



Monday 1/20/2025	Tuesday 1/21/2025	Wednesday 1/22/2025	Thursday 1/23/2025	Friday 1/24/2025
LLI Closed	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	9a-10a LA019 - Conversational French	9a-10:30a HS002 - Cultural Anthropology	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS694 - Great Cities of Europe
	9:30a-10:30a LS145 - Mobility Transportation	9a-10:30a SE206 - VCoA Annual Update Watch Party	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10a-11:15a IA998 - Orientation for New Members (Online)
	10a-11a EL101 - Literary Society Orientation (Online)	10:30a-12p EL093 - The Prehistory of the Movies	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10a-12p WG007 - Hand and Foot and Triple Play
	10:30a-12p CO230 - What is Modern Science?	11a-12p EL043 - Enjoy Poetry	11a-12p AD295 - Tricks with Color	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
	10:30a-12p IA999 - Orientation for New Members	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p EL128 - Setting as a Character
	10:30a-12:30p LS208 - Medical Aid in Dying	11a-12p FI031 - Chair Yoga (Online)	11:30a-1p LS168 - Senior Housing Options	12p-1p AD022 - Ballroom Dance for Partners
	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	12p-1p HS368 - Local Government
	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12:30p-2p CO199 - Nearpeer Tutorial and Tips A	12p-1p LS198 - Discussing Polarized Issues	1p-3p EL015 - Aspiring Writers' Critique
	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12:30p-2p IA078 - Workshop for Instructors (Online)	1p-3p WG002 - Social Bingo
	12:30p-1:30p EL100 - Literary Society Orientation	1p-2:30p PR102 - Remote Viewing	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
	1p-3p AD017 - Watercolor Basics	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	1:30p-3p SE203 - Behind the Scenes WillJee
	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
	1p-2p HS696 - United States Intelligence	1:45p-3:45p AD110 - Advanced Colored Pencil	1:30p-2:30p LS215 - Exploring Aging in Place	
	1p-3p WG001 - Social Bingo	2p-3:30p LS147 - Crafts for Community	2p-3:30p CO203 - Google Apps Tips and Tricks A	
	1:30p-3:30p LE317 - Mah Jongg Boot Camp	2:30p-3:30p AD182 - Explore Ventriloquism	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p IA077 - Workshop for Instructors	2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	2:30p-3:30p Fundraising Committee Meeting	2:30p-3:30p IA997 - Q&A for Current Members	
	2:30p-3:30p FI009 - Gentle Yoga			



Monday 1/27/2025	Tuesday 1/28/2025	Wednesday 1/29/2025	Thursday 1/30/2025	Friday 1/31/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10:30a PR096 - Power of Myth and Aesthetics	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-12:30p LE143 - Beaded Lanyard A	9a-10a LA019 - Conversational French	9:30a-10:30a EF172 - Credit During Retirement	9:30a-10:30a HS698 - Afro-American Inventors	9:30a-11a HS694 - Great Cities of Europe
9:30a-11:30a LS084 - Discovering Life's Purpose	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a HW467 - Low Back Pain Solutions	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI030 - Strength and Stretch (Online)	10a-12p LE306 - Regenerative Seed Starting 101	10:30a-12p EL093 - The Prehistory of the Movies	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
10a-12:30p HS701 - Railroads Changed the World	10:30a-12p AD280 - Cut Paper Collage A	11a-12p EL043 - Enjoy Poetry	11a-1p LE295 - Crafting PhD	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p CO230 - What is Modern Science?	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD022 - Ballroom Dance for Partners
11a-12:30p HS375 - Ten Crazy Tuesdays	11a-1p WG013 - Spades	11a-12p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
11a-12:30p LE253 - Easy Cooking with Judith (Online)	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p IA001 - January Luncheon	1:30p-3p CO221 - Recognizing Spam or Junk A
11:30a-12:30p HW472 - Understanding BPP Vertigo	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW431 - Music as Medicine	12p-1p LS198 - Discussing Polarized Issues	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
12:30p-1:15p HW342 - Beginning Tai Chi A	12p-12:30p IA100 - Birthday Celebration	12:30p-2p LS177 - Emergency Preparedness	1p-2p FI010 - Chair Yoga	
1p-3p HS619 - The Life of Norman Rockwell	1p-3p AD017 - Watercolor Basics	1p-2p AD210 - Intro to Brazilian Percussion	1:30p-3p AD015 - Advanced Readers Theater	
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p HS696 - United States Intelligence	1:30p-3p HS003 - Current Events	2p-3:30p CO203 - Google Apps Tips and Tricks A	
1:30p-3:30p LE200 - Advanced Card Making - Spring	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
2p-3:30p CO175 - Google Photos A	1:30p-2:30p HW435 - Strength Training Significance (Online)	1:45p-3:45p AD110 - Advanced Colored Pencil	2:30p-3:30p AD293 - Sing Along for Fun	
2p-3:30p LA015 - Conversational German	1:30p-3:30p LE317 - Mah Jongg Boot Camp	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p HW426 - Basic Taiji Qigong	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	2:30p-3:30p AD182 - Explore Ventriloquism	2:30p-3:30p HW375 - Joint Replacements	
3:30p-4:30p LLI Board of Directors Meeting	2p-3:30p HS089 - Great Decisions	2:30p-3:30p FI015 - Pilates		
	2:30p-3:30p FI009 - Gentle Yoga			




Monday 2/3/2025	Tuesday 2/4/2025	Wednesday 2/5/2025	Thursday 2/6/2025	Friday 2/7/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9a-10:30a PR096 - Power of Myth and Aesthetics	9:30a-3p IA017 - Souper Bowl Fundraiser	9a-10:30a HS002 - Cultural Anthropology	9a-10:30a CO232 - Forever Chemicals and Health A	9:30a-11a HS694 - Great Cities of Europe
9:30a-12:30p LE326 - Beading Basics A	9:30a-10:30a AD248 - Readers Theater	9:30a-3p IA017 - Souper Bowl Fundraiser	9:30a-10:30a LS172 - Mercy Mall Emergency Food	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS084 - Discovering Life's Purpose	10a-11a AD021 - Intermediate Tap Dancing	9:30a-11a AD242 - Understand and Enjoy Art	9:30a-10:30a HS698 - Afro-American Inventors	10a-12p WG007 - Hand and Foot and Triple Play
10a-11:30a AD253 - Creative Thinking	10:30a-12p HS549 - Traveling the Roman Empire	9:30a-10:30a LE294 - Bridge Basics	9:30a-11a PR099 - Science and Theology	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
10a-10:45a FI004 - Sit and Be Fit	10:30a-11:30a HW470 - Healthy Brain Food	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	11a-11:45a HW352 - Beginning Tai Chi Review
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-12p LE301 - Pressed Flower Frame A	10:30a-12p EL093 - The Prehistory of the Movies	10:15a-11:15a AD075 - Line Dance Practice	12p-1p AD022 - Ballroom Dance for Partners
10a-12p LE241 - Basic Pine Needle Baskets	11a-12p HW477 - Building Caregiver Foundations	11a-12:30p LS207 - Introduction to USPIRE	11a-12:30p AD294 - Architecture and Design	1p-3p EL015 - Aspiring Writers' Critique
11a-12:30p HW406 - Low Back Pain	11a-12:30p EL126 - Autobiography and Storytelling	11a-12p EL043 - Enjoy Poetry	11a-1p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
11a-12:30p HS375 - Ten Crazy Tuesdays	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	
11a-12:30p LE253 - Easy Cooking with Judith (Online)	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1p LS198 - Discussing Polarized Issues	
12p-1:30p HS697 - Ancient Scribal Practice	12:30p-1:30p PR059 - The History of the Bible	12p-1p HW431 - Music as Medicine	1p-2p FI010 - Chair Yoga	
12:30p-1:15p HW342 - Beginning Tai Chi A	1p-3p AD017 - Watercolor Basics	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p LE207 - Road Scholar Education Travel	
1p-3p AD234 - Colorist Open Studio	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	
1p-3p WG004 - Cards and Games	1p-2p HS696 - United States Intelligence	1:30p-3:30p LE032 - Needleworkers United (RC)	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p LE314 - Cardmaking Fun	1:30p-2:30p LE320 - Invasive Species in SNP (Online)	1:30p-3p LE276 - Balloon Twisting 101	
2p-3p HW463 - Heart Arrhythmias	1p-3p WG001 - Social Bingo	1:45p-3:45p AD110 - Advanced Colored Pencil	2p-3:30p CO203 - Google Apps Tips and Tricks A	
2p-3:30p CO175 - Google Photos A	1:30p-3:30p LE317 - Mah Jongg	2p-3:30p LE252 - Genealogy	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational German	1:30p-3p PR105 - God's Grace (Online)	2:30p-3:30p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p HW426 - Basic Taiji	2p-3:30p CO227 - Apple iPhone Tips	2:30p-3:30p FI015 - Pilates		
	2:30p-3:30p FI009 - Gentle Yoga			



Monday 2/10/2025	Tuesday 2/11/2025	Wednesday 2/12/2025	Thursday 2/13/2025	Friday 2/14/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9a-10:30a PR096 - Power of Myth and Aesthetics	9a-10:30a HS496 - A Rich History	9:30a-10:30a EF173 - Digital Financial Tools	9a-10:30a CO232 - Forever Chemicals and Health A	9:30a-11a HS694 - Great Cities of Europe
9:30a-12:30p LE309 - Beaded Necklace and Earrings A	9:30a-10:30a AD248 - Readers Theater	9:30a-11a AD242 - Understand and Enjoy Art	9:30a-10:30a HS698 - Afro-American Inventors	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS084 - Discovering Life's Purpose	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a LE294 - Bridge Basics	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
10a-11:30a AD253 - Creative Thinking	10a-12p HS683 - Inevitability of the Holocaust (Online)	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
10a-10:45a FI004 - Sit and Be Fit	10a-12p LE284 - Macrame for All	10:30a-12p EL093 - The Prehistory of the Movies	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-12p HS549 - Traveling the Roman Empire	11a-12:30p AD252 - Ukulele Instruction and Jam	11a-12:30p AD294 - Architecture and Design	11a-12p SE186 - VMFA African American Art Tour
10a-12p LE241 - Basic Pine Needle Baskets	10:30a-11:30a HW470 - Healthy Brain Food	11a-12p EL043 - Enjoy Poetry	11a-12:30p HW393 - Aging and Ageism	12p-1p AD022 - Ballroom Dance for Partners
11a-12p FI028 - Gentle Yoga	11a-12p EF176 - Rules of the Financial Road	11a-11:45a FI018 - Sit and Be Fit	11a-1p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
11a-12:30p HS375 - Ten Crazy Tuesdays	11a-12:30p EL126 - Autobiography and Storytelling	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	1:30p-3p CO221 - Recognizing Spam or Junk A
11a-12:30p LE253 - Easy Cooking with Judith (Online)	11a-1p WG013 - Spades	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
12p-1:30p HS697 - Ancient Scribal Practice	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12p-1p HW431 - Music as Medicine	12p-1p LS198 - Discussing Polarized Issues	
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	1p-3p AD291 - Understanding Color	
1p-3p AD234 - Colorist Open	12p-12:30p IA100 - Birthday	1p-2p EF117 - Identity Theft	1p-2p FI010 - Chair Yoga	
1p-2:30p EF012 - Death and Taxes	12:30p-1:30p HW436 - Senior Living	1p-3p WG006 - Cards and Games	1p-3p SE113 - VA Holocaust	
1p-3p WG004 - Cards and Games	12:30p-1:30p PR059 - The History	1:30p-3p HS003 - Current Events	1:30p-3p AD015 - Advanced Readers	
1:30p-2:15p HW355 - Beginning	1p-3p AD017 - Watercolor Basics	1:30p-3:30p LE032 - Needleworkers	1:30p-2:30p FI034 - Fun Cardio	
2p-3:30p CO175 - Google Photos A	1p-2p FI006 - Chair Yoga	1:45p-3:45p AD110 - Advanced	1:30p-2:30p HW465 - Tai Chi History	
2p-3:30p HS533 - The Great Pyramid of Khufu	1p-2p HS696 - United States Intelligence	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p HS704 - The Carillon	
2p-3:30p LA015 - Conversational	1p-3p WG001 - Social Bingo	2:30p-3:30p AD182 - Explore	2p-3:30p CO203 - Google Apps Tips	
2:30p-3:30p HW426 - Basic Taiji	1:30p-3:30p LE317 - Mah Jongg	2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion	
	2p-3p LS201 - Redefining Food		2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS089 - Great Decisions			
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p SE164 - Company's			



Monday 2/17/2025	Tuesday 2/18/2025	Wednesday 2/19/2025	Thursday 2/20/2025	Friday 2/21/2025
LLI Closed	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	9a-10a LA019 - Conversational French	9a-10:30a HS002 - Cultural Anthropology	9:30a-10:30a LE328 - Mapping Bicycle Routes	9:30a-11a HS694 - Great Cities of Europe
	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a HS693 - History of the US Presidents	9:30a-10:30a HS698 - Afro-American Inventors	9:45a-10:45a FI029 - Chair Yoga
	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a LE294 - Bridge Basics	9:30a-11a PR099 - Science and Theology	10a-11a HW473 - Foot and Ankle Pain
	10a-12p HS683 - Inevitability of the Holocaust (Online)	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
	10a-12p LE284 - Macrame for All	10:30a-12p EL093 - The Prehistory of the Movies	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
	10:30a-12p EF160 - Common Retirement Pitfalls	10:30a-11:30a HS711 - General Douglas MacArthur (Online)	11a-12p HS702 - Taiwan and the South China Sea (Online)	11a-11:45a HW352 - Beginning Tai Chi Review
	10:30a-12p HS549 - Traveling the Roman Empire	11a-12:30p LS207 - Introduction to USPIRE	11a-12:30p HW393 - Aging and Ageism	12p-1p AD289 - American Style Foxtrot
	10:30a-11:30a HW470 - Healthy Brain Food	11a-12:30p AD252 - Ukulele Instruction and Jam	11a-1p LE295 - Crafting PhD	1p-3p DE007 - Understanding Gender Identity
	11a-12:30p EL126 - Autobiography and Storytelling	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writers' Critique
	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong	1p-3p WG002 - Social Bingo
	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12p FI031 - Chair Yoga (Online)	12p-1p HW476 - Pelvic Floor Health	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1p LS198 - Discussing Polarized Issues	
	12:30p-1:30p LA021 - Vive la Cultura de España	12p-1p HW431 - Music as Medicine	1p-2p FI010 - Chair Yoga	
	12:30p-1:30p PR059 - The History of the Bible	12:30p-1:30p SE198 - Hansel and Gretel Performance	1:30p-3p AD015 - Advanced Readers Theater	
	1p-3p EL108 - The Boy, Mole, Fox and Horse	1p-2p AD210 - Intro to Brazilian Percussion	1:30p-3p CO224 - The Navstar GPS	
	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Fun Cardio	
	1p-3p WG001 - Social Bingo	1:30p-3:30p EL116 - Should These Books Be Banned	1:30p-2:30p HW465 - Tai Chi History and Philosophy	
	2p-3:30p LS213 - Setting Goals	1:30p-3:30p LE032 - Needleworkers	2p-3:30p CO203 - Google Apps Tips	
	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	1:30p-2:30p LE321 - The Lewis Mountain Story (Online)	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LS165 - Dementia 101	1:45p-3:45p AD110 - Advanced	2:30p-3:30p FI007 - Gentle Yoga		
2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LS147 - Crafts for			
	2:30p-3:30p AD182 - Explore			
	2:30p-3:30p FI015 - Pilates			



Monday 2/24/2025	Tuesday 2/25/2025	Wednesday 2/26/2025	Thursday 2/27/2025	Friday 2/28/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9a-10:30a PR096 - Power of Myth and Aesthetics	9a-10a LA019 - Conversational French	9a-10:30a LS210 - Stay Safe from Scams	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS694 - Great Cities of Europe
9:30a-11:30a LS085 - Controlling the Chatter	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a HS693 - History of the US Presidents	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a LE294 - Bridge Basics	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI030 - Strength and Stretch (Online)	10a-12p LE284 - Macrame for All	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
10a-12p LE241 - Basic Pine Needle Baskets	10:30a-12p EF113 - Medicare 101	10:30a-12p EL093 - The Prehistory of the Movies	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10:30a-12p LS211 - Senior Care 101
10a-11:30a LE322 - Coral Reefs 101	10:30a-12p HS549 - Traveling the Roman Empire	10:30a-11:30a SE126 - Agecroft Hall Museum Tour	10:30a-12p LE302 - Pressed Flower Frame B	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12:30p HW474 - Common Nerve Conditions	10:30a-12p HW455 - Discovering Magnificence	11a-12:30p AD252 - Ukulele Instruction and Jam	11a-12:30p HW393 - Aging and Ageism	12p-1p AD022 - Ballroom Dance for Partners
11a-12p FI028 - Gentle Yoga	11a-12:30p EL126 - Autobiography and Storytelling	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
11a-12:30p HS375 - Ten Crazy	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong	1:30p-3p CO225 - Recognizing
11a-12:30p LE253 - Easy Cooking with Judith (Online)	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12p FI031 - Chair Yoga (Online)	12p-1:30p IA002 - February Luncheon	1:30p-3p HS690 - Midlothian Matters A
12p-1:30p HS697 - Ancient Scribal Practice	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1p LS198 - Discussing Polarized Issues	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
12:30p-1:15p HW342 - Beginning Tai Chi A	12:30p-1:30p LA021 - Vive la Cultura de España	12:30p-2p HW286 - Stop the Bleed	1p-3p AD291 - Understanding Color	
1p-3p DE005 - LGBTQ+ Basics	1p-2p FI006 - Chair Yoga	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1p-2p HW262 - The Truth about	1:30p-3p AD015 - Advanced Readers	
1:30p-2:15p HW355 - Beginning Tai Chi B	1:30p-3p AD281 - Cut Paper Collage B	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
1:30p-3:30p LE318 - Welcome Sign for 2025	1:30p-3:30p HS617 - No Time to Grieve	1:30p-3p HS003 - Current Events	1:30p-2:30p HW465 - Tai Chi History and Philosophy	
2p-3:30p CO205 - Google Apps	2p-3:30p EF167 - Financial Stability	1:30p-3:30p LE032 - Needleworkers	2p-3:30p CO209 - Artificial	
2p-3:30p LA015 - Conversational German	2p-3:30p LS165 - Dementia 101	1:45p-3:45p AD110 - Advanced Colored Pencil	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p HW426 - Basic Taiji Qigong	2:30p-3:30p FI009 - Gentle Yoga	2p-3p LS209 - Redefining Food Insecurity (Online)	2:30p-3:30p AD293 - Sing Along for Fun	
3:30p-4:30p LLI Board of Directors	2:30p-3:30p HW376 - Vertigo and	2p-3:30p LE252 - Genealogy	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p AD182 - Explore		
		2:30p-3:30p FI015 - Pilates		





Monday 3/3/2025	Tuesday 3/4/2025	Wednesday 3/5/2025	Thursday 3/6/2025	Friday 3/7/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
9:30a-12:30p LE147 - Beaded Lanyard B	9a-10a LA019 - Conversational French	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS694 - Great Cities of Europe
9:30a-10:30a HS682 - The Deaths of Some Presidents	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a LE294 - Bridge Basics	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS085 - Controlling the Chatter	10a-11a HW453 - Navigating Depression	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p HW418 - Learning to Love Longevity
10a-11:30a CO211 - Fun with Geology	10a-12p LE323 - Cutting Garden 101	10:30a-12p AD262 - Fun with Clay	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI004 - Sit and Be Fit	10:30a-12p HW455 - Discovering Magnificence	10:30a-12p CO233 - Forever Chemicals and Health B	10:30a-12:30p AD012 - Advanced Watercolor	10a-3p SE099 - Pamplin Historical Park Tour
10a-10:45a FI030 - Strength and Stretch (Online)	11a-12:30p EL126 - Autobiography and Storytelling	11a-12p HS707 - Chester A. Arthur (Online)	10:30a-12p CO229 - Satellite Orbits 101	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
10a-12p LE241 - Basic Pine Needle Baskets	11a-1p WG013 - Spades	11a-12p LE303 - Virginia Native Plants	11a-1p LE295 - Crafting PhD	10:30a-12p CO235 - Podcasts for All
10:30a-12p EL127 - Writing a U.S. Military Story (Online)	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12:30p AD252 - Ukulele Instruction and Jam	11:30a-12:15p FI005 - Sit and Be Fit	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12:30p CO200 - Nearpeer Tutorial and Tips B	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD022 - Ballroom Dance for Partners
11a-12p FI028 - Gentle Yoga	11:30a-12:30p HW478 - Support Dementia Independence	11a-11:45a FI018 - Sit and Be Fit	12p-1p LS198 - Discussing Polarized Issues	1p-3p EL015 - Aspiring Writers' Critique
11a-12:30p HS375 - Ten Crazy Tuesdays	12:30p-1:30p HS703 - Brothers of the Bench	11a-12p FI031 - Chair Yoga (Online)	1p-2:30p AD283 - El Greco	1p-2:30p LS212 - Commonwealth Attorney's Office
12p-1:30p HS697 - Ancient Scribal Practice	12:30p-1:30p LA021 - Vive la Cultura de España	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi A	1p-2p FI006 - Chair Yoga	1p-2p AD210 - Intro to Brazilian Percussion	1:30p-3p AD015 - Advanced Readers Theater	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p AD234 - Colorist Open Studio	1p-3p HS381 - Adventures of the Camino	1p-2:30p EF101 - Annuities	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1p-2p LS086 - Digital Magazines	1:30p-2:30p HW465 - Tai Chi History and Philosophy	
1:30p-2:15p HW355 - Beginning Tai Chi A	2p-3p LS196 - Senior Living	1p-3p WG006 - Cards and Games	2p-3:30p AD111 - Intermediate Tai Chi A	
2p-3:30p LA015 - Conversational German	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	1:30p-2:30p HS614 - CCC History in Shenandoah (Online)	2p-3:30p CO209 - Artificial Intelligence	
2p-3:15p PR100 - The Chosen	2p-3:30p HS699 - Immortal Egypt	1:30p-3:30p LE032 - Needleworkers	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p HW426 - Basic Taiji	2p-3:30p LS165 - Dementia 101	1:45p-3:45p AD110 - Advanced Tai Chi A	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy		
		2:30p-3:30p AD182 - Explore		
		2:30p-3:30p FI015 - Pilates		




Monday 3/10/2025	Tuesday 3/11/2025	Wednesday 3/12/2025	Thursday 3/13/2025	Friday 3/14/2025
9a-2:30p AD119 - Watercolor Problem Solving	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-2:30p AD119 - Watercolor Problem Solving	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
9a-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9:30a-11:30a HS693 - History of the US Presidents	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS694 - Great Cities of Europe
9:30a-10:30a HS682 - The Deaths of Some Presidents	9a-10a LA019 - Conversational French	9:30a-10:30a LE294 - Bridge Basics	9a-10:30a HW392 - Suicide Prevention	9:45a-10:45a FI029 - Chair Yoga
9:30a-12:30p LE327 - Beading Basics B	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a LS195 - Understanding Grief	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
9:30a-11:30a LS090 - Becoming an Optimist	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p HW418 - Learning to Love Longevity
10a-11:30a CO211 - Fun with Geology	10:30a-12p CO181 - Google It A	10:30a-12p AD262 - Fun with Clay	10:15a-11:15a AD075 - Line Dance Practice	10a-11:30a LS050 - EMS Passport Program
10a-10:45a FI004 - Sit and Be Fit	10:30a-12p HW455 - Discovering Magnificence	10:30a-12p CO233 - Forever Chemicals and Health B	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
10a-10:45a FI030 - Strength and Stretch (Online)	11a-12:30p EL126 - Autobiography and Storytelling	11a-12p EL043 - Enjoy Poetry	10:30a-12p CO229 - Satellite Orbits 101	10:30a-11:30a SE170 - Agecroft Gardens Daffodil Tour
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	11a-1p LE295 - Crafting PhD	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12:30p HS375 - Ten Crazy Tuesdays	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD022 - Ballroom Dance for Partners
11a-12:30p HW407 - Knee Conditions	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p LS207 - Introduction to USPIRE	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p EL070 - The Carol Burnett Show	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1p LS198 - Discussing Polarized Issues	1:30p-3p CO225 - Recognizing Spam or Junk B
12:30p-1:30p SE160 - Love Songs from Op to Pop	12p-12:30p IA100 - Birthday Celebration	12:30p-1:30p EL114 - Literary Society Book Swap	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p WG004 - Cards and Games	12:30p-1:30p LA021 - Vive la Cultura de España	1p-2p AD210 - Intro to Brazilian Percussion	1p-3p EF104 - Estates and Probate	1:30p-3:30p LE265 - Modern Floral Designs
1:30p-2:15p HW355 - Beginning Tai Chi B	12:30p-2p PR106 - Peter and Paul	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	
2p-3:30p CO205 - Google Apps Tips and Tricks B	1p-2p FI006 - Chair Yoga	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1:30p-3:30p HW394 - Be the Help Until Help Arrives	1:30p-2:30p HW465 - Tai Chi History and Philosophy	
2p-3:15p PR100 - The Chosen	1:30p-3p EF163 - Money Mindset Makeover (Online)	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p HS533 - The Great Pvrmaid of Khufu	1:30p-3p PR104 - God's Grace	1:45p-3:45p AD110 - Advanced Colored Pencil	2p-3:30p CO228 - Apple iPhone Tips and Tricks B	
2:30p-3:30p HW426 - Basic Taiji	2p-3:30p HS089 - Great Decisions	2p-3:30p LE252 - Genealogy	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p HS699 - Immortal Egypt	2:30p-3:30p AD182 - Explore	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates		





Monday 3/17/2025	Tuesday 3/18/2025	Wednesday 3/19/2025	Thursday 3/20/2025	Friday 3/21/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8a-6:30p SE205 - Udvar-Hazy Center Tour
9a-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	8:30a-9:30a FI003 - Low Impact
9:30a-10:30a CO234 - Artificial Intelligence Scams	9a-10a LA019 - Conversational French	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-10:30a HS682 - The Deaths of Some Presidents	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a HS693 - History of the US Presidents	9:30a-11a PR099 - Science and Theology	9:30a-11a HS694 - Great Cities of Europe
9:30a-12:30p LE316 - Beaded Necklace and Earrings B	9:30a-11:30a CO218 - Microbiome A	9:30a-10:30a LE294 - Bridge Basics	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS091 - The Art of Assertiveness	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-10:45a CO226 - Introduction to the Bell Curve (Online)	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI004 - Sit and Be Fit	10a-12p LE307 - Spring Dried Flower Wreaths	10a-12p EF136 - Long Term Care Insurance	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a SE197 - The Astronauts Performance	10:30a-12p AD262 - Fun with Clay	10:30a-12:30p AD012 - Advanced Watercolor	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p HW455 - Discovering Magnificence	11a-12p EL043 - Enjoy Poetry	10:30a-12p CO229 - Satellite Orbits 101	12p-1p AD022 - Ballroom Dance for Partners
11a-12:30p HS375 - Ten Crazy Tuesdays	11a-12:30p EL126 - Autobiography and Storytelling	11a-11:45a FI018 - Sit and Be Fit	11a-1p LE295 - Crafting PhD	1p-3p EL015 - Aspiring Writers' Critique
11a-12p HS709 - New York Mets Baseball	11a-1p WG013 - Spades	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
11a-12p HW389 - Understanding Hearing	11a-12:30p LA022 - Reading Arabic Script Words (Online)	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
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12p-1p LS198 - Discussing Polarized Issues	1:30p-3:30p LE265 - Modern Floral Designs
1p-3p WG004 - Cards and Games	11:30a-12:30p EL070 - The Carol Burnett Show	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	1:30p-3p SE204 - Alice by Heart Sneak Peek
1:30p-2:15p HW355 - Beginning Tai Chi B	12:30p-1:30p LA021 - Vive la Cultura de España	1p-2p EF175 - Building Financial Resilience	1p-2:30p CO169 - Automotive Basics (Online)	
1:30p-3:30p LE258 - Advanced Card Making - Summer	12:30p-2p PR106 - Peter and Paul	1:30p-3:30p EL116 - Should These Books Be Banned	1:30p-3p AD015 - Advanced Readers Theater	
2p-3:30p LA015 - Conversational German	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-3p DE013 - Disability and Ableism	
2p-3:15p PR100 - The Chosen	1p-3p WG001 - Social Bingo	2p-3:30p LS147 - Crafts for Community	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
2:30p-3:30p HW426 - Basic Taiji Qigong	1:30p-3p EF168 - Financial Stability (Online)	2:30p-3:30p AD182 - Explore Ventriloquism	1:30p-2:30p HW465 - Tai Chi History and Philosophy	
	2p-3:30p HS699 - Immortal Egypt	2:30p-3:30p FI015 - Pilates	2p-3:30p AD111 - Intermediate	
	2:30p-3:30p FI009 - Gentle Yoga		2p-3:30p HS705 - Hampden-Sydney College to War	
	2:30p-3:30p HW377 - Chronic Pain		2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday 3/24/2025	Tuesday 3/25/2025	Wednesday 3/26/2025	Thursday 3/27/2025	Friday 3/28/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-10:30a HS682 - The Deaths of Some Presidents	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
9:30a-11:30a LS091 - The Art of Assertiveness	9a-10a LA019 - Conversational French	9:30a-11:30a CO219 - Microbiome B	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a HS693 - History of the US Presidents	9a-10:30a LS169 - Chesterfield Council on Aging	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11:30a CO218 - Microbiome A	9:30a-10:30a LE294 - Bridge Basics	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
11a-12:30p HS375 - Ten Crazy Tuesdays	10:30a-12p EF115 - Estate Planning (Online)	10:30a-12p AD262 - Fun with Clay	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p HW442 - Introduction to Anatomy	10:30a-12p HW455 - Discovering Magnificence	10:30a-12p EF150 - Virginia Long Term Care	10:30a-12:30p AD012 - Advanced Watercolor	11a-12:30p SE195 - VMHC Give Me Liberty Tour A
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p EL126 - Autobiography and Storytelling	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	12p-1p AD290 - American Style Tango
1p-3p AD234 - Colorist Open Studio	11a-1p WG013 - Spades	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	11a-12:30p LA022 - Reading Arabic Script Words (Online)	11a-12:30p LS207 - Introduction to USPIRE	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	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p IA003 - March Luncheon	1:30p-3:30p LE265 - Modern Floral Designs
2p-3:30p LA015 - Conversational German	11:30a-12:30p EL070 - The Carol Burnett Show	1p-2p AD210 - Intro to Brazilian Percussion	12p-1p LS198 - Discussing Polarized Issues	 <div data-bbox="1669 1291 1995 1518" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>LLI Closed for Spring Break March 31 - April 4</b></p> </div>
2p-3:15p PR100 - The Chosen	12:30p-1:30p LA021 - Vive la Cultura de España	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	
2:30p-3:30p HW426 - Basic Taiji Qigong	12:30p-2p PR107 - The End Times	1p-2p EL090 - Obituary Writing Workshop	1p-2:30p CO169 - Automotive Basics (Online)	
3:30p-4:30p LLI Board of Directors Meeting	1p-2p FI006 - Chair Yoga	1:30p-3p HS003 - Current Events	1:30p-3p AD015 - Advanced Readers Theater	
	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Needleworkers United	1:30p-3p DE013 - Disability and Ableism	
	1:30p-3p HW437 - Dementia Stages and Strategies	2p-3:30p LE252 - Genealogy Discussions	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
	1:30p-3:30p LE315 - Scrapbooking Fun	2:30p-3:30p AD182 - Explore Ventriloquism	1:30p-3:30p LS178 - Chesterfield Fire and EMS	
	1:30p-3p LS214 - Setting Goals (Online)	2:30p-3:30p FI015 - Pilates	2p-3:30p AD111 - Intermediate Watercolor	
	2:30p-3:30p FI009 - Gentle Yoga		2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p AD293 - Sing Along for	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday 4/7/2025	Tuesday 4/8/2025	Wednesday 4/9/2025	Thursday 4/10/2025	Friday 4/11/2025
9a-2:30p AD151 - YUPO and Watermedia	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-2:30p AD151 - YUPO and Watermedia	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
9:30a-11:30a LS095 - Overcoming Impatience	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI004 - Sit and Be Fit	9a-11a HS710 - Palestine	9:30a-11:30a CO219 - Microbiome B	9a-10a AD036 - Intro to Line Dancing	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	9a-10a LA019 - Conversational French	9:30a-10:30a HW468 - The Importance of Posture	9a-10:30a HS087 - Global Cultural Geography	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
11a-12p HS708 - The Suffolk Campaign of 1863	9:30a-10:45a LE279 - Introduction to Disc Golf	11a-12p EF174 - Digital Financial Tools (Online)	9:30a-11:30a WG009 - Mah Jongg	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	10a-11a AD021 - Intermediate Tap Dancing	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	12p-1p AD022 - Ballroom Dance for Partners
1p-3p WG004 - Cards and Games	10:30a-12p CO176 - Google Photos B	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD012 - Advanced Watercolor	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p HS684 - The Library of Virginia	11a-12p EF147 - Outsmart the Scammers	11a-12:30p HS700 - The Invisible Women	10:30a-11:30a HW471 - Celebrating the Arts of Living (Online)	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	11a-12:30p EL126 - Autobiography and Storytelling	11a-12:30p LS207 - Introduction to USPIRE	11a-1p LE295 - Crafting PhD (RC)	1p-3p DE011 - LGBTQ+ History
2p-3:30p CO205 - Google Apps Tips and Tricks B	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	1p-2p HW332 - Hip and Knee Joint Replacement
2p-3:30p LA015 - Conversational German	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12p-1p HW466 - The Healthy Brain Series	12p-1:30p AD141 - Lifelong Musicians	1:30p-3p CO231 - iPhone Questions and Answers
2p-3:15p PR100 - The Chosen	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p LS206 - Death Cafés	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2:30p-3:30p HW426 - Basic Taiji Qigong	11:30a-12:30p EL070 - The Carol Burnett Show	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	2p-3p SE192 - Midlothian Library Tour
	12p-12:30p IA100 - Birthday Celebration	1:30p-3p HS003 - Current Events	1:30p-3p AD015 - Advanced Readers Theater	
	12:30p-2p PR107 - The End Times	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
	1p-2p FI006 - Chair Yoga	2p-3:30p LE252 - Genealogy Discussions	1:30p-3p LS204 - Improving Self-Esteem (Online)	
	1p-3p WG001 - Social Bingo	2:30p-3:30p AD182 - Explore Ventriloquism	2p-3:30p AD111 - Intermediate Watercolor	
	1p-2p LS069 - SeniorNavigator	2:30p-3:30p FI015 - Pilates	2p-3:30p CO228 - Apple iPhone Tips and Tricks B	
	2p-3:30p PR108 - Islam and Science		2p-3p DE012 - The Faith Club	
	2:30p-3:30p FI009 - Gentle Yoga		2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday 4/14/2025	Tuesday 4/15/2025	Wednesday 4/16/2025	Thursday 4/17/2025	Friday 4/18/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	 <p>LLI Closed</p>
9a-10:30a LS097 - Senior Living Options	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	
9:30a-11:30a LS099 - The Art of Friendship	9a-11a HS710 - Palestine	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9a-10:30a LE329 - Amazing Pollinators	9a-10:30a HS087 - Global Cultural Geography	
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9a-12p LS193 - CarFit Car Safety	
10a-12p LE324 - Fruits of the World	9:30a-10:45a LE279 - Introduction to Disc Golf	10a-12p EF137 - Long Term Care Insurance (Online)	9:30a-11a PR099 - Science and Theology	
11a-12p FI028 - Gentle Yoga	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	
11a-12:30p HS375 - Ten Crazy Tuesdays	10:30a-12p CO176 - Google Photos B	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	
11a-12:30p HW408 - Shoulder Conditions	11a-12:30p EL126 - Autobiography and Storytelling	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD012 - Advanced Watercolor	
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12p HW479 - Caregiver Communication	11a-12:30p HS700 - The Invisible Women	10:30a-11:30a HW471 - Celebrating the Arts of Living (Online)	
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11a-1p LE295 - Crafting PhD	
1:30p-2:15p HW355 - Beginning Tai Chi B	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12p-1p HW466 - The Healthy Brain Series	11:30a-12:15p FI005 - Sit and Be Fit	
1:30p-3:30p LE319 - Sunflowers with Bottle Caps	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD141 - Lifelong Musicians	
2p-3:30p CO205 - Google Apps Tips and Tricks B	11:30a-12:30p AD267 - Pigments Color the World	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	
2p-3:30p HS706 - The Spanish-American War	12:30p-1:30p HW445 - Staying Safe at Home	1p-2:30p SE196 - VMHC Give Me Liberty Tour B	1p-2:30p AD296 - Splendors of the Spanish Court	
2p-3:30p LA015 - Conversational German	12:30p-2p PR107 - The End Times	1:30p-3:30p LE032 - Needleworkers United	1:30p-3p AD015 - Advanced Readers Theater	
2p-3:15p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	2p-3:30p LS147 - Crafts for Community	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
2:30p-3:30p HW426 - Basic Taiji Qigong	1p-3p WG001 - Social Bingo	2:30p-3:30p AD182 - Explore Ventriloquism	2p-3:30p AD111 - Intermediate Watercolor	
	2p-3:30p HS089 - Great Decisions	2:30p-3:30p FI015 - Pilates	2p-3:30p CO228 - Apple iPhone Tips and Tricks B	
	2p-3:30p PR108 - Islam and Science		2p-3p DE012 - The Faith Club	
	2:30p-3:30p FI009 - Gentle Yoga		2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday 4/21/2025	Tuesday 4/22/2025	Wednesday 4/23/2025	Thursday 4/24/2025	Friday 4/25/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-11:30a LS099 - The Art of Friendship	9a-11a HS710 - Palestine	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9:30a-10:30a HW469 - Fall Prevention Tips	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS694 - Great Cities of Europe
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	9:45a-10:45a FI029 - Chair Yoga
10a-12p LE325 - Environmental Conservation	9:30a-10:45a LE279 - Introduction to Disc Golf	11a-12:30p EF140 - What Kids Need to Know	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Oil and Acrylic Open Studio
11a-12:30p HS375 - Ten Crazy Tuesdays	10:30a-12p CO176 - Google Photos B	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	10:30a-12p EF138 - Medicare 101 (Online)	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Super Senior Storytelling Slam	12p-1p AD022 - Ballroom Dance for Partners
1p-3p AD234 - Colorist Open Studio	11a-1p WG013 - Spades	11a-12:30p LS207 - Introduction to USPIRE	11:30a-12:15p FI005 - Sit and Be Fit	12:30p-1:30p HW380 - What Comes After Menopause
1p-3p WG004 - Cards and Games	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
1:30p-2:15p HW355 - Beginning Tai Chi B	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW464 - Abdominal Pain	12p-1:30p IA004 - April Luncheon	1p-3p WG002 - Social Bingo
2p-3:30p CO205 - Google Apps Tips and Tricks B	11:30a-12:30p AD267 - Pigments Color the World	12p-1p HW466 - The Healthy Brain Series	1p-2p FI010 - Chair Yoga	1:30p-3p CO231 - iPhone Questions and Answers
2p-3:30p LA015 - Conversational German	12:30p-2p PR107 - The End Times	1p-2p AD210 - Intro to Brazilian Percussion	1:30p-3p AD015 - Advanced Readers Theater	1:30p-3p HS692 - Midlothian Matters B
2p-3:15p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2:30p-3:30p HW426 - Basic Taiji Qigong	1p-3p WG001 - Social Bingo	1:30p-3:30p EL116 - Should These Books Be Banned	2p-3:30p AD282 - Cut Paper Collage C	<div style="border: 2px solid red; padding: 10px; background-color: #e0e0e0;"> <p><b>Sunday   April 27</b>  <b>9AM-7:30PM</b></p> <p><b>SE120</b>  <b>Norfolk Military</b>  <b>Tattoo Tour</b></p> </div>
	1p-2:30p HS541 - History of Ventriloquism	1:30p-3p HS003 - Current Events	2p-3:30p CO228 - Apple iPhone Tips and Tricks B	
	2p-3:30p PR108 - Islam and Science	1:30p-3:30p LE032 - Needleworkers United	2p-3p DE012 - The Faith Club	
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
		2:30p-3:30p AD182 - Explore Ventriloquism	2:30p-3:30p AD293 - Sing Along for Fun	
		2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga	





Monday 4/28/2025	Tuesday 4/29/2025	Wednesday 4/30/2025	Thursday 5/1/2025	Friday 5/2/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	<div style="border: 1px solid black; background-color: yellow; padding: 10px; text-align: center;"> <p><b>Summer Catalog Available</b></p> </div>	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-11a HS710 - Palestine	9a-11a AD080 - Woodcarving		9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9a-10a LA019 - Conversational French	9a-10:30a HS002 - Cultural Anthropology		9:45a-10:45a FI029 - Chair Yoga
10:30a-12p DE014 - Power of Cultural Intelligence	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness		10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	9:30a-10:45a LE279 - Introduction to Disc Golf	11a-12p EL043 - Enjoy Poetry		10:30a-12:30p AD278 - Oil and Acrylic Open Studio
12:30p-1:15p HW342 - Beginning Tai Chi A	10a-11a AD021 - Intermediate Tap Dancing	11a-11:45a FI018 - Sit and Be Fit		11a-11:45a HW352 - Beginning Tai Chi Review
1p-3p AD234 - Colorist Open Studio	11a-12p HW480 - Exploring Dementia Services	11a-12p FI031 - Chair Yoga (Online)		12p-1p AD022 - Ballroom Dance for Partners
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11a-12:30p LE330 - Summer-Blooming Bulbs		1p-3p WG002 - Social Bingo
1p-3p LE297 - Fun With Chair Volleyball	11a-12:30p LA022 - Reading Arabic Script Words (Online)	12p-12:45p HW386 - Intermediate Tai Chi 24 Form		1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-2:15p HW355 - Beginning Tai Chi B	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW466 - The Healthy Brain Series		2p-3p HW475 - Common Menopause Symptoms
2p-3:30p CO182 - Google It B	11:30a-12:30p AD267 - Pigments Color the World	1p-2p AD210 - Intro to Brazilian Percussion	11a-1p LE295 - Crafting PhD	
2p-3:30p LA015 - Conversational German	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	11:30a-12:15p FI005 - Sit and Be Fit	
2p-3:15p PR100 - The Chosen	1p-3p WG001 - Social Bingo	1:30p-3p EF132 - Financial Preparedness	12p-1:30p AD141 - Lifelong Musicians	
2:30p-3:30p HW426 - Basic Taiji Qigong	1:30p-3p LS203 - Improving Self-Esteem	1:30p-3:30p LE032 - Needleworkers United	1p-2p FI010 - Chair Yoga	
3:30p-4:30p LLI Board of Directors Meeting	2p-3:30p PR108 - Islam and Science	2p-3:30p LE252 - Genealogy Discussions	1:30p-2:30p FI034 - Fun Cardio Fitness (Online)	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p AD182 - Explore Ventriloquism	2p-3:30p CO228 - Apple iPhone Tips and Tricks B	
		2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion	
			2p-3p SE155 - Theater Performance	
			2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HW409 - Dry Needling	