following DVD lectures by UVA English Professor Stephen Railton, we will review the life of Mark Twain, Tom Sawyer's adventures, and Huck Finn's and Jim's journey down the Mississippi River. Beginning with A Connecticut Yankee in King Arthur's Court, novels chosen by the class will be discussed. We will look at the tragic events in Clemens's family life, his financial difficulties, his sense of humor and his dark later years. 1.2 CEUs.

#1053	D. Lynn, MD	Feb 4-Mar 11
102 Van Dusen Hall	Th	9:30-11:30 am

#### NEW! Bravo! Opera

\$65

Dr. Catapano discusses opera from the standpoint of appreciating the words set to the beautiful music. Composers will range from Mozart to

Puccini and include the Bel Canto Operas of Donizetti, Bellini and Rossini. 1.5 CEUs.

#1054	G. Catapano, MD	Feb 5-Mar 5
125 Wellard Hall	F	1-4 pm

### NEW! Gender Conflict in Film

\$65

For many viewers, a film's worth is measured by its ability to reflect a societal condition in its truest possible light. No social condition is more relevant to film than the "battle of the sexes." We'll look at seven decades of the ongoing battle spawned in the Garden of Eden and carried forward into past and present cinema. Bring a spouse, bring a partner, bring a club if you are caveman! The post-film discussions promise to shed light on the true consequence of that extracted Adam's rib! All participants must pre-register. 1.2 CEUs.

#1055	R. Layne	Feb 22-Mar 29
Clement Dining Room/DSC	M	2:15-4:30 pm

### Road Scholars Lecture Series

#### NEW! The Culture of India

Free

Dr. Gulati returns to SCC to share his new lecture on the unique cultural and spiritual history of India. This session will include a philosophical explanation of the extended family structure, marriage customs, the place of women in the Indian society, the caste system, and religious symbolism. Presentation is sponsored by the NC Humanities Council. 0.2 CEUs.

#1056	U. Gulati, PhD	Feb 24
120 Blue Hall	W	1-3 pm

#### NEW! Southern Writing as Historical Preservation: Reflections of Landscape, Tourism, and Culture

Free

How do southern writers help us reflect on the way we see and understand our surroundings? Through fiction, essays, and poems, Dr. Gibson examines what is preserved, lost, and worth seeing in the contemporary South. Presentation is sponsored by the NC Humanities Council. 0.2 CEUs.

#1057	M. Ellis, PhD	Mar 24
120 Blue Hall	W	1-3 pm

#### NEW! Islam: History, Traditions, and Practices

Free

Islam is an ancient and complex religion practiced by more than a billion people throughout the world. Dr. Ahmed discusses the basic theological concepts of Islam—sources of guidance for human conduct, morality and principles of worship. 0.2 CEUs.

#1058	F. Ahmed, PhD	Apr 21
120 Blue Hall	W	1-3 pm

### Healthy Living Lecture Series

### NEW! Laughter in the Sandhills

\$65

A laughter workout for anyone who likes to laugh or needs to laugh. Heart healthy, therapeutic laughter exercises enrich and benefit the body, mind, and spirit. Led by a certified laughter leader. 0.8 CEUs

#1059	K. Shader	Jan 19-Mar 9
204 Van Dusen Hall	T	1-2 pm

#1060	K. Shader	Mar 16-May 4
204 Van Dusen Hall	T	1-2 pm

### NEW! Understanding Yourself and Others In Your Life

\$65

This interactive course will provide an understanding of personalities, interactions, psychological games people play, and life scripts. Theories of Transactional Analysis will be presented in simple language by a Licensed Counselor. Helpful to anyone wishing to explore oneself and improve communication with others. 0.8 CEUs.

#1061	M.E. Bender	Feb 4-25
102 Van Dusen Hall	Th	12-2 pm

### NEW! Advance Planning for Health Care

\$25

If something were to happen, who would you want to make health care decisions for you? What kind of medical treatment would you want? How comfortable do you want to be? How would you want people to treat you? What would you want your loved ones to know? Participants will receive information regarding answers to these questions and guidance in preparing a Living Will and a Health Care Power of Attorney. 0.2 CEUs.

#1062	A. Stevens	Feb 10
102 Van Dusen Hall	W	1-3 pm

#1063	A. Stevens	Mar 10
102 Van Dusen Hall	W	1-3 pm

### NEW! Mind Body Connection: Is it All in My Head?

\$25

Lecture presents a holistic approach to healthy living by focusing on the mind body connection that influences health and disease. Learn effective ways to develop a self care plan. Professor Croft is department chair of SCC's Respiratory Therapy program. 0.2 CEUs.

#1064	B. Croft	Mar 25
120 Blue Hall	Th	4-6 pm

### NEW! Breathing as a Bridge to Good Health

\$25

Learn simple effective techniques of breathing to enhance daily life. Especially beneficial to individuals with stress related issues as well as respiratory conditions. Professor Croft is department chair of SCC's Respiratory Therapy program. 0.2 CEUs.

#1065	B. Croft	Apr 8
102 Van Dusen Hall	Th	4-6 pm

### NEW! Feng Shui: The Bagua Map

\$25

Learn to map and shape the Sea of Chi that flows through your home into perfect harmony. Create an environment that accurately reflects who you are now and what you aspire to be. Positive changes are on the way. 0.2 CEUs.

#1066	A. Chestnut	Apr 27
120 Blue Hall	T	1-3 pm

### NEW! Learning to Manage Your Stress with REIKI & Qi-Gong

\$25

The 5,000 year old ancient Asian practices of REIKI and Qi-Gong teach unique ways to manage stress. These simple techniques can begin to make a difference in your life—immediately. 0.2 CEUs.

#1067	D. Landis & J Cochrane	Apr 27
120 Blue Hall	T	3-5 pm

### Moore County Master Gardeners Lecture Series

#### NEW! Gardening to Attract Birds

Free

Master Gardener Dolores Muller discusses planning and planting your garden to attract birds. Whether you have an existing garden or are starting a new one, this class covers garden design, plants that appeal to birds, site selection, and maintenance. 0.2 CEUs

#1068	D. Muller	Mar 31
103 Van Dusen Hall	W	1-3 pm

#### NEW! Growing Summer Vegetables

Free

Grow summer vegetables right in your own backyard. Join Master Gardener Bruce Fensley discuss preparing your summer garden for a maximum growing season. 0.2 CEUs

#1069	B. Fensley	Apr 7
103 Van Dusen Hall	W	1-3 pm

### Personal Enrichment

#### NEW! Create an Invitation for Any Occasion

\$25

You no longer have to order invitations from printing companies or buy them from card stores. You can create you own at home on your computer. JoAnne will show you a simple and easy way to design invitations for every event. Basic computer knowledge and experience is required. 0.15 CEUs

#1070	J. Ashton	Jan 15
105 Van Dusen Hall	F	1-2:30 pm

Spring Book Club	Free	
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Meets one Friday of each month: Jan 15 Hot Flat, and Crowded: Why We Need a Green Revolution—and How It Can Renew America, T. Friedman; Feb 19 Poisonwood Bible, B. Kingsolver; Mar 19 Gentlemen and Players, J. Harris; and Apr 16 The Optimist's Daughter, E. Welty; May 21 Ramble in Arms, K. Roberts. **Registration not required for this course ONLY.**

Wood Reading Room	J. Ashton F	Jan 15-May 21 2:30-4:30 pm
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### NEW! Recipe Cards: Create Your Own

\$25

Wow your friends with personalized recipe cards created and printed on your computer. When you take your special culinary delights to dinner parties or family gatherings, take along the recipe to share as well. Basic computer knowledge and experience is required. 0.15 CEUs

#1071	J. Ashton	Feb 19
105 Van Dusen Hall	F	1-2:30 pm

### Facebook for Seniors

\$45

Think you're too old for Facebook and social networking? Facebook keeps you connected to family and community organizations with messages, pictures, videos, and updates. All you need is an existing email account. Basic computer knowledge and experience is required. 0.6 CEUs.

#1072	L. Williams	Apr 9 & 16
105 Van Dusen Hall	F	9 am-12 pm

### Financial Planning

#### Financial Planning for Retirees

\$65

Course covers retirees' financial concerns including investment, estate, and insurance planning, income tax reduction, portfolio balance to reduce risk, how to get more income from investments, reducing probate costs and estate taxes, and long-term care planning. 1.0 CEUs.

#1073	T. Walters	Jan 19-Feb 16
120 Blue Hall	T	3-5 pm

### Annuities—Myths and Misconceptions

\$45

Demystify the world of annuity investing. Course covers fixed, indexed, variable, and immediate annuities, as well as buying and investing strategies. Workbooks and helpful literature are provided. 0.6 CEUs.

#1074	N. Granville	Mar 4-18
120 Blue Hall	Th	3-5 pm

### Mutual Fund Investing

\$45

Designed to better equip retirees in mutual fund investing. Course covers various types of mutual funds, expenses, evaluating and

balancing funds, mutual funds inside your portfolio, load vs. no load, funds within annuities, and using strategies. 0.6 CEUs.

#1075	N. Granville	Apr 6-20
120 Blue Hall	T	3-5 pm

### Financial Decision Making for Women

\$65

Designed exclusively for women at or near retirement. Topics include understanding investment jargon, dealing with financial professionals, getting the most from your investments while reducing risks and reducing probate costs, estate taxes for heirs, income taxes, and long term-care planning. 1.0 CEUs.

#1076	N. Granville	Apr 15-May 13
120 Blue Hall	Th	3-5 pm

### Culinary

Culinary courses are held each semester in the Peggy Kirk Bell Culinary Arts Center on the main campus of SCC. Information about these courses will be available after January 1, 2010. If you are currently on our culinary email list, we will send you an email when the first classes are available. If you would like to be added to the list, please send your email address to Lori Williams, Director of Community Education and Outreach at [williamslo@sandhills.edu](mailto:williamslo@sandhills.edu).