



Lifelong Learning Institute in Chesterfield

Non-credit courses, lectures, activities and special events

Lifelong Learning Institute

For adults age 50 and "better"

FALL PROGRAM

SEPTEMBER 7 – DECEMBER 17, 2021

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. Professors and other course leaders, who work without compensation, are well known, informed and experienced professionals 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.

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Judy Sweet (LLI Member)

The Board of Directors meets the third 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.

LLI Office

Executive Director: Rachel Ramirez, MPA

Office Manager: Stacey Kalbach

Program Coordinator: Carri Pandolfe

Monday - Friday, 8AM-4PM

13801 Westfield Road, Midlothian, VA 23113

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

Phone: 804-378-2527

Email: info@llichesterfield.org Web Site: 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 a membership. See below for our Referral Program to help save on the membership renewal fee!

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. The badge is stored on a hook in the hallway. We request that members wear their name badge to all classes and special events. It is useful for meeting new friends, as well as helping us recognize when non-members are visiting. Members may choose to add a card, indicating pertinent health information useful in the event of an emergency, to the name badge holder behind the nametag. Yellow dot stickers and more information is available on the shelf outside the office.

Guests

LLI classes 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 administration of this policy, name badges *must* be worn by guests to all classes 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.

Bad Weather

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

Location of Classes

All classes (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.

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!

Registration

Members may register online at www.llichesterfield.org or mail the attached registration form to Lifelong Learning Institute, P. O. Box 1090, Midlothian, VA 23113, or drop it off at the Institute at 13801 Westfield Road, Midlothian.

Members are urged to attend all courses and activities for which they enroll. **Good attendance is important in getting future instructors and speakers, who receive no fees or honoraria. 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.

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

Registration for the Fall Session is available online starting Friday, August 20, 2021. Open Registration occurs onsite Monday, August 23rd - Wednesday, August 25th (9:00AM - 3:00PM each day). Any classes that have more registrations received than available spaces during the open registration period will use a lottery system to determine registration. After close of Open Registration, registrations revert to a first-come, first-served basis. All registrations received (online, in person or via US mail) follow the Open Registration procedure. All class fees are due at time of registration. Registrations cannot be processed if any fees are outstanding.

LLI Safety Guidelines for Fall 2021

LLI is looking forward to offering in-person as well as online courses beginning in September. We have missed seeing everyone in-person! Here are some safety guidelines that are in place for everyone to observe:

As recommended by the CDC and to improve ventilation in the building, LLI has installed 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.

LLI will not require proof of vaccination status. In a recent survey, 97% of members and instructors who responded (>700 individuals) reported being fully vaccinated.

Masks are optional for LLI members, instructors and guests who are fully vaccinated. Anyone who is more comfortable wearing a mask is welcome to do so. The CDC recommends that people who are not fully vaccinated continue to wear a mask while indoors.

Sanitizing wipes are provided in each classroom for instructors and members, should they wish to wipe down their table/chair upon arrival and/or departure.

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.

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 risk. 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. Please read the newsletter for possible updates and changes to these guidelines.

Fall 2021 Notes

In addition to in-person courses, LLI Chesterfield is also offering online courses which are clearly marked in the course listing as well as the registration form. LLI Members are welcome to register for in-person courses, online courses or both. Zoom links will be sent via email for all online courses.

LLI Chesterfield will allow members to bring personal food into the building, but there will be no shared food allowed. We do plan to have coffee and tea available throughout the day in the lounge. There will not be any in-person cooking courses, luncheons or birthday celebrations this session.

LLI Chesterfield has not planned any local or bus trips for this session.

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

Have you ever wondered how you could support LLI more?

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

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:

Facilities
Committee

Curriculum
Committee

Social and Trip
Committee

Office Volunteers

Community
Outreach Committee

Facilitators

Diversity Committee

Fundraising
Committee

Policy Committee

Instructors

Finance Committee

Grants Committee

Public Relations
Committee

Board of Directors

Library Committee

Safety Committee



Country Line Dancing**Course: AD213058****Tuesday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****11:30-12:30****Instructor(s): Mary Bradstock**

This class 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 Sessions**Course: AD213080****Wednesday****Sept 8, 15, 22, Dec 15****9:00-11:00****Instructor(s): Bill Good**

LLI Woodcarvers are invited to gather around the tables for open carving this session. The idea is to bring our 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 will act as coordinator. Bring along your 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!

Introduction to Brazilian Percussion and Street Samba**Course: AD213210****Wednesday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****12:00-1:00****Instructor(s): Damir Strmel**

Have you ever imagined yourself playing in a samba band? Would you like to learn to play Brazilian, Afro-Cuban and Caribbean, and African rhythms? It's not only easier than you think, it's good for your brain and your mind/body coordination. Come join this course to explore the rhythms of the planet. No experience required, but students must be able to set aside some time each week to practice. This session will focus on Brazilian street samba (Rio style batucada), Afoxe from the North East of Brazil, and softer forms such as Bossa Nova and Pagode. Students will learn to play the basic rhythms on authentic instruments. After students select their instrument from the instructor's collection, they will need to purchase one of their own. The goal is to have as much fun as is legally possible and to perform what is learned in a parade and/or stage show.

Line Dance Practice**Course: AD213075****Thursday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****10:15-11:15****Instructor(s): Mary Bradstock**

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

Advanced Watercolor with Marti**Course: AD213012****Thursday****Sept 9, 16, 30, Oct 7, 14, 21****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 very limited knowledge and skills in watercolor. Students should have a knowledge of composition, value, shapes, contrast, complimentary colors, negative painting and texture in painting. Students will continue to strengthen those skills and improve technical techniques. Students will need to bring eight colors of paints, three brushes, a pallet, board, canvas, tape and art erasers. The instructor asks that you please purchase high quality supplies; there will be a difference in the final result if you use lower quality items. Do not purchase student-grade paints, such as Windsor, Newton-Cotman, or Academy. Call Marti, 794-2497, if you would like help ordering your supplies. A supply list will be available at registration or outside the office. Please have your supplies for the first day of class.

Lifelong Musicians**Course: AD213141****Thursday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****12:00-1:30****Instructor(s): Ken Carlson**

Calling all LLI students who used to or still play an instrument of any kind! This is the class for you! No formal instruction will be provided, but the instructor will guide the class as they explore their mutual lifelong passion for music. Various genres and eras of music will be shared. This is for entertainment and not performance. Don't be surprised if it revives a passion for music! Music is good for the soul! Students should bring their instruments to class but are welcome to join if they don't have the instrument they would like to play. If you play guitar, piano, trumpet, ukulele, or kazoo, come and join this class! Students are also welcome to register at any point during the session.

Intermediate Watercolor with Marti**Course: AD213111****Thursday****Sept 9, 16, 30, Oct 7, 14, 21****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. Basic understanding of composition and value is also very helpful. The intention of this course is to 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 paints, three brushes, a pallet, board, canvas, tape and art erasers. The instructor asks that you please purchase high quality supplies; there will be a difference in the final result if you use lower quality items. Do not purchase student-grade paints, such as Windsor, Newton-Cotman, or Academy. Call Marti, 794-2497, if you would like help ordering your supplies. A supply list will be available at registration or outside the office. Please have your supplies for the first day of class.

Beginner American Tango for Couples**Course: AD213024****Friday****Sept 10, 17, 24, Oct 1****11:00-11:45****Instructor(s): Bill Busch**

This course covers the basics of a dance that was first introduced in this country to the masses in silent movies in 1921. Over the past 100 years it has only become more popular each decade, again due to movies (think "Scent of a Woman" and "Shall We Dance"). This offering will not just teach step patterns, but TANGO. Please note: students must pre-arrange a partner (who is also a member) for this course in order to register and participate.

Intermediate Ballroom Dance for Couples**Course: AD213022****Friday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19****12:00-1:00****Instructor(s): Bill Busch**

This course will continue various steps and styling techniques in the three most popular rhythm and three most popular smooth ballroom dances for couples. Students should be prepared to begin each class on time. Please note: students must pre-arrange a partner (who is also a member) for this course in order to register and participate.

Experimental Watercolor: Limited Colors and Endless Variety on a Budget**Course: AD213221****Monday****Sept 13, 20, 27, Oct 4, 11, 18****1:00-2:30****Instructor(s): Linda Szabo****Online**

Watercolor is underrated, ethereal, long-lasting and surprisingly fun! Using only three or four colors, you can paint many different subjects such as water, trees, skies, and rocks as well as all the seasons of the year. The supplies for the course can be purchased inexpensively. To start, buy an inexpensive palette, three or four small tubes of watercolor paint, a few brushes, a pad of good quality paper, and gather a few other items. You will learn how to mix the three or four colors to create a range of colors and will create a new way to see your world during this course! A supply list will be available during registration and sent to those who register for the course.

Learn Ventriloquism**Course: AD213182****Monday** Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13**2:30-3:30****Instructor(s): John Byrd**

This course is a continuation of past courses and will explore all topics related to ventriloquism. For those who wish to learn ventriloquism, talking without moving their lips will be covered. For those interested in the history and facts relating to ventriloquism, discussions and demonstrations will be provided. New and returning students are welcome. Other topics such as developing a distinctive puppet voice, puppet manipulation, acting for two, and creating the illusion of life will be explored. This course is flexible and will attempt to meet the needs of all students.

Improvisational Art, Part 1**Course: AD213222****Tuesday** Sept 14, 21, 28**9:30-11:00****Instructor(s): Sandy Schimmel Gold**

You will be creating art in a most unusual way without a plan and with no attachment to an outcome. WHAT?! Absolutely no previous artistic ability required. In this course, we will use the improvisational techniques from theatre to make 2-D art, working as individuals responding to the same stimulus. You will need a sketchbook, a ruler, a pencil and colored pencils. Nothing special is required unless you have a preference. Feel free to bring other materials if you are more comfortable with higher quality pencils, markers or paint. I know it sounds mysterious, and that is the idea...to provoke your curiosity!

Tap Dancing**Course: AD213021****Tuesday** Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14**10:00-11:00****Instructor(s): Peggy Chicklo and Diana Donahue**

This time is split between a 30-minute Basic Tap (led by Mary Berry and Carol Burnham) and a 1-hour established class of Intermediate Tap. For those who have no tapping background, please arrive at 9:30AM to learn the basic tap steps, and then we will all join together at 10:00AM for tap dances.

Beginner Blues and Boogie Woogie Piano**Course: AD213219****Wednesday** Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17**10:00-10:45****Instructor(s): Anne McAneny****Online**

Learn to play basic blues and boogie woogie piano! Piano experience helps but is not required. You'll learn two left-hand rhythms to use for the entire course, plus a 6-note blues scale and a few chords for the right hand. With this small bit of knowledge, you can entertain yourself for hours! I'll provide videos of each lesson, but there's no sheet music and only limited course notes—because your hands and brain will do the learning! Ideally, you'll sit at your keyboard with a view of your computer screen so you can play along with me. (Full disclosure: I've played classical piano most of my life, but I'm a self-taught blues player, not a pro.)

Advanced Reader's Theater**Course: AD213015****Thursday** Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16**12:45-2:15****Instructor(s): Sandy Phillips**

This course will focus on reading and performing poetry, skits, and short plays. Ideas for increasing competency in performing are also offered. No memorization is required, making this format a rapidly growing theatrical option for senior citizens! The group performs often for both LLI functions and throughout Chesterfield County.

Funtastics Choral Group**Course: AD213105****Thursday****Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 16****2:30-3:45****Instructor(s): Sandy Phillips**

The Funtastics rehearse once a week, singing a variety of music, including popular pieces, classics, as well as poetry set to music. All are welcome! Reading music isn't required, but it helps. This group performs on occasion for both non-LLI and LLI functions. Singing is good for you--in many ways! Many studies have confirmed this, and some time with the Funtastics will confirm it as well!

Line Dancing Party**Course: AD213224****Friday****Sept 24, Oct 29, Dec 17****9:00-10:00****Online****Instructor(s): Sharon Macauley**

This course will be an online line dance party. Each class will have a theme, like Halloween line dances in October and Christmas line dances in December. Previous experience is helpful but not necessary. Let's keep moving and have fun!

Woodcarving: Back to the Basics**Course: AD213035 \$15****Wednesday****Sept 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8****9:00-11:00****Instructor(s): Merv Warner**

Welcome back to woodcarving after our long layoff due to the COVID pandemic. We will be carving several small handheld projects during the semester. Some of the projects may have been done in previous sessions and may or may not be new to carvers. We will start with a very simple basic carving and work our way up to more challenging pieces. Students should bring their own carving knife. All the work can be done with just a carving knife, but other tools may also be helpful. New carvers are most welcome to join the class. If you have questions or concerns, you may contact the instructor at either 804-310-7018 or mervinbwa@gmail.com.

The Life and Selected Works of Salvador Dali**Course: AD213218****Wednesday****Oct 6, 13, 20, 27, Nov 3, 10****2:30-4:00****Online****Instructor(s): Juana Levi**

Salvador Dalí is one of the best-known and controversial artists of the 20th century. When he died in 1989, at the age of 84, his personality had become as well-known as his paintings. Pablo Picasso described Dalí as "an outboard motor that's always running." Loving to cultivate confusion, Dalí thought himself a genius with the right to indulge in whatever lunacy popped into his head.

Wind Ensemble**Course: AD213170****Friday****Oct 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****1:30-3:00****Instructor(s): Allie Harris**

This course is for those who played a woodwind or brass instrument in high school or college and would like to get back into playing with a band. The ensemble plays an array of concert band genres including light classical, big band, holiday, marching band, musicals, golden oldies, patriotic, pop, and swing. On occasion, the group performs concerts for both LLI and non-LLI functions. Although formal instruction is not provided, fellow musicians share their musical knowledge and expertise to help students improve their musicality. New students are invited to try out the group for several weeks and then meet with the conductor to determine if their skill level is a good fit for continuing with the ensemble. Students must bring their own instrument, and if possible, their own music stand. While most music is provided to students via email in PDF format for downloading and printing, students will be asked to purchase several low-cost music booklets.

The Three Bs of Classical Music**Course: AD213129****Wednesday****Oct 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****11:00-12:30****Instructor(s): Suzanne Levitas**

The Three Bs? Who are the Three Bs in classical music? In the 19th century, famous German conductor and pianist, Hans von Bülow, drawn to the idea that there existed the Holy Trinity in classical music wrote that he believed in Bach, the Father, Beethoven, the Son, and Brahms, the Holy Ghost of music. In the survey of classical music history, we find an array of composers of exceptional talent and remarkable compositions. This array of talent has generated a lot of debate in which certain composers are ranked and determined as essential. Groupings of composers has happened through the centuries with attempts to find "the best." In classical music, it is useful to highlight certain composers. One of the original methods is von Bülow's Three Bs, distinguishing three composers, 18th c. Johann Sebastian Bach, early 19th c. Ludwig van Beethoven, and late 19th c. Johannes Brahms, from the large array of talent. Separated by nearly 150 years and spanning three classical music eras, what do these composers have in common? They were all born in Germany; Beethoven and Brahms spent much of their adult lives in Vienna; all three were born into musical families; and the primary instrument of all three was the keyboard. From this triumvirate, we will hear stunning works for keyboard, intimate chamber pieces, secular and religious choral and vocal pieces, and orchestral masterpieces. Welcome to our journey of the Three Bs.

Beginner Romantic Rumba for Couples**Course: AD213031****Friday****Oct 15, 22, 29, Nov 5****11:00-11:45****Instructor(s): Bill Busch**

The Rumba is another of the "Romance Dances" introduced on the "silver screen" in this country by George Raft in 1935. It is a nice, easy-tempo dance for couples that has become more popular over the past seven or eight decades. Please note: students must pre-arrange a partner (who is also a member) for this course in order to register and participate.

Watercolor and Acrylic Problem Solving Workshop**Course: AD213119****Monday, Tuesday****Oct 18, 19****9:00-2:30****Instructor(s): Beverly Perdue**

This course is for anyone with intermediate experience using water media including the use of acrylic paint. Assistance with YUPO paper will also be available. Instructor will provide demonstrations during the class. Students can bring in paintings in progress or brand new pieces that the artist wants to start. Students MUST bring in the reference from which the image originated and should have a black and white image measuring at least 4 x 6 inches for all reference material. There will be individual critiques given and suggestions as to where to go with one's own art voice. Please bring a working mat to put on your work when we discuss it. There will be an hour for lunch, so best to bring lunch with you, if possible, to keep that creative flow going. Any questions can be addressed to Bev at bevperdueartist@aol.com. A supply list will be available at registration and outside the office before class.

Improvisation Games for Fun, Creativity and Brain Health**Course: AD213220****Monday****Oct 18, 25, Nov 1, 8, 15, 22****11:00-12:30****Instructor(s): GeGe Beall**

Are you ready to laugh and have fun while engaging your brain in healthy play? In this course, we will play the games that professional improvisational comedians play to loosen their brains up and be ready for anything. We will fail a lot! That's part of it. We'll also laugh a lot. We'll try again, and we'll succeed, and then we'll fail again. Improvisation helps us tap into creativity and gets us out of our standard ways of thinking. It also helps our brains become more nimble which is something we all need, especially as we get older. Creating new neural pathways is imperative for a healthy brain, and the best way to achieve this is by learning something new (an LLI philosophy). This series of classes is not focused on performance but on the philosophy of Improv which includes the time-tested rules of saying "yes and" and making our partners look good. Each class will be comprised of a series of games that will emphasize listening, focus, flexibility, play, and patterns. You'll find you're better at some games than others, which is as it should be. No acting or performance experience needed. Come ready to laugh, say yes, and try new ways of playing.

Introduction to Readers Theater**Course: AD213209****Tuesday Oct 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****11:00-12:00****Instructor(s): Ken Carlson**

Readers Theater is a style of performance in which the actors present dramatic or humorous readings of narrative material without costumes, props, or staging. Students will explore several types of readers theater to develop relevant acting techniques such as voice inflection, speaking methods, gestures, and facial expressions. All reading levels are welcome, everyone will participate, and standing is not required. No outside performances are anticipated; all participation is expected to be within the classroom. Readers Theater is a great way to develop and keep your reading, comprehension, vocabulary, language, creativity, and teamwork skills sharp!

Experimental Acrylics**Course: AD213208****Thursday Nov 4, 18, Dec 2, 9****1:30-3:30****Instructor(s): Patrice Reese**

This course is pure exploration of what acrylic paint can do and will focus on pouring acrylic paint, working with staining colors and making collage papers. A small collage will be started, and the mixture of painting and collage will be explored. Students will also play with India Ink and water to complete a value painting and explore the texture made with heavy gel to show sedimentation. Students will need their own supplies for the initial and all subsequent classes. A supply list will be available at registration and outside the office before class.

Improvisational Art, Part 2**Course: AD213223****Tuesday Nov 9, 16****9:30-11:00****Instructor(s): Sandy Schimmel Gold**

This course is for students who have already taken Improvisational Art, Part 1. In this class, we will use improvisational techniques to take our work to the next level, working as individuals responding to a thought-provoking stimulus. You will use your previous experience to create an image that can be shared with others. You are invited to continue to use pencils, colored pencils, and markers, or you may use whatever medium you feel comfortable, including paint (acrylic or watercolor), as long as you already use these materials. The class time will be used working on a canvas of any size between 8x10" and 16x20", and canvas board is fine if that is your preference.

Easy Paper Mosaics: Recycled Junk Mail Art on Panel**Course: AD213201****Tuesday Nov 23, 30****9:30-11:00****Instructor(s): Sandy Schimmel Gold**

Easy Paper Mosaics made from junk mail. We'll create shapes you can use to "decoupage" on hard, flat surfaces. Save all your junk mail: postcards, greeting cards, old calendars, photos, anything card stock to share...and the instructor will bring even more. You will need one roll of contact paper (available at the dollar store), scissors, mod podge hard coat, a paint brush (not a foam brush), and a wood panel, or other object. You will not need the wood panel on the first day, so the instructor will discuss options.

Pablo Picasso's Guernica**Course: AD213215****Wednesday Dec 8****1:00-2:30****Instructor(s): Juana Levi**

What would be the best way today to protest against a war? How could you influence the largest number of people? In 1937, Picasso expressed his outrage against war with Guernica, his enormous mural-sized painting displayed to millions of visitors at the Paris World's Fair. It is a painting that still feels intensely relevant today. This course will cover the history of Guernica and the complex imagery Picasso used to depict the horrors of war. In his own words from the time, "Painting is not done to decorate apartments. It is an instrument of war against brutality and darkness."

Cable TV Alternatives: Cutting the Cord

Course: CO213076

Thursday

Sept 16, 23

10:30-12:00

Instructor(s): Mel Kauffman

Is your cable TV bill increasing every year? Have you ever wondered what you're really paying for? This course will cover your 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 is casual with lots of time for questions.

iPhone Basics

Course: CO213058

Friday

Sept 17, 24, Oct 1

12:30-2:00

Instructor(s): Mark A. Grubbs

Whether you just got an iPhone, or want to brush up on its basic uses, this course is for you. This is an interactive class in which you will learn about your physical iPhone (7, 8, X, 11, SE and 12), set-up some basic features in it, and learn about how it uses iCloud. We will practice making a contact and a phone call, sending text messages and emails, and getting apps (like Zoom) free from the App Store. We will also make sure you can find your iPhone if it gets lost. You are encouraged to ask questions!

Windows Tips and Tricks

Course: CO213141

Tuesday

Sept 21

9:30-10:45

Instructor(s): David Clark

Online

This course will reveal tips and tricks to help students use Windows more efficiently and effectively.

Biomes and Animal Behaviors

Course: CO213138

Monday

Oct 4, 11, 18, 25, Nov 1, 8, 15, 22

2:30-3:30

Instructor(s): Peggy Stevens

Online

A biome is a geographical area of the world with similar climate and plant life. This forms a way of life for certain animals and how they need to behave in order to survive. We will look at both the land and the water biomes and the relationship between the species that exist there and their environment.

Online Data Storage A: Is it Safe?

Course: CO213139

Wednesday

Oct 6

9:30-10:45

Instructor(s): David Clark

Online

In our technology-intensive world, our lives are inextricably linked to the internet. But is all our data in the "Cloud" safe? This course will analyze the risks of online data storage, measure them against convenience and productivity, and come up with strategies to find a balance that works for us.

Intermediate iPhone and iPad, Part 1**Course: CO213092****Friday Oct 8, 15, 22****12:30-2:00****Instructor(s): Mark A. Grubbs**

This course is the first of a two-part Intermediate series for the iPad and iPhone and is for those who have completed the iPhone Basic or iPad Basic courses, or equivalent. We interactively learn about the cloud and iCloud, how to setup iCloud for backing up your device, and concepts of cellular data and Wi-Fi data. In addition, we work together using all the features of the Contacts and Messages apps. You will need your charged iPhone 7, 8, X, 11, SE or 12 that is running iOS 13 or higher. NOTE: Part Two of this course will be offered during a future session and will cover extensive use of the Phone app, Siri, the Camera app, and the Photos app. A Part Three class will be created if there is sufficient interest and will cover more Apple apps.

Google Apps Shortcuts and Tricks**Course: CO213137****Monday Oct 11, 18, 25, Nov 1, 8, 15, 22****2:00-3:30****Instructor(s): Danny Arkin**

Google apps are very popular. Join this course to find out about some of the shortcuts and tricks designed to improve your productivity. Find out about Google apps that are available, but you may not have discovered them yet. Learn some tricks for using the most popular ones on your phone or tablet. Leave each class with something new learned. We will touch on mail, contacts, calendars, lists, photos, and more.

Introduction to the Internet and Safe Surfing**Course: CO213057****Tuesday Oct 19, 26****9:00-10:30****Instructor(s): Lewis Levi**

This course will familiarize the student with a browser and how to surf the internet safely. A basic understanding of the history of the internet and how it works will also be discussed.

Online Data Storage B: Is it Safe?**Course: CO213140****Thursday Oct 28****10:00-11:15****Instructor(s): David Clark****Online**

In our technology-intensive world, our lives are inextricably linked to the internet. But is all our data in the "Cloud" safe? This course will analyze the risks of online data storage, measure them against convenience and productivity, and come up with strategies to find a balance that works for us.

Fraud and Financial Scams: How to Protect Yourself**Course: CO213142****Tuesday Nov 30****9:30-10:30****Instructor(s): Shawn L. Smith**

During this course, we will examine real phishing emails to help students identify tell-tale signs of fraud and discuss how to handle and avoid phishing attempts.

EF**Economics and Finance**

Tips for Avoiding Identity Theft**Course: EF213117****Wednesday Sept 15****10:00-11:00****Instructor(s): Sylvia Watford**

A Virginia Credit Union representative will offer practical tips for guarding against identity theft. Students will learn how to minimize their risk and what to do if they should ever become a victim.

Family and Emergency Preparedness**Course: EF213105****Wednesday****Sept 15****2:30-3:30****Instructor(s): James E. Davidson, Jr., CFP®**

Many people fail to prepare adequately for life's major events, emergencies and inevitable ending. Specifically, not ensuring that people trusted to handle his/her affairs have the essential information needed to help. The goal of this class is to help you improve your preparedness... no experience necessary!

Organizing Your Financial Records**Course: EF213118****Tuesday****Sept 21****2:00-3:00****Instructor(s): Sylvia Watford**

A Virginia Credit Union representative will share the benefits of keeping your personal financial records organized and offer practical recommendations on what records to keep, what to keep handy in the event of a natural disaster and tips on how to take a home inventory.

Long Term Care Insurance and Home Care: How does it work?**Course: EF213137****Tuesday****Sept 28****9:00-10:30****Instructor(s): Linda Tsironis Caruthers**

How does long term care insurance work with home care? Are you considering ageing in place in your own home? Care provided in your home is certainly an option. This course will address features and benefits of long term care insurance and how a licensed home care agency can assist with filing the long term care claim, assist with satisfying the elimination period, and provide continued care to keep a loved one safe at home. When is the best time to file a claim? What are markers to look for in loved ones to indicate care is required? We will discuss tips on how to choose a home care agency and questions to ask during the initial meeting with a home care agency.

Estate Settlement and the Probate Process**Course: EF213104****Thursday****Sept 30****9:00-11:00****Instructor(s): Mark Mikuta, CPA, CFP**

Most folks are familiar with estate planning; and while many have heard of the probate process, few really understand the nuts and bolts of the process. What are the steps in the Probate Process? What if there is no will? What does the Executor or the Administrator do? The presentation includes time for questions.

Medicare Part D**Course: EF213138****Tuesday****Oct 5****9:00-10:30****Instructor(s): Kendalle Stock****Online**

During Fall Open Enrollment, Medicare beneficiaries need to reexamine their Part D plans. Prescription drugs may have changed, the insurance company formulary may have changed, and the pharmacy participation may have changed. What may have been the best plan last year may NOT be the best this year. The government has provided a great tool to help Medicare beneficiaries find the best plan, but it can be confusing. This course is designed to help students make sure they are getting the best bang for their buck. Bring paper and pen to take notes!

Senior Scams and Financial Exploitation**Course: EF213106****Wednesday****Oct 6****9:00-10:30****Instructor(s): James E. Davidson, Jr., CFP®**

According to the Consumer Financial Protection Bureau: "Elder financial exploitation has been called the crime of the 21st century... robbing victims of their resources, dignity and quality of life... and they may never recover from it." Join us to examine real-life case studies and learn more about risk factors, detection, prevention and how to better protect yourself and others from this type of mistreatment.

Medicare Part D**Course: EF213113****Tuesday****Oct 12****9:00-10:30****Instructor(s): Kendalle Stock**

During Fall Open Enrollment, Medicare beneficiaries need to reexamine their Part D plans. Prescription drugs may have changed, the insurance company formulary may have changed, and the pharmacy participation may have changed. What may have been the best plan last year may NOT be the best this year. The government has provided a great tool to help Medicare beneficiaries find the best plan, but it can be confusing. This course is designed to help students make sure they are getting the best bang for their buck. Bring paper and pen to take notes!

Estate Planning and Elder Law**Course: EF213115****Tuesday****Oct 12****9:30-10:30****Online****Instructor(s): Paula Peaden**

An experienced estate and elder law attorney will review the advantages of a living trust over a will, durable powers of attorney, and advance medical directives. The federal and state estate tax system will be explained. Students will also learn how to plan for potential long term care and how the current Medicaid system works. The course will also educate students on how to plan for any children who have special needs and how to plan an estate that does not leave a legacy of hate among family members. Questions will be welcome.

Long Term Care Insurance**Course: EF213136****Wednesday****Oct 13****10:30-11:30****Online****Instructor(s): Linda Tsironis Caruthers**

Are you considering long term care insurance, or do you already own a long term care insurance policy? This course will help you understand what long term care is, what is the most tax efficient way to fund long term care costs and how will a policy help you and your loved ones. Bring all questions and prepare to take notes.

Bitcoin and Cryptocurrency 101**Course: EF213134****Tuesday****Nov 9****9:00-10:30****Instructor(s): James E. Davidson, Jr., CFP®**

Are you curious about Bitcoin and other cryptocurrencies? Join this course to learn more about how they work...no experience necessary!

Your Credit Score**Course: EF213135****Tuesday****Nov 9****2:00-3:00****Instructor(s): Sylvia Watford**

A Virginia Credit Union representative will share the components of and how to build, manage and maintain a great credit score.

Enjoy Poetry

Course: EL213043

Wednesday

Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15

11:00-12:00

Instructor(s): **Bob Ferguson and Timothy Pace**

This is a continuing class, but new people are always welcome and can join us at any time. We look at a wide variety of poetry, both old and new, and some song lyrics as well. Many are accompanied by videos. Bob and Tim alternate classes to add to the variety of topics and authors. This is not an academic poetry class, but we are here to enjoy reading and informally discussing the material.

Aspiring Writer's Critique

Course: EL213015

Friday

Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3, 17

1:00-3:00

Instructor(s): **Dorothy Moses**

Are you writing memoirs, short stories, novels, skits and more? Join this class for gentle, constructive feedback on your writing. For the best use of everyone's time in-person, please email your writing (10 pages max) to the LLI office by Monday before each class. The LLI office will combine everything into one email and send it to registered students for review during the week. Learn to be a better writer through giving and receiving constructive feedback.

Short Stories: Pigs and Reputation

Course: EL213084

Friday

Sept 17

10:00-11:30

OnlineInstructor(s): **Patricia Ryther**

John Irving's "Trying to Save Piggy Sneed" (1982) contrasts with Maupassant's "That Pig of a Morin" (1880s)." Both stories feature characters with bad reputations, but is it their fault? This is a discussion course for everyone who likes a good story; come share your opinions. The LLI Office will email the stories or links to everyone who registers, so you can easily read them and have a copy ready to discuss.

Beginning Memoir Writing

Course: EL213048

Tuesday

Sept 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7

9:30-10:30

Instructor(s): **Suzanne Kelly**

Webster's Dictionary defines a memoir as "a narrative composed from personal experience." In this course, students will begin writing their memories and experiences so that they will have a brief memoir covering the stages of their lives. Everyone is encouraged to share their writing each week. Many times a shared memory from one student brings back a long-forgotten memory to another student. Everyone has a story. Come and share yours!

Continuing Memoir Writing

Course: EL213009

Tuesday

Sept 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7

1:30-3:00

Instructor(s): **Suzanne Kelly**

In this course, students will continue recording and sharing their memories and experiences started in the Beginning Memoir Writing course. Shared writings often lead to lively discussions, and many times a shared memory from one student brings back a life-long memory to another student. If you enjoy writing and the camaraderie of a small group, come join this course to record your memories for your children, grandchildren, and friends to enjoy.

Short Stories: New Writers

Course: EL213085

Thursday

Oct 14

10:00-11:30

Online

Instructor(s): Patricia Ryther

These two stories, both brand new in 2021, were suggested by LLI students. The humorous “An Irish Wedding,” by Elizabeth McCracken, contrasts with a moodier “Balloons,” by Thomas McGuane. Come and share your thoughts! The LLI Office will email the stories or links to everyone who registers, so you can easily read them and have a copy ready to discuss.

Short Stories: Art and Farming

Course: EL213086

Friday

Nov 19

10:00-11:30

Online

Instructor(s): Patricia Ryther

What is the value of art? These two stories, written close together in time, couldn't be more different in opinion. Both feature farmers who confront the arts and show us what happens when they do. Willa Cather's heartfelt “A Wagner Matinee” (1904) contrasts with Saki's humorous “The Bull” (1919). Come and share your thoughts! The LLI Office will email the stories or links to everyone who registers, so you can easily read them and have a copy ready to discuss.

Bookstagram 101

Course: EL213083

Friday

Dec 3

11:00-12:00

Instructor(s): Heather Weidner

Whether you are a writer, reader, or book lover, you need to follow #Bookstagram on Instagram. This course shows you how to navigate Instagram, find book-related hashtags and fans, and understand what "Bookstagram" is on the popular social media site.

Short Stories: Perfect Objects

Course: EL213087

Thursday

Dec 16

10:00-11:30

Online

Instructor(s): Patricia Ryther

Graham Swift's “Remember This” (2014) and Ann Beattie's “Janus” (1986) each feature an object which will always be special. These two stories are heartfelt, but are they heartwarming? What do the characters learn? The LLI Office will email the stories or links to everyone who registers, so you can easily read them and have a copy ready to discuss.

FI**Fitness****Fusion Fitness Tuesday**

Course: FI213021

\$20

Tuesday

Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14

8:15-9:15

Instructor(s): Dorota Kawka

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.

Wednesday Fun Fitness **Course: FI213017** **\$20**

Wednesday **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**

9:45-10:45

Instructor(s): Nicole Thomas-Jackson

Come and have fun while moving, strengthening and stretching. Learn WHY we do certain moves or stretches, as well as HOW to do them. This class is appropriate for anyone who wants to move, strengthen their bodies, protect their joints and HAVE FUN! We do a variety of cardio/strength work, as well as stretching, balance and core. Modifications for most of what we do are always shared with the class. Please wear loose, comfortable clothing, appropriate footwear (workout sneakers - walking, running or cross trainer shoes - sturdy and supportive!) and bring a water bottle and towel!

Sit and Be Fit Wednesday **Course: FI213018** **\$20**

Wednesday **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**

11:00-11:45

Instructor(s): Nicole Thomas-Jackson

This class is designed 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. Individuals exercise from a seated position, using weights and resistance bands to help build strength and increase cardiovascular endurance. Please wear loose, comfortable clothing, sturdy footwear, and bring a water bottle and towel!

Pilates, Core and More **Course: FI213015** **\$20**

Wednesday **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**

2:30-3:30

Instructor(s): Sandi Phillips

Pilates helps to condition the body, build flexibility, muscle strength and endurance in the legs, tummy, arms and back. It emphasizes correct spinal alignment and breathing as well as tones the core or deep abdominal muscles of the torso. The exercises isolate muscle groups through repetition and sustained movement but are not highly aerobic. Pilates will get your heart pumping as it develops strength and coordination through isometric flexing and extending of legs and arms while maintaining a tightened abdomen. If you are looking for overall tone, looking to tighten your tummy, consider this introduction to Basic Pilates. Come ready for a moderate to occasionally intense exercise conducted primarily on the floor. Come ready to breathe heavily, feel your muscles, and maybe even sweat!

Sit and Be Fit Thursday **Course: FI213005** **\$20**

Thursday **Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16**

11:30-12:15

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!

Chair Yoga Thursday **Course: FI213010** **\$20**

Thursday **Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16**

1:00-2:00

Instructor(s): Sheila Burris

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. Chair yoga is open to all.

Gentle Yoga Thursday **Course: FI213007** **\$20**
Thursday **Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16**
2:30-3:30
Instructor(s): Sheila Burris
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. Gentle yoga requires the ability to get down on the floor.

Fusion Fitness Friday **Course: FI213003** **\$20**
Friday **Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**
8:15-9:15
Instructor(s): Dorota Kawka
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: FI213029** **\$20**
Friday **Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**
9:30-10:30
Instructor(s): Dorota Kawka
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.

Low Impact Monday **Course: FI213001** **\$20**
Monday **Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13**
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: FI213004** **\$20**
Monday **Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13**
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!

The Assassination of Abraham Lincoln

Course: HS213459

Tuesday

Sept 7, 14, 21, 28, Oct 5, 12

1:30-2:30

Online**Instructor(s): Shep Smith**

The war was over. The North was relieved and joyful. Cannons were fired in celebration rather than in anger. Washington D.C. glowed with a grand illumination. President and Mrs. Lincoln planned to attend the theater on April 14 - Good Friday. John Wilkes Booth, a southern sympathizer and one of the most famous actors in the U.S., originally planned to kidnap President Lincoln, but after Lee's surrender and a speech by Lincoln proposing to give blacks the right to vote, decided to kill Lincoln. On the night of April 14, Booth shot the President while co-conspirators planned to kill Vice President Andrew Johnson and Secretary of State William Seward. This started one of the largest manhunts in American history as Booth avoided capture for 12 days.

Cultural Anthropology: Nationhood

Course: HS213002

Wednesday

Sept 8, 22, Oct 13, 27, Nov 10, 17, Dec 1, 15

9:00-10:30

Instructor(s): Annebel Lewis

Culture shapes everything we do, and it helps explain how two people can look at the same circumstances and see very different things. It means looking at events and trends from a broader point of view and seeing what works and what does not. This course will use a seminar format with an introduction lecture followed by interactive discussion of the lecture. Recommended reading is "Union" by Colin Woodward.

Current Events Discussion A

Course: HS213003

Wednesday

Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15

1:00-2:15

Instructor(s): Roy Dahlquist and Fred Nelson

Please register for only one session (A or B) to allow all students a chance to participate. This course will begin with a short introduction by the moderator, who will suggest current event topics of international, national, state, and local importance. Students will determine the choice of topics for a round-table discussion in which everyone's viewpoint is important and during which differing opinions are always respected.

Current Events Discussion B

Course: HS213004

Wednesday

Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15

2:30-3:45

Instructor(s): Roy Dahlquist and Fred Nelson

Please register for only one session (A or B) to allow all students a chance to participate. This course will begin with a short introduction by the moderator, who will suggest current event topics of international, national, state, and local importance. Students will determine the choice of topics for a round-table discussion in which everyone's viewpoint is important and during which differing opinions are always respected.

History of the United States

Course: HS213421

Friday

Sept 10, 17, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17

9:00-10:00

Instructor(s): Timothy Pace

This course will continue to explore our nation's history. The course will begin with reviewing the cost to sell the second world war, the Korean war, and the Eisenhower years followed by the turmoil of the 60s, the Kennedy and Johnson era and into the 80s. A Great Courses DVD will be viewed, and students will be encouraged to participate in discussion following each lecture.

The Sixties: A Decade that Defined a Generation**Course: HS213325****Monday Sept 13, 20, 27, Oct 4, 11****10:30-12:00****Instructor(s): Dr. John Lemza**

Sit-ins, Love-ins, Be-ins. The purpose of this course is to examine the political, social, cultural and economic aspects of the United States during the "Sixties." It was a time of transformation for America driven by the engines of shifting demographics, emerging ideologies, and disparate movements that repudiated existing conditions and rigid social norms and lent their energies to revisions of the traditional consensus. In that context the course will investigate the long decade that began with the Beat Generation of the 1950s and resonated through the "Me Decade" of the 1970s.

Revoluting Developments: People, Philosophies, and Events Surrounding the Revolution **Course: HS213457****Monday Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15****12:30-1:30****Instructor(s): Edward Blackwell**

Meet the American brain trust behind the Revolution; discover the role of the Enlightenment in helping shape the events that led to a new nation. Find out how British perceptions of the colonists' military ability came back to haunt the former and how the Continental Congress's methods of choosing officers lengthened the war. Learn how one victory shaped British strategy for the entire war. Mercantilism, mercenaries, bayonets, and miscommunication often contributed more greatly to the conflict than battle tactics. See how a divided Britain and a divided America found themselves in the middle of two world wars within 15 years. Meet Hancock, the Howes, Cornwallis, Jay, Franklin, Washington, Hamilton, the Adamses and countless others while at the same time keeping up with popular opinions in Britain and the U.S.

History of Castlewood**Course: HS213469****Tuesday Sept 14****9:30-10:30****Instructor(s): Bryan Truzzie**

This course will focus on the history of Castlewood, a restored historic structure located in Chesterfield built in 1817 by Parke Poindexter, Clerk of Court for Chesterfield County. Learn about the unique history of this site, the architectural elements, the families that resided there and much more.

Food and Culture**Course: HS213464****Tuesday Sept 14, 21, 28, Oct 5, 12****11:00-12:00****Instructor(s): Incoronata (Nadia) Inserra****Online**

This course will allow students to explore and discuss several topics related to food and culture as a way to promote diversity and inclusion. For example, we will focus on food and local/cultural heritage, migration, globalization, tourism, and cultural sustainability, as well as gender, ethnic, and age diversity. This course theme will offer many opportunities for both intercultural and intergenerational conversations through class interactions between LLI students, VCU students, and also students of English at the La Salle Institute in Mexico. Since this is a mixed group with a diverse English language proficiency, all our class meetings will be organized around informal group conversations and also hands-on activities--such as sharing a meal/dish (cooking optional), sharing and discussing food options in your neighborhood/city, sharing food traditions from your own family/culture, discussing food and nutrition habits, and also building a food memorial project based on the Mexican ofrenda tradition.

Women in the Civil War**Course: HS213362****Wednesday Sept 15****9:30-10:30****Instructor(s): Waite Rawls**

This course will aim to answer these questions: What did the women do when so many of the men were away in the Army? What did they do for survival, emotionally and physically? How did the war change things?

The History of SpainCourse: **HS213463****Wednesday****Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8****1:15-2:30****Online****Instructor(s): Bob Ferguson**

Spain has a long and interesting history, from stone age times to the present. It was an important Roman province, a site of Islamic conquest and culture, a country of war and religion. Think of the Spanish Armada, the Spanish colonies in the Americas, and the Spanish civil war. There is so much to learn about, and we will utilize a stimulating Great Course on this topic for most of our information about the topic. This class should appeal to those interested European History or Spain.

America's Founding FathersCourse: **HS213460****Thursday****Sept 16, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****1:00-2:00****Instructor(s): Timothy Pace**

This course will offer interesting insights as to America's Founding Fathers. The lectures are from the Great Courses, and we will learn about behind-the-scenes problems and solutions presented to our forefathers in forging this nation. Many of the featured heroes of the era will be familiar, like George Washington's doubts, Robert Morris's financial interest, Ben Franklin's leather apron and Alexander Hamilton's idea of the republic. There will also be many lesser-known heroes. At the end of each lecture, there will be time for discussion, and handouts will be provided.

The History of SpainCourse: **HS213462****Friday****Sept 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10****10:45-12:00****Instructor(s): Bob Ferguson**

Spain has a long and interesting history, from stone age times to the present. It was an important Roman province, a site of Islamic conquest and culture, a country of war and religion. Think of the Spanish Armada, the Spanish colonies in the Americas, and the Spanish civil war. There is so much to learn about, and we will utilize a stimulating Great Course on this topic for most of our information about the topic. This class should appeal to those interested European History or Spain.

Great DecisionsCourse: **HS213089*****\$35****Tuesday****Sept 21, Oct 19, Nov 16, Dec 14****1:30-3:00****Instructor(s): Bob Ferguson**

This course meets once a month for learning and discussion of topics related to international issues. The 2021 edition of the Foreign Policy Association's Great Decisions book will be used. The topics to be discussed are: Role of the WHO (September); End of Globalization? (October); Vietnam-From Foe to Friend? (November); and a Year End Review (December.) The first two topics have prepared videos, and the other topics will be illustrated with information from online sources. The book is optionally available for purchase through LLI during Open Registration only, and payment is due at time of registration.

Violins of Hope: A Virtual Tour of the Virginia Holocaust Museum Exhibit**Course: HS213480****Friday Oct 1****1:00-2:00****Online****Instructor(s): Megan Ferenczy**

Learn more about the history of music during the Holocaust with the Virginia Holocaust Museum. A trained docent will take you on a virtual tour of the Museum's temporary exhibit, "Violins of Hope." Violins of Hope is a touring exhibit that tells the remarkable stories of violins played by Jewish musicians during one of history's darkest times – the Holocaust. This marks the first time that the exhibit has been to the Mid-Atlantic region. The violins on display were recovered and restored by Amnon Weinstein, an Israeli violin shop owner and master craftsman who lost 400 family members in the Holocaust. "My father was determined to reclaim his lost heritage," said his son, Avshalom "Avshi" Weinstein. "He started locating violins that were played by Jews in the camps and ghettos, painstakingly piecing them back together so they could be brought to life again on the concert stage and serve as a symbol of hope. Although most of the musicians who originally played the instruments were silenced by the Holocaust, their voices and spirits live on through the violins that my father has lovingly restored."

Global Cultural Geography: British America**Course: HS213087****Tuesday Oct 5, 12****9:00-10:30****Instructor(s): William Seay**

This course will provide an historical and cultural geographical journey through British America from colony to colony: Virginia to New England, Pennsylvania, the Carolinas and Georgia. Students will discover various ethnic groups that contributed to a new "American" identity.

Perspectives on World War II**Course: HS213327****Tuesday Oct 5, 12, 19****2:00-3:30****Instructor(s): James Triesler**

This course will explore various "moments in time," using original letters, diaries, newspapers, and magazine articles to better understand what soldiers, and those at home, were thinking at key moments during World War Two. The first session will explore the coming of war through the early months. The second session will discuss the middle of the war. The final session will discuss the closing months of the war and the period that followed.

Chesterfield Trivia**Course: HS213470****Thursday Oct 7****11:00-12:00****Instructor(s): Bryan Truzzie**

During this fun and engaging course, students will have the opportunity to learn about the history of Chesterfield County and the Parks and Recreation department that celebrates its 50th anniversary this year. Test your knowledge of the history of the county. Whether you are a lifelong resident or maybe just moved to the area and have taken in a lot of our recreational sites, this will be an enjoyable way to learn about all the county has to offer.

Archaeology in Chesterfield: Learning from the Past**Course: HS213471****Tuesday Oct 12****12:30-1:30****Instructor(s): Bryan Truzzie**

To celebrate Archaeology month, this course will focus on the archaeological evidence discovered on the Historic Courthouse Green in Chesterfield. Learn about the many archaeological studies that were conducted at Magnolia Grange, Courthouse Green and others.

Audubon's America: Wild Times**Course: HS213395****Friday Oct 15, 22, 29, Nov 5****9:00-10:30****Instructor(s): Patricia Ryther**

A young man in a young nation, John James Audubon had the ambitious goal of painting all the birds of America, life size. The still-new United States was mostly wilderness, and Audubon had a small business to run and a family to support. He labored without success for years, suffering personal rejection and financial ruin, as he discovered new species, studied their habits, and left a warning and a legacy for the conservationists who would follow. This course will focus on Audubon's life and world, a time of explosive growth and rapid scientific and technological change.

Origins of the Opioid Crisis**Course: HS213475****Monday Oct 18****2:00-3:00****Instructor(s): Herbert Loveless**

By 2017 the number of deaths from opioid drug overdoses had increased by about an order of magnitude. This crisis started from two strands that came together at Purdue Fredrick in 1990. The first started in the early 1970s when a company owned by the Sackler family was asked to produce a sustained release version of morphine. The second was a paper by Russell Portnoy in 1986. This paper contains the "smoking gun" of this crisis.

John Marshall at Home**Course: HS213479****Tuesday Oct 19****12:30-1:30****Instructor(s): Meika Downey**

This course will take students on a virtual visit to the John Marshall House to explore the life of John Marshall in early 19th century Richmond as a husband, father, lawyer, enslaver, quoints and Madeira enthusiast, and Chief Justice of the Supreme Court.

Railroads in 1864: How the Railroads Were Used for War**Course: HS213474****Wednesday Oct 20****9:30-10:30****Instructor(s): George Saunders**

The Civil War was the first war where railroads played a crucial role in the strategy and tactics of both armies. This course will cover the origins of the railroads and illustrate how skills acquired from agriculture were applied to the building and operations of railroads in 1864.

The Admirals Wept: Billy Mitchell and the Atlantic Bombing Tests, 1921**Course: HS213468****Friday Oct 22****1:30-3:00****Instructor(s): Christopher L. Kolakowski****Online**

One hundred years ago this summer, in a series of tests off the Virginia coast, a group of fliers led by Billy Mitchell proved that aircraft could sink warships solely from the air. This course will explore the tests, their background and origin, and their impact on both air and sea warfare.

The Sixties: A Decade that Defined a Generation**Course: HS213461****Monday Oct 25, Nov 1, 8, 15, 22****9:00-10:30****Online****Instructor(s): Dr. John Lemza**

Sit-ins, Love-ins, Be-ins. The purpose of this course is to examine the political, social, cultural and economic aspects of the United States during the "Sixties." It was a time of transformation for America driven by the engines of shifting demographics, emerging ideologies, and disparate movements that repudiated existing conditions and rigid social norms and lent their energies to revisions of the traditional consensus. In that context the course will investigate the long decade that began with the Beat Generation of the 1950s and resonated through the "Me Decade" of the 1970s.

Nazi Gold, Silver and Diamonds**Course: HS213466****Tuesday Oct 26****10:30-12:00****Instructor(s): Kenneth D. Alford**

This course is a must for anyone with an interest in the missing caches of gold and the financial aspects of World War II. In the closing days of this war the US government took into custody 370 tons of gold from Nazi Germany, but the gold, silver, and currency still missing is even greater. The instructor traced the recovery of more than 50 of these large caches by the Allies and then their mysterious disbursement. The US army uncovered 288 tons of gold with hordes of silver, diamonds and precious jewels in a salt mine in Merkers, Germany. They also recovered trainloads of Holocaust valuables from Merkers, Dachau, Buchenwald, including Ustasha Croatian gold and Italian Fascist gold. This course contains a timeline and summary of all shipments recovered by the United States Army as well as details the 370 tons of gold recovered and its final distribution.

Command Decision Styles in the Eastern Theatre of the American Civil War**Course: HS213477****Tuesday Oct 26****2:30-3:30****Instructor(s): Herbert Loveless**

This course will assess the decision-making of primary commanders in the major battles of the Civil War in the East focusing on Joseph Johnson, McClellan, Pope, Hooker, Mead, Lee and Grant. A neurocognitive model consisting of the amygdala, and Type I and Type II decision systems will be used to describe how they made their major decisions during these battles. The context of these battles will include Union and Confederate international relations, events in the western theatre and events in the east.

History of Bermuda Hundred**Course: HS213472****Wednesday Oct 27****1:00-2:00****Instructor(s): Bryan Truzzie**

During this course, students will discover the history of this historic settlement located just near Hopewell. Learn about the first incorporated town in English North America, the location of the first system of private land ownership, the earliest cultivation of the colony's first cash crop, as well as Native American, Revolutionary and Civil War history that all took place on this piece of ground.

Chesterfield in World War I**Course: HS213425****Tuesday Nov 9****11:00-12:00****Instructor(s): Bryan Truzzie**

During this course, students will learn about the impact Chesterfield troops had in WWI, battles that changed the outcome of the war, tactics employed, weapons utilized on the front lines, how trench warfare changed the face of war and much more.

Voices of World War I**Course: HS213341****Tuesday Nov 9****2:00-3:30****Instructor(s): James Triesler**

This course will use original letters, documents, and newspaper articles to share the experiences of those who served during "The Great War."

Hungarian Gold Train**Course: HS213467****Tuesday Nov 16****10:30-12:00****Instructor(s): Kenneth D. Alford**

In late 1944, with the Soviet Army rapidly approaching Budapest, a train was loaded with gold, diamonds, cash, furs, and fine carpets amassed from Hungarian Jews. On the train, civil servants and soldiers, mostly crooked, were desperately trying to reach neutral Switzerland. The fate of this Gold Train's valuable cargo remained unknown until July 18, 1983, when after a decade of research, this instructor, Kenneth Alford, uncovered what happened to the valuables on this train. Much of them were stolen, some by ranking U.S. Army officers.

Origins of the Opioid Crisis**Course: HS213476****Tuesday Nov 16****2:30-3:30****Online****Instructor(s): Herbert Loveless**

By 2017 the number of deaths from opioid drug overdoses had increased by about an order of magnitude. This crisis started from two strands that came together at Purdue Fredrick in 1990. The first started in the early 1970s when a company owned by the Sackler family was asked to produce a sustained release version of morphine. The second was a paper by Russell Portnoy in 1986. This paper contains the "smoking gun" of this crisis.

Historic Mills of Chesterfield County**Course: HS213473****Tuesday Nov 23****11:00-12:00****Instructor(s): Bryan Truzzie**

During this course, students will discover the vast industrial history that abounded in the region dating back to the 16th century. We will explore the impact of mills established from grist mills, textiles, lumber, tanneries and much more. A closer look will be given to some of the large mills created in Ettrick and Matoaca during the 19th centuries.

Spy Pilot: Francis Gary Powers, the U-2 Incident, and a Controversial Cold War Legacy**Course: HS213401*****\$25****Monday Nov 29****2:00-3:30****Instructor(s): Francis Gary Powers, Jr.**

For over 25 years, Midlothian resident, Francis Gary Powers Jr., has conducted research on the Cold War and the misinformation about the U-2 Incident of May 1, 1960. In his book, *Spy Pilot*, Gary separates fact from fiction and helps to set the record straight in regards to the conspiracy theories that surrounded his father and the U-2 Incident. Using recently declassified files, never before published written histories, and unpublished audio recordings by key individuals associated with the U-2 program, Gary uncovers the truth behind the U-2 Incident. During this course, Gary will talk about the Cold War; the Spielberg movie, "Bridge of Spies"; his book, "Letters from a Soviet Prison"; and the research that went into his most recent book. If you would like a copy of the book, "Spy Pilot," simply pay the optional course fee at time of registration, and you will receive your signed copy at the class!

The Design and Symbolism of American Money

Course: HS213465

Tuesday Nov 30

2:00-3:30

Instructor(s): James Triesler

This course will explore the evolution of money during American History, with a focus on style and design. It is not a course on how to invest, but instead will describe how coins and paper money represent the period in which they were produced.

Command Decision Styles in the Eastern Theatre of the American Civil War

Course: HS213478

Monday Dec 6

2:30-3:30

Online

Instructor(s): Herbert Loveless

This course will assess the decision-making of primary commanders in the major battles of the Civil War in the East focusing on Joseph Johnson, McClellan, Pope, Hooker, Mead, Lee and Grant. A neurocognitive model consisting of the amygdala, and Type I and Type II decision systems will be used to describe how they made their major decisions during these battles. The context of these battles will include Union and Confederate international relations, events in the western theatre and events in the east.

HW**Health and Wellness****Essential Tremor Treatment Advancements**

Course: HW213344

Thursday Sept 9

10:00-11:00

Instructor(s): Deborah Burley, MSN

This course will review what essential tremor is and review the treatment of essential tremor, including focused ultrasound with is a non-surgical approach to treating tremors.

Tear Soup: A Recipe for Healing After Loss

Course: HW213339

Thursday Sept 9

1:00-2:00

Instructor(s): Angie Morriss

Tear Soup is a short video presentation of a "Universal and Timeless Story of Grief" and is based on the classic book of the same name. A group discussion will follow the video to include the story's themes, lessons and valuable coping strategies, along with normal grief responses and ways to stay connected and honor our loved ones.

Breast Cancer Awareness is Not Just a Month

Course: HW213190

Friday Sept 10

9:00-10:00

Instructor(s): Sasa Espino, MD

This dynamic presentation will offer direction toward diagnosing and treating breast-related concerns, including malignant and benign diseases, as well as identifying and managing patients with family history of breast cancer, dense breasts, and who are at high-risk for breast cancer.

Intermediate Tai Chi

Course: HW213343

Friday Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17

1:30-2:30

Instructor(s): Damir Strmel

This course is for individuals with some prior Tai Chi experience. The course will explore Tai Chi principles using Qi gong, Open-hand Forms, Push Hands, and Sword Forms. Focus will be given to the health and wellness of the "player," in particular how to use Tai Chi principles to improve balance, mental focus, breathing, range of motion, stress mitigation, and being present and living in the moment.

Joy of Meditation

Course: HW213264

*\$10

Mon, Tues, Wed

Sept 13, 14, 15

8:30-9:30

Instructor(s): Trupti Kulkarni

All it takes is 10 minutes a day of sincere and mindful effort to reclaim our joy which is our true nature. Meditation allows regulation of the mind and gives tremendous focus, connection and joy. The result of this course can be unprecedented happiness, contentment, joy and peace of mind. When you are happy within, it's palpable, others can feel it and you will spread happiness to your family and all around. The class will be focused on actual hands-on meditation practice. This class structure will be 15 mins of highlights from a book, 30 mins of meditation practice and 15 mins of light-hearted discussion. Each class will build on the previous class and have a new technique to learn. Free resources will be shared, and free 1-on-1 and group coaching will be available outside class. You can find more information at <https://www.heartfulnessva.org>. "Designing Destiny: Heartfulness Practices to Find Your Purpose and Fulfill Your Potential" by Kamlesh D. Patel is a book that will be used throughout the course, and it can be optionally purchased through the LLI Office during Open Registration only. Payment is due at time of registration.

Beginning Tai Chi

Course: HW213342

Monday

Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13

12:30-1:15

Instructor(s): Damir Strmel

Tai Chi can be many things. It is a walking meditation; a means of 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. Sessions will explore all of these aspects, encouraging students to find their own path through "playing" Tai Chi. The first half of 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. You are invited to breathe, learn, and play as you create your journey through Tai Chi. Note: Students are welcome to take either Beginning Tai Chi Part 1 or Part 2 first, as the first half and second half can be learned in any order.

Fall Prevention at Home: Watch Your Step!

Course: HW213345

Friday

Sept 17, 24

1:00-2:30

Online**Instructor(s): Eve Flippen**

Falls are the top cause of injury for older adults. Concerned about staying on your feet? Learn about things to do around the home to prevent falls. We will also discuss nutrition tips, medications to be mindful of, and community resources to keep you well. We will also discuss best practices for getting up safely in the event of a fall.

ADHD Challenges and Solutions

Course: HW213322

Wednesday

Sept 22

1:30-3:30

Instructor(s): Debbie Bowie

ADHD is a neurobiological disorder that affects the ability to focus, manage time, initiate and sustain action, and complete tasks and regulate emotions. Students will learn: how ADHD shows up, brain challenges that underlie ADHD, the Thomas Brown model for assessing ADHD, the AEC model for addressing ADHD with curiosity, understanding and acceptance, and what works to manage ADHD. This is a great informational course for people who have ADHD as well as their family members.

Embracing Yourself: All Parts Including the Ambiguous**Course: HW213348****Tuesday Sept 28****1:30-3:00****Instructor(s): Suzanne Vogel**

This course will provide an overview of the lifelong journey toward greater self-awareness, self-acceptance, and self-compassion. We will explore what the “self” is (there are different philosophical perspectives on this), how social constructs can trip us up or help us grow (and often both!), the challenges and values of tolerating ambiguity, and the human yearning for connection (and how that really looks and feels). We will conclude by discussing some everyday practices we can use to help us achieve greater awareness of and compassion for all parts of ourselves and how these practices can transform how we experience, move through, and impact each other, i.e., our world.

A Matter of Balance**Course: HW213312****Wednesday Sept 29, Oct 6, 13, 20, 27, Nov 3, 10, 17****9:00-11:00****Instructor(s): Chantelle Hayes**

Matter of Balance is a nationally recognized evidence-based program designed to reduce the fear of falling and increase activity levels among older adults. Come to this eight-week class, and you will gain confidence by learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance.

Stop the Bleed**Course: HW213286****Friday Oct 8****9:30-11:30****Instructor(s): Chantelle Hayes**

Stop the Bleed is a national awareness campaign that is designed to train and equip people to save lives in emergency situations involving bleeding. This is a hands-on course that teaches students how to recognize life-threatening bleeding and different tactics to stop the bleeding.

Pain Management Strategies**Course: HW213231****Wednesday Oct 13****1:00-2:30****Instructor(s): Allison Waddell**

Pain is very common and can be problematic for people who have to manage it throughout their lives. This course will cover what pain is, the types of pain we may feel, and strategies for managing daily pain. During the course, we will discuss how stress, emotions, inflammation and your immune system can influence your pain. We will practice breathing, discuss how to make heat and ice packs on a budget, and learn exercises we can do to reduce our own pain.

Reduced Hand Mobility and How to Adapt**Course: HW213351****Thursday Oct 14****1:30-3:00****Instructor(s): Judith Onesty**

You can lose hand dexterity due to aging or injury. Learn ways you can adapt to reduced hand mobility when your circumstances change. Be prepared so that you can minimize the changes that occur. Learn to think outside the box about the way you do things.

Tear Soup: A Recipe for Healing After Loss

Course: HW213346

Tuesday Nov 9

10:00-11:00

Online

Instructor(s): Angie Morriss

Tear Soup is a short video presentation of a "Universal and Timeless Story of Grief" and is based on the classic book of the same name. A group discussion will follow the video to include the story's themes, lessons and valuable coping strategies, along with normal grief responses and ways to stay connected and honor our loved ones.

Improving Your Arthritis: Six Secrets to Relieve Your Pain

Course: HW213350

Tuesday Nov 16

9:00-10:00

Instructor(s): Corinne McLees

Receive six easy ways from a skilled clinician to significantly relieve your pain and prevent arthritis from worsening. These techniques can be used in your home!

Holiday Safety

Course: HW213282

Thursday Nov 18

1:00-2:00

Instructor(s): Kimberly Rideout

As the winter holiday season arrives, we tend to have more distractions than usual, such as planning dinners, decorating homes, hosting out-of-town family members, purchasing gifts, and figuring out other festive activities. Do not let a fire or other damaging event ruin the holiday. Learn ways to keep yourself and your loved ones safe.

Holiday Grief and Coping

Course: HW213302

Tuesday Nov 30

11:00-12:00

Instructor(s): Angie Morriss

This course will focus on grief support during the holidays and throughout the year. Students will discuss how grief can affect them in many different ways and learn valuable coping mechanisms that will help them and their families during the upcoming holiday season.

Holiday Grief and Coping

Course: HW213347

Tuesday Dec 7

2:30-3:30

Online

Instructor(s): Angie Morriss

This course will focus on grief support during the holidays and throughout the year. Students will discuss how grief can affect them in many different ways and learn valuable coping mechanisms that will help them and their families during the upcoming holiday season.

Driver Safety: On the Right Road Again

Course: HW213349

Wednesday Dec 8

9:30-10:30

Instructor(s): Chantelle Hayes

It is imperative to teach our community members to stay safe on the road. Whether you are the driver or the passenger in a motor vehicle, or a pedestrian walking on a sidewalk, there are things you can do to ensure safe travels.

IA**Inside LLI Activities**

Orientation for New Members**Course: IA213999****Tuesday Sept 7****1:00-2:30****Instructor(s): Rachel Ramirez**

Are you a new member and want to know some inside tips on how to make the most of your membership? Or are you a current member but have never attended an orientation? Join us for our New Member Orientation and tour of the building. If you can't make it to Orientation, just stop in the office anytime with your questions!

Q&A for Current Members**Course: IA213997****Thursday Sept 9****2:30-3:30****Instructor(s): Rachel Ramirez**

Do you have questions or just want a better understanding of how things work at LLI? Have you been curious about how the chair lift works? Join us for this question and answer session to get the latest update on the Lifelong Learning Institute in Chesterfield. We will also do a demonstration of the chair lift, provide step-by-step instructions and give everyone a chance to take a ride!

Annual State of the LLI Meeting**Course: IA213016****Monday Oct 18****10:30-12:00****Instructor(s): Dr. John Lemza and the LLI Board of Directors**

All members are invited to join the LLI Board of Directors at the Annual State of the LLI Meeting where the past year will be reviewed and goals for the next year will be introduced. Presentations will be given by several board members, accomplishments will be celebrated and feedback will be welcomed. Members will also enjoy a short performance by one of the LLI entertainment groups. The meeting will conclude with a meet and greet with the Board of Directors. Register now, so we can plan adequately. Please join us!

LA**Languages**

Basic Arabic Script: Reading and Writing**Course: LA213022****Tuesday Sept 7, 14, 21, 28, Oct 5, 12, 19, 26****11:00-12:00****Instructor(s): Charles Barron**

No previous knowledge of Arabic script is required to take this course. You will start learning from "the basics". This course will teach the Arabic alphabet using a simple approach. You will first learn the Arabic script characters and then go on to reading simple words/sentences (in English letters and Arabic script letters). This simplified approach to reading can be learned by attending this course. As you proceed in learning the Arabic script, you will also learn a simple way to practice and master writing Arabic script. You (and your friends) will be amazed at how quickly you learn to write your own name and the names of others using Arabic script, but that is just the beginning of what you will learn. By the way, one of our objectives is to have fun learning while using the Right-to-Left Arabic script.

Basic Conversational Spanish: Vamos a Conversar!**Course: LA213006*****\$16****Tuesday Sept 7, 14, 21, 28, Oct 26, Nov 9, 16****12:30-1:30****Instructor(s): Nena Woods**

This course will focus on learning real-life phrases and idioms in Spanish to use in everyday situations without the emphasis being on grammar. This would be a good opportunity for students who may be planning a trip to a Spanish-speaking country or for anyone who just wants to brush up on conversational Spanish. The instructor will be pulling some lessons from the book: "Let's Talk Spanish" by Tracy Van Bishop which is optionally available for purchase through LLI during Open Registration only, and payment is due at registration. Vamos a conversar español!

Beginning Sign Language**Course: LA213003****Wednesday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****11:00-12:30****Instructor(s): Barbara Powers**

Join this class to learn the basics of Sign Language and gain great enjoyment in learning this beautiful form of communication. Students will learn Signed English and the ability to communicate with the deaf or each other for fun or out of necessity.

Conversational German**Course: LA213015****Monday****Sept 20, 27, Oct 4, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13****2:00-3:30****Instructor(s): Mark Swearengen**

This course will give attendees an opportunity to converse in German. Some knowledge of the language will be helpful; however, all levels of expertise are welcome. A textbook is not required.

French Conversation**Course: LA213019****Thursday****Oct 14, 21, 28, Nov 4, 18, Dec 2, 16****9:00-10:00****Instructor(s): Carol Pritchard**

Parlons francais ensemble! Come brush up on the French you studied in High School, College, or at LLI, make new friends, and have fun! We will discuss a different planned topic each week, such as family, leisure activities, or current events. You will not be giving oral reports but chatting with your neighbor or in small groups. Vocabulary and grammar will be supplied as needed.

LE**Leisure Activities****Beaded Lanyard for LLI Name Tag A****Course: LE213143****\$5****Wednesday****Sept 8****9:30-12:30****Instructor(s): Donna Whitfield**

Please register for only one session (A or B) to allow all students a chance to participate. Learn the basics of stringing a necklace while making a beaded lanyard for your LLI name tag. Bring your name tag to class. Course fee covers all materials, including a wide variety of bead colors. Detailed instructions are given at the beginning of class, so please be punctual!

Genealogy Discussions**Course: LE213252****Wednesday****Sept 8, 22, 29, Oct 6, 13, 27, Nov 3, 10, Dec 1, 8****1:00-2:00****Instructor(s): Steve Kunnmann**

This course provides an open-forum opportunity to discuss our genealogy progress. We can share successes, problems, methods, suggestions and more.

Knitters United**Course: LE213032****Wednesday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****1:30-3:30****Instructor(s): Annette Alabaster**

All knitters are welcome to chat and share their craft. Anyone who knows the basics and is working on a project or wants to gain inspiration for a new project is encouraged to join this circle. This is not a class to learn the basics, but assistance with projects is provided, as needed. Bring your current project or one you want to start and prepare yourself for a productive and enjoyable time!

Brain Aerobics: Preventing Memory Loss**Course: LE213197****Monday** Sept 13, 27, Oct 4, 18, Nov 8, 22**9:00-10:00****Instructor(s): Howard Wynn**

Brain Aerobics is designed to provide students with thought-provoking experiences. A variety of cognitive activities will be presented to encourage students to think more creatively. This is an all-natural way to improve your memory, protect your brain against aging and boost your mood.

Wire and Bead Earrings**Course: LE213232 \$10****Monday** Sept 13, 20, 27, Oct 4**9:00-10:30****Instructor(s): Judith Onesty**

Learn to use wire and beads to make simple, yet beautiful earrings. All new designs, so if you have taken this class before, come again! You will learn to use pliers and other tools to create wonderful earrings. Course fee covers the wire and beads. A supply list will be available outside the office and during open registration.

Beginning Genealogy**Course: LE213045****Monday** Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13**10:30-12:30****Instructor(s): Bette Kot**

This course will introduce personal and practical help in compiling an accurate family history. Students will learn how to record what they know, organize it, and add to it in terms of federal census records. Get ready for an exciting trip into your family's past to be able to give a treasure only you can provide! No previous experience needed to take this course.

From Snapshots to Photographs**Course: LE213189****Monday** Sept 13, 20, 27, Oct 4, 11, 18**11:00-12:00****Instructor(s): Gilpin Brown**

This is a course for all. Whether you have a point-and-shoot, a fancy SLR, or a phone, you are welcome. Whether you are an occasional shooter or you incorporate it into your life, you are welcome. The focus of the fun will not be very technical. The course will cover composition, lighting, perspective and attempt to turn casual snapshots into photographs that draw the interest of the viewer. Students will have weekly assignments for practice. There may also be a practice session (field trip) outside of class time arranged during the session.

Beginning Pine Needle Baskets**Course: LE213241 \$12****Monday** Sept 13, 20, 27, Oct 4**2:00-3:30****Instructor(s): Diane Drummond**

Students will create a pine needle basket using pine needles, bone buttons and stitching material. This course will take you from the very first beginning steps to a completed sealed basket. The course fee will provide all materials and supplies to create this treasure, and there will be handouts on the different stitches that can be used to bind your basket. Students will need to bring a pair of bent nose pliers or needle nose pliers and heavy duty scissors to cut the pine needles.

Intermediate Genealogy**Course: LE213178****Tuesday** Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14**10:30-12:30****Instructor(s): Bette Kot**

If you are familiar with pedigree charts and family group sheets and have done some census searching and still have blanks on your charts, join us for additional clues both online and in paper form. This is the jigsaw puzzle with no boundaries. Bring charts with empty spaces and join the chase for information. Adventures abound.

Beaded Lanyard for LLI Name Tag B

Course: LE213147

\$5

Wednesday

Sept 15

9:30-12:30

Instructor(s): Donna Whitfield

Please register for only one session (A or B) to allow all students a chance to participate. Learn the basics of stringing a necklace while making a beaded lanyard for your LLI name tag. Bring your name tag to class. Course fee covers all materials, including a wide variety of bead colors. Detailed instructions are given at the beginning of class, so please be punctual!

Learn to Play Mah Jongg

Course: LE213010

Tuesday

Sept 21, 28, Oct 5, 12

9:00-10:30

Instructor(s): Marilyn Mare

This course is for students who have never played Mah Jongg and want to learn. Students who haven't played Mah Jongg for many years and need a refresher course are also welcome. Mah Jongg is a game for four players and involves strategy, skill and a certain degree of chance. It is a wonderful way to spend time with friends and keep your mind active, too. Students must be available for all four sessions as the lessons are progressive and build on each other. A special thanks to Mary Jane Murphy, Linda Davis and Donna Whitfield for assisting the instructor with this course.

Pandemic Tales and Tails

Course: LE213254

Wednesday

Sept 22

11:00-12:30

Instructor(s): Martha Steger

Whether you spent your year-plus pandemic time writing a draft of the great American novel or finally picking up the tails of unfinished projects, bring something you did over the past 18 months to share with others in this course. Ranging from the flowerpot you'd promised yourself to paint years ago to complement a room's decor to an essay you've now submitted (or not!) for publication, this course will be a sharing session that might reveal what we learned about ourselves during the pandemic.

Easy Cooking Recipes for Fall

Course: LE213253

Monday

Oct 11, 18, 25, Nov 1

11:00-12:30

Instructor(s): Judith OnestyOnline

Moving into fall makes us change our recipes into warmer dishes that take advantage of fall vegetables and seasonings. We will have some soup or chowder recipes as well as quick and easy main meals with a touch of warmth.

Fall Slow Cooker Recipes

Course: LE213255

Tuesday

Oct 19

2:00-3:30

Instructor(s): Shelby KinnairdOnline

Dust off your slow cooker and learn about dishes perfect for fall. You'll leave the course with a few recipes to try on your own.

No-Stamps Extra-Easy Greeting Cards**Course: LE213122****\$15****Friday****Oct 29****10:30-12:00****Instructor(s): LaVae Hoffman**

If you want to make greeting cards, but are not sure that you want to stamp, this class is for you! This class requires no sharing of materials, supplies, or tools. Each student will receive all supplies, materials, and embellishments needed to assemble cards that you will be proud to send to family and friends. Step-by-step instructions, demonstrations, and support will be provided. Approximately eight or nine cards will be made. For example: two designs with four cards each or three designs with three cards each. Required materials to bring: small sharp scissors, and glue or tape runner. Optional: a "Take Your Pick" tool. This is a specialized tool for scoring paper or picking up and placing small embellishments, like pearls or sequins. It is handy, but not required. It can be ordered at <https://www.stampinup.com/products/take-your-pick>. Plan to arrive at least five minutes early.

Simple Stamping Greeting Cards**Course: LE213130****\$22****Friday****Oct 29****1:00-2:30****Instructor(s): LaVae Hoffman**

Join this class to make easy and fun greetings cards at a relaxed pace. This class requires no sharing of materials, supplies, or tools. Step-by-step instructions, demonstrations, and support will be provided. Each student will receive her/his own kit with the stamps, ink, a stamping block, and embellishments for the cards in this class. Make as many of your cards as you want to during our time together. If you do not finish all of your cards during class, you may take home your remaining materials and supplies to finish your cards whenever you want. Each student will receive a kit that will make eight or nine cards. For example: four card designs with two of each design, or two card designs with four of each design, or three card designs with three of each design. Required materials to bring: small sharp scissors, and glue or tape runner. Optional: a "Take Your Pick" tool. This is a specialized tool for scoring paper or picking up and placing small embellishments, like pearls or sequins. It is handy, but not required. It can be ordered at <https://www.stampinup.com/products/take-your-pick>. Plan to arrive at least five minutes early.

Wire Pendants**Course: LE213233****\$10****Monday****Nov 8, 15, 22, 29****9:00-10:30****Instructor(s): Judith Onesty**

Make a beautiful pendant using wire and beads. Adding beads to wire makes your design come to life. Discover the amazing pendants you can make! Course fee covers the wire and beads. All new designs. Supply list will be available outside the office and during open registration.

Memory Wire Bracelets**Course: LE213175****\$5****Tuesday****Nov 16****10:00-11:30****Instructor(s): Diane Drummond**

Memory wire has continuous loops and comes in sizes that can be used to create a necklace, bracelet or a ring. It is steel and is very strong, so it will hold its shape and conform to your arm or neck. In this course, students will create three loop memory wire bracelets. Course fee will cover everything needed for this one-of-a-kind bracelet; however, students need to bring an 8" strand of 6mm or 8mm beads of their choice and a pair of needle-nose pliers.

Rag Rug Wreaths**Course: LE213237****Tuesday****Dec 7, 14****9:30-11:00****Instructor(s): Sandy Schimmel Gold**

We will be creating a braided rag rug coil that we'll use to make a wonderfully unusual wreath in any shape you choose! Bring your used t-shirts, clothes, bedding, etc. to transform it into something new! Students should bring at least four to six different items of clothing: shirts, jeans, t-shirts, bedding (cotton, polyester, etc.) or other fabric you have on hand (nothing heavier than denim). Bring scissors or a cutting wheel, a cutting mat (optional), a large metal needle, heavy duty thread, and a metal/wire wreath form (available at the dollar store or craft store in the floral department).

LS**Life Services**

Workshop for LLI Instructors**Course: LS213077****Wednesday****Sept 8****11:00-12:00****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. Whether you are a first-time or experienced faculty member, our hope is that you 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!

Mobility Services in Chesterfield County**Course: LS213145****Friday****Sept 10****10:30-11:30****Instructor(s): Frank Vance**

Mobility Services is focused on improving existing transportation options and coordinating a community-wide transportation service network comprised of the 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.

Using Feng Shui to Clear Clutter**Course: LS213111****Monday****Sept 13****1:30-3:30****Instructor(s): Debbie Bowie**

Clutter is a universal problem in our busy world. Clearing clutter can change your life but can be difficult to do. There are so many decisions to make. And then, what do you do with all that stuff? Join feng shui practitioner and professional organizer, Debbie Bowie, to learn principles of feng shui to use as your guide to clearing clutter more easily. Feng shui is the art of arranging your space to enhance your life. You too can enhance your life by clearing your clutter.

VirginiaNavigator: A Family of Websites**Course: LS213069****Tuesday****Sept 14****9:00-10:00****Instructor(s): Bonnie Scimone**

Finding local support services for seniors and caregivers is as simple as a click of a mouse! Bonnie Scimone, Lead Community Specialist and Marketing Assistant at VirginiaNavigator, will share information and demonstrate how to use SeniorNavigator, an online directory that lists 26,000+ resources that help older adults remain independent and supports family caregivers. Learn how to find information about health and aging issues, financial concerns, legal questions, caregiver support, housing and assisted living communities, SNAP and much more.

Dispelling Hospice Myths**Course: LS213150****Tuesday Sept 14****2:00-3:00****Instructor(s): Angie Morriss**

This course will explain Hospice care, from how it originated to how hospice provides care for the patient and the entire family facing serious illness and end of life decisions. We will discuss when the time is right for hospice, how to make a referral, the team approach, and how hospice care includes emotional, spiritual, social and bereavement support for the entire family. We will also address the many myths and misconceptions of hospice care.

Hospice Crafts**Course: LS213147****Wednesday Sept 15, Oct 20, Nov 17, Dec 15****1:00-2:30****Instructor(s): Mary Jane Murphy**

Join other LLI members in making craft items to be given to local hospice patients. All craft supplies are collected by LLI members, and the finished products are donated to Crater Community Hospice, Inc. This is an enjoyable service class.

End of Life Services: Not Your Grandparent's Funeral!**Course: LS213132****Thursday Sept 16****1:30-3:00****Instructor(s): Susan Campbell**

Why do we have some of today's funeral customs and rituals? What's the reason for "6-feet under" or when did embalming become the thing? How about picnicking in a cemetery? Learn about funeral history and how we came to our current traditions. Discover the interesting and innovative changes including the new approaches to end-of-life decisions like space burials, cremation jewelry and green cemeteries. Enjoy conversation and questions about one of society's most taboo subjects.

Developing Optimism: 13 Keys to Developing Your Optimistic Self**Course: LS213084****Monday Sept 20, 27****11:00-12:30****Instructor(s): Dr. Michael J. Wriston**

This course will not only provide an overview of what optimism is and its advantages in life but also a plethora (a baker's dozen!) of practical ways to become more optimistic.

Community Resources for All Virginians: It's About a Better Life**Course: LS213154****Monday Sept 20****2:00-3:30****Instructor(s): Catherine MacDonald, MS****Online**

Life's challenges can feel heavy. When we support each other, the load is lighter. When we share ideas, our minds open. When we light the way for someone else, hope shines like the sun. Join us for an interactive and deep exploration of community resources available to all Virginians. Learn about No Wrong Door Virginia, the Virginia Assistive Technology System, and how these initiatives are combating social isolation and improving COVID-19 vaccine access.

Introduction to PACE: Program for All-Inclusive Care for the Elderly**Course: LS213148****Tuesday Sept 21, 28****9:00-10:30****Instructor(s): Garrett McLees MS, OTR/L**

Join Garrett McLees as he provides a comprehensive overview of PACE (Program of All-inclusive Care for the Elderly) and provides detailed education on this program which serves as an alternative to nursing facilities. PACE offers comprehensive coordinated care led by an interdisciplinary team that delivers primary care, speech, occupational and physical therapy, dental and vision care, in-home care, nutritional services, specialty care coordination, medical transportation, social engagement and more. PACE is designed to promote aging-in-place, and to help seniors (55+) age independently at home for as long as possible. PACE is a program of the Commonwealth of Virginia and the Federal Government. During this course, Garrett will provide information about how PACE can enhance the lives of participants, reduce the risk for hospitalizations, and empower our seniors to age in place while living life on their own terms.

The Art of Reinvention**Course: LS213085****Monday Oct 4, 11****11:00-12:30****Instructor(s): Dr. Michael J. Wriston**

This course will not only provide an overview of what reinvention is but a detailed look at the four ways in which it is enabled.

The 4-1-1 on 2-1-1 VIRGINIA**Course: LS213109****Thursday Oct 7****11:00-12:00****Instructor(s): Altise M. Street**

Would you like to know what 2-1-1 VIRGINIA does? Have you ever needed assistance but didn't know where to call? If so, this course is for you! Students will learn about the services of 2-1-1 VIRGINIA and find out how they assist our community. As time allows, students will also learn about resources available in their community.

Nonviolent Communication**Course: LS213153****Friday Oct 8****1:00-3:00****Instructor(s): Trupti Kulkarni**

How often do we struggle to have good relationships? What if I tell you that it does not matter how other people act? By changing your steps, you can help change the dance of your life. This course will show you how to improve your relationships and, more importantly, your sanity. Come! Let's practice Nonviolent Communication (NVC) and learn how to connect with self and others to improve our relationships.

CCPL Resources: Online Newspapers and Magazines**Course: LS213086****Thursday Oct 14****11:00-12:00****Instructor(s): Cindy Arnold**

Where have the library's newspapers and magazines gone? They're available to you free of charge, anytime and anywhere, courtesy of Chesterfield County Public Library! This class will teach you how to find and read your favorite newspapers and magazines on your computer or other device, as well as how to search the archives for newspaper articles from the past. Learn about the Newsstream and Newsbank databases and the Overdrive magazine collection.

Human Trafficking: What Is It and How Can We Help

Course: LS213152

Tuesday Oct 19

10:30-12:00

Instructor(s): Linda Hawkins and Tammy Simpson

This course will define what human trafficking is, warnings to look for and how to prevent it happening in your family. We will also share ways you can become involved in the fight. There will be time for questions at the end.

Introduction to PACE: Program for All-Inclusive Care for the Elderly

Course: LS213149

Tuesday Oct 19, 26

10:30-12:00

Instructor(s): Garrett McLees MS, OTR/L

Online

Join Garrett McLees as he provides a comprehensive overview of PACE (Program of All-inclusive Care for the Elderly) and provides detailed education on this program which serves as an alternative to nursing facilities. PACE offers comprehensive coordinated care led by an interdisciplinary team that delivers primary care, speech, occupational and physical therapy, dental and vision care, in-home care, nutritional services, specialty care coordination, medical transportation, social engagement and more. PACE is designed to promote aging-in-place, and to help seniors (55+) age independently at home for as long as possible. PACE is a program of the Commonwealth of Virginia and the Federal Government. During this course, Garrett will provide information about how PACE can enhance the lives of participants, reduce the risk for hospitalizations, and empower our seniors to age in place while living life on their own terms.

Transformative Listening

Course: LS213090

Wednesday Oct 20, 27

9:00-10:30

Instructor(s): Dr. Michael J. Wriston

This course will provide an overview of the art and gift of listening, its personal significance, and a guided opportunity to discover and expand on its ability to transform lives and relationships.

Planning Final Arrangements: Pre-Plan to Make It Right

Course: LS213157

Thursday Oct 21

1:30-3:00

Instructor(s): Susan Campbell

Along with financial and estate planning, one of the best gifts we can give our families is planning our 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. Learn about the important steps to provide this gift for yourself and family through an overview of the information and concerns when planning. There will also be an opportunity to ask questions.

Dispelling Hospice Myths

Course: LS213151

Tuesday Oct 26

2:30-3:30

Instructor(s): Angie Morriss

Online

This course will explain Hospice care, from how it originated to how hospice provides care for the patient and the entire family facing serious illness and end of life decisions. We will discuss when the time is right for hospice, how to make a referral, the team approach, and how hospice care includes emotional, spiritual, social and bereavement support for the entire family. We will also address the many myths and misconceptions of hospice care.

Creating Good Habits: Change Your Habits, Change Your Life

Course: LS213091

Thursday Nov 4, 18

10:30-12:00

Instructor(s): Dr. Michael J. Wriston

This course will provide both an overview of the power of our habits and a range of practical steps or strategies for building or strengthening good habits and reducing or eliminating bad ones.

Senior Living Community Options: Be Proactive Not Reactive!**Course: LS213097****Monday Nov 8****10:30-12:00****Instructor(s): Marc Friedlander, MBA CSA**

Roughly 44 million Americans (one out of six) provide unpaid informal care each year to the older U.S. population. Using a proactive approach, this course will discuss the many benefits an Assisted Living Community can provide, how an assisted living community can be a positive influence as an individual embarks on a new stage in his or her life, and when is the right time to explore assisted living options. Students will learn the differences between an Assisted Living Community and a Skilled Nursing Facility. There will be time for a Q & A session at the end.

Financial Preparedness for Emergencies**Course: LS213155****Wednesday Nov 10****1:00-2:30****Instructor(s): Steven Herring**

Sometimes we forget about the financial implications of emergencies and disasters. This course will teach you about financial preparedness and give information on what to expect if a disaster hits. Students will learn about various financial preparedness items, such as Flood Insurance, FEMA Assistance, and using the FEMA Emergency Financial First Aid Kit (EFFAK) to compile and store important documents.

Planning Final Arrangements: Pre-Plan to Make It Right**Course: LS213158****Tuesday Nov 16****10:30-12:00****Online****Instructor(s): Susan Campbell**

Along with financial and estate planning, one of the best gifts we can give our families is planning our 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. Learn about the important steps to provide this gift for yourself and family through an overview of the information and concerns when planning. There will also be an opportunity to ask questions.

Home Health and Hospice: Everything You Need to Know!**Course: LS213081****Tuesday Nov 16****2:00-3:30****Instructor(s): Kristen Kern and Liz Couch**

This interactive and easy-to-understand course will discuss everything you need to know about Home Health and Hospice. Whether caring for a loved one during an illness or being pro-active before a scheduled surgery, it is important to understand the services available to assist in the recovery at home. What services are provided? Who qualifies? How much does it cost? How long does it last? How do I set it up? What should I consider when choosing a provider? Are there resources available to help me in my search? These questions and more will be answered in this course.

EMS Passport Program**Course: LS213050****Thursday Nov 18****9:00-10:30****Instructor(s): Millie Bishop**

With the rising cost of healthcare and the increase in ambulance transportation fees, come find out how you can save some money on out-of-pocket expenses with the EMS Passport.

Emergency and Disaster Preparedness for Individuals and Households**Course: LS213156****Wednesday****Dec 1****1:00-2:30****Instructor(s): Steven Herring**

Students will learn how to prepare for emergencies and disasters by understanding the hazards that can affect Chesterfield County, what supplies are needed to sustain themselves for at least 72 hours following a disaster, how to communicate with others and how to stay connected to information relevant to the incident. This course will also present information about the Chesterfield County Office of Emergency Management and the Chesterfield County CERT program.

The Power of the Apology**Course: LS213094****Thursday****Dec 2, 9****10:30-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with an overview of why apologies are so important for nurturing relationships and building character, as well as take a close look at why they are so rare and so often miss the mark. Examples of a good apology will also be offered.

PR**Philosophy and Religious Studies****The Philosophy of Artificial Intelligence****Course: PR213076****Thursday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****9:30-11:00****Instructor(s): Bryan McChesney**

This course will provide an introductory discussion of the evolving story of Artificial Intelligence (AI) through the philosophy of logic, ethics, and the advances in technology. We will look at the views of the prophets and skeptics, distinguish between realistic and unrealistic, and explore autonomy and adaptivity as key concepts. Also, to what extent is consciousness replicable as computation? This is just the beginning.

Bible Discussion**Course: PR213002****Thursday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****2:00-3:30****Instructor(s): Mike Pagel and Mark Grubbs**

This non-denominational Bible discussion group will begin a verse-by-verse study of the book of Revelation. Newcomers are always welcome. No prior knowledge of the Bible is required. Please have a Bible or electronic equivalent available. We usually use NIV and ESV but other versions will be fine.

The Dead Sea Scrolls Today**Course: PR213079****Monday****Sept 13, 20, 27, Oct 4, 11****2:00-3:30****Instructor(s): Jon Waybright**

In 1948 the most respected American biblical archaeologist, William F. Albright, called the discovery of more than 1000 manuscripts in the Judean Desert dating to the early centuries BCE, "the greatest manuscript discovery of modern times." Since that time the Dead Sea Scrolls continue to be at the center of both biblical research and controversy, captivating both scholars and laymen by calling into question some of the most standard assumptions concerning the origin of Christianity and the development of Second Temple Judaism. Discovered by wandering Bedouins among the cliffs of the Dead Sea shoreline, these biblical and non-biblical texts continue to illuminate the process of the formation of the Hebrew Bible, early Judaic scribal practice, and Jewish sectarianism, all in the tinder box of Greek- then Roman-ruled ancient Palestine. Updating the current status in research, this lecture series will explore the history and impact of this great discovery by focusing on four main areas: the discovery and acquisition of the scrolls, the archaeology of the Qumran settlement, the library at Qumran and the implications for Second Temple Judaism and early Christianity.

Genesis and Science**Course: PR213044****Thursday****Sept 16, 23, 30****9:00-10:00****Instructor(s): James Hodge**

This course will explore the first few chapters of Genesis. The topics for the sessions will include the origin of the universe, creation vs. evolution, and the flood and Noah's ark.

Spiritual Storytelling: Our Search for Meaning and the Spirituality of Imperfection**Course: PR213074*****\$13****Thursday****Sept 16, 23, 30, Oct 7, 14, 21, 28****10:30-12:00****Instructor(s): Les Schaffer**

For millennia, teaching stories have been used to convey the wisdom of the world's spiritual paths. Sacred and secular texts are full of them. We have stories about God's activity in the Hebrew Bible, Jesus' parables in the Gospels, and the epic accounts of the gods and goddesses in Hindu scriptures. From the oral traditions of all the world's cultures, we have tales about Buddhist teachers, Hasidic rebbes, Sufi dervishes, Indigenous Shamans, and Taoist masters; fables; fairy tales; even jokes. This course will explore the concept of creating and sharing a spiritual legacy through story. We'll start by examining what baseball teaches us about the imperfection of spirituality, defining terms, move to exploring appropriate stories from all around the world, take a closer look at the importance of stories in spiritually based 12-step programs, and conclude by assisting participants in passing on personal wisdom and values to others through telling the stories of our lives. There is power in storytelling, and this power is needed more today than perhaps ever before. We don't just tell stories; we live in and are formed by them, are born into converging streams of stories that tell us who we are and what we are to do. Understanding the role of stories in our lives helps us make our own story rich and full of meaning. The book, "The Spirituality of Imperfection: Storytelling and the Search for Meaning" by Ernest Kurtz and Katherine Ketcham will be the primary text for this course. The book is optionally available for purchase through LLI during Open Registration only, and payment is due at registration.

The Life of Jesus**Course: PR213075****Tuesday****Oct 5, 12, 19****1:00-2:00****Instructor(s): Joanna Lurie, MS, MASCP, MT(ASCP)**

This course will present some of the highlights of the life of Jesus, including his travels, his difficulties, and the locations he visited. The instructor will use the book, "Jesus: The Way, the Truth, and the Life," by Marcellino D'Ambrosio as a starting point for the course material, but the book is not required. This book, anchored in the life of Jesus as presented in the Gospels, explores the entirety of Jesus' life—who he is, what he is really like, what he taught, what he did for Christian salvation, and what this means for Christians today.

Jewish Legends of the Bible (Part 1)**Course: PR213073****Thursday****Oct 14, 21, 28****10:30-12:00****Instructor(s): Allen Cohen**

This course will present a number of little-known Jewish legends (Midrash) that expound upon familiar stories in the Hebrew Bible. In this sense, it will not be a traditional Bible Study course. The mini-series will begin with Adam and Eve and continue through the Tower of Babel presenting versions of these stories that you most likely never heard in Bible school. Questions will be encouraged from all students. Much of the material is taken from "Legends of the Jews" by Louis Ginzberg.

Misconceptions About Islam and Muslims**Course: PR213080****Monday Oct 25, Nov 1, 8, 15, 22****2:00-3:00****Instructor(s): Malik Khan**

There are many misconceptions about Islam, Muslims and Sharia Law. This course will explore 32 of them, and perhaps there are more. A basic introduction to Islam will be presented in addition to addressing and nullifying these misconceptions by using verses from the Quran and authentic Prophetic traditions.

History of Christianity: From Paul to Constantine**Course: PR213078****Friday Oct 29, Nov 5, 12, 19, Dec 3, 10****1:00-2:00****Instructor(s): Mary Jo Dailey**

At the close of the Christian New Testament, we find the early Church beginning to face persecution by Jewish leaders. This persecution and distrust eventually made its way to the powers of Rome. We've all seen movies where the Christians were fed to the lions or made to face the gladiators. Then, in 312 CE the Roman Emperor Constantine converted to Christianity, and the tables turned. What was happening to Christianity during this period? Interesting twists and turns in theology, worship and practice were proposed, accepted and rejected. Join us as we explore the silent years of this major world religion.

Acceptance and Hospitality in Biblical Terms**Course: PR213077****Thursday Nov 4, 18****10:30-12:00****Instructor(s): Dr. Edward Garrett, Jr.**

The words "acceptance" and "hospitality" have become more difficult to comprehend and apply in the 21st century. They were also challenging concepts throughout Biblical times. We will seek to better understand the meaning of these words in their Biblical setting and to apply them more directly in our faith experiences today. We will examine the conversion of Cornelius, the first Jew to be received into the Christian faith, and his acceptance issues. Then we will follow the journey of Aquila and Priscilla, a devoted couple, and how they offered radical hospitality to all those around them. Their genuine openness and inclusiveness were powerful. Come and be open to new understandings of acceptance and hospitality!

SE**Special Events****A One-Act Play: Who Offed Colonel Mustard?****Course: SE213143****Tuesday Sept 14****1:00-2:00****Instructor(s): Bob Ferguson**

This one-act play by Bob Ferguson may seem a little familiar to those who have played the board game Clue. Of course, we have added many twists and turns and many wild and silly characters. We may need someone like Agatha Christy to solve this mystery. Everyone seems to have a motive to dislike the nasty Colonel. Can you help us solve it? Plan to sit in on our little play. Presented by six LLI-member, young-at-heart actors.

A One-Act Play: Tarzan and Jane in Wichita**Course: SE213144****Tuesday Oct 26****1:00-2:00****Instructor(s): Bob Ferguson**

Tarzan has moved his family to Wichita to enjoy peace and quiet. A nasty reporter seems determined to disrupt his lifestyle. What will happen? Will the family stick together? Will the cast include a dangerous gorilla? (Hint - No, just our usual folks...six LLI-member, young-at-heart actors.)

Reader's Theater Performance: Thanksgiving Memories**Course: SE213145****Monday Nov 22****12:00-1:00****Instructor(s): Sandy Phillips**

The Advanced Readers Theater actors will perform "Thanksgiving Memories" for the LLI family.

Reader's Theater Performance: Holiday Cheer**Course: SE213146****Tuesday Dec 14****12:00-1:00****Instructor(s): Sandy Phillips**

The Advanced Readers Theater actors will perform "Holiday Cheer" for the LLI family.

WG**Weekly Group Activities****Spades Course: WG213013****Tuesday Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****11:00-1:00****Instructor(s): Anne Clendenin**

If you enjoy card games, spades is the game for you! 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 if you've never played before!

Social Bingo Tuesday Course: WG213001**Tuesday Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****1:00-3:00****Instructor(s): Fran Judd**

This is not your 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! Please bring your own markers and dimes. Cards are provided. Come join us!

Cards and Games Wednesday Course: WG213006**Wednesday Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****1:00-3:00****Instructor(s): Donna Whitfield**

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: WG213009**Thursday Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****9:30-11:30****Instructor(s): Marilyn Mare and Mary Jane Murphy**

This weekly group will play the ancient Chinese game of Mah Jongg which is a game of skill, strategy and calculation as well as a certain degree of chance.

Bridge **Course: WG213010**

Friday **Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**

9:00-12:00

Instructor(s): Diane and Jim Carter

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

Hand and Foot and Triple Play **Course: WG213007**

Friday **Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**

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 when one has played his/her Foot and the other agrees to go out. Triple Play uses three hands and requires formation of additional Canastas. Come learn and play!

Social Bingo Friday **Course: WG213002**

Friday **Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**

1:00-3:00

Instructor(s): Donna Whitfield

This is not your 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! Please bring your own markers and dimes. Cards are provided. Come join us!

Cards and Games Monday **Course: WG213004**

Monday **Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13**

1:00-3:00

Instructor(s): Fran Judd

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!

Instructors

- Alabaster, Annette** was taught to knit by her mother around the age of 12. Much later she learned about the now modern world of knitting by working in a local yarn shop. After many years of not knitting, she took it up again when her first granddaughter was born in 1997. She then returned to making sweaters, headbands, hats and slippers. She believes that this ancient craft, going back to medieval times, is both addicting and relaxing.
- Alford, Kenneth** is an LLI member, frequent historical consultant for television productions, and a contributor to news articles involving looted Nazi Treasures. He is the author of *The Spoils of World War II*, *Great Treasure Stories of World War II*, *Allied Looting in World War II*, *Hermann Goering and the Nazi Art Collection*, *Sacking Aladdin's Cave*, *American Crimes and the Liberation of Paris*, *Monetary Men*, and co-authored *Nazi Millionaires*.
- Arkin, Daniel** is one of Central Virginia's first technology in education advocates. He also was founder and Executive Director of the Virginia Society for Technology in Education. He is passionate about all aspects of technology in our lives and spent his working career injecting humor while lecturing on the pros and cons of evolving technologies. Danny has been an LLI member since 2018.
- Arnold, Cindy** is a librarian at the Chesterfield County Public Library Midlothian branch. She has a Masters in Library Science from Louisiana State University and has worked as a librarian since 2001 both in public and school libraries. Cindy enjoys assisting people as they pursue their learning goals. She has lived in Midlothian since 2003 and likes exploring all that Virginia has to offer.
- Barron, Charles** is a retired US Army Officer, holds a BS in Business Administration from Jacksonville State University and an MS in Logistics Management from Florida Institution of Technology. He also holds a certificate for teaching English as a second language. Charles has 10 years of experience working with and training members of the Saudi Arabian military in logistics and cultural awareness. As a United States military contractor, working in Tabuk, Saudi Arabia, he taught American workers and third country nationals (TCNs) Cultural Awareness, simple Arabic script (Arabic letters, Arabic phonetics recognizing/reading English words written in Arabic Script) and most useful basic spoken Arabic words and phrases.
- Beall, GeGe** has a bachelor's degree in Theatre and a master's in Industrial/Organizational Psychology from Radford University. She has been a professional improv comedian at ComedySportz Richmond for nine years where she performs several times a month. In addition, GeGe performs with an improv group called "Upstaged" who improvise a 20-min. sitcom set in the 1960's based on audience suggestions. She is also the Richmond producer for Murder Mystery at Maggiano's which has embedded actors improvise characters at the dinner table with guests. GeGe is a professional healthcare consultant and speaker and often teaches improv games in the corporate world to help tap into creativity and get teams laughing and bonding. Additional certifications include Yoga, Laughter Yoga, Ageless Grace, and Nia. GeGe's goal is to make improv accessible to everyone by focusing on the brain health and play part of improv and not on performance.
- Bishop, Millie** has been the Revenue Recovery Manager with Chesterfield Fire and EMS for nine years. She was a prior medic and has an accounting degree. Millie has a passion to help people.
- Blackwell, Edward** has taught a variety of subjects for over thirty years. Much of his time was with Chesterfield County Public Schools, but he has also worked with Richmond City Public Schools, VCU and a local private school. Mr. Blackwell has a B.A. and M.A. in English, as well as a large concentration of courses in history and education. He has taught on middle, secondary, and collegiate levels, and his courses have included English, writing, history, civics and economics, as well as alternative education. He is keenly interested in the English Renaissance and writes sonnets, but he also enjoys helping others with prose writing techniques. Mr. Blackwell loves studying and lecturing about the American Civil War. When teaching social sciences, he believes it is essential to combine the development of U.S. government with its resulting historical effects.

- Bowie, Debbie** has been described as an “organizing angel” by her clients. Through her speaking, hands-on clutter clearing, and coaching she has helped thousands of individuals clear clutter to make room for new opportunities and dreams to manifest in their lives. Debbie is a professional organizer who has been clearing clutter and organizing spaces for 21 years, a feng shui practitioner, a professional speaker, and the author of two books, “From Cluttered to Clear in Just One Year: Your Room-by-Room Home Makeover” and “Rock Scissors Paper: Understanding How Environment Affects Your Performance on a Daily Basis.” Because a majority of her clients struggle with ADD (Attention Deficit Disorder), she has developed expertise in working with people who have ADD. Debbie’s passion is to help people claim their personal power by getting unstuck mentally, emotionally, and physically so they can move forward to accomplish their goals. She does that by working side-by-side with clients to clear clutter and create organizing systems that work for them, doing feng shui consultations, and giving educational seminars.
- Bradstock, Mary** is a native Virginian—born in Richmond and raised in Chesterfield County. She is a member of The Country Style Dancers of Richmond and has been dancing at LLI since 2009 and teaching since 2012.
- Brown, Gilpin** is a former high school mathematics teacher who has had a renewed interest in photography in his retirement. Having reentered the field and joined a photography club, his club has had several exhibits at Crossroads Art Center as well as Sun Trust Bank and the Richmond Public Library. Entering quite a few local and state contests, Gilpin's photos have been chosen for honors several times. He loves getting out in Richmond and the Skyline Drive to have fun with his camera.
- Brown, Sherella** is a certified Jazzercise fitness instructor who specializes in working with active adults who combine dance with exercise.
- Burley, Deb** is the Vice President of the Neuroscience program at Johnston Willis Hospital. She has over 10 years in the healthcare industry. She received her bachelor’s degree in nursing at Carson Newman and holds a Master's in Nursing.
- Burris, Sheila** is a certified yoga instructor who has studied yoga since 1999. She began teaching with us in the spring of 2008.
- Busch, Bill** still finds new dance moves to share with LLI members even after 30 collective years of social dancing. He has been teaching dance since 2007 in the community and since 2008 at LLI! Bill welcomes new and returning students into the dance room to learn the current offering or to refresh their dance experience.
- Byrd, John** is an award-winning ventriloquist and has been performing as a ventriloquist in the Richmond area for the past 25 years. He graduated from the Virginia Military Institute and received a master’s degree from Virginia Commonwealth University. He retired from the Commonwealth of Virginia with 38 years of service. He also retired from the Army Reserve as a Lieutenant Colonel.
- Campbell, Susan** has worked with seniors and their families during difficult transitions for 20 years. She is a pioneer in the senior move management industry and now uses her compassion and training to work with families and professionals during end-of-life celebrations and transitions.
- Carlson, Ken** is a former electrical engineer with an enthusiasm for music, the dramatic arts, and group participation. He joined LLI in 2019 and enjoys playing tuba and string bass with the Wind Ensemble and Lifelong Musicians groups.
- Carter, J. Diane** has been playing bridge for many years, but her husband, Jim, is relatively new to the game. They have played bridge at LLI together since 2017.
- Carter, Jim** is a Geographer with interests in cartography, weather and climate. He found an interesting growth of ice on plant stems in 2003, and trying to explain what he found has consumed much of his life since then. He has the license tag ICE FLWR and has been introduced to many interesting and attractive forms of ice thanks to the reach of the Internet. Jim has also learned to appreciate the power of Dora the Explorer to educate young viewers.

- Caruthers, Linda** CSA, LTCP, is the founder and CEO of Long-Term Care Consultants, Inc., Richmond’s only dedicated long-term care insurance agency providing long-term care planning and caregiver support resources to individuals and employer groups. She has specialized in long-term care insurance since 2000 and earned the Long-Term Care Professional (LTCP) designation from America’s Health Insurance Plans (AHIP) in 2005 and the Certified Senior Advisor (CSA) designation from the Society of Certified Senior Advisors in 2006.
- Chicklo, Peggy** is the sister of a member, Diana Donahue. She has been dancing for years and loves tap.
- Clark, David** is a 34-year veteran of the computer industry. Ten of those years were spent teaching a variety of technical and non-technical courses. He most enjoys explaining complex topics in simple, understandable terms and in ways that appeal to visual and non-visual learners. His students have appreciated David’s approach. As one student remarked, “I learned more from Dave in two weeks than I did in three months taking an online course.”
- Clendenin, Anne** is a member of LLI who enjoys dancing and has been playing Spades for years. She wants to continue sharing her love for Spades with other members at LLI!
- Cohen, Allen** holds advanced degrees in Physics, Optometry and Law. In 1979 he moved to Richmond to open the Patterson Eye Clinic with his wife, Hannah.
- Couch, Liz** has worked in Provider Relations with AT Home Care Hospice Richmond since 2014.
- Dahlquist, Roy** recently retired from the Virginia Economic Development Partnership in 2015. He was an economic advisor to Governors Kaine, McDonnell and McAuliffe on issues related to Asian business opportunities and challenges, serving as Managing Director, International Business Development - Asia. He met with high level government and business leaders throughout Asia. Roy first retired from Alcoa/Reynolds Metals Company in 2006 with 30 years of global and domestic service. He was Managing Director of Food Packaging Operations in China and Director of International Business Development for the Food Packaging Division, overseeing operations worldwide. He traveled to over 60 different countries developing global business relationships and opportunities. He met with international, federal, state and local government officials including governors and federal agency heads. Roy currently serves as Vice President of the Madison Village Homeowners Association located in Charter Colony and serves on the Board of Directors for the Salisbury Country Club Senior Men’s Association. He has a BS degree from Saint Joseph University in Philadelphia and has been an LLI member since 2016.
- Dailey, Mary Jo** was born in Oak Ridge, Tennessee, has a B.A. in psychology with a minor in earth sciences and a Master of Divinity degree. She has retired from teaching earth science at Manchester High School and is now an ordained Baptist minister. Mary Jo loves to teach and is looking forward to meeting new students and sharing her passions.
- Davidson, James** is a Vice President of Investments for Davenport & Company and Certified Financial Planner™ practitioner with more than 18 years of industry experience. He currently serves as an Ex-Officio member on the LLI Board of Directors and manages the LLI Endowment Fund.
- Donahue, Diana** a member of LLI, is the sister of Peggy Chicklo and has been dancing for years. She loves tap dancing.
- Downey, Meika** received her B.A. in history and political science from Hollins University and an M.A. in history and public history from Virginia Commonwealth University before joining Preservation Virginia's John Marshall House as the organization's first Education Manager. As the Education Manager, Meika is responsible for creating and then implementing a wide variety of K-12 and adult educational programs, tours, and materials.
- Drummond, Diane** has been an LLI member since 2009. She began making headbands, hair bows and jewelry for her beautiful granddaughter and has continued adding to her repertoire of craft skills, which she happily shares with her fellow LLI members in a variety of classes. Diane is especially interested in early settlers and Indian crafts used in everyday living.

- Espino, Sasa** MD, FACS, is a breast surgeon with Richmond Breast Center in Richmond and Fredericksburg, Virginia. Dr. Espino earned her Medical Doctorate at Virginia Commonwealth University School of Medicine and remained at VCU to complete her General Surgery Residency. She went on to complete a Breast and Reconstructive Surgery Fellowship at Northwestern University in Chicago. Prior to her medical studies, Dr. Espino graduated magna cum laude with a Bachelor of Arts in Economics from New York University. Dr. Espino is board-certified in General Surgery by the American Board of Surgery. She is an active member of the American College of Surgeons, American Society of Breast Surgeons, and the Richmond Academy of Medicine, among others. In addition, Dr. Espino has performed extensive breast cancer research and has published and presented her work in several medical journals and symposiums.
- Ferenczy, Megan** attended the University at Buffalo and graduated with a bachelor's degree in History and is now the Director of Education at the Virginia Holocaust Museum. She has taken coursework in Museum Studies and is also certified to teach middle and high school History in New York and Virginia. Megan has diverse experiences in education, museums, outreach and public programming. In 2008, Megan interned as a National Planning Assistant at the United States Holocaust Memorial Museum in Washington, DC, which solidified her interest in Holocaust history education. In 2011 Megan accepted a teaching job with Richmond Public Schools and for two years she taught 6th grade United States History at a specialty school. When teaching the history of the Holocaust in the classroom, she made it a priority to remember and honor the victims and continues that practice with the development of educational curriculum and programming at the Virginia Holocaust Museum.
- Ferguson, Bob** has been an active member of LLI since 2008 and a member of the LLI Board of Directors since 2015. He has a Ph.D. in Chemistry and was involved in technical research, management, and consulting for 38 years at Phillip Morris/Altria. Bob has varied interests including history, economics, and literature. He recently became interested in Reader's Theater and has performed in Bifocals and Huguenot Community Players productions.
- Flippen, Eve** is the Aging Life Care Coordinator for VCU Health. She is a gerontologist and serves as the geriatric falls coordinator for VCU Health's Injury and Violence Prevention Program.
- Franks, Marti** loves Watercolors! She has been painting for over 18 years, starting out with Ellie Cox and continuing with Sarah Hoyle, Chris Wynn, and Susan Stuller. She has participated in many workshops with nationally known artists, including John Salamien, Mary Whyte, Ted Andrews, Alvaro Cassinett, Tony Van Hassett, Frank Webb, and Jean Spicer. Marti is a past president of the Bon Air Artists Association and has served as a co-chair of its events, Art Affair and Artful Healing. She exhibits at Crossroads Art Center and is a co-op owner of Uptown Gallery.
- Friedlander, Marc** is a Certified Senior Advisor (CSA) helping families navigate the difficult assisted living and memory care arenas. He has had personal experiences with both sides of his family and could have used an advocate during the difficult decision-making process. Marc is a member of the Health Community Resource Network, RVA Better Aging Forum, and the Richmond Senior Network. He has an undergraduate degree in Psychology from The George Washington University and an MBA from Montclair State University. Marc enjoys living in the beautiful Richmond area with his wife and two kids. In his spare time, he coaches his daughter's YMCA soccer team.
- Garrett, Edward** is a retired United Methodist minister of the VA Conference of the United Methodist Church. He has served churches in VA for 42 years, leading Bible studies and teaching educational classes for various denominations. He holds a B.A. degree from the University of Richmond, a B.D. from Duke University, an M.A. degree in education from Union Theological Seminary and a doctorate from St. Mary's University in Baltimore. He is the author of two books and various curriculum materials and articles.
- Good, Bill** participated in Civil War reenactments for 10 years as an infantryman and ambulance corp. He has a wealth of knowledge about the Civil War. He has been a member of LLI since 2007 and enjoys history, genealogy and woodcarving.

- Grubbs, Mark** has a B.S. in Aerospace and Ocean Engineering from Virginia Tech, and an M.A. in Theology from Fuller Theological Seminary. He has worked as an engineer, a pilot, in vocational ministry, a professor abroad, and has worked with computers of many kinds through all of these occupations (for at least 20 years). Mark is originally from and grew up in Richmond, VA. Since college, he has lived in Philadelphia, PA; Murfreesboro, TN; Grand Rapids, MI; Los Angeles, CA; and then spent 15 years in Seoul, South Korea teaching in Korean universities as a professor of English as a Foreign Language (EFL). Mark returned to Richmond in September 2015 and has enjoyed teaching and tech coaching students at LLI.
- Harris, Allie** has been involved in music most of her life. She studied piano, flute and voice. She majored in Music Education at Brigham Young University, performed and taught voice students at Eastern Arizona College and served as a musician for her church from time to time. Presently she enjoys playing flute and singing. Allie sees the wind ensemble as a great place for musicians at all levels to experience the joy of music together.
- Hawkins, Linda** RN BSN is the Founder and CEO of Recover Hope. Recover Hope's mission can be found at www.recoverhope.org. Linda served on the Board of Directors for three years with the Richmond Justice Initiative and worked with survivors of human trafficking for several years.
- Hayes, Chantalle** is a certified trauma nurse educator at CJW Medical Center.
- Herring, Steven** is the Public Outreach and Community Emergency Response Team (CERT) Coordinator for Chesterfield Emergency Management. His job consists of training and helping citizens be prepared for emergencies and disasters. He has a Bachelor's in Communication Studies and will be attending school this Fall for a Master's in Public Health.
- Hodge, James** is a research scientist (PhD in chemistry) who retired after 35 years of working in R&D with DuPont. He has an avid interest in history in general and scientific interpretations of biblical accounts such as creation, evolution, and miracles.
- Hoffman, LaVae** teaches basic and advanced paper craft techniques in the Charlottesville area. She hosts monthly card and scrapbook workshops and special craft events using Stampin' Up® products.
- Inserra, Incoronata** was born and raised in Naples, Italy. She received her PhD. in English from the University of Hawaii at Manoa and is currently an assistant professor at VCU, where she teaches first and second-year academic writing and research courses. Dr. Nadia Inserra's research expertise is in folklore studies, particularly folk music and dances, material cultural, and food studies. In her teaching, she applies a folklore studies approach to academic writing by focusing on local, community-driven, and socially-engaged topics, such as racial/social justice and sustainability in Richmond and beyond. Dr. Inserra speaks four languages, has lived on three continents, and enjoys swimming (and eating!) in the Mediterranean, the Pacific, and now the Atlantic. Much of her life has been about linguistic and cultural encounters with other peoples across the world--an experience that has taught her a lot and that she is excited to share with her students at both VCU and LLI.
- Judd, Frances** is a Jersey Girl who used her nursing education to travel to Minnesota, Texas, and Virginia. After retiring, she became involved in the Salisbury Garden Club. Fran joined LLI after hearing about the Institute during a pedicure. She has two sons. One lives in Lexington, KY which is great for the races, and one lives in Minneapolis which is great for everything else. Her four grandchildren live in Kentucky.
- Kauffman, Mel** spent 35 years with the CIA dealing with communications, networking, and security. He holds ISCT certifications in Electronics/Radio/Computers and NRI certification in computers. Mel has been using computers since 1984.

- Kawka, Dorota** E-RYT 200, took her first yoga class in 1996 while pregnant with her first child and instantly fell in love with it. She was certified to teach yoga in 2008 and has been teaching ever since. Dorota especially enjoys working with older adults, teaching a variety of Chair Yoga, Senior Yoga and Gentle Yoga classes at different locations in the Richmond area. She is delighted to be able to share her practice with the LLI family.
- Kelly, Suzanne** is a retired Chesterfield County teacher. She holds degrees in Business Education and English and taught for 47 years in North Carolina and in various county junior high and senior high schools. She began her teaching career in Chesterfield in the LLI building in 1969 and returned as a member in 2015.
- Kern, Kristen** is a Registered Nurse with a BSN from James Madison University. She has worked in both the acute setting at MCV and HCA Hospitals as well as in the home setting for the last 20 years. She chose nursing because of her desire to help others, and she enjoys being able to educate others about the wonderful services available to support recovery and wellness after and during an illness.
- Khan, Malik** is a Pakistani American who came to the States in 1973. He worked for Philip Morris USA (now Altria) as a Process Engineer until his retirement in 2010. Since September 11, 2001, Malik has been actively involved in presenting Islam and the role of Muslims in our pluralistic society in Churches and educational institutions in the Greater Richmond Metropolitan area.
- Kinnaird, Shelby** is the Founder of Put on Your Apron and hosts fun cooking experiences online (and hopefully in-person someday). She is the author of The Pocket Carbohydrate Counter Guide for Diabetes and co-author of The Diabetes Cookbook for Electric Pressure Cookers. A passionate diabetes advocate, Shelby leads two DiabetesSisters peer support groups in the Richmond area and volunteers with the American Diabetes Association. Shelby is not a medical professional, but she has been thriving with Type 2 diabetes for more than 21 years.
- Kolakowski, Christopher** is the Director of the Wisconsin Veterans Museum and former Director of the MacArthur Memorial. He has written and spoken extensively on military history.
- Kot, Bette** MLIS, is a retired librarian. Her passion is genealogy! Bette welcomes others with the same interest to join her classes for adventures into the past.
- Kulkarni, Trupti Girish** has been meditating for over 20 years and has been a certified instructor since 2006 with the Heartfulness Institute. She was born and brought up in India and earned an MS in Medicinal Chemistry at the University of Kansas. T worked in Pharmaceuticals as a project manager and is now retired to enjoy the real life. She is blessed with a husband and two kids. She loves self-development, meditation, traveling, cooking, reading, painting, drawing, as well as teaching math, meditation and cooking. T has been an LLI member since 2015.
- Kunnmann, Steve** has been an LLI member since 2013. He also serves as Treasurer on the LLI Board of Directors. Steve has degrees in Electrical Engineering from Georgia Tech and an MBA from Rutgers, the State University of New Jersey.
- Lemza, John** is a 1976 graduate of the United States Military Academy at West Point. He served over 20 years in the Army with more than eight years abroad in Asia and Europe. His last assignment was at the Pentagon. He graduated from Virginia Commonwealth University in 2005 with an MA in History and in December 2014 with a PhD in History from George Mason University. His research interests are post-1945 America, the Cold War, the history of immigration, modern intellectual history, consumerism, military history, and trans-national history. John also teaches history at Virginia Commonwealth University. He taught at the Elderhostel Chautauqua at Natural Bridge, VA from 2009-2011. He has been a member of the LLI teaching faculty since 2005. His recently released book, "American Military Communities in West Germany: Life in the Cold War Badlands, 1945-1990," is now available. John is a member of the LLI and is currently serving as President on the Board of Directors. He is also an Eagle Scout.

- Levi, Juana** is a retired registered nurse who studied Art History at the University of Maryland. She is a mother of two daughters, who are both teachers, and a grandmother of four. She and her husband have been LLI members since 2013.
- Levi, Lewis** graduated from the University of Maryland College Park with a BS in Computer Science. He worked with computers for Signet, AT&T and IBM. He and his wife have been LLI members since 2013.
- Levitas, Suzanne** has an extensive background in music performance as a vocal soloist and specializes in the study of early music performance and performance standards. She has performed opera, madrigal/motet ensembles, oratorio, recitals, and choral and orchestral conducting, taught voice privately, and has been a music instructor at both high school and university levels. Suzanne's real passion is the transcription of early music notation to modern notation and early music performance standards. Today, Suzanne teaches classical music history seminars (history, music theory, music appreciation, Baroque music, Haydn, Mozart, Beethoven, Schubert, music of Scandinavia and Iberia, and music of the Balkans, Eastern Europe and the Baltics) to adult learners. In 2013, Suzanne founded, and is the current Artistic Director for the early music ensemble CANTUS CANTORES Madrigal Singers (CCMS). The CCMS vision is to study and to perform early, a cappella music for audiences new to the art form. Suzanne has a Bachelor of Music in Voice Performance and a Master of Arts, Musicology. Her doctoral studies focused on Ladino Music of the Golden Age of Spain (1580-1680) with Dumbarton Oaks Scholar, Miloš Velimirović at the University of Virginia. Outside of music, she holds a Master of Science in Library Science and a Master of Information Technology.
- Lewis, Annebel** is a Socio-Cultural Anthropologist whose primary research is in ritual, belief systems, and mythology. She is retired from California State University Fullerton and from Southern California Kaiser Permanente Medical Group. She appeared in Who's Who in American Women in 91-92 and has been published in various professional journals. Annebel has been a faculty member of LLI since 2007 and serves on the Board of Directors.
- Loveless, Herbert** has a BA from Hopkins and an MD from the University of Maryland. He spent five years at one of the National Cancer Institute's labs working on two anti-cancer antibiotics. Afterward, Herbert worked in the biopharmaceutical industry in the areas of clinical trials and regulatory affairs. The projects ranged from periodontitis to cancer, asthma, AIDS, memory loss, depression and schizophrenia. One project was on the non-opioid, centrally-acting antipain agent. Herbert recently became interested in functional MRIs and their use in language and cognition.
- Lurie, Joanna** has a master's degree in health administration, a Bachelor of Science degree in Medical Biology and is a certified Medical Technologist by the American Society for Clinical Pathology at a master's level. She is also certified in database designs. Joanna was the chemistry laboratory supervisor for 20 years in a major Long Island hospital. In addition, she worked as the Laboratory Information Systems Coordinator for six years. She taught Clinical Chemistry as an adjunct professor for the State University of NY at Farmingdale, New York. At St. Gabriel's Parish, Joanna is a lector, serves on the Adult Faith Formation ministry, teaches in the Children's Faith Formation ministry, is a member of Women in God's Spirit (WINGS) group, a member of the book club, and a member of a Bible study group since 2007. She has served on the LLI faculty since 2006.
- Macauley, Sharon** joined the LLI in 2009 when she took her first line dance class. It's been a passion ever since then. Now she enjoys sharing this fun and social activity with newcomers.
- MacDonald, Catherine** is a gerontologist working with No Wrong Door Virginia to improve access to long-term services and supports for all Virginians. She has developed and implemented multiple ways to improve social connection, housing stability, and quality of life for older adults in greater Richmond.
- Mare, Marilyn** is a retired Chesterfield County teacher who taught at J. B. Watkins Elementary School. She joined LLI in 2007 and is an active member who volunteers whenever needed. She also enjoys teaching Mah Jongg to fellow LLI students!

- McAneny, Anne** took traditional piano lessons as a child but always needed written music to play. Sure, Rachmaninoff and Beethoven offered amazement and beauty, but when the pandemic hit, the blues came a-calling. With the help of YouTube and other online sites, Anne taught herself to play basic blues and boogie-woogie, enjoying it so much that she wanted to share it with others. When not tickling the ivories, Anne has worked in sales and marketing, taught aerobics, written and published mystery books, served as a beer wench, and raised a few boys. She currently works as a book editor and self-publishing consultant.
- McChesney, Bryan** is a minister, chaplain, and educator. He has earned AA, BA, MRE, MDiv, and ThM degrees, culminating in a Doctoral Degree, from the University of Richmond, Campbell, Wake Forest, University of South Carolina, Virginia Tech, and Ruschlion.
- McLees, Corinne** is passionate about helping individuals maximize the function of their upper extremities, as she believes the hands are imperative to doing the things we love most. She graduated from VCU's Master of Science in Occupational Therapy program in 2016 and immediately began working in VCU Heath's hand therapy clinic. Corinne launched her own mobile Occupational Therapy practice in 2020. She offers telehealth OT visits as well as mobile home visits within the greater Richmond area. She has three children, ages four, two, and six months.
- McLees, Garrett** is a 2015 graduate of VCU's Master of Science in Occupational Therapy program and has been practicing as an occupational therapist for six years with a focus on treating geriatric clients, individuals who have neurological conditions, and home modifications. As a response to the COVID-19 pandemic in 2020, Garrett and his wife co-founded a mobile Occupational Therapy practice to provide safe and quality Occupational Therapy services via telehealth to the aging population in Virginia. In 2021, Garrett made a career shift from providing direct patient care as an Occupational Therapist to become a PACE Navigator with InnovAge PACE (Program for All-Inclusive Care for the Elderly) because he strongly believes in the PACE program and promoting seniors' ability to age-in-place and live life on their own terms. When he isn't working, Garrett enjoys spending time with his wife and their three kids, traveling, and renovating his 100-year-old home.
- Mikuta, Mark** is a principal with Estate Settlement Solutions, LLC. He has worked in internal audit, corporate finance and real estate management and development. Mark received his BS in accounting from the University of Richmond. He is a member of many professional organizations and is also a Certified Financial Planner.
- Morriss, Angie** is a Certified Bereavement Counselor and former educator. She has worked for J.T. Morriss and Son Funeral Home and has volunteered with Crater Community Hospice as a grief support group counselor since 2013. Angie recently joined the team of Crater Community Hospice as an employee offering educational opportunities and support to the community as an Outreach Assistant. Angie is also a member of the Chesterfield Council on Aging and currently serves on the Chesterfield Caregiver Committee.
- Moses, Dorothy** has been an LLI member since 2008. She's an aspiring writer and has participated in several critique groups.
- Murphy, Mary Jane** has a B.S. in Home Economics Education and a B.A. in Studio Art. She brings 25 years teaching experience to LLI and has been a member at Chesterfield LLI since 2010.
- Nelson, Fred** is a retired Air Force major general who served as a fighter pilot for most of his 36 years of duty. He also served at the Pentagon, in NATO Headquarters and has lived in Europe, Asia, the Pacific region and the Middle East.

- Onesty, Judith** has been making jewelry for over 20 years. She has taken classes from some of the most well-respected jewelry instructors in the country. She loves hammering the metal and changing the shape. She works in a variety of techniques and enjoys introducing others to the fun and sense of accomplishment that making jewelry can bring. Judith has also been a healthy diet advocate since the 1970s. She specializes in quick and easy recipes that are full of flavor with interesting and varied ingredients.
- Pace, Timothy** received a Juris Doctorate degree from Creighton University in 1972, and was a senior adviser to the Board of Veterans Appeals from 1972 to 1990. After presidential appointment, Timothy served as Administrative Law judge for the Social Security Administration from 1990 to 2014 handling primarily Medicare cases and Disability claims. In that capacity, he presided in various courtroom proceedings along the east coast at hearing sites in eight states and in the District of Columbia. From time to time, he was called upon to lecture to fellow judges and administrative personnel on the nuances of ever-changing laws governing the administration on Social Security benefits. He has been a member of LLI since 2014.
- Pagel, Mike** has undergraduate degrees in Physics and Chemistry and a Master's in Education. He retired in 2013 after teaching 40 years in public and private high schools. He is active in his church where he has led adult classes in topics such as the working of God's covenants throughout the entire Bible, creative Bible teaching techniques, and the study of individual books of the Bible. He has been an LLI member since 2017.
- Peaden, Paula** practices in the areas of Trust and Estate Planning, Trusts and Estates Administration, Elder Law, Long Term Care & Disability Planning, Special Needs Trusts, and Guardianships. She was named the Best Elder Care Lawyer in Richmond in the 2014 edition of Best Lawyers in America®. Her knowledge and professionalism are evidenced by a number of other accolades, including her appointment to the 2014 Virginia Business Legal Elite, the 2013 Class of Leaders in the Law, Best Lawyers in America® for Trusts and Estate, Virginia Super Lawyers for Trusts and Estates and Elder Law and AV-rated Martindale Hubbell Preeminent Women Lawyers. She began her professional career as a registered nurse after receiving her Bachelor of Science degree from Mount St. Mary's College. She received her legal education from George Mason University. She is a member of the Trust & Estate Section and a past chairperson of the Board of Governors of the Elder Law Section of the Virginia State Bar. She also is a member of the National Academy of Elder Law Attorneys and the Special Needs Alliance and Estate Planning Council of Richmond. Her published works include: Popular Types of Trusts and Considerations for Their Use, chapter written for Aspatore Law Books Inside the Minds series, "Best Practice For Structuring Trusts and Estates" (January 2015) and Specials Needs Trusts, Virginia Lawyers Weekly (May 2014).
- Perdue, Beverly** has been creating in oils and watercolors for the past thirty years. She has been recognized with several national and international awards in both mediums. Bev was recently awarded Best in Watercolor, for the second time, in the 2017 Virginia Watercolor Society Show. Her style of teaching is to guide and encourage students to find their own individual art voice.
- Phillips, Sandi** has been teaching Group Exercise in the Richmond area for 20+ years. She is certified in Group Exercise, STEP, Slide, Weight Room Resistance, Pilates, 200 hour Yoga certification (on the way to 500), Barre, Personal Training, and more! She enjoys people and particularly helping people discover that they are capable of far more than they thought. Sandi is a lifelong resident of Richmond, except for four years in Charlottesville. She is looking forward to meeting many new friends at LLI.
- Phillips, Sandy** has a degree in Music and Music Education. She continued her studies at the University of Richmond, VCU, and Westminster Choir College. Her performance majors were piano and organ, with a minor in vocal production. She taught public and private school music in Virginia, Connecticut, New York, New Jersey, and Illinois and has also been a church organist and choral director. She has performed in musicals, and other theatrical productions and has been an instructor at LLI since 2013.

- Powers, Barbara** has been teaching Sign Language for over 40 years. She studied for 3 years at the Helen Keller National Center for Deaf-Blind Youth and Adults in Sands Point, New York. She has taught both privately and corporately for many years. Barbara joined LLI in 2016 and invites her fellow LLI members to come and learn a type of communication that is beautiful, rewarding and practical.
- Powers, Jr., Francis Gary** was born on June 5, 1965, in Burbank, California, and is the son of Francis Gary and Claudia “Sue” Powers. Gary holds a Bachelor of Arts Degree in Philosophy, a master’s degree in Public Administration, a Certification in Nonprofit Management, and a master’s in U.S. History. Gary is the Founder and Chairman Emeritus of The Cold War Museum, a 501(c)3 charity located in Vint Hill, Virginia, 45 minutes west of Washington, DC. He founded the museum in 1996 to honor Cold War veterans, preserve Cold War history and educate future generations about this time period. In 2002, the Junior Chamber of Commerce selected him as one of the “Ten Outstanding Young Americans.” In 2015 he consulted for a Steven Spielberg Cold War thriller, “Bridge of Spies” about James Donovan who brokered the 1962 spy exchange between Rudolph Abel and U-2 pilot, Francis Gary Powers, Sr. He is a board member of the SAC and Aerospace Museum and an Honorary Board Member of the International Spy Museum. Gary lectures internationally and appears regularly on CSPAN, the History, Discovery, and A&E Channels. He is married and has one son.
- Pritchard, Carol** is a French teacher who taught beginning, intermediate, advanced and adult education classes for forty years. She taught in the school systems of Baltimore City and County, Maryland; Pittsford, New York; and Chesterfield County, Virginia. Locally, she taught at Monacan High School (until 1994) and James River High School (until 2008). She retired from CCPS in July 2008 and has been a member of LLI since 2009.
- Ramirez, Rachel** has been the Executive Director at LLI in Chesterfield since March 2014. She previously worked for four years in IT and as a Financial Team Manager for a nonprofit in Mechanicsville. Before that she was an Assistant Branch Manager with First Market Bank in Richmond and a Store Manager at Starbucks Coffee Company. Rachel has enjoyed attending and serving with Clover Hill Church since 2003 and is grateful for the opportunities she has had to work with Give Hope 2 Kids, a children's home in the mountains of Honduras. Rachel earned a bachelor’s degree in Organizational Leadership and Management from Regent University in 2006 and a Master’s Degree in Public Administration with a Graduate Certificate in Nonprofit Management from VCU in 2018. Rachel and her husband, Luis, love spending time with family and friends, hiking, traveling, and are looking forward to welcoming their second-born son in September 2021!
- Rawls, Waite** retired at the end of 2019. He previously served as the President of the American Civil War Museum Foundation. He received a B.A. at Virginia Military Institute and was awarded an M.B.A. and J. D. by the University of Virginia. Some of the positions he held in the banking, investment, and money markets fields were: Managing Director, Chemical Bank, New York; Vice Chairman, Continental Bank, Chicago; Executive Vice President, The Chicago Corporation; and Chief Operating Officer of Ferrell Capital Management, Greenwich, Conn. He also led a start-up technology company and has been a visiting or adjunct professor at University of Virginia's Darden Graduate School of Business Administration and Illinois Institute of Technology.
- Reese, Patrice** is a graduate of East Carolina University's School of Art with a degree in Art Education. She has exhibited throughout the United States and studied with several master artists. She believes anyone can become an artist with an open mind, enough practice, and a strong concept. She has been featured in PALETTE magazine and is represented by Uptown Gallery in Richmond.
- Rideout, Kimberly** is currently a Fire and Life Safety Educator for Chesterfield Fire and EMS in Virginia. She has more than 19 years of experience in public safety, serving in career and volunteer roles. She volunteers her time with the Tidewater Critical Incident Stress Management Team in Hampton Roads, Virginia and has most recently become an authorized volunteer for Operation Lifesaver. Kimberly is a graduate of the Southside Regional Fire Academy, has attended the National Fire Academy, and holds multiple degrees from Radford University.

- Ryther, Patricia** is retired from a career in banking and insurance, where her jobs included writing user manuals and other nonfiction. She has a degree in English and has taught at the community college level. In retirement, Patricia is pursuing a lifelong interest in fiction writing and has been an LLI member since 2018.
- Saunders, George** is a graduate of Virginia Commonwealth University. A lifelong student of railroad history, he has been an active member of the Old Dominion Chapter of the National Railway Historical Society for more than 40 years. Contributing in countless capacities, including serving on the board of directors, he currently serves as the facilities rental manager for the chapter's museum in Richmond, Virginia. In the past, George has done PowerPoint presentations on "The Development of Trains in the South and their Use in 1864" and "Railroad Communications in 1864" at the American Civil War Museum, the Richmond Railroad Museum, and LLI as part of the Sesquicentennial lecture series on the war.
- Schaffer, Les** is a long-time LLI instructor, storyteller, retired counselor, veteran and cowboy-at-heart . His resume stretches through being a founding member of the Tell Tale Hearts Storytellers Theater Company, pioneering treatment programs for violent men and adolescent sex offenders, operating a pottery clay manufacturing company, as well as working in photography and retail advertising. These days, Les performs and teaches storytelling in a variety of settings, including theaters, libraries, schools, independent and assisted living centers, churches, workshops and conferences. He fully believes that storytelling can save the world and that a good story will get you out of just about anything.
- Schimmel Gold, Sandy** has been a professional artist for over 15 years. Her work is in personal, corporate and museum collections around the world. Sandy's specialty is creating paper mosaic portraits and other works from recycled materials including junk mail! Prior to fine art, Sandy worked in nonprofit, visual merchandising and design. She's a lifelong learner and is always experimenting with new techniques and ideas.
- Scimone, Bonnie** serves as the Lead Community Outreach and Marketing Specialist for The VirginiaNavigator Family of Websites. Bonnie has been with the organization since 2006. She graduated from Longwood University with a Bachelor of Science degree in Home Economics and received her Elementary Education Teaching Certificate from Virginia Commonwealth University. Bonnie has one son in Georgia, one daughter in Chesterfield and five grandchildren. Bonnie resides in Chesterfield County and serves Central Virginia and Tidewater.
- Seay, William** is a professor in the Economics department at VCU and the History department at J. Sargeant Reynolds Community College. He was previously an affiliated professor of History and Geography at John Tyler Community College. He is also a visiting summer lecturer on call at Concordia and McGill Universities in Montreal as well as at Bishop's University in Sherbrooke, Quebec, Canada, and for the School of Continuing Education at Oxford and Cambridge Universities in Great Britain. In November 2014, William was invested as a KM (Knight Member) in The Most Venerable Order of St. John of Jerusalem (the oldest British Crusader order that dates back to 1109 AD). Presently, William serves as a supply minister for the Presbyterian Church USA. He is completing commissioned pastor training between Union Presbyterian and Princeton Seminaries with graduation from Princeton in 2020.
- Simpson, Tammy** is the Volunteer Coordinator of Recover Hope. She is a retired Master Sargent, USMC, Director of the Airborne and Air Delivery School at Fort Lee, Educator, and Sexual Victim Advocate. Tammy has also served as an Ambassador of the Prevention Project for the Richmond Justice Initiative.
- Smith, Shawn** is the State Director for the Virginia Senior Medicare Patrol. He has a background in Sales and Marketing, Non-Profit Management and Christian Counseling. He is passionate about advocating for underserved communities and empowering those communities to become self-advocates.
- Smith, Shep** is a native of Richmond. He holds a Bachelor's degree from RPI, now VCU, and a Master's degree from the University of Richmond. He taught American history at Thomas Dale High School in Chesterfield County for over 30 years.

- Steger, Martha** has worked on both sides of the media, having been senior editor of Richmond Lifestyle Magazine before being public relations director for the Virginia Tourism Corporation for over 25 years. She's presently a freelance writer covering travel, business, and profiles for publications ranging from Fine Books and Collections Magazine to AAA magazines and Boomer, Richmond and Virginia Business magazines. Martha's pandemic time was partially spent writing two articles: a Virginia travel article in the July issue of Richmond Magazine and a health-care article in the July issue of Fifty Plus, Richmond. She has a short piece on a very rare Virginia lobster coming out in a future issue of Virginia Living Magazine.
- Stevens, Peggy** is a retired teacher with both CCPS and VCU. Her favorite topics were Biomes and animal behaviors within those biomes. Peggy has taught a course in critical thinking using puzzles for seniors. Reading and jigsaw puzzles are two of her favorite ways to pass the time. Peggy has been an LLI member since 2008 but recently moved to North Carolina so she will be teaching an online course.
- Stock, Kendalle** has been in the field of insurance in Chesterfield since 1985. A graduate of High Point University, Kendalle also earned her Chartered Life Underwriter (CLU) designation in 1999. She has owned her own multi-line insurance agency, worked in the long-term care (LTC) insurance field, and in group benefits. In 2013, she decided to make Medicare her primary focus, realizing how so many people were overwhelmed and confused by this program. Her passion is to help educate her clients so they understand the options well enough to make informed decisions about this important part of retirement. More information can be found on her website: CommonwealthMedicareAdvisors.com
- Street, Altise** is the Richmond/Southside Outreach Manager for 2-1-1 VIRIGNIA and a Certified Internet Research Specialist (CIRS). She is a native of Chesterfield, Virginia, studied Business at Virginia Commonwealth University and proceeded to obtain her master's degree from the University of Phoenix. Passionate about helping her community, Altise forgot about working in the business world and started working with the United Way of Greater Richmond and Petersburg, which was a natural fit. In her free time, Altise loves to travel with her son, Duvan. She also volunteers at her church and loves to work with children. Grateful for an amazing group of family and friends, Altise makes sure that she stays in her community helping where she can.
- Strmel, Damir** is the Director of Quantitative Development for a privately held Investment Advisor in Midlothian. He began Tai Chi play over 20 years ago. He studied Yang style Tai Chi Chuan (open hand) and Jian (straight sword) forms with Sensei Nate Mohler, D.O.M., Chen style Tai Chi Chuan with David Christophy, and Qi Gong with Alena Nikos in Sarasota FL. He has continued his Tai Chi play in Richmond by taking classes in Yang, Sun and Wu styles of Tai Chi Chuan, which gives him a knowledge of all four of the major styles of Tai Chi. Damir has been playing Brazilian, Cuban, and African percussion instruments for 40 years. He was on the founding board of the Empire Loisaída Samba School in New York City. This was the first Samba organization in the US which modeled itself on the samba schools of Rio de Janeiro. He learned to play a variety of drums and hand-held percussion instruments in several styles of traditional Brazilian rhythms. His teachers included: Claudio and Jorge da Silva, Cyro Baptista, Toni Nogueira, Nana Vasconcelos, and Babatunji Olatunji. Damir has also studied Afro-Cuban percussion with Ricardo Torres and Jerry Gonzales in NYC and more recently with Ramon Marquez Dominquez in Santiago, Cuba. Damir's other interests include creating art, playing and recording music, and enjoying the outdoors through hiking and golfing.
- Swarengen, Mark** is a veteran and retired civil servant with experience in military planning, field artillery, and public affairs. In the 1980s he was also a columnist for the European Edition of The Stars and Stripes. He has been an LLI member since 2015.

- Szabo, Linda** pursues her passion for painting and interest in color through experimentation with watercolor and other medias as a way to express her creative ideas. She paints beautifully colorful, crisp paintings of landscapes and flora in which her love of the natural world is the essence. As a sought-after watercolor teacher, Linda has taught students of all ages and skill levels for 40+ years and continues to stay connected to her students as they explore their creativity and self-expression. Linda’s teaching style is clear and detailed as she guides her students on how to create beautiful work. Linda holds a graduate degree in textile arts and then honed her painting skills under the personal mentorship of world-renowned watercolor artist and author, Zoltan Szabo who was also Linda’s husband. She joined LLI in 2021 to take online classes from her home in Arizona.
- Thomas-Jackson, Nicole** Ed.D., has been in the fitness industry for over 15 years. A certified fitness instructor since 2001, Nicole has taught group fitness classes in a variety of settings. Classes have included high impact aerobics, low impact aerobics, lite physical fitness and senior fitness. Nicole has also taught elementary physical fitness and currently holds an elementary teaching certificate.
- Triesler, James** has been the Director of Education at the Virginia War Memorial since October 2015. He has served on the Board of the Veterans of the Battle of the Bulge and the Genealogical Research Institute of Virginia. He has a degree in Political Science from East Carolina and a Master’s Degree in Education from VCU. Currently, he’s working on a Certificate in Public History at the University of Richmond. For 20 years, James taught Social Studies at Clover Hill High School in Chesterfield and was the recipient of a Save Our History Award from the History Channel for his class project on WWII. He won an R.E.B. Award for \$10,000 that took him to Europe to conduct interviews and explore WWII sites. He was the Chesterfield County Teacher of the Year and the Virginia State Region I Teacher of the Year. James is passionate about the study of WWII.
- Truzzie, Bryan** is the Historic Sites Supervisor for the Chesterfield County Parks and Recreation Department and a member of the Chesterfield Historical Society of Virginia.
- Vance, Frank** works in the office of Citizens Information and Resources with Chesterfield County and is focused on mobility services.
- Vogel, Suzanne** holds her Licensed Clinical Social Worker (LCSW) license and is employed with Chesterfield County Mental Health, where she works with adults who have serious mental illness to bring them together in community and help them utilize their strengths to gain more independence. Earlier in life, she was employed as a software engineer. She self-identifies as a cat mom, an outdoors lover, a healthy foods fanatic, a seeker and creator of beauty, and, last but not least, a spiritual being having a human experience.
- Waddell, Allison** has been a physical therapist in the Richmond area for 13 years. She graduated from VCU in 2008, spent 10 years working at Sheltering Arms, and she has worked at VCU Health at Stony Point since 2018. She is an orthopedic clinical specialist working to help heal injuries in multiple areas of the body. Allison emphasizes pain neuroscience education as part of her patient care. She has taught an introductory Spanish course to physical therapy students and volunteers with the student run pro bono CARES clinic at VCU. She is excited to be a part of the LLI community! While not working, she spends time with her husband, two Dachshunds and cat.
- Warner, Mervin** has been carving since the mid 1980's and started carving to learn to represent objects in three dimensions versus the two dimensions of drawing. He has been a member of the James River Wood Carvers since the mid 80's. He prefers to carve objects in the round and enjoys carving sea mammals, masks and projects that provide a challenge.

- Watford, Sylvia** is the Senior Financial Education Specialist with Virginia Credit Union. Sylvia is pleased to lead financial education topics throughout the year for the Lifelong Learning Institute. With more than 245,000 member-owners, Virginia Credit Union is the largest state-chartered credit union in Virginia. A regional leader in financial education for members and the public, Virginia Credit Union's classes, workshops and seminars reached more than 14,000 individuals each year. Virginia Credit Union provides a variety of affordable banking services, loans, mortgages, and free financial education resources with a focus on helping people feel more confident about their finances. Real estate services are offered by Virginia CU Realty, LLC, an affiliate of Virginia Credit Union. Virginia CU Realty, LLC, is a separate and distinct legal entity from Virginia Credit Union, Inc.
- Waybright, Jon** is a field archaeologist and assistant professor in Religious Studies at Virginia Commonwealth University where he has taught courses since 1997, focusing on World Religions, Biblical Studies, and Near Eastern Archaeology. He earned his Master of Theological Studies from Boston University's School of Theology and holds degrees in History and Religious Studies from VCU. Mr. Waybright's field experience is expansive and focuses on southern Israel. While spending a dozen seasons excavating at Ashkelon, he has conducted field research at Khirbet Qeiyafa, Tell Lachish, and Khirbet al-Rai. He has been the Experiential Coordinator for the School of World Studies since 2013 and is also a core faculty member in the VCU Open Minds Program with the Richmond City Justice Center where classes are held in tandem with both VCU students and incarcerated residents. Mr. Waybright leads a study abroad program to Israel in the summers, where students engage in archaeological research with a multi-university team of researchers.
- Weidner, Heather** has been a cop's kid, technical writer, editor, college professor, software tester, and IT manager. Vintage Trailers and Blackmailers is the first in her cozy mystery series, the Jules Keene Glamping Mysteries. She also writes the Delanie Fitzgerald mystery series set in Virginia (Secret Lives and Private Eyes, The Tulip Shirt Murders, and Glitter, Glam, and Contraband). Her short stories appear in the Virginia is for Mysteries series, 50 Shades of Cabernet, Deadly Southern Charm, and Murder by the Glass, and her novellas appear in The Mutt Mysteries series (To Fetch a Thief, To Fetch a Scoundrel, To Fetch a Villain, and To Fetch a Killer). She is a member of Sisters in Crime – Central Virginia, Sisters in Crime – Chessie, Guppies, International Thriller Writers, and James River Writers. Originally from Virginia Beach, Heather has been a mystery fan since Scooby-Doo and Nancy Drew. She lives in Central Virginia with her husband and a pair of Jack Russell terriers.
- Whitfield, Donna** is a current member of LLI. She is a former English teacher with Chesterfield County. She started beading in 1998 and specializes in bead weaving. Donna enjoys playing Mah Jongg and Triple Play with her friends.
- Woods, Nena** has a BA in French and Spanish from the University of North Carolina at Wilmington and has taught all levels of Spanish since 1981. Her latest experience was teaching K-8th grade at the Sabot at Stony Point private school here in Richmond. She has traveled many times to Spain especially the Canary Islands where her mother's family lives.
- Wriston, Michael** has been an adjunct member of the faculty at the University of Richmond for over 25 years and is the founder and president of The Reinvention Factory and The Competitive Edge. An established and published expert on leadership development and the creation of high-performance teams and cultures, Dr. Wriston has most recently developed broad and practical expertise on the development of talent, nurturing personal resiliency and enabling people to discover their gifts, their story and their life's purpose to ensure that they're able to fulfill their destiny. A native Vermonter and guardian of the environment, Dr. Wriston is a long-time soccer coach and the proud father of four remarkable sons.
- Wynn, Howard** is a retired recreational supervisor for the VA Department of Juvenile Justice. When this former paratrooper and Vietnam veteran isn't glued to an art project, he enjoys Phase 10, backgammon, corn hole, and any other sports-related activity. His mother's experience with Alzheimer's was a pivotal moment in his life that has inspired and encouraged him to share his creative talents.



Monday	Tuesday	Wednesday	Thursday	Friday
9/6/2021	9/7/2021	9/8/2021	9/9/2021	9/10/2021
LLI Closed	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD080 - Woodcarving	9:30a-11a PR076 - The Philosophy of AI	8:15a-9:15a FI003 - Fusion Fitness
 <p>HAPPY LABOR DAY</p>	11a-12p HS458 - Abraham Lincoln Assassination	9a-10:30a HS002 - Cultural Anthropology	9:30a-11:30a WG009 - Mah Jongg	9a-10a HS421 - History of the United States
	11a-12p LA022 - Basic Arabic Script	9:30a-12:30p LE143 - Beaded Lanyard A	10a-11a HW344 - Essential Tremor Treatment	9a-10a HW190 - Breast Cancer Awareness
	11a-1p WG013 - Spades	9:45a-10:45a FI017 - Wednesday Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	9a-12p WG010 - Bridge
	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	9:30a-10:30a FI029 - Chair Yoga
	12:30p-1:30p LA006 - Basic Conversational Spanish	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	10a-12p WG007 - Hand and Foot and Triple Play
	1p-3p WG001 - Social Bingo	11a-12:30p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	10:30a-11:30a LS145 - Mobility Services
	1p-2:30p IA999 - Orientation for New Members	11a-12p LS077 - Workshop for Instructors	1p-2p FI010 - Chair Yoga	11a-11:45a AD024 - Beginner American Tango
	1:30p-2:30p HS459 - Abraham Lincoln Assassination (Online)	12p-1p AD210 - Intro to Percussion and Samba	1p-2p HW339 - Tear Soup	12p-1p AD022 - Intermediate Ballroom Dance
		1p-2:15p HS003 - Current Events A	2p-3:45p AD111 - Intermediate Watercolor	1p-3p EL015 - Aspiring Writer's Critique
		1p-2p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	1p-3p WG002 - Social Bingo
		1p-3p WG006 - Cards and Games	2:30p-3:30p FI007 - Gentle Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi
		1:30p-3:30p LE032 - Knitters United	2:30p-3:30p IA997 - Q&A for Current Members	
		2:30p-3:30p FI015 - Pilates		
		2:30p-3:45p HS004 - Current Events B		



Monday	Tuesday	Wednesday	Thursday	Friday
9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021
8:30a-9:30a HW264 - Joy of Meditation	8:15a-9:15a FI021 - Fusion Fitness	8:30a-9:30a HW264 - Joy of Meditation	9a-10a PR044 - Genesis and Science	8:15a-9:15a FI003 - Fusion Fitness
9a-10a FI001 - Low Impact	8:30a-9:30a HW264 - Joy of Meditation	9a-11a AD080 - Woodcarving	9:30a-11a PR076 - The Philosophy of AI	9a-10a HS421 - History of the United States
9a-10a LE197 - Brain Aerobics	9a-10a LS069 - VirginiaNavigator	9:30a-10:30a HS362 - Women in the Civil War	9:30a-11:30a WG009 - Mah Jongg	9a-12p WG010 - Bridge
9a-10:30a LE232 - Wire and Bead Earrings	9:30a-11a AD222 - Improvisational Art, Part 1	9:30a-12:30p LE147 - Beaded Lanyard B	10:15a-11:15a AD075 - Line Dance Practice	9:30a-10:30a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a HS469 - History of Castlewood	9:45a-10:45a FI017 - Wednesday Fun Fitness	10:30a-12:30p AD012 - Advanced Watercolor	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p HS325 - The Sixties	10a-11a AD021 - Tap Dancing	10a-10:45a AD219 - Beginner Blues Piano (Online)	10:30a-12p CO076 - Cable TV Alternatives	10a-11:30a EL084 - Pigs and Reputation Stories (Online)
10:30a-12:30p LE045 - Beginning Genealogy	10:30a-12:30p LE178 - Intermediate Genealogy	10a-11a EF117 - Avoiding Identity Theft	10:30a-12p PR074 - Spiritual Storytelling	10:45a-12p HS462 - The History of Spain
11a-12p FI028 - Gentle Yoga	11a-12p HS458 - Abraham Lincoln Assassination	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-11:45a AD024 - Beginner American Tango
11a-12p LE189 - Snapshots to Photographs	11a-12p HS464 - Food and Culture (Online)	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD022 - Intermediate Ballroom Dance
12:30p-1:30p HS457 - Revolting Developments	11a-12p LA022 - Basic Arabic Script	11a-12:30p LA003 - Beginning Sign Language	12:45p-2:15p AD015 - Advanced Reader's Theater	12:30p-2p CO058 - iPhone Basics
12:30p-1:15p HW342 - Beginning Tai Chi	11a-1p WG013 - Spades	12p-1p AD210 - Intro to Percussion and Samba	1p-2p FI010 - Chair Yoga	1p-2:30p HW345 - Fall Prevention at Home (Online)
1p-2:30p AD221 - Experimental Watercolor (Online)	11:30a-12:30p AD058 - Country Line Dancing	1p-2:30p LS147 - Hospice Crafts	1p-2p HS460 - America's Founding Fathers	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	12:30p-1:30p LA006 - Basic Conversational Spanish	1p-3p WG006 - Cards and Games	1:30p-3p LS132 - End of Life Services	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-3:30p LS111 - Using Feng Shui	1p-2p FI006 - Chair Yoga	1:15p-2:30p HS463 - The History of Spain (Online)	2p-3:45p AD111 - Intermediate Watercolor	
2p-3:30p LE241 - Beginning Pine Baskets	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Knitters United	2p-3:30p PR002 - Bible Discussion	
2p-3:30p PR079 - The Dead Sea Scrolls Today	1p-2p SE143 - Who Offed Colonel Mustard?	2:30p-3:30p FI015 - Pilates	2:30p-3:45p AD105 - Funtastics Choral Group	
2:30p-3:30p AD182 - Learn Ventriloquism	1:30p-2:30p HS459 - Abraham Lincoln Assassination (Online)	2:30p-3:30p EF105 - Emergency Preparedness	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3p LS150 - Dispelling Hospice Myths			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
9/20/2021	9/21/2021	9/22/2021	9/23/2021	9/24/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD080 - Woodcarving	9a-10a PR044 - Genesis and Science	8:15a-9:15a FI003 - Fusion Fitness
9a-10:30a LE232 - Wire and Bead Earrings	9a-10:30a LE010 - Learn to Play Mah Jongg	9a-10:30a HS002 - Cultural Anthropology	9:30a-11a PR076 - The Philosophy of AI	9a-10a AD224 - Line Dancing Party (Online)
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a LS148 - Introduction to PACE	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9a-12p WG010 - Bridge
10:30a-12p HS325 - The Sixties	9:30a-11a AD222 - Improvisational Art, Part 1	10a-10:45a AD219 - Beginner Blues Piano (Online)	10:15a-11:15a AD075 - Line Dance Practice	9:30a-10:30a FI029 - Chair Yoga
10:30a-12:30p LE045 - Beginning Genealogy	9:30a-10:45a CO141 - Windows Tips and Tricks (Online)	11a-12p EL043 - Enjoy Poetry	10:30a-12p CO076 - Cable TV Alternatives	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	9:30a-10:30a EL048 - Beginning Memoir Writing	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p PR074 - Spiritual Storytelling	10:45a-12p HS462 - The History of Spain
11a-12p LE189 - Snapshots to Photographs	10a-11a AD021 - Tap Dancing	11a-12:30p LA003 - Beginning Sign Language	11:30a-12:15p FI005 - Sit and Be Fit	11a-11:45a AD024 - Beginner American Tango
11a-12:30p LS084 - Developing Optimism	10:30a-12:30p LE178 - Intermediate Genealogy	11a-12:30p LE254 - Pandemic Tales and Tails	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD022 - Intermediate Ballroom Dance
12:30p-1:30p HS457 - Revolting Developments	11a-12p HS458 - Abraham Lincoln Assassination	12p-1p AD210 - Intro to Percussion and Samba	12:45p-2:15p AD015 - Advanced Reader's Theater	12:30p-2p CO058 - iPhone Basics
12:30p-1:15p HW342 - Beginning Tai Chi	11a-12p HS464 - Food and Culture (Online)	1p-2:15p HS003 - Current Events A	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writer's Critique
1p-2:30p AD221 - Experimental Watercolor (Online)	11a-12p LA022 - Basic Arabic Script	1p-2p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	1p-2:30p HW345 - Fall Prevention at Home (Online)
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	1p-3p WG006 - Cards and Games	2:30p-3:45p AD105 - Funtastics Choral Group	1p-3p WG002 - Social Bingo
2p-3:30p LA015 - Conversational German	11:30a-12:30p AD058 - Country Line Dancing	1:15p-2:30p HS463 - The History of Spain (Online)	2:30p-3:30p FI007 - Gentle Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p LE241 - Beginning Pine Baskets	12:30p-1:30p LA006 - Basic Conversational Spanish	1:30p-3:30p HW322 - ADHD Solutions		
2p-3:30p LS154 - Community Resources for All (Online)	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Knitters United		
2p-3:30p PR079 - The Dead Sea Scrolls Today	1p-3p WG001 - Social Bingo	2:30p-3:30p FI015 - Pilates		
2:30p-3:30p AD182 - Learn Ventriloquism	1:30p-3p EL009 - Continuing Memoir Writing	2:30p-3:45p HS004 - Current Events B		
3:30p-4:30p LLI Board of Directors Meeting	1:30p-3p HS089 - Great Decisions			
	1:30p-2:30p HS459 - Abraham Lincoln Assassination (Online)			
	2p-3p EF118 - Organizing Your Records			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
9/27/2021	9/28/2021	9/29/2021	9/30/2021	10/1/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	9a-11a EF104 - Estates and Probate	8:15a-9:15a FI003 - Fusion Fitness
9a-10a LE197 - Brain Aerobics	9a-10:30a EF137 - LTC Insurance and Home Care	9a-11a HW312 - A Matter of Balance	9a-10a PR044 - Genesis and Science	9a-10a HS421 - History of the United States
9a-10:30a LE232 - Wire and Bead Earrings	9a-10:30a LE010 - Learn to Play Mah Jongg	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a PR076 - The Philosophy of AI	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a LS148 - Introduction to PACE	10a-10:45a AD219 - Beginner Blues Piano (Online)	9:30a-11:30a WG009 - Mah Jongg	9:30a-10:30a FI029 - Chair Yoga
10:30a-12p HS325 - The Sixties	9:30a-11a AD222 - Improvisational Art, Part 1	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12:30p LE045 - Beginning Genealogy	9:30a-10:30a EL048 - Beginning Memoir Writing	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	10:45a-12p HS462 - The History of Spain
11a-12p FI028 - Gentle Yoga	10a-11a AD021 - Tap Dancing	11a-12:30p LA003 - Beginning Sign Language	10:30a-12p PR074 - Spiritual Storytelling	11a-11:45a AD024 - Beginner American Tango
11a-12p LE189 - Snapshots to Photographs	10:30a-12:30p LE178 - Intermediate Genealogy	12p-1p AD210 - Intro to Percussion and Samba	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD022 - Intermediate Ballroom Dance
11a-12:30p LS084 - Developing Optimism	11a-12p HS458 - Abraham Lincoln Assassination	1p-2p LE252 - Genealogy Discussions	12p-1:30p AD141 - Lifelong Musicians	12:30p-2p CO058 - iPhone Basics
12:30p-1:30p HS457 - Revolting Developments	11a-12p HS464 - Food and Culture (Online)	1p-3p WG006 - Cards and Games	12:45p-2:15p AD015 - Advanced Reader's Theater	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi	11a-12p LA022 - Basic Arabic Script	1:15p-2:30p HS463 - The History of Spain (Online)	1p-2p FI010 - Chair Yoga	1p-2p HS480 - Violins of Hope Virtual Tour (Online)
1p-2:30p AD221 - Experimental Watercolor (Online)	11a-1p WG013 - Spades	1:30p-3:30p LE032 - Knitters United	1p-2p HS460 - America's Founding Fathers	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	2:30p-3:30p FI015 - Pilates	2p-3:45p AD111 - Intermediate Watercolor	
2p-3:30p LA015 - Conversational German	12:30p-1:30p LA006 - Basic Conversational Spanish		2p-3:30p PR002 - Bible Discussion	
2p-3:30p LE241 - Beginning Pine Baskets	1p-2p FI006 - Chair Yoga		2:30p-3:45p AD105 - Fantastics Choral Group	
2p-3:30p PR079 - The Dead Sea Scrolls Today	1p-3p WG001 - Social Bingo		2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p AD182 - Learn Ventriloquism	1:30p-3p EL009 - Continuing Memoir Writing			
	1:30p-2:30p HS459 - Abraham Lincoln Assassination (Online)			
	1:30p-3p HW348 - Embracing Yourself			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	9:30a-11a PR076 - The Philosophy of AI	8:15a-9:15a FI003 - Fusion Fitness
9a-10a LE197 - Brain Aerobics	9a-10:30a EF138 - Medicare Part D (Online)	9a-10:30a EF106 - Senior Scams	9:30a-11:30a WG009 - Mah Jongg	9a-10a HS421 - History of the United States
9a-10:30a LE232 - Wire and Bead Earrings	9a-10:30a HS087 - Global Cultural Geography	9a-11a HW312 - A Matter of Balance	10:15a-11:15a AD075 - Line Dance Practice	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a LE010 - Learn to Play Mah Jongg	9:30a-10:45a CO139 - Online Data Storage A (Online)	10:30a-12:30p AD012 - Advanced Watercolor	9:30a-10:30a FI029 - Chair Yoga
10:30a-12p HS325 - The Sixties	9:30a-10:30a EL048 - Beginning Memoir Writing	9:45a-10:45a FI017 - Wednesday Fun Fitness	10:30a-12p PR074 - Spiritual Storytelling	9:30a-11:30a HW286 - Stop the Bleed
10:30a-12:30p LE045 - Beginning Genealogy	10a-11a AD021 - Tap Dancing	10a-10:45a AD219 - Beginner Blues Piano (Online)	11a-12p HS470 - Chesterfield Trivia	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	10:30a-12:30p LE178 - Intermediate Genealogy	11a-12p EL043 - Enjoy Poetry	11a-12p LS109 - The 4-1-1 on 2-1-1 VIRGINIA	10:45a-12p HS462 - The History of Spain
11a-12p LE189 - Snapshots to Photographs	11a-12p HS458 - Abraham Lincoln Assassination	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD022 - Intermediate Ballroom Dance
11a-12:30p LS085 - The Art of Reinvention	11a-12p HS464 - Food and Culture (Online)	11a-12:30p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	12:30p-2p CO092 - Intermediate iPhone
12:30p-1:30p HS457 - Revolting Developments	11a-12p LA022 - Basic Arabic Script	12p-1p AD210 - Intro to Percussion and Samba	12:45p-2:15p AD015 - Advanced Reader's Theater	1p-3p EL015 - Aspiring Writer's Critique
12:30p-1:15p HW342 - Beginning Tai Chi	11a-1p WG013 - Spades	1p-2:15p HS003 - Current Events A	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
1p-2:30p AD221 - Experimental Watercolor (Online)	11:30a-12:30p AD058 - Country Line Dancing	1p-2p LE252 - Genealogy Discussions	1p-2p HS460 - America's Founding Fathers	1p-3p LS153 - Nonviolent Communication
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2p-3:45p AD111 - Intermediate Watercolor	1:30p-3p AD170 - Wind Ensemble
2p-3:30p LA015 - Conversational German	1p-2p PR075 - The Life of Jesus	1:15p-2:30p HS463 - The History of Spain (Online)	2p-3:30p PR002 - Bible Discussion	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p LE241 - Beginning Pine Baskets	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Knitters United	2:30p-3:45p AD105 - Fantastics Choral Group	
2p-3:30p PR079 - The Dead Sea Scrolls Today	1:30p-3p EL009 - Continuing Memoir Writing	2:30p-4p AD218 - The Works of Salvador Dali (Online)	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p AD182 - Learn Ventriloquism	1:30p-2:30p HS459 - Abraham Lincoln Assassination (Online)	2:30p-3:30p FI015 - Pilates		
2:30p-3:30p CO138 - Biomes and Animal Behaviors (Online)	2p-3:30p HS327 - Perspectives on World War II	2:30p-3:45p HS004 - Current Events B		
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	9a-10a LA019 - French Conversation	8:15a-9:15a FI003 - Fusion Fitness
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EF113 - Medicare Part D	9a-10:30a HS002 - Cultural Anthropology	9:30a-11a PR076 - The Philosophy of AI	9a-10:30a HS395 - Audubon's America
10:30a-12p HS325 - The Sixties	9a-10:30a HS087 - Global Cultural Geography	9a-11a HW312 - A Matter of Balance	9:30a-11:30a WG009 - Mah Jongg	9a-10a HS421 - History of the United States
10:30a-12:30p LE045 - Beginning Genealogy	9a-10:30a LE010 - Learn to Play Mah Jongg	9:45a-10:45a FI017 - Wednesday Fun Fitness	10a-11:30a EL085 - New Writers Stories (Online)	9a-12p WG010 - Bridge
11a-12p FI028 - Gentle Yoga	9:30a-10:30a EF115 - Estate Planning (Online)	10a-10:45a AD219 - Beginner Blues Piano (Online)	10:15a-11:15a AD075 - Line Dance Practice	9:30a-10:30a FI029 - Chair Yoga
11a-12p LE189 - Snapshots to Photographs	9:30a-10:30a EL048 - Beginning Memoir Writing	10:30a-11:30a EF136 - Long Term Care Insurance (Online)	10:30a-12:30p AD012 - Advanced Watercolor	10a-12p WG007 - Hand and Foot and Triple Play
11a-12:30p LE253 - Easy Cooking for Fall (Online)	10a-11a AD021 - Tap Dancing	11a-12:30p AD129 - Three Bs of Classical Music	10:30a-12p PR073 - Jewish Legends of the Bible	10:45a-12p HS462 - The History of Spain
11a-12:30p LS085 - The Art of Reinvention	10:30a-12:30p LE178 - Intermediate Genealogy	11a-12p EL043 - Enjoy Poetry	10:30a-12p PR074 - Spiritual Storytelling	11a-11:45a AD031 - Beginner Romantic Rumba
12:30p-1:30p HS457 - Revolting Developments	11a-12p HS458 - Abraham Lincoln Assassination	11a-11:45a FI018 - Sit and Be Fit	11a-12p LS086 - CCPL Resources	12p-1p AD022 - Intermediate Ballroom Dance
12:30p-1:15p HW342 - Beginning Tai Chi	11a-12p HS464 - Food and Culture (Online)	11a-12:30p LA003 - Beginning Sign Language	11:30a-12:15p FI005 - Sit and Be Fit	12:30p-2p CO092 - Intermediate iPhone
1p-2:30p AD221 - Experimental Watercolor (Online)	11a-12p LA022 - Basic Arabic Script	12p-1p AD210 - Intro to Percussion and Samba	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	1p-2p LE252 - Genealogy Discussions	12:45p-2:15p AD015 - Advanced Reader's Theater	1:30p-3p AD170 - Wind Ensemble
2p-3:30p CO137 - Google Apps	11:30a-12:30p AD058 - Country Line Dancing	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p PR079 - The Dead Sea Scrolls Today	12:30p-1:30p HS471 - Archaeology in Chesterfield	1p-2:30p HW231 - Pain Management Strategies	1p-2p HS460 - America's Founding Fathers	
2:30p-3:30p AD182 - Learn Ventriloquism	1p-2p FI006 - Chair Yoga	1:15p-2:30p HS463 - The History of Spain (Online)	1:30p-3p HW351 - Reduced Hand Mobility	
2:30p-3:30p CO138 - Biomes and Animal Behaviors (Online)	1p-2p PR075 - The Life of Jesus	1:30p-3:30p LE032 - Knitters United	2p-3:45p AD111 - Intermediate Watercolor	
	1p-3p WG001 - Social Bingo	2:30p-4p AD218 - The Works of Salvador Dali (Online)	2p-3:30p PR002 - Bible Discussion	
	1:30p-3p EL009 - Continuing Memoir Writing	2:30p-3:30p FI015 - Pilates	2:30p-3:45p AD105 - Funtastics Choral Group	
	1:30p-2:30p HS459 - Abraham Lincoln Assassination (Online)		2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS327 - Perspectives on World War II			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021
9a-2:30p AD119 - Watercolor Problem Solving	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	9a-10a LA019 - French Conversation	8:15a-9:15a FI003 - Fusion Fitness
9a-10a FI001 - Low Impact	9a-2:30p AD119 - Watercolor Problem Solving	9a-11a HW312 - A Matter of Balance	9:30a-11a PR076 - The Philosophy of AI	9a-10:30a HS395 - Audubon's America
9a-10a LE197 - Brain Aerobics	9a-10:30a CO057 - Intro to the Internet	9a-10:30a LS090 - Transformative Listening	9:30a-11:30a WG009 - Mah Jongg	9a-10a HS421 - History of the United States
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a EL048 - Beginning Memoir Writing	9:30a-10:30a HS474 - Railroads in 1864	10:15a-11:15a AD075 - Line Dance Practice	9a-12p WG010 - Bridge
10:30a-12p IA016 - Annual State of the LLI	10a-11a AD021 - Tap Dancing	9:45a-10:45a FI017 - Wednesday Fun Fitness	10:30a-12:30p AD012 - Advanced Watercolor	9:30a-10:30a FI029 - Chair Yoga
10:30a-12:30p LE045 - Beginning Genealogy	10:30a-12:30p LE178 - Intermediate Genealogy	10a-10:45a AD219 - Beginner Blues Piano (Online)	10:30a-12p PR073 - Jewish Legends of the Bible	10a-12p WG007 - Hand and Foot and Triple Play
11a-12:30p AD220 - Improvisation Games	10:30a-12p LS149 - Introduction to PACE (Online)	11a-12:30p AD129 - Three Bs of Classical Music	10:30a-12p PR074 - Spiritual Storytelling	10:45a-12p HS462 - The History of Spain
11a-12p FI028 - Gentle Yoga	10:30a-12p LS152 - Human Trafficking	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-11:45a AD031 - Beginner Romantic Rumba
11a-12p LE189 - Snapshots to Photographs	11a-12p AD209 - Intro to Readers Theater	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD022 - Intermediate Ballroom Dance
11a-12:30p LE253 - Easy Cooking for Fall (Online)	11a-12p LA022 - Basic Arabic Script	11a-12:30p LA003 - Beginning Sign Language	12:45p-2:15p AD015 - Advanced Reader's Theater	12:30p-2p CO092 - Intermediate iPhone
12:30p-1:30p HS457 - Revolting Developments	11a-1p WG013 - Spades	12p-1p AD210 - Intro to Percussion and Samba	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writer's Critique
12:30p-1:15p HW342 - Beginning Tai Chi	11:30a-12:30p AD058 - Country Line Dancing	1p-2:15p HS003 - Current Events A	1p-2p HS460 - America's Founding Fathers	1p-3p WG002 - Social Bingo
1p-2:30p AD221 - Experimental Watercolor (Online)	12:30p-1:30p HS479 - John Marshall at Home	1p-2:30p LS147 - Hospice Crafts	1:30p-3p LS157 - Planning Final Arrangements	1:30p-3p AD170 - Wind Ensemble
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2p-3:45p AD111 - Intermediate Watercolor	1:30p-3p HS468 - The Admirals Wept (Online)
2p-3:30p CO137 - Google Apps	1p-2p PR075 - The Life of Jesus	1:15p-2:30p HS463 - The History of Spain (Online)	2p-3:30p PR002 - Bible Discussion	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3p HS475 - Origins of the Opioid Crisis	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Knitters United	2:30p-3:45p AD105 - Funtastics Choral Group	
2p-3:30p LA015 - Conversational German	1:30p-3p EL009 - Continuing Memoir Writing	2:30p-4p AD218 - The Works of Salvador Dali (Online)	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p CO138 - Biomes and Animal Behaviors (Online)	1:30p-3p HS089 - Great Decisions	2:30p-3:30p FI015 - Pilates		
2:30p-3:30p AD182 - Learn Ventriloquism (RC)	2p-3:30p HS327 - Perspectives on World War II	2:30p-3:45p HS004 - Current Events B		
3:30p-4:30p LLI Board of Directors Meeting	2p-3:30p LE255 - Fall Slow Cooker Recipes (Online)			
	2:30p-3:30p FI009 - Gentle Yoga			





Monday	Tuesday	Wednesday	Thursday	Friday
10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	9a-10a LA019 - French Conversation	8:15a-9:15a FI003 - Fusion Fitness
9a-10:30a HS461 - The Sixties (Online)	9a-10:30a CO057 - Intro to the Internet	9a-10:30a HS002 - Cultural Anthropology	9:30a-11a PR076 - The Philosophy of AI	9a-10a AD224 - Line Dancing Party (Online)
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a EL048 - Beginning Memoir Writing	9a-11a HW312 - A Matter of Balance	9:30a-11:30a WG009 - Mah Jongg	9a-10:30a HS395 - Audubon's America
10:30a-12:30p LE045 - Beginning Genealogy	10a-11a AD021 - Tap Dancing	9a-10:30a LS090 - Transformative Listening	10a-11:15a CO140 - Online Data Storage B (Online)	9a-10a HS421 - History of the United States
11a-12:30p AD220 - Improvisation Games	10:30a-12p HS466 - Nazi Gold, Silver and Diamonds	9:45a-10:45a FI017 - Wednesday Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	9a-12p WG010 - Bridge
11a-12p FI028 - Gentle Yoga	10:30a-12:30p LE178 - Intermediate Genealogy	10a-10:45a AD219 - Beginner Blues Piano (Online)	10:30a-12p PR073 - Jewish Legends of the Bible	9:30a-10:30a FI029 - Chair Yoga
11a-12:30p LE253 - Easy Cooking for Fall (Online)	10:30a-12p LS149 - Introduction to PACE (Online)	11a-12:30p AD129 - Three Bs of Classical Music	10:30a-12p PR074 - Spiritual Storytelling	10a-12p WG007 - Hand and Foot and Triple Play
12:30p-1:30p HS457 - Revolting Developments	11a-12p AD209 - Intro to Readers Theater	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	10:30a-12p LE122 - No-Stamps Greeting Cards
12:30p-1:15p HW342 - Beginning Tai Chi	11a-12p LA022 - Basic Arabic Script	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	10:45a-12p HS462 - The History of Spain
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11a-12:30p LA003 - Beginning Sign Language	12:45p-2:15p AD015 - Advanced Reader's Theater	11a-11:45a AD031 - Beginner Romantic Rumba
2p-3:30p CO137 - Google Apps	11:30a-12:30p AD058 - Country Line Dancing	12p-1p AD210 - Intro to Percussion and Samba	1p-2p FI010 - Chair Yoga	12p-1p AD022 - Intermediate Ballroom Dance
2p-3:30p LA015 - Conversational German	12:30p-1:30p LA006 - Basic Conversational Spanish	1p-2p LE252 - Genealogy Discussions	1p-2p HS460 - America's Founding Fathers	1p-2p PR078 - History of Christianity
2p-3p PR080 - Misconceptions About Islam	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	1p-3p WG002 - Social Bingo
2:30p-3:30p AD182 - Learn Ventriloquism	1p-3p WG001 - Social Bingo	1p-2p HS472 - History of Bermuda Hundred	2:30p-3:45p AD105 - Funtastics Choral Group	1p-2:30p LE130 - Simple Stamping Greeting Cards
2:30p-3:30p CO138 - Biomes and Animal Behaviors (Online)	1p-2p SE144 - Tarzan and Jane in Wichita	1:15p-2:30p HS463 - The History of Spain (Online)	2:30p-3:30p FI007 - Gentle Yoga	1:30p-3p AD170 - Wind Ensemble
	1:30p-3p EL009 - Continuing Memoir Writing	1:30p-3:30p LE032 - Knitters United		1:30p-2:30p HW343 - Intermediate Tai Chi
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-4p AD218 - The Works of Salvador Dali (Online)		
	2:30p-3:30p HS477 - Civil War Decision Styles	2:30p-3:30p FI015 - Pilates		
	2:30p-3:30p LS151 - Dispelling Hospice Myths (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
11/1/2021	11/2/2021	11/3/2021	11/4/2021	11/5/2021
9a-10a FI001 - Low Impact	<p style="text-align: center;">LLI Closed</p>  <p style="text-align: center;">Election Day</p>	9a-11a AD035 - Woodcarving with Merv	9a-10a LA019 - French Conversation	8:15a-9:15a FI003 - Fusion Fitness
9a-10:30a HS461 - The Sixties (Online)		9a-11a HW312 - A Matter of Balance	9:30a-11a PR076 - The Philosophy of AI	9a-10:30a HS395 - Audubon's America
10a-10:45a FI004 - Sit and Be Fit		9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9a-10a HS421 - History of the United States
10:30a-12:30p LE045 - Beginning Genealogy		10a-10:45a AD219 - Beginner Blues Piano (Online)	10:15a-11:15a AD075 - Line Dance Practice	9a-12p WG010 - Bridge
11a-12:30p AD220 - Improvisation Games		11a-12:30p AD129 - Three Bs of Classical Music	10:30a-12p LS091 - Creating Good Habits	9:30a-10:30a FI029 - Chair Yoga
11a-12p FI028 - Gentle Yoga		11a-12p EL043 - Enjoy Poetry	10:30a-12p PR077 - Acceptance and Hospitality	10a-12p WG007 - Hand and Foot and Triple Play
11a-12:30p LE253 - Easy Cooking for Fall (Online)		11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	10:45a-12p HS462 - The History of Spain
12:30p-1:30p HS457 - Revolting Developments		11a-12:30p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	11a-11:45a AD031 - Beginner Romantic Rumba
12:30p-1:15p HW342 - Beginning Tai Chi		12p-1p AD210 - Intro to Percussion and Samba	12:45p-2:15p AD015 - Advanced Reader's Theater	12p-1p AD022 - Intermediate Ballroom Dance
1p-3p WG004 - Cards and Games		1p-2:15p HS003 - Current Events A	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writer's Critique
2p-3:30p CO137 - Google Apps		1p-2p LE252 - Genealogy Discussions	1p-2p HS460 - America's Founding Fathers	1p-2p PR078 - History of Christianity
2p-3:30p LA015 - Conversational German		1p-3p WG006 - Cards and Games	1:30p-3:30p AD208 - Experimental Acrylics	1p-3p WG002 - Social Bingo
2p-3p PR080 - Misconceptions About Islam		1:15p-2:30p HS463 - The History of Spain (Online)	2p-3:30p PR002 - Bible Discussion	1:30p-3p AD170 - Wind Ensemble
2:30p-3:30p AD182 - Learn Ventriloquism		1:30p-3:30p LE032 - Knitters United	2:30p-3:45p AD105 - Funtastics Choral Group	1:30p-2:30p HW343 - Intermediate Tai Chi
2:30p-3:30p CO138 - Biomes and Animal Behaviors (Online)		2:30p-4p AD218 - The Works of Salvador Dali (Online)	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p FI015 - Pilates		
		2:30p-3:45p HS004 - Current Events B		




Monday	Tuesday	Wednesday	Thursday	Friday
11/8/2021	11/9/2021	11/10/2021	11/11/2021	11/12/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	<p style="text-align: center;">LLI Closed</p>  	8:15a-9:15a FI003 - Fusion Fitness
9a-10:30a HS461 - The Sixties (Online)	9a-10:30a EF134 - Bitcoin and Cryptocurrency 101	9a-10:30a HS002 - Cultural Anthropology		9a-10a HS421 - History of the United States
9a-10a LE197 - Brain Aerobics	9:30a-11a AD223 - Improvisational Art, Part 2	9a-11a HW312 - A Matter of Balance		9a-12p WG010 - Bridge
9a-10:30a LE233 - Wire Pendants	9:30a-10:30a EL048 - Beginning Memoir Writing	9:45a-10:45a FI017 - Wednesday Fun Fitness		9:30a-10:30a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Tap Dancing	10a-10:45a AD219 - Beginner Blues Piano (Online)		10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12:30p LE045 - Beginning Genealogy	10a-11a HW346 - Tear Soup (Online)	11a-12:30p AD129 - Three Bs of Classical Music		10:45a-12p HS462 - The History of Spain
10:30a-12p LS097 - Senior Living Options	10:30a-12:30p LE178 - Intermediate Genealogy	11a-12p EL043 - Enjoy Poetry		12p-1p AD022 - Intermediate Ballroom Dance
11a-12:30p AD220 - Improvisation Games	11a-12p HS425 - Chesterfield in WWI	11a-11:45a FI018 - Sit and Be Fit		1p-2p PR078 - History of Christianity
11a-12p FI028 - Gentle Yoga	11a-12p AD209 - Intro to Readers Theater	11a-12:30p LA003 - Beginning Sign Language		1p-3p WG002 - Social Bingo
12:30p-1:30p HS457 - Revolting Developments	11a-1p WG013 - Spades	12p-1p AD210 - Intro to Percussion and Samba		1:30p-3p AD170 - Wind Ensemble
12:30p-1:15p HW342 - Beginning Tai Chi	11:30a-12:30p AD058 - Country Line Dancing	1p-2p LE252 - Genealogy Discussions		1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	12:30p-1:30p LA006 - Basic Conversational Spanish	1p-2:30p LS155 - Financial Preparedness		
2p-3:30p CO137 - Google Apps	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games		
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1:15p-2:30p HS463 - The History of Spain (Online)		
2p-3p PR080 - Misconceptions About Islam	1:30p-3p EL009 - Continuing Memoir Writing	1:30p-3:30p LE032 - Knitters United		
2:30p-3:30p AD182 - Learn Ventriloquism	2p-3p EF135 - Your Credit Score	2:30p-4p AD218 - The Works of Salvador Dali (Online)		
2:30p-3:30p CO138 - Biomes and Animal Behaviors (Online)	2p-3:30p HS341 - Voices of World War I	2:30p-3:30p FI015 - Pilates		
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
11/15/2021	11/16/2021	11/17/2021	11/18/2021	11/19/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	9a-10a LA019 - French Conversation	8:15a-9:15a FI003 - Fusion Fitness
9a-10:30a HS461 - The Sixties (Online)	9a-10a HW350 - Improving Your Arthritis	9a-10:30a HS002 - Cultural Anthropology	9a-10:30a LS050 - EMS Passport Program	9a-10a HS421 - History of the United States
9a-10:30a LE233 - Wire Pendants	9:30a-11a AD223 - Improvisational Art, Part 2	9a-11a HW312 - A Matter of Balance	9:30a-11a PR076 - The Philosophy of AI	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a EL048 - Beginning Memoir Writing	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:30a-10:30a FI029 - Chair Yoga
10:30a-12:30p LE045 - Beginning Genealogy	10a-11a AD021 - Tap Dancing	10a-10:45a AD219 - Beginner Blues Piano (Online)	10:15a-11:15a AD075 - Line Dance Practice	10a-11:30a EL086 - Art and Farming Stories (Online)
11a-12:30p AD220 - Improvisation Games	10a-11:30a LE175 - Memory Wire Bracelets	11a-12:30p AD129 - Three Bs of Classical Music	10:30a-12p LS091 - Creating Good Habits	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	10:30a-12p HS467 - Hungarian Gold Train	11a-12p EL043 - Enjoy Poetry	10:30a-12p PR077 - Acceptance and Hospitality	10:45a-12p HS462 - The History of Spain
12:30p-1:30p HS457 - Revolting Developments	10:30a-12:30p LE178 - Intermediate Genealogy	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD022 - Intermediate Ballroom Dance
12:30p-1:15p HW342 - Beginning Tai Chi	10:30a-12p LS158 - Planning Final Arrangements (Online)	11a-12:30p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writer's Critique
1p-3p WG004 - Cards and Games	11a-12p AD209 - Intro to Readers Theater	12p-1p AD210 - Intro to Percussion and Samba	12:45p-2:15p AD015 - Advanced Reader's Theater	1p-2p PR078 - History of Christianity
2p-3:30p CO137 - Google Apps	11a-1p WG013 - Spades	1p-2:15p HS003 - Current Events A	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
2p-3:30p LA015 - Conversational German	11:30a-12:30p AD058 - Country Line Dancing	1p-2:30p LS147 - Hospice Crafts	1p-2p HS460 - America's Founding Fathers	1:30p-3p AD170 - Wind Ensemble
2p-3p PR080 - Misconceptions About Islam	12:30p-1:30p LA006 - Basic Conversational Spanish	1p-3p WG006 - Cards and Games	1p-2p HW282 - Holiday Safety	1:30p-2:30p HW343 - Intermediate Tai Chi
2:30p-3:30p AD182 - Learn Ventriloquism	1p-2p FI006 - Chair Yoga	1:15p-2:30p HS463 - The History of Spain (Online)	1:30p-3:30p AD208 - Experimental Acrylics	
2:30p-3:30p CO138 - Biomes and Animal Behaviors (Online)	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Knitters United	2p-3:30p PR002 - Bible Discussion	
3:30p-4:30p LLI Board of Directors Meeting	1:30p-3p EL009 - Continuing Memoir Writing	2:30p-3:30p FI015 - Pilates	2:30p-3:45p AD105 - Funtastics Choral Group	
	1:30p-3p HS089 - Great Decisions	2:30p-3:45p HS004 - Current Events B	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p LS081 - Home Health and Hospice			
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HS476 - Origins of the Opioid Crisis (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
11/22/2021	11/23/2021	11/24/2021	11/25/2021	11/26/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	LLI Closed		
9a-10:30a HS461 - The Sixties (Online)	9:30a-11a AD201 - Easy Paper Mosaics			
9a-10a LE197 - Brain Aerobics	9:30a-10:30a EL048 - Beginning Memoir Writing			
9a-10:30a LE233 - Wire Pendants	10a-11a AD021 - Tap Dancing			
10a-10:45a FI004 - Sit and Be Fit	10:30a-12:30p LE178 - Intermediate Genealogy			
10:30a-12:30p LE045 - Beginning Genealogy	11a-12p HS473 - Historic Chesterfield Mills			
11a-12:30p AD220 - Improvisation Games	11a-12p AD209 - Intro to Readers Theater			
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades			
12p-1p SE145 - Thanksgiving Memories	11:30a-12:30p AD058 - Country Line Dancing			
12:30p-1:15p HW342 - Beginning Tai Chi	1p-2p FI006 - Chair Yoga			
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo			
2p-3:30p CO137 - Google Apps	1:30p-3p EL009 - Continuing Memoir Writing			
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga			
2p-3p PR080 - Misconceptions About Islam				
2:30p-3:30p AD182 - Learn Ventriloquism				
2:30p-3:30p CO138 - Biomes and Animal Behaviors (Online)				



Monday	Tuesday	Wednesday	Thursday	Friday
11/29/2021	11/30/2021	12/1/2021	12/2/2021	12/3/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	9a-10a LA019 - French Conversation	8:15a-9:15a FI003 - Fusion Fitness
9a-10:30a LE233 - Wire Pendants	9:30a-10:30a CO142 - Fraud and Financial Scams	9a-10:30a HS002 - Cultural Anthropology	9:30a-11a PR076 - The Philosophy of AI	9a-10a HS421 - History of the United States
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a AD201 - Easy Paper Mosaics	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9a-12p WG010 - Bridge
10:30a-12:30p LE045 - Beginning Genealogy	9:30a-10:30a EL048 - Beginning Memoir Writing	11a-12:30p AD129 - Three Bs of Classical Music	10:15a-11:15a AD075 - Line Dance Practice	9:30a-10:30a FI029 - Chair Yoga
11a-12p FI028 - Gentle Yoga	10a-11a AD021 - Tap Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12p LS094 - The Power of the Apology	10a-12p WG007 - Hand and Foot and Triple Play
12:30p-1:15p HW342 - Beginning Tai Chi	10:30a-12:30p LE178 - Intermediate Genealogy	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	10:45a-12p HS462 - The History of Spain
1p-3p WG004 - Cards and Games	11a-12p HW302 - Holiday Grief and Coping	11a-12:30p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	11a-12p EL083 - Bookstagram 101
2p-3:30p HS401 - Spy Pilot	11a-12p AD209 - Intro to Readers Theater	12p-1p AD210 - Intro to Percussion and Samba	12:45p-2:15p AD015 - Advanced Reader's Theater	1p-3p EL015 - Aspiring Writer's Critique
2p-3:30p LA015 - Conversational German	11a-1p WG013 - Spades	1p-2:15p HS003 - Current Events A	1p-2p FI010 - Chair Yoga	1p-2p PR078 - History of Christianity
2:30p-3:30p AD182 - Learn Ventriloquism	11:30a-12:30p AD058 - Country Line Dancing	1p-2p LE252 - Genealogy Discussions	1p-2p HS460 - America's Founding Fathers	1p-3p WG002 - Social Bingo
	1p-2p FI006 - Chair Yoga	1p-2:30p LS156 - Emergencies and Disasters	1:30p-3:30p AD208 - Experimental Acrylics	1:30p-3p AD170 - Wind Ensemble
	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	1:30p-2:30p HW343 - Intermediate Tai Chi
	1:30p-3p EL009 - Continuing Memoir Writing	1:15p-2:30p HS463 - The History of Spain (Online)	2:30p-3:45p AD105 - Funtastics Choral Group	
	2p-3:30p HS465 - The Design of American Money	1:30p-3:30p LE032 - Knitters United	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates		
		2:30p-3:45p HS004 - Current Events B		



Monday	Tuesday	Wednesday	Thursday	Friday
12/6/2021	12/7/2021	12/8/2021	12/9/2021	12/10/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD035 - Woodcarving with Merv	9:30a-11a PR076 - The Philosophy of AI	8:15a-9:15a FI003 - Fusion Fitness
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a EL048 - Beginning Memoir Writing	9:30a-10:30a HW349 - Driver Safety	9:30a-11:30a WG009 - Mah Jongg	9a-10a HS421 - History of the United States
10:30a-12:30p LE045 - Beginning Genealogy	9:30a-11a LE237 - Rag Rug Wreaths	9:45a-10:45a FI017 - Wednesday Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	9a-12p WG010 - Bridge
11a-12p FI028 - Gentle Yoga	10a-11a AD021 - Tap Dancing	11a-12:30p AD129 - Three Bs of Classical Music	10:30a-12p LS094 - The Power of the Apology	9:30a-10:30a FI029 - Chair Yoga
12:30p-1:15p HW342 - Beginning Tai Chi	10:30a-12:30p LE178 - Intermediate Genealogy	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	10a-12p WG007 - Hand and Foot and Triple Play
1p-3p WG004 - Cards and Games	11a-12p AD209 - Intro to Readers Theater	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	10:45a-12p HS462 - The History of Spain
2p-3:30p LA015 - Conversational German	11a-1p WG013 - Spades	11a-12:30p LA003 - Beginning Sign Language	12:45p-2:15p AD015 - Advanced Reader's Theater	1p-2p PR078 - History of Christianity
2:30p-3:30p AD182 - Learn Ventriloquism	11:30a-12:30p AD058 - Country Line Dancing	12p-1p AD210 - Intro to Percussion and Samba	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
2:30p-3:30p HS478 - Civil War Decision Styles (Online)	1p-2p FI006 - Chair Yoga	1p-2:30p AD215 - Pablo Picasso's Guernica	1p-2p HS460 - America's Founding Fathers	1:30p-3p AD170 - Wind Ensemble
	1p-3p WG001 - Social Bingo	1p-2p LE252 - Genealogy Discussions	1:30p-3:30p AD208 - Experimental Acrylics	1:30p-2:30p HW343 - Intermediate Tai Chi
	1:30p-3p EL009 - Continuing Memoir Writing	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p FI009 - Gentle Yoga	1:15p-2:30p HS463 - The History of Spain (Online)	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p HW347 - Holiday Grief and Coping (Online)	1:30p-3:30p LE032 - Knitters United		
		2:30p-3:30p FI015 - Pilates		



Monday	Tuesday	Wednesday	Thursday	Friday
12/13/2021	12/14/2021	12/15/2021	12/16/2021	12/17/2021
9a-10a FI001 - Low Impact	8:15a-9:15a FI021 - Fusion Fitness	9a-11a AD080 - Woodcarving	9a-10a LA019 - French Conversation	8:15a-9:15a FI003 - Fusion Fitness
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE237 - Rag Rug Wreaths	9a-10:30a HS002 - Cultural Anthropology	9:30a-11a PR076 - The Philosophy of AI	9a-10a AD224 - Line Dancing Party (Online)
10:30a-12:30p LE045 - Beginning Genealogy	10a-11a AD021 - Tap Dancing	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9a-10a HS421 - History of the United States
11a-12p FI028 - Gentle Yoga	10:30a-12:30p LE178 - Intermediate Genealogy	11a-12:30p AD129 - Three Bs of Classical Music	10a-11:30a EL087 - Perfect Objects Stories (Online)	9a-12p WG010 - Bridge
12:30p-1:15p HW342 - Beginning Tai Chi	11a-12p AD209 - Intro to Readers Theater	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	9:30a-10:30a FI029 - Chair Yoga
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	10a-12p WG007 - Hand and Foot and Triple Play
2p-3:30p LA015 - Conversational German	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writer's Critique
2:30p-3:30p AD182 - Learn Ventriloquism	12p-1p SE146 - Holiday Cheer	12p-1p AD210 - Intro to Percussion and Samba	12:45p-2:15p AD015 - Advanced Reader's Theater	1p-3p WG002 - Social Bingo
3:30p-4:30p LLI Board of Directors Meeting	1p-2p FI006 - Chair Yoga	1p-2:15p HS003 - Current Events A	1p-2p FI010 - Chair Yoga	1:30p-3p AD170 - Wind Ensemble
	1p-3p WG001 - Social Bingo	1p-2:30p LS147 - Hospice Crafts	1p-2p HS460 - America's Founding Fathers	1:30p-2:30p HW343 - Intermediate Tai Chi
	1:30p-3p HS089 - Great Decisions	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	<div style="border: 1px solid black; padding: 10px; background-color: #d4edda;"> <p>LLI Closed for the Holidays Dec 20 - 31</p> </div>
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Knitters United	2:30p-3:45p AD105 - Funtastics Choral Group	
		2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:45p HS004 - Current Events B		

First Name: _____

Last Name: _____

Member ID#: _____

Lifelong Learning Institute Fall 2021 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Art, Music, Drama and Dance						
	AD012	Advanced Watercolor with Marti		Thu	Sept 9, 16, 30, Oct 7, 14, 21	10:30-12:30		Marti Franks
	AD015	Advanced Reader's Theater		Thu	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	12:45-2:15		Sandy Phillips
	AD021	Tap Dancing		Tue	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:00-11:00		Peggy and Diana
	AD022	Intermediate Ballroom Dance for Couples		Fri	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19	12:00-1:00		Bill Busch
	AD024	Beginner American Tango for Couples		Fri	Sept 10, 17, 24, Oct 1	11:00-11:45		Bill Busch
	AD031	Beginner Romantic Rumba for Couples		Fri	Oct 15, 22, 29, Nov 5	11:00-11:45		Bill Busch
	AD035	Woodcarving: Back to the Basics	\$15	Wed	Sept 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8	9:00-11:00		Merv Warner
	AD058	Country Line Dancing		Tue	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve Sessions		Wed	Sept 8, 15, 22, Dec 15	9:00-11:00		Bill Good
	AD105	Funtastics Choral Group		Thu	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 16	2:30-3:45		Sandy Phillips
	AD111	Intermediate Watercolor with Marti		Thu	Sept 9, 16, 30, Oct 7, 14, 21	2:00-3:45		Marti Franks
	AD119	Watercolor and Acrylic Problem Solving Workshop		M/Tu	Oct 18, 19	9:00-2:30		Beverly Perdue
	AD129	The Three Bs of Classical Music		Wed	Oct 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	11:00-12:30		Suzanne Levitas
	AD141	Lifelong Musicians		Thu	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	12:00-1:30		Ken Carlson
	AD170	Wind Ensemble		Fri	Oct 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:30-3:00		Allie Harris
	AD182	Learn Ventriloquism		Mon	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13	2:30-3:30		John Byrd
	AD201	Easy Paper Mosaics: Recycled Junk Mail Art on Panel		Tue	Nov 23, 30	9:30-11:00		Sandy Schimmel Gold
	AD208	Experimental Acrylics		Thu	Nov 4, 18, Dec 2, 9	1:30-3:30		Patrice Reese
	AD209	Introduction to Readers Theater		Tue	Oct 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	11:00-12:00		Ken Carlson
	AD210	Introduction to Brazilian Percussion and Street Samba		Wed	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	12:00-1:00		Damir Strmel
	AD215	Pablo Picasso's Guernica		Wed	Dec 8	1:00-2:30		Juana Levi
	AD218	The Life and Selected Works of Salvador Dali		Wed	Oct 6, 13, 20, 27, Nov 3, 10	2:30-4:00	Online	Juana Levi
	AD219	Beginner Blues and Boogie Woogie Piano		Wed	Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17	10:00-10:45	Online	Anne McAneny
	AD220	Improvisation Games for Fun, Creativity and Brain Health		Mon	Oct 18, 25, Nov 1, 8, 15, 22	11:00-12:30		GeGe Beall
	AD221	Experimental Watercolor: Limited Colors and Endless Variety on a Budget		Mon	Sept 13, 20, 27, Oct 4, 11, 18	1:00-2:30	Online	Linda Szabo
	AD222	Improvisational Art, Part 1		Tue	Sept 14, 21, 28	9:30-11:00		Sandy Schimmel Gold
	AD223	Improvisational Art, Part 2		Tue	Nov 9, 16	9:30-11:00		Sandy Schimmel Gold
	AD224	Line Dancing Party		Fri	Sept 24, Oct 29, Dec 17	9:00-10:00	Online	Sharon Macauley
		Computers, Technology, Math and Science						
	CO057	Introduction to the Internet and Safe Surfing		Tue	Oct 19, 26	9:00-10:30		Lewis Levi
	CO058	iPhone Basics		Fri	Sept 17, 24, Oct 1	12:30-2:00		Mark A. Grubbs
	CO076	Cable TV Alternatives: Cutting the Cord		Thu	Sept 16, 23	10:30-12:00		Mel Kauffman
	CO092	Intermediate iPhone and iPad, Part 1		Fri	Oct 8, 15, 22	12:30-2:00		Mark A. Grubbs
	CO137	Google Apps Shortcuts and Tricks		Mon	Oct 11, 18, 25, Nov 1, 8, 15, 22	2:00-3:30		Danny Arkin
	CO138	Biomes and Animal Behaviors		Mon	Oct 4, 11, 18, 25, Nov 1, 8, 15, 22	2:30-3:30	Online	Peggy Stevens
	CO139	Online Data Storage A: Is it Safe?		Wed	Oct 6	9:30-10:45	Online	David Clark
	CO140	Online Data Storage B: Is it Safe?		Thu	Oct 28	10:00-11:15	Online	David Clark
	CO141	Windows Tips and Tricks		Tue	Sept 21	9:30-10:45	Online	David Clark
	CO142	Fraud and Financial Scams: How to Protect Yourself		Tue	Nov 30	9:30-10:30		Shawn L. Smith

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Economics and Finance						
	EF104	Estate Settlement and the Probate Process		Thu	Sept 30	9:00-11:00		Mark Mikuta
	EF105	Family and Emergency Preparedness		Wed	Sept 15	2:30-3:30		Jamey Davidson
	EF106	Senior Scams and Financial Exploitation		Wed	Oct 6	9:00-10:30		Jamey Davidson
	EF113	Medicare Part D		Tue	Oct 12	9:00-10:30		Kendalle Stock
	EF115	Estate Planning and Elder Law		Tue	Oct 12	9:30-10:30	Online	Paula Peaden
	EF117	Tips for Avoiding Identity Theft		Wed	Sept 15	10:00-11:00		Sylvia Watford
	EF118	Organizing Your Financial Records		Tue	Sept 21	2:00-3:00		Sylvia Watford
	EF134	Bitcoin and Cryptocurrency 101		Tue	Nov 9	9:00-10:30		Jamey Davidson
	EF135	Your Credit Score		Tue	Nov 9	2:00-3:00		Sylvia Watford
	EF136	Long Term Care Insurance		Wed	Oct 13	10:30-11:30	Online	Linda T. Caruthers
	EF137	Long Term Care Insurance and Home Care: How does it work?		Tue	Sept 28	9:00-10:30		Linda T. Caruthers
	EF138	Medicare Part D		Tue	Oct 5	9:00-10:30	Online	Kendalle Stock
		Literature, Poetry and Film						
	EL009	Continuing Memoir Writing		Tue	Sept 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7	1:30-3:00		Suzanne Kelly
	EL015	Aspiring Writer's Critique		Fri	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3, 17	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	11:00-12:00		Bob and Timothy
	EL048	Beginning Memoir Writing		Tue	Sept 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7	9:30-10:30		Suzanne Kelly
	EL083	Bookstagram 101		Fri	Dec 3	11:00-12:00		Heather Weidner
	EL084	Short Stories: Pigs and Reputation		Fri	Sept 17	10:00-11:30	Online	Patricia Ryther
	EL085	Short Stories: New Writers		Thu	Oct 14	10:00-11:30	Online	Patricia Ryther
	EL086	Short Stories: Art and Farming		Fri	Nov 19	10:00-11:30	Online	Patricia Ryther
	EL087	Short Stories: Perfect Objects		Thu	Dec 16	10:00-11:30	Online	Patricia Ryther
		Fitness						
	FI001	Low Impact Monday	\$20	Mon	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13	9:00-10:00		Sherella Brown
	FI003	Fusion Fitness Friday	\$20	Fri	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	8:15-9:15		Dorota Kawka
	FI004	Sit and Be Fit Monday	\$20	Mon	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	1:00-2:00		Sheila Burris
	FI007	Gentle Yoga Thursday	\$20	Thu	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	2:30-3:30		Sheila Burris
	FI009	Gentle Yoga Tuesday	\$20	Tue	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	2:30-3:30		Sheila Burris
	FI010	Chair Yoga Thursday	\$20	Thu	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:00-2:00		Sheila Burris
	FI015	Pilates, Core and More	\$20	Wed	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	2:30-3:30		Sandi Phillips
	FI017	Wednesday Fun Fitness	\$20	Wed	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	11:00-11:45		Nicole Thomas-Jackson
	FI021	Fusion Fitness Tuesday	\$20	Tue	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	8:15-9:15		Dorota Kawka
	FI028	Gentle Yoga Monday	\$20	Mon	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13	11:00-12:00		Sandi Phillips
	FI029	Chair Yoga Friday	\$20	Fri	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:30-10:30		Dorota Kawka

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		History, Humanities and International Studies						
	HS002	Cultural Anthropology: Nationhood		Wed	Sept 8, 22, Oct 13, 27, Nov 10, 17, Dec 1, 15	9:00-10:30		Annebel Lewis
	HS003	Current Events Discussion A		Wed	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15	1:00-2:15		Roy and Fred
	HS004	Current Events Discussion B		Wed	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15	2:30-3:45		Roy and Fred
	HS087	Global Cultural Geography: British America		Tue	Oct 5, 12	9:00-10:30		William Seay
	HS089	Great Decisions	*\$35	Tue	Sept 21, Oct 19, Nov 16, Dec 14	1:30-3:00		Bob Ferguson
	HS325	The Sixties: A Decade that Defined a Generation		Mon	Sept 13, 20, 27, Oct 4, 11	10:30-12:00		Dr. John Lemza
	HS327	Perspectives on World War II		Tue	Oct 5, 12, 19	2:00-3:30		James Triesler
	HS341	Voices of World War I		Tue	Nov 9	2:00-3:30		James Triesler
	HS362	Women in the Civil War		Wed	Sept 15	9:30-10:30		Waite Rawls
	HS395	Audubon's America: Wild Times		Fri	Oct 15, 22, 29, Nov 5	9:00-10:30		Patricia Ryther
	HS401	Spy Pilot: The U-2 Incident and a Controversial Cold War Legacy	*\$25	Mon	Nov 29	2:00-3:30		Francis Gary Powers, Jr.
	HS421	History of the United States		Fri	Sept 10, 17, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:00-10:00		Timothy Pace
	HS425	Chesterfield in World War I		Tue	Nov 9	11:00-12:00		Bryan Truzzie
	HS457	Revolting Developments		Mon	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15	12:30-1:30		Edward Blackwell
	HS458	The Assassination of Abraham Lincoln		Tue	Sept 7, 14, 21, 28, Oct 5, 12	11:00-12:00		Shep Smith
	HS459	The Assassination of Abraham Lincoln		Tue	Sept 7, 14, 21, 28, Oct 5, 12	1:30-2:30	Online	Shep Smith
	HS460	America's Founding Fathers		Thu	Sept 16, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:00-2:00		Timothy Pace
	HS461	The Sixties: A Decade that Defined a Generation		Mon	Oct 25, Nov 1, 8, 15, 22	9:00-10:30	Online	Dr. John Lemza
	HS462	The History of Spain		Fri	Sept 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10	10:45-12:00		Bob Ferguson
	HS463	The History of Spain		Wed	Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8	1:15-2:30	Online	Bob Ferguson
	HS464	Food and Culture		Tue	Sept 14, 21, 28, Oct 5, 12	11:00-12:00	Online	Nadia Inserra
	HS465	The Design and Symbolism of American Money		Tue	Nov 30	2:00-3:30		James Triesler
	HS466	Nazi Gold, Silver and Diamonds		Tue	Oct 26	10:30-12:00		Kenneth D. Alford
	HS467	Hungarian Gold Train		Tue	Nov 16	10:30-12:00		Kenneth D. Alford
	HS468	The Admirals Wept: Billy Mitchell and the Atlantic Bombing Tests, 1921		Fri	Oct 22	1:30-3:00	Online	Christopher L. Kolakowski
	HS469	History of Castlewood		Tue	Sept 14	9:30-10:30		Bryan Truzzie
	HS470	Chesterfield Trivia		Thu	Oct 7	11:00-12:00		Bryan Truzzie
	HS471	Archaeology in Chesterfield: Learning from the Past		Tue	Oct 12	12:30-1:30		Bryan Truzzie
	HS472	History of Bermuda Hundred		Wed	Oct 27	1:00-2:00		Bryan Truzzie
	HS473	Historic Mills of Chesterfield County		Tue	Nov 23	11:00-12:00		Bryan Truzzie
	HS474	Railroads in 1864: How the Railroads Were Used for War		Wed	Oct 20	9:30-10:30		George Saunders
	HS475	Origins of the Opioid Crisis		Mon	Oct 18	2:00-3:00		Herbert Loveless
	HS476	Origins of the Opioid Crisis		Tue	Nov 16	2:30-3:30	Online	Herbert Loveless
	HS477	Command Decision Styles in the Eastern Theatre of the American Civil War		Tue	Oct 26	2:30-3:30		Herbert Loveless
	HS478	Command Decision Styles in the Eastern Theatre of the American Civil War		Mon	Dec 6	2:30-3:30	Online	Herbert Loveless
	HS479	John Marshall at Home		Tue	Oct 19	12:30-1:30		Meika Downey
	HS480	Viols of Hope: A Virtual Tour of the Virginia Holocaust Museum Exhibit		Fri	Oct 1	1:00-2:00	Online	Megan Ferenczy

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		Health and Wellness						
	HW190	Breast Cancer Awareness is Not Just a Month		Fri	Sept 10	9:00-10:00		Sasa Espino, MD
	HW231	Pain Management Strategies		Wed	Oct 13	1:00-2:30		Allison Waddell
	HW264	Joy of Meditation	*\$10	W	Sept 13, 14, 15	8:30-9:30		Trupti Kulkarni
	HW282	Holiday Safety		Thu	Nov 18	1:00-2:00		Kimberly Rideout
	HW286	Stop the Bleed		Fri	Oct 8	9:30-11:30		Chantelle Hayes
	HW302	Holiday Grief and Coping		Tue	Nov 30	11:00-12:00		Angie Morriss
	HW312	A Matter of Balance		Wed	Sept 29, Oct 6, 13, 20, 27, Nov 3, 10, 17	9:00-11:00		Chantelle Hayes
	HW322	ADHD Challenges and Solutions		Wed	Sept 22	1:30-3:30		Debbie Bowie
	HW339	Tear Soup: A Recipe for Healing After Loss		Thu	Sept 9	1:00-2:00		Angie Morriss
	HW342	Beginning Tai Chi		Mon	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13	12:30-1:15		Damir Strmel
	HW343	Intermediate Tai Chi		Fri	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:30-2:30		Damir Strmel
	HW344	Essential Tremor Treatment Advancements		Thu	Sept 9	10:00-11:00		Deborah Burley, MSN
	HW345	Fall Prevention at Home: Watch Your Step!		Fri	Sept 17, 24	1:00-2:30	Online	Eve Flippen
	HW346	Tear Soup: A Recipe for Healing After Loss		Tue	Nov 9	10:00-11:00	Online	Angie Morriss
	HW347	Holiday Grief and Coping		Tue	Dec 7	2:30-3:30	Online	Angie Morriss
	HW348	Embracing Yourself: All Parts Including the Ambiguous		Tue	Sept 28	1:30-3:00		Suzanne Vogel
	HW349	Driver Safety: On the Right Road Again		Wed	Dec 8	9:30-10:30		Chantelle Hayes
	HW350	Improving Your Arthritis: Six Secrets to Relieve Your Pain		Tue	Nov 16	9:00-10:00		Corinne McLees
	HW351	Reduced Hand Mobility and How to Adapt		Thu	Oct 14	1:30-3:00		Judith Onesty
		Inside LLI Activities						
	IA016	Annual State of the LLI Meeting		Mon	Oct 18	10:30-12:00		Dr. Lemza & the LLI Board
	IA997	Q&A for Current Members		Thu	Sept 9	2:30-3:30		Rachel Ramirez
	IA999	Orientation for New Members		Tue	Sept 7	1:00-2:30		Rachel Ramirez
		Languages						
	LA003	Beginning Sign Language		Wed	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	11:00-12:30		Barbara Powers
	LA006	Basic Conversational Spanish: Vamos a Conversar!	*\$16	Tue	Sept 7, 14, 21, 28, Oct 26, Nov 9, 16	12:30-1:30		Nena Woods
	LA015	Conversational German		Mon	Sept 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13	2:00-3:30		Mark Swearingen
	LA019	French Conversation		Thu	Oct 14, 21, 28, Nov 4, 11, Dec 2, 9	9:00-10:00		Carol Pritchard
	LA022	Basic Arabic Script: Reading and Writing		Tue	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26	11:00-12:00		Charles Barron
		Leisure Activities						
	LE010	Learn to Play Mah Jongg		Tue	Sept 21, 28, Oct 5, 12	9:00-10:30		Marilyn Mare
	LE032	Knitters United		Wed	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	1:30-3:30		Annette Alabaster
	LE045	Beginning Genealogy		Mon	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13	10:30-12:30		Bette Kot
	LE122	No-Stamps Extra-Easy Greeting Cards	\$15	Fri	Oct 29	10:30-12:00		LaVae Hoffman
	LE130	Simple Stamping Greeting Cards	\$22	Fri	Oct 29	1:00-2:30		LaVae Hoffman
	LE143	Beaded Lanyard for LLI Name Tag A	\$5	Wed	Sept 8	9:30-12:30		Donna Whitfield
	LE147	Beaded Lanyard for LLI Name Tag B	\$5	Wed	Sept 15	9:30-12:30		Donna Whitfield
	LE175	Memory Wire Bracelets	\$5	Tue	Nov 16	10:00-11:30		Diane Drummond
	LE178	Intermediate Genealogy		Tue	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:30-12:30		Bette Kot
	LE189	From Snapshots to Photographs		Mon	Sept 13, 20, 27, Oct 4, 11, 18	11:00-12:00		Gilpin Brown
	LE197	Brain Aerobics: Preventing Memory Loss		Mon	Sept 13, 27, Oct 4, 18, Nov 8, 22	9:00-10:00		Howard Wynn

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		Leisure Activities						
	LE232	Wire and Bead Earrings	\$10	Mon	Sept 13, 20, 27, Oct 4	9:00-10:30		Judith Onesty
	LE233	Wire Pendants	\$10	Mon	Nov 8, 15, 22, 29	9:00-10:30		Judith Onesty
	LE237	Rag Rug Wreaths		Tue	Dec 7, 14	9:30-11:00		Sandy Schimmel Gold
	LE241	Beginning Pine Needle Baskets	\$12	Mon	Sept 13, 20, 27, Oct 4	2:00-3:30		Diane Drummond
	LE252	Genealogy Discussions		Wed	Sept 8, 22, 29, Oct 6, 13, 27, Nov 3, 10, Dec 1, 8	1:00-2:00		Steve Kunnmann
	LE253	Easy Cooking Recipes for Fall		Mon	Oct 11, 18, 25, Nov 1	11:00-12:30	Online	Judith Onesty
	LE254	Pandemic Tales and Tails		Wed	Sept 22	11:00-12:30		Martha Steger
	LE255	Fall Slow Cooker Recipes		Tue	Oct 19	2:00-3:30	Online	Shelby Kinnaird
		Life Services						
	LS050	EMS Passport Program		Thu	Nov 18	9:00-10:30		Millie Bishop
	LS069	VirginiaNavigator: A Family of Websites		Tue	Sept 14	9:00-10:00		Bonnie Scimone
	LS077	Workshop for LLI Instructors		Wed	Sept 8	11:00-12:00		Rachel Ramirez
	LS081	Home Health and Hospice: Everything You Need to Know!		Tue	Nov 16	2:00-3:30		Kristen and Liz
	LS084	Developing Optimism: 13 Keys to Developing Your Optimistic Self		Mon	Sept 20, 27	11:00-12:30		Dr. Michael J. Wriston
	LS085	The Art of Reinvention		Mon	Oct 4, 11	11:00-12:30		Dr. Michael J. Wriston
	LS086	CCPL Resources: Online Newspapers and Magazines		Thu	Oct 14	11:00-12:00		Cindy Arnold
	LS090	Transformative Listening		Wed	Oct 20, 27	9:00-10:30		Dr. Michael J. Wriston
	LS091	Creating Good Habits: Change Your Habits, Change Your Life		Thu	Nov 4, 18	10:30-12:00		Dr. Michael J. Wriston
	LS094	The Power of the Apology		Thu	Dec 2, 9	10:30-12:00		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive Not Reactive!		Mon	Nov 8	10:30-12:00		Marc Friedlander
	LS109	The 4-1-1 on 2-1-1 VIRGINIA		Thu	Oct 7	11:00-12:00		Altise M. Street
	LS111	Using Feng Shui to Clear Clutter		Mon	Sept 13	1:30-3:30		Debbie Bowie
	LS132	End of Life Services: Not Your Grandparent's Funeral!		Thu	Sept 16	1:30-3:00		Susan Campbell
	LS145	Mobility Services in Chesterfield County		Fri	Sept 10	10:30-11:30		Frank Vance
	LS147	Hospice Crafts		Wed	Sept 15, Oct 20, Nov 17, Dec 15	1:00-2:30		Mary Jane Murphy
	LS148	Introduction to PACE: Program for All-Inclusive Care for the Elderly		Tue	Sept 21, 28	9:00-10:30		Garrett McLees
	LS149	Introduction to PACE: Program for All-Inclusive Care for the Elderly		Tue	Oct 19, 26	10:30-12:00	Online	Garrett McLees
	LS150	Dispelling Hospice Myths		Tue	Sept 14	2:00-3:00		Angie Morriss
	LS151	Dispelling Hospice Myths		Tue	Oct 26	2:30-3:30	Online	Angie Morriss
	LS152	Human Trafficking: What Is It and How Can We Help		Tue	Oct 19	10:30-12:00		Linda and Tammy
	LS153	Nonviolent Communication		Fri	Oct 8	1:00-3:00		Trupti Kulkarni
	LS154	Community Resources for All Virginians: It's About a Better Life		Mon	Sept 20	2:00-3:30	Online	Catherine MacDonald
	LS155	Financial Preparedness for Emergencies		Wed	Nov 10	1:00-2:30		Steven Herring
	LS156	Emergency and Disaster Preparedness for Individuals and Households		Wed	Dec 1	1:00-2:30		Steven Herring
	LS157	Planning Final Arrangements: Pre-Plan to Make It Right		Thu	Oct 21	1:30-3:00		Susan Campbell
	LS158	Planning Final Arrangements: Pre-Plan to Make It Right		Tue	Nov 16	10:30-12:00	Online	Susan Campbell

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		Philosophy and Religious Studies						
	PR002	Bible Discussion		Thu	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	2:00-3:30		Mike and Mark
	PR044	Genesis and Science		Thu	Sept 16, 23, 30	9:00-10:00		James Hodge
	PR073	Jewish Legends of the Bible (Part 1)		Thu	Oct 14, 21, 28	10:30-12:00		Allen Cohen
	PR074	Spiritual Storytelling	*\$13	Thu	Sept 16, 23, 30, Oct 7, 14, 21, 28	10:30-12:00		Les Schaffer
	PR075	The Life of Jesus		Tue	Oct 5, 12, 19	1:00-2:00		Joanna Lurie
	PR076	The Philosophy of Artificial Intelligence		Thu	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	9:30-11:00		Bryan McChesney
	PR077	Acceptance and Hospitality in Biblical Terms		Thu	Nov 4, 18	10:30-12:00		Dr. Edward Garrett, Jr.
	PR078	History of Christianity: From Paul to Constantine		Fri	Oct 29, Nov 5, 12, 19, Dec 3, 10	1:00-2:00		Mary Jo Dailey
	PR079	The Dead Sea Scrolls Today		Mon	Sept 13, 20, 27, Oct 4, 11	2:00-3:30		Jon Waybright
	PR080	Misconceptions About Islam and Muslims		Mon	Oct 25, Nov 1, 8, 15, 22	2:00-3:00		Malik Khan
		Special Events						
	SE143	A One-Act Play: Who Offed Colonel Mustard?		Tue	Sept 14	1:00-2:00		Bob Ferguson
	SE144	A One-Act Play: Tarzan and Jane in Wichita		Tue	Oct 26	1:00-2:00		Bob Ferguson
	SE145	Reader's Theater Performance: Thanksgiving Memories		Mon	Nov 22	12:00-1:00		Sandy Phillips
	SE146	Reader's Theater Performance: Holiday Cheer		Tue	Dec 14	12:00-1:00		Sandy Phillips
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	1:00-3:00		Fran Judd
	WG002	Social Bingo Friday		Fri	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:00-3:00		Donna Whitfield
	WG004	Cards and Games Monday		Mon	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13	1:00-3:00		Fran Judd
	WG006	Cards and Games Wednesday		Wed	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	1:00-3:00		Donna Whitfield
	WG007	Hand and Foot and Triple Play		Fri	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg		Thu	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge		Fri	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:00-12:00		Diane and Jim Carter
	WG013	Spades		Tue	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	11:00-1:00		Anne Clendenin

You may register for a class 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 class fee is OPTIONAL.

**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

Mail this form and payment to: Lifelong Learning Institute

P. O. Box 1090

Midlothian, VA 23113

Gift Certificates are available by contacting the office.

Questions? Call the Office at 378-2527.

For Office Use:
Check Number _____
Date Received _____
Member Number _____