

“Alive at 25” and **Defensive Driving** classes have moved from the Personal Enrichment section to their own section. Please refer to that section for complete class listings.

Backyard Chicken Schemes

Time to buy biddies! With limited space and experience plus a sense of humor, you can raise a small flock of happy chickens – even in the city. Farmer Judy Hogan shares her learning curve on the basics of chicks to healthy eggs and meat. Your morning will be spent in the classroom with an afternoon trip to the farm.

Course #: L-1207
Start • End Date: 03/24/12 • 03/24/12
Day: Sa **Time:** 9:00A – 3:00P
Cost: 29.00 **Location Code:** WBW
Building Location: Bldg B Rm 110B
Instructor: Judy Hogan

Course #: L-1181
Start • End Date: 04/14/12 • 04/14/12
Day: Sa **Time:** 9:00A – 3:00P
Cost: 29.00 **Location Code:** DWCC
Building Location: Rm 102
Instructor: Judy Hogan

Concealed Carry Handgun

Learn the textbook and firing range knowledge you need to apply for a concealed weapon permit. This class provides four (4) hours of classroom instruction and four (4) hours on the firing range. You will need to provide your own gun, protective eyewear and ball cap. Please request specific course instructions and requirements when registering.

Course #: L-1177
Start • End Date: 03/10/12 • 03/10/12
Day: Sa **Time:** 8:00A – 5:00P
Cost: 75.00 **Location Code:** WFRG
Instructor: James Estes

Course #: L-1178
Start • End Date: 05/12/12 • 05/12/12
Day: Sa **Time:** 8:00A – 5:00P
Cost: 75.00 **Location Code:** WFRG
Instructor: James Estes

Couponing 101

Grocery bills bringing you down? Do you want something you don’t think you can afford? Come learn the basic concepts of saving a large amount of money using coupons. Your instructor will share the strategies she puts into practice when buying groceries or big ticket items.

Course #: L-1132
Start • End Date: 02/09/12 • 02/09/12
Day: Th **Time:** 6:00P – 8:00P
Cost: 10.00 **Location Code:** WBW
Building Location: Main Bldg Rm 216
Instructor: Aimee Walsh

Course #: L-1136
Start • End Date: 03/08/12 • 03/08/12
Day: Th **Time:** 6:00P – 8:00P
Cost: 10.00 **Location Code:** WBW
Building Location: Main Bldg Rm 216
Instructor: Aimee Walsh

Course #: L-1137
Start • End Date: 04/12/12 • 04/12/12
Day: Th **Time:** 6:00P – 8:00P
Cost: 10.00 **Location Code:** WBW
Building Location: Main Bldg Rm 216
Instructor: Aimee Walsh



Dancing – Ballroom I

This course is designed to teach basic fundamentals of Ballroom dancing.

Course #: C-1763
Start • End Date: 01/20/12 • 02/17/12
Day: F **Time:** 8:00P – 9:00P
Cost: 35.00 **Location Code:** PMC
Building Location: Bldg 042 Rm MPR
Instructor: Stephen Nystrom

Dancing – Ballroom II

This course is designed to continue teaching basic fundamentals of Ballroom dancing plus introduce more challenging steps.

Course #: C-1764
Start • End Date: 03/02/12 • 03/30/12
Day: F **Time:** 8:00P – 9:00P
Cost: 35.00 **Location Code:** PMC
Building Location: Bldg 042 Rm MPR
Instructor: Stephen Nystrom

Dancing – Mambo/Salsa and West Coast Swing I

This course is designed to teach basic fundamentals of West Coast Swing, Salsa, and Mambo dancing.

Course #: C-1765
Start • End Date: 01/20/12 – 02/17/12
Day: F **Time:** 9:00P – 10:00P
Cost: 35.00 **Location Code:** PMC
Building Location: Bldg 042 Rm MPR
Instructor: Stephen Nystrom

Dancing – Mambo/Salsa and West Coast Swing II

This course is designed to continue teaching basic fundamentals of West Coast Swing, Salsa, and Mambo dancing plus introduce more challenging steps.

Course #: C-1766
Start • End Date: 03/02/12 • 03/30/12
Day: F **Time:** 9:00P – 10:00P
Cost: 35.00 **Location Code:** PMC
Building Location: Bldg 042 Rm MPR
Instructor: Stephen Nystrom

Dancing – Shag I

This course is designed to teach basic fundamentals of Shag dancing.

Course #: C-1761
Start • End Date: 01/20/12 • 02/17/12
Day: F **Time:** 7:00P – 8:00P
Cost: 35.00 **Location Code:** PMC
Building Location: Bldg 042 Rm MPR
Instructor: Stephen Nystrom

Course #: H-1942

Start • End Date: 03/07/12 • 04/11/12
Day: W **Time:** 7:00P – 8:00P
Cost: 30.00 **Location Code:** HMC
Building Location: Miriello Rm 135
Instructor: James Patterson

Dancing – Shag II

This course is designed to continue to teach basic fundamentals of Shag dancing.

Course #: C-1762
Start • End Date: 03/02/12 • 03/30/12
Day: F **Time:** 7:00P – 8:00P
Cost: 35.00 **Location Code:** PMC
Building Location: Bldg 042 Rm MPR
Instructor: Stephen Nystrom



Dog Obedience – Basic

Fun yet intensive beginner obedience/home management class for dogs over 6 mos old. Students will learn to train their dogs, using positive reinforcement, to walk on a loose leash, come when called, sit, down, and stand, when asked. A “must” for all new dog owners and especially shelter and rescue dogs. No dog is too old to learn. *First class is mandatory orientation (no dogs) – owners only.*

Course #: C-1755
Start • End Date: 03/02/12 • 04/27/12
Day: F **Time:** 3:00P – 4:30P
Cost: 61.25 **Location Code:** PMC
Building Location: Building 042 Rm MPR
Instructor: Pat Sullivan

Dog Obedience - Canine Good Citizen Prep Class

The purpose of the CGC Test is to recognize that, with training, dogs can become respected members of the community. Students will learn to train their dogs to act mannerly at home, in public places and in the presence of strangers and other dogs and be prepared to take the American Kennel Club Canine Good Citizen Test given at the last class. Any dog over 5.5 months old and current on shots is welcome.

Course #: C-1743
Start • End Date: 03/02/12 • 04/27/12
Day: F **Time:** 4:30P – 6:00P
Cost: 61.25 **Location Code:** PMC
Building Location: Building 042 Rm MPR
Instructor: Pat Sullivan



Electricity for Homeowners – Basic

Students will learn to perform basic repairs and troubleshoot common household problems.

Course #: C-1266
Start • End Date: 01/23/12 • 03/12/12
Day: M **Time:** 6:00P – 8:30P
Cost: 66.25 **Location Code:** PMC
Building Location: Bldg 041 Rm 229
Instructor: Michael Kreibick

Fundamentals of Investing

Center for Creative Retirement 

This course educates investors on the basics of investing and financial planning.

Course #: C-1275
Start • End Date: 02/27/12 • 04/23/12
Day: M **Time:** 6:00P – 8:00P
Cost: 50.00 **Location Code:** PMC
Building Location: Bldg 042 Rm 109
Instructor: Chad Virgil

Genealogy

Center for Creative Retirement 

Learn how to discover your family tree and uncover your rich roots by using the basic elements of genealogical research.

Course #: C-1276
Start • End Date: 03/07/12 • 04/18/12
Day: W **Time:** 7:00P – 9:00P
Cost: 60.00 **Location Code:** PMC
Building Location: TBD

Getting Paid to Talk

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.

Course #: H-1952
Start • End Date: 03/01/12 • 03/01/12
Day: Th **Time:** 6:30P – 9:00P
Cost: 20.00 **Location Code:** HMC
Building Location: TBD
Instructor: David Rodwell

Course #: L-1173
Start • End Date: 03/15/12 • 03/15/12
Day: Th **Time:** 6:30P – 9:00P
Cost: 19.00 **Location Code:** WBW
Building Location: Main Bldg Rm 216
Instructor: David Rodwell

Guitar – Beginning

Always wanted to play the guitar? You can learn the basic major and minor chords, strumming techniques, and how to read and play simple melodies. You must bring your own guitar. No book is required.

Course #: L-1131
Start • End Date: 01/23/12 • 04/02/12
Day: M **Time:** 6:30P – 8:30P
Cost: 59.00 **Location Code:** WBW
Building Location: Main Bldg Rm 120
Instructor: Jeanne Anderson

Course #: H-1943
Start • End Date: 03/05/12 • 04/30/12
Day: M **Time:** 6:00P – 9:00P
Cost: 60.00 **Location Code:** HMC
Building Location: Bob Etheridge Rm 306
Instructor: Toby Sumner

Open Water Scuba Diver Pre-Certification

Classroom instruction fee is \$40. For more information on additional required lab fees that are paid directly to the seduction dive services, please contact (910) 892-7878.

Course #: H-1947
Start • End Date: 02/07/12 • 03/20/12
Day: T **Time:** 8:30P – 9:30P
Cost: 40.00 **Location Code:** HMC
Building Location: TBD
Instructor: Carmine Colanteuno

Painting – Acrylic

Center for Creative Retirement

This is a course that introduces and teaches you how to create works of art using the acrylic medium. Students will gain a better understanding of planning, developing, and completing a painting.

Course #: H-1949
Start • End Date: 01/30/12 • 03/19/12
Day: M **Time:** 6:00P – 9:00P
Cost: 59.00 **Location Code:** HMC
Building Location: Continuing Education Rm 219
Instructor: Cindy Page

Photography – Beginning

Center for Creative Retirement

Students will gain a better understanding of the camera, its abilities, lenses, filters, processing (traditional and digital), special effects, and the final print.

Course #: H-1944
Start • End Date: 02/27/12 • 04/02/12
Day: M **Time:** 7:00P – 9:00P
Cost: 40.00 **Location Code:** HMC
Building Location: Con Ed Rm TBD
Instructor: John McCorsley

Spring Bird Watching

Center for Creative Retirement

Students will learn observation techniques and how to use birding equipment. Classroom learning will be supplemented with field trips to nearby areas to observe birds in urban environments, forests, farms, fields, lakes, rivers, and mudflats. Students will gain the ability to identify common birds of North Carolina and describe their roles in the environment.

Course #: C-1757
Start • End Date: 03/06/12 • 04/24/12
Day: T **Time:** 9:00A – 12:00P
Cost: 90.00 **Location Code:** HMC
Building Location: Bldg 041 Rm 226
Instructor: Andy Upshaw

Tai Chi for Health

Center for Creative Retirement

Learn ancient techniques for relaxing the body, deepening the breath, increasing flexibility and improving muscle strength, balance, and coordination. Anyone, regardless of age or physical ability, can practice Tai Chi. You can, too. Please wear very comfortable clothing and soft soled shoes.

Course #: C-1745
Start • End Date: 01/17/12 • 04/03/12
Day: T **Time:** 6:30P – 7:45P
Cost: 65.00 **Location Code:** PMC
Building Location: Bldg 042 Rm MPR
Instructor: Patty Strother

Course #:

Course #: L-1175
Start • End Date: 01/23/12 • 03/28/12
Day: MW **Time:** 12:00P – 12:30P
Cost: 29.00 **Location Code:** LMC
Building Location: Fitness Gym
Instructor: Jeremy Jackson

Women's Self Defense

This course is designed exclusively for women who feel the need to acquire the knowledge and skills necessary to understand how to better protect themselves against attackers and avoid potentially harmful situations.

Course #: C-1281
Start • End Date: 02/07/12 • 03/27/12
Day: T **Time:** 7:00P – 9:00P
Cost: 60.00 **Location Code:** PMC
Building Location: MPR
Instructor: J.L. Frank

Yoga – Beginning Level I

Center for Creative Retirement

You will learn the history of yoga, the lifestyle, diet and breathing techniques, and progress into mastery of various postures and practices. Wear very comfortable clothing and soft soled shoes. Bring your own yoga mat.

Course #: H-1946

Start • End Date: 02/13/12 • 04/02/12

Day: M **Time:** 12:00P – 1:00P

Cost: 38.00 **Location Code:** HMC

Building Location: Miriello Rm 135

Instructor: Crystal Hetrick

Course #: L-1174

Start • End Date: 02/15/12 • 04/18/12

Day: W **Time:** 11:00A – 12:00P

Cost: 39.00 **Location Code:** WBW

Building Location: Gym

Instructor: Crystal Hetrick

Zumba

Enjoy a high energy fitness program inspired by Latin dance. Zumba will begin with basic dance steps and songs the very first week. During weeks two through ten, you will learn full routines set to songs between three and five minutes long. Wear comfortable light clothing and soft soled shoes. Bring bottled water to drink.

Course #: H-1941

Start • End Date: 02/13/12 • 04/02/12

Day: M **Time:** 1:30P – 2:30P

Cost: 38.00 **Location Code:** HMC

Building Location: Miriello Rm 135

Instructor: Crystal Hetrick

Course #: L-1176

Start • End Date: 02/15/12 • 04/18/12

Day: W **Time:** 12:30P – 1:30P

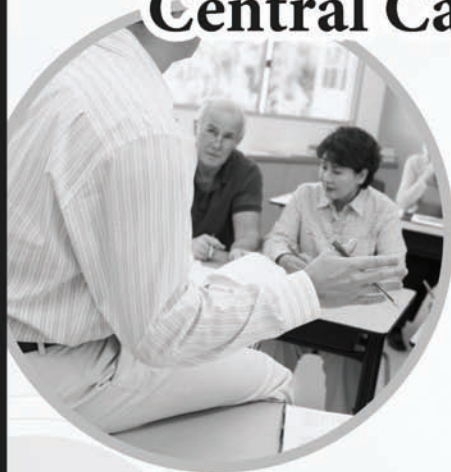
Cost: 39.00 **Location Code:** WBW

Building Location: Gym

Instructor: Crystal Hetrick

Center for Creative Retirement

Central Carolina Community College



Continuing Education for Seniors

Enjoy learning for the sake of learning or gaining knowledge to make retirement enjoyable and fun. Share your experiences and passions by teaching a course or presenting your skills and knowledge on a particular topic.

Continuing Education at Central Carolina Community College welcomes retired individuals who are interested in the world of ideas and who value social interaction with those of similar interests.

For more information, contact:

Maggie Zwilling, Chatham County
(919) 545-8048

Barbara Avery, Harnett County
(910) 814-8823

Charlotte Baggett, Lee County
(919) 775-2122, ext. 7789

