



Lifelong Learning Institute in Chesterfield

Non-credit courses, lectures, activities, and special events

Lifelong Learning Institute

For adults age 50 and "better"

SUMMER 2024 SESSION

MAY 13 – AUGUST 23, 2024

What We Are

The Lifelong Learning Institute in Chesterfield is a member-supported organization designed to meet the educational and social enrichment needs of adults age 50 and “better.” The Institute is a learning community of peers who are committed to ongoing education and their own intellectual development. Members want to stay current, are curious about the world of ideas, and are involved with their own learning. The Institute develops and offers daytime courses, lectures, and special events on a wide range of topics. There are no exams, no credits, and no college degrees required. The program consists of spring, summer, and fall sessions. The volunteer instructors are well-known, informed, and experienced professionals as well as some members who enjoy sharing their knowledge and expertise.

Who We Are

The Lifelong Learning Institute in Chesterfield is administered and operated by its volunteer members and its sponsors: the Virginia Center on Aging at Virginia Commonwealth University (VCU), Chesterfield County Public Schools, and Chesterfield County. LLI Chesterfield is a nonprofit 501(c)(3) organization that is committed to equitable treatment and elimination of discrimination in all its forms at all organizational levels and throughout all programs. Our Institute is a member of the Road Scholar Resource Network, an umbrella organization for Lifelong Learning Institutes in the United States and Canada.

Board Members

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Rev. Pernell J. Johnson (First Baptist Church of Midlothian)

Catherine Tompkins (Chesterfield County Public Schools)

The Board of Directors meets on the fourth Monday of each month. All members are welcome and encouraged to advise the office if planning to attend to ensure arrangements are made for seating.

Office

Executive Director: Rachel Ramirez, MPA

Program Coordinator: Carri Pandolfe

Program Administrator: Debby Hoskin

Office Manager: Stacey Kalbach

Monday - Friday, 8AM-4PM

13801 Westfield Road, Midlothian, VA 23113

Mailing Address: P.O. Box 1090, Midlothian, VA 23113

Call: 804-378-2527 Text: 804-347-5096

Email: info@LLIChesterfield.org Website: www.LLIChesterfield.org

Membership

Membership is required in order to register for courses. The annual membership fee of \$150 per person allows individuals to participate in all of the courses, lectures, and planned social events available during their 12 months of membership. A membership application is attached to the back of this packet. Make checks payable to the Lifelong Learning Institute. Payment may also be made online with a service fee. The Institute also has a limited number of scholarships available to those with a financial need. Scholarships are distributed on a first-come, first-served need basis. Please contact the office at 804-378-2527 for details. The Lifelong Learning Institute in Chesterfield reserves the right to refuse or revoke membership. See below for our Referral Program to help save on the membership renewal fee!

Transportation Program

LLI Chesterfield provides free roundtrip transportation for members to attend LLI courses through grant funding donated by Genworth Financial Foundation and the Herndon Foundation. Transportation is primarily provided by UZURV, and the office staff schedule all of the rides. Members who are interested should inquire in the office, by email, or by phone.

Referral Program

If an existing member refers someone to LLI Chesterfield, the referring member is eligible for a discount on their next membership renewal fee. The referred individual must be a new member and must list the referring member on their application form. Only one member can receive the credit for each new member. When the new member has completed 10 weeks of membership, a ten-dollar (\$10) discount is applied to the referring member's next membership renewal fee.

Members can refer and get credit for multiple new members, up to the total of the annual membership fee!

Name Badges

Upon joining LLI Chesterfield, each member receives a name badge. Badges are stored on hooks in the hallway. Members are encouraged to wear their name badge to all courses and special events. It is useful for meeting new friends, as well as helping determine when non-members are visiting. Members may choose to add a card to the name badge holder behind the nametag that indicates pertinent health information useful in the event of an emergency. Yellow dot stickers and more details are available on the shelf outside the office.

Guests

LLI courses and activities are intended for LLI members. A member's guest from out of town may attend a class or an activity as long as attendance is not limited. Local residents who are interested in joining are limited to one guest visit per year. The office must be informed prior to any guest attending. Guest name badges are available, and to ensure fairness and facilitate the administration of this policy, name badges *must* be worn by guests to all courses and activities. *Please pre-register guests and check in with the office upon arrival.*

Physical Needs

The Lifelong Learning Institute in Chesterfield is accessible to persons with disabilities, and every attempt is made to accommodate special physical needs. Please contact the office (804-378-2527) if you have any questions.

Inclement Weather

When Chesterfield County Public Schools are closed because of weather conditions, LLI courses will be cancelled for the day. When Chesterfield County Public Schools have a delay, LLI courses will begin at 10AM, and any courses scheduled to begin before 10AM will be cancelled. Information will be available on the website by 8AM.

Parking

Parking is available in the two paved lots adjacent to the building. The First Baptist Church of Midlothian also generously allows LLI members to utilize their parking lot. Please leave the row closest to the church open at all times and do not park on the grass. Thank you for helping us be good neighbors!

Location of Courses

All courses (unless otherwise noted) are held at 13801 Westfield Road, Midlothian, VA 23113. The building is located near the Sycamore Square Shopping Center and the Midlothian Post Office. In addition to in-person courses, online courses are also available which are clearly marked in the course listing as well as on the registration form. LLI Members are welcome to register for in-person courses, online courses, or both. Zoom links will be sent to registered students via email for all online courses.

Trips

Guests are welcome on LLI trips if space is available, and LLI members will have priority through Open Registration. All payments must be received at the time of registration. LLI may be unable to provide a refund within 30 days of the trip, and the request must be made in writing.

Registration

Members may register online at www.LLIChesterfield.org or mail the attached registration form to P. O. Box 1090, Midlothian, VA 23113, or drop it off at the Institute at 13801 Westfield Road, Midlothian, VA 23113. Members are urged to attend all courses and activities for which they enroll. **Good attendance is important in getting future volunteer instructors. Non-attendance also results in under-utilized classroom space and often prevents others from participating.** If a member wishes to attend a course for which they are not registered, he or she should call or stop by the office to determine if space is available.

Course Confirmations are emailed after Open Registration and whenever a member registers for or withdraws from a class. If a member does not have an email address, a copy is made available in the office.

Open Registration for the Summer Session will be available online starting Thursday, May 2, 2024. Open Registration will occur onsite Monday, May 6 - Tuesday, May 7, 9:00AM - 3:00PM each day. Any courses that have more registrations received than available seats during the Open Registration period will use a lottery system to determine registration. All registrations received (online, in person or via US mail) follow the Open Registration procedure. After the close of Open Registration on May 7 at 3:00PM, registrations revert to a first-come, first-served basis. All course fees are due at the time of registration. Registrations may not be processed if any fees are outstanding.

LLI Safety Guidelines for Summer 2024

LLI members, instructors, and guests may wear a mask if it makes them feel comfortable. LLI will not require proof of vaccination status. LLI members and Instructors should report positive COVID test results to the LLI Office if they were in the LLI building within five days of symptom onset or a positive test.

Members, instructors, and guests should not enter the building if they have any of the following symptoms: fever (100.4 or above), headache, body aches, repeated shaking or chills, new, persistent cough for unknown reasons, shortness of breath for unknown reasons, runny nose for unknown reasons, congestion, sore throat, change in taste or smell, nausea, or vomiting.

LLI has air purifiers that feature HEPA filters, activated carbon pre-filters, and disinfecting UV-C lights in all rooms. These devices are intended to capture airborne particles and kill harmful bacteria, viruses, and mold spores. Sanitizing wipes are provided in each classroom for instructors and students to voluntarily wipe down their table/chair upon arrival and/or departure.

All individuals who enter the LLI building should recognize that LLI has taken reasonable steps to reduce the risks related to COVID-19 exposure, but LLI is not responsible for any risks related to COVID-19. The risks cannot be completely eliminated regardless of the care taken to avoid such risks. By participating, LLI members, instructors, and guests agree to hold LLI and its employees harmless from any consequence or effects caused by any illness or injury. All guidelines are subject to change based on updated recommendations and future conditions.

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Did you know...

...LLI membership dues have remained the same since 2010?

...LLI relies on donations each year to keep the dues consistent?

...about 30% of LLI's budget comes from donations?

...without the generosity of members and donors, LLI would not be able to continue offering our quality programs?

Have you ever wondered how you can support LLI more?

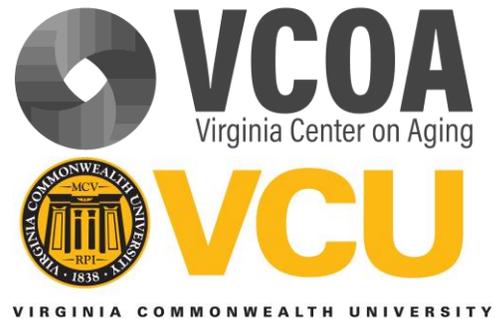
- You can make a donation directly to LLI of any amount at any time!
- You can request a Qualified Charitable Distribution be made to LLI!
- You can name LLI as a charitable beneficiary in your will or estate plan!

If you ever have any questions about any of these support options, please contact the office.

We are so grateful for the generous gifts from our members, donors, and community throughout the years and look forward to continuing our quality programs and preparing for future growth.

We would like to express our sincerest appreciation for all our volunteers who give of their time, talents, efforts, and passion to make LLI what it is today. We extend a great big **THANK YOU** for the hours and hours of service and partnerships from the following individuals and organizations:

- Board of Directors
- Office Volunteers
- Diversity Committee
- Policy Committee
- Grants Committee
- Library Committee
- Curriculum Committee
- Community Outreach Committee
- Instructors
- Public Relations Committee
- Safety Committee
- Social and Trip Committee
- Facilitators
- Fundraising Committee
- Finance Committee
- Facilities Committee



AD**Art, Music, Drama, and Dance**

Beginner Tap Dancing**Course: AD242045****Tuesday****May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****9:00-9:45****Instructor(s): Karyn Carpenter and Julie Van Buskirk**

Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate. Students will learn basic tap dance steps and dance routines.

Intermediate Tap Dancing**Course: AD242021****Tuesday****May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****10:00-11:00****Instructor(s): Beth Mercer and Jennifer DeRusha**

Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate. Tap dancing is good for the body and the brain. This course is designed for intermediate-level students who desire to refresh learned skills using old and new choreography.

Pigments That Color the World: From Burnt Sticks to Paint Tubes**Course: AD242267****Tuesday****May 14, 21, 28****10:30-12:00****Instructor(s): Poly Cline and Dr. John Partridge**

This course will move at warp speed exploring the mysterious backstories of everyday colors. Can rocks really be used as paint? Was Napoleon assassinated by his wallpaper? Did an alchemist define the colors of the rainbow? From cave paintings to Van Gogh and beyond, this will be a color-filled adventure!

Country Line Dancing**Course: AD242058****Tuesday****May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****11:30-12:30****Instructor(s): Mary Bradstock**

This course uses line dancing for fun and exercise. Knowledge of basic line dance steps is preferable. New dances are taught and older ones are reviewed.

Woodcarving: Open Carve**Course: AD242080****Wednesday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****9:00-11:00****Instructor(s): Bill Good and Bev Davidson**

LLI woodcarvers are invited to gather around the tables for open carving this session. The idea is to bring carving enthusiasts together for a fun, social opportunity to work on an old project or start something new. No formal instruction will be provided, but Bill and Bev will act as co-coordinators. Carvers are invited to bring along a favorite carving or tool of choice to share, an album of work or a book to inspire, and a hunk of wood to whittle. Happy carving!

Open Sketching Studio**Course: AD242265****Wednesday****May 15, 22, 29, June 5, 12, 26****10:00-11:30****Instructor(s): Hal and Marlene Cauthen**

Artists and sketchers are invited to gather around the tables for an open sketching and drawing studio. The idea is to bring enthusiasts together for a fun, social opportunity to work on their own project. No formal instruction will be provided, but Hal and Marlene will act as co-coordinators. Students should bring along a favorite reference to work on and all their own supplies. Happy sketching!

Introduction to Brazilian and Cuban Percussion**Course: AD242210****Wednesday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****1:00-2:00****Instructor(s): Damir Strmel**

Drumming and Percussion are FUN! Students are invited to experience the hip-shakin' rhythms of Brazil and Cuba. No experience is necessary, and the instruments are provided by the instructor. Learning to play the music provides an opportunity to learn about the cultures, both secular and religious, that created the music.

Introduction to Line Dancing**Course: AD242036****Thursday****May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22****9:00-10:00****Instructor(s): Sharon Macauley**

Join this course to learn the basic steps and patterns used in line dancing. Students will also become familiar with the language used to "call" the dances. Learning some simple line dances will be a real confidence booster. This course is tailored to first-time line dancers, but everyone is welcome!

Line Dance Practice**Course: AD242075****Thursday****May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22****10:15-11:15****Instructor(s): Mary Bradstock**

This is a continuation of the Tuesday Country Line Dancing course allowing students to practice dances previously taught.

Lifelong Musicians Instrumentalists**Course: AD242141****Thursday****May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22****12:00-1:30****Instructor(s): Randall Kaker**

Down on the Corner...All My Loving...Crazy...Folsom Prison Blues...Proud Mary...King of the Road...Under the Boardwalk...Five Foot Two...Blue Moon...Mr. Bojangles...City of New Orleans...Love Potion #9...Margaritaville...Bad Moon Rising...Let It Be...Happy Together...Kansas City...The MTA...and many other songs from the 50s to the 70s are examples of the music in this course. Students who enjoy and can play the above and similar songs are welcome to participate. Lyrics and Chords will be provided for the songs, and all selections are played as a group. For those who do not play an instrument but would like to sing, there is a separate Lifelong Musicians Vocalists (AD240) course which will be held at the same time in the same classroom. Please note the following: there is little to no instruction in this course, but everyone will learn. Talent is not a requirement; only a desire to have some musical fun. This is a performance-based course, and good attendance is encouraged.

Lifelong Musicians Vocalists**Course: AD242240****Thursday****May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22****12:00-1:30****Instructor(s): Randall Kaker**

Down on the Corner...All My Loving...Crazy...Folsom Prison Blues...Proud Mary...King of the Road...Under the Boardwalk...Five Foot Two...Blue Moon...Mr. Bojangles...City of New Orleans...Love Potion #9...Margaritaville...Bad Moon Rising...Let It Be...Happy Together...Kansas City...The MTA...and many other songs from the 50s to the 70s are examples of the music in this course. Students who enjoy singing the above and similar songs are welcome to participate. Lyrics and Chords will be provided for the songs, and all selections are played as a group. For those who would like to play, there is a separate Lifelong Musicians Instrumentalists (AD141) course which will be held at the same time in the same classroom. Please note the following: there is little to no instruction in this course, but everyone will learn. Talent is not a requirement; only a desire to have some musical fun. This is a performance-based course, and good attendance is encouraged.

Summer of Joy Documentary by Cortona Studies Abroad Program**Course: AD242274****Thursday****May 30****1:00-2:30****Instructor(s): Ann-Marie Walsh**

This course will share a documentary film created by Georgia Public Broadcasting during the summer of 1978, when the instructor was a student at the University of Georgia Lamar Dodd School of Art. It is about their Italy Studies Abroad Program and is narrated by the clothing designer Marchese Emilio Pucci, and there is a story there. It is an in-depth view into a demanding art study program that immerses the students in the history of Italy and its associations with its people. It is a story of travel, too, and one of life-changing experiences for those involved. Students were selected by competitive portfolio. Their ages ranged from 19 to 73, as some students were faculty and artists on sabbatical, including Lamar Dodd's own daughter.

A Little Watercolor Fun A**Course: AD242269****Tuesday****June 4****10:00-12:00****Instructor(s): Darnell Hoose**

Please register for only one session (A or B) to allow all students a chance to participate. This course will be just a little lighthearted fun playing around loose and free with abstract watercolor. Students will need to bring all the items shown on the supply list which will be available at registration and outside the office before class.

Crayons and Crustaceans A**Course: AD242271****Wednesday****June 5****1:00-3:30****Instructor(s): Sarah Matthews**

This course is for students who have little or no art training. Please register for only one session (A, B, or C) to allow all students a chance to participate. This course will briefly explore these bizarre and delicious creatures. Then, students will sketch them using step-by-step guidance before finishing them off with simple wax crayons or colored pencils. Students will use a variety of techniques and perhaps some melted butter! The supplies and paper will be provided. Students should bring colored pencils or crayons.

A Little Watercolor Fun B**Course: AD242270****Tuesday****June 11****1:00-3:00****Instructor(s): Darnell Hoose**

Please register for only one session (A or B) to allow all students a chance to participate. This course will be just a little lighthearted fun playing around loose and free with abstract watercolor. Students will need to bring all the items shown on the supply list which will be available at registration and outside the office before class.

Advanced Watercolor**Course: AD242012****Thursday****June 13, 20, 27, July 11, 18, 25****10:30-12:30****Instructor(s): Marti Franks**

Please register for either Intermediate or Advanced Watercolor (only one) to allow all students a chance to participate. This course is not intended for students who have no experience in watercolor. Some experience in painting through previous class instructions is important with some basic skills in handling a brush and paint. A basic understanding of composition and value is also very helpful. This course will expose and strengthen the fundamentals of composition, value, use of shapes, negative painting, and use of texture. Students will need to bring eight colors of paint, three brushes, a pallet, a board, a canvas, tape, and art erasers. The instructor asks that students please purchase high-quality supplies; there will be a difference in the final result if lower-quality items are used. Student-grade paints such as Windsor, Newton-Cotman, or Academy should not be used. Students are welcome to call Marti at 804-794-2497 if they would like help ordering supplies. Students should bring their own supplies to each class, and a supply list will be available at registration and outside the office before class.

Intermediate Watercolor with Marti**Course: AD242111****Thursday****June 13, 20, 27, July 11, 18, 25****2:00-3:45****Instructor(s): Marti Franks**

Please register for either Intermediate or Advanced Watercolor (only one) to allow all students a chance to participate. This course is not intended for students who have no experience in watercolor. Some experience in painting through previous class instructions is important with some basic skills in handling a brush and paint. A basic understanding of composition and value is also very helpful. This course will expose and strengthen the fundamentals of composition, value, use of shapes, negative painting, and use of texture. Students will need to bring eight colors of paint, three brushes, a pallet, a board, a canvas, tape, and art erasers. The instructor asks that students please purchase high-quality supplies; there will be a difference in the final result if lower-quality items are used. Student-grade paints such as Windsor, Newton-Cotman, or Academy should not be used. Students are welcome to call Marti at 804-794-2497 if they would like help ordering supplies. Students should bring their own supplies to each class, and a supply list will be available at registration and outside the office before class.

Readers Theater**Course: AD242248****Tuesday****June 25, July 2, 9, 16, 23, 30, August 6, 13, 20****9:30-10:30****Instructor(s): Ken Carlson**

This will be an introductory level Readers Theater course that will allow students to investigate and participate in a type of theater that became very popular during World War II. The course will explore different flavors of Readers Theater and make use of a few relevant acting techniques such as voice inflection, facial expression, and active listening. All reading levels are welcome, and standing is not required. As a group, this class may work together to decide which material to work with, so the subject matter is open at various times throughout the course. All participation will be within the classroom; no outside performances are expected. Readers Theater is a great way to keep reading, comprehension, vocabulary, language, creativity, and teamwork skills sharp!

Pencils, Stencils, and Pens A**Course: AD242259****Tuesday****June 25****1:00-3:30****Instructor(s): Sarah Matthews**

This course is for students who have little or no art training. Please register for only one session (A or B) to allow all students a chance to participate. Inspired by the work of artist Jasper Johns, students will learn basic shading and blending techniques with markers, pens, and colored pencils and will use a variety of stencils to create an abstract design that can be filled in using the colors and techniques of their choice. The supplies and paper will be provided. Students can bring colored pencils and fine-line markers. Super fine-line black markers are optional but not required. Everyone will leave with a completed work and some new art skills!

Basic Blues and Boogie-Woogie Piano**Course: AD242219****Tuesday****June 25, July 2, 9, 16, 23, 30****2:00-2:45****Instructor(s): Anne McAneny****Online**

This will be an online course. Students will enjoy it more if they have a piano handy during each class because the instructor's hands will be on the piano on screen and students may want to play along. Basic piano knowledge and some experience playing will be necessary to take full advantage of the lessons, but all students are welcome. The course will cover the six-note blues scale, several "left-hand engine" options, hand independence, a few chords, a few riffs, and how to sit down and improvise boogie-woogie at any piano. There won't be music or handouts, but students can refer anytime to the instructor's YouTube channel or any number of other YouTube channels for refreshers on each concept.

Ukulele Introduction and Jam**Course: AD242252****Wednesday****June 26, July 17, August 21****11:00-12:00****Instructor(s): Rick Kaerwer**

The ukulele is one of the easiest stringed instruments to learn. With just four strings, chords are simpler, and the size of a ukulele offers a very portable stringed instrument. Even the first chord played brings feelings of success. These monthly jam sessions over the summer will serve as fun get-togethers to socialize and keep students practicing. Perfect attendance is not required, but students are encouraged to attend as often as they are available. Additionally, students are welcome to visit the Lounge about 30 minutes before class starts for a quick beginner-level lesson. Several loaner ukuleles will be available for use during the classes, so no uke is required. The instructor guarantees plenty of smiles, fun, and strumming!

Introduction to Oil Painting**Course: AD242166****Monday****July 8, 15, 22****10:30-12:00****Instructor(s): Wanda Cutchins**

This course will be for anyone who would like to try oil painting. Students will paint a simple picture of a lemon. The instructor will provide step-by-step instructions and demonstrations. No drawing experience is necessary. Students will enjoy creating their own painting with other beginners! Students should bring a drop cloth to protect the table and odorless thinner as well as all the other items on the supply list which will be available at registration and outside the office before class.

Colorist Open Studio**Course: AD242234****Monday****July 8, 15, 22, 29, August 5, 12****1:00-3:00****Instructor(s): Diana Hinman and Karen Masley**

This course will provide an open studio for colorists who want to get together to explore new techniques and share ideas. With the help of the mentors, students will rely on one another to improve skills through interactions with each other. Formal instruction may be provided based on what students want to learn. Students should have experience in the use of colored pencils and/or watercolors and must bring their own supplies to each class prepared to work on a project of their own choosing. A suggested supply list will be available at registration and outside the office before class.

Pencils, Stencils, and Pens B**Course: AD242260****Wednesday****July 24****10:00-12:30****Instructor(s): Sarah Matthews**

This course is for students who have little or no art training. Please register for only one session (A or B) to allow all students a chance to participate. Inspired by the work of artist Jasper Johns, students will learn basic shading and blending techniques with markers, pens, and colored pencils and will use a variety of stencils to create an abstract design that can be filled in using the colors and techniques of their choice. The supplies and paper will be provided. Students can bring colored pencils and fine-line markers. Super fine-line black markers are optional but not required. Everyone will leave with a completed work and some new art skills!

Crayons and Crustaceans B**Course: AD242272****Tuesday****August 6****10:00-12:30****Instructor(s): Sarah Matthews**

This course is for students who have little or no art training. Please register for only one session (A, B, or C) to allow all students a chance to participate. This course will briefly explore these bizarre and delicious creatures. Then, students will sketch them using step-by-step guidance before finishing them off with simple wax crayons or colored pencils. Students will use a variety of techniques and perhaps some melted butter! The supplies and paper will be provided. Students should bring colored pencils or crayons.

Crayons and Crustaceans C**Course: AD242273****Thursday****August 8****10:00-12:30****Instructor(s): Sarah Matthews**

This course is for students who have little or no art training. Please register for only one session (A, B, or C) to allow all students a chance to participate. This course will briefly explore these bizarre and delicious creatures. Then, students will sketch them using step-by-step guidance before finishing them off with simple wax crayons or colored pencils. Students will use a variety of techniques and perhaps some melted butter! The supplies and paper will be provided. Students should bring colored pencils or crayons.

Michelangelo's Sistine Chapel**Course: AD242268****Friday****August 16, 23****9:30-11:00****Instructor(s): Juana Levi**

In 1508, Pope Julius II commissioned the 33-year-old Michelangelo Buonarroti to paint the Sistine Chapel ceiling. It took Michelangelo four years to complete this extraordinary masterpiece. In 1536, Pope Paul III commissioned Michelangelo, now 61 years old, to come back to the Sistine Chapel and paint the incredible Last Judgment on the wall behind the altar. This masterpiece took him more than four years to complete. Students will learn about both of these commissions and the interesting stories that surround them.

CO**Computers, Technology, Math, and Science**

Artificial Intelligence A: History, Promises, Fears, and the Future**Course: CO242209****Monday****May 13, 20****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. It is reported that half of all Artificial Intelligence (AI) researchers believe there is at least a 10 percent chance of AI causing human extinction, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions, or even playing God. In March 2023, major tech names including Elon Musk and Steve Wozniak, signed an open letter urging a halt to generative AI development over a profound risk to humanity. In this course, students will learn the definition of AI, along with its history, promises, fears, and futures. Each student will have the opportunity to form an opinion on the role this technology's future could play in their life.

Geological Wonders**Course: CO242128****Tuesday****May 14, 21, 28, June 4, 11, 25, July 9, 16****12:15-1:30****Instructor(s): Bob Ferguson**

This course will be a continuation from the spring session, but all are welcome. Each class will have an introduction and two videos about different geological wonders from a Great Courses series. There will be lots of spectacular geological features to view, each with an interesting story. This is not a real geology course, but students will learn about many aspects of geology through the lectures and discussions. Everyone will get a renewed wonder of the amazing planet Earth.

Nearpeer Tutorial and Tips A**Course: CO242199****Wednesday****May 15****1:30-3:00****Instructor(s): Rachel Ramirez**

Nearpeer is the peer-to-peer networking platform for LLI Chesterfield members. Nearpeer gives members a way to find, meet, and connect with others in the LLI community who have similar interests or live nearby. There are also groups where members can engage in group chats, ask questions, and share information. This course will provide answers to any questions about Nearpeer and hands-on help to create or edit a profile. Students should bring a smartphone, mobile device, or laptop if they wish to create or log in to their Nearpeer profile. There will be plenty of time to practice, ask questions, make group suggestions, and have fun!

Geological Wonders**Course: CO242129****Thursday****May 16, 23, 30, June 6, 13, 27, July 11, 18****9:15-10:30****Online****Instructor(s): Bob Ferguson**

This course will be a continuation from the spring session, but all are welcome. Each class will have an introduction and two videos about different geological wonders from a Great Courses series. There will be lots of spectacular geological features to view, each with an interesting story. This is not a real geology course, but students will learn about many aspects of geology through the lectures and discussions. Everyone will get a renewed wonder of the amazing planet Earth.

Google Photos A: Managing Thousands of Photos in a Phone**Course: CO242175****Thursday****May 16, 23, 30****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course is for anyone who is overwhelmed with the number of photos stored in their phone. Helpful tips for organizing and managing them with Google Photos will be shared as well as instructions on how to sync and access them in the Google Cloud. Everyone who takes photos on a mobile device could benefit from this course. It's possible to get the monster under control!

iPad Basics**Course: CO242046****Friday****May 24, June 7, 21****1:00-2:30****Instructor(s): Mark Grubbs**

This interactive course will be for students who are just beginning to use an iPad or want to brush up on the basic use of it. Students will need a fully-charged Apple iPad (no more than six years old) and will learn about the iPad machine, the Cloud and iCloud, and some basic setup of the iPad. There will also be time to practice making a contact, writing and sending a text message, and, if time allows, writing and sending an email. This interactive, beginner's learning experience with the iPad will be fun! Students are encouraged to attend with lots of questions and curiosity!

Cable TV Alternatives A: Cutting the Cord**Course: CO242076****Thursday****May 30, June 6****10:30-12:00****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. Cable TV bills have a tendency to increase every year, and people often wonder what they're really paying for. This course will cover a cable bill in detail and explain all the charges. Additionally, alternatives to regular cable TV will be explored and explained. Students are encouraged to bring a copy of their cable bill to class along with a listing of the TV channels they normally view. The course will be casual with lots of time for questions.

Automotive Basics**Course: CO242169****Monday June 3, 10, 17****9:30-11:00****Online****Instructor(s): B. Ellen Johnson, PhD**

This course will help students learn about their cars. Topics will include helpful information about tires, how both internal combustion engines and electric engines operate, the many different computers that keep a car performing well, and the safety components of the car. There will be plenty of time for questions.

Statistics: A Brief Introduction**Course: CO242217****Monday June 3, 10, 17****1:00-2:30****Online****Instructor(s): B. Ellen Johnson, PhD**

This course will provide a brief introduction to statistics. Students will learn how statistical analysis is used to interpret all the data being constantly collected. Gaussian curves, probability, hypothesis testing, and Big Data will be explained.

Tips and Tricks in Google Apps: Calendar, Mail, Chrome, Notes**Course: CO242203****Monday June 3, 10, 17, 24****2:00-3:30****Instructor(s): Danny Arkin**

This course will help students learn some basic skills along with tips and tricks involved with maximizing the use of four selected Google Apps: Google Calendar, Google Mail (Gmail), Google Chrome, and Google Keep. Each week a new app will be introduced and explored. Both veteran and new users are guaranteed to walk away with new ideas for staying ahead.

Microbiome: News from the Gut**Course: CO242218****Wednesday June 5, 12****9:30-11:00****Instructor(s): Patricia Ryther**

The Centers for Disease Control and Prevention estimates that about half of adult Americans have at least one chronic disease, and those numbers are rising. Does the modern way of life affect health by changing the microbiome? Can simple measures provide protection? Scientists are researching the human gut in new ways and making some important discoveries. Microbes may carry powerful weapons that fight chronic disease, and they can be allies in the search for better health. This course will explore how the microbiome works and cover a few recent research developments. Students will discuss the use of probiotics and other ways to protect the microbiome and improve well-being.

Cyber Threats and Information Security Awareness A**Course: CO242207****Thursday June 20, 27****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course will discuss the importance of being able to spot and respond to fake package delivery notices, bogus voicemail notifications, and email and text message scams. Students will learn some ways to identify what is real and not real before sharing sensitive information or access to their online identity and accounts. Increasing awareness of cyber threats like phishing, compromised emails, SPAM, and false online communications can be a real safeguard. Students may feel better about being online after gaining this valuable knowledge.

Nearpeer Tutorial and Tips B**Course: CO242200****Monday June 24****10:30-12:00****Instructor(s): Rachel Ramirez**

Nearpeer is the peer-to-peer networking platform for LLI Chesterfield members. Nearpeer gives members a way to find, meet, and connect with others in the LLI community who have similar interests or live nearby. There are also groups where members can engage in group chats, ask questions, and share information. This course will provide answers to any questions about Nearpeer and hands-on help to create or edit a profile. Students should bring a smartphone, mobile device, or laptop if they wish to create or log in to their Nearpeer profile. There will be plenty of time to practice, ask questions, make group suggestions, and have fun!

Intermediate iPhone and iPad: Part 1**Course: CO242092****Wednesday July 3, 17, 31, August 7****1:00-2:30****Instructor(s): Mark Grubbs**

This course is the third of a five-part series of classes for iPhone and iPad (two Basics and three Intermediates). Students will need a fully-charged iPhone with iOS 17 or iPad with iPadOS 17. The Cloud and iCloud will be reviewed followed by the “to the max” use of the Contacts and Messages apps. If time allows, an additional app may be explored. There will be time for questions!

Google Photos B: Managing Thousands of Photos in a Phone**Course: CO242176****Monday July 8, 15, 22****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. Are you overwhelmed with the number of photos stored in your phone? Want help organizing and managing them with Google Photos? Do you understand what syncing and accessing them in the Google Cloud means? Everyone who takes photos on a mobile device needs this course to help get the monster under control.

Cyber Threats and Information Security Awareness B**Course: CO242208****Monday July 29, August 5****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course will discuss the importance of being able to spot and respond to fake package delivery notices, bogus voicemail notifications, and email and text message scams. Students will learn some ways to identify what is real and not real before sharing sensitive information or access to their online identity and accounts. Increasing awareness of cyber threats like phishing, compromised emails, SPAM, and false online communications can be a real safeguard. Students may feel better about being online after gaining this valuable knowledge.

Cable TV Alternatives B: Cutting the Cord**Course: CO242077****Thursday August 8, 15****10:30-12:00****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. Cable TV bills have a tendency to increase every year, and people often wonder what they're really paying for. This course will cover a cable bill in detail and explain all the charges. Additionally, alternatives to regular cable TV will be explored and explained. Students are encouraged to bring a copy of their cable bill to class along with a listing of the TV channels they normally view. The course will be casual with lots of time for questions.

Artificial Intelligence B: History, Promises, Fears, and the Future**Course: CO242210****Monday****August 12, 19****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. It is reported that half of all Artificial Intelligence (AI) researchers believe there is at least a 10 percent chance of AI causing human extinction, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions, or even playing God. In March 2023, major tech names including Elon Musk and Steve Wozniak, signed an open letter urging a halt to generative AI development over a profound risk to humanity. In this course, students will learn the definition of AI, along with its history, promises, fears, and futures. Each student will have the opportunity to form an opinion on the role this technology's future could play in their life.

DE**Diversity, Equity, and Inclusion**

Understanding Gender Identity and Expression**Course: DE242007****Friday****May 31****1:00-3:00****Instructor(s): Ted Heck**

This course will present basic concepts related to gender identity and gender expression and how they are related to sexual orientation, gender roles, and other aspects of gender as they tie into society and relationships. There will be opportunities to discuss and ask questions about all of these concepts and related topics. Students will learn the basic components of gender and some gender-related terms, how names and pronouns make a difference for people's lives, and how to be an ally to trans and non-binary people.

LGBTQ+ Basics**Course: DE242005****Thursday****June 6****1:00-3:00****Instructor(s): Michael Recant**

This course is designed to give students a basic understanding of the concepts and terminology associated with non-traditional sexuality in US society. There is a lot in the media about people who are lesbian, gay, bisexual, transgender, non-binary, intersex, etc., with little information about what any of that means. This course is intended to provide factual information in a non-judgmental fashion about the diverse approaches to sexuality in current society. Students will have the opportunity to discuss the discrimination that LGBTQ+ individuals experience and how they can be supported by their straight allies.

The Upswing: A Book Review**Course: DE242004****Thursday****June 20****10:30-12:00****Instructor(s): Bob Ferguson**

An unusual book by Robert Putnam and Shaylyn Garrett "The Upswing" was published in 2020. It attempts to understand the mood and behaviors of Americans over the last 125 years. It was written in a textbook style and is not very readable, but it has an abundance of information about how America started as an "I" society at the end of the 1800s, moved toward a "we" social structure by the middle of the last century, and have been moving back to an "I" society in recent years. The book posits that America is out of balance, and it is affecting the political system, civil rights, economic fairness, and much more. A video is available where the authors present their evidence and conclusions. There will be time for students to consider the authors' views and offer their own insights.

An Introduction to the Equities Markets: Mutual Funds, ETFs, and Stocks, Oh My!**Course: EF242165****Thursday****May 16****2:00-3:30****Instructor(s): Liz Brown**

The world of equities has many factors that one could consider when investing. Diversification is important, but how can investors build diversification while staying true to their individual risk tolerances? This course will break down various components of equity securities and review the ways one can invest in them.

Annuities**Course: EF242101****Monday****May 20****12:30-2:00****Instructor(s): James E. Davidson, Jr., CFP®**

What are annuities? How do they work? What do all these fancy words mean? This course will provide insight into the world of annuities, and there will be plenty of time for questions.

Smart Saving for Higher Education**Course: EF242169****Wednesday****May 29****10:30-11:30****Instructor(s): Ryan Poland**

This course will be for anyone interested in helping kids and grandkids save for higher education. According to Benjamin Franklin, "An investment in knowledge always pays the best interest." Students will learn about the 529 College Savings Plans and the many benefits they might provide.

Estate Planning and Elder Law**Course: EF242115****Thursday****May 30****10:30-12:00****Instructor(s): Paula Peadar****Online**

This course will be all about planning for the future. Can anyone be sure their estate plans will be carried out properly? Topics will include medical directives, powers of attorney, wills, and trusts. Elder Law will also be discussed. Questions will be welcome!

Income Planning and Strategies: The Art and Science**Course: EF242171****Friday****June 7****11:00-12:00****Instructor(s): Shawn Doran**

This course will discuss an overview of retirement income planning, risks in retirement income planning, and retirement income strategies.

Money Mindset Makeover: Ignite a Love Affair with Money**Course: EF242163 *\$13****Monday June 10, 17****12:30-1:30****Instructor(s): Sorana Blackfoot**

The secret to escaping the money mindset minefield lives between the ears. Everyone has a relationship with money, and many describe it as love-hate. This course was born from the desire to help people ignite a love affair with their money. The course will teach students how to build a better relationship with their money by discussing the mindset challenges most people face and beliefs people have adopted or developed throughout their lives. Practical steps to overcome these challenges and beliefs will also be shared. The importance of the mindset in a relationship with money will be covered as well as strategies for increasing financial IQ and the confidence to take charge of one's finances. The information shared in the course is a combination of practical strategies and methods that can lead to a better understanding of not only the financial system but an individual's place in it. The author's book by the same title as the course can optionally be purchased through LLI during Open Registration only, and payment is due at registration.

Financial Stability**Course: EF242167****Tuesday June 25****1:00-2:30****Instructor(s): Richard Commander**

This course will share an easy way to manage personal monthly expenses. Students will learn about their stability number, handling cash flow, and the value of the word "No." The goal is to stay off the financial slippery slope. This valuable knowledge can reduce financial anxiety and enhance daily life.

Pharmaceutical Product Pricing**Course: EF242164****Monday July 1****2:00-3:30****Instructor(s): Herbert Loveless**

This course will explain why products in the US cost two to three times more than they do in Canada and Europe. It will also explain why Medicare's ability to negotiate prices is extremely limited.

Financial Modeling Using Artificial Intelligence (AI) Methodologies: Part 2**Course: EF242157****Thursday July 11, 25****1:30-3:30****Instructor(s): Damir Strmel**

This course will be a continuation of last session's dive into developing quantitative strategies using AI techniques. Students will learn about developing a strategy to determine when they should take on risk in their investment portfolio and when they should protect their assets.

Social Security and Medicare: The Basics and a Deeper Dive**Course: EF242170****Tuesday July 23****11:00-12:00****Instructor(s): Ryan Poland**

This course will provide students with a basic understanding of Social Security and Medicare benefits. Regarding Social Security, strategies for maximizing benefits and things to consider when claiming will be covered. Regarding Medicare, the different parts and what they do and don't cover will be discussed. This course will be an overview but will also provide a deep dive into how to get the most out of both systems.

An Insurance Overview: Which Risks to Transfer and Which to Retain?**Course: EF242166****Wednesday****July 24****2:00-3:30****Instructor(s): Liz Brown**

Life insurance, long-term care insurance, and disability insurance all have nuanced and complex components. The hope is also to never need any of the three. This course will provide an overview of the insurance landscape for retired (or soon-to-be-retired) individuals who are contemplating how to handle the possible risks associated with later life.

Financial Stability**Course: EF242168****Thursday****August 1****1:00-2:30****Instructor(s): Richard Commander****Online**

This course will share an easy way to manage personal monthly expenses. Students will learn about their stability number, handling cash flow, and the value of the word “No.” The goal is to stay off the financial slippery slope. This valuable knowledge can reduce financial anxiety and enhance daily life.

Medicare 101: Making Sense of Medicare**Course: EF242113****Wednesday****August 7****10:00-12:00****Instructor(s): Kendalle Stock**

This course will provide information on the following topics: a high-level overview of Medicare, how and when to enroll in Medicare, understanding the “lingo,” Medicare options, what Medigap (Medicare Supplement) policies cover, the gaps that exist in Medicare, and how to cover those gaps. Students who have been enrolled for only one day or for 40 years as well as students who haven’t yet received that lovely red, white, and blue card in the mail will all gain valuable information. Paper and a pen are suggested for taking notes!

EL**Literature, Poetry, and Film****LLI Literary Society Orientation****Course: EL242100****Monday****May 13****1:00-2:00****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

Inspired by the historic Chautauquas, the Literary Society will offer another themed selection of books for the summer session. Participants will select four of ten titles to read between May and August 2024. Books of more than 700 pages will be counted as two books. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure will allow independent reading time of the selected titles with a focus on the theme rather than a single book. A culminating celebration is scheduled at the end of the Summer 2024 session to recognize participation and commemorate the theme. The theme for this session is “Bio Picks.” The theme reflects participants' suggestions of biographies and autobiographies and reflects their personal recommendations for titles to include. Selected titles and suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided at this brief orientation, along with information on participation and a review of this session’s selected titles. Attendance at orientation is not required but is strongly encouraged.

LLI Literary Society Orientation**Course: EL242101****Tuesday****May 14****10:00-11:00****Online****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

Inspired by the historic Chautauquas, the Literary Society will offer another themed selection of books for the summer session. Participants will select four of ten titles to read between May and August 2024. Books of more than 700 pages will be counted as two books. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure will allow independent reading time of the selected titles with a focus on the theme rather than a single book. A culminating celebration is scheduled at the end of the Summer 2024 session to recognize participation and commemorate the theme. The theme for this session is "Bio Picks." The theme reflects participants' suggestions of biographies and autobiographies and reflects their personal recommendations for titles to include. Selected titles and suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided at this brief orientation, along with information on participation and a review of this session's selected titles. Attendance at orientation is not required but is strongly encouraged.

Introduction to Writing Poetry**Course: EL242119****Tuesday****May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****10:30-11:30****Instructor(s): Mary Jane Tolly**

In a workshop setting, this course will explore the process of writing poetry using methods studied in class to produce clear, fresh, creative poems. A demonstration of various types of traditional and contemporary poems will be presented to add strength and innovation. Students will learn essential tightening techniques to structure their thoughts for clearer communication and become helpful critics of each other's writing by sharing their original poems and examining models written by other poets. Students may want to bring a pencil or a pen and paper or a notebook to each class.

Dilemma Tales That Teach Safe, Ethical Discourse in Troubled Times**Course: EL242118****Tuesday****May 14, 21, 28, June 4, 11, 25****11:00-12:30****Instructor(s): Les Schaffer**

This course will delve into the rich tapestry of African storytelling through the vibrant cultures and traditions of Africa by exploring the profound narratives embedded within these timeless tales. Guided by an experienced storyteller and instructor, students will unlock the secrets of dilemma tales, a genre renowned for its thought-provoking moral dilemmas and captivating narratives. Through a blend of lectures, discussions, and interactive activities, students will gain a comprehensive understanding of the cultural, historical, and philosophical contexts that underpin these stories. Diverse themes such as morality, justice, resilience, and the human condition will be explored. Classic tales from the many varied regions of Africa will offer unique perspectives and insights. Students will have the opportunity to improve their critical thinking skills as they analyze the complexities of the dilemmas presented in these narratives. By examining characters' decisions and their consequences, students will uncover profound lessons applicable to a fractured and polarized contemporary society. This course will offer a transformative journey for those who are seeking to incorporate diverse narratives into daily life, for storytellers looking to enrich their repertoires, and for lovers of literature eager to explore new horizons. Students will take a voyage of discovery into the heart of African storytelling where ancient wisdom will meet modern interpretation and the power of storytelling will know no bounds.

Enjoy Poetry**Course: EL242043****Wednesday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24****11:00-12:00****Instructor(s): Bob Ferguson and Timothy Pace**

Summertime and the livin' is easy. Tim and Bob want to watch those catfish jumpin' high as the sky, but this class will meet most of the summer session. This course will continue as usual with a wide range of poets and poetry along with some videos and song lyrics and even bring-a-poem days. Students will tell you it is always an enjoyable time. Returning and new students are always welcome!

Aspiring Writers' Critique**Course: EL242015****Friday****May 17, 31, June 14, 28, July 12, 26, August 9, 23****1:00-3:00****Instructor(s): Dorothy Moses**

This course will be for students who are writing short stories, novels, memoirs, skits, and more. Students will give and receive gentle, constructive feedback on each other's writing. For the best use of everyone's time, students should email their writing (10 pages max) to the LLI office by Monday before each class. The LLI office will combine all submissions into one email and send it to all registered students for review during the week. Students can learn to be better writers by giving and receiving constructive feedback.

Banned Books, a Movie, and Popcorn**Course: EL242120****Wednesday****May 22****1:30-3:00****Instructor(s): Deb Hood and Linda Kerman**

This course will present The ABCs of Book Banning, one of this year's Oscar-nominated short film documentaries which explores restricted, challenged, and banned books in the nation's schools. Its unique approach has students reading material which has been deemed inappropriate for them and then discussing it. In 2023 when the film was made, 38 states had banned 2,000 books; today, 41 states are banning 6,000 books. Students will have a chance to watch, eat popcorn together, and discuss this documentary together.

Baby X Discussion: Combining Thriller Writing and Cutting-Edge Science**Course: EL242115****Wednesday****May 22****2:00-3:00****Instructor(s): Kira Peikoff****Online**

Science journalist and author Kira Peikoff is known for her incredible thrillers that incorporate mind-blowing high-tech, cutting-edge science related to DNA, life sciences, and bioethics. She has authored books including Mother Knows Best and No Time to Die. This course will be an author-led discussion of her new book: Baby X: A Thriller! When any biological matter can be used to create life, stolen celebrity DNA sells to the highest bidder—or the craziest stalker—in this propulsive thriller. In the near-future United States, where advanced technology can create egg or sperm from any person's cells, celebrities face the alarming potential of meeting biological children they never conceived. Brilliantly plotted and terrifyingly prescient, Baby X is an unpredictable and relentless speculative thriller.

The Great Mr. Smith**Course: EL242117****Monday****June 3, 10, 17, 24, July 1****11:00-12:00****Instructor(s): Edward Blackwell**

Lewis Foster's novel "The Gentleman from Montana" was never published. Frank Capra did not convince Gary Cooper to star in the novel's 1939 film adaptation, and the U.S. government desired to ban a movie that mentioned "political machines." Ironically, Foster's novel became "Mr. Smith Goes to Washington," according to CNN, "the greatest political movie of all time." The National Film Registry tapped "Mr. Smith" in its first year of eligibility! It highlights the inner workings of government, American ideals, patriotism, outstanding literary conventions, love, loyalty, conscience, and human nature. It is, arguably, Stewart's finest work. Stewart, a real-life hero as well, is supported by an outstanding cast. Although the film is currently available online for no charge, this course will break the film into five segments in class to allow for discussion.

Memoir Writing**Course: EL242048****Tuesday June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****9:00-10:30****Instructor(s): Suzanne Kelly and Tom Seaborn**

Webster's Dictionary defines a memoir as "a narrative composed from personal experience" or "a written account of one's memory of certain events and people." In this course, students will record their memories focused on different topics and share their writing each week. Many times, a shared memory from one student brings back a long-forgotten memory for another student. Students who are interested in writing and the camaraderie of a small group will enjoy this course and can record memories for children, grandchildren, and friends to enjoy.

Obituary Writing Workshop**Course: EL242090****Tuesday June 4****2:00-3:00****Instructor(s): Jennifer S. Moss**

Transforming a solemn topic into an engaging experience, this course will focus on personal storytelling. Students will craft narratives about their lives, exploring life legacies and techniques to present these details effectively. Discussions will cover the significance and origins of obituaries, emphasizing what holds personal importance to each individual.

Mystery Novels Discussion: Whodunnit?**Course: EL242104****Wednesday June 5, July 10, August 7****2:30-3:30****Instructor(s): Linda Kerman and Deb Hood**

Reading an exciting mystery novel is the perfect way to spend a lazy summer afternoon. Students can try to outsmart the detectives as they read each novel prior to class and will discuss the suspects and their motives, as well as the actual clues and the ever-present "red herrings." The first novel will be *The Face of a Stranger*, the first William Monk mystery by Anne Perry. Monk, a Victorian police detective hides the fact that he has lost his memory and his entire past as he works to solve a brutal murder. That he has forgotten his professional skills makes Monk's efforts doubly difficult.

LLI Literary Society Feedback and Book Swap**Course: EL242114****Wednesday June 26****1:00-2:00****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

At the suggestion of participants, the Literacy Society is holding another in-person event mid-session to provide an opportunity for participants to share feedback with each other and the course instructors as well as to swap books if they choose.

The History of the Mystery: Mystery and Detective Fiction Through the Years**Course: EL242121****Friday July 26****11:00-12:00****Instructor(s): Heather Weidner**

Mystery and Who Dunnits have been popular since storytelling began. This course will discuss the history of the genre, its popularity, and its influences.

Low Impact Monday **Course: FI242001 \$20**
Monday **May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19**
9:00-10:00

Instructor(s): Sherella Brown

Fitness that's not intimidating...just invigorating! This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements. Classes combine seated exercises using weights to increase muscle strength with stylized walking patterns to boost cardiovascular endurance. Please wear loose, comfortable clothing, sturdy footwear, and bring a water bottle and towel!

Sit and Be Fit Monday **Course: FI242004 \$20**
Monday **May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19**
10:00-10:45

Instructor(s): Sherella Brown

This class is designed for individuals with restricted movement, difficulty standing, breathing, or other health issues but who still need to or want to exercise. Individuals exercise from a seated position, using weights and playground balls to help build strength and increase cardiovascular endurance. Please wear loose, comfortable clothing, sturdy footwear, and bring a water bottle and towel!

Strength and Stretch Online **Course: FI242030 \$20**
Monday **May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19**
10:00-10:45 **Online**

Instructor(s): Nicole Thomas-Jackson

This online fitness course will focus on strengthening muscles using hand weights, bands, and body weight. Over the course of 45 minutes, students will work their arms and legs and strengthen their core. Exercises will be both standing and sitting, so please have a chair available. Each class will end with an overall stretch to relax those hard-worked muscles. Be ready to strengthen and stretch in 45! Please wear loose, comfortable clothing, appropriate shoes, and have a water bottle and towel handy. This is an online fitness course.

Gentle Yoga Monday **Course: FI242028 \$20**
Monday **May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19**
11:00-12:00

Instructor(s): Linda McDorman

Stretch, strengthen, enliven, relax! This gentle yoga class offers students the opportunity to experience all of these. Focusing on gentle movement and breathwork, a greater sense of ease for body, mind and spirit is the intention. This class requires the ability to get up and down on the floor. Students will need to bring their own yoga mat to each class.

Chair Yoga Tuesday **Course: FI242006 \$20**
Tuesday **May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20**
1:00-2:00

Instructor(s): Linda McDorman

We live our lives within a familiar but limited comfort zone by staying away from both our physical and our mental edges. This would be fine, except that as we age these edges can close in considerably. Bodies can tighten. Strength and stamina can diminish. But by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness, with awareness and sensitivity, the long slow process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient eastern healing art, this gentle yoga practice taps the simple power of breath and movement to ease pain and renew posture. It also rekindles the natural sense of well-being and joy of our youth. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Gentle Yoga Tuesday**Course: FI242009 \$20****Tuesday****May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****2:30-3:30****Instructor(s): Linda McDorman**

We live our lives within a familiar but limited comfort zone by staying away from both our physical and our mental edges. This would be fine, except that as we age these edges can close in considerably. Bodies can tighten. Strength and stamina can diminish. But by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness, with awareness and sensitivity, the long slow process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient eastern healing art, this gentle yoga practice taps the simple power of breath and movement to ease pain and renew posture. It also rekindles the natural sense of well-being and joy of our youth. Students will need to bring their own yoga mat to each class. Gentle yoga requires the ability to get down on the floor.

Wednesday Fun Fitness**Course: FI242017 \$20****Wednesday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****9:45-10:45****Instructor(s): Nicole Thomas-Jackson**

This course will be fun while students move, strengthen, and stretch while getting their heart rate up moving to music. This course will be appropriate for anyone who wants to move, strengthen their bodies, protect their joints, and HAVE FUN! A variety of cardio and strength work will be included as well as stretching, balance, and core. Weights, balls, and bands may be incorporated into the strength work. Modifications are always shared in class. Please wear loose, comfortable clothing, appropriate footwear (workout sneakers - walking, running or cross trainer shoes - sturdy and supportive!), and bring a water bottle!

Chair Yoga Online**Course: FI242031 \$20****Wednesday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****11:00-12:00****Online****Instructor(s): Linda McDorman**

Rooted in the transformational power of this ancient eastern healing art, this gentle and supportive class guides students through a series of flowing postures to improve strength, flexibility, breath and posture, creating greater ease in both body and mind. Chair yoga is open to all. This is an online fitness course.

Sit and Be Fit Wednesday**Course: FI242018 \$20****Wednesday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****11:00-11:45****Instructor(s): Nicole Thomas-Jackson**

This course will be for individuals with restricted movement, difficulty standing, or other health issues that make it difficult to engage in traditional aerobic activity but who still need to or want to exercise. Students will exercise from a seated position. The first 30 minutes are devoted to increasing the heart rate and developing cardiovascular endurance by moving to music. Weights, balls, or resistance bands will be used to build and maintain muscle strength. Please wear loose, comfortable clothing, sturdy footwear, and bring a water bottle!

Pilates, Sculpt, and Barre

Course: FI242015 \$20

Wednesday

May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21

2:30-3:30

Instructor(s): Linda McDorman

This course combines several fitness components to help condition the body, build flexibility, muscle strength, endurance, and balance. Pilates emphasizes correct spinal alignment and breathing as well as strengthening the core muscle groups. Barre focuses on the lower body and core, developing strength and flexibility from the ankles up through the calves, knees, thighs, glutes, and abdominals. The Sculpting portion will address any muscle groups not covered by Pilates and Barre. Students should be prepared for moderate to occasionally intense exercise utilizing a small ball, hand weights, and exercise bands. Some time will be spent down on the mat and some standing. Students will need to bring their own yoga or Pilates mat to each class.

Zumba Gold Online

Course: FI242020 \$20

Thursday

May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22

8:30-9:30

Online

Instructor(s): Tracey Brooks

The design of this course introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. This course is perfect for active older adults who are new to Zumba or looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Be ready to sweat and prepare to feel empowered and strong by the end of each class. This course focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! Please wear loose, comfortable clothing, and appropriate shoes. Also, have a water bottle and towel handy! This is an online fitness course.

Sit and Be Fit Thursday

Course: FI242005 \$20

Thursday

May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22

11:30-12:15

Instructor(s): Sherella Brown

This course is designed for individuals with restricted movement, difficulty standing, breathing, or other health issues but who still need to or want to exercise. Individuals exercise from a seated position, using weights and playground balls to help build strength and increase cardiovascular endurance. Please wear loose, comfortable clothing, sturdy footwear, and bring a water bottle and towel!

Chair Yoga Thursday

Course: FI242010 \$20

Thursday

May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22

1:00-2:00

Instructor(s): Dorota Kawka

We live our lives within a familiar but limited comfort zone by staying away from both our physical and our mental edges. This would be fine, except that as we age these edges can close in considerably. Bodies can tighten. Strength and stamina can diminish. But by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness, with awareness and sensitivity, the long slow process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient eastern healing art, this gentle yoga practice taps the simple power of breath and movement to ease pain and renew posture. It also rekindles the natural sense of well-being and joy of our youth. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Fun Cardio Fitness Online

Course: FI242034 \$20

Thursday

May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22

1:30-2:30

Online**Instructor(s): Nicole Thomas-Jackson**

This online fitness course will be a fun and convenient way to move, strengthen, and stretch. Students will learn WHY they should do certain moves or stretches as well as HOW to do them. This course will be appropriate for anyone who wants to move, strengthen their bodies, protect their joints, and HAVE FUN! It will include a variety of cardio and strength work, as well as stretching, balance, and core. Modifications will be shared with the class. Students should wear loose, comfortable clothing, appropriate footwear (workout sneakers - walking, running or cross trainer shoes - sturdy and supportive!), and have water handy! This is an online fitness course.

Gentle Yoga Thursday

Course: FI242007 \$20

Thursday

May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22

2:30-3:30

Instructor(s): Dorota Kawka

We live our lives within a familiar but limited comfort zone by staying away from both our physical and our mental edges. This would be fine, except that as we age these edges can close in considerably. Bodies can tighten. Strength and stamina can diminish. But by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness, with awareness and sensitivity, the long slow process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient eastern healing art, this gentle yoga practice taps the simple power of breath and movement to ease pain and renew posture. It also rekindles the natural sense of well-being and joy of our youth. Students will need to bring their own yoga mat to each class. Gentle yoga requires the ability to get down on the floor.

Low Impact Friday

Course: FI242003 \$20

Friday

May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, August 2, 9, 16, 23

8:30-9:30

Instructor(s): Linda McDorman

Come join us for a true variety of fitness! Half of the class will be low impact cardio movement, followed by a little stretching, balance, and toning, using hand-weights and bands. This fusion will send you into the rest of your day feeling refreshed, energized and renewed. Please wear loose, comfortable clothing, appropriate footwear (workout sneakers – walking, running or cross trainer shoes – that are sturdy and supportive!), and bring a water bottle and towel.

Chair Yoga Friday

Course: FI242029 \$20

Friday

May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, August 2, 9, 16, 23

9:45-10:45

Instructor(s): Linda McDorman

Rooted in the transformational power of this ancient Eastern healing art, this gentle and supportive course guides students through a series of flowing postures to improve strength, flexibility, breath, and posture, creating greater ease in both body and mind. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Current Events Discussion**Course: HS242003****Wednesday****May 15, 29, June 12, 26, July 10, 24, August 14****1:30-3:00****Instructor(s): Roy Dahlquist and Lee Winne**

This course will encourage discussions of current events of international, national, state, and local importance. Instructors will provide an agenda of suggested topics that will be emailed to attendees by noon on Tuesday prior to class or may be picked up in the office. Students will be encouraged to introduce topics in class that they would like to add to the discussions. Instructors will conduct the course in the role of moderator rather than in the traditional role of an instructor. They will open each class with a short introduction of topics and then step into the role of moderator, sometimes taking a contrary view in order to stimulate thought and discussion among students. Differing opinions during the discussions will be respected.

The Guide to Essential Italy**Course: HS242641****Friday****May 17, 24, 31, June 14, 28, July 12, 19, 26, August 9****9:30-11:00****Instructor(s): Timothy Pace**

This course will continue featuring the epic travel adventure from The Great Courses and Smithsonian's travel arm, Smithsonian Journeys, which will deliver a feast of cultural and historical riches. Students will explore Florence, Venice, the peninsulas, and various sites of historical and artistic significance in Italy.

The Son of an Underputter**Course: HS242671****Monday****May 20****11:00-12:00****Instructor(s): Bernie Henderson**

This course will include vignettes from the instructor about growing up as the son of a rural funeral director, living in the funeral home as a child, and then returning to the funeral profession after a career in government.

Monuments Men**Course: HS242292****Tuesday****May 21, 28****10:30-12:00****Instructor(s): Kenneth D. Alford**

Van Eyck's "Ghent Altarpiece," Michelangelo's "Statue of Madonna and Child," and Vermeer's "The Artist in His Studio"; what happened to these celebrated artworks and other treasures procured by the Third Reich during the thirties and forties? This course will answer that question while telling a remarkable story of greed and avarice with war-torn Europe as its backdrop. More than fifty years of research and documentation have revealed the extent to which the German Forces stole from the land they occupied and portrays the American military as both liberators and plunderers themselves. Van Eyck's "Ghent Altarpiece" and Michelangelo's "Statue of Madonna and Child" were featured in the movie "Monuments Men." The course will start by revealing fact verses fiction in this excellent movie.

The Causes of the Holocaust: Could They Have Been Altered?

Course: HS242660

Tuesday

May 21

1:00-3:00

Online**Instructor(s): Dr. Alan A. Winter**

Historians bring biases to their work. What they include or exclude colors history as it happened, to the point that critical events may be trivialized or completely ignored, leading to incorrect interpretations and disastrous consequences. While "Wolf" and "Sins of the Fathers" are historical fiction, their accuracies contribute to the historiography of what is known about Adolf Hitler's years from the time he was gassed during the Great War through Kristallnacht. This course will explore the events that led the Germans to the inconceivable and incomprehensible solution of how to deal with enemies of the state: exterminate them. George Santayana's famous quote in 1905, "Those who cannot remember the past are condemned to repeat it," is perhaps more valid today than any other time in recent memory. What lessons were learned from the rise of Naziism that can be applied to the Russian-Ukrainian War? What takeaways are our leaders ignoring that may edge us to the brink of an expanded war? And is genocide and the Holocaust the same thing?

The Lusitania and the Coming of WWI: When Visions Collide

Course: HS242667

Tuesday

May 21

2:00-3:30

Instructor(s): James Triesler

One hundred and nine years ago the Lusitania was sunk by a German submarine, and America was one step closer to war. Through the years, the facts have gradually been made public. Was the Lusitania a victim of war or was it sacrificed for something greater? This course will explore the way the sinking was presented in the newspapers, the manner it is taught in classrooms, and the modern interpretation of this catastrophic event.

Great Decisions

Course: HS242089 *\$40

Tuesday

May 21, June 11, July 9

2:00-3:30

Instructor(s): Bob Ferguson

This course will give students the opportunity to learn about and discuss topics related to important issues in world relations. A few examples of issues are relations with China, the Middle East, climate change, migration, the UN, and many others. Eight topics are provided annually by the Foreign Policy Association which are included in the newest edition of their Great Decisions book. The 2024 book may be optionally purchased through the office, and payment is due at the time of registration. The book is not required, and the instructor will supply each student with information on the topic for discussion. There is usually a video presentation followed by a group discussion of the topic. The topics for this term are as follows: May – Technology Denial and China-America Relations, June - NATO's Future, and July - Understanding Indonesia. Please note that this class will not meet in August.

Cultural Anthropology: American Vikings

Course: HS242002

Wednesday

May 22, June 5, 12, 26, July 10, 24, August 7, 21

9:00-10:30

Instructor(s): Annebel Lewis

This course will separate fact from fiction, evidence from "fake news", and myth from mischief. It will involve claims regarding the furthest and most controversial of the Vikings' adventures to North America and after that into the North American imagination. Students will take a journey from the high seas of a millennia ago to the swirling waters and dark currents of the online world of today. In short, this course will explore how the Norse sailed into the lands and imagination of America.

Local Government in Chesterfield County**Course: HS242368****Friday May 24****1:00-2:00****Instructor(s): Dr. Joseph P. Casey**

This course will share how the local government is working in Chesterfield County. Students will learn from the Chesterfield County Administrator about what the focuses are for this year, what is new, and what is planned for the future. There will be time for questions.

Remembering D-Day**Course: HS242668****Monday June 3****2:00-3:30****Instructor(s): James Triesler**

Eighty years have passed since the Allies landed on the beaches of Normandy. This course will discuss the planning, logistics, and individuals involved in the greatest amphibious assault in the history of modern warfare.

Amendments to the United States Constitution**Course: HS242481****Tuesday June 4, 11, 25, July 2****9:30-11:00****Instructor(s): Dr. John Lemza**

Since the ratification of the US Constitution in 1788, there have been 27 amendments to the basic document. These began as safeguards for individual liberties and expanded as American society evolved over time to ensure that the form of government reflected the American way of life. Together they describe a dynamic people, and individually they serve as milestones along the road of liberty and equality. This course will examine the background of each amendment, unpacking its origin, intent, and its relationship to the Constitution. As Americans move through a new century and American society and culture continue to change, can the 28th be far away?

Introduction to US Air Force History: Part 1**Course: HS242605****Tuesday June 4, 11, 25, July 2****1:30-3:30****Instructor(s): Randall L. Lanning, Colonel, USAF (Retired)**

This two-part series will survey the history of the US Air Force from the earliest beginnings of flight through the end of the Cold War as well as the First Gulf War. The course will progress chronologically, and include an overview of evolving technological aviation advancements, organizational changes, aircraft roles and missions, major air-related military operations, and famous personalities associated with Air Force history. This course (Part 1) will cover material through the end of World War II and Air Force independence, and Part 2 is planned for the fall session. Each class will be supported by related slides and videos. A general knowledge of 20th Century world history will be useful for students.

Intro to the United States Constitution**Course: HS242657****Wednesday June 5****10:30-11:30****Instructor(s): Dr. John Lemza**

This course will focus on the structure of the Constitution and highlight the content of the founding document and amendments. This will be a unique intergenerational and interactive opportunity, as elementary-age students from the Classical Conversations Charter Colony community will be invited to attend and participate.

Chimborazo Hospital and Chimborazo Hill**Course: HS242673****Thursday****June 13****9:30-10:30****Instructor(s): Waite Rawls**

The huge Civil War hospital on Chimborazo Hill was famous enough to deserve its National Park Service site and museum. Why? This course will present the hospital, its size, description, and service, as well as touch on some of the other Civil War hospitals in Richmond. A whole lot of other things which are important in Richmond history happened at Chimborazo or nearby, so these events will also be discussed.

No Time to Grieve Documentary**Course: HS242617****Monday****June 17****10:00-12:00****Instructor(s): Peppy Jones**

This course will present and discuss No Time to Grieve, a new documentary on coal mining in Midlothian. The triumphant and tragic story of the first commercial coal mines in America is told through the experiences of the nation's first coal barons and the hundreds of slaves who built their mines and later risked their lives alongside poor whites and immigrants in a dangerous and deadly search for an oily, black rock. Students will see how the coal mines of Chesterfield County Virginia transformed the railroads and industries of a young nation, helping it spread its wings in westward expansion. A small train stop named Midlothian (formerly Coalfield, Virginia) was turned into a thriving community. That progress came at a steep price, in both blood and dollars. More than 500 men, many of them African American slaves, died harvesting coal from the county's mines turning the dark shafts and passageways into open grave sites and creating a modern-day mystery when a local developer in 1986 stumbled upon the shallow graves of 226 skeletons adjacent to two of the oldest coal mine sites.

The Civil War on the James River**Course: HS242672****Monday****June 24****1:00-2:30****Instructor(s): Scott Williams**

This course will highlight actions on the James River from 1862 to 1865. Among the topics covered will be the Battle of Drewry's Bluff, the Appomattox River Raid, The Bermuda Hundred Campaign, and ironclads on the James at the Battle of Trent's Reach. Students will learn about some of the lesser-known actions of the war that occurred near Richmond.

The Naranjo Wars**Course: HS242670****Tuesday****July 2****12:00-1:00****Instructor(s): Rick Kinnaird**

It wasn't until the 1980s that the Mayan glyphs were deciphered that archaeologists began to understand the history of the city states that made up the ancient Maya. One such set of conflicts known as The Naranjo Wars will be the subject of this course with recent photos from the principal cities involved: Naranjo, Holmul, and Tikal.

Reichsmarschall Hermann Göring**Course: HS242492****Tuesday****July 9****10:30-12:00****Instructor(s): Kenneth D. Alford**

Hermann Göring was the second most powerful figure in the Nazi Party which ruled Germany from 1933 to 1945. This course will give students glimpses into the lifetime of this greedy, art-loving Nazi leader who accumulated a vast and dazzling array of paintings, precious jewels, and many other object's d'art – four trainloads worth. At war's end the much-decorated U.S. 101st Airborne Infantry converged on this dazzling treasure trove. Following the age-old adage of "to the victor belong the spoils of war" the rendezvousing American soldiers helped themselves to the crème de la crème of the dazzling collection. The remainder of this collection was gathered by the American Army and dispersed, some as far away as the Pentagon in Washington D.C.

Archaeological Discoveries: Return to Luxor and The Valley of the Kings**Course: HS242659****Tuesday July 16, 30****2:30-3:30****Instructor(s): Rick Kinnaird**

This course will be a journey through a few archeological discoveries. KV5, the resting place of the sons of Ramses II, is the largest tomb in the Valley of The Kings. It was rediscovered and its true size learned in 1995. Its fragile condition has kept it closed to the public for decades. The instructor and a small group were granted special access to see the 150 known chambers, and students will have a chance to see photos and hear firsthand stories. Secondly, the magnificent Tomb of Horemheb (KV57), general to Tutankamun and later pharaoh, will be shared as well as Horemheb's temple at Saqqara. Both are well preserved and provide insight into religious beliefs in the New Kingdom.

The Crucible: WWI and the Making of WWII Leaders**Course: HS242661****Wednesday July 17****10:00-11:00****Online****Instructor(s): Amanda Williams**

World War I was a crucible for the future political and military leaders of World War II. For men like Douglas MacArthur, Harry S. Truman, Dwight D. Eisenhower, Winston Churchill, Charles de Gaulle, Benito Mussolini, Adolf Hitler, Erwin Rommel – and many more – their personal experience of World War I shaped their leadership styles and strategic vision during World War II. Love them or hate them, it is impossible to truly understand them without understanding their pasts.

The First Battle of Bull Run: All Green Alike**Course: HS242663****Monday July 22****1:00-2:30****Instructor(s): Gerry Germond**

On July 16, 1861, the Union 90-day volunteer army under Major General Irvin McDowell set out from Washington, D.C. The army was made up of around 35,000 troops with great enthusiasm and little training. The Confederates under General Pierre Gustave Toutant Beauregard, equally green, were positioned behind Bull Run Creek west of Centreville. President Abraham Lincoln had told McDowell, "You are green, it is true: but they are green also. You are all green alike." The President's supposition was tested in the First Battle of Bull Run.

A Rich History: A Journey into the Education of the Coloreds in Midlothian**Course: HS242496****Tuesday July 23****9:30-11:00****Instructor(s): Audrey M. Ross**

This course will take students on a journey into the education of the Coloreds during the first 100 years after the Emancipation Proclamation was passed, 1865-1965.

Adventures of Hiking the Camino in Europe**Course: HS242381****Tuesday July 30****1:00-3:00****Instructor(s): Robert Abbott**

The Camino is a series of paths and trails in Europe that all converge in the city of Santiago in northwest Spain, the resting spot for the bones of St. James. Since the 11th century, pilgrims have hiked the Camino to cleanse their souls. In more recent times the hike has changed from purely religious reasons to more spiritual and social reasons. This course will be great for students who are interested in hiking the Camino as well as those just interested in learning more about the history and background of the Camino. There will be time for questions at the end!

The Indochina Wars and Vietnam, 1945-75

Course: HS242662

Tuesday July 30

1:00-2:15

Online**Instructor(s): Christopher L. Kolakowski**

American involvement in Vietnam was part of a series of wars that emerged in Indochina after World War II. This course will explore those conflicts, which lasted for 30 years from Japan's surrender through the Fall of Saigon in 1975.

Picturing the Civil War

Course: HS242664

Monday August 5

9:30-11:00

Instructor(s): Dr. James Brookes

Civil War soldiers did not only fight, march, and camp. They also entered a creative struggle to represent and record the conflict often relying upon visual culture as an effective means by which to convey the experiences of war. Some, in line with popular depiction of warfare, created romantic illustrations to justify their cause. Others abandoned these strategies in search of new ways to communicate war's violence.

Virginia Museum of History and Culture Library Orientation

Course: HS242665

Tuesday August 13

2:00-3:30

Online**Instructor(s): Dr. James Brookes and Matthew Guillen**

This course will orient students to the history, scope, and use of the research library collection at the Virginia Museum of History and Culture (VMHC). Comprised of over nine million items including rare books, diaries, correspondence, newspapers, and more, the collection can be used to tell stories spanning thousands of years of Virginia history, from the perspectives of a range of communities and persons. From the skilled genealogist to the amateur historian to the curious visitor, the VMHC library is open to all, those researching family history or a historic home, writing a history blog or a piece of historical fiction, and anyone who would simply like to read the mail of Virginians past. There is a separate in-person tour of the VMHC library in the Special Events category. Students are invited to enjoy the online orientation course first, but it's not required to attend the tour.

America in 1876: Election in Peril, Culture in Tumult, Wild and Scary Times

Course: HS242669

Tuesday August 20

9:30-11:00

Instructor(s): Dr. John Partridge

This course will present America's Centennial Year of 1876, a year with bizarre combinations of a roiling and fiercely challenged national election joined by the second Industrial Revolution, Western Indian wars, and cultural upheaval.

HW**Health and Wellness****Low Back Pain**

Course: HW242406 *\$15

Monday May 13

10:00-11:30

Instructor(s): Thomas Neviasser, MD

This course will present the basis for low back pain, a review of the anatomy, mechanisms that cause pain, diagnosing the pain, tests to confirm the diagnosis, and treatments available. There will be time for questions! The instructor's book: "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions" is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but preparing them to speak to their doctors intelligently about their aches and pains.

Beginning Tai Chi A**Course: HW242342****Monday****May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****12:30-1:15****Instructor(s): Damir Strmel**

Please Register for only one session (A or B) to allow all students a chance to participate. This course is for any students who are having issues with balance, cognitive health, stress levels, chronic pain, elevated blood pressure, and/or the ability to fall asleep at night. Tai Chi may be right for their health, equilibrium, and vitality. Students will engage body and mind in this interactive and instructive course. Tai Chi can be many things. It is a walking meditation; a means to understanding the range and limits of the body; an activity for the improvement of balance, mental focus, and breathing; a stress reducer; and a beautiful art form. In essence, it is the energetic expression of the mind's intent through the body. Classes will explore all these aspects, encouraging students to find their own path through "playing" Tai Chi. The Yang Style Simplified 24 Form will be used to explore Tai Chi principles and provide a framework for a range of movements in this course. All are invited to breathe, learn, and play while creating a personal journey through Tai Chi.

Beginning Tai Chi B**Course: HW242355****Monday****May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****1:30-2:15****Instructor(s): Mary E. Gutberlet, M.Ed.**

Please Register for only one session (A or B) to allow all students a chance to participate. This course is for any students who are having issues with balance, cognitive health, stress levels, chronic pain, elevated blood pressure, and/or the ability to fall asleep at night. Tai Chi may be right for their health, equilibrium, and vitality. Students will engage body and mind in this interactive and instructive course. Tai Chi can be many things. It is a walking meditation; a means to understanding the range and limits of the body; an activity for the improvement of balance, mental focus, and breathing; a stress reducer; and a beautiful art form. In essence, it is the energetic expression of the mind's intent through the body. Classes will explore all these aspects, encouraging students to find their own path through "playing" Tai Chi. The Yang Style Simplified 24 Form will be used to explore Tai Chi principles and provide a framework for a range of movements in this course. All are invited to breathe, learn, and play while creating a personal journey through Tai Chi.

Basic Qigong**Course: HW242426****Monday****May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****2:30-3:30****Instructor(s): Walter and Patricia Jackson**

This course will provide an introduction to Qigong (Chi Kung). Qigong is an ancient Chinese art of self-massage, meditation, and meditative exercise. It is a lot like yoga which strengthens, adds flexibility, enhances the nervous system, and reduces stress. A very long time ago Chinese scholars and priests were studying every aspect of the mind and body. They used this knowledge combined with the arts of acupressure and acupuncture to create Qigong.

Music and Dementia: Power of Communication**Course: HW242382****Wednesday****May 15****10:30-11:30****Instructor(s): Rachel Lawson**

Music can enrich the lives of people with Alzheimer's disease, allowing for self-expression and engagement, even after dementia has progressed. Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common in the middle stages of the disease. Even in the late stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult. This course will provide an engaging presentation on dementia and music.

Intermediate Tai Chi: Yang Style 24 Form**Course: HW242386****Wednesday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****12:00-12:45****Instructor(s): Mary E. Gutberlet, M.Ed.**

This course is not for beginning Tai Chi students. It is for students who have previously received instruction in the entire Yang Style 24 Form either at LLI or elsewhere. It is for students who have mastered the basic body, foot, and hand/arm movements and are comfortable doing the 24 Form. The focus of this course is to explore the nuances of graceful, fluid, coordinated, and seamless movement through Tai Chi play. Students will continue to focus on balance, range of motion, stress reduction, and breathing. Particular attention will be paid to mindfulness and expression of energy. Qi Gong will also be a part of the continued Tai Chi Journey.

Beginning Tai Chi Review and Practice**Course: HW242352****Friday****May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, August 2, 9, 16, 23****11:00-11:45****Instructor(s): Mary E. Gutberlet, M.Ed.**

This course is a supplement to Beginning Tai Chi A (taught by Damir Strmel) and Beginning Tai Chi B (taught by Mary Gutberlet). It is an opportunity to work with Mary Gutberlet to review and practice what is covered during the Beginning Tai Chi courses. The focus will be on basic body, foot, and hand/arm movements of the 24 Form. Breathing and flow of energy will also be emphasized. Continued review and practice will add to the flow, grace, and seamless movement of the execution of the 24 Form.

Intermediate Tai Chi: 42 Form and Sword Form**Course: HW242343****Friday****May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, August 2, 9, 16, 23****1:30-2:30****Instructor(s): Damir Strmel**

This course is for students who have had at least one session of Beginning Tai Chi, or the equivalent, and would like to delve deeper into the exploration of chi (a.k.a. Qi), the bioelectrical energy that animates the human form. The Mixed-Style 42 Competition form will be used to expand the students' vocabulary. The final 15 minutes of the class are optional and are dedicated to learning a short 16-movement Sword Form.

Hands Only CPR A**Course: HW242340****Tuesday****May 21****12:00-1:30****Instructor(s): Kimberly Rideout**

Please register for only one session (A or B) to allow all students a chance to participate. Hands-Only Cardio Pulmonary Resuscitation (CPR) is CPR without mouth-to-mouth breaths. The American Heart Association estimates that every year 475,000 people die from cardiac arrest in the United States. Hands-Only CPR is recommended for use by people who see a teen or adult collapse in an "out-of-hospital" setting (at home, at work, or in a park). Hands-Only CPR can save lives. The Fire and Life Safety Educator with Chesterfield Fire and EMS will teach students this life-saving skill. There will be time for questions!

Hands Only CPR B**Course: HW242341****Tuesday****May 21****2:00-3:30****Instructor(s): Kimberly Rideout**

Please register for only one session (A or B) to allow all students a chance to participate. Hands-Only Cardio Pulmonary Resuscitation (CPR) is CPR without mouth-to-mouth breaths. The American Heart Association estimates that every year 475,000 people die from cardiac arrest in the United States. Hands-Only CPR is recommended for use by people who see a teen or adult collapse in an "out-of-hospital" setting (at home, at work, or in a park). Hands-Only CPR can save lives. The Fire and Life Safety Educator with Chesterfield Fire and EMS will teach students this life-saving skill. There will be time for questions!

Staying Safe at Home**Course: HW242445****Wednesday****May 22****11:00-12:00****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

A majority of seniors wish to age in place in their homes. This course will review a variety of strategies and modifications to help seniors stay safe and independent in their homes as long as possible. From very simple, low-cost options to more extensive and expensive options, this course will have a little something for everyone!

Tinnitus and Hearing Loss**Course: HW242262****Thursday****May 30****11:00-12:00****Instructor(s): Kim Fisher and Dr. Tara Ruth, Audiologists**

This course will present the basics of hearing loss and strategies for managing tinnitus. The causes of tinnitus and how it affects people differently will also be discussed. Students will learn about various treatment options including the new Lenire Tinnitus Treatment Device.

Guided Meditation: Confidence Booster**Course: HW242381****Friday****May 31****10:30-11:15****Online****Instructor(s): Pamela Biasca Losada**

The focus of this course will be an immersive guided meditation to boost confidence. After a brief introduction to the topic, students will be guided through a guided meditation to help strengthen confidence and show up as their most ideal self. Students should be sure to have a quiet environment with no distractions. A journal and pen as well as the use of headphones or earphones are highly recommended. Beginners and experienced meditators are welcome.

Aging and Ageism in Society and Self**Course: HW242393****Thursday****June 6, 13****10:30-12:00****Instructor(s): Wayne Swatlowski**

This discussion-based course will involve students listening to and sharing personal wisdom and insights as aging persons. The first class will focus on the importance and benefits of a positive attitude toward aging. The second class will highlight the presence of ageism in society and the negative effects this 'ism' can have on our aging process. The content presented will be taken from the writings of experts in the field and based on scientific studies conducted with older persons. Students who have access to Netflix are encouraged to watch the documentary series, "Live to 100: Secrets from the Blue Zones."

End of Life Decision Making**Course: HW242429****Thursday****June 6****12:00-1:00****Instructor(s): Jeffrey Litt, DO**

Dr. Litt will outline decision-making processes that often arise during end-of-life circumstances, as well as ethical issues when more than one party is involved. Ethical dilemmas approaching the end of life commonly revolve around decisions to withhold or withdraw interventions or treatment. By exploring the dilemmas surrounding these conditions, students may come to a better understanding of the conflicting issues.

Knee Conditions**Course: HW242407 *\$15****Monday June 10****10:00-11:30****Instructor(s): Thomas Neviaser, MD**

This course will present the basis for knee problems and pain, a review of the anatomy, mechanisms that cause pain, tests to confirm the diagnosis, treatments (i.e., arthroscopy and total knee replacements), and complications. There will be time for questions! The instructor's book: "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions" is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but preparing them to speak to their doctors intelligently about their aches and pains.

Healthy Habits for the Brain and Brain Games**Course: HW242365****Tuesday June 11****10:00-11:00****Instructor(s): Rachel Lawson**

For centuries, it has been known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize physical and cognitive health throughout life. This course will share how research is showing the importance of making healthy lifestyle choices. Students will also have fun engaging in brain games to help challenge their brains.

Senior Living Continuum**Course: HW242436****Tuesday June 11****1:00-2:00****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will examine options for health services and senior living. Types of services available at different healthcare and senior living communities will be reviewed. This information will then be connected to insurance and payment options. By the end of the course, students will have a better understanding of the options that are available in the greater Richmond area as well as be prepared with questions to ask providers as they navigate the healthcare continuum.

Strength Training Significance in Aging**Course: HW242435****Friday June 21****1:00-2:00****Instructor(s): Eric Levitan and Dr. Katie Starr****Online**

Muscle mass begins declining from age 30, accelerating after 60. This reduction in muscle and strength contributes to issues like falls, age-related ailments such as type 2 diabetes and osteoporosis, diminished quality of life, and independence loss. Nevertheless, solutions exist! Involvement in strength training can enhance balance, mobility, and bone density, counteracting the progression of diseases. It also boosts mood, sleep, and brain health. Research shows that strength training is one of the most significant factors in maintaining a high quality of life and independence. In this course, students will discover ways to foster behavioral change and make exercise a habit, even in a virtual world.

Better Hearing Boosts Memory and Improves Relationships!**Course: HW242444****Thursday June 27****1:30-2:30****Instructor(s): Debra Ogilvie, Au.D.**

Memory and cognitive processing are intertwined with the brain's ability to listen, and there are disparities in auditory perception between men and women. This course will discuss all the challenges associated with untreated hearing loss, age-related processing issues, and the obstacles created when men and women interpret speech and sound differently. Students will learn how to improve their hearing, boost their memory and improve their relationships!

Understanding Hearing Loss and Hearing Aids**Course: HW242389****Monday July 1****10:30-12:00****Instructor(s): Kimberly Felder**

How are health and hearing related? This course will help students understand hearing loss, over-the-counter aids, and the connection to overall health. What will happen if hearing loss is left untreated? Why do some people hear but not understand? These questions will be discussed in this course.

Stress Management Bingo**Course: HW242446****Wednesday July 3****11:30-12:30****Instructor(s): Valerie Fowlkes**

This course will be for anyone who wants to be a stress buster! Stress Management Bingo will offer insights as well as the opportunity to take a break. Every bingo square represents a typical stressor, "pending deadlines," or a coping technique such as "deep breaths." This game will help identify irritants while checking off squares to alleviate frustration. Students may find their zen here!

Shoulder Conditions**Course: HW242408 *\$15****Monday July 8****10:00-11:30****Instructor(s): Thomas Neviaser, MD**

This course will present the basis for shoulder pain, a review of the anatomy, tests to confirm the diagnosis, complications, and treatments for rotator cuff disease, dislocations, arthritis, and other conditions. There will be time for questions! The instructor's book: "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions" is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but preparing them to speak to their doctors intelligently about their aches and pains.

Understanding Dementia and Alzheimer's Disease**Course: HW242366****Tuesday July 16****10:00-11:00****Instructor(s): Rachel Lawson**

In the United States alone, more than six million individuals are living with Alzheimer's Disease, and 11 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in the community; however, no one has to face this disease alone or without information. Students will learn about the basics of Alzheimer's Disease and what the journey may look like for someone living with the disease.

Suicide Prevention: Raise Your Voice**Course: HW242392****Thursday July 18****10:00-11:30****Instructor(s): Melissa Ackley and Kevin Skellett**

It is more probable to encounter someone in an emotional or mental health crisis than someone having a heart attack. This course will present the facts about suicide, help students learn how to identify someone in crisis, and how to connect them with the help they need.

What Comes After Menopause?**Course: HW242380****Friday July 26****12:30-1:30****Instructor(s): Lauren Cook, NP**

Health concerns among senior women commonly include osteoporosis, breast cancer, diabetes, and hypertension, but there is so much more than that. This course will cover many of the gynecological problems senior women experience that do not often come up in conversation.

Disability and Ableism from the Middle Ages to the Present**Course: HW242443****Thursday August 1, 8****10:30-12:00****Instructor(s): Wayne Swatlowksi**

People with disabilities have endured a long history of persecution from trauma including therapies, sexual violence, and forced sterilization (eugenics) to medical experimentation and extermination. In the first class, students will learn about the early attitudes toward people with disabilities and the inhumane treatment they experienced; the many forms of disabilities; and some helpful suggestions for communicating with disabled people. The second class will focus on the different expressions of ableism in our society or discrimination against persons with disabilities; written reflections from the disabled community regarding their experiences of ableism and how to avoid contributing to this "ism"; and the do's and don'ts of becoming an ally. Prior to the course, students may want to watch the Netflix series, "Special" starring Ryan O'Connell who wrote and starred in this movie about his own experience of navigating life with cerebral palsy.

Aging and Dementia**Course: HW242440****Tuesday August 6****10:00-12:00****Instructor(s): Sabrina Cohen**

This course will cover cognitive and language changes normal for aging vs. changes with the onset of dementia. Students will also learn dementia prevention tips, types of dementia, dementia stages, how to deal with dementia behaviors, improving functional independence and quality of life for persons with dementia, tips to reduce caregiver burden and burnout, and an introduction to the Montessori Method for Dementia Care.

Dry Needling: What It Is and How It Works**Course: HW242409****Thursday August 8****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

Dry needling is a treatment that healthcare providers use for pain and movement issues associated with myofascial trigger points. This course will go over how the procedure is performed, who and what ailments are appropriate for it, and how it can be a game changer in reducing pain and improving overall function in some individuals.

Dementia Stages and Strategies**Course: HW242437****Tuesday August 13****1:00-2:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

Navigating dementia is difficult. The intricacies of such a complex diagnosis may seem overwhelming. This course will examine the stages of dementia, explore the clinical features of each stage, and identify practical strategies that families and caregivers can use to continue to connect with loved ones.

Warning Signs of Dementia**Course: HW242367****Wednesday****August 14****10:30-11:30****Instructor(s): Rachel Lawson**

This course will give students an in-depth look into the warning signs of dementia diseases, Alzheimer's Disease specifically, and when a person should consider a medical evaluation. During the course, students will hear from experts and persons living with dementia and gain a better understanding of what are typical age-related changes vs. common warning signs of Alzheimer's Disease.

IA**Inside LLI Activities**

Orientation for New Members**Course: IA242999****Monday****May 13****10:30-12:00****Instructor(s): Rachel Ramirez**

This course is for new members who want to know some inside tips on how to make the most of LLI membership. Current members who have never attended an orientation are also welcome! This New Member Orientation will conclude with a tour of the building. Any members who cannot make it to Orientation should just stop in the office anytime for answers to any questions!

Monthly Member Birthday Celebration**Course: IA242100****Tuesday****May 14, June 11, July 9, August 13****12:00-12:30****Instructor(s): LLI Social Committee**

The monthly member birthday celebrations are designed to CELEBRATE the life of each member. Members are encouraged to attend during their birth month and invite family and friends to share in the birthday celebration. All members are welcome to celebrate each month with the LLI family! Cake and smiles will be provided. No need to register. Just put it on the calendar!

Workshop for LLI Instructors**Course: IA242077****Tuesday****May 14****2:00-3:30****Instructor(s): Rachel Ramirez**

This workshop will have two primary objectives: 1) To increase the connectivity and collegiality among LLI faculty, and 2) to share ideas about ways to improve the LLI experience for both faculty and students. First-time and experienced faculty members will find something of value in this workshop. Members who are instructing this session or plan to in a future session are invited and welcome!

Q&A for Current Members**Course: IA242997****Thursday****May 16****11:00-12:00****Instructor(s): Rachel Ramirez**

This course is for members who have questions or just want a better understanding of how things work at LLI. Join this question-and-answer session to get the latest update on the Lifelong Learning Institute in Chesterfield. A demonstration of the chair lift will also be provided with step-by-step instructions and even a chance to take a ride!

May Luncheon **Course: IA242005 \$5**
Thursday **May 23**
12:00-1:30
Instructor(s): LLI Social Committee
This month's luncheon will celebrate Memorial Day! Entertainment will be provided by the YAHA Players with a performance of The Adventures of Bat Guy. Be sure to sign up in the office to participate. Sponsored by Always Best Care and Prudential.

June Luncheon **Course: IA242006 \$5**
Thursday **June 27**
12:00-1:30
Instructor(s): LLI Social Committee
This month's luncheon will celebrate Juneteenth! Stay tuned for more details, and be sure to sign up in the office to participate.

July Luncheon **Course: IA242007 \$5**
Thursday **July 25**
12:00-1:30
Instructor(s): LLI Social Committee
This month's luncheon will celebrate summertime! Entertainment will be provided by LLI's very own Smothered Brothers, Ken Carlson and Tim Kisner. Be sure to sign up in the office to participate. Sponsored by the Spring Arbor Senior Living.

10-year Member Celebration **Course: IA242110**
Friday **August 9**
12:00-1:30
Instructor(s): Rachel Ramirez and LLI Board of Directors
This will be a wonderful celebration for all members who have been with LLI for ten years or more! The Class of 2014 will be honored this year with a brief presentation. Members who have been with LLI for ten years or more should register if they can attend.

August Luncheon **Course: IA242008 \$5**
Thursday **August 22**
12:00-1:30
Instructor(s): LLI Social Committee
This month's luncheon will celebrate the end of summer! Stay tuned for more details, and be sure to sign up in the office to participate. Sponsored by Chesterfield Heights.

LA **Languages**

Conversational German **Course: LA242015**
Monday **May 13, 20, June 3, 10, 17, July 1, 8, 15, 29, August 5, 12, 19**
2:00-3:30
Instructor(s): Alan McCrea
Students will have an opportunity to read and converse in German. Some knowledge of the language will be helpful; however, all levels of expertise are welcome. Time will be spent on pronunciation, building vocabulary, forming sentences, and some useful grammar. In the earlier sessions, fifteen minutes to a half hour at the start of each session will be devoted to beginning concepts as necessary. No textbook is required.

Reading Arabic Script Words: An Easier Way

Course: LA242022

Tuesday

May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20

11:00-12:30

Online

Instructor(s): Charles Barron

This course is designed for students who do not speak or understand Arabic. It is also for students who already have introductory Arabic listening skills. The goal for students will be to translate Arabic Script words and sentences into English. Please note that this process will enhance learning Arabic if/when students use applications such as Duolingo.

LE**Leisure Activities and Nature****Continuing Genealogy: Beyond the Basics**

Course: LE242178

Monday

May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19

10:30-12:00

Instructor(s): Bette Kot

This course will help students add biographical material that will not only please the reader but increase research skills and appreciate life in other times. Newspapers and military records will be investigated, and students can consider producing gifts for the holidays or any special occasion.

Easy Appliqué Pillow

Course: LE242236

Monday

May 13, 20, June 3

1:30-3:00

Instructor(s): Anne Moderegger

During this course, students will design and create a pillow using appliqué. The base material is cotton. Simple forms will be used to attach pictures (which will be transferred to attachable material by the instructor), ornaments from fabric, or whatever is possible. The instructor will provide the materials to make the pillows, but students will need to bring some supplies. Students will attach the appliqué using needle and yarn, and each pillow will be unique and special. A supply list will be available at registration and outside the office before class.

Bridge Basics

Course: LE242294

Wednesday

May 15, 22, June 5, 12, 26, July 3

9:30-10:30

Instructor(s): Randall Kaker

This course will present the basics of playing bridge including the rules, scoring, evaluating a hand, bidding, and play strategies. This course is for students who have never played bridge and for those who have learned and forgotten what they once knew. No conventions will be taught. Experienced players can register for the weekly group activity to play bridge together. After attending this course, new students may be ready to join the weekly group as well!

Needleworkers United

Course: LE242032

Wednesday

May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21

1:30-3:30

Instructor(s): Shelvey Smith

This will be an opportunity for students to learn to knit or crochet with needleworkers of all ability levels! Those who need help getting started, those who are looking to develop knitting or crocheting skills, and those who just like to work in the company of others are all welcome to join this enjoyable and close-knit group.

Crafting PhD: Project Half Done

Course: LE242295

Thursday

May 16, June 20, July 18, August 15

11:00-12:30

Instructor(s): Mary Kay Anderson

This will be a monthly opportunity for students who enjoy making craft projects to work on something new or their projects that are half done. Students will be invited to bring their projects to each class and work on them together while making new friends.

Beaded Lanyard for LLI Name Tag

Course: LE242143 \$5

Monday

May 20

12:30-3:30

Instructor(s): Donna Whitfield

This course will present the basics of stringing a necklace while making a beaded lanyard for an LLI name tag. Each student should bring their name tag to this class (and all other classes). The course fee will cover all materials, including a wide variety of bead color options. Detailed instructions will be given at the beginning, so punctuality is preferred.

Honeybee 101

Course: LE242298

Wednesday

May 22

10:30-12:00

Instructor(s): Conner Parrish

In this course, students will have the opportunity to learn about the vast complex social world of the honeybee and become educated about how they impact our environment.

Genealogy Discussions

Course: LE242252

Wednesday

May 22, 29, June 5, 12, July 3, 10, 24, 31, August 7, 14

2:00-3:30

Instructor(s): Steve Kunnmann

This course will provide an open-forum opportunity to discuss each student's genealogy progress. Students will share successes, problems, methods, suggestions, and more.

Fun With Chair Volleyball

Course: LE242297

Tuesday

May 28

1:00-2:30

Instructor(s): Barbara Clinedinst

This course will be an introduction to the fun that can be had playing Chair Volleyball. A few main rules will be shared along with a few demonstrations for serving and passing. Students will learn how and where they can play this fun sport locally!

Explore More in Shenandoah National Park

Course: LE242296

Monday

June 3, 17, July 1, 15, 29, August 12

11:00-12:00

Instructor(s): Shenandoah National Park Rangers

Online

In this online course, many different topics relating to Shenandoah National Park will be presented. The education team in Shenandoah will take turns presenting, and they will each present on a topic of their choice relating to Shenandoah National Park. Students will learn something new about the park's flora, fauna, history, and more. Each week will be a different topic on Virginia's only National Park, and students can plan to enjoy as few or as many as will fit into their schedule this summer.

Rediscovering the Vast World of Pollinators and Beneficial Insects**Course: LE242299****Wednesday****June 12****10:30-11:30****Instructor(s): Conner Parrish**

In this course, students will learn about the vast world of pollinators and other beneficial insects that keep ecosystems in balance. A hands-on workshop (LE242300) will proceed after the lecture where students will be able to make their very own native pollinator hive to attract beneficial native bees to a garden plot at home! Students can register for either or both courses.

Native Pollinator Hives**Course: LE242300 \$20****Wednesday****June 12****12:00-1:00****Instructor(s): Conner Parrish**

In this course, students will make their very own native pollinator hive to attract beneficial native bees to a garden plot at home! Students can also register and attend the lecture portion of this course (LE242299). The course fee will provide all the supplies.

Balloon Twisting 101**Course: LE242276 \$8****Monday****June 24****1:00-2:30****Instructor(s): Wayne Swatlowksi (a.k.a Basa the clown)**

This fun, hands-on course is a must to round out lifelong learning! Students will learn from Basa, a Summa cum Laude graduate from Clown College, how to twist balloons into funny hats, dogs, cats, swords, flowers, bunnies, and much more. This new talent will surely dazzle grandchildren, family, and friends. It is a skill that is not even taught in Ivy League schools. The balloons and foam clown noses will be provided. The course fee will provide the pump. Students are asked to choose a clown name to be used in the class. Come, twist and shout, and have some fun!

Macrame for All: Beginner and Intermediate**Course: LE242284 \$12****Tuesday****July 16, 23, 30****9:30-11:30****Instructor(s): Shawn Hicks**

This course will be for new and returning macrame students. The first class will cover the Square Knot and Larks Head Knot. The second class will cover the Clove Hitch Knot. During the third class, new students will continue to practice or begin a small wall-hanging project that can be continued at home for additional practice. During all three classes, return students will spend time completing a macrame project of their choice, such as a plant hanger, dreamcatcher, or wall hanging using previously learned knots and pattern methods. The course fee will cover all materials needed for the project.

The Art and History of Pressed Flowers A**Course: LE242301 \$25****Wednesday****July 17****10:30-12:00****Instructor(s): Conner Parrish**

Please register for only one session (A or B) to allow all students a chance to participate. In this hands-on course, students will have the opportunity to learn and create with pressed flowers. The lecture will cover the history of this ancient art form followed by a step-by-step demonstration on how to professionally press flowers like a pro. Each student will receive their very own flower press to take home and will get to create one handcrafted pressed flower notecard as well. The course fee will provide all the supplies.

The Art and History of Pressed Flowers B**Course: LE242302 \$25****Thursday****August 1****10:30-12:00****Instructor(s): Conner Parrish**

Please register for only one session (A or B) to allow all students a chance to participate. In this hands-on course, students will have the opportunity to learn and create with pressed flowers. The lecture will cover the history of this ancient art form followed by a step-by-step demonstration on how to professionally press flowers like a pro. Each student will receive their very own flower press to take home and will get to create one handcrafted pressed flower notecard as well. The course fee will provide all the supplies.

LS**Life Services****Crafts for Community****Course: LS242147****Wednesday****May 15, June 26, July 17, August 21****1:30-3:00****Instructor(s): Mary Jane Murphy**

This will be an opportunity to join other LLI members in making craft items to be given to the local community. All craft supplies are provided by LLI members, and the finished products will be donated to various local organizations and communities. The project ideas and supplies will be prepared in advance for the students, so students can just register and attend to join in the fun of this enjoyable service opportunity. Making people smile and feel loved is always the goal!

Mobility Transportation Services in Chesterfield County**Course: LS242145****Thursday****May 16****9:30-10:30****Instructor(s): Billie Darlington**

Mobility Services in the Community Engagement and Resources department is focused on improving existing transportation options and coordinating a community-wide transportation service network comprised of transportation providers to meet the community needs of Chesterfield County. Persons in need may include older adults (60+), people with disabilities, and low-income individuals without personal vehicles. This course will provide an overview of the services available including how to register and use the Access on Demand and Access Chesterfield transportation programs.

Chesterfield Council on Aging**Course: LS242169****Thursday****May 23, June 27, July 25, August 22****9:00-10:30****Instructor(s): Chesterfield Council on Aging Leadership Team**

The Chesterfield Council on Aging seeks to enhance the quality of life for older adults and adults with disabilities through education, advocacy, and community service. The Council is comprised of county residents and professionals from all industries who are dedicated to actively supporting the mission. Most meetings include a guest speaker on topics relevant to older adults, updates from council committees, and a time of informal networking. The Chesterfield Council on Aging also publishes a Resource Directory of Services for Older Adults and Individuals with Disabilities in Chesterfield County. The directory is intended for older adults, adults with disabilities, their families, caregivers, professionals, and providers of services. The directory contains contact information and websites of Chesterfield County Human Service Departments, agencies, and organizations (both for-profit and nonprofit) that provide services and resources for older adults, individuals with disabilities, and their caregivers. The directory is available in the LLI hallway outside the office and in Spanish upon request. Register for this course to attend the monthly meetings and meet some amazing people!

Selling a Home: Tricks of the Trade**Course: LS242160****Thursday****May 23****1:00-2:30****Instructor(s): Diane Andrews**

Home sellers have only one chance to make a great impression with potential buyers when selling a home. A few easy ideas, in advance, can make the process much smoother and relieve the stress of last-minute changes. This course will share some of these "Tricks of the Trade" ideas to help students keep track of what can be done in advance of selling a home.

Senior Living Solutions and the Senior Playbook**Course: LS242196****Friday****May 31****10:00-11:00****Instructor(s): John Krug and Brandi Friday**

This course will provide knowledge gained through extensive experience observing the common frustrations and distractions that often accompany the search for senior living solutions. Recognizing the stress this process can place on families, the instructors have developed a comprehensive resource called the "Senior Playbook." This invaluable guide is designed to empower both sons and daughters who find themselves at the crossroads of making decisions about their senior parents' living arrangements.

The Subconscious Mind**Course: LS242095****Monday****June 3, 10****10:00-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with an overview of the nature of the subconscious mind and provide suggestions, techniques, and other ways to enlist its positive support and quell or even eliminate its sometimes negative and disruptive chatter.

Introduction to End-of-Life Planning**Course: LS242192****Thursday****June 6, 13, 20, 27****9:30-11:30****Instructor(s): Reamey Belski**

This course will be an introductory conversation on a range of topics related to adequately preparing for the final stage of life. Students will engage in meaningful discussions and practical exercises to address key components of end-of-life planning. Topics will include legal considerations such as estate planning, wills, advance directives, and power of attorney. Additionally, students will explore legacy projects, funeral planning, home funeral planning, green burial, and grief support. These discussions can empower individuals to create a unique plan that resonates with their values. The goal is that everyone will emerge better prepared to face the inevitable with grace, ensuring their preferences, instructions, and legacy endure in a manner reflective of their unique life's journey.

Mercy Mall Emergency Food Bags**Course: LS242172****Thursday****June 6, August 22****1:30-2:30****Instructor(s): Beckey Huddleston**

Mercy Mall may be the first place a case manager stops to help a homeless individual or family, and it lessens the burden on them when an emergency snack pack is provided. As a group, the students in this course will assemble non-perishable snack packs in gallon-size Ziploc bags. Those bags can include the following: a small water bottle, granola bars, flat tuna packs, raisins, cracker packs, individually wrapped fork and napkin sets, and a kind, encouraging note. Students are welcome, but not obligated, to bring any of the items that are listed here. LLI may have a collection drive leading up to the classes.

Chesterfield Fire and EMS: An Overview of Your Fire and EMS Department**Course: LS242178****Thursday****June 13****1:00-3:00****Instructor(s): Keith Chambers**

In this course, students will get an overview of the operations of Chesterfield Fire and EMS. Chesterfield Fire and EMS is not all about fires or EMS incidents. They are an "all hazards" organization that provides many facets of emergency response. Students will learn exactly what hazards the men and women of CFEMS are trained to perform, where fire stations are located, why they are there, and where in the future they may go. Learn how they use data, metrics, and history to view county call load growth and assist with future growth. See how a top-notch, professional fire and EMS department of over 600 employees and over 55,000 calls per year maintains a solid reputation and a respected culture throughout the region and state.

Disability Law Center of Virginia: Advocacy and Multicultural Access Services**Course: LS242197****Friday****June 14****10:00-11:30****Instructor(s): Lydia English**

This course will introduce the Disability Law Center of Virginia (dLCV) which is the designated protection and advocacy agency for individuals with disabilities in the Commonwealth of Virginia. Students will learn how they raise awareness about legal rights through education, outreach, and training. Additionally, dLCV provides individualized technical assistance, advocacy services, information, referrals, and sometimes legal representation in selected situations. For more information about their services, the website is www.dLCV.org.

Becoming an Optimist**Course: LS242085****Monday****June 24****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with an overview of optimism, and its benefits, as well as a plethora of practical techniques for nurturing or expanding it.

VirginiaNavigator Family of Websites: A Guide to Aging Well**Course: LS242069****Tuesday****June 25****10:00-11:00****Instructor(s): Bonnie Scimone**

Finding local support services for seniors and caregivers is as simple as the click of a mouse! This course will share information and demonstrate how to use SeniorNavigator, an online directory that lists 26,000+ resources that help older adults remain independent and support family caregivers. Students will learn how to find information about health and aging issues, financial concerns, legal questions, caregiver support, housing and assisted living communities, and much more. Additionally, specific information on Chesterfield County's partnership with SeniorNavigator will be shared.

Planning Final Arrangements**Course: LS242157****Wednesday****June 26****1:00-2:30****Instructor(s): Susan Campbell**

Along with financial and estate planning, one of the best gifts that can be given to loved ones is pre-planning for final arrangements. Losing a loved one is a difficult time. Prearranging the funeral eases the stress and guesswork for families and ensures that final wishes are honored. Students will learn about the important steps to provide this gift for their loved ones through an overview of the information and concerns when planning. There will also be an opportunity to ask questions.

Life-Changing Habits**Course: LS242090****Monday July 1, 8****10:00-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with an overview of the power of habits and examples of 13 life-changing habits, as well as practical techniques for developing good habits and getting rid of bad ones.

Chesterfield County Public Library Librarians with Resources**Course: LS242194****Wednesday July 10****10:00-12:00****Instructor(s): Cindy Arnold**

Librarians from Chesterfield County Public Library will be available during this course to assist with any library-related needs. Students who need a library card will be able to have one issued during the class. Students who need help with Libby will be able to find that in this class. The Librarians will also be able to help with questions about other library resources. This will be a drop-in format and not a formal lecture or discussion. Students will be encouraged to come anytime during the class and stay as long as they like.

Supporting Loved Ones in Grief: A Compassionate Guide**Course: LS242195****Tuesday July 16****1:00-2:00****Instructor(s): Jennifer S. Moss**

This course will be an interactive presentation on how to support a friend in grief or caring for a loved one. Preparing for and losing a loved one can be overwhelming and knowing how to provide meaningful support to those experiencing grief is invaluable. Students will explore practical strategies and heartfelt approaches to offering comfort and assistance during difficult times. Key topics will include understanding the grieving process, effective communication and active listening, practical ways to offer support, navigating sensitive conversations, and self-care for caregivers and supporters.

Compassion and Choices: Care and Choice at the End of Life**Course: LS242191****Thursday July 18****1:00-2:30****Instructor(s): Wayne Swatlowksi, Cryst'I Scheer, Fred Soltow, and Dr. Robert Perkins, MD**

Compassion and Choices is the nation's oldest, largest, and most active nonprofit working to improve the healthcare system so as to avoid needless pain and suffering by expanding options and empowering people to be in charge of their own end-of-life care which reflects their values, priorities, and beliefs. This course will explore the current end-of-life options available for terminally ill patients and focus on defining Medical Aid in Dying (M.A.I.D.) and the status of this compassionate option in Virginia.

Overcoming Impatience: What Causes Impatience and How to Overcome It**Course: LS242091****Monday July 22****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with an overview of the nature of impatience and a wide array of techniques, habits, and other ways to diminish, control, or even eliminate it and perhaps become notoriously patient.

Planning Final Arrangements

Course: LS242158

Thursday**August 8****1:00-2:30****Online****Instructor(s): Susan Campbell**

Along with financial and estate planning, one of the best gifts that can be given to loved ones is pre-planning for final arrangements. Losing a loved one is a difficult time. Prearranging the funeral eases the stress and guesswork for families and ensures that final wishes are honored. Students will learn about the important steps to provide this gift for their loved ones through an overview of the information and concerns when planning. There will also be an opportunity to ask questions.

Deepening Relationships

Course: LS242084

Monday**August 12, 19****10:00-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with the opportunity to review, discuss, and even practice some of the practical ways to deepen relationships.

PR**Philosophy and Religious Studies****Science and Theology**

Course: PR242099

Thursday**May 16, 23, June 6, 27, July 11, 18, August 1, 8, 15, 22****9:30-11:00****Instructor(s): Timothy Pace**

This course will coordinate science with cherished beliefs in religion and philosophy. Students will study artificial intelligence and paranormal activities, both from a scientific point of view and a religious point of view. There is always time at the end for questions and discussion.

Bible Discussion of the Psalms

Course: PR242002

Thursday**May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22****2:00-3:30****Instructor(s): Mike Pagel and Mark Grubbs**

This non-denominational Bible course will focus this summer on a verse-by-verse discussion of a variety of Psalms that will be selected by the students. One of the ancient church fathers, Athanasius of Alexandria (c. 300), wrote, "Whatever your particular need or trouble, from the book of Psalms you can select a form of words to fit it, so that you...learn the way to remedy your ill." Dr. Timothy Keller in his introduction to his devotional on the Psalms says, "Every situation in life is represented in the book of Psalms. Psalms anticipate and train you for every possible spiritual, social, and emotional condition – they show you what dangers are, what you should keep in mind, what your attitudes should be, how to talk to God about it, and how to get from God the help you need. They put their undeviating understanding of the greatness of the Lord alongside our situations, so that we may have a due sense of the correct proportion of things." Newcomers are always welcome. No prior knowledge of the Bible is required. Students should bring a Bible in printed or digital form to each class.

The Chosen

Course: PR242100

Wednesday**June 26****10:30-12:00****Instructor(s): Rachel and Lucas Ramirez**

The Chosen is a groundbreaking historical drama based on the life of Jesus Christ, seen through the eyes of those who knew him. Set against the backdrop of Roman oppression in first-century Israel, the seven-season show shares an authentic and intimate look at Jesus' revolutionary life and teachings. The first three seasons have been released and are available to watch for free at <https://watch.thechosen.tv/>. This course will introduce students to The Chosen by watching and discussing the first episode of season one.

Power of Myth and Aesthetics**Course: PR242096****Monday****July 8, 15, 22, 29, August 5, 12****10:00-11:30****Instructor(s): Jim Knego**

Joseph Campbell called mythology the "song of the universe" put into tune by a thousand different cultures and peoples. With myth, all experiences can be empowering. Without it, life can seem just a meaningless series of ups and downs. Aesthetics is a branch of Philosophy that deals with the nature of beauty and its importance in the development of the world. This course will explore both!

The Roman Catholic Mass and Scripture**Course: PR242087****Monday****August 5, 12****10:30-12:00****Instructor(s): Joanna Lurie, MS, MT(ASCP)**

Why do Catholics say what they say and do what they do at Mass? Almost everything said and done in the Roman Catholic Mass comes from Scripture. Students will be invited to take a walk through the Mass and see for themselves.

SE**Special Events****Virginia Museum of Fine Arts' (VMFA) Elegance and Wonder Tour****Course: SE242186 \$10****Friday****May 17****2:00-3:00****Instructor(s): Kathy Parrish**

This guided tour of the Virginia Museum of Fine Arts' (VMFA) Elegance and Wonder Exhibition will be a real treat. Members will explore Masterpieces of European Art from the Jordan and Thomas A. Saunders III Collection, one of the most revered private collections in America, now on loan at VMFA! This vast display of art includes rich oil paintings by preeminent 17th- and 18th-century European artists such as the Brueghel family, Canaletto, Franz Hals, Peter Paul Rubens, and more. This installation invites the viewers to experience the work of art in the manner they would have been displayed in an 18th-century palace. Members who wish to carpool should meet inside LLI at 1:00PM. Members can choose to drive directly to 200 N. Arthur Ashe Boulevard, Richmond, VA 23220. The tour will start promptly at 2:00PM and last approximately one hour. Food will not be included in the trip fee but will be available for purchase in the VMFA Best Café for anyone who wants to go early or stay after the tour. Carpools could arrive back at LLI by 4:00PM. The trip fee will cover the cost of the guided tour and must be paid at the time of registration.

Virginia Museum of History and Culture Julia Child Tour**Course: SE242189 \$17****Wednesday****May 22****10:00-11:30****Instructor(s): Maggie Creech**

Julia Child is best known as a transformative American chef who brought French food to the masses, but her story goes far beyond that. Students on this tour will experience the "Julia Child: A Recipe for Life" exhibition at the Virginia Museum of History and Culture and take a journey through her life, touching on her childhood in California and her service in the Office of Strategic Services, as well as exploring her relationship with Paul Child and the moments, recipes, and hurdles that shaped her later career and celebrity. In addition, this guided tour will include some Virginia connections to Julia's story, interactive smelling stations, and photo opportunities in a recreation of her iconic "The French Chef" television show set. Finally, the tour guide will expand the story into a "sampler platter" of their favorite Virginia food items on display in other galleries which should whet the appetite for a return visit! Members who wish to carpool should meet inside LLI at 9:00AM. Members can choose to drive directly to 428 N Arthur Ashe Blvd, Richmond, VA 23220. There is paid parking available in the deck (not included), and there is ample free street parking around the museum. Tour will start promptly at 10:00AM and will last approximately one and a half hours. Carpools could arrive back to LLI by 12:00PM unless they choose to have lunch downtown. The trip fee will cover admission into the museum and guided tour of the exhibit.

Walden 3 Performance by the YAHA Players**Course: SE242191****Monday****June 10****1:00-2:00****Instructor(s): Bob Ferguson**

Two friends have been working at boring, meaningless, low-paying jobs and in desperation come up with a plan to make their lives much happier. They remember reading Thoreau's Walden in college and deciding that the solution to their problem is to imitate Thoreau, they become farmers. They buy the cheapest farm they can afford, an abandoned 120-acre farm in northern Maine for \$15,000, and hope to overcome a few minor obstacles. They have to convince their big-spending families to become Maine farmers; they have more debt than income; and they know nothing about farming. Can this crazy idealistic plan bring them happiness or total disaster? This play by Vic Thompson will reveal the answers!

John Marshall House Decorative Arts Tour: Isn't It Lovely!**Course: SE242156 \$10****Friday****June 14****10:00-11:00****Instructor(s): John Marshall House Museum Educator**

Preservation Virginia began stewarding the John Marshall House in the early 20th century and opened it as a public museum in 1913. Across the decades, objects and furnishings once belonging to the Chief Justice and his family found their way back to the 1790 home. Today, Preservation Virginia is proud to own and care for approximately 50% original collections items in the John Marshall House. This tour will explore primary source documentation that illustrates how Marshall's tastes changed over time, the international and cultural influences reflected in his furnishings and objects, and the significance of the fluid use of domestic spaces in the early years of the new nation. While these items traveled near and far to line the halls and walls of the Marshall House and demonstrated the wealth of their owner, each plate, sofa, and crystal was meticulously cared for by the enslaved workforce in the home. How do the decorative arts of the John Marshall House reflect cultural and design norms and aesthetics of the period, while also exhibiting the inequities of the institution of slavery? This tour will last approximately 50 minutes and will require full mobility from all students due to the staircases, though chairs can be stationed throughout the home for those who need to sit. The trip fee covers admission. Members can choose to drive directly to 818 E Marshall St, Richmond, VA 23219. Metered street parking is available on a first-come, first-served basis. A public parking lot is also available two blocks away on 9th and Clay Streets. The main entrance into the John Marshall House is in the back via the garden. Members who wish to carpool should meet inside LLI at 9:00AM. Tour starts at 10AM and will conclude around 11AM unless there is a need to split the group up, which will be communicated accordingly to stagger by 30 minutes. Carpools could arrive back to LLI by 12PM or choose to grab lunch together somewhere in the city or on the way home.

VA Holocaust Museum Guided Tour**Course: SE242113****Friday****June 28****10:00-12:00****Instructor(s): Matthew Simpson**

A trained docent will take participants on a guided tour of the Virginia Holocaust Museum's (VHM) permanent exhibits. Located on the first floor of the museum, the core exhibits narrate the complex and sobering history of the Holocaust. The VHM tells the story of the Nazi genocide of Europe's Jews, with a focus on survivors who became Virginians in the aftermath of the Second World War. Students will be encouraged to participate by asking questions and offering their own personal stories and insights. Benches are available throughout the tour. Walking shoes are suggested. The museum is accessible. Members who wish to carpool should meet inside LLI at 9:00AM. Members can choose to drive directly to 2000 East Cary Street, Richmond, VA 23223. Tour will start promptly at 10:00AM and will last approximately two hours. Carpools could arrive back to LLI by 1:00PM unless they choose to have lunch downtown.

Company's Coming Band Concert**Course: SE242164****Monday July 8****2:30-3:30****Instructor(s): Kate Conn**

This will be a special concert of Old Time Appalachian and Americana music and songs from the Company's Coming Band. This trio of musicians is sure to entertain with banjo, mandolin, guitar, autoharp, banjo uke, and harmonica. A wooden "Limberjack" will even make an appearance and dance to the music. All three band members sing, and two- and three-part harmonies are their joy! They'll put a smile on every face and get every foot tapping!

Agecroft Hall and Gardens Tour: Myths, Legends, and Folktales**Course: SE242126 \$12****Wednesday July 17****10:30-11:30****Instructor(s): Katie Reynolds**

This will be a guided tour with Matt Roulett in character as a member of the Dauntsey family for a lively retelling of English and Celtic tales. Members will experience storytelling as guests in the house during the mid-17th century. Some standing and walking will be required on this tour. The trip fee will cover a guided tour and must be paid at the time of registration. Members who wish to carpool should meet inside LLI at 9:45AM. Members can choose to drive directly to 4305 Sulgrave Road, Richmond, VA 23221. The tour will start promptly at 10:30AM in the museum lobby and last approximately one hour. After the presentation, there will be plenty of time to explore the museum exhibit, and gardens independently. Carpools could arrive back at LLI by 12:30PM.

Annapolis Tour: Anchors Aweigh!**Course: SE242193 \$180****Friday August 2****7:00-7:00****Instructor(s): SignaTours**

Annapolis is one of America's most historic cities. Many of its houses and public buildings are more than two hundred years old. In fact, Annapolis has more surviving Colonial buildings than anywhere in the country. Many exciting discoveries will be made in this historic seaport community. This tour will start off with a visit to the United States Naval Academy for their "Anchors Aweigh" Tour that focuses on the history of the USNA's beloved song, Anchors Aweigh. Students will learn the fascinating history of Charles Zimmerman, the Navy's beloved Music Director, who composed the song. The tour will begin with a discussion in the Visitor Center, a walking tour that highlights the buildings on the Yard, and end with a musical recital by the Naval Choir or Naval Academy Band! Please make sure to bring a Photo I.D. Lunch will be included at the Naval Academy Officers' Club. In the afternoon, it'll back on board the coach for a Guided, Riding Tour that will highlight the Grand Georgian Mansions of Annapolis, St. Johns College, and the City Dock area. A stop will be made at the World War II Memorial which encompasses 48 granite pillars and 22 panels that are etched with the 6,454 Marylanders killed in the war. Time and weather permitting, there will be an opportunity to explore the quaint downtown shopping area along the water. The Trip Fee will include roundtrip motorcoach transportation, "Anchors Aweigh Tour of the US Naval Academy, lunch at the Officers' Club, guided riding tour of Annapolis, tax and gratuity for meal, refreshments aboard the motorcoach, and driver and guide gratuity.

The 16 Valves Tuba-Euphonium Quartet Concert: Movies and TV Shows**Course: SE242154****Wednesday August 7****12:00-1:00****Instructor(s): Ken Carlson**

Yes, four low brass instruments can provide beautiful music in four-part harmonies!! This popular group will return to the LLI stage to play theme songs and tunes from movies and television. This will be a name-that-tune format, and students will hear it and guess what show it's from. As the music progresses, the name of the show will be revealed. Everyone is sure to be reminded of several pieces of fun music from earlier days.

Virginia Museum of History and Culture Library Tour**Course: SE242190****Thursday****August 15****10:30-12:00****Instructor(s): Dr. James Brookes and Matthew Guillen**

This tour will orient students to the history, scope, and use of the research library collection at the Virginia Museum of History and Culture (VMHC). Comprised of over nine million items including rare books, diaries, correspondence, newspapers, and more, the collection can be used to tell stories spanning thousands of years of Virginia history, from the perspectives of a range of communities and persons. From the skilled genealogist to the amateur historian to the curious visitor, the VMHC library is open to all, those researching family history or a historic home, writing a history blog or a piece of historical fiction, and anyone who would simply like to read the mail of Virginians past. There is a separate online orientation of the VMHC library in the History category. Students are invited to enjoy the online orientation course first, but it's not required to attend the tour. Members who wish to carpool should meet inside LLI at 9:30AM. Members can choose to drive directly to 428 N Arthur Ashe Blvd, Richmond, VA 23220. Tour will start promptly at 10:30AM and will last approximately one and a half hours. Carpools could arrive back to LLI by 12:30PM unless they choose to have lunch downtown. The museum does not charge admission for the library.

Midlothian Library Tour**Course: SE242192****Wednesday****August 21****2:00-3:00****Instructor(s): Jess Harshbarger**

Midlothian Library is located in the historic, unincorporated Village of Midlothian. The library is adjacent to the Millworks at the Green Complex, which provides a unique village atmosphere rarely found in a suburban setting. The library serves a thriving residential community and is within walking distance of several county schools, a branch of Brightpoint Community College, and the YMCA. It's also right around the corner from LLI! This walking tour of the new Midlothian Library by branch manager Jess Harshbarger will include a behind-the-scenes look at Chesterfield County Public Library's first automated materials handling machine.

Literary Society Celebration**Course: SE242171****Friday****August 23****1:00-2:30****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

This will be the culminating event and celebration of the Summer 2024 Literary Society. The event is planned to both recognize Literary Society participants as well as to include other LLI members by showcasing this session's theme: "Bio Picks." Current participants, future participants, and anyone with an interest in the theme are welcome to register and attend. Light refreshments will be provided.

WG**Weekly Group Activities****Cards and Games Monday****Course: WG242004****Monday****May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****1:00-3:00****Instructor(s): Fran Judd and Carolyn Goble**

This is an opportunity to exercise the mind and make new friends while playing a variety of games such as Rummikub, Triple Play, Skip-Bo, Five Crowns, Pinochle, Mexican Train Dominoes, and Bunco. Students who are unfamiliar with a game will be welcomed and taught the rules.

Spades **Course: WG242013**

Tuesday **May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20**

11:00-1:00

Instructor(s): Anne Clendenin and Bev Davidson

Spades is an enjoyable card game! The spades card game is similar to bridge but much easier to learn and play. This group makes the game enjoyable while learning and continuing to play together each week. All levels of experience are welcome, even those who have never played before. Players are expected to be on time and to not leave early.

Social Bingo Tuesday **Course: WG242001**

Tuesday **May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20**

1:00-3:00

Instructor(s): Fran Judd and Arthur Goldberg

This is not typical BINGO! It's so much more than diagonal, straight across, and four corners. This group plays with over 200 different patterns, which can be challenging and is lots of fun! Students bring their own markers and dimes. Cards are provided.

Cards and Games Wednesday **Course: WG242006**

Wednesday **May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21**

1:00-3:00

Instructor(s): Carolyn Goble and Virginia Maloney

Keep your mind alert and make new friends while playing a variety of games such as Rummikub, Triple Play, Skip-Bo, Five Crowns, and Mexican Train Dominoes. If you don't know how to play, no problem. We'll teach you!

Mah Jongg **Course: WG242009**

Thursday **May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22**

9:30-11:30

Instructor(s): Marilyn Mare and Mary Jane Murphy

Players should be experienced in playing the American version of the ancient Chinese game of Mah Jongg. This game of skill, strategy, and calculation also has a certain degree of chance.

Bridge **Course: WG242010**

Friday **May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, August 2, 9, 16, 23**

9:00-12:00

Instructor(s): Diane Carter and Randall Kaker

Players should be experienced in basic contract Bridge. The rules of play will be determined by the group in the first class. Players are expected to be on time and not leave early.

Hand and Foot and Triple Play **Course: WG242007**

Friday **May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, August 2, 9, 16, 23**

10:00-12:00

Instructor(s): Mary Jane Murphy

Hand and Foot and Triple Play are forms of Canasta. Hand and Foot is a card game for four players, two sets of partners to a table. A Hand is 11 cards, and a Foot is 11 cards. Each player must play their Hand before they can play their Foot. The game is won by the partners who have both played their foot and agree to go out. Triple Play uses three hands and requires formation of additional Canastas. Come learn and play!

Social Bingo Friday

Course: WG242002

Friday

May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, August 2, 9, 16, 23

1:00-3:00

Instructor(s): Donna Whitfield and Arthur Goldberg

This is not typical BINGO! It's so much more than diagonal, straight across, and four corners. This group plays with over 200 different patterns, which can be challenging and is lots of fun! Students bring their own markers and dimes. Cards are provided.



Monday	Tuesday	Wednesday	Thursday	Friday
5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	10a-11a EL101 - Literary Society Orientation (Online)	9:30a-10:30a LE294 - Bridge Basics	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:15a-10:30a CO129 - Geological Wonders (Online)	9:30a-11a HS641 - The Guide to Essential Italy
10a-11:30a HW406 - Low Back Pain	10:30a-12p AD267 - Pigments That Color the World	10a-11:30a AD265 - Open Sketching Studio	9:30a-10:30a LS145 - Mobility Transportation	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p IA999 - Orientation for New Members	10:30a-11:30a EL119 - Intro to Writing Poetry	10:30a-11:30a HW382 - Music and Dementia	9:30a-11a PR099 - Science and Theology	10a-12p AD167 - Instructional Oil Painting
10:30a-12p LE178 - Continuing Genealogy	11a-12:30p EL118 - Dilemma Tales	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	11a-12p FI031 - Chair Yoga (Online)	11a-12p IA997 - Q&A for Current Members	12p-1p AD197 - Ballroom Dance Practice
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11a-12:30p LE295 - Crafting PhD	1p-3p EL015 - Aspiring Writers' Critique
1p-2p EL100 - Literary Society Orientation	12p-12:30p IA100 - Birthday Celebration	1p-2p AD210 - Intro to Brazilian Percussion	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	12:15p-1:30p CO128 - Geological Wonders	1p-3p WG006 - Cards and Games	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-3p LE236 - Easy Appliqué Pillow	1p-2p FI006 - Chair Yoga	1:30p-3p CO199 - Nearpeer Tutorial and Tips A	12p-1:30p AD240 - Lifelong Musicians Vocalists	2p-3p SE186 - VMFA Elegance and Wonder Tour
2p-3:30p CO209 - Artificial Intelligence A	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational German	2p-3:30p IA077 - Workshop for Instructors	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
2:30p-3:30p HW426 - Basic Qigong	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p LS147 - Crafts for Community	2p-3:30p CO175 - Google Photos A	
		2:30p-3:30p FI015 - Pilates	2p-3:30p EF165 - Intro to the Equities Markets	
			2p-3:30p PR002 - Bible Discussion of the Psalms	
			2:30p-3:30p FI007 - Gentle Yoga	



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5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024
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10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-12p AD267 - Pigments That Color the World	9:30a-10:30a LE294 - Bridge Basics	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS641 - The Guide to Essential Italy
10:30a-12p LE178 - Continuing Genealogy	10:30a-11:30a EL119 - Intro to Writing Poetry	9:45a-10:45a FI017 - Fun Fitness	9:15a-10:30a CO129 - Geological Wonders (Online)	9:45a-10:45a FI029 - Chair Yoga
11a-12p FI028 - Gentle Yoga	10:30a-12p HS292 - Monuments Men	10a-11:30a SE189 - VMHC Julia Child Tour	9:30a-11a PR099 - Science and Theology	10a-12p AD167 - Instructional Oil Painting
11a-12p HS671 - The Son of an Underputter	11a-12:30p EL118 - Dilemma Tales	10a-11:30a AD265 - Open Sketching Studio	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
12:30p-2p EF101 - Annuities	11a-12:30p LA022 - Reading Arabic Script Words (Online)	10:30a-12p LE298 - Honeybee 101	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD192 - Super Senior Storytelling Slam	12p-1p AD197 - Ballroom Dance Practice
12:30p-3:30p LE143 - Beaded Lanyard	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	1p-2:30p CO046 - iPad Basics
1p-3p WG004 - Cards and Games	12p-1:30p HW340 - Hands Only CPR A	11a-12p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	12:15p-1:30p CO128 - Geological Wonders	11a-12p HW445 - Staying Safe at Home	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-2p HS368 - Local Government
1:30p-3p LE236 - Easy Appliqué Pillow	1p-2p FI006 - Chair Yoga	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p IA005 - May Luncheon	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p CO209 - Artificial Intelligence A	1p-3p WG001 - Social Bingo	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational German	1p-3p HS660 - The Causes of the Holocaust (Online)	1p-3p WG006 - Cards and Games	1p-2:30p LS160 - Selling a Home	
2:30p-3:30p HW426 - Basic Qigong	2p-3:30p HS089 - Great Decisions	1:30p-3p EL120 - Banned Books Movie	1:30p-3p AD015 - Advanced Readers Theater	
	2p-3:30p HS667 - The Lusitania and WWI	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
	2p-3:30p HW341 - Hands Only CPR B	2p-3p EL115 - Baby X Discussion (Online)	2p-3:30p CO175 - Google Photos A	
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion of the Psalms	
		2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p Fundraising Committee Meeting		



Monday	Tuesday	Wednesday	Thursday	Friday
5/27/2024	5/28/2024	5/29/2024	5/30/2024	5/31/2024
LLI Closed	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
 MEMORIAL DAY	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	10:30a-12p AD267 - Pigments That Color the World	10a-11:30a AD265 - Open Sketching Studio	9:15a-10:30a CO129 - Geological Wonders (Online)	9:30a-11a HS641 - The Guide to Essential Italy
	10:30a-11:30a EL119 - Intro to Writing Poetry	10:30a-11:30a EF169 - Smart Saving for Higher Ed	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
	10:30a-12p HS292 - Monuments Men	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10a-12p AD167 - Instructional Oil Painting
	11a-12:30p EL118 - Dilemma Tales	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p EF115 - Estate Planning (Online)	10a-12p WG007 - Hand and Foot and Triple Play
	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p CO076 - Cable TV Alternatives A	10a-11a LS196 - Senior Living Solutions
	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11a-12p HW262 - Tinnitus and Hearing Loss	10:30a-11:15a HW381 - Guided Meditation (Online)
	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	11:30a-12:15p FI005 - Sit and Be Fit	11a-11:45a HW352 - Beginning Tai Chi Review
	12:15p-1:30p CO128 - Geological Wonders	1p-3p WG006 - Cards and Games	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD197 - Ballroom Dance Practice
	1p-2p FI006 - Chair Yoga	1:30p-3p HS003 - Current Events	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p EL015 - Aspiring Writers' Critique
	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Needleworkers United	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
	1p-2:30p LE297 - Fun With Chair Volleyball	2p-3:30p LE252 - Genealogy Discussions	1p-2:30p AD274 - Summer of Joy Documentary	1p-3p DE007 - Understanding Gender Identity
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates	1:30p-3p AD015 - Advanced Readers Theater	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
	3:30p-4:30p LLI Board of Directors Meeting		1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
			2p-3:30p CO175 - Google Photos A	
			2p-3:30p PR002 - Bible Discussion of the Psalms	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
6/3/2024	6/4/2024	6/5/2024	6/6/2024	6/7/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-11a CO169 - Automotive Basics	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a HS481 - Amendments to the Constitution	9:30a-11a CO218 - Microbiome	9:15a-10:30a CO129 - Geological Wonders (Online)	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a LE294 - Bridge Basics	9:30a-11:30a LS192 - Intro to End-of-Life Planning	10a-12p AD167 - Instructional Oil Painting
10a-11:30a LS095 - The Subconscious Mind	10a-12p AD269 - A Little Watercolor Fun A	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE178 - Continuing Genealogy	10:30a-11:30a EL119 - Intro to Writing Poetry	10a-11:30a AD265 - Open Sketching Studio	9:30a-11:30a WG009 - Mah Jongg	11a-12p EF171 - Income Planning and Strategies
11a-12p EL117 - The Great Mr. Smith	11a-12:30p EL118 - Dilemma Tales	10:30a-11:30a HS657 - Intro to the US Constitution	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12p EL043 - Enjoy Poetry	10:30a-12p CO076 - Cable TV Alternatives A	12p-1p AD197 - Ballroom Dance Practice
11a-12p LE296 - Shenandoah National Park (Online)	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p HW393 - Aging and Ageism	1p-2:30p CO046 - iPad Basics
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
1p-2:30p CO217 - Statistics	12:15p-1:30p CO128 - Geological Wonders	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD240 - Lifelong Musicians Vocalists	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	12p-1p HW429 - End of Life Decision Making	
1:30p-3p LE236 - Easy Appliqué Pillow	1:30p-3:30p HS605 - Intro to US Air Force History	1p-3:30p AD271 - Crayons and Crustaceans A	1p-2p FI010 - Chair Yoga	
2p-3:30p CO203 - Tips in Google Apps	2p-3p EL090 - Obituary Writing Workshop	1:30p-3:30p LE032 - Needleworkers United	1p-3p DE005 - LGBTQ+ Basics	
2p-3:30p HS668 - Remembering D-Day	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
2p-3:30p LA015 - Conversational German		2:30p-3:30p EL104 - Mystery Novels Discussion	1:30p-2:30p LS172 - Mercy Mall Emergency Food	
2:30p-3:30p HW426 - Basic Qigong		2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion of the Psalms	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
6/10/2024	6/11/2024	6/12/2024	6/13/2024	6/14/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-11a CO169 - Automotive Basics	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a HS481 - Amendments to the Constitution	9:30a-11a CO218 - Microbiome	9:15a-10:30a CO129 - Geological Wonders (Online)	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a LE294 - Bridge Basics	9:30a-10:30a HS673 - Chimborazo Hospital and Hill	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a LS095 - The Subconscious Mind	10a-11a HW365 - Healthy Habits for the Brain	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a LS192 - Intro to End-of-Life Planning	10a-11a SE156 - John Marshall House Tour
10a-11:30a HW407 - Knee Conditions	10:30a-11:30a EL119 - Intro to Writing Poetry	10a-11:30a AD265 - Open Sketching Studio	9:30a-11:30a WG009 - Mah Jongg	10a-12p AD167 - Instructional Oil Painting
10:30a-12p LE178 - Continuing Genealogy	11a-12:30p EL118 - Dilemma Tales	10:30a-11:30a LE299 - Rediscovering Pollinators	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p EL117 - The Great Mr. Smith	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	10a-11:30a LS197 - Disability Law Center of Virginia
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p HW393 - Aging and Ageism	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:30p EF163 - Money Mindset Makeover	11:30a-12:30p AD058 - Country Line Dancing	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi A	12p-12:30p IA100 - Birthday Celebration	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p CO217 - Statistics	12:15p-1:30p CO128 - Geological Wonders	12p-1p LE300 - Native Pollinator Hives	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-2p SE191 - Walden 3 Performance	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1p-3p LS178 - Chesterfield Fire and EMS	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p AD270 - A Little Watercolor Fun B	1:30p-3p HS003 - Current Events	1:30p-3p AD015 - Advanced Readers Theater	
2p-3:30p CO203 - Tips in Google Apps	1p-2p HW436 - Senior Living Continuum	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
2p-3:30p LA015 - Conversational German	1:30p-3:30p HS605 - Intro to US Air Force History	2p-3:30p LE252 - Genealogy Discussions	2p-3:45p AD111 - Intermediate Watercolor	
2:30p-3:30p HW426 - Basic Qigong	2p-3:30p HS089 - Great Decisions	2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion of the Psalms	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
6/24/2024	6/25/2024	6/26/2024	6/27/2024	6/28/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a LE294 - Bridge Basics	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS641 - The Guide to Essential Italy
10a-12p LS085 - Becoming an Optimist	9:30a-11a HS481 - Amendments to the Constitution	9:45a-10:45a FI017 - Fun Fitness	9:15a-10:30a CO129 - Geological Wonders (Online)	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p CO200 - Nearpeer Tutorial and Tips B	10a-11a AD021 - Intermediate Tap Dancing	10a-11:30a AD265 - Open Sketching Studio	9:30a-11:30a LS192 - Intro to End-of-Life Planning	10a-12p SE113 - VA Holocaust Museum Tour
10:30a-12p LE178 - Continuing Genealogy	10a-11a LS069 - VirginiaNavigator	10:30a-12p PR100 - The Chosen	9:30a-11a PR099 - Science and Theology	10a-12p AD167 - Instructional Oil Painting
11a-12p EL117 - The Great Mr. Smith	10:30a-11:30a EL119 - Intro to Writing Poetry	11a-12p AD252 - Ukulele Intro and Jam	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	11a-12:30p EL118 - Dilemma Tales	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	12p-1p AD197 - Ballroom Dance Practice
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Super Senior Storytelling Slam	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p HS672 - The Civil War on the James	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
1p-2:30p LE276 - Balloon Twisting 101	12:15p-1:30p CO128 - Geological Wonders	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	12p-1:30p AD240 - Lifelong Musicians Vocalists	
2p-3:30p CO203 - Tips in Google Apps	1p-3p WG001 - Social Bingo	1p-2p EL114 - Literary Society Book Swap	12p-1:30p IA006 - June Luncheon	
2:30p-3:30p HW426 - Basic Qigong	1p-3:30p AD259 - Pencils, Stencils, and Pens A	1p-2:30p LS157 - Planning Final Arrangements	1p-2p FI010 - Chair Yoga	
3:30p-4:30p LLI Board of Directors Meeting	1p-2:30p EF167 - Financial Stability	1:30p-3p HS003 - Current Events	1:30p-3p AD015 - Advanced Readers Theater	
	1:30p-3:30p HS605 - Intro to US Air Force History	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
	2p-2:45p AD219 - Basic Blues Piano (Online)	1:30p-3p LS147 - Crafts for Community	1:30p-2:30p HW444 - Better Hearing Boosts Memory	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates	2p-3:45p AD111 - Intermediate Watercolor	
			2p-3:30p CO207 - Cyber Threats A	
			2p-3:30p PR002 - Bible Discussion of the Psalms	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:15a-10:30a CO129 - Geological Wonders (Online)	9:30a-11a HS641 - The Guide to Essential Italy
10a-11:30a LS090 - Life-Changing Habits	10a-11a AD021 - Intermediate Tap Dancing	10a-12p LS194 - CCPL Librarians with Resources	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a PR096 - Power of Myth and Aesthetics	10:30a-11:30a EL119 - Intro to Writing Poetry	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	10a-12p AD167 - Instructional Oil Painting
10a-11:30a HW408 - Shoulder Conditions	10:30a-12p HS492 - Reichsmarschall Hermann Göring	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p AD166 - Intro to Oil Painting	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD012 - Advanced Watercolor	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p LE178 - Continuing Genealogy	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD197 - Ballroom Dance Practice
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi A	12p-12:30p IA100 - Birthday Celebration	1p-3p WG006 - Cards and Games	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p WG002 - Social Bingo
1p-3p AD234 - Colorist Open Studio	12:15p-1:30p CO128 - Geological Wonders	1:30p-3p HS003 - Current Events	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-3p AD015 - Advanced Readers Theater	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p WG001 - Social Bingo	2p-3:30p LE252 - Genealogy Discussions	1:30p-3:30p EF157 - Financial Modeling Using AI	
2p-3:30p CO176 - Google Photos B	2p-2:45p AD219 - Basic Blues Piano (Online)	2:30p-3:30p EL104 - Mystery Novels Discussion	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
2p-3:30p LA015 - Conversational German	2p-3:30p HS089 - Great Decisions	2:30p-3:30p FI015 - Pilates	2p-3:45p AD111 - Intermediate Watercolor	
2:30p-3:30p HW426 - Basic Qigong	2:30p-3:30p FI009 - Gentle Yoga		2p-3:30p PR002 - Bible Discussion of the Psalms	
2:30p-3:30p SE164 - Company's Coming Concert			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9:45a-10:45a FI017 - Fun Fitness	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	10a-11a HS661 - The Crucible of WWI (Online)	9:15a-10:30a CO129 - Geological Wonders (Online)	9:30a-11a HS641 - The Guide to Essential Italy
10a-11:30a PR096 - Power of Myth and Aesthetics	9:30a-11:30a LE284 - Macrame for All	10:30a-11:30a SE126 - Agcroft Hall and Gardens Tour	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p AD166 - Intro to Oil Painting	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p LE301 - The Art of Pressed Flowers A	9:30a-11:30a WG009 - Mah Jongg	10a-12p AD167 - Instructional Oil Painting
10:30a-12p LE178 - Continuing Genealogy	10a-11a HW366 - Understanding Dementia	11a-12p AD252 - Ukulele Intro and Jam	10a-11:30a HW392 - Suicide Prevention	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	10:30a-11:30a EL119 - Intro to Writing Poetry	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p LE296 - Shenandoah National Park (Online)	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	12p-1p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	11a-12p FI031 - Chair Yoga (Online)	11a-12:30p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
1p-3p AD234 - Colorist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p WG004 - Cards and Games	12:15p-1:30p CO128 - Geological Wonders	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD141 - Lifelong Musicians	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	1p-2:30p CO092 - Intermediate iPhone and iPad	12p-1:30p AD240 - Lifelong Musicians Vocalists	
2p-3:30p CO176 - Google Photos B	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational German	1p-2p LS195 - Supporting Loved Ones in Grief	1:30p-3:30p LE032 - Needleworkers United	1p-2:30p LS191 - Compassion and Choices	
2:30p-3:30p HW426 - Basic Qigong	2p-2:45p AD219 - Basic Blues Piano (Online)	1:30p-3p LS147 - Crafts for Community	1:30p-3p AD015 - Advanced Readers Theater	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
	2:30p-3:30p HS659 - Archaeological Discoveries		2p-3:45p AD111 - Intermediate Watercolor	
			2p-3:30p PR002 - Bible Discussion of the Psalms	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
7/22/2024	7/23/2024	7/24/2024	7/25/2024	7/26/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS641 - The Guide to Essential Italy
10a-11:30a PR096 - Power of Myth and Aesthetics	9:30a-11a HS496 - A Rich History	10a-12:30p AD260 - Pencils, Stencils, and Pens B	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-12p LS091 - Overcoming Impatience	9:30a-11:30a LE284 - Macrame for All	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10a-12p AD167 - Instructional Oil Painting
10:30a-12p AD166 - Intro to Oil Painting	10a-11a AD021 - Intermediate Tap Dancing	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE178 - Continuing Genealogy	10:30a-11:30a EL119 - Intro to Writing Poetry	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-12p EL121 - The History of the Mystery
11a-12p FI028 - Gentle Yoga	11a-12p EF170 - Social Security and Medicare	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LA022 - Reading Arabic Script Words (Online)	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD197 - Ballroom Dance Practice
1p-3p AD234 - Colorist Open Studio	11a-1p WG013 - Spades	1p-3p WG006 - Cards and Games	12p-1:30p AD240 - Lifelong Musicians Vocalists	12:30p-1:30p HW380 - What Comes After Menopause
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	1:30p-3p HS003 - Current Events	12p-1:30p IA007 - July Luncheon	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p HS663 - The First Battle of Bull Run	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p WG001 - Social Bingo	2p-3:30p EF166 - An Insurance Overview	1:30p-3p AD015 - Advanced Readers Theater	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p CO176 - Google Photos B	2p-2:45p AD219 - Basic Blues Piano (Online)	2p-3:30p LE252 - Genealogy Discussions	1:30p-3:30p EF157 - Financial Modeling Using AI	
2:30p-3:30p HW426 - Basic Qigong	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
			2p-3:45p AD111 - Intermediate Watercolor	
			2p-3:30p PR002 - Bible Discussion of the Psalms	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
8/5/2024	8/6/2024	8/7/2024	8/8/2024	8/9/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-11a HS664 - Picturing the Civil War	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	10a-12p EF113 - Medicare 101	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a PR096 - Power of Myth and Aesthetics	10a-12:30p AD272 - Crayons and Crustaceans B	11a-11:45a FI018 - Sit and Be Fit	10a-12:30p AD273 - Crayons and Crustaceans C	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE178 - Continuing Genealogy	10a-12p HW440 - Aging and Dementia	11a-12p FI031 - Chair Yoga (Online)	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p PR087 - The Roman Catholic Mass	10:30a-11:30a EL119 - Intro to Writing Poetry	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	10:30a-12p CO077 - Cable TV Alternatives B	12p-1p AD197 - Ballroom Dance Practice
11a-12p FI028 - Gentle Yoga	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12p-1p SE154 - The 16 Valves Tuba Quartet	10:30a-12p HW443 - Disability and Ableism	12p-1:30p IA110 - 10-year Member Celebration
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	1p-2p AD210 - Intro to Brazilian Percussion	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writers' Critique
1p-3p AD234 - Colorist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	1p-2:30p CO092 - Intermediate iPhone and iPad	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Needleworkers United	1p-2p FI010 - Chair Yoga	
2p-3:30p CO208 - Cyber Threats B	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	1p-2:30p LS158 - Planning Final Arrangements (Online)	
2p-3:30p LA015 - Conversational German		2:30p-3:30p EL104 - Mystery Novels Discussion	1:30p-3p AD015 - Advanced Readers Theater	
2:30p-3:30p HW426 - Basic Qigong		2:30p-3:30p FI015 - Pilates	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
			2p-3:30p PR002 - Bible Discussion of the Psalms	
			2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HW409 - Dry Needling	



Monday	Tuesday	Wednesday	Thursday	Friday
8/19/2024	8/20/2024	8/21/2024	8/22/2024	8/23/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	Fall Catalog Available	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology		9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness		9:30a-11a AD268 - Michelangelo's Sistine Chapel
10a-11:30a LS084 - Deepening Relationships	9:30a-11a HS669 - America in 1876	11a-12p AD252 - Ukulele Intro and Jam	8:30a-9:30a FI020 - Zumba Gold (Online)	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p LE178 - Continuing Genealogy	10a-11a AD021 - Intermediate Tap Dancing	11a-11:45a FI018 - Sit and Be Fit	9a-10a AD036 - Intro to Line Dancing	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	10:30a-11:30a EL119 - Intro to Writing Poetry	11a-12p FI031 - Chair Yoga (Online)	9a-10:30a LS169 - Chesterfield Council on Aging	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	9:30a-11a PR099 - Science and Theology	12p-1p AD197 - Ballroom Dance Practice
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	1p-2p AD210 - Intro to Brazilian Percussion	9:30a-11:30a WG009 - Mah Jongg	1p-3p EL015 - Aspiring Writers' Critique
1:30p-2:15p HW355 - Beginning Tai Chi B	11:30a-12:30p AD058 - Country Line Dancing	1p-3p WG006 - Cards and Games	10:15a-11:15a AD075 - Line Dance Practice	1p-3p WG002 - Social Bingo
2p-3:30p CO210 - Artificial Intelligence B	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	10:30a-12:30p AD192 - Super Senior Storytelling Slam	1p-2:30p SE171 - Literary Society Celebration
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1:30p-3p LS147 - Crafts for Community	11:30a-12:15p FI005 - Sit and Be Fit	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2:30p-3:30p HW426 - Basic Qigong	2:30p-3:30p FI009 - Gentle Yoga	2p-3p SE192 - Midlothian Library Tour	12p-1:30p AD141 - Lifelong Musicians	
		2:30p-3:30p FI015 - Pilates	12p-1:30p AD240 - Lifelong Musicians Vocalists	
			12p-1:30p IA008 - August Luncheon	
			1p-2p FI010 - Chair Yoga	
			1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
			1:30p-2:30p LS172 - Mercy Mall Emergency Food	
			2p-3:30p PR002 - Bible Discussion of the Psalms	
			2:30p-3:30p FI007 - Gentle Yoga	

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield Summer 2024 Registration Form

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Art, Music, Drama, and Dance						
	AD012	Advanced Watercolor		Thu	June 13, 20, 27, July 11, 18, 25	10:30-12:30		Marti Franks
	AD015	Advanced Readers Theater		Thu	May 23, 30, June 13, 20, 27, July 11, 18, 25, August 1, 8	1:30-3:00		Donna Tolliver
	AD021	Intermediate Tap Dancing		Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	10:00-11:00		Beth and Jennifer
	AD036	Introduction to Line Dancing		Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	9:00-9:45		Karyn and Julie
	AD058	Country Line Dancing		Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	9:00-11:00		Bill and Bev
	AD111	Intermediate Watercolor with Marti		Thu	June 13, 20, 27, July 11, 18, 25	2:00-3:45		Marti Franks
	AD141	Lifelong Musicians Instrumentalists		Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	12:00-1:30		Randall Kaker
	AD166	Introduction to Oil Painting		Mon	July 8, 15, 22	10:30-12:00		Wanda Cutchins
	AD167	Instructional Oil Painting Studio		Fri	May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, August 2	10:00-12:00		Wanda et al.
	AD192	Super Senior Storytelling Slam		Thu	May 23, June 27, July 25, August 22	10:30-12:30		Judith and Les
	AD197	Ballroom Dance Practice for Partners		Fri	May 17, 24, 31, June 7, 14, 28, July 12, 19, 26, August 2, 9, 16, 23	12:00-1:00		Hal and Marlene
	AD210	Introduction to Brazilian and Cuban Percussion		Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	1:00-2:00		Damir Strmel
	AD219	Basic Blues and Boogie-Woogie Piano		Tue	June 25, July 2, 9, 16, 23, 30	2:00-2:45	Online	Anne McAneny
	AD234	Colorist Open Studio		Mon	July 8, 15, 22, 29, August 5, 12	1:00-3:00		Diana and Karen
	AD240	Lifelong Musicians Vocalists		Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	12:00-1:30		Randall Kaker
	AD248	Readers Theater		Tue	June 25, July 2, 9, 16, 23, 30, August 6, 13, 20	9:30-10:30		Ken Carlson
	AD252	Ukulele Introduction and Jam		Wed	June 26, July 17, August 21	11:00-12:00		Rick Kaerwer
	AD259	Pencils, Stencils, and Pens A		Tue	June 25	1:00-3:30		Sarah Matthews
	AD260	Pencils, Stencils, and Pens B		Wed	July 24	10:00-12:30		Sarah Matthews
	AD265	Open Sketching Studio		Wed	May 15, 22, 29, June 5, 12, 26	10:00-11:30		Hal and Marlene
	AD267	Pigments That Color the World: From Burnt Sticks to Paint Tubes		Tue	May 14, 21, 28	10:30-12:00		Poly and Dr. Partridge
	AD268	Michelangelo's Sistine Chapel		Fri	August 16, 23	9:30-11:00		Juana Levi
	AD269	A Little Watercolor Fun A		Tue	June 4	10:00-12:00		Darnell Hoose
	AD270	A Little Watercolor Fun B		Tue	June 11	1:00-3:00		Darnell Hoose
	AD271	Crayons and Crustaceans A		Wed	June 5	1:00-3:30		Sarah Matthews
	AD272	Crayons and Crustaceans B		Tue	August 6	10:00-12:30		Sarah Matthews
	AD273	Crayons and Crustaceans C		Thu	August 8	10:00-12:30		Sarah Matthews
	AD274	Summer of Joy Documentary by Cortona Studies Abroad Program		Thu	May 30	1:00-2:30		Ann-Marie Walsh

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Computers, Technology, Math, and Science						
	CO046	iPad Basics		Fri	May 24, June 7, 21	1:00-2:30		Mark Grubbs
	CO076	Cable TV Alternatives A: Cutting the Cord		Thu	May 30, June 6	10:30-12:00		Mel Kauffman
	CO077	Cable TV Alternatives B: Cutting the Cord		Thu	August 8, 15	10:30-12:00		Mel Kauffman
	CO092	Intermediate iPhone and iPad: Part 1		Wed	July 3, 17, 31, August 7	1:00-2:30		Mark Grubbs
	CO128	Geological Wonders		Tue	May 14, 21, 28, June 4, 11, 25, July 9, 16	12:15-1:30		Bob Ferguson
	CO129	Geological Wonders		Thu	May 16, 23, 30, June 6, 13, 27, July 11, 18	9:15-10:30	Online	Bob Ferguson
	CO169	Automotive Basics		Mon	June 3, 10, 17	9:30-11:00	Online	B. Ellen Johnson, PhD
	CO175	Google Photos A: Managing Thousands of Photos in a Phone		Thu	May 16, 23, 30	2:00-3:30		Danny Arkin
	CO176	Google Photos B: Managing Thousands of Photos in a Phone		Mon	July 8, 15, 22	2:00-3:30		Danny Arkin
	CO199	Nearpeer Tutorial and Tips A		Wed	May 15	1:30-3:00		Rachel Ramirez
	CO200	Nearpeer Tutorial and Tips B		Mon	June 24	10:30-12:00		Rachel Ramirez
	CO203	Tips and Tricks in Google Apps: Calendar, Mail, Chrome, Notes		Mon	June 3, 10, 17, 24	2:00-3:30		Danny Arkin
	CO207	Cyber Threats and Information Security Awareness A		Thu	June 20, 27	2:00-3:30		Danny Arkin
	CO208	Cyber Threats and Information Security Awareness B		Mon	July 29, August 5	2:00-3:30		Danny Arkin
	CO209	Artificial Intelligence A: History, Promises, Fears, and the Future		Mon	May 13, 20	2:00-3:30		Danny Arkin
	CO210	Artificial Intelligence B: History, Promises, Fears, and the Future		Mon	August 12, 19	2:00-3:30		Danny Arkin
	CO217	Statistics: A Brief Introduction		Mon	June 3, 10, 17	1:00-2:30	Online	B. Ellen Johnson, PhD
	CO218	Microbiome: News from the Gut		Wed	June 5, 12	9:30-11:00		Patricia Ryther
		Diversity, Equity, and Incusion						
	DE004	The Upswing: A Book Review		Thu	June 20	10:30-12:00		Bob Ferguson
	DE005	LGBTQ+ Basics		Thu	June 6	1:00-3:00		Michael Recant
	DE007	Understanding Gender Identity and Expression		Fri	May 31	1:00-3:00		Ted Heck
		Economics and Finance						
	EF101	Annuities		Mon	May 20	12:30-2:00		Jamey Davidson
	EF113	Medicare 101: Making Sense of Medicare		Wed	August 7	10:00-12:00		Kendalle Stock
	EF115	Estate Planning and Elder Law		Thu	May 30	10:30-12:00	Online	Paula Peaden
	EF157	Financial Modeling Using AI Methodologies: Part 2		Thu	July 11, 25	1:30-3:30		Damir Strmel
	EF163	Money Mindset Makeover: Ignite a Love Affair with Money	*\$13	Mon	June 10, 17	12:30-1:30		Sorana Blackfoot
	EF164	Pharmaceutical Product Pricing		Mon	July 1	2:00-3:30		Herbert Loveless
	EF165	An Introduction to the Equities Markets		Thu	May 16	2:00-3:30		Liz Brown
	EF166	An Insurance Overview: Which Risks to Transfer and Which to Retain?		Wed	July 24	2:00-3:30		Liz Brown
	EF167	Financial Stability		Tue	June 25	1:00-2:30		Richard Commander
	EF168	Financial Stability		Thu	August 1	1:00-2:30	Online	Richard Commander
	EF169	Smart Saving for Higher Education		Wed	May 29	10:30-11:30		Ryan Poland
	EF170	Social Security and Medicare: The Basics and a Deeper Dive		Tue	July 23	11:00-12:00		Ryan Poland
	EF171	Income Planning and Strategies: The Art and Science		Fri	June 7	11:00-12:00		Shawn Doran

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Last Name: _____

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Literature, Poetry, and Film						
	EL015	Aspiring Writers' Critique		Fri	May 17, 31, June 14, 28, July 12, 26, August 9, 23	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	June 4, 11, 25, July 2, 9, 16, 23, 30, August 6, 13, 20	9:00-10:30		Suzanne and Tom
	EL090	Obituary Writing Workshop		Tue	June 4	2:00-3:00		Jennifer S. Moss
	EL100	LLI Literary Society Orientation		Mon	May 13	1:00-2:00		Bob, Martha and Anita
	EL101	LLI Literary Society Orientation		Tue	May 14	10:00-11:00	Online	Bob, Martha and Anita
	EL104	Mystery Novels Discussion: Whodunnit?		Wed	June 5, July 10, August 7	2:30-3:30		Linda and Deb
	EL114	LLI Literary Society Feedback and Book Swap		Wed	June 26	1:00-2:00		Bob, Martha and Anita
	EL115	Baby X Discussion: Combining Thriller Writing and Cutting-Edge Science		Wed	May 22	2:00-3:00	Online	Kira Peikoff
	EL117	The Great Mr. Smith		Mon	June 3, 10, 17, 24, July 1	11:00-12:00		Edward Blackwell
	EL118	Dilemma Tales That Teach Safe, Ethical Discourse in Troubled Times		Tue	May 14, 21, 28, June 4, 11, 25	11:00-12:30		Les Schaffer
	EL119	Introduction to Writing Poetry		Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	10:30-11:30		Mary Jane Tolly
	EL120	Banned Books, a Movie, and Popcorn		Wed	May 22	1:30-3:00		Deb and Linda
	EL121	The History of the Mystery: Mystery and Detective Fiction		Fri	July 26	11:00-12:00		Heather Weidner
		Fitness						
	FI001	Low Impact Monday	\$20	Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$20	Fri	May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, Aug 2, 9, 16, 23	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$20	Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$20	Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$20	Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$20	Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	1:00-2:00		Dorota Kawka
	FI015	Pilates, Sculpt, and Barre	\$20	Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	2:30-3:30		Linda McDorman
	FI017	Wednesday Fun Fitness	\$20	Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	8:30-9:30	Online	Tracey Brooks
	FI028	Gentle Yoga Monday	\$20	Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$20	Fri	May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, Aug 2, 9, 16, 23	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	11:00-12:00	Online	Linda McDorman
	FI034	Fun Cardio Fitness Online	\$20	Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	1:30-2:30	Online	Nicole Thomas-Jackson

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		History, Humanities, and International Studies						
	HS002	Cultural Anthropology: American Vikings		Wed	May 22, June 5, 12, 26, July 10, 24, August 7, 21	9:00-10:30		Annebel Lewis
	HS003	Current Events Discussion		Wed	May 15, 29, June 12, 26, July 10, 24, August 14	1:30-3:00		Roy and Lee
	HS089	Great Decisions	*\$40	Tue	May 21, June 11, July 9	2:00-3:30		Bob Ferguson
	HS292	Monuments Men		Tue	May 21, 28	10:30-12:00		Kenneth D. Alford
	HS368	Local Government in Chesterfield County		Fri	May 24	1:00-2:00		Dr. Joseph P. Casey
	HS381	Adventures of Hiking the Camino in Europe		Tue	July 30	1:00-3:00		Robert Abbott
	HS481	Amendments to the United States Constitution		Tue	June 4, 11, 25, July 2	9:30-11:00		Dr. John Lemza
	HS492	Reichsmarschall Hermann Göring		Tue	July 9	10:30-12:00		Kenneth D. Alford
	HS496	A Rich History: Education of the Coloreds in Midlothian		Tue	July 23	9:30-11:00		Audrey M. Ross
	HS605	Introduction to US Air Force History: Part 1		Tue	June 4, 11, 25, July 2	1:30-3:30		Randall L. Lanning
	HS617	No Time to Grieve Documentary		Mon	June 17	10:00-12:00		Peppy Jones
	HS641	The Guide to Essential Italy		Fri	May 17, 24, 31, June 14, 28, July 12, 19, 26, August 9	9:30-11:00		Timothy Pace
	HS657	Intro to the United States Constitution		Wed	June 5	10:30-11:30		Dr. John Lemza
	HS659	Archaeological Discoveries: Return to Luxor and Valley of the Kings		Tue	July 16, 30	2:30-3:30		Rick Kinnaird
	HS660	The Causes of the Holocaust: Could They Have Been Altered?		Tue	May 21	1:00-3:00	Online	Dr. Alan A. Winter
	HS661	The Crucible: WWI and the Making of WWII Leaders		Wed	July 17	10:00-11:00	Online	Amanda Williams
	HS662	The Indochina Wars and Vietnam, 1945-75		Tue	July 30	1:00-2:15	Online	Chris Kolakowski
	HS663	The First Battle of Bull Run: All Green Alike		Mon	July 22	1:00-2:30		Gerry Germond
	HS664	Picturing the Civil War		Mon	August 5	9:30-11:00		Dr. James Brookes
	HS665	Virginia Museum of History and Culture Library Orientation		Tue	August 13	2:00-3:30	Online	Dr. Brookes and Matthew
	HS667	The Lusitania and the Coming of WWI: When Visions Collide		Tue	May 21	2:00-3:30		James Triesler
	HS668	Remembering D-Day		Mon	June 3	2:00-3:30		James Triesler
	HS669	America in 1876: Election in Peril, and Culture in Tumult		Tue	August 20	9:30-11:00		Dr. John Partridge
	HS670	The Naranjo Wars		Tue	July 2	12:00-1:00		Rick Kinnaird
	HS671	The Son of an Underputter		Mon	May 20	11:00-12:00		Bernie Henderson
	HS672	The Civil War on the James River		Mon	June 24	1:00-2:30		Scott Williams
	HS673	Chimborazo Hospital and Chimborazo Hill		Thu	June 13	9:30-10:30		Waite Rawls

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Health and Wellness						
	HW262	Tinnitus and Hearing Loss		Thu	May 30	11:00-12:00		Kim and Dr. Ruth
	HW340	Hands Only CPR A		Tue	May 21	12:00-1:30		Kimberly Rideout
	HW341	Hands Only CPR B		Tue	May 21	2:00-3:30		Kimberly Rideout
	HW342	Beginning Tai Chi A		Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	12:30-1:15		Damir Strmel
	HW343	Intermediate Tai Chi: 42 Form and Sword Form		Fri	May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, Aug 2, 9, 16, 23	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi Review and Practice		Fri	May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, Aug 2, 9, 16, 23	11:00-11:45		Mary E. Gutberlet
	HW355	Beginning Tai Chi B		Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	1:30-2:15		Mary E. Gutberlet
	HW365	Healthy Habits for the Brain and Brain Games		Tue	June 11	10:00-11:00		Rachel Lawson
	HW366	Understanding Dementia and Alzheimer's Disease		Tue	July 16	10:00-11:00		Rachel Lawson
	HW367	Warning Signs of Dementia		Wed	August 14	10:30-11:30		Rachel Lawson
	HW380	What Comes After Menopause?		Fri	July 26	12:30-1:30		Lauren Cook, NP
	HW381	Guided Meditation: Confidence Booster		Fri	May 31	10:30-11:15	Online	Pamela Biasca Losada
	HW382	Music and Dementia: Power of Communication		Wed	May 15	10:30-11:30		Rachel Lawson
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	12:00-12:45		Mary E. Gutberlet
	HW389	Understanding Hearing Loss and Hearing Aids		Mon	July 1	10:30-12:00		Kimberly Felder
	HW392	Suicide Prevention: Raise Your Voice		Thu	July 18	10:00-11:30		Melissa and Kevin
	HW393	Aging and Ageism in Society and Self		Thu	June 6, 13	10:30-12:00		Wayne Swatlowski
	HW406	Low Back Pain	*\$15	Mon	May 13	10:00-11:30		Thomas Neviasser, MD
	HW407	Knee Conditions	*\$15	Mon	June 10	10:00-11:30		Thomas Neviasser, MD
	HW408	Shoulder Conditions	*\$15	Mon	July 8	10:00-11:30		Thomas Neviasser, MD
	HW409	Dry Needling: What It Is and How It Works		Thu	August 8	2:30-3:30		David Reynolds, DPT
	HW426	Basic Qigong		Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	2:30-3:30		Walter and Patricia
	HW429	End of Life Decision Making		Thu	June 6	12:00-1:00		Jeffrey Litt, DO
	HW435	Strength Training Significance in Aging		Fri	June 21	1:00-2:00	Online	Eric and Dr. Starr
	HW436	Senior Living Continuum		Tue	June 11	1:00-2:00		Jaime Smiley, MS
	HW437	Dementia Stages and Strategies		Tue	August 13	1:00-2:30		Jaime Smiley, MS
	HW440	Aging and Dementia		Tue	August 6	10:00-12:00		Sabrina Cohen
	HW443	Disability and Ableism from the Middle Ages to the Present		Thu	August 1, 8	10:30-12:00		Wayne Swatlowski
	HW444	Better Hearing Boosts Memory and Improves Relationships!		Thu	June 27	1:30-2:30		Debra Ogilvie, Au.D.
	HW445	Staying Safe at Home		Wed	May 22	11:00-12:00		Jaime Smiley, MS
	HW446	Stress Management Bingo		Wed	July 3	11:30-12:30		Valerie Fowlkes
		Inside LLI Activities						
	IA077	Workshop for LLI Instructors		Tue	May 14	2:00-3:30		Rachel Ramirez
	IA110	10-year Member Celebration		Fri	August 9	12:00-1:30		Rachel and LLI Board
	IA997	Q&A for Current Members		Thu	May 16	11:00-12:00		Rachel Ramirez
	IA999	Orientation for New Members		Mon	May 13	10:30-12:00		Rachel Ramirez
		Languages						
	LA015	Conversational German		Mon	May 13, 20, June 3, 10, 17, July 1, 8, 15, 29, August 5, 12, 19	2:00-3:30		Alan McCrea
	LA022	Reading Arabic Script Words: An Easier Way		Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	11:00-12:30	Online	Charles Barron

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Leisure Activities						
	LE032	Needleworkers United		Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	1:30-3:30		Shelvey Smith
	LE143	Beaded Lanyard for LLI Name Tag	\$5	Mon	May 20	12:30-3:30		Donna Whitfield
	LE178	Continuing Genealogy: Beyond the Basics		Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	10:30-12:00		Bette Kot
	LE236	Easy Appliqué Pillow		Mon	May 13, 20, June 3	1:30-3:00		Anne Moderegger
	LE252	Genealogy Discussions		Wed	May 22, 29, June 5, 12, July 3, 10, 24, 31, August 7, 14	2:00-3:30		Steve Kunnmann
	LE276	Balloon Twisting 101	\$8	Mon	June 24	1:00-2:30		Wayne (a.k.a Basa)
	LE284	Macrame for All: Beginner and Intermediate	\$12	Tue	July 16, 23, 30	9:30-11:30		Shawn Hicks
	LE294	Bridge Basics		Wed	May 15, 22, June 5, 12, 26, July 3	9:30-10:30		Randall Kaker
	LE295	Crafting PhD: Project Half Done		Thu	May 16, June 20, July 18, August 15	11:00-12:30		Mary Kay Anderson
	LE296	Explore More in Shenandoah National Park		Mon	June 3, 17, July 1, 15, 29, August 12	11:00-12:00	Online	Park Rangers
	LE297	Fun With Chair Volleyball		Tue	May 28	1:00-2:30		Barbara Clinedinst
	LE298	Honeybee 101		Wed	May 22	10:30-12:00		Conner Parrish
	LE299	Rediscovering the Vast World of Pollinators and Beneficial Insects		Wed	June 12	10:30-11:30		Conner Parrish
	LE300	Native Pollinator Hives	\$20	Wed	June 12	12:00-1:00		Conner Parrish
	LE301	The Art and History of Pressed Flowers A	\$25	Wed	July 17	10:30-12:00		Conner Parrish
	LE302	The Art and History of Pressed Flowers B	\$25	Thu	August 1	10:30-12:00		Conner Parrish
		Life Services						
	LS069	VirginiaNavigator Family of Websites: A Guide to Aging Well		Tue	June 25	10:00-11:00		Bonnie Scimone
	LS084	Deepening Relationships		Mon	August 12, 19	10:00-11:30		Dr. Michael J. Wriston
	LS085	Becoming an Optimist		Mon	June 24	10:00-12:00		Dr. Michael J. Wriston
	LS090	Life-Changing Habits		Mon	July 1, 8	10:00-11:30		Dr. Michael J. Wriston
	LS091	Overcoming Impatience: What Causes Impatience and How to Overcome It		Mon	July 22	10:00-12:00		Dr. Michael J. Wriston
	LS095	The Subconscious Mind		Mon	June 3, 10	10:00-11:30		Dr. Michael J. Wriston
	LS145	Mobility Transportation Services in Chesterfield County		Thu	May 16	9:30-10:30		Billie Darlington
	LS147	Crafts for Community		Wed	May 15, June 26, July 17, August 21	1:30-3:00		Mary Jane Murphy
	LS157	Planning Final Arrangements		Wed	June 26	1:00-2:30		Susan Campbell
	LS158	Planning Final Arrangements		Thu	August 8	1:00-2:30	Online	Susan Campbell
	LS160	Selling a Home: Tricks of the Trade		Thu	May 23	1:00-2:30		Diane Andrews
	LS169	Chesterfield Council on Aging		Thu	May 23, June 27, July 25, August 22	9:00-10:30		CCA Leadership Team
	LS172	Mercy Mall Emergency Food Bags		Thu	June 6, August 22	1:30-2:30		Becky Huddleston
	LS178	Chesterfield Fire and EMS: An Overview of Your Fire and EMS Dept		Thu	June 13	1:00-3:00		Keith Chambers
	LS191	Compassion and Choices: Care and Choice at the End of Life		Thu	July 18	1:00-2:30		Wayne et al.
	LS192	Introduction to End-of-Life Planning		Thu	June 6, 13, 20, 27	9:30-11:30		Reamey Belski
	LS194	Chesterfield County Public Library Librarians with Resources		Wed	July 10	10:00-12:00		Cindy Arnold
	LS195	Supporting Loved Ones in Grief: A Compassionate Guide		Tue	July 16	1:00-2:00		Jennifer S. Moss
	LS196	Senior Living Solutions and the Senior Playbook		Fri	May 31	10:00-11:00		John and Brandi
	LS197	Disability Law Center of Virginia		Fri	June 14	10:00-11:30		Lydia English

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		Philosophy and Religious Studies						
	PR002	Bible Discussion of the Psalms		Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	2:00-3:30		Mike and Mark
	PR087	The Roman Catholic Mass and Scripture		Mon	August 5, 12	10:30-12:00		Joanna Lurie, MS
	PR096	Power of Myth and Aesthetics		Mon	July 8, 15, 22, 29, August 5, 12	10:00-11:30		Jim Knego
	PR099	Science and Theology		Thu	May 16, 23, June 6, 27, July 11, 18, August 1, 8, 15, 22	9:30-11:00		Timothy Pace
	PR100	The Chosen		Wed	June 26	10:30-12:00		Rachel and Lucas
		Special Events						
	SE113	VA Holocaust Museum Guided Tour		Fri	June 28	10:00-12:00		Matthew Simpson
	SE126	Agecroft Hall and Gardens Tour: Myths, Legends, and Folktales	\$12	Wed	July 17	10:30-11:30		Katie Reynolds
	SE154	The 16 Valves Tuba-Euphonium Quartet Concert: Movies and TV Shows		Wed	August 7	12:00-1:00		Ken Carlson
	SE156	John Marshall House Decorative Arts Tour: Isn't It Lovely!	\$10	Fri	June 14	10:00-11:00		Museum Educator
	SE164	Company's Coming Band Concert		Mon	July 8	2:30-3:30		Kate Conn
	SE171	Literary Society Celebration		Fri	August 23	1:00-2:30		Bob, Martha and Anita
	SE186	Virginia Museum of Fine Arts' (VMFA) Elegance and Wonder Tour	\$10	Fri	May 17	2:00-3:00		Kathy Parrish
	SE189	Virginia Museum of History and Culture Julia Child Tour	\$17	Wed	May 22	10:00-11:30		Maggie Creech
	SE190	Virginia Museum of History and Culture Library Tour		Thu	August 15	10:30-12:00		Dr. Brookes and Matthew
	SE191	Walden 3 Performance by the YAHA Players		Mon	June 10	1:00-2:00		Bob Ferguson
	SE192	Midlothian Library Tour		Wed	August 21	2:00-3:00		Jess Harshbarger
	SE193	Annapolis Tour: Anchors Aweigh!	\$180	Fri	August 2	7:00-7:00		SignalTours
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, Aug 2, 9, 16, 23	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	May 13, 20, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	1:00-3:00		Carolyn and Virginia
	WG007	Hand and Foot and Triple Play		Fri	May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, Aug 2, 9, 16, 23	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg		Thu	May 16, 23, 30, June 6, 13, 20, 27, July 11, 18, 25, Aug 1, 8, 15, 22	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge		Fri	May 17, 24, 31, June 7, 14, 21, 28, July 12, 19, 26, Aug 2, 9, 16, 23	9:00-12:00		Diane and Randall
	WG013	Spades		Tue	May 14, 21, 28, June 4, 11, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	11:00-1:00		Anne and Bev

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**LIFELONG LEARNING INSTITUTE
RELEASE FROM LIABILITY, ASSUMPTION OF RISK,
AND INDEMNITY AGREEMENT**

I understand that while participating in a physical fitness activity or other function related to or associated with the programs (collectively, the "Programs") conducted or sponsored by Lifelong Learning Institute, a non-profit corporation, (the "Institute"), I may sustain an injury to any part of my body.

1) Voluntary Participation. I understand that my participation in the Programs is voluntary. I represent to the Institute that I am physically capable of participating in the Programs and I have no known health restrictions that might jeopardize my safety or health or the safety or health of others during my participation in the Programs.

2) Identification of Risk. I understand that my participation in the Programs may involve risk of injury or loss, both to person and to property. I understand that this release of liability and waiver is intended to address all of the risks of any kind associated with my participation in any aspect of the Programs, including such risks that may be created by action, inaction, or negligence on the part of the Institute, its officers, directors, employees, agents, volunteers, successors or assigns (collectively, the "Representatives"). There may be risks not known and not reasonably foreseeable at this time. Failure of the Institute to foresee or protect me from actions, inactions, negligence, recklessness, or intentional or criminal misconduct of others, or the inadequacy or unavailability of medical facilities or treatment, or the inadequacy of supervision by the Institute will not create any liability on the part of the Institute or its Representatives.

3) Assumption of Risk. I assume all risk, known and unknown, foreseeable and unforeseeable in any way connected with my participation in the Programs. I accept personal responsibility for any liability, injury, loss, cost, or damage in any way connected with my participation in the Programs.

4) Release and Waiver. I release the Institute and its Representatives from any and all liability, and waive any and all claims of injury, loss or damage including attorneys' fees, in any way connected in my participation in the Programs (collectively, a "Claim") whether or not caused in whole or in part by the negligence or other misconduct of the Institute or any of its Representatives.

5) Indemnification. I agree to indemnify and to hold harmless the Institute and its Representatives for all Claims, including attorney's fees and all costs of defending any Claim I may make or might be made on my behalf in any way connected with or arising out of my participation in the Programs.

6) Effect of Agreement. This Agreement shall be binding upon my heirs, personal representatives, and assigns and shall inure to the benefit of the Institute and its Representatives. This Agreement shall be governed, construed and enforced under the laws of the Commonwealth of Virginia. This Agreement is the only, sole, entire complete understanding of the parties relating in any way to the subject matter hereof. No statements, promises or representations have been made by any party to the other. This Agreement supercedes any earlier written or oral understandings or agreements between the parties and can only be changed by an agreement signed by both the Institute and me.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature

Print Name: _____

Date: _____

Please provide Emergency Contact Information Below:

Name: _____ **Relationship:** _____ **Phone:** _____

Members participating in Fitness classes are required to submit ONE liability form per lifetime.

For office use only
DB _____
MD _____
MC _____
QB _____

Membership Application

New Members or Members with Updates

Date: _____

Dr. Mr. Ms. Mrs. Name: _____

Name You Wish To Be Called: _____

Street Address: _____

City: _____ Zip Code: _____

Phone: (Home) _____ (Cell) _____ (Other) _____

Email: ** _____ Birth Date: (MM/DD/YY) _____

****Email address will be used instead of postal mail if provided.**

Phone numbers, addresses, and birthdays (day and month only) are printed in our Membership Directory.
Please check this box if you DO NOT want to be listed in the Membership Directory.

Referral Information

How did you learn about the Lifelong Learning Institute? : _____

Referring Member: Name _____ Member ID # _____

General Information

Would you consider teaching a class? Yes No

In what subject area? _____

Do you have any special needs? : _____

Emergency Information

Contact Name: _____

Relationship: _____ Phone: _____

Physician Name: _____ Phone: _____

Allergies/Important Medical Information: _____

Are you a Current Member? Yes No

New Member or Annual Renewal (include \$150 Membership Fee) \$ _____

Additional (Tax Deductible) Contribution to Lifelong Learning Institute..... \$ _____

Total Amount..... \$ _____

Please make check payable to: Lifelong Learning Institute

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