PERSONAL ENRICHMENT

Spring 2014

**Arts & Crafts**

**Taking Watercolor Lightly**

Class will include various demonstrations of watercolor techniques along a central subject. Subject matter is determined by the individual desires of students. Personal instruction and critique of work through to completed artwork. Intended to encourage students to think about subject being painted and challenge each artist to explore the full potential that watercolor can offer as a media with a majority of the class devoted to painting. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code**: CSP 4000 12p

**Date**: January 14-March 18 T

**Time**: 9a-12noon

**Location**: Cleveland Center

**Fee**: $95

**Course Code**: CSP 4000 13p

**Date**: January 21-March 25 T

**Time**: 1-4pm

**Location**: Cleveland Center

**Fee**: $95

**Quilting Basics**

Discover the art of quilting. This class is for the beginner. You will learn how to use a sewing machine, fabric selections, rotary cutting, piecing and quilting techniques. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code:** CSP 4000 15p

**Date:** January 20-March 24 M

**Time:** 1:30-4:30pm

**Location:** JCC/Sanders Bldg (Sewing Lab)

**Fee:** $95

**Quilting**

This class is for those of you with sewing machine experience. We will be making a quilt from start to finish. We will reinforce rotary cutting, fabric selection, quilting techniques, mastering the quarter inch seams, pressing and using the right tools. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code:** CSP 4000 14p

**Date:** January 20-March 24 M

**Time:** 9a-1p

**Location:** JCC/Sanders Bldg (Sewing Lab)

**Fee:** $130

**Prerequisite:** Quilting Basics recommended by not required.

**Beginning Knitting**

Looking to pick up a new hobby in 2014? Why not try knitting! In this knitting class for absolute beginners, students will learn how to pick yarn, read a yarn label, plan a project, take gauge, cast on stitches, the knit stitch, the purl stitch, and how to fix common mistakes. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code**: CSP 4000 22P

**Date**: February 3-February 17 M

**Times**: 6:00-8:00pm

**Location**: Cleveland Center

**Fee**: $30

**Intermediate Knitting**

Continue to expand upon your acquired knitting skills in this intermediate knitting class. While beginning knitting is not a prerequisite, anyone enrolling in this course should already have some basic knitting skills. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code**: CSP 4000 23P

**Date**: February 24-March 10 M

**Times**: 6:00-8:00pm

**Location**: Cleveland Center

**Fee**: $30

**Advanced Knitting**

Enjoy knitting? This advanced class will teach you some new knitting techniques as well as introduce you to working with more challenging yarns and patterns. Previous knitting experience is required. Beginners knitting and intermediate knitting are recommended courses. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code**: CSP 4000 24P

**Date**: March 17-March 31 M

**Times**: 6:00-8:00pm

**Location**: Cleveland Center

**Fee**: $30

**Beginning Crochet**

Discover the art of crochet for yourself, or to create homemade gifts for friends and family. This beginners course will introduce you to reading a yarn label, reading patterns, starting your project, and some of the more basic crochet stitches. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code**: CSP 4000 25p

**Date**: February 5-February 17 W

**Times**: 10a-12noon

**Location**: Cleveland Center

**Fee**: $30

**Intermediate Crochet**

Continue to expand upon your acquired crochet skills in this intermediate crochet class. While beginning crochet is not a prerequisite, anyone enrolling in this course should already have some basic crochet skills. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code**: CSP 4000 26p

**Date**: February 26-March 12 W

**Times**: 10a-12noon

**Location**: Cleveland Center

**Fee**: $30

**Advanced Crochet**

Enjoy crocheting? This advanced class will teach you some new crochet techniques as well as introduce you to working with more challenging yarns and patterns. Previous crochet experience is required. Beginners crochet and intermediate crochet are recommended courses. Please contact Nikki Sanders at 919-464-2421 for a supply list.

**Course Code**: CSP 4000 27p

**Date**: March 19-April 2 W

**Times**: 10a-12noon

**Location**: Cleveland Center

**Fee**: $30

**Jewelry Making**

Learn the art of jewelry making using a torch. Projects will include fabricating plain and stone set rings and pendants as well as creating earrings. Acid etching will also be introduced. Techniques will include basic design, soldering, sawing, filing, drilling, stone setting, forming and polishing. Tools will be provided. A $40 materials fee must be paid to the instructor on the first day of class.

**Course Code**: CSP 4000 21p

**Date**: March 11-April 29 T

**Times**: 6:00-8:30pm

**Location**: Main Campus-Graphic Arts B102

**Fee**: $60

**Culinary Arts**

**Cooking, Canning, and Storing**

Create a variety of kitchen goodies that you can enjoy immediately, or keep in your cupboard for a rainy day. Everything from soups to preserves, to common fruits and vegetables will be prepared and preserved in this fun, and informative class. Students will learn proper methods to store items grown in the garden or purchased in bulk at farmer's markets or fruit stands. Sanitation standards, shelf life, and the costs of using various techniques for food preservation and storing will be introduced.

**Course Code**: CSP 4000 33p

**Date**: April 12 Saturday

**Time**: 9a-12:30pm

**Location**: Cleveland Center

**Fee**: $20

**Healthy Eating**

What better way to start off the new year and keep your New Year’s resolution of getting in shape than by learning about healthy foods and how to prepare them from award-winning Chef Brian.

**Course Code**: CSP 4000 28p

**Date**: January 23 Th

**Times**: 6:00-8:30pm

**Location**: Cleveland Center

**Fee**: $25

**Cooking Comfort Foods**

Chef Brian is making comfort foods with a twist. While the weather is still cool, learn how to heat up your home with the warmth and aromas of comfort foods that everyone is sure to enjoy.

**Course Code**: CSP 4000 29p

**Date**: February 6 Th

**Times**: 6:00-8:30pm

**Location**: Cleveland Center

**Fee**: $25

**Romantic Hors D ’Oeuvres & Small Plates for Valentine’s Day**

Learn to create special dishes to impress your Valentine this year. Better yet, what a perfect way to celebrate the holiday than taking a fun and informative cooking class with the one you love! Either way, these simple but elegant small plates will entice you and your special Valentine.

**Course Code**: CSP 4000 30p

**Date**: February 13 Th

**Times**: 6:00-8:30pm

**Location**: Cleveland Center

**Fee**: $25

**Mother’s Day Tea Party**

What better way to show Mom how much you care than spending some quality time together in the kitchen. Our kitchen, that is! Learn to make some delicious baked goods, discuss “tablescapes” for the perfect tea party, and finally, relax with Mom and enjoy the fruits of your labor at an authentic tea party to celebrate that special lady on her special day.

**Course Code**: CSP 4000 19p

**Date**: May 8 Th

**Times**: 6:00-8:00pm

**Location**: Cleveland Center

**Fee**: $20

**Healthy Living**

**Yoga Basics**

This introduction to yoga includes basic postures, breathing, and meditation. Emphasis is placed on working with the body safely to promote strength and well-being while still gaining physical progress toward traditional postures. Students must bring their own a yoga mat.

**Course Code**: CSP 4000 16p

**Date**: January 13-March 3 M

**Times**: 6:30-7:30pm

**Location**: Cleveland Center

**Fee**: $80

**Course Code**: CSP 4000 36p

**Date**: March 10-May5 M (no class 3/21)

**Times**: 6:30-7:30pm

**Location**: Cleveland Center

**Fee**: $80

**Massage Techniques for Everyone**

Massage is a great way to relieve muscle aches and pains, increase flexibility, decrease the chance of injury, and offer stress relief. In this class, you will learn simple but effective massage techniques that you can use on yourself, or your family and friends. This is a great opportunity for parents with children who participate in sports to be able to offer stretching and massage to help improve performance and prevent muscle strain. This class is designed for anyone wishing to learn basic massage techniques, who is not a licensed massage therapist. This class is NOT designed to teach you how to be a massage therapist, but can be taken by someone who is interested in exploring the field of massage. *Pre-registration is required.*

**Course Code:** CSP 4000 32p  
**Dates/Days:** March 6, 2014 – March 13, 2014 (Th)  
**Course Times:** 6:00 p.m. - 8:00 p.m.  
**Location:** [Main](http://www.johnstoncc.edu/clevelandcenter.aspx) Campus  
**Registration Fee:** $20.00

**Personal Finance and Computer Basics**

**Computer Basics for Seniors**

This course is introductory and designed for seniors who are looking to gain some experi­ence with the internet. This class will introduce e-mail, and applications like Facebook that can be used to keep up with the Grandkids.

**Course Code:** CSP 4000 20p

**Date:** March 6-March 27 Th

**Course Times:** 9a-12noon

**Location:** Kenly Center

**Fee:** $40

**Working With Your Holiday Photos**

Using a computer, participants will learn how to take their digital photos and create online albums, or save photos to a flash drive for later printing. Appli­cations for storing and sharing photos, such as Picasa and Photobucket will be introduced.

**Course Code:** CSP 4000 17p

**Date:** February 4-February 25 T

**Course Times:** 9a-12noon

**Location:** Kenly Center

**Registration Fee:** $40

**Using Excel To Balance Your Checkbook**

Balancing your checkbook and budget can be a real chore. In this introductory class, you will learn how Microsoft Excel can do the work for you so you never bounce a check again!

**Course Code:** CSP 4000 18p

**Date:** April 1-April 22 T

**Course Times:**  6pm-9pm

**Location:** Kenly Center

**Fee:** $40

**Technology For The Rest Of Us**

Need some help using those new gadgets you got this Christmas? This slow-paced survey of existing and emerging personal communication, entertainment, and information devices will take the guesswork out of that new technology. Topics include iPhones, Smart phones, Kindles, basic cell phones, eBooks, and laptops. Software applications and consumer operating plans will be covered.

**Course Code:** CSP 4000 31p

**Date:** January 28 – February 4 T

**Course Times:** 9a-12noon

**Location:** Workforce Development Center

**Fee:** $15

**Understanding Insurance**

Confused about insurance? Don’t know what to get, or how much you need? Do you know the different types available, and what they can do to benefit you? Join us to learn all about insurance, how to make it work for you, and how to get it for the cheapest prices.

**Course Code:** CSP 4000 34p

**Date:** March 17 M

**Course Times:** 6p-8p

**Location:** Benson Conference Center

**Fee:** $10

**Course Code:** CSP 4000 35p

**Date:** April 7 M

**Course Times:** 6p-8p

**Location:** Workforce Development Center

**Fee:** $10