“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

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

For Registration information, refer to page 3. For Location Key, refer to page 6.
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

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
Instructor: Pat Sullivan

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

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: PMC
Building Location: Bldg 041 Rm 226
Instructor: Andy Upshaw

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

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

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

For Registration information, refer to page 3. For Location Key, refer to page 6.
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:** 12:30P – 1:30P  
**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:** 1:30P – 2:30P  
**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

*For Registration information, refer to page 3. For Location Key, refer to page 6.*