



THE CENTER FOR Creative Living

sandhills.edu/creativeliving



Challenge yourself with a new skill or deepen your understanding of a particular topic. The Center for Creative Living can help you reach your personal goals to achieve an intellectually rewarding life.

Early registration is encouraged. Call (910) 695-3980 to register and invite a friend. It's always more fun to learn something new with someone you know.



Learn a new skill or explore something that could become a hobby with our Creative Living classes.

- Jeanne McGrayne
Quilting Instructor

ARTS, CRAFTS, HOBBIES & BUSINESS OPPORTUNITIES

Fall Book Recommendations

This popular book club facilitator, Joann Ashton recommended the following books for your Fall enjoyment:

- *Race and Reunion: The Civil War in American Memory* by David W. Blight
- *Home Fire: A Novel* by Kamila Shamsie
- *The Nickel Boys* by Colson Whitehead
- *The Art of Racing in the Rain* by Garth Stein

“Copy This” Master Oil Painting by Sorolla - ONLINE

Instructor: Harry Neely

\$65

CEU: 0.8

This class will explore the scintillating technique of Spanish Master Sorolla. You will learn:

- How to use Sorolla's palette.
- How to make your colors vibrate.
- How Sorolla designed.
- Log on and join us for a fun class!

Course Code: 3001 Tuesdays, Oct. 20-Nov. 10 1-3 pm

Ceramic Designs: Hand Building & Wheel-Throwing

Instructors: Sandra Hastings and Paul Haigh

Pinehurst Campus, 002 Kennedy Hall

\$130

CEU: 3.6

This hands-on class is for students at any skill level. It can be used for personal enrichments or future career.

- Beginners will receive a lot of individual instruction and demonstration to build basic skills.
- Experienced students will use the class to push the boundaries of their technique or expression.
- Clay will be provided.

Course Code: 3002

Mondays & Wednesdays, Sept. 9-Oct. 21

5:30-8:30 pm

No class 10/12.

Course Code: 3003

Mondays & Wednesdays, Oct. 28-Dec. 14

5:30-8:30 pm

No class 11/11 & 11/25.

Landscape Design for the Sandhills - HYBRID

Instructor: Dee Johnson

Pinehurst Campus, 109 Van Dusen Hall

\$75

CEU: 1.8

This course is for illustrating the principles of landscape design.

- You will study how to properly maintain plant materials, how to complete a design of your own, and proper maintenance.
- Hybrid Class Offering - a combination of face-to-face and online classes.

Course Code: 3004

Thursdays, Sept. 10-Nov. 5

6-8 pm

Quilting for Beginners - HYBRID

Instructor: Jeanne McGrayne, Sandhills Quilters Guild member
Pinehurst Campus, 109 Van Dusen Hall
\$115

CEU: 2.0

This class will introduce participants to the basics of quilting.

Lessons will include:

- Fabric and pattern selection, cutting, piecing and sewing, quilting, and binding your own quilt.
- Various techniques and methods such as patchwork and paper piecing, applique, curves, and others will be demonstrated,
- Students can progress at their own pace.
- Students will need a working sewing machine, basic sewing supplies, thread, and fabric.
- Hybrid Class Offering - a combination of face-to-face and online classes.

Course Code: 3005	Wednesdays, Sept. 9-Nov. 18	5:30-8 pm
No class 11/11		

DANCE & FITNESS

Line Dancing - Beginner/Beginner+ ONLINE

Instructor: Belinda Musick

\$75

CEU: 1.2

This course is for beginners.

- If you're interested in improving your talent and confidence on the dance floor, this class is for you!
- The latest in country music will move us through fun choreographed dances.
- After six weeks, you'll feel fearless on the dance floor at any party/event.
- We'll begin with the basics, and you'll be kicking up your heels before you know it.
- Leave your inhibitions at the door, and join in. Yeehaw!

Course Code: 3006	Mondays, Sept. 14-Oct .26	6-8 pm
No class 10/12		

Course Code: 3007	Mondays, Nov. 9-Dec. 14	6-8 pm
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Line Dancing - Improver/Intermediate ONLINE

Instructor: Belinda Musick

\$75

CEU: 1.2

This six-week course is for more non-beginner dancers.

- If you've been dancing for some time, and mastered the basic steps, it's time to tackle more complex moves.
- Allow this six-week class to evolve your abilities to a new level.
- We'll experience more counts, fun moves, and great music, towards an improved foundation of dance. Let's see those moves in action!

Course Code: 3008	Thursdays, Sept. 10-Oct. 15	6-8 pm
No class 10/12		

Course Code: 3009	Thursdays, Oct. 29-Dec. 10	6-8 pm
No class 11/26		

Explore Yoga - ONLINE

Instructor: Mercedes Ani Saulsbury, E-RYT 500 (registered and experienced yoga and meditation teacher)

CEU: 6.4

This course is designed for all levels of interested participants.

- Class is informative and engaging and designed for all levels.
- Class will include yoga physical activity, stress reduction techniques, improve strength, and gain flexibility.

Course Code: 3010	CEU: 6.4	\$258
Mondays, Wednesdays & Fridays, Aug. 24-Dec. 11		9-10:30 am
No class 9/7, 10/12, 11/11, 11/25 & 11/27		

Course Code: 3011	CEU: 4.3	\$174
Mondays, Wednesdays & Fridays, Aug. 25-Dec. 10		5:30-7 pm
No class 9/8, 10/13 & 11/26		

Restorative Yoga - ONLINE

Instructor: Mercedes Ani Saulsbury, E-RYT 500 (registered and experienced yoga and meditation instructor)

\$120

CEU: 2.2

This course is designed for all levels of interested participants.

- Class is informative and engaging and designed for all levels.
- Class will include yoga physical activity, excess tension release, and restoring the nervous system.

Course Code: 3012	Fridays, Aug. 28-Dec. 11	11 am-12:30 pm
No class 11/27		

Meditation Exploration - ONLINE

Instructor: Mercedes Ani Saulsbury, E-RYT 500 (registered and experienced yoga and meditation instructor)

\$112

CEU: 2.1

This course is designed for all levels of interested participants.

- All Yogis, beginner or advanced, will learn the tools to a regular meditation practice.
- Calm your body, mind, and soul while finding awareness of your true being.

Course Code: 3013	Wednesdays, Aug. 26-Dec. 9	3-4 pm
No class 11/11 & 11/25		

Tai Chi Basics - ONLINE

Instructor: Hoyle Purvis

\$145

CEU: 2.9

This class is a non-competitive activity for all ages combining movement, relaxation, and breathing. Improve and enhance the flow of energy in the body.

- This class promotes balance and reduces stress.
- Students will improve circulation and heighten both physical and mental well-being.
- Learn and practice the basic postures of the Tai Chi 24 Form/ Beijing Form.

Course Code: 3014		
Tuesdays & Thursdays, Aug. 25-Dec. 10		4-5 pm
No class 9/8, 10/13 & 11/26		

Tai Chi Practice - ONLINE

Instructor: Hoyle Purvis

\$145

CEU: 2.9

This class is for non-beginning students who wish to continue to improve and refine postures learned in Tai Chi Basics.

- This class adds various Qi Gong exercises for enhanced stress reduction and improved wellness.
- Working knowledge of the Beijing Form is required.

Course Code: 3015

Tuesdays & Thursdays, Aug. 25-Dec. 10

3-4 pm

No class 9/8, 10/13 & 11/26

FINANCIAL

Financial Decision Making for Retirees HYBRID

Instructor: Noelle Granville, CSA

Pinehurst Campus, 109 Van Dusen Hall

\$35

CEU: 0.8

This class will include the following topics:

- 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.

Course Code: 3016

Tuesdays, Sept. 15-Oct. 6

3-5 pm

Retirement Protection - HYBRID

Instructor: Noelle Granville, CSA

Pinehurst Campus, 109 Van Dusen Hall

\$35

CEU: 0.6

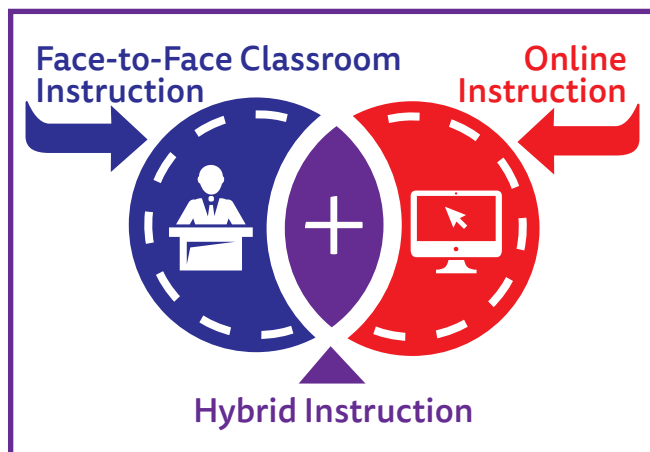
Explore retirement planning protection strategies within three weeks to include:

- Avoiding costly probate mistakes.
- Long term care and income planning.
- Investment strategies with a parachute.

Course Code: 3017

Tuesdays, Oct. 20-Nov. 3

3-5pm



PERSONAL ENRICHMENT AND LECTURE SERIES

Pandemics: Understanding the Past, Dealing with the Present, and Preparing for the Future - ONLINE

Instructor: Edward Balkovic, PhD

Subject Matter Expert Microbiologist / Sanofi – Genzyme (retired)

Adjunct Associate Professor / Dept. Cell & Molecular Biology /

University of Rhode Island

FREE (registration required)

CEU: 1.6

This course will explore the history of pandemics through the emergence of new infectious diseases, their global burden and the factors enabling continued spread.

- Major pandemics including coronavirus (COVID19), influenza, SARS, MERS, smallpox, Ebola, dengue, West Nile virus, and Zika will be discussed in detail.
- Principles of detection, diagnosis, prevention, and control of these infectious diseases will be emphasized in a public health context.
- The class will examine how well our public health agencies are preparing for the emergence of the next new pathogen (Disease X) using “lessons learned” from past pandemics.
- Supplemental reading materials & other references will be provided.

Course Code: 3018

Wednesdays, Sept. 9-Oct. 28

10 am -Noon

LANGUAGES

Sign Language for Beginners - ONLINE

Instructor: Paul Meister

\$75

CEU: 1.8

Beginners will learn the introduction to American Sign Language (ASL) used in the Deaf and Hard of Hearing Community.

- This course will include vocabulary, how a sign is formed, and the language of everyday conversation including fingerspelling and the importance of facial expression in conveying a message through non-verbal communication.

Course Code: 3019

Mondays & Wednesdays, Sept. 9-Oct. 7

6-8 pm

Sign Language II - ONLINE

Instructor: Paul Meister

\$75

CEU: 1.8

This course will include additional vocabulary allowing students to become more comfortable communicating with American Sign Language (ASL) in the Deaf and Hard of Hearing Community.

- Lessons include more in-depth facial expressions and non-verbal communication markers for both personal and workplace use.
- Prerequisite of Sign Language for Beginners or prior experience.

Course Code: 3020

Mondays & Wednesdays, Oct. 19-Nov. 18

6-8 pm

No class 11/11

French Beginning Conversation ONLINE

Instructor: Carole Hill
\$75 + text
CEU: 1.8

This class will provide the foundation to asking and responding to simple questions using basic vocabulary.

- Engage in easy conversations and communicate in social, business, and travel situations.
- Students will study a variety of basic written materials and master writing simple sentences needed in everyday life.

Course Code: 3021
Mondays & Wednesdays, Sept. 9-Oct. 7 6-8 pm

French II Conversation - ONLINE

Instructor: Carole Hill
\$75 + text
CEU: 1.8

As a continuation of French Beginning Conversation, this course focuses on the fundamental elements of the French language within a cultural context.

- Emphasis is placed on the progressive development of listening, speaking, reading, and writing skills.
- Upon completion, you will comprehend and respond with increasing proficiency to spoken and written French and manifest further cultural awareness.
- Prerequisite: French Beginning Conversation or prior experience.

Course Code: 3022
Mondays & Wednesdays, Oct. 19-Nov. 18 6-8 pm
No class 11/11

German Beginning Conversation ONLINE

Instructor: Uschi McGlamery
\$75 + text
CEU: 1.8

Develop basic vocabulary and idioms used in everyday situations.

- Class will cover a variety of basic written materials and learn to write simple sentences needed in everyday life.

Course Code: 3023
Tuesdays & Thursdays, Sept. 10-Oct. 8 6-8 pm

German II Conversation - ONLINE

Instructor: Uschi McGlamery
\$75 + text
CEU: 1.8

A continuation of German Beginning Conversation.

- Students who desire to expand their understanding of the fundamentals of the German language will thrive in this course.
- Outlined for students who are planning to travel or those who have distinct business needs.
- Prerequisite: German Beginning Conversation or prior experience.

Course Code: 3024
Tuesdays & Thursdays, Oct. 20-Nov. 17 6-8 pm

Spanish Beginning Conversation ONLINE

Instructor: Mercedes Saulsbury, SCC Instructor for 26+ years
\$75 + text
CEU: 1.8

This class is for the beginner

- Learn the fundamentals of conversation for work or enjoyment
- Absorb Spanish culture.

Course Code: 3025
Mondays & Wednesdays, Sept. 14-Oct. 14 6-8 pm
No class 10/12

Spanish II Conversation - ONLINE

Instructor: Mercedes Saulsbury, SCC Instructor for 26+ years
\$75 + text
CEU: 1.8

Created for students who wish to expand their knowledge gained from Spanish Beginning Conversation.

- These students will broaden their understanding of vocabulary and conversation used in everyday life, whether traveling to a Spanish-speaking country or communicating with a Spanish speaker.
- Prerequisite: Spanish Beginning Conversation or prior experience.

Course Code: 3026
Mondays & Wednesdays, Oct. 26-Nov. 30 6-8 pm
No class 11/11 & 11/25

ONLINE CLASSES MAY BE MORE THAN YOU THINK!

It's almost like a traditional class, just from your home (or wherever your computer, tablet or phone is located).

Most sessions are presented live.

You can interact in real-time with your instructor and fellow classmates through the camera, microphone or typing in a chat window.

You may be asked to submit assignments or projects through email.

GIVE ONE A TRY THIS SEMESTER!

PHOTOGRAPHY

Photo Sharing for Beginners

Instructor: Breanna Orentlikher
Pinehurst Campus, 106 Van Dusen Hall
\$75
CEU: 2.4



Learn to download, upload, save, and organize your photographs. Create online photo memories that will last forever.

- Photos can be downloaded from e-mail and social media websites.
- Physical photos can be uploaded by smartphone or digital camera.
- Photos can be shared with your family via e-mail, social media platforms, or file sharing systems.
- Create photo memories online (albums, calendars, cards) via various websites.

Course Code: 3170 Tuesdays and Thursdays, Oct. 27-Dec. 8 6-8 pm

Take Fabulous iPhone Photos

Instructor: John Patota
Pinehurst Campus, 202 Van Dusen Hall
\$75
CEU: 2.4



Become skilled with the use of your iPhone camera and photo storage.

- Learn how to take and edit photos, how to troubleshoot the most common issues and use the best photo apps available.
- The class will cover the principles of photography, the art of composition, how to find great lighting and advanced techniques.
- Classes will be online lectures, demonstrations, critiques and discussions.
- Photo walks to nearby places will also be part of the class, allowing students to apply lessons.

Course Code: 3171 Thursdays, Sept. 10-Oct. 29 9 am-Noon

What Digital Camera Should I Buy?

Instructor: Laura Gingerich
Pinehurst Campus, 106 Van Dusen Hall
\$45
CEU: .03



This class will provide an overview of digital cameras currently on the market.

- Discussion will center upon camera types, accessories, cost, quality and which camera is right for your use and needs.

Course Code: 3172 Monday, Aug. 17 2-5 pm

For the continued safety and well-being of students, faculty and staff, the college has undertaken efforts to stymie the spread of the COVID-19 virus on campus according to CDC guidelines.

All face-to-face classroom instruction will require covering of the nose and mouth (mask, bandanna, or scarf) and proper physical distancing.

The nose and mouth covering is required if within six feet of another person whether it be indoors or out.

Students must provide their own protective covering.

Continuing Education classes are subject to cancellation based on the status of the COVID-19 pandemic at the time of the class.

Getting To Know Your Digital Camera Better

Instructor: Laura Gingerich
Pinehurst Campus, 106 Van Dusen Hall
\$45
CEU: .03



Register for this hands-on workshop if you want to learn how to better utilize your digital camera.

- Learn how to use more advanced settings.
- Discover how to transform a dull snapshot into an artistic image.
- It is best if your camera is less than five years old.

Course Code: 3173 Saturday, Aug. 22 2-5 pm

The Dance Of Photography

Instructor: Laura Gingerich
Pinehurst Campus, 105 Van Dusen Hall
\$75
CEU: .06



Learn how technique meets artistry to create photographs with the "Wow!" factor.

- Discover how to produce images that are technically correct and beautifully composed by using advanced features on the camera and training the eye for artistic interpretation.
- You will need a digital camera that has manual mode.
- It is best if your camera is less than five years old.

Course Code: 3174 Saturday, Sept. 12 9 am-4 pm

Photo Walk

Instructor: Laura Gingerich
Country Club of North Carolina
\$60
CEU: .05



Combine water, night, light and a tripod for amazing photography.

- Learn how to use your tripod most effectively and create stunning long exposures of moving water and transition to a night sky.
- Class will be held at CCNC.

Course Code: 3175 Friday, Oct. 16 4-9 pm
Rain date Saturday, Oct. 17 4-9 pm

Fun With Abstracts

Instructor: Laura Gingerich
Pinehurst Campus, TBD
\$45
CEU: .03



Abstract photography is an exciting way to let your creative juices flow.

- Learn how to shoot and process amazing works of art with your digital camera.

Course Code: 3176 Monday, Sept. 14 2-5 pm

Course Code: 3177 Wednesday, Sept. 16 2-5 pm

Digital Photography Fundamentals

Instructor: John Patota
Pinehurst Campus, 202 Van Dusen Hall
\$75.00
CEU: 2.4

Take your photography skills from good to great.

- Understand your camera controls and learn to put a little of yourself into each photo.
- Classes will be lectures, demonstrations, critiques and discussions.

Course Code: 3178 Tuesdays, Sept. 8-Oct. 27 6-9 pm

Course Code: 3179 Wednesdays, Sept. 9-Oct. 28 9 am-Noon

Photo Editing Using Photoshop Elements 19 & 20 for Beginners

Instructor: Dale Moegling
Pinehurst Campus, 105 Van Dusen Hall
\$75.00
CEU: 2.4

Learn how to bring old photos back to life and organize and share them using Photoshop Elements 19 & 20.

- Learn to create catalogs and albums, import and organize photos, perform basic editing, and use the Editor's Quick and Guided modes.
- Learn the basics of using layers for combining and correcting photos and adding text and graphics.
- A flash drive 8GB or larger is recommended.
- Prerequisite: a working knowledge of computers, using a mouse or pen tablet, and file management.

Course Code: 3180
Mondays and Wednesdays, Aug. 17-Sept. 28 1-3 pm
No class Sept. 7

Course Code: 3181
Tuesdays and Thursdays, Oct. 27-Nov. 24 6-8 pm

Photo Editing Using Photoshop Elements 19 & 20 Intermediate

Instructor: Dale Moegling
Pinehurst Campus, 105 Van Dusen Hall
\$75.00
CEU: 2.4

Expand your use of Photoshop Elements 19 & 20.

- Learn how to edit in Raw using the Guided and Expert mode in Editor, including different types of layers and blends to correct or combine two or more photos, and how to create type masks and montages.
- Learn to frame photos, create twirl effects, push a photo through text, add texture, and make a photo look like a painting.
- A flash drive 8GB or larger is recommended.
- Prerequisites: Elements 19 & 20 for Beginners, or prior experience, and a working knowledge of computers, using a mouse or pen tablet, file management, and a creative mind.

Course Code: 3182
Mondays and Wednesdays, Sept. 21-Oct. 14 1-3 pm

CULINARY CLUB

For your safety, please bring an apron, wear long sleeves, long pants or skirts, and nonslip closed toe-shoes.

Paleo Meal Prep

Instructor: Chef Jessica Sheppard
Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75
CEU: 0.3

Think you can't live without grains, dairy, legumes, and refined sugar?

- Whether you are new to Paleo or you are a veteran, this class will be healthy, tasty, and most importantly: full of flavor.
- Learn how to cook an Italian, Mexican, and breakfast dish, all in one night!

Course Code: 3027 Thursday, Aug. 20 4-7 pm

Knife Skills and Kitchen Equipment Intro

Instructor: Chef Jason Matthews
Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75
CEU: 0.2

Have you ever looked at all the knives in a chef's kitchen kit? Why do they need so many? What do they do with so many knives?

- Let's explore a culinary kit and dive into the fascinating uses of each piece inside.
- Learn handling and cutting techniques to ensure your safety and efficiency with kitchen tools.
- Quick potato hash with onion peppers bacon and cheddar cheese with our amazing knife cuts!

Course Code: 3028 Wednesday, Aug. 26 5-7 pm

Course Code: 3029 Wednesday, Sept. 16 4-6 pm

Course Code: 3030 Thursday, Oct. 1 4-6 pm

Portion Control and Meal Prep

Instructor: Chef Jason Matthews
Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75
CEU: 0.2

It's tough to stay healthy eating huge burgers and medium fries for lunch!

- Let's take a look at some simple ways to enjoy lunch without that sluggish afternoon feeling and save some money.
- Portion control is not something Americans have been introduced to.
- In our meal prep menu planning, we will also prepare a quick salmon and vegetable entree' to show portion sizing for proper calorie daily breakdown.

Course Code: 3031 Wednesday, Sept. 2 4-6 pm

Course Code: 3032 Thursday, Oct. 8 4-6 pm

Truffles

Instructor: Chef Monica Midgette
Pinehurst Campus, Culinary Demo Kitchen, Little Hall
\$75
CEU: 0.3

This hands-on class teaches you to make truffles, flavored truffles, and you will bring home a little sample box of your creations.

Course Code: 3033	Tuesday, Sept. 8	1-4 pm
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Course Code: 3034	Friday, Nov. 20	1-4 pm
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Pork Cookery and Preservation

Instructor: Chef Jason Matthews
Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75
CEU: 0.3

Cured, grilled, seared, braised, roasted, boiled? The best methods for pork cookery.

- From BBQ, to bacon we will discuss cooking methods for different cuts of pork.
- Learn how preservation became the preparation for one of the most eaten meats in the world.
- We will finish racks of ribs and create some of the chef's favorite accompaniments for pork.
- Learn how preservation became the preparation for one of the most eaten meats in the world.

Course Code: 3035	Thursday, Sept. 10	4-7 pm
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Course Code: 3036	Wednesday, Oct. 7	4-7 pm
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Advanced Truffles

Instructor: Chef Monica Midgette
Pinehurst Campus, Culinary Demo Kitchen, Little Hall
\$75
CEU: 0.3

Learn how to make a basic truffle.

- Learn the many ways to decorate truffles.
- Class includes dipping in tempered chocolate and piping.

Course Code: 3037	Friday, Sept. 18	1-4 pm
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Course Code: 3038	Tuesday, Nov. 24	1-4 pm
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Healthy Cooking

Instructor: Chef Monica Midgette
Pinehurst Campus, Culinary Demo Kitchen, Little Hall
\$75
CEU: 0.3

Learn to prepare and heart-healthy meals, including low-fat/low sugar substitutes.

- Enjoy a healthy meal and take home more recipes to try on your own.

Course Code: 3039	Tuesday, Sept. 22	9 am-Noon
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Course Code: 3040	Friday, Oct. 23	9 am-Noon
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Beef Preparation and Cookery

Instructor: Chef Jason Matthews
Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75
CEU: 0.2

Let's explore beef preparation, cookery.

- Learn the parts of the cow and where the cuts of meat the butcher puts on the shelf is commonly named.
- Learn the preparation techniques and thought process behind each cut.
- Maximizing flavor and having little waste are the goals of any chef.
- We will pan sear beef medallions and baked asparagus in this class.

Course Code: 3041	Wednesday, Sept. 23	5-7 pm
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Course Code: 3042	Tuesday, Nov. 17	5-7 pm
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Oodles of "Noodles"

Instructor: Chef Jessica Sheppard
Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75
CEU: 0.3

Are you scared of swapping out regular pasta for "noodles" that are....vegetables?

- We'll take three different vegetables and turn them into a "pasta" so that you can add an extra dose of vegetables to your meal that pack tons of flavor!

Course Code: 3043	Friday, Sept. 25	10 am-1 pm
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Gluten Free Baking

Instructor: Chef Monica Midgette
Pinehurst Campus, Culinary Prep Room, Little Hall
\$75
CEU: 0.4

Gluten getting you gloomy?

- Learn to bake without gluten or with gluten substitutes.
- We'll make an incredible tasting pizza dough and cookies.

Course Code: 3044	Tuesday, Sept. 29	9 am-1 pm
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Course Code: 3045	Tuesday, Oct. 27	9 am-1 pm
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Advanced Knife & Boning Skills

Instructor: Chef Jason Matthews
Pinehurst Campus, Culinary Demo Kitchen, Little Hall
\$75
CEU: 0.2

We are digging deeper in our knife skills with this class.

- Master how to break down and filet a fish and break down a whole chicken.
- Learning the technique of deboning a chicken leg.
- How to know when we need a flexible or rigid boning knife and how to use these tools with precision to get the most out of our money!
- Baked fish filet to be prepared by students.

Course Code: 3046	Thursday, Oct. 1	4-6 pm
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Course Code: 3047	Tuesday, Nov. 24	4-6 pm
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Don't Be Afraid of Bread

Instructor: Chef Monica Midgette

Pinehurst Campus, Culinary Hot Bake Shop/Prep Room, Little Hall
\$150

CEU: 0.5

Make dinner rolls and a loaf of crusty bread.

Course Code: 3048	Friday, Oct. 2	9 am-2 pm
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Course Code: 3049	Tuesday, Nov. 3	9 am-2 pm
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Biscuits and Gravy

Instructor: Chef Jason Matthews

Pinehurst Campus, Culinary GardeManger, Little Hall
\$75

CEU: 0.2

Ya'll, we are bringing out the south! Taking it to Chef's country roots to prepare some home made biscuits and different southern gravy.

- We go from Texas all the way to the Carolinas exploring meat and potato accompaniments.
- We will also use our homemade biscuit for our southern sausage gravy!

Course Code: 3050	Tuesday, Oct. 6	4-6 pm
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Course Code: 3051	Tuesday, Nov. 10	4-6 pm
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Cast Iron Skillet Meals

Instructor: Chef Jessica Sheppard

Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75

CEU: 0.3

The trusty cast-iron skillet.

- If you've never cooked in this type of skillet or want to become more familiar with it, you don't want to miss out on this class.
- We'll make a German meal and an Italian meal that can each be done in ONE skillet.

Course Code: 3052	Tuesday, Oct. 14	4-7 pm
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Pie Making

Instructor: Chef Monica Midgette

Pinehurst Campus, Culinary Hot Bake Shop/Prep Room, Little Hall
\$75

CEU: 0.3

Learn how to make your favorite pies just in time for Thanksgiving.

- Class will focus on pumpkin and pecan pies.

Course Code: 3053	Friday, Oct. 16	9 am-12:30 pm
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Course Code: 3054	Friday, Nov. 13	9 am-12:30 pm
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Instapot Winners

Instructor: Chef Jason Matthews

Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75

CEU: 0.2

Some easy instapot meals for those busy days!

- Let's look at meals you can prepare with very little physical work!
- Save time and enjoy a home cooked meal with these favorites!
- Come hungry we will have some to try!

Course Code: 3055	Tuesday, Oct. 20	4-6 pm
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Course Code: 3056	Thursday, Nov. 12	4-6 pm
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Herbs and Spices

Instructor: Chef Jason Matthews

Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75

CEU: 0.2

Let Chef share his love of flavors. Mixing, matching, pairing, and the wonderful world of herbs and spices.

- We look at some local produce and how we can bring layers of flavor to your garden!
- We are going to explore different meats and vegetables and what flavors work well together!
- Small bites and nibbles will be prepared by students.
- Different vegetables and proteins to explore the range of flavors!

Course Code: 3057	Wednesday, Oct. 21	5-7 pm
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Course Code: 3058	Wednesday, Nov. 4	5-7 pm
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Course Code: 3059	Wednesday, Nov. 18	5-7 pm
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Healthy Thanksgiving Sides

Instructor: Chef Jessica Sheppard

Pinehurst Campus, Culinary Main Kitchen, Little Hall
\$75

CEU: 0.3

Thanksgiving is one of the biggest holidays that revolves around food and can come with extra calories from fats and sugars.

- Learn to make three traditional sides in a much healthier way so you don't feel guilty about having seconds.

Course Code: 3060	Wednesday, Nov. 18	4-7 pm
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CAMPUS HEALTH PRECAUTIONS

For the continued safety and well-being of students, faculty and staff, the college has undertaken efforts to stymie the spread of the COVID-19 virus on campus:

- all face-to-face classroom and lab instruction will require covering of the nose and mouth (mask, bandanna, or scarf) and proper physical distancing,
- a nose and mouth covering is required if within six feet of another person whether it be indoors or out,
- additional touch-free hand sanitizing stations have been installed,
- deep cleaning is carried out each evening using EPA-approved disinfectants and foggers,
- campus-wide sanitation of door pulls and light switches is carried out twice every weekday,
- the use of water fountains has been discontinued,
- service desk shields have been installed,
- doors and hallways are marked as to traffic flow direction, and
- bathrooms have posters reminding of proper hand-washing techniques.