Cake Decorating
Registration Fee: $45
Learn proper icing consistencies, frost cakes smoothly and use a bag and various decorating tips to add borders and flowers. Supplies will be available for purchase at the first class.
Instructor: CSimmons
1/26/3/01  T  6-9pm  SCC, T-118

Chinese Cooking
Registration Fee: $45
Other Cost: $0.55 ins
Join Instructor Simmons as she shows students how to prepare Chinese foods that the entire family will enjoy. Featured food specialties will include stir-fry, egg rolls, sweet n’ sour sauces, soups, and more.
Instructor: CSimmons
3/15-4/19  T  6-9pm  SCC, T-118

International Cuisine
Registration Fee: $65
Other Cost: $0.55 ins
Some say the best way to get to know a culture is through sampling its food, but even better is learning how to cook it. Various Asian, European, Mid-Eastern and even USA cultures and dishes will be explored. Students will supply class materials.
Instructor: CMullins
1/21-2/25  Th  6-9pm  SCC, T-118
3/31-5/05  Th  6-9pm  SCC, T-118

Joy of Painting
Registration Fee: $60
Using the Bob Ross wet-on-wet method of oil painting, you will be introduced to the proper technique of prepping the canvas, various brushes and knives, and application of the medium. This technique omits the traditional wait for each paint layer to dry and speeds up the entire process. In fact, students will be able to complete a ready-to-frame painting during each class. Class materials will be discussed at first class.
Instructor: MManess, Bob Ross Certified Instructor
2/01-2/29  M  6-9pm  SCC, D-112
3/07-4/11  M  6-9pm  SCC, D-112

Health Wellness
Registration Fee: $43
Other Cost: $0.55 ins
Get started on a healthier lifestyle. Exercise in SCC’s gym on cycles, treadmills, steppers, abdominal crunch apparat, and weight machines.
Instructor: RThompson
1/25-3/17  MTh  6:15-7pm  SCC, NES-106

Total Body Workout
Registration Fee: $43
Other Cost: $0.55 ins
A total body workout routine is a great way to stay fit, healthy, and energetic. Rather than focus on the same muscle group every time you hit the gym, it’s important to concentrate on your body as a whole. Learn how to plan a total body workout routine to help tone and tighten the entire body from shoulders to calves leaving you with a complete feeling of satisfaction and balance. All that is required to perform the total body workout is a good pair of tennis shoes and sheer will power.
Instructor: RThompson
1/11-3/07  MTh  5:15-6pm  SCC, NES 217
3/14-5/09  MTh  5:15-6pm  SCC, NES 217

Yoga
Registration Fee: $64
Other Cost: $0.55 ins
This course introduces students to Yoga practice in the classical sense. This includes awareness of the breath and breathing exercises, mindfulness meditation, and the physical postures most often associated with Yoga in the West. All participants are encouraged to practice at their own level of comfort. Participants may wish to purchase their own Yoga mat for the class and wear comfortable clothes. Yoga is typically practiced barefooted for comfort and safety, (socks may slip).
Instructor: VBalogh
1/12-2/25  TTh  4-5pm  SCC, NES 217
3/08-4/21  TTh  4-5pm  SCC, NES 217

Concealed Handgun
Registration Fee: $55
Other Cost: $0.55 ins + $7 textbook & certificate
Take your first step to obtain a concealed handgun permit by completing this 12-hr course. You will receive a certificate that will allow you to apply for the permit at any Sheriff’s department. You must be at least 21 years old and a North Carolina resident.
2/26-2/27  F  6-10pm  SCC, HHS-135  JNealon
Sa  8am-5p  SCC, HHS-135

4/22-4/23  F  6-10pm  SCC, HHS-135?  JNealon
Sa  8am-5p

Defensive Driving
Do You Have a Ticket? If so, call to pre-register for a class today!

Defensive Driving (4hr)
This course demonstrates the consequences of poor choices that drivers make behind the wheel, putting defensive driving into personal context.
4-hour Defensive Driving classes are held on the first and third Saturday of the month from 8am to 12n on the Southeastern Community College campus.

Defensive Driving (8 hr)
This course addresses the attitudes of problem drivers to change their driving behaviors. Participants learn the choices they make have financial, legal, and personal consequences. 8-hour Defensive Driving classes will be held January 9, March 12 and May 14 from 8am to 5pm on the Southeastern Community College campus.

For more information or to register for a class, call (910) 642-7141, ext. 296, 397 or 425.