Never Stop Learning
- Learn a second language
- Learn to cook
- Become a wine expert
- Become the person you want to be
To register for any class

Mail registration form to:

Continuing Studies, Salem College
P.O. Box 10548
Winston-Salem, NC 27018

Or

Fax registration form to: (336) 917-5432

Or

Call to register: (336) 721-2855
(with credit card information)

Registrants who withdraw from a course receive a full refund, less a $5 non-refundable administrative fee, if they notify the Office of Continuing Studies in writing (via email, mail, FAX) or in person at least three business days prior to class. No refund is given after that period unless the College must cancel the course, in which case a full refund is given.

Refunds for trips are subject to terms of the tour.

Go to www.salem.edu/community for a campus map and additional information about Courses for Community and Salem College Continuing Studies

Courses are held on the Salem College campus as well as in Old Salem. Many thanks to Old Salem, Inc. for their generosity in providing special facilities for some of our Courses for Community.
Organizing a Wine Cellar  Bruce Heye
With over 40 years of experience with all styles of wines, our “Wine Guy” has put together some ideas on creating a wine collection on a small scale or a very large one. Along with tasting a variety of age-worthy premium wines, he will explore other unique areas of the wine world. Because of the quality of wines to be offered, the class size will be limited to 14. Participants must be 21.

2 sessions
$80

Salem College Cycling & Wining Weekend
Bruce Heye & Judi Wallace
Experience the best of two of Salem’s popular Courses for Community during a delightful weekend in charming Southern Pines. Cycling author Judi Lawson Wallace has organized a selection of bike rides of different lengths and difficulty focused on various highlights in Moore County for Saturday and Sunday morning. Wine expert Bruce Heye will conduct a wine tasting seminar on Saturday afternoon. Then, Saturday evening, Bruce and Judi will host a wine dinner at a Southern Pines restaurant so participants can practice what they learned during the seminar. The program fee includes accommodations (double occupancy) for Friday and Saturday evening, continental breakfast each morning, bike maps and route information, the wine seminar, and the wine dinner.

$299 per person

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Intermediate French Conversation
Judi Wallace
Building on our French fundamentals, we will practice our French in different situations that add to vocabulary and language skills. Aspects of French culture and history will be incorporated with information about travel in France. Practical aspects of language will be the focus in this lively and fun course. Books: Living Languages French Complete Course, ISBN 1400020034
6 sessions
$96

Reflecting Your Surroundings:
Painting Water Reflections
Vickie Verano
(adults and teens)
Light on water is like music—it plays in the water and water plays it back. Practice wet in wet modeling, dry brushing, mirroring shape, granulated washes and explore secrets to water reflection design. Simplify photo composition and use warm or cool light temperatures to capture the mood of the lighting in your paintings. The beginner painter and the accomplished artist will enjoy this class. Bring favorite photos, paint or pastel medium with the corresponding supplies. No oil paints please. Class limited to 12.
5 sessions
$95

The Salem College Wine Dinner
Bruce Heve
Join us as we put into practice what our wine classes have been offering for the past four years. Our “Wine Guy” has worked with Noble’s Restaurant to select wines to match a full dinner offering. For more details on the wines and menu, please call the College for reservations. Participants must be 21.
1 session
$80
**What's Brewing?**
Bruce Heye
Beer has been produced for thousands of years and is made in a wide variety of styles. Join our class and learn the history of your favorite beverage and taste an assortment of beers and ales. The class will take a field trip to the Foothills Brewery to see beer being made and have a micro-brew dinner. Dinner included. Participants must be 21.

3 sessions $65

**Comparing Wine Varieties from Around the World**
Bruce Heye
Is a Chardonnay from France superior to one from California? Does a Cabernet from Chile taste different than one from Australia? Sharpen your knowledge of various wine regions and, on the last evening, test your acumen with a blind tasting. Participants must be 21.

3 sessions $65

**Lifeguard Certification**
Heather West
This course is for those interested in becoming a pool or waterfront non-surf lifeguard. The course covers CPR for the Professional Rescuer, First Aid, Waterfront Lifeguarding and Pool Lifeguarding. Successful completion of this course will earn students their certification in American Red Cross Lifeguard Training, First Aid, and CPR for the Professional Rescuer. *Textbook and supplies required: Red Cross Lifeguard Training Book (2000 version), rescue mask, swimsuit, cap, goggles and towel.

4 sessions $225

**Pilates**
Becky Anderson
“In ten sessions, you will feel the difference, in twenty sessions you will see the difference and in thirty sessions, you will have a new body.” —Joseph Pilates. Imagine an exercise program that you look forward to, that leaves you refreshed and alert with a sense of physical and mental well-being. The Pilates Method does this and more! Originating in the 1920s, Pilates’ slow and controlled mat exercises strengthen the whole body, increase flexibility, and improve balance, coordination and posture. While creating long and lean muscles, relieving back problems, and helping prevent injuries, Pilates improves the efficiency of the immune, respiratory, lymphatic and circulatory systems. The Pilates Method relieves stress, revitalizes, and increases physical vitality and so much more. Pilates is for everyone and integrates the spirit, mind, and body.

16 sessions $128

**(S)Heroes: Behind-the-Scenes: Women Who Made History Happen**
Cynthia Boiter
This course will be taught in a seminar style and will focus on the classic women’s history question, “What were the women doing?” We will look at the wives and mothers of political and military heroes, the muses of artists and the indispensable assistants of scholars and scientists.

8 sessions $95
Exploring Equus  Laura Pallavacini
If you are interested in anything horses, this is the chance for you to explore not only the riding of these magnificent animals, but also their distinct ability to bond with humans. In this course, participants will learn horsemanship and riding skills as well as a higher level of understanding the language of the horse. You will be educated on therapeutic riding and the benefits it can offer to the community. Horse experience is not necessary. An indoor arena and heated learning area will be available for inclement weather.

2 sections, 5 sessions each  
$165

The Political Cinema  Janos Kovacs
Examine and consider motion pictures which have led to or pushed for political change in countries and societies around the world, presented from a historic, cultural, social and moral point of view. Before The Rain, The Killing Fields and Sometimes In April are just three of the politically charged films that will be viewed and discussed for their ability to create public awareness of the violation of fundamental human rights around the globe. See the world differently. See it through the filmmaker’s lens.

14 sessions  
$112

Introduction to French Conversation  Judi Wallace
This introduction to the beautiful French language will unlock the mysteries of pronunciation, introduce basic sentence construction, and begin building a useful vocabulary. The CDs accompanying the text provide guidance and practice outside of class. In class, we will use a variety of activities to build skills in a fun setting. Book: Living Language: French Complete Course, ISBN 1400020034

8 sessions

The Golden Age of Broadway Musicals  Bruce Heye
Many of America’s finest song writers provided the words and music for Broadway shows. Enjoy the songs of Rodgers, Hammerstein and many more from the original cast albums, and interpretations from other great entertainers. Our “Mr. Broadway” will provide background on the artists, and anecdotes on Broadway performances. The class will attend the Little Theatre’s production of Andrew Lloyd Weber’s CATS. Guests of class participants are welcome for a fee. Class reservations must be made no later than Feb. 15. No refunds after March 15.

4 sessions  
$60

Tennis Anyone?  Lorie Howard
Have you ever taken a friend to court? Was it fun? If you do it at Salem College, you’ll be having fun by taking tennis lessons with Salem Academy’s tennis coach, Lorie Howard. Lorie will teach basic strokes: including forehand, backhand, service, volley and lob. Come to learn the rules of the court (the tennis court, that is) and strategies for winning. Bring your own racquet and some water.

8 sessions  
$56
Making a Scene                        Diana Greene
Writing a strong scene is integral to writing a strong story. In this workshop, writers will study the craft behind the scene and learn how to create vivid prose. Commentator and author Diana Greene invites fiction and non-fiction writers to join the workshop. Course size limited to 14 (adults only); early enrollment is encouraged. *class closed

6 sessions  $96

Southern Writers Workshop                        Kay Windsor
Explore the literary works of writers of the south. There will be discussions on the writers Lee Smith, Kaye Gibbons, Fred Chappell, Clyde Edgerton and Doria Betts. Participants may want to read from these collections for the sessions: The Rough Road Home: Stories by North Carolina Writers (edited by Robert Gingher), and The Christ-Haunted Landscape: Faith and Doubt in Southern Fiction by Susan Ketchin.

4 sessions  $96

Wines of Europe                           Bruce Heye
European countries produce significant amounts of quality wine with a variety of tastes. Take a guided tasting tour at Salem through the vineyards of France, Germany, Italy and Spain. Participants must be 21.

3 sessions  $65

Introduction to Wine                       Bruce Heye
Join our wine expert to get acquainted with wine terminology, labels, and the lore of historical and regional differences in wine. Learn to evaluate wines as you taste the major grape varieties from around the world. The final class takes place at a local vineyard. Participants must be 21.
*class closed

3 sessions  $59

Good Housekeeping                        Marsha Wise
Get the skinny on how to clean your house in record time. Professional house cleaner, Marsha Wise, will help you clear your clutter, and clean up life’s little messes. You’ll hear about the best cleaning supplies and tools, and the most efficient ways to use them. Find out how to get rid of the grime, and change your cram and clutter ways into peaceful, clean living. You don’t need a Bissell to know “life’s messy, clean it up!”

2 sessions,  $40

The Knitting Circle                    Rosemary Wheeler
(for women ... young and not so young)
Curl up on a comfty couch, or in an easy chair, enjoy a piping hot cup of cider with a Moravian cookie or two, and learn the art of needlework from Salem’s expert handknitting guide, Rosemary Wheeler. This is an intergenerational course with pre-teens invited to learn along with their mothers or grandmothers. Enjoy a relaxing winter morning creating and bonding with the young girl in your life. *class closed

2 sessions  $32
People and Pet Portraits        Vickie Verano 
(adult & child classes)
Learn the secrets to light, shade and texture using watercolors, pastels or acrylic paints for capturing the personality of your favorite portraits. With your photo references and easy to follow demonstrations, you will learn ways to master proportions and map facial features of the people in your photo as well as rendering fur, feathers and whiskers of your favorite cuddly pet. Bring to class drawing pad and pencils, and your favorite medium. No oils please. Class size limited to 12.

6 sessions
$105

CHOPIN: Poet of the Piano         Pamela Howland
Frederic Chopin is probably the most beloved composer of all time. Why does everyone love his music so much? We will investigate this together. Concert pianist and adjunct assistant professor of Music, Pamela Howland, will perform a variety of Chopin’s pieces for piano, including Preludes, Mazurkas, Waltzes, Nocturnes, Scherzos and other selected works. The course will be taught in her own unique lecture-demonstration style, and will cover Chopin’s life and significant French and Polish cultural influences. This six week course will culminate in a recital performed by Dr. Howland. It is open to anyone, regardless of musical background.

6 sessions
$105

Write It & Publish It        Zelda Lockhart
This workshop provides a practical plan to turn that book project into a reality. It offers the unconventional truths about getting your book written and finished, and securing a reputable agent and press. Zelda Lockhart will provide her method of zeroing in on the agent who sells work like yours and will provide the practical means to stick with it until you reach your goal. Lockhart is the award-winning author of Fifth Born and Cold Running Creek, both published by Simon & Schuster. Class size limited to 20.

1 session
$45

Illustrating Children’s Books        John Hutton
A brief course on the history of illustrated children’s books and how they are created. The first session will be a personal account and discussion of classic children’s book illustrations, from John Amos Comenius, the Moravian educator, to Maurice Sendak. The second session will provide an outline of the process of creating a children’s book, from character development to book layout, based on the instructor’s experiences and own work.

2 sessions
$30

Ballroom Dancing!!        Tony Econ
Deep inside you, there is a dancer aching to get out, but the only dance steps you know are the ones to the Macarena. Have no fear, Twinkle Toes, your life as a dancer just got made. Here is your chance to learn the steps to real dances. Dance instructor Tony Econ will guide you through doing the foxtrot, the waltz, the tango and even the cha-cha-cha!

8 sessions
$96
Editing 101                                Stephen Kirk
Any successful writer will tell you—the key to writing is editing. This course will examine the editor’s role in today’s book-publishing industry. Working with an actual novel manuscript, students will cast a yes or no vote for publication, draft a mock letter to the author recommending changes and rewrites, craft jacket copy to cast the novel in its best light, and do some line editing. Limited to 12.

SAT Prep                              Mike Britt and Sarah Nelson
Prepare for the new test and be ready to perform up to your potential. With our highly experienced professionals, prepare for scoring well! We’ve planned your study program to end just in time for the April exam (and any that follow)!
Evaluations of our program and years of successful outcomes tell us we’re doing it right – and you will be too.

Water Fitness                        Heather West
A super cardiovascular workout in the water! This one hour class consists of an active warm-up and stretch, 30-40 minutes of cardiovascular work, resistance training and a final stretch. No experience necessary.

Joyous Observation               Melrose Buchanan
A drawing course focusing on the importance of becoming an engaged observer
Students will explore the excitement of working from life using basic exercises, then moving on to studies and final compositions in a variety of ways with a variety of media. The goal will be for each individual to develop at her own pace in her art work. Open to women, limit of six.

The Beauty of Soap                  Marcia Sullivan
Getting clean is more than just a bar of Ivory. These days, soaps come in a variety of sizes, textures, smells and colors. Learn to make confetti soap, and a luxurious hawaiian scrub. Marcia Sullivan has her own soap-making business, and will have you making sudsy creations to enhance your cleaning experience!

Conversational Spanish for Beginners Renza Wallace
Let’s have the best time speaking Spanish!! Receiving loads of personal attention, get off to the right start in this basic conversational Spanish course. You will learn by speaking. For maximum success, the class will be completely in Spanish. There is no test in this class. You are your own test scorer. When you can communicate your thoughts in Spanish, you can give yourself a good grade!

Reach within.