

# CENTER FOR CREATIVE RETIREMENT

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. **Registration is waived for those 65 years and older. Pre-registration is required, including free courses.**



## PERSONAL ENRICHMENT

### NEW! Chinese Astrology: A Fun Introduction \$25

Are you an early rising rooster, a charming snake, or an entertaining monkey? Discover your animal sign and element. If possible, bring your exact time of birth to class. This is a fun class for the not-to-serious astrologer. Professor Allen is coordinator of the Massage Therapy program at SCC. 0.25 CEUs.

#3001 S. Allen Sep 7  
201 Van Dusen Hall T 1-3:30 pm

### Death, Dying & Afterlife Communication \$45

Discuss ideas from Messages and Miracles written about after-death communication by L. LaGrand, PhD, distinguished professor at the State University of NY. Also view the film "Could It Be?" featuring Fred & Marilyn Zimmerman and their reading by world famous medium George Anderson. 0.4 CEUs.

#3002 F. & M. Zimmerman Oct 20 & 27  
201 Van Dusen Hall W 3-5 pm

### Facebook for Seniors \$45

Facebook keeps people connected to family, friends, and organizations with messages, pictures, videos, and updates. You must have an existing email account. Basic computer knowledge and experience are required. 0.6 CEUs.

#3003 L. Williams Sep 17 & 24  
105 Van Dusen Hall F 9 am-12 pm

#3004 L. Williams Oct 22 & 29  
105 Van Dusen Hall F 9 am-12 pm

### Fall Book Club Free

Meets one Friday of each month: Sep 17 Rabble in Arms, K. Roberts; Oct 15 The Story of Edgar Sawtelle, D. Wroblewski; Nov 19 My Antonia, W. Cather; and Dec 17 Road from Coorain, J. K. Conway. Registration not required for this course ONLY.

J. Ashton Sep 17-Dec 17  
Wood Reading Room in Library F 2:30-4:30 pm

### NEW! Get a Life! Get Organized! \$45

Is a cluttered life getting you down? Get started cleaning up and clearing out with simple time management and organizational systems to help you overcome and eliminate clutter, finish projects, and even save money. 0.6 CEUs.

#3005 A. Ewing Oct 13-27  
202 Van Dusen Hall W 1-3 pm

### Chinese Cooking Classes Coming Soon!

Make sure you receive information on these **NEW** classes by providing your email address either to Lori Williams' voice mail at (910) 246-4943 or email her at williamslo@sandhills.edu.

## MUSIC, FILM & LITERATURE

### NEW! Photographs as History \$65

Photographers have been eyewitnesses to conflicts and changes of the modern era, but like good historians, they shaped their reports to tell a particular story. Class discussions focus on Mathew Brady, Alfred Stieglitz, and Walker Evans, all of whom excelled in communicating the facts and the attitudes of their societies. 1.0 CEUs.

#3006 M. Gwinn, PhD Sept 8-Oct 6  
204 Van Dusen Hall W 3-5 pm

### NEW! Rock 'n Roll: The First Decade \$45

Rock out with Dr. John Turner, Senior Vice President at Sandhills, as he takes you on a nostalgic journey through the first decade of Rock 'n Roll. From Jerry Lee Lewis to the Beatles, the stories and music clips will amaze you. Discussion also includes the impact of Rock 'n Roll on the economy, the business of music, social relationships, fashions, and racial barriers. 0.4 CEUs.

#3007 Dr. J. Turner Oct 18 & 25  
209 Van Dusen Hall M 2-4 pm

## HEALTHY LIVING LECTURE SERIES

### Laughter in the Sandhills \$65

Anyone who loves to laugh or needs to laugh should join this wildly popular laughter workout. Heart healthy, therapeutic laughter exercises enrich and benefit the body, mind, and spirit. Led by a certified laughter coach. No class on Nov 11 & 25. 0.8 CEUs

#3008 K. Shader Aug 19-Oct 7  
210 Van Dusen Hall Th 1-2 pm

#3009 K. Shader Oct 14-Dec 16  
210 Van Dusen Hall Th 1-2 pm

### NEW! Vegetarian! Wanna be One? \$25

Join this how-to class led by a 30-year competitive weightlifting, power-lifting vegetarian. Myths and misconceptions about shifting to a vegetarian lifestyle will be covered. Professor Croft is department chair of SCC's Respiratory Therapy program. 0.2 CEUs.

#3010 B. Croft, PhD Oct 21  
210 Van Dusen Hall Th 4-6 pm

### NEW! A Mindful Approach to Health & Wellness \$25

A thoughtful discussion about contemplative—mindful—practices that can be used to enhance health and wellness. Participants build an action plan to achieve results. Professor Croft is department chair of SCC's Respiratory Therapy program. 0.2 CEUs.

#3011 B. Croft, PhD Oct 28  
208 Van Dusen Hall Th 4-6 pm

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## NEW! Tea-Time at Sandhills

\$25

Tea drinking is an ancient tradition dating back 5,000 years in China and India. Long regarded in those cultures as an aid to good health, researchers now are studying tea for possible use in the prevention and treatment of a variety of cancers. Join Professor Croft for an informed discussion about the health benefits of tea. 0.2 CEUs.

#3012 B. Croft, PhD Nov 4  
204 Van Dusen Hall Th 4-6 pm

## Advance Planning for Health Care

\$25

Who will make health care decisions for you? What kind of medical treatment do you want? How do you want to be treated? What do 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.

#3013 A. Stevens Sep 8  
209 Van Dusen Hall W 1-3 pm

#3014 A. Stevens Oct 6  
209 Van Dusen Hall W 1-3 pm

## MOORE COUNTY MASTER GARDENERS LECTURE SERIES

### NEW! Backyard Composting for the Home Garden Free

Master Gardener Alice Romans-Hess discusses the benefits of composting, including the process and the requirements for efficient composting. She will also provide a list of organic materials for the compost pile. Participants will be prepared to build their own backyard compost pile. 0.15 CEUs

#3015 A. Romans-Hess Dec 1  
103 Van Dusen Hall W 3-4:30 pm

### NEW! Bluebirds

Free

Helen Munro, past president of the NC Bluebird Society and editor of Bluebird Notes, will present a comprehensive program on bluebirds. She discusses the reasons for their decline in the 1940s and their miraculous recovery. Handouts provided are filled with information, recipes, and phone numbers to order mealworms, and plans for building nest boxes that will welcome all secondary cavity nesters including bluebirds. 0.15 CEUs

#3016 H. Munro Nov 9  
103 Van Dusen Hall T 3-4:30 pm

### NEW! Cooking & Gardening with Herbs

Free

With a dash of history and a display of various herbs, Master Gardner Shawna Smith returns to Sandhills to dazzle you with generous instruction on growing herbs, including recipes and tasting foods prepared with her favorite herbs. 0.15 CEUs

#3017 S. Smith Oct 14  
103 Van Dusen Hall Th 3-4:30 pm

## FINANCIAL PLANNING

### Financial Decision Making for Retirees

\$65

Course covers investment and estate planning, income tax reduction and insurance planning, proper portfolio balance to reduce investment risk, getting more income from investments, reducing probate costs, and long-term care planning. 1.0 CEUs.

#3018 N. Granville Sep 9-Oct 7  
202 Van Dusen Hall Th 3-5 pm

### NEW! Managing the World of Insurance in Retirement

\$45

Course covers the many types of insurance purchased in retirement. Topics include: how to select a proper Medicare and Long term Care plan; when to reevaluate your auto and home policies; what kinds of discounts are available for seniors; and life insurance trusts and second-to die-policies for estate planning. 0.8 CEUs.

#3019 N. Granville Oct 19-Nov 9  
202 Van Dusen Hall T 3-5 pm

## ACADEMIC

### NEW! America and the Courts

Free

A critical analysis of recent Supreme Court decisions impacting the political process and the criminal justice system. Presented by Federal prosecutor and former chief of staff to the New York and Arkansas Attorneys General. 0.4 CEUs.

#3020 P. Yellin, JD Oct 14 & Nov 9  
103 Van Dusen Hall T/Th 1-3 pm

### Great Decisions 2010

\$65

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: Sep 7 & 28, Oct 19, Nov 16, and Dec 7. Required textbook is available in the SCC bookstore. 1.25 CEUs.

#3021 J. Marcum Sep 7-Dec 7  
208 Van Dusen Hall T 2-4:30 pm

### NEW! Indonesia 101: An Extended Version

\$45

An exploration of the most populous Muslim country in the world with emphasis on the crucial 1964-1966 period when the instructor lived on the island of Sumatra. Sessions include geography, ethnic makeup, cuisine, Sukarno, religion, the 1965 coup and aftermath, the tiger whistle, and more. 0.6 CEUs.

#3022 R. Fromm Nov 3-17  
207 Van Dusen Hall W 2-4 pm

Please register for Continuing Education classes at least one week prior to the starting date. Classes may fill and prohibit further enrollment or they may be cancelled if enrollment is low.

Continuing Education students must be at least 16 years of age.

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## NEW! Modern North Carolina History: A Field Guide for the Oral Historian

\$65

This course attempts to explain how one prepares for and collects oral history interviews. Dr. Pleasants will give a definition of oral history and its uses and will explain legal and ethical issues, transcribing and editing, research and designing questions, and what equipment to use and how to use it. Dr. Pleasants is the 2010 North Caroliniana Society Scholar in Residence at Sandhills. Class will not meet Sept 9 & 16 and Nov 23. Only 15 seats available in each course. 1.2 CEUs.

#3023 J. Pleasants, PhD Aug 19-Oct 7  
210 Van Dusen Hall Th 6-8 pm

#3024 J. Pleasants, PhD Oct 26-Dec 7  
210 Van Dusen Hall T 6-8 pm

## ROAD SCHOLARS LECTURE SERIES

### NEW! Virginia Dare in Fact & Fancy

Free

Marjorie Hudson, an author, essayist, and poet explores new research and old legends about the first English child born on American soil, the mysterious disappearance of the Lost Colony, the uncovering of the Kendall ring, Hudson's discovery of pop culture items on E-bay, as well as her collection of "Virginia Dare" autographs from living persons named for a child shrouded in mystery. Hudson's short story collection, Accidental Birds of the Carolinas, is a Novello Literary Award finalist. Presentation is sponsored by the NC Humanities Council. 0.15 CEUs.

#3025 M. Hudson, MFA Nov 9  
103 Van Dusen T 1-2:30 pm

### NEW! Witness to the Holocaust

Free

Using accounts from his own experiences, Dr. Walter Ziffer shares the difficulties of surviving the Holocaust and of the importance of maintaining vigilance to prevent a repeat of this atrocity. He recounts his town's invasion by Nazi troops on the first day of WW II, the two years after occupation, deportation, forced labor, which led to the deaths of most of his family, and his induction into the German concentration camp empire. This is also the story of his first love—decimated by Nazi brutality. Presentation is sponsored by the NC Humanities Council. 0.15 CEUs.

#3026 W. Ziffer, ThD Dec 1  
103 Van Dusen Hall W 1-2:30 pm

### BASIC SKILLS INSTRUCTORS NEEDED

The Basic Skills Department is continually seeking qualified instructors for part-time employment. A bachelor's degree is required and experience in teaching is preferred. Positions are filled on an as-needed basis from the pool of qualified applicants. For more information contact: Martha Bergman, Senior Director of Basic Skills Education at 910-695-3784

*Sandhills Community College is an Equal Opportunity Employer*

# Creating Success

Hope • Opportunity • Careers



Health Sciences • Cosmetology  
Engineering Technologies • Automotive

**Fall Semester Begins  
Monday, August 16  
for Curriculum Programs**

**Class Registration: Thursday, August 12**  
*New students need to apply, request transcripts,  
test and pre-advise by Tuesday, August 10.*

## Pathways to CNA

(Certified Nursing Assistant)

15-week Preparatory Course

- Improve your academic skills
- Earn a GED
- Develop appropriate work related skills
- Participate in a health related occupational skills class

*This program will help you transition into the Certified Nursing Assistant Program at Sandhills Community College.*

*Available at no cost for qualified students.*

For information contact:  
Twana McKnight at  
(910) 695-3782  
mcknightt@sandhills.edu

