

# COMMUNITY ENRICHMENT

Pre-registration is required for ALL Community Enrichment courses.

These courses are ALL MUST PAY. If a book is required, please purchase prior to the first class meeting.

Book will be available in Logan Bookstore in the Dempsey Student Center.

## ACADEMIC

### Creative Writing **\$60**

Are you yearning to write your memoirs or short stories? This course teaches you creative writing techniques. By the end of the last class, you should produce one completed work. 2.1 CEUs

#3001 W. Brytus Oct 14-Dec 2  
208 Van Dusen Hall T 7-10 pm

## ART

### Draw and Paint with Ann—Intermediate **\$60**

Designed for students who have done visual art, painting, or drawing classes, this course focuses on creativity and artistic freedom. Mediums include graphite, charcoal, pastel, watercolors, acrylics, and oil. Classes meet at WEUMC, 4015 NC Hwy 73, West End. 2.4 CEUs.

#3002 A. Campbell Sep 22-Nov 17  
WEUMC M 1:30-4:30 pm

### Drawing Techniques & Principles **\$60**

This course introduces basic drawing techniques. Students use various exercises to create drawings that develop visual awareness, improve realism, and increase competence in drawing realistic pictures of various subjects. 1.8 CEUs.

#3003 L. Swanson Sep 3-Oct 8  
115 Meyer Hall W 6-9 pm

### Watercolor Painting Workshop **\$60**

Beginners are introduced to basic watercolor techniques. Intermediates may continue paintings in progress, while learning more from the instructor and each other by sharing ideas, procedures, and helpful critiques. 2.0 CEUs

#3004 G. Bateman Sep 10-Nov 12  
115 Meyer Hall W 1-3 pm

## LANGUAGES

### Italian—Beginning Conversation **\$55**

This beginner's course prepares students for basic communication skills. Textbook is required. 1.6 CEUs.

#3005 L. Costa Sep 9-Oct 28  
208 Van Dusen Hall T 5-7 pm

### Italian—Intermediate Conversation **\$55**

This course continues to develop dialogue, encourages group dialogue, and teaches basic grammar. Textbook is required. 1.6 CEUs.

#3006 L. Costa Sep 9-Oct 28  
208 Van Dusen Hall T 7-9 pm

### Spanish—Beginning Conversation **\$55**

Conversational skills with practice in the fundamentals of Spanish are the focus of this course. The culture of Spanish speaking countries is also included. Textbook is required. 1.6 CEUs.

#3007 M. Saulsbury Oct 6-29  
210 Van Dusen Hall M/W 6-8 pm

### Spanish—Intermediate Conversation **\$55**

A valuable course for students planning to travel to Spanish-speaking countries or who desire to interact with Spanish-speaking personnel in the workplace. Textbook is required. 1.6 CEUs.

#3008 M. Saulsbury Nov 3-Dec 1  
210 Van Dusen Hall M/W 6-8 pm

## HOBBIES & CRAFTS

### Flower Arranging **\$55**

Students learn the art of flower arranging through hands-on projects using containers and accessories in relation to design, color, and texture. 1.8 CEUs.

#3009 C. Klabbatz Sep 22-Oct 27  
115 Meyer Hall M 6:30-9:30 pm

### NEW! Design Your Space with a Difference! **\$50**

Maybe your interior spaces don't flow and that chair or desk seems out of sync with the rest of the room, office, or business. Learn to pull together what you love and fit it into the right place. Experiment with color schemes and design techniques while being guided by an expert with a studio full of exciting samples and ideas. Classes meet at Vickie Auman Interiors, 20 Parker Lane, in Pinehurst South, just off of Hwy 5. 1.2 CEUs

#3010 V. Auman Sep 25-Nov 13  
Vickie Auman Interiors Th 6:30-8 pm

### Instant Piano for Hopelessly Busy People **\$75**

In one evening, learn secrets and shortcuts professional piano players use to embellish songs. Learn the chords needed to play any song in any key. No experience required. If you can't read notes, send a SASE for a free pamphlet to Music Masters, 90 Molly Lane, Ringgold, GA 30736. Course fee includes book and 68 minute practice CD. 0.35 CEUs.

#3011 D. Haynes Dec 3  
208 Van Dusen Hall W 6-9:30 pm

### Making Pottery I **\$145**

Learn to make your own pottery using the wheel, clay slabs, and coils. Course is held in a local studio and includes introduction to glazing and firing. Fee includes 30 hours of instruction, clay, glazes, and one firing. Enrollment is limited to 6 students, so register early! Call 695-3766 for directions to studio. 3.0 CEUs.

#3012 Dr. P. Woodhall Sep 9-Nov 18  
Woodhall Studio T 6-9 pm

#3013 Dr. P. Woodhall Sep 11-Nov 13  
Woodhall Studio Th 6-9 pm

### Sewing with Bernadette **\$55**

From the basics of threading a machine to making a garment to wear, this course is for beginners and intermediates. It covers pattern selection and caring for a sewing machine. Machines are provided, or you may bring your own. 2.0 CEUs.

#3014 B. Adams Oct 2-Dec 11  
115 Meyer Hall Th 7-9 pm

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**Sewing Workshop** **\$60**

Students work on clothing construction projects. Classes include finishing edges and basic serger operation. Bring a project and supplies to each class. Sewing machines are provided or you may bring your own. 2.8 CEUs.

#3015 V. Reddick Aug 25-Oct 20  
115 Meyer Hall M 12:30-4 pm

#3016 V. Reddick Oct 27-Dec 15  
115 Meyer Hall M 12:30-4 pm

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**Smocking for Beginners** **\$50**

Learn the basics of geometric smocking. Kit provided includes handouts and pleated practice piece. Bring scissors to each class. Complete your first practice piece and you'll be ready to complete a family heirloom. 1.2 CEUs.

#3017 L. Byers Sept 11-Oct 16  
208 Van Dusen Hall Th 6:30-8:30 pm

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**Stained Glass: Beginning & Advanced** **\$60**

New students learn glass cutting and soldering to make leaded and copper foil projects. Advanced students learn home projects such as lamps, entryways, and window treatments. Call the instructor as soon as you register regarding tools and supplies at 673-5590. Class will not meet Sep 30. 2.4 CEUs.

#3018 B. Drescher Sep 9-Nov 4  
115 Meyer Hall T 7-10 pm

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**GARDENING, HEALTH & SPECIAL INTEREST****All About Dreams** **\$50**

It's fascinating to discover what dreams are telling you. Students learn how the dreaming brain works, common dream themes, and will unravel actual dreams using their unique dream symbols. 1.2 CEUs.

#3019 K. Fox Sep 11-Oct 16  
211 Van Dusen Hall Th 2-4 pm

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**NEW! Eldercare: Where's the Roadmap?** **\$40**

This interactive workshop is designed for family caregivers interested in learning skills to care for their elderly parents or relatives. Examine strategies for proactively planning and implementing care for loved ones. Explore service resources and providers available in the community and share insights for caregiver well-being and stress-reduction. 0.8 CEUs.

#3020 M. Kane Sep 15-Oct 6  
211 Van Dusen Hall M 6:30-8:30 pm

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**NEW! Massage for Couples** **\$90/couple**

Learn body mechanics, breathing, and using hands and forearms to prevent strain so the giver also enjoys the process while each learns to relax and use oils. Bring a mat or foam padding and one set of twin sheets. Wear gym shorts and women should wear a sports bra. Classes meet at Yoga & Massage in the Sandhills, 5374 Niagara/Carthage Rd, Southern Pines. 0.8 CEUs.

#3021 S. Oakley Oct 9-30  
Yoga/Massage in the Sandhills Th 6-8 pm

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**NEW! Mindful Eating: The Whole Food Plan** **\$10**

Learn the power of incorporating whole foods into your diet in fun and simple ways. Mr. Croft is a professor and department chair of the Respiratory Therapy program at SCC. 0.2 CEUs.

#3661 B. Croft Sep 11  
207 Van Dusen Hall Th 4-6 pm

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**NEW! Managing Your Stress Response** **\$10**

This three-hour class is intended to help participants learn to master their stress response. The four-step guide can be used to control the worry that may dominate waking thoughts, facilitate getting to sleep easier, help relieve muscle tension and reduce the anxiety that sometimes makes life more challenging. Dr. Turner is Senior Vice President of Instruction and Student Services at SCC. 0.3 CEUs.

#3663 Dr. J. Turner Oct 7  
115 Meyer Hall T 2-5 pm

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**NEW! Breathing as a Bridge to Good Health** **\$10**

Many cultures believe that the process of breathing is the essence of being. Learn simple effective techniques of breathing to enhance your daily life. This is especially beneficial to individuals with stress related issues as well as respiratory conditions. Mr. Croft is a professor and department chair of the Respiratory Therapy program at SCC. 0.2 CEUs.

#3664 B. Croft Oct 9  
207 Van Dusen Hall Th 4-6 pm

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**NEW! Fall Container Gardening** **Free**

Join Master Gardener Terry Lenahan as she demonstrates fun and long-lasting fall container arrangement. Tips on container gardening and how to care for them are discussed. Bring your enthusiasm for gardening and your creative ideas. 0.15 CEUs.

#3666 T. Lenahan Oct 14  
115 Meyer Hall T 10-11:30 am

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**NEW! Shutting Down Your Fall Garden** **Free**

Master Gardener Shawna Smith leads participants through a fall "to do" list on knowing when and how to prune their gardens as well as preparing them against possible drought, cold, and frost. 0.15 CEUs.

#3667 S. Smith Sep 18  
115 Meyer Hall Th 10-11:30 am

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**CULINARY**

Culinary courses are held each semester in the Peggy Kirk Bell Culinary Arts Center on the main campus at SCC. For information regarding spring culinary courses, please contact Teresa Reynolds at 910-695-3775 or reynoldst@sandhills.edu.

**Would you like to learn something  
that we do not offer?**

Let us know and we will try to arrange a course.

*Contact Lori Williams  
Director of Community Outreach  
910-246-4943*