

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 area.

Open to all — free for those 65 or older. 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.

Pre-registration is required for ALL courses, including FREE courses, unless otherwise noted.

ACADEMICS & CULTURAL ENRICHMENT

NEW! Frederick Law Olmsted—The Father of American Landscape Architecture **Free**

Out of his love for the land and his social commitment, Olmsted fathered the profession of landscape architecture. This program brings to life the character of Mr. Olmsted and how he affected the way America looks. Presentation is made possible by a grant from the NC Humanities Council. 0.15 CEUs.

#3651	W. Adam, Jr.	Sep 18
115 Meyer Hall	Th	3-4:30 pm

Fall Book Club **Free**

Club meets one Friday of each month. Anyone is welcome to attend. Fall dates and books are: Sep 19 Dearest Friend: Life of Abigale Adams, L. Withey; Oct 17 Pillars of the Earth, K. Follet; Nov 21 Faith Club, Idliby, et. al.; and Dec 12 Catherine de Medici, Leonie Freida. Registration is not required.

	J. Ashton	Sep 19-Dec 12
Teresa C. Wood Reading Room, Boyd Library	F	2:30-4:30 pm

NEW! The Professor's Choice: Important American Films **\$25**

Invited SCC professors discuss key films as they relate to the American experience in cinema. A short discussion preceding each film offers commentary on cinematic technique, social relevance, psychological undertones, and entertainment value. 1.2 CEUs.

#3652	SCC Professors	Oct 7-Nov 18
Clement Dining Room, Dempsey Hall	T	3-5 pm

NEW! Italian Opera: A Painless Introduction **\$25**

Understanding the story behind Italian lyrical opera and why this music is so timeless is the focus of this course. Masterpieces by Puccini and Verdi are included. Textbook is required and is available in the SCC bookstore. 1.5 CEUs.

#3653	Dr. G. Catapano	Nov 6-Dec 11
125 Wellard Hall	Th	2-5 pm

FINANCIAL PLANNING

Financial Decision Making for Retirees **\$25**

Course covers the main areas of concern for a retiree's finances: investment planning, estate planning, income tax reduction and insurance planning. Specific topics include proper portfolio balance to reduce investment risk, how to get more income from your investments, reducing probate costs and estate taxes, and long-term care planning. 1.0 CEUs.

#3654	N. Granville	Sep 2-30
208 Van Dusen Hall	T	3-5 pm

Mutual Fund Investing **\$25**

Designed to better equip retirees in mutual fund investing, this course covers various types of mutual funds, expenses and evaluating mutual funds, balancing mutual funds inside your portfolio, load funds vs. no load funds, funds within annuities, and strategies using mutual funds. 0.6 CEUs.

#3655	N. Granville	Oct 9-23
208 Van Dusen Hall	Th	3-5 pm

FOREIGN POLICY & HISTORY

Great Decisions 2008 **\$25**

Now in its 54th year, this Foreign Policy Association program facilitates discussion of world affairs exploring different perspectives on four current foreign policy topics. Participants share and develop informed opinions concerning the role the United States plays in world affairs. Course meets on the following Tuesdays: Sep 2, Sep 30, Oct 21, Nov 4, Nov 25, & Dec 9. 1.2 CEUs.

#3656	J. Marcum	Sep 2-Dec 9
209 Van Dusen Hall	T	2:30-4:30 pm

NEW! Terror of History: Mystics, Heretics & Witches in the Western Tradition **\$25**

Western Civilization, closely associated with reason and science, is also widely characterized by belief in the supernatural and the irrational. This course explores the concept of the terror of history through a study of mysticism, heresy, apocalyptic movements, and the witch hunting craze in Europe between 1000 and 1700. Western culture can be seen as a pendulum swinging between periods of rational thinking and periods of superstition and irrationality. 1.8 CEUs.

#3657	R. Johnson	Sep 17-Dec 10
210 Van Dusen Hall	W	2-3:30 pm

NEW! War Zone: WWII off North Carolina's Outer Banks **Free**

Program presenter is an award-winning documentary filmmaker and author. His program offers a stunning collection of eyewitness stories of merchant sailors, Coast Guard recruits, and coastal residents who survived the German U-boat attacks of merchant vessels off NC's Outer Banks. Presentation is made possible by a grant from the NC Humanities Council. 0.15 CEUs.

#3658	K. Duffus	Nov 18
115 Meyer Hall	T	3-4:30 pm

HEALTHY LIVING LECTURE SERIES

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.

#3659	B. Croft	Sep 11
211 Van Dusen Hall	Th	4-6 pm

NEW! Food is Thy Medicine **\$10**

Do you want to eat your way to health? Learn which foods work best for heart disease, COPD, and diabetes. Mr. Croft is a professor and department chair of the Respiratory Therapy program at SCC. 0.2 CEUs.

#3660 B. Croft Sep 25
211 Van Dusen Hall Th 4-6 pm

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.

#3661 Dr. J. Turner Oct 7
115 Meyer Hall T 2-5 pm

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.

#3662 B. Croft Oct 9
211 Van Dusen Hall Th 4-6 pm

NEW! Dangerous Food & Drug Combinations **\$10**

This lecture presents which foods and drugs are dangerous combinations based on the book Deadly Drug Interactions by Joe Graedon and Theresa Graedon, Ph.D. This information is a must for anyone taking over-the-counter or prescription medications. Mr. Croft is a professor and department chair of the Respiratory Therapy program at SCC. 0.2 CEUs.

#3663 B. Croft Oct 23
211 Van Dusen Hall Th 4-6 pm

NEW! How to Talk to Your Doctor: Overcoming Time Pressure & Information Overload **\$25**

Using case studies, clinical situations, and references like the recent bestseller How Doctors Think by Harvard physician Jerome Groopman, this course discusses effective strategies to make the most of your time with your health care provider. Evaluation of Internet information sites and online health columns will also be discussed. Dr. Woodhall received his medical and clinical training at Duke University. 1.0 CEUs.

#3664 Dr. P. Woodhall Nov 17-Dec 15
207 Van Dusen Hall M 3-5 pm

MOORE COUNTY MASTER GARDENERS LECTURE SERIES

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 CEU

#3665 S. Smith Sep 18
115 Meyer Hall Th 10-11:30 am

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

SPECIAL INTEREST

NEW! Organize Your Life **\$15**

Get started with simple time management and organizational systems to overcome clutter, to finish projects, and to save money. 0.6 CEUs.

#3667 A. Ewing Sep 17-Oct 1
115 Meyer Hall W 3:30-5:30 pm

Powerful Tools for Caregivers **Free**

Taught by a NC AARP health specialist and the Moore County Dept. of Aging family caregiver specialist, this 6-week course provides caregivers with tools needed to care for a loved one. Anger management, stress reduction, and problem solving are covered. Professionals in the field are welcome. Textbook required and is available at the first class meeting for \$20. 1.5 CEUs.

#3668 A. Robson & P. Kennedy Oct 2-Nov 6
115 Meyer Hall Th 1-3:30 pm

Death, Dying & Afterlife Communication **\$15**

Discuss ideas from the book Messages and Miracles written about after-death communication (ADC) by Louis E. LaGrand, Ph.D., a distinguished professor at the State University of New York. The book offers personal accounts and Dr. LaGrand's research into the validity of the ADC experience. Also the Beyond Chance film "Could It Be?" featuring Fred & Marilyn Zimmerman and their reading by world famous medium George Anderson will be shown. Course provides a chance to look at this phenomenon in scientific and inspirational methods. 0.4 CEUs.

#3669 F. & M. Zimmerman Oct 15 & 22
208 Van Dusen Hall W 3-5 pm

Sandhills Community
College
Home of the Flyers



Check www.sandhills.edu for the Women's Volleyball fall schedule of games. Come out to the games and support the first intercollegiate team at SCC in many years.