



Lifelong Learning Institute in Chesterfield

Non-credit courses, lectures, activities and special events

Lifelong Learning Institute

For adults age 50 and "better"

FALL 2022 SESSION

SEPTEMBER 6 – DECEMBER 16, 2022

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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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

Program Coordinator: Carri Pandolfe

Office Manager: Stacey Kalbach

Office Assistant: Debby Hoskin

Monday - Friday, 8AM-4PM

13801 Westfield Road, Midlothian, VA 23113

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

Call: 804-378-2527 Text: 804-338-4167

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

Membership

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

Inclement 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!

Online Courses

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

Trips

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

Registration

Members may register online at www.llichesterfield.org or mail the attached registration form to 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 Thursday, August 25, 2022. Open Registration occurs onsite Monday, August 29 - Tuesday, August 30, 9:00AM - 3:00PM each day. Any courses that have more registrations received than available seats during the Open Registration period will use a lottery system to determine registration. All registrations received (online, in person or via US mail) follow the Open Registration procedure. After close of Open Registration on August 30 at 3:00PM, registrations revert to a first-come, first-served basis. All course fees are due at time of registration. Registrations may not be processed if any fees are outstanding.

LLI Safety Guidelines for Fall 2022

LLI Members, instructors and guests may wear a mask if it makes them feel comfortable. LLI will not require proof of vaccination status. LLI Members and Instructors should report positive COVID test results to the LLI Office if they were in the LLI building within five days of symptom onset or a positive test. Classes that were potentially exposed will be identified, and individuals will be notified while maintaining the anonymity of the individual who tested positive.

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

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

All individuals who enter the LLI building should recognize that LLI has taken reasonable steps to reduce the risks related to COVID-19 exposure, but LLI is not responsible for any risks related to COVID-19. The risks cannot be completely eliminated regardless of the care taken to avoid such 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.

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Did you know...

- ...LLI Membership dues have remained the same since 2010?
- ...LLI relies on donations each year to keep the dues consistent?
- ...about 30% of LLI's budget comes from donations?
- ...without the generosity of members and donors, LLI would not be able to continue offering our quality programs?

Have you ever wondered how you can support LLI more?

- You and everyone you know can simply shop at smile.Amazon.com!
AmazonSmile is a simple and automatic way for you to support LLI every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same selection as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to LLI. On your first visit to AmazonSmile (smile.amazon.com), you can select "Lifelong Learning Institute in Chesterfield" to receive donations from eligible purchases before you begin shopping. Then every eligible purchase you make at smile.amazon.com will result in a donation!
- 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!

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

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

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

Board of Directors

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Committee**

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Committee**

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Facilitators

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Committee**

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Committee**

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Instructors

Finance Committee

Grants Committee

**Public Relations
Committee**

**Facilities
Committee**

Library Committee

Safety Committee



Tap Dancing**Course: AD223021****Tuesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13****10:00-11:00****Instructor(s): Mary Berry, Beth Mercer and Jennifer DeRusha**

This tap class is for everyone! Students will learn basic tap steps and lively dances. Dancing is good for the body and for the mind! All levels are welcome.

Country Line Dancing**Course: AD223058****Tuesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13****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.

Wind Ensemble**Course: AD223170****Tuesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13****2:00-3:30****Instructor(s): Allie Harris**

This course is for students who played a woodwind or brass instrument in high school or college and would like to get back into playing in an ensemble. 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 some 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.

Woodcarving: Open Carve Sessions**Course: AD223080****Wednesday****Sept 7, 14, 21, 28, Oct 5, Dec 14****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!

Beginning Guitar**Course: AD223183*****\$13****Wednesday****Sept 7, 14, 21, 28, Oct 5, 12****11:00-12:00****Instructor(s): Diane Applewhite and Randall Kaker**

Have you always wanted to play the guitar, but time has gotten away from you? Come join this course for some fun! Students will look at basic chords to get on the road to playing hundreds of songs. This course requires some essential materials. Make sure strings are less than six months old. Older strings become very dull in sound, and this might frustrate the learning process. This class will use the text: Acoustic Prime Book for Beginners with online video and audio access by Bert Casey. The book can optionally be purchased through LLI during Open Registration only, and payment is due at registration. A supply list will be available at registration and outside the office before class.

The Art of the Sketch**Course: AD223171****Wednesday****Sept 7, 14, 21, 28, Oct 5, 12****11:00-12:00****Instructor(s): Hal Cauthen**

Students will practice with a sketch book as if on a trip – in Europe perhaps. In the course, students will discuss the process, e.g. the value of making several preliminary “thumbnail” sketches to work out not only the composition but also the placements of the “values”, i.e. the lights and darks. Then, using smaller value sketches as a guide, students will lay out their chosen composition which will then be finished with inked line then color washes. Students should come to the first class prepared to start work on the first project. A supply list will be available at registration and outside the office before class.

Introduction to Brazilian Percussion and Street Samba**Course: AD223210****Wednesday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****1:00-2:00****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), Afoxé 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: AD223075****Thursday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****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.

Lifelong Musicians**Course: AD223141****Thursday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****12:00-1:30****Instructor(s): Randall Kaker**

Down on the Corner...All My Loving...Crazy...Folsom Prison Blues...Proud Mary...King of the Road...Under the Boardwalk...Five Foot Two...Blue Moon...Mr. Bojangles...City of New Orleans...Love Potion #9...Margaritaville...Bad Moon Rising...Let It Be...Happy Together...Kansas City...The MTA...many other songs from the 50s to the 70s and a few older and newer tunes as well. If you enjoy and can play or sing the above and similar songs then Lifelong Musicians could be the place for you. We will provide lyrics and chords for the songs. All selections are played as a group. Please note that there is little to no instruction in this class, but you will learn things. Talent is not a requirement, but a desire to have some musical fun is strongly encouraged.

Advanced Reader's Theater**Course: AD223015****Thursday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****1:30-3:00****Instructor(s): Sandy Phillips**

This course uses scripts, but no memorization is required! The materials include short scripts, poetry, and lyrics. The class performs regularly for LLI audiences as well as for various community gatherings. Materials are primarily humor based, and it's a fun place to share your love of theater with others who enjoy the same thing.

Intermediate American Tango for Couples**Course: AD223022****Friday Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18****12:00-1:00****Instructor(s): Bill Busch**

This course will concentrate on the best tango styling and develop a dance routine to help make this dance both easier and more interesting. 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.

Basic Watercolor Techniques**Course: AD223016****Tuesday Sept 13, 20, 27, Oct 4, 11, 18****10:00-12:00****Instructor(s): Poly Cline**

In this course, students will acquire techniques needed to be successful with watercolor. Students will be amazed at their newly discovered talent or brush up and build on their continued watercolor experience. A supply list will be available at registration and outside the office before class.

Advanced Colored Pencil**Course: AD223110****Tuesday Sept 13, 20, 27, Oct 4, 11, 18, Nov 1, 15****1:30-3:30****Instructor(s): Brian Austin, PhD**

Enrollment in this course assumes experience with the tools of color pencil drawing including techniques of shading, blending, and burnishing subjects in a drawn composition. Wax pencils and watercolor pencils will be used in completing three projects during the course. Students should bring photo references for projects they intend to complete and be prepared to begin work on their first project at the initial class session. Supplies should be brought to the first class. A supply list will be available at registration and outside the office before class.

Super Senior Story Slam**Course: AD223192****Thursday Sept 15, Oct 13, Nov 17, Dec 15****10:30-12:30****Instructor(s): Judith Onesty and Les Schaffer**

Story Slams continue to grow in world-wide popularity. Similar to popular radio shows like NPR's "The Moth" or "This American Life", story slams are festivals for the spoken word. LLI story-slammers can sign up to tell a short story on the month's theme. Stories should be no longer than eight minutes. Up to seven story-slammers will be selected from those registered for each starting line-up. At the live shows, as time permits, procrastinators or late starters may put their names in a hat to be selected to tell. The themes for this session's Slams will be sent out in advance, and slammers may broadly define each topic with the caveat that it must be mostly true, at least in the teller's mind. No notes or cheat sheets allowed during the live performance. Our audience will be expecting real-life stories, the best of which have a beginning, middle and end. They have a point and should be clear about why it's important for you to tell. You'll have an opportunity to tell your story to a friendly audience of fellow LLI members. Les Schaffer and Judith Onesty will serve as MC's and be available for consultation or coaching as you develop and polish your story. The September Theme is "What I did on my Summer vacation: Stories about great or terrible vacations." Students who plan to slam and students who just want to listen to a good story should both register and plan to attend.

Open Oil Painting for All Levels**Course: AD223167****Friday Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 11, 18, Dec 2, 9****10:00-12:00****Instructor(s): Wanda Cutchins**

This course is open to all levels of oil painters. Bring your own supplies and work on a painting of your choice. We request that you use odorless paint thinner and bring a plastic bag to protect the table.

The Life and Works of Vincent van Gogh**Course: AD223211****Wednesday****Oct 5, 12, 19, 26, Nov 2, 9****9:00-10:30****Instructor(s): Juana Levi**

Vincent van Gogh's artistic career spanned a mere ten years, yet during this period, he produced more than 900 paintings and 1,100 drawings. One of the most recognized artists of all time, his works and life are extraordinarily memorable...to say the least. Join this course to explore Vincent's emotional life and its influence on his art.

Understanding Opera Presented by the Virginia Opera**Course: AD223020****Thursday****Oct 6, 13, 20****9:30-11:00****Instructor(s): Joshua Borths**

Opera was first created in Italy more than four hundred years ago, and since that time, the artform has evolved and changed the way we listen; however, it can be hard to know where to begin learning about this beautiful, global artform. During this course, students will explore the world of opera, using the Virginia Opera's 2022/23 fall season as a starting point for the lectures and discussions. Students will begin by exploring the origins of opera and learn how these early innovations gave rise to the works that are performed today. Next, the class will explore Wagner's "Der Ring des Nibelungen" and finally conclude with tour of Gilbert and Sullivan's zany operettas. Throughout the course, focus will be given to modern opera and how artists continue to innovate today making their voices be heard. Virginia Opera Resident Scholar Joshua Borths will lead this engaging course which is sure to change the way you think about—and listen to—the world around you.

Intro to Oil Painting**Course: AD223166****Monday****Oct 10, 17, 24****10:30-12:00****Instructor(s): Wanda Cutchins**

This course is for students who have never tried oil painting but wish to try. The project will be a simple sea shell in colors of the student's choice. A supply list will be available at registration and outside the office before class.

Woodcarving: Relief Carving Snowmen**Course: AD223035****\$10****Wednesday****Oct 12, 19, 26, Nov 2, 9, 16, 30, Dec 7****9:00-11:00****Instructor(s): Merv Warner**

Students in this course will be doing two relief carvings of snowmen. Basswood blocks, patterns and colored pictures of the projects will be provided. Students should have at least one small gouge of 3, 5, or 7 sweep and 1/4" to 1/2" width. The majority of carving will be done with the gouge or gouges. Questions or concerns may be directed to the instructor at 804-310-7018 or mervinbwa@gmail.com.

History of Classical Music in the British Isles: The Land without Music**Course: AD223129****Wednesday****Oct 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****11:00-12:30****Instructor(s): Suzanne Levitas**

Students are invited to join a classical music journey in the British Isles, from medieval England to the rich tapestry of modern-day British music. The Land Without Music, as Britain has often been called, has extended periods of time between recognizable composers. Written music in England can be traced back from before the Norman Conquest through 11th-century Winchester Cathedral and from 13th- and 14th-century music fragments. John Dunstable is the first recognizable composer whose works date from the early 15th-century. Later highly ornate sacred music was written and is preserved in the Eton Choirbook. Due to its close proximity to the Continent, England was easily influenced by the Lowlands and French music movements and the rich polyphony in Italy. The Reformation and Counter-Reformation marked profound changes to religious music in England. Famous 16th- to 17th-century English madrigalists would later compose English secular music. The well-known oratorios of Georg Friedrich Händel are still performed worldwide today. England then fell into a musically sparse period. In the mid-19th-century, music dramas drew enthusiastic listeners back to concert halls. A distinctly British sound developed in the singular figure, Edward Elgar, and in the music of Ralph Vaughan Williams music-goers heard the pastoral English sound. Today marks a welcome revival of the ages-old rich English choral tradition. England's music traditions have waxed and waned over centuries, but today we no longer regard Britain as the Land Without Music. Join us as we explore the grand tradition of music with a distinct English accent! Knowledge of classical music is not required.

Beginning Ukulele**Course: AD223231*****\$10****Wednesday****Oct 19, 26, Nov 2, 9, 16****11:00-12:00****Instructor(s): Rick Kaerwer**

Ukuleles aren't just for Tiny Tim or Izzy over the rainbow! Come join your friends and learn to play this easy and social instrument. Students will learn chords and strumming patterns for a great start or to reinforce learning from a prior class. Students can gain the confidence needed to play beginner songs without any help. We encourage new students to take advantage of a field trip offered before the class to Fan Guitar and Ukulele, and more details will be sent to registered students. For those who want to try out some of the ukuleles before buying one, this is a great opportunity. This course will use the text: "Ukulele Primer Book for Beginners with Online Video Access" by Bert Casey. The book can be optionally purchased through LLI during Open Registration only, and payment is due at registration. Students should bring their own concert or tenor-sized ukulele on the first day as well as the textbook, a digital tuner, a 3-ring binder or pocket folder, and a pencil. Get a new ukulele or blow the dust off a closet ukulele and join us for an hour of songs, singing, fun, and laughs!

Watercolor and Acrylic Problem Solving Workshop**Course: AD223119****Tuesday, Wednesday****Oct 25, 26****9:00-2:30****Instructor(s): Beverly Perdue**

This course is for anyone with intermediate experience using watermedia 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.

Introduction to Readers Theater**Course: AD223209****Tuesday****Nov 1, 15, 22, 29, Dec 6, 13****10:00-11:00****Instructor(s): Ken Carlson**

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

YUPO and Watermedia Workshop**Course: AD223151****Tuesday, Wednesday****Nov 29, 30****9:00-2:30****Instructor(s): Beverly Perdue**

This course is for anyone with intermediate experience using watermedia, including the use of acrylic paint. Assistance with YUPO paper will be the focus of this workshop. 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.

Ballroom Dance Practice for Couples**Course: AD223197****Friday****Dec 2, 9, 16****12:00-1:00****Instructor(s): Hal and Marlene Cauthen**

This course will be an opportunity to review and practice the steps and patterns of Ballroom Dance, e.g. with a focus on Foxtrot, Rumba, Tango and Waltz, with the occasional Swing or Cha Cha thrown in for good measure. Please note: students must pre-arrange a partner (who is also a member) for this course in order to register and participate.

CO**Computers, Technology, Math and Science****Digital Wallet Security****Course: CO223149****Monday****Sept 12****2:00-3:30****Instructor(s): Danny Arkin**

You can't always just pay cash anymore, but you do have numerous digital and secure apps to keep you from having to even pull out your wallet. These tools can expedite your payment online, in person, or over the phone. This course will introduce you to the apps, applications, and benefits of digital wallets in your life.

Apps to Improve Your Daily Life: GrubHub, Uber, Amazon, Instacart!**Course: CO223184****Thursday****Sept 15****10:00-12:00****Instructor(s): Colleen Dennis and Juli Dzemyan**

In this course, students will learn more about how to use various apps on the phone, other websites or devices to help with instrumental activities of daily living (iADLs). Have you ever wondered about using Uber for transportation, Amazon for supply delivery, or Instacart for grocery shopping? Learn that and more from an aging life care specialist and an occupational therapist from Genworth's Care Management team.

Introduction to iTunes A**Course: CO223116****Thursday****Sept 15, 22****10:30-12:00****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. Though it may have started out simply as a way to play CDs and MP3s on the computer, iTunes is now much more than that. iTunes is a complex and powerful tool, which means there's a lot to know about it. This course will cover the basics, including ripping and burning music, managing playlists and using iTunes with your Apple device.

iPhone Basics**Course: CO223058****Friday****Sept 16, 23, 30****12:30-2:00****Instructor(s): Mark A. Grubbs**

This is the first of a four-part series of interactive iPhone courses. Following this course are iPhone and iPad Intermediate: Part One, iPhone and iPad Intermediate: Part Two, and iPhone & iPad Intermediate: Part Three. In this iPhone Basics course, students will learn the basic setup and use of an iPhone (8, X, 11, SE, 12, 13, or 14) using the latest operating system (iOS 15 or 16). First, students will learn how the iPhone functions and how it uses the Cloud (iCloud). Also covered will be how to make contacts, send text messages, use the speakerphone, and find a lost iPhone using the Find My app. If time permits, the Email app will be explored. Come with eagerness to ask a lot of questions!

Windows File Explorer**Course: CO223177****Wednesday****Sept 21****10:00-11:15****Online****Instructor(s): David Clark**

The Microsoft Windows File Explorer is the fundamental mechanism for accessing the files and folders stored on your Windows PC, but exactly how it works can seem to be a mystery. This course will examine it in detail, showing students how to use it to its full potential.

Mobile Music**Course: CO223155****Thursday****Sept 22****2:00-3:30****Instructor(s): Danny Arkin**

There are so many sources for accessing music on your digital devices, and many of them can be enjoyed for free. Learn about the choices and how to shape your personal channels to contain the genres of music you prefer. This course will introduce the technology and related features that are waiting for you to enjoy and explore.

The Electric Grid: What Is It?**Course: CO223183****Monday****Sept 26****1:00-2:30****Instructor(s): William L. (Bill) Thompson**

This course will help students better understand issues about the electric grid. It will include a high-level discussion of what constitutes an electric grid, some characteristics of a grid, and how operators control the grid to avoid a blackout. There will be a presentation of the different types of generation sources (nuclear, natural gas, hydro, wind and solar) with an explanation of how each type impacts grid reliability. The Northeast blackout of August 2003 and the Texas extreme cold event in February 2021 will be explained in an effort to tie many of the issues together.

Password Managers A**Course: CO223157****Monday Sept 26****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. Are you still relying on paper to track your passwords and other secure data? Explore iOS and Android digital alternatives for managing passwords, credit cards, bank accounts, logons, etc. This course will provide you with necessary food-for-thought and suggestions to make your life easier and more secure.

Google It A**Course: CO223181****Monday Oct 3****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. Do you have questions on virtually anything in our lives? Are you seeking short video instructions on any topic? Perhaps you need to research availability and purchasing information. You need to be Googling it. Learn how to effectively use the Google search tool. Discover tricks for searching this gigantic information and knowledge pool. Develop skills in assessing the validity of search results. Guaranteed to make your life easier. Go ahead, Google it.

Apple Photos A: Managing Thousands of Photos in Your Phone**Course: CO223173****Monday Oct 10****2:00-3:30****Instructor(s): Danny Arkin**

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

Intermediate iPhone and iPad, Part 1**Course: CO223092****Friday Oct 14, 21, 28****12:30-2:00****Instructor(s): Mark A. Grubbs**

This course is the second of a four-part series for the iPad and iPhone and is for those who have completed the iPhone Basics or iPad Basics courses, or who have equivalent knowledge. Students will interactively learn about the cloud and iCloud, how to setup iCloud for backing up a device, and concepts of cellular data and Wi-Fi data. In addition, ALL the features of the Contacts and Messages apps will be covered. Students will need to bring a fully-charged iPhone 8 or newer and/or an iPad (newer than iPad 4th generation) running iOS 16 or iPadOS 16. Bring lots of questions! Please note: Intermediate Part Two course is planned for the Spring 2023 session and Part Three during the Summer 2023 session.

Google Photos A: Managing Thousands of Photos in Your Phone**Course: CO223175****Monday Oct 17****2:00-3:30****Instructor(s): Danny Arkin**

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

Microsoft Word Tips and Tricks**Course: CO223161****Wednesday****Oct 19****10:00-11:15****Online****Instructor(s): David Clark**

Microsoft Word contains a treasure trove of techniques, shortcuts, and ways to make it easier to type, edit, save, and print word processing documents. This course will reveal tips and tricks to help students use Microsoft Word more efficiently and effectively. Beginners and more advanced users will find this course helpful.

Password Managers B**Course: CO223158****Monday****Oct 24****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. Are you still relying on paper to track your passwords and other secure data? Explore iOS and Android digital alternatives for managing passwords, credit cards, bank accounts, logons, etc. This course will provide you with necessary food-for-thought and suggestions to make your life easier and more secure.

Introduction to the Internet and Safe Surfing**Course: CO223057****Wednesday****Oct 26, Nov 2****1:30-3:00****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.

Basics of Digital Photography**Course: CO223179****Monday****Oct 31, Nov 7, 14****1:30-2:30****Online****Instructor(s): David Clark**

This course will cover the basics of digital photography. Students will learn how 35mm film photography influenced its successor, digital photography, and how digital photography has changed the way people take, enhance, and display digital photographs. The basics of taking a good picture have not changed. This course will cover those basic topics such as composition, lighting, and framing a subject. The different types of digital cameras, whether it be a smartphone, one-shot camera, or Digital Single Lens Reflex (DSLR), will be compared and evaluated. Prior knowledge of digital cameras or photography tips is not required; beginners are welcome. Homework may be suggested.

Apple Photos B: Managing Thousands of Photos in Your Phone**Course: CO223174****Monday****Oct 31****2:00-3:30****Instructor(s): Danny Arkin**

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

Introduction to iTunes B**Course: CO223117****Friday Nov 4, 11****10:30-12:00****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. Though it may have started out simply as a way to play CDs and MP3s on the computer, iTunes is now much more than that. iTunes is a complex and powerful tool, which means there's a lot to know about it. This course will cover the basics, including ripping and burning music, managing playlists and using iTunes with your Apple device.

Renewable Energy in Our World**Course: CO223144****Wednesday Nov 9, 16****1:30-3:30****Instructor(s): B. Ellen Johnson**

Renewable energy sources are a major topic due to global warming. Dr. Johnson will explain what renewable energies sources are available for utility generation of electricity and present a brief comparison to conventional energies as well as discussing issues facing renewables.

Automotive Basics**Course: CO223169****Thursday Nov 10, 17****1:30-3:30****Instructor(s): B. Ellen Johnson**

What do terms like CVT, ABS, or ECM mean? What do all those numbers on your tires or a quart of engine oil mean? From transmissions to tires, this course will cover the basics of automobiles. Topics will include traditional internal combustion engines, hybrid systems, and electric vehicles.

Google Photos B: Managing Thousands of Photos in Your Phone**Course: CO223176****Monday Nov 14****2:00-3:30****Instructor(s): Danny Arkin**

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

Google It B**Course: CO223182****Monday Nov 21****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. Do you have questions on virtually anything in our lives? Are you seeking short video instructions on any topic? Perhaps you need to research availability and purchasing information. You need to be Googling it. Learn how to effectively use the Google search tool. Discover tricks for searching this gigantic information and knowledge pool. Develop skills in assessing the validity of search results. Guaranteed to make your life easier. Go ahead, Google it.

Google Photos C: Managing Thousands of Photos in Your Phone**Course: CO223180****Monday Nov 28****2:00-3:30****Instructor(s): Danny Arkin**

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

Microsoft Access Databases**Course: CO223162****Wednesday Dec 7****10:00-11:30****Online****Instructor(s): David Clark**

This course will delve into Microsoft's entry level database software, which organizes user information into a structured set of data that is accessible in various ways through data lookups and queries. Microsoft Access vs. Microsoft Excel will also be covered.

EF**Economics and Finance**

Planning for Long Term Care and What to Expect**Course: EF223141****Tuesday Sept 13****9:00-11:00****Instructor(s): Colleen Dennis, Jenny Morris, Shawn Hicks, Cary Scharf and Mark Railsback**

In this course, students will learn how to use Genworth's cost of care survey to understand the price points of different care options. Students will also hear from a former senior living sales specialist and a former skilled nursing facility social services specialist to learn how to research residential care options, what to ask on tours, and what to expect during a stay from various viewpoints (therapy, nursing, billing, etc.). This course will also cover a typical long term care insurance claims process from a carrier's perspective.

How to Protect Your Identity**Course: EF223117****Thursday Sept 15****2:30-3:30****Online****Instructor(s): Sylvia Watford**

There are so many opportunities to do things online these days. While that provides more opportunities to get things done quickly, it also leaves more opportunities for others to get access to valuable personal information. This course will show students steps to take to be better protected from identity theft and what recourse is available if the worst happens.

Senior Scams and Financial Exploitation**Course: EF223106****Monday Sept 19****1:30-3:00****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.

Reverse Mortgages 101: Mechanics, Costs and Considerations**Course: EF223122****Friday Sept 23****1:30-3:30****Instructor(s): Jim Warns**

In this course, students will learn how the federally-insured Home Equity Conversion Mortgage (HECM) program actually works. Students will also learn about changes to the program that further protect borrowers and enhance its rapidly expanding role in improving the retirement prospects of senior homeowners. Both the advantages and disadvantages of using a reverse mortgage as a financial tool to age in your own home will be discussed. The course is not a sales pitch for any particular loan program or lender, and it will be interactive with questions being encouraged.

Medicare Part D: Shopping for the Best Plan for You**Course: EF223138****Monday Oct 3****10:30-12:00****Online****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!

Long Term Care Insurance**Course: EF223136****Tuesday Oct 4****9:30-11:30****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 the most tax efficient way to fund long term care costs is and how a policy will help you and your loved ones. Bring all questions and prepare to take notes.

Organizing Your Financial Records in Four Steps**Course: EF223118****Wednesday Oct 5****11:30-12:30****Online****Instructor(s): Sylvia Watford**

With all the paperwork surrounding your finances, sometimes it can be hard to know what to keep and what to throw out. In this course, students will learn a quick, clear path to figuring out what you need.

Medicare Part D: Shopping for the Best Plan for You**Course: EF223113****Thursday Oct 6****10:30-12:00****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!

Bitcoin and Cryptocurrency 101**Course: EF223134****Monday Oct 10****2:00-3:30****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!

Estate Planning and New Options with IRA's**Course: EF223142****Thursday****Oct 13****10:30-12:00****Online****Instructor(s): Paula Peaden**

This course will help students understand how to protect their family (and themselves) by having an updated estate plan to take care of the three crises that will or may happen: death, disability and severe illness. The new options regarding IRA's will also be covered.

The Four Pillars of the New Retirement**Course: EF223143****Tuesday****Oct 18****10:30-12:00****Instructor(s): Shawn Doran**

This course will include insights from the Edward Jones and Age Wave research about how retirement is changing. Students will gain knowledge about the four essential pillars (health, family, purpose and finances) that can impact quality of life in retirement.

Estate Settlement and the Probate Process**Course: EF223104****Thursday****Oct 27****9:30-11:30****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.

How to Read Your Credit Report and Understand Credit Scores**Course: EF223125****Wednesday****Nov 2****11:30-12:30****Online****Instructor(s): Sylvia Watford**

Are you curious to learn what seems to be the mystery of credit reports and credit scores? This course will address how to access a free copy of your credit report and the importance of reviewing and understanding the report. The components of a sample credit report will be provided and discussed. The process to dispute information on your report will also be addressed. Since information in the credit report determines the credit score, students will learn the components to build, manage and maintain a great credit score.

What Your Kids Need to Know**Course: EF223140****Wednesday****Nov 16****9:00-10:30****Instructor(s): James E. Davidson, Jr., CFP®**

Many people fail to prepare adequately for life's major events, emergencies and inevitable ending, creating chaos for loved-ones and conflict among beneficiaries. Please join this course to learn about best practices, action steps and resources available to improve your preparedness and preserve your legacy. Ultimately, our goal is to help ensure the people trusted with handling your affairs actually have what they need to do so.

Aspiring Writer's Critique

Course: EL223015

Friday

Sept 9, 23, Oct 7, 21, Nov 4, 18, Dec 2, 16

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.

Memoir Writing

Course: EL223048

Tuesday

Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15

9:00-10:30

Instructor(s): Tom Seaborn

Webster's Dictionary defines a memoir as "a narrative composed from personal experience." In this course, students write 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!

Obituary Writing Workshop A

Course: EL223090

Wednesday

Sept 14

9:30-10:30

Instructor(s): Jennifer S. Moss and Kourtney Poznansky

Please register for only one session (A or B) to allow all students a chance to participate. Waffle House lost a good customer...She left behind a heck of a lot of stuff...He leaves behind his much younger bride... Don't let someone else tell your story...you might not like what they have to say! Your obituary doesn't have to be dull or unmemorable. You can give readers insights into your unique life and the legacy you leave behind. Each student can work on their own obituary, and a workbook will be provided. We promise to make this daunting task fun and enlightening!

Enjoy Poetry

Course: EL223043

Wednesday

Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14

11:00-12:00

Instructor(s): Bob Ferguson and Timothy Pace

Bob and Tim will continue this weekly course for the fall session. We try to use a wide variety of poems and poets. We mix in poetry related videos and ballads as well. We will show you that poetry can be enjoyable and even fun. This is not a traditional academic poetry class, but we enjoy reading and discussing both old and recent poetry.

How Music Defines Our American Character

Course: EL223097

Monday

Sept 26, Oct 3, 10, 24, 31, Nov 7, 14, 21

2:30-3:30

Instructor(s): Vic Thompson

In times of national crisis, Americans have always produced music that helps them endure and even prevail. In this course, students will focus on moments of crisis in our nation's history: wars, slavery, women's suffrage, the great depression, prohibition, labor, civil rights, the Vietnam War, and democracy in our own time. Each class will be dedicated to the history and the music of particular times of crisis. Students will discuss the historical contexts for each crisis and listen to performances of the music that helps define the crisis. The lyrics of each song will be available as a handout and used for lively class discussions.

Legacy Writing Workshop: Telling your Story**Course: EL223095****Tuesday Oct 11****11:00-12:30****Instructor(s): Jennifer S. Moss**

One of the best gifts we can leave our loved ones are the untold and over-told stories of our lives. Many times, we don't take time to revisit the past with our loved ones, so the stories of our lives that made us the people we are today go untold or forgotten. In this course, students will share a little about themselves to the class as well as write memories, stories and history for loved ones to have and share.

Short Stories: Waiting and Hoping**Course: EL223084****Wednesday Oct 19****10:30-12:00****Instructor(s): Patricia Ryther****Online**

This month we'll read Maxine Hong Kingston's 1978 "A Sea Worry" and Raymond Chandler's 1939 "I'll Be Waiting." The main characters in these very different short stories can't protect the people they care about. They're doing what little they can, but is it enough? Who will succeed, and who will fail? 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.

Marketing Ideas for Authors: I've Written a Book. Now What?**Course: EL223091****Friday Oct 21****11:00-12:00****Instructor(s): Heather Weidner****Online**

Marketing and promoting your book can be daunting. This course is for anyone who has written a book (or is thinking about writing one). It will cover what authors need to build a platform as well as marketing ideas.

Obituary Writing Workshop B**Course: EL223094****Tuesday Nov 15****11:30-12:30****Instructor(s): Jennifer S. Moss and Kourtney Poznansky**

Please register for only one session (A or B) to allow all students a chance to participate. Waffle House lost a good customer...She left behind a heck of a lot of stuff...He leaves behind his much younger bride... Don't let someone else tell your story...you might not like what they have to say! Your obituary doesn't have to be dull or unmemorable. You can give readers insights into your unique life and the legacy you leave behind. Each student can work on their own obituary, and a workbook will be provided. We promise to make this daunting task fun and enlightening!

Short Stories: Characters in Crisis**Course: EL223085****Wednesday Nov 16****10:30-12:00****Instructor(s): Patricia Ryther****Online**

This month we'll tackle Susan Glaspell's 1919 "Government Goat" and Ambrose Bierce's 1891 "The Man with Two Lives." In Glaspell's story, a husband tries to find his place in the community. The goat shows up early in the story and complicates everything. Bierce's main character isn't sure who he really is, or what happened. 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: Two Childhoods

Course: EL223086

Wednesday

Dec 14

10:30-12:00

Online

Instructor(s): Patricia Ryther

Here are two great stories about young people, both written for adult readers. Ursula LeGuin wrote of an idyllic childhood in her 1961 "Imaginary Countries." James Joyce's 1914 "Araby" features a teenaged hero who's forced to grow up too fast. Who are you rooting for? Come to this session and let's talk about both. 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****Chair Yoga Tuesday**

Course: FI223006

\$20

Tuesday

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

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. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Gentle Yoga Tuesday

Course: FI223009

\$20

Tuesday

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

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. Students will need to bring their own yoga mat to each class. Gentle yoga requires the ability to get down on the floor.

Wednesday Fun Fitness

Course: FI223017

\$20

Wednesday

Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14

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!

Chair Yoga Online **Course: FI223031** **\$20**
Wednesday **Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14**
10:00-11:00 **Online**
Instructor(s): Linda McDorman
Rooted in the transformational power of this ancient eastern healing art, this gentle and supportive class guides students through a series of flowing postures to improve strength, flexibility, breath and posture, creating greater ease in both body and mind. Chair yoga is open to all. This is an online fitness course.

Sit and Be Fit Wednesday **Course: FI223018** **\$20**
Wednesday **Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14**
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!

Yin Yoga Online **Course: FI223032** **\$20**
Wednesday **Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14**
11:15-12:15 **Online**
Instructor(s): Linda McDorman
Yin yoga consists of a series of long-held, passive stretches that focus on increasing flexibility in the connective tissue such as fascia, tendons, and ligaments, with the muscles being secondary. Because connective tissue is much more resistant to stretching, the poses are held for a longer period of time, up to three and a half minutes. This is a very calming, meditative practice, working with your breath and tuning into your body. This is an online fitness course.

Pilates, Core and More **Course: FI223015** **\$20**
Wednesday **Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14**
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!

Zumba Gold Online **Course: FI223020** **\$20**
Thursday **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**
8:30-9:30 **Online**
Instructor(s): Tracey Brooks
The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. This course is perfect for active older adults who are new to Zumba or looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Come ready to sweat and prepare to leave empowered and feeling strong. This course focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Please wear loose, comfortable clothing, appropriate shoes and have a water bottle and towel handy! This is an online fitness course.

Sit and Be Fit Thursday **Course: FI223005** **\$20**
Thursday **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**
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: FI223010** **\$20**
Thursday **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**
1:00-2:00
Instructor(s): Dorota Kawka

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

Gentle Yoga Thursday **Course: FI223007** **\$20**
Thursday **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**
2:30-3:30
Instructor(s): Dorota Kawka

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

Fusion Fitness Friday **Course: FI223003** **\$20**
Friday **Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16**
8:15-9:15
Instructor(s): Linda McDorman

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

Chair Yoga Friday **Course: FI223029** **\$20**
Friday **Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16**
9:30-10:30
Instructor(s): Linda McDorman

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

Low Impact Monday **Course: FI223001** **\$20**
Monday **Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12**
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!

Strengthen and Stretch Online **Course: FI223030** **\$20**
Monday **Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12**
10:00-10:45 **Online**
Instructor(s): Nicole Thomas-Jackson
This class will focus on strengthening your muscles using hand weights, bands, and your own body weight. Over the course of 45 minutes, you will work your arms, legs, and strengthen your core. Exercises will be both standing and sitting, so please have a chair available. Each class will end with an overall stretch to relax those hard-worked muscles. Be ready to strengthen and stretch in 45! Please wear loose, comfortable clothing, appropriate shoes and have a water bottle and towel handy. This is an online fitness course.

Sit and Be Fit Monday **Course: FI223004** **\$20**
Monday **Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12**
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!

Gentle Yoga Monday **Course: FI223028** **\$20**
Monday **Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12**
11:00-12:00
Instructor(s): Sandi Phillips
Stretch, strengthen, enliven, relax! This gentle yoga class offers students the opportunity to experience all of these. Focusing on gentle movement and breathwork, a greater sense of ease for body, mind and spirit is the intention. This class requires the ability to get up and down on the floor. Students will need to bring their own yoga mat to each class.

Chair Yoga Monday **Course: FI223022** **\$20**
Monday **Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12**
2:30-3:30
Instructor(s): Linda McDorman
Rooted in the transformational power of this ancient eastern healing art, this gentle and supportive class guides students through a series of flowing postures to improve strength, flexibility, breath and posture, creating greater ease in both body and mind. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Dwight D. Eisenhower: I Like Ike**Course: HS223507****Tuesday****Sept 6, 13, 20, 27, Oct 4, 11****11:00-12:00****Instructor(s): Shep Smith**

Dwight D. Eisenhower was elected the 34th President in 1952 and re-elected in 1956. He was one of very few Presidents who was a world figure when he became President and one of a few Presidents who was more popular when he left office than when he arrived. Those who lived during the Eisenhower years were proud to say, "I Like Ike" and still like Ike today. People liked Ike because Ike liked people. The nation enjoyed eight years of peace and prosperity during the Eisenhower years. His average monthly approval rating during his two terms as President was 64 percent. The Cold War was at its peak when Eisenhower became President. The Soviet Union under Joseph Stalin was strong and threatening in a large part of Europe. The Korean War with North Korea backed by China and supplied by the Soviet Union had become a stalemate, and no one seemed to know how to end it. At home, a communist witch-hunt was being led by Senator Joe McCarthy, and lives were being ruined. Domestically, Eisenhower cut defense spending, lowered inflation, balanced the federal budget, built the interstate highway system, and worked well with a Democratic Congress. Many consider his greatest failure as President was in not providing strong leadership in civil rights after the Brown v. Board of Education decision in 1954. He did send federal troops into Little Rock in 1957 to enforce a federal court order, and a weak Civil Rights Bill was passed; however, he never strongly spoke out for civil rights or provided moral leadership on the issue. In leaving office, he warned the nation of the danger of the military-industrial complex.

Dwight D. Eisenhower: I Like Ike**Course: HS223508****Tuesday****Sept 6, 13, 20, 27, Oct 4, 11****1:30-2:30****Instructor(s): Shep Smith****Online**

Dwight D. Eisenhower was elected the 34th President in 1952 and re-elected in 1956. He was one of very few Presidents who was a world figure when he became President and one of a few Presidents who was more popular when he left office than when he arrived. Those who lived during the Eisenhower years were proud to say, "I Like Ike" and still like Ike today. People liked Ike because Ike liked people. The nation enjoyed eight years of peace and prosperity during the Eisenhower years. His average monthly approval rating during his two terms as President was 64 percent. The Cold War was at its peak when Eisenhower became President. The Soviet Union under Joseph Stalin was strong and threatening in a large part of Europe. The Korean War with North Korea backed by China and supplied by the Soviet Union had become a stalemate, and no one seemed to know how to end it. At home, a communist witch-hunt was being led by Senator Joe McCarthy, and lives were being ruined. Domestically, Eisenhower cut defense spending, lowered inflation, balanced the federal budget, built the interstate highway system, and worked well with a Democratic Congress. Many consider his greatest failure as President was in not providing strong leadership in civil rights after the Brown v. Board of Education decision in 1954. He did send federal troops into Little Rock in 1957 to enforce a federal court order, and a weak Civil Rights Bill was passed; however, he never strongly spoke out for civil rights or provided moral leadership on the issue. In leaving office, he warned the nation of the danger of the military-industrial complex.

Anthropology: The Dispossession of Indigenous Americans**Course: HS223002****Wednesday****Sept 7, 21, Oct 5, 19, Nov 2, 16, 30, Dec 14****9:00-10:30****Instructor(s): Annebel Lewis**

The Removal Act of 1834 was the beginning of the end for the Indigenous American people's way of life, and the Great Indian Wars were the dramatic ending. Expulsion became the national policy; a fiercely contested political act designed to deport native nations. This course will provide a discussion of the issues that affected the Pamunky, Choctaw, Kumeyaay, Nez Perce, Comanche, and Osage. Recommended reading is "Unworthy Republic" by Claudio Saunt.

Let's Talk about Polarization**Course: HS223532****Thursday****Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15****1:00-2:00****Instructor(s): John Bennett**

The polarization among people across the world is growing in epidemic levels, on many topics key to a thriving and enriched world that can only occur when diverse beliefs are collaboratively discussed. A real contradiction! Quoting Ben Franklin: "When [people] differ in opinion, [all] sides ought equally to have the advantage of being heard by the public; when Truth and Error have fair play, the former is always an overmatch for the latter." Agreeing with Franklin, the instructor believes the best way to combat polarization is open, honest discussion. This bi-weekly course will explore polarization from many viewpoints, including: the basics of polarization, how to address polarization, actual discussion of current polarizing topics, and what's next. The following session's topic will be selected at the end of each session, giving students time to think and organize their thoughts during the off week. The goal is for everyone to begin proactively addressing these polarizing topics in the community to see the current situation start to change.

Western Civilization Foundations**Course: HS223529****Thursday****Sept 8, 15, 29, Oct 6, 13, 20, Nov 3, 10, Dec 1, 15****1:30-3:00****Instructor(s): Timothy Pace**

This is another history lecture series from the Great Courses. This course will cover the period from ancient Sumerian civilization, moving to Egypt, Greece and Rome, finally ending in the entry of Christianity into the world scene. Students will explore what it means to have a civilization and the necessary elements leading up to what it takes to build a civilized society. There will be a question and answer segment as well as handouts.

Justice for All**Course: HS223526****Monday****Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14****11:00-12:30****Instructor(s): Edward Blackwell**

Provided with the relevant portions of the Constitution, students will work with eight peers to form a "Supreme Court" and issue rulings on cases involving topics such as capital punishment, suspension of habeas corpus, gun ownership, freedom of expression, trial by jury, suffrage, citizenship, search and seizure, self-incrimination, eminent domain, and treason. The rulings will then be compared to rulings in actual cases! Everyone will learn a great deal about the application of the Bill of Rights and the Fourteenth Amendment in addition to other portions of the Constitution.

Drury's Bluff: Defender of Richmond**Course: HS223543****Tuesday****Sept 13****9:30-10:30****Instructor(s): Waite Rawls**

Drury's Bluff is one of the most overlooked, yet important, Civil War sites in Virginia. Even folks from Chesterfield County seldom understand that Richmond could have fallen in the spring of 1862, only one year into the Civil War, if it had not been for Drury's Bluff. This course will present why and how.

A History of Eastern Europe**Course: HS223530****Tuesday****Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, Dec 6, 13****12:30-1:45****Instructor(s): Bob Ferguson**

If you like world history, you will enjoy this course. Most of us know a good deal about Western Europe, but how much do we know about Eastern Europe? This course from Wondrium was put together seven years ago so is recent enough to be relevant to events of today like the Russia - Ukraine war. The course deals with history that has impacted the more than twenty countries that make up Eastern Europe, so students will learn about countries large and small. The course focuses on the years from the second world war until 2015.

Current Events Discussion

Course: HS223003

Wednesday

Sept 14, 28, Oct 12, 26, Nov 9, 30, Dec 14

1:00-2:45

Instructor(s): Roy Dahlquist and Fred Nelson

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

Angkor Wat in 2022

Course: HS223546

Wednesday

Sept 14

1:30-3:00

Online

Instructor(s): Rick Kinnaird

The instructor's most recent visit to Angkor was in May 2022. Only 100 tourists were there! He spent 17 days visiting about 45 temples, some rarely seen by tourists. He was alone for hours at Angkor Wat. This course will present the state of the country and the site, concentrating on the massive bas-relief panels of the 3rd gallery.

The Real History of Pirates

Course: HS223531

Friday

Sept 16, 23, 30, Oct 7, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16

9:30-11:00

Instructor(s): Timothy Pace

Return with us again to the days of yesteryear when pirates ruled the seas. This is a lecture series from the Great Courses covering those swashbuckling days from 1650 to 1740. The lectures are presented in an entertaining fashion as well as informative of that era. You will learn about Blackbeard the pirate, as well as other swashbuckling characters and a variety of Buccaneers who terrorized not only the Caribbean but other waters during this fascinating period of world history. There will be a question and answer segment following the lecture as well as handouts.

Fields of Anthropology: The Four Field Approach

Course: HS223545

Monday

Sept 19

10:00-11:00

Online

Instructor(s): Justin Sisk

In this course, students will learn about the four major fields of anthropology (physical, biological, socio-cultural, and linguistics). In addition, they will also be exposed to the history of the field, major theories that have shaped the discipline, and some of the many subfields that have sprouted out since its original conceptions.

The American POW Experience and the MIA Legacy

Course: HS223544

Monday

Sept 19

1:00-2:00

Instructor(s): Crystal Coon

This course will provide a brief explanation of the experiences of American POWs from the American Revolution up to the present. Learn about the designation of MIA and how the United States is attempting to locate and identify those American soldiers who never returned home following war. This course will look at the legacy of American prisoners of war as well as the families of those who were or are missing in action. We will discuss the process of identifying those who are missing in action and why the inclusion of these stories is so vital.

Great Decisions

Course: HS223089

*\$35

Tuesday

Sept 20, Oct 18, Nov 15, Dec 13

2:00-3:00

Instructor(s): **Bob Ferguson**

This course is an ongoing discussion of foreign policy issues. Each of the four classes covers a separate topic. Two classes will be used to cover the remaining topics from the 2022 Foreign Policy Association book, which can be optionally purchased through LLI during open registration with payment due at the time of registration. The book is not required, and the instructor will supply each student with information on the topic for discussion. Additionally, two classes will cover the ongoing war in Ukraine and a year-end review. The planned topics for the fall session are as follows: September - Status of the War in Ukraine; October - American Industrial Policy; November - Biden Foreign Policy; and December - Review of 2022 Topics and a Look Ahead to 2023.

Rethinking the Cold War: Part One

Course: HS223527

Monday

Sept 26, Oct 3, 10, 17, 24

9:30-11:00

Instructor(s): **Dr. John Lemza**

As World War Two came to a close old allies became new enemies as the world evolved into geo-political spheres of control between the East and the West. Western democracies faced off against Eastern Bloc communist powers as the stage was set for political brinkmanship that influenced and shaped foreign and domestic policies and lives at home. History knows it as the "Cold War," but was it really cold? Would the world survive this challenge? How does this history still resonate with us today?

The Great Pyramid and How It Was Built

Course: HS223533

Tuesday

Sept 27, Oct 4, 11

2:30-3:30

Instructor(s): **Rick Kinnaird**

This course will present the latest information and speculation on how the Pyramid of Khufu was constructed as well as plans for the instructor's upcoming trip to Egypt. Topics include: background and history, the internal ramp theory, and why three chambers?

Global Cultural Geography: British America

Course: HS223087

Tuesday

Oct 4, 11

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.

History of Ventriloquism: From Fortune Telling to Entertainment

Course: HS223541

Wednesday

Oct 5

11:00-12:30

Instructor(s): **John Byrd**

This course will cover the earliest known uses of ventriloquism through the current use of ventriloquism for entertainment. There will be an emphasis on current vents including the instructor's knowledge of and interaction with several of today's popular ventriloquists.

Women in John Marshall's Life: Don't Forget the Ladies**Course: HS223540****Wednesday****Oct 5****1:00-2:00****Instructor(s): Haley Barber**

Chief Justice John Marshall (1755-1835) led a successful life and career, but he didn't get there on his own. In the wings existed a line of strong women who supported him, both through personal volition and through force. This course from Preservation Virginia's John Marshall House explores the variety of women present in Marshall's life. How did women exist within the 1790 John Marshall House, and more broadly, within Early Republic United States?

The History of Photography: Images from the Past**Course: HS223534****Monday****Oct 10****1:00-2:00****Instructor(s): James Triesler**

From Daguerreotypes of the 1840s to photos of the 20th century, this course will focus on the development of photography from the beginning. Original photos as far back as 1840 will be shared. Famous photographers and photography advertisements will also be included.

The History of Photography: Images from the Past**Course: HS223535****Wednesday****Oct 12****11:30-12:30****Online****Instructor(s): James Triesler**

From Daguerreotypes of the 1840s to photos of the 20th century, this course will focus on the development of photography from the beginning. Original photos as far back as 1840 will be shared. Famous photographers and photography advertisements will also be included.

The Art of Political Storytelling: Winning Votes, Hearts and Power**Course: HS223528****Tuesday****Oct 25, Nov 1, 15, 22, 29, Dec 6, 13****9:30-11:00****Instructor(s): Les Schaffer**

From polarized America to post-Brexit Britain, to embattled Ukraine and the tangled webs of the post-colonial world, telling good stories with fearless protagonists, hero's journeys against insurmountable odds, and multiple memorable sound bites are at the heart of political success. An understanding of the storytelling arts helps explain today's divided political worlds. This course will look at the history of political storytelling beginning in ancient times through our Nation's dramatic history to political events ripped from today's headlines. Using mythology, literature, visual and social media, we'll examine the tools and tricks of narrative and evaluate the use of language and rhetorical tools to win hearts, minds, votes, and political power. In the 2022 and 2024 election cycles, we're being asked to make huge historic decisions about the people and policies that should control our country. Candidates will be invoking monsters, seemingly unbeatable foes, heroes, villains, fears and hopes. In a non-partisan manner, with veteran storyteller Les Schaffer as your guide, students will be taking a fun, original and compelling journey into this heart of political storytelling.

Olmsted's America: Seeing the Future**Course: HS223511****Friday****Oct 28, Nov 4, 11, 18****10:30-12:00****Instructor(s): Patricia Ryther**

Before he became the nation's first landscape architect, Frederick Law Olmsted was a failed sailor, farmer, writer, and gold miner. His writings influenced international opinion on slavery, and his vision created a system of parks which would remain relevant for hundreds of years and serve all the people. With dogged perseverance, battling through personal tragedies, he made it happen. This course will focus on Olmsted's life and world, a time of civil war, rapid nation-building, and the beginning of the American park system.

World War II Spies and Lies**Course: HS223542****Monday****Oct 31****10:00-11:30****Instructor(s): Kenneth D. Alford**

Top Secret plots, counterplots, subversion, treachery, and intrigue will be revealed in this course. Cicero, the world's highest paid spy, who stole the Allies most vital secrets is the most spectacular and ironic episode. Fritz Kolbe brought the Allies 2,600 documents from Hitler's Foreign Office and would be known in history as a determined, idealistic German that Allied intelligence called the best agent of the war. The secrets of D-Day masked the time and place of the Normandy landings that German forces uncovered in less than 24 hours after the invasion began. There was a German counterespionage in the Netherlands where the Allies thought they had 1,500 saboteurs operating in Holland, or so they believed. The undersea telephone line between Roosevelt and Churchill was tapped by the Germans. The Cambridge Five, including Kim Philby, Donald Maclean, Guy Burgess, and Anthony Blunt were top officials in the British Security Service (MI5) and all were Russia spies. This course offers a rare inside glimpse within the secret Allies and German agencies of World War II.

Our Rich History: A Journey into the Education of Coloreds in Midlothian**Course: HS223496****Thursday****Nov 3****9:30-11:00****Instructor(s): Audrey M. Ross**

This course will provide a historical review of the education of the coloreds in Midlothian after the Civil War up to the end of the segregation of schools in Chesterfield County.

Women and Men of the Civil War**Course: HS223536****Monday****Nov 7****12:30-2:00****Instructor(s): James Triesler and Crystal Coon**

This course will feature stories and artifacts about life during the Civil War, as told by two staff members of the Virginia War Memorial, who will be wearing period clothing. Learn about Clara Barton, Rose O'Neal Greenhow, Colonel John B. Magruder, and others from this fascinating period of our history.

Women and Men of the Civil War**Course: HS223537****Wednesday****Nov 9****11:00-12:30****Instructor(s): James Triesler and Crystal Coon****Online**

This course will feature stories and artifacts about life during the Civil War, as told by two staff members of the Virginia War Memorial, who will be wearing period clothing. Learn about Clara Barton, Rose O'Neal Greenhow, Colonel John B. Magruder, and others from this fascinating period of our history.

Civil War Decision Styles**Course: HS223477****Monday****Nov 28****1:00-2:00****Instructor(s): Herbert Loveless**

Most questions about decisions made by commanders made during the Civil War begin with the word "Why". Most of these questions usually are unanswerable. This course will attempt to answer the question of "How did commanders make their decisions?" It will show the basis for each commander's decision style in the eastern theater of the war.

The Great Western Schism

Course: HS223547

Tuesday

Nov 29

2:00-3:30

Online

Instructor(s): Dr. Bruce Colletti

Except for the Lombard threat of 568-774, the greatest crisis that confronted the papacy was the Great Western Schism of 1378-1417. Needlessly caused by the deranged Pope Urban VI, this schism ultimately split Christendom into the Roman, Avignonese, and Pisan Obediences (each pope excommunicated the others). During this time no soul supposedly entered Heaven. The good news is that the Council of Constance (1414-18) ended the Schism, but that was also the bad news, as you'll see in this course.

The Beauty and History of Alpine, a Town in SW Texas

Course: HS223538

Wednesday

Nov 30

9:30-10:30

Instructor(s): James Triesler

This course will feature photos and stories of Alpine, Texas. Located in the desert and surrounded by mountains, Alpine has experienced a rich history since its formation in the 1880s. Come enjoy stories and images of a town that grew out of the Old West, eventually becoming a college town.

The Beauty and History of Alpine, a Town in SW Texas

Course: HS223539

Wednesday

Nov 30

2:30-3:30

Online

Instructor(s): James Triesler

This course will feature photos and stories of Alpine, Texas. Located in the desert and surrounded by mountains, Alpine has experienced a rich history since its formation in the 1880s. Come enjoy stories and images of a town that grew out of the Old West, eventually becoming a college town.

Enemy Territory: The Story of American CIA U-2 Pilot Francis Gary Powers

Course: HS223401

*\$20

Monday

Dec 5

10:30-12:00

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 new graphic novel, "Enemy Territory", Gary tells his father's story and dispels the misinformation surrounding 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 uncovered the truth behind the U-2 Incident. During this course, Gary will talk about the Cold War, the Spielberg movie "Bridge of Spies", and the research that went into writing his books. If students would like a copy of the new graphic novel, "Enemy Territory," the optional course fee should be paid at time of registration. Signed copies will be available at the class!

Adventures of the Camino

Course: HS223381

Thursday

Dec 15

1:00-3:00

Instructor(s): Robert Abbott

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

Beginning Tai Chi Review and Practice A**Course: HW223352****Wednesday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****12:00-12:45****Instructor(s): Mary E. Gutberlet, M.Ed.**

Please register for only one session (A or B) to allow all students a chance to participate. This course is a supplement to Beginning Tai Chi A or B. It is an opportunity to work with Sifu Mary Gutberlet to review and practice the teaching of the beginner's class. Particular attention will be paid to proper footwork and hand/arm coordination that adds flow, grace, and seamless movement to the execution of the Yang Style Simplified 24-Form.

Atrial Fibrillation: What a Patient Must Know**Course: HW223371****Thursday****Sept 8****10:00-11:00****Instructor(s): Alap Shah, MD**

Dr. Shah will discuss conditions and treatments involving the electrophysiology of the heart and atrial fibrillation.

Healthy Living Workshop: Diabetes Self-Management**Course: HW223353****Thursday****Sept 8, 15, 22, 29, Oct 6, 13****10:00-12:00****Instructor(s): Kathy Brown**

This course will present a diabetes self-management program which is a free workshop that will meet for six weeks. People with diabetes must deal not only with their disease but also with the impact this has on their lives and emotions. This workshop will focus on: developing an action plan, feedback and problem solving, communication, nutrition and healthy eating, preventing and monitoring low blood sugar, stress management, depression, positive-thinking, working with your healthcare provider, skin and foot care, and preventing complications. Members with diabetes and members who have friends or family with diabetes are all welcome to register.

Beginning Tai Chi Review and Practice B**Course: HW223356****Friday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16****11:00-11:45****Instructor(s): Mary E. Gutberlet, M.Ed.**

Please register for only one session (A or B) to allow all students a chance to participate. This course is a supplement to Beginning Tai Chi A or B. It is an opportunity to work with Sifu Mary Gutberlet to review and practice the teaching of the beginner's class. Particular attention will be paid to proper footwork and hand/arm coordination that adds flow, grace, and seamless movement to the execution of the Yang Style Simplified 24-Form.

Intermediate Tai Chi**Course: HW223343****Friday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16****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.

Beginning Tai Chi A**Course: HW223342****Monday****Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12****12:30-1:15****Instructor(s): Damir Strmel**

Please register for only one session (A or B) to allow all students a chance to participate. 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 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.

Beginning Tai Chi B**Course: HW223355****Monday****Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12****1:30-2:15****Instructor(s): Mary E. Gutberlet, M.Ed.**

Please register for only one session (A or B) to allow all students a chance to participate. 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 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.

Joint Replacements: What to Know Before and After Surgery**Course: HW223375****Tuesday****Sept 13****1:00-2:00****Instructor(s): David Reynolds, PT, DPT**

If you're planning or thinking about having a joint replacement (knee, hip, shoulder, ankle, etc.), you may have questions. Should you do pre-hab before the surgery? This course will give information to help you be ready to go under the knife. Students will learn about indications for surgery, differences in expectations post-surgery, and how physical therapy can help you reach the best outcomes before and after surgery.

Osteoporosis and Fractures of the Back: Management of a Very Common Disease**Course: HW223373****Thursday****Sept 15****2:00-3:00****Instructor(s): Efstathios Spinos, MS, MD**

This course will discuss the diagnosis and management of osteoporosis, as well as delve into vertebral compression fractures and the diagnosis and management of this type of spine injury.

Understanding and Coping with Grief**Course: HW223374****Thursday****Sept 22****11:00-12:00****Instructor(s): Angie Morriss**

This course will focus on grief after loss of a loved one. Students will discuss how grief can affect them in various ways, the value of coping mechanisms, self-care, and staying connected to their loved ones.

Focused Ultrasound: Essential Tremor and Parkinson's Treatment Options**Course: HW223344****Wednesday****Sept 28****2:00-3:00****Instructor(s): BriAnne Clarke, MSN, FNP-C**

Focused ultrasound is a cutting-edge treatment option available for essential tremor and Parkinson's disease patients. The procedure targets the thalamus with sound energy instead of radiation. Join this course to learn about this life changing, incisionless procedure, how it works and get questions answered by a nurse navigator who guides patients through the treatment process. Johnston-Willis Hospital is the only hospital in central Virginia offering this treatment for medication-refractory essential tremor and tremor-dominant Parkinson's disease patients. It is also one of only a few hospitals that offers all three surgical options for essential tremor, giving patients a choice based on their medical condition and preferences.

Being Mortal Documentary**Course: HW223303****Thursday****Sept 29****11:30-1:00****Instructor(s): Angie Morriss**

If you thought you were dying, what would matter most? This course will provide a special screening of the nationally acclaimed Frontline Documentary, "Being Mortal." The film follows Dr. Atul Gawande as he works with patients and families facing serious illness and end-of-life decisions. Students will learn how to improve communication about individual goals, values, and preferences surrounding end-of-life care.

Stress Relief Guided Meditation**Course: HW223381****Thursday****Oct 6****10:00-11:00****Instructor(s): Pamela Biasca Losada**

The focus of this guided meditation is stress relief. After a brief introduction of the topic, students will be guided through a guided meditation to help decrease stress, find peace, and a sense of calmness. To benefit yourself and others, please make sure to be in a quiet environment with no distractions. The use of headphones or earphones is highly recommended. Additionally, have a journal and pen available.

Online**Caregiving and Anticipatory Grief****Course: HW223360****Thursday****Oct 6****11:00-12:00****Instructor(s): Angie Morriss**

This course will discuss normal physical, emotional and behavioral responses related to caregiving. Students will explore how to blend balance while navigating this honorable responsibility.

Hip Pain: Do I Need Surgery?**Course: HW223332****Thursday****Oct 13****10:00-11:00****Instructor(s): David Miller, MD**

Dr. Miller will discuss a complete range of surgical and non-surgical treatments for hip conditions.

Vertigo and Dizziness: Common Causes and How to Treat It**Course: HW223376****Thursday****Oct 13****1:00-2:00****Instructor(s): David Reynolds, PT, DPT**

Have you ever turned over in bed, looked up or down, or stood up too fast then felt like the world was spinning on you or felt light-headed? This course will cover common causes of vertigo and dizziness and how physical therapy can help alleviate your symptoms.

Cataract Surgery and Other Refractory Conditions**Course: HW223372****Wednesday****Oct 19****1:00-2:00****Instructor(s): Pranay Gupta, MD**

Dr. Gupta will discuss the various eye conditions and surgical procedures that he performs. For example, some conditions that he treats are: laser cataract surgery and premium IOL (intraocular or monofocal lenses), corneal therapies, amniotic membrane grafting, laser therapies for glaucoma and diabetes, blepharoplasty, pterygium excision, oculoplastic procedures, as well as retina and glaucoma laser therapy.

Leaky Bladder Affects Women of All Ages: Hold It!**Course: HW223315****Thursday****Oct 20****9:00-10:00****Instructor(s): Ramzi Aboujaoude, MD**

This course will address female pelvic issues such as: urinary incontinence or leakage, pelvic organ prolapse (dropping of the vagina, uterus, cystocele, rectocele), overactive bladder, and fecal incontinence. Dr. Aboujaoude - pronounced "Ah-boo-jah-dee" - will talk about these issues and treatment options available.

Music and Dementia: The Power of Communication**Course: HW223382****Tuesday****Oct 25****11:00-12:00****Instructor(s): Rachel Lawson**

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

Chronic Pain: How Do I Get Rid of It?**Course: HW223377****Tuesday****Nov 1****1:00-2:00****Instructor(s): David Reynolds, PT, DPT**

Have you ever had imaging done and been told everything looks fine, but you still have pain? Have you had back or neck pain or any pain for years? Do you want to avoid having chronic pain? This course will cover the science of chronic pain and how physical therapy can help. Students will delve into the science of how the human body works and what happens during chronic pain. Why it must be treated differently than acute pain and what you can do to improve your quality of life with chronic pain will also be explored.

Varicose Veins**Course: HW223189****Wednesday****Nov 2****10:00-11:00****Instructor(s): Amrina Cheema, MD**

This course will discuss the latest medical advances in vascular surgery from the latest techniques for performing life-saving procedures to addressing cosmetic vein issues. Individuals seeking treatment for vein-related swelling, varicose, or spider veins have access to a wide range of treatment options. Come learn from Dr. Cheema!

Healthy Lifestyle Habits**Course: HW223362****Thursday****Nov 3****9:30-10:30****Instructor(s): Kathy Brown**

This course focuses on nutrition and wellness class for adults. Developed to help adults increase awareness of the link between nutrition, physical activity, and mindfulness, students will gain practical tips on healthy eating and physical activity. Activity options and planning tools to create nutritious meals will provide the skills and confidence to make simple changes.

Dealing with Depression Later in Life**Course: HW223369****Thursday****Nov 3****10:00-11:00****Instructor(s): Jim Newton, MA, LPC**

This course will provide students with tools, strategies and coping mechanisms to better handle the changes that naturally occur in life stages. Students will learn how to work with depression, how to feel better and how to deal with the awful slumps and dark clouds. There is no cure for depression. There is no magic wand that will just wave the depression away, but there are many things that can be done to reduce suffering and improve quality of life. These strategies could save someone's life.

What Comes After Menopause?**Course: HW223380****Wednesday****Nov 9****12:00-1:00****Instructor(s): Lauren Cook, NP**

When you think of health concerns among senior women, what comes to mind? Osteoporosis, breast cancer, diabetes, and hypertension are commonly known challenges faced by women as they age...but there is so much more than that. This course will cover many of the gynecological problems senior women experience that don't often come up in conversation.

Holiday Grief and Coping**Course: HW223302****Thursday****Nov 10****11:00-12:00****Instructor(s): Angie Morriss**

This course will focus on grief support and coping strategies during the holiday season. Students will discuss how grief can affect them emotionally, cognitively, socially, spiritually and physically. The importance of staying connected to our loved ones whom we are missing will also be discussed.

Holiday Safety**Course: HW223282****Monday****Nov 14****1:00-2:00****Instructor(s): Kimberly Rideout**

As the winter holiday season arrives, we tend to have more distractions than usual including 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 holidays. Learn ways to keep yourself and your loved ones safe. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire and EMS, will be presenting the course.

Speech Therapy 101: More Than Speech**Course: HW223385****Tuesday Nov 15****11:00-12:00****Instructor(s): Sabrina Cohen and Melissa Becker**

This course is an introduction to Speech-Language Pathology. More specifically, this course will cover how Speech-Language Pathologists, also known as SLPs or Speech Therapists, help adults of all ages in a variety of settings and living situations improve and maintain their independence and quality of life to live life to the fullest at any age. This course will provide an overview of the different types of disorders that SLPs treat, including cognitive, language, motor speech, voice, respiratory, and swallowing disorders, as well as techniques shown to be effective in treating said disorders. Free resources and tips regarding applying strategies for improving communication and recall will be provided as well!

Stroke Education: Everything You Need to Know**Course: HW223153****Thursday Nov 17****10:00-11:00****Instructor(s): Kofi Atsina, MD**

Dr. Atsina will explain how clinical professionals make emergent neurological decisions and the process of treating stroke with the goal of preserving brain function. This course will cover everything you need to know from symptoms to new treatment options and how these procedures are performed.

Holiday Safety**Course: HW223379****Monday Nov 21****1:00-2:00****Online****Instructor(s): Kimberly Rideout**

As the winter holiday season arrives, we tend to have more distractions than usual including 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 holidays. Learn ways to keep yourself and your loved ones safe. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire and EMS, will be presenting the course.

Caregiver Stress Tips: You Are Not Alone**Course: HW223383****Tuesday Nov 22****11:00-12:00****Instructor(s): Rachel Lawson**

Over 11 million caregivers are providing unpaid care to persons living with dementia. Caregivers are our hidden heroes who give so much of themselves to care for others, but it is very important they take care of themselves. Join this course during National Caregivers Month to hear stress-busting tips and self-care strategies that caregivers can use to care for themselves.

Hands Only CPR**Course: HW223340****Thursday Dec 1****11:00-12:00****Instructor(s): Kimberly Rideout**

Hands-Only Cardio Pulmonary Resuscitation (CPR) is CPR without mouth-to-mouth breaths. The American Heart Association estimates that every year 475,000 people die from cardiac arrest in the United States. Hands-Only CPR is recommended for use by people who see a teen or adult collapse in an "out-of-hospital" setting (at home, at work, or in a park). Hands-Only CPR can save lives. Learn how. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire and EMS, will be presenting the course. Come ready to learn and ask questions!

Fall Risk Assessments and How to Be Proactive on Preventing Falls**Course: HW223378****Tuesday Dec 6****1:00-3:00****Instructor(s): David Reynolds, PT, DPT**

About 36 million falls are reported among older adults each year resulting in more than 32,000 deaths. That's a sobering statistic. There are things everyone can do to reduce fall risk. This course will cover strategies to prevent falls and how physical therapy can help. Individual risk assessments may be available time permitting.

Holiday Tips for Caregivers**Course: HW223384****Wednesday Dec 14****10:00-11:00****Online****Instructor(s): Rachel Lawson**

Holidays are a time for making memories with family and friends; however, including someone living with dementia may feel challenging and overwhelming for families. Join this course to learn tips to engage and include someone living with dementia in holiday traditions while making the most of time together.

IA**Inside LLI Activities**

Orientation for New Members**Course: IA223999****Wednesday Sept 7****10:00-11:30****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 a 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: IA223997****Thursday Sept 8****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!

Monthly Member Birthday Celebration**Course: IA223100****Tuesday Sept 13, Oct 11, Nov 15, Dec 13****12:00-12:30****Instructor(s): LLI Social Committee**

The monthly member birthday celebration will usually be the second Tuesday of each month and is designed to CELEBRATE the life of each member. If it's your birth month, plan to come and invite any family and friends you'd like to share in your birthday celebration. If it's not your birth month, plan to come celebrate with your LLI family! Cake will be provided. No need to register. Just put it on your calendar!

September Luncheon**Course: IA223009****\$5****Thursday Sept 22****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will help kick off our Fall session! Entertainment will be a one act play performed by our very own YAHA group. Be sure to sign-up in the office to participate. Sponsored by Watercrest Senior Living.

Annual State of the LLI Meeting**Course: IA223016****Monday Oct 17****1:30-3:00****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!

October Luncheon**Course: IA223010 \$5****Thursday Oct 27****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a little bit spooky! Entertainment will be provided by our very own Wind Ensemble. Stay tuned for more details, and be sure to sign-up in the office to participate.

November Luncheon**Course: IA223011 \$5****Thursday Nov 17****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a special Thanksgiving celebration! Entertainment will be a special performance by our very own Advanced Readers Theater. Be sure to sign-up in the office to participate. Sponsored by Spring Arbor of Salisbury.

December Luncheon**Course: IA223012 \$5****Thursday Dec 8****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a special winter holiday celebration! Entertainment will be provided by the Tomahawk Creek Middle School Choral Group. Stay tuned for more details, and be sure to sign-up in the office to participate.

LA**Languages****Basic Reading and Writing Arabic Script****Course: LA223022****Tuesday Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13****11:00-12:00****Online****Instructor(s): Charles Barron**

This course will focus on recognizing the 28 Arabic consonants and short vowels as students read Arabic words transliterated into equivalent English letters and sounds. Mastering these skills will not be difficult and will allow students to look up most Arabic words using Google Translate or simplified Arabic dictionaries. Additionally, students will increase their Arabic words vocabulary by using "get by" spoken Arabic words and sentences in conversations with classmates.

Conversational German**Course: LA223015****Monday Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12****2:00-3:45****Instructor(s): Alan McCrea**

This course will give students an opportunity to read and converse in German. Some knowledge of the language will be helpful; however, all levels of expertise are welcome. Approximately 30 minutes at the beginning of each class will be devoted to beginning concepts. Students may choose to attend either or both segments of the class. No textbook is required.

Spanish Grammar from A to Z: Part 2

Course: LA223006

Tuesday Sept 13, 20, 27, Oct 11, 18, Nov 15, 22, 29, Dec 6, 13

12:30-2:00

Instructor(s): Nena Woods

This course will offer students an opportunity to continue mastering the basics of Spanish grammar and is recommended for students who took the course in the summer. It is also for those who wish to brush-up on their Spanish speaking, reading and writing skills. Students will need a dictionary, notebook, and a folder for handouts.

Japanese Language and Culture

Course: LA223026

Wednesday, Friday Nov 9, 11, 16, 18

3:00-4:00

Instructor(s): Dr. Naomi Kagawa and Audrey Short

This course will discuss concepts that will help students understand Japanese culture. For instance, when and why do some Japanese people want to be ambiguous? How could "being modest" work in interpersonal relationships? Mini-Japanese language lessons associated with these concepts will also be shared. Students will practice some Japanese expressions with visiting Japanese university students in this exclusive intergenerational learning opportunity.

LE**Leisure Activities****Beginning Genealogy**

Course: LE223045

Wednesday Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14

9:00-10:30

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.

Knitters United

Course: LE223032

Wednesday Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14

1:30-3:30

Instructor(s): Shelvey Smith

All knitters are welcome to chat and share their craft. Even if it is not your craft, we would be happy to teach you to knit! Anyone who is working on a project or wants to gain inspiration for a new project is encouraged to join this circle. For our new knitters, bring size 7 or 8 needles and a ball of DK(double knit) yarn. Otherwise, bring your current project or one you want to start, and prepare yourself for a productive and enjoyable time!

Genealogy Discussions

Course: LE223252

Wednesday Sept 7, 14, 28, Oct 5, 12, 26, Nov 2, 9, 30, Dec 7

2:00-3:30

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.

Beaded Lanyard for LLI Name Tag A

Course: LE223143

\$5

Thursday 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.

Modern Floral Designs with an Asian Influence A **Course: LE223265** **\$10**
Friday **Sept 9, 16, 23**
1:00-3:00
Instructor(s): Evelyn Klumb
Please register for only one session (A or B) to allow all students a chance to participate. This is an introduction to modern floral design inspired by principals of Asian floral arrangements. The course will concentrate on color, form, and line, and students will follow the concept of "Less is Best" when using flowers and plant material. This model helps the viewer to see the flower's form and supporting elements of the design. Students should bring flower clippers and a medium size flower bowl or container as well as a flower frog (kenzan) if available. The instructor will demonstrate working with alternatives to Oasis foam, and flower conditioning will be discussed. The course fee will cover the cost of flowers and plant material for all three classes.

Basic Pine Needle Baskets **Course: LE223241** **\$15**
Monday **Sept 12, 19, 26, Oct 3**
9:30-11:30
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, heavy duty scissors to cut the pine needles and a small glass or jar.

Intermediate Genealogy **Course: LE223178**
Monday **Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12**
11:30-1:00
Instructor(s): Bette Kot
This course will consist of round table discussions for the intermediate genealogist. Students should bring a pedigree chart containing a problem. Everyone will have the opportunity to review old sources and learn new ones to add biographical material and additional ancestors. The instructor would love to help students prepare for publication by Christmas.

Mah Jongg 101 **Course: LE223010**
Tuesday **Sept 13, 20, 27, Oct 4**
9:00-10:30
Instructor(s): Marilyn Mare and Mary Jane Murphy
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 Linda Davis and Donna Whitfield for assisting the instructors with this course.

Beaded Lanyard for LLI Name Tag B **Course: LE223147** **\$5**
Thursday **Sept 15**
12:30-3:30
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.

Meet Your Instant Pot**Course: LE223267****Wednesday****Sept 21****10:30-11:30****Online****Instructor(s): Shelby Kinnaird**

Want to know what all the fuss is about? Join this course for an introduction to the popular Instant Pot, or electric pressure cooker. Students will learn about the basic features and operation. If your Instant Pot is still in the box, have it with you during class for an opportunity to open it together!

Exploring Big Bend and Great Smoky Mountains National Parks**Course: LE223264****Tuesday****Sept 27****9:30-10:30****Instructor(s): Randy Wendell**

The landscapes, weather, and wildlife at Big Bend and Great Smoky Mountains National Parks are strikingly different from one another. This course will highlight some of these differences as well as what makes each park special. Some basic photography tips will be discussed, and several foot trails will be recommended.

Use Your Instant Pot**Course: LE223268****Wednesday****Sept 28****10:30-12:00****Online****Instructor(s): Shelby Kinnaird**

Once you've mastered Instant Pot basics (see the course description for "Meet Your Instant Pot"), learn about dishes that work well (and some that don't). Bring your favorite Instant Pot recipes and success stories to share! Students will leave with a few recipes to try after class.

Simple Stamping Greeting Cards**Course: LE223130****\$22****Wednesday****Oct 5****10:30-12:30****Instructor(s): LaVae Hoffman**

Make easy and fun cards at a relaxed pace. Each student will receive all supplies, including ink and a stamping block to make at least eight cards (for example: two card designs x four of each = eight cards OR three card designs x three of each = nine cards). This course requires no sharing of materials or tools. Students will take home all materials and supplies to finish any cards at home. Every time this course is offered, there are different designs.

Intro to Macrame: Square Knot, Clove Hitch and Pattern**Course: LE223263****\$12****Monday****Oct 10, 17, 24****9:00-11:00****Instructor(s): Shawn Hicks**

This course is a three-part series on macrame for students who are hands-on learners and want to learn or re-learn this art. In the first class, the basic Square Knot will be practiced. In the second class, the focus will be on the Clove Hitch Knot. In the third class, both the Square Knot and the Clove Hitch Knot will be put together into a pattern. Students will take home a small wall hanging as well as practice material. The course fee will provide all materials needed for the project.

Writing a Good Travel Story for Fun or Profit**Course: LE223204****Monday****Oct 10****10:00-11:30****Instructor(s): Martha Steger**

Most people probably have at least one good story from a trip they've taken. This course will cover how to look at a story from the angle of interest, such as your friends or an editor at a media outlet. Midlothian freelance writer, Martha Steger, received second place for a travel article in the 2022 writing competition among published articles, sponsored by the National Federation of Press Women. Join this course to hear her tips for writing a good travel story. Students can optionally bring travel-story ideas on which they're working or plan to start.

Learn to Play Cribbage

Course: LE223149

Monday

Oct 10, 17, 24, 31, Nov 7

11:30-12:30

Instructor(s): Linda Kerman

Sir John Suckling, an English poet, gambler and soldier, created cribbage in the 17th century. Players have been entertaining themselves with this game of skill and luck ever since. Learn how to play cribbage from an experienced teacher who will divide the game into two parts: choosing your hand and then playing it. We will also explore the history of cribbage as well as the world of cribbage boards. Students are encouraged to bring a cribbage board and a deck of cards, but it is not required.

Autumn Cooking with Ginny: It's Fall, so Ya'll Relax

Course: LE223005

\$11

Friday

Oct 14

11:00-1:00

Instructor(s): Ginny Brown

Autumn is short, and the days are cooler. It's the perfect time to entertain and cook for family and friends. Students will learn some easy entertaining tips, as well as sample some old favorites and new tastes for the Autumn table. Course fee will cover the cost of food for the demo and provide a meal for all students. Bring your appetite!

Easy Cooking with Judith Onesty

Course: LE223253

Monday

Oct 17, 24, 31, Nov 7

10:30-12:00

Instructor(s): Judith Onesty

Online

Healthy, tasty and quick to prepare - these recipes are sure to perk up your appetite. The recipes are low fat, low salt and gluten free, but SUPER tasty. Each week, the instructor will demonstrate three new and delicious recipes. Join Judith for this fun and interactive online cooking course.

Writing a Good Travel Story for Fun or Profit

Course: LE223270

Thursday

Oct 20

10:00-11:30

Instructor(s): Martha Steger

Online

Most people probably have at least one good story from a trip they've taken. This course will cover how to look at a story from the angle of interest, such as your friends or an editor at a media outlet. Midlothian freelance writer, Martha Steger, received second place for a travel article in the 2022 writing competition among published articles, sponsored by the National Federation of Press Women. Join this course to hear her tips for writing a good travel story. Students can optionally bring travel-story ideas on which they're working or plan to start.

Beautiful Wire Bracelets

Course: LE223233

\$10

Thursday

Oct 20, 27, Nov 3, 10

10:30-12:00

Instructor(s): Judith Onesty

Make your arm beautiful with lovely wire bracelets. These easy designs made with copper wire and beads are perfect for yourself or as gifts. Course fee provides wire and beads. A supply list will be available at registration and outside the office before class.

Simple Stamping Christmas Cards

Course: LE223139

\$22

Wednesday

Nov 2

10:30-12:30

Instructor(s): LaVae Hoffman

Make easy and fun Christmas cards at a relaxed pace. Each student will receive all supplies, including ink and a stamping block to make at least eight cards (for example: two card designs x four of each = eight cards OR three card designs x three of each = nine cards). This course requires no sharing of materials or tools. Students will take home all materials and supplies to finish any cards at home.

National Parks West of the Mississippi: For The Beauty of It All

Course: LE223256

Monday

Nov 7, 14, 21

10:30-12:30

Instructor(s): Dennis Cogswell

There are over 60 National Parks, and the instructor has visited over 40 of them. This course will include a video, audio, and pictorial visit to National Parks west of the Mississippi with commentary. The information can be found online at www.ForTheBeautyOfItAll.com.

Modern Floral Designs with an Asian Influence B

Course: LE223266

\$10

Monday

Nov 7, 14, 21

1:00-3:00

Instructor(s): Evelyn Klumb

Please register for only one session (A or B) to allow all students a chance to participate. This is an introduction to modern floral design inspired by principals of Asian floral arrangements. The course will concentrate on color, form, and line, and students will follow the concept of "Less is Best" when using flowers and plant material. This model helps the viewer to see the flower's form and supporting elements of the design. Students should bring flower clippers and a medium size flower bowl or container as well as a flower frog (kenzan) if available. The instructor will demonstrate working with alternatives to Oasis foam, and flower conditioning will be discussed. The course fee will cover the cost of flowers and plant material for all three classes.

LS**Life Services****Workshop for LLI Instructors**

Course: LS223077

Tuesday

Sept 6

1:00-2:00

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!

Mercy Mall of Virginia

Course: LS223135

Friday

Sept 9

11:00-12:00

Instructor(s): Stacey Jones and Misi Rose

Mercy Mall of Virginia is a ministry offering FREE clothing, shoes, housewares, baby items, toiletries, and cleaning supplies to individuals and families overcoming the obstacles to home and life stability. Mercy Mall is not a monthly or regular "thrift store" experience but rather a place for those in crisis situations to get their immediate needs met. This course will help students learn the mission and vision of Mercy Mall and how they can use their gifts and talents to volunteer there if interested.

Give Hope 2 Kids: A Honduran Adventure**Course: LS223080****Monday Sept 12, 19****10:30-12:00****Instructor(s): Rachel Ramirez**

This course is an introduction to Give Hope 2 Kids, a Children's Home located in Urraco, Honduras, Central America. Rachel has traveled to Honduras seven times to work with Give Hope 2 Kids and currently serves on its Board of Directors. She loves sharing about the good work being done there with anyone who will listen. Topics will include: the children's homes, self-sustainability, the solar project, education and outreach. In addition to a presentation by Rachel, students will also have an opportunity to hear directly from Jason Furrow, the director of the organization. Come ready to expand your knowledge of a little village in the beautiful mountains of Honduras! Additional information is available online: www.GiveHope2Kids.org.

CCPS On the Go: Better Together!**Course: LS223164****Tuesday Sept 13, 20, 27, Oct 4, 11****2:30-3:30****Instructor(s): Amy Bartilotti and Dr. Patrick Held**

Public education matters. A key driver in the local economy, public education influences decision-makers for industry, commerce, and economic development. Chesterfield County Public Schools, a nationally recognized school division, leads the region as a fully-accredited public school system. Students will take a deeper dive into the school system, bringing to life the various facets of the vision, operations, and success of Team Chesterfield. Whether making a decision for a Fortune 500 company, a family of four or simply grandparenting, knowing about and being involved with our school division is important. Students will not only leave with a greater understanding of CCPS but will also explore the many opportunities our community members have to be part of their work!

Mobility Services in Chesterfield County**Course: LS223145****Thursday Sept 15****12:30-1:30****Instructor(s): Billie Darlington**

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.

The Mysteries of Suicide**Course: LS223084****Tuesday Sept 20****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide students an opportunity to unravel the mysteries of suicide by first reviewing a theory of suicide and also presenting preventive measures.

Mercy Mall Hygiene Kits Project**Course: LS223172****Tuesday Sept 20****11:30-12:30****Instructor(s): Stacey Jones and Misi Rose**

Mercy Mall of Virginia is a ministry offering FREE clothing, shoes, housewares, baby items, toiletries, and cleaning supplies to individuals and families overcoming the obstacles to home and life stability. This course will be a service opportunity where students will assemble individual homeless hygiene kits together for individuals experiencing a lack of proper housing. Students are welcome, but not obligated, to bring any of the items that are listed here to class, as LLI will have a collection drive leading up to the class. The kits will include full-size toiletry items such as: toothbrush and cover, toothpaste, washcloth, body wash or bar soap, two in one Shampoo/Conditioner or three in one for men, razor, deodorant. Kits will be assembled in a draw-string bag or a gallon Ziploc bag.

Hospice Crafts**Course: LS223147****Wednesday****Sept 21, Oct 19, Nov 16, Dec 14****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 provided by LLI members, and the finished products are donated to Crater Community Hospice, Inc. The project ideas and supplies will be prepared in advance for the students, so you can just register and attend to join in the fun with this enjoyable service class.

Chesterfield Council on Aging**Course: LS223169****Thursday****Sept 22, Oct 27, Nov 10****9:00-10:30****Instructor(s): Chesterfield Council on Aging Leadership Team**

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

The Art and Science of Reinvention**Course: LS223085****Tuesday****Sept 27, Oct 4****9:30-11:00****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.

Selling Your Home: How to Present a Clean, Organized Home**Course: LS223160****Tuesday****Sept 27****11:00-1:00****Instructor(s): Diane Andrews**

You have one chance to make a great impression with potential buyers when getting ready to sell your home. There are things you can do to present a clutter-free and organized home. In preparation, accomplish a little each day to help make the process easier and stress free. These "tricks of the trade" ideas will help you keep track of what needs to be done in advance.

Virginia Department of Veterans Services and Programs**Course: LS223167****Wednesday****Sept 28****10:00-11:00****Instructor(s): Ben Shaw****Online**

This course will review the multiple service lines and programs within the Virginia Department of Veterans Services to include Veterans Care Centers, the Virginia War Memorial, the benefits division, training and education, cemeteries, and the Virginia Veteran and Family Support Program.

Mobility Services in Chesterfield County**Course: LS223171****Friday Sept 30****11:00-12:00****Online****Instructor(s): Billie Darlington**

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.

EMS Passport Program**Course: LS223050****Tuesday Oct 4****9:30-11:00****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.

Check Out CCPL eBooks: How to Use Libby**Course: LS223086****Tuesday Oct 4****11:00-12:30****Instructor(s): Cindy Arnold**

This is a hands-on course to get you started checking out eBooks from the Chesterfield County Public Library. Bring your mobile device and library card to get set up. Already use the Overdrive app? Did you know this app is being phased out? In this class you will learn how to make the switch to Libby.

Mercy Mall Cleaning Kits Project**Course: LS223173****Friday Oct 7****11:00-12:00****Instructor(s): Stacey Jones and Misi Rose**

Mercy Mall of Virginia is a ministry offering FREE clothing, shoes, housewares, baby items, toiletries, and cleaning supplies to individuals and families overcoming the obstacles to home and life stability. This course will be a service opportunity where students will assemble cleaning kits for families being rehoused from homelessness. Students are welcome, but not obligated, to bring any of the items that are listed here, as LLI will have a collection drive leading up to the class. The kits will include: a mop bucket and mop, baking soda or cleanser, garbage bags, sponge, dish soap, disinfecting wipes, and microfiber cloth.

Senior Living Community Options: Be Proactive Not Reactive!**Course: LS223097****Monday Oct 10****10:30-12:00****Online****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. So much can change in six months in the senior living world. This is an interactive discussion with plenty of time for questions throughout the presentation.

Becoming an Optimist **Course: LS223090**

Tuesday **Oct 11**

9:30-11:30

Instructor(s): Dr. Michael J. Wriston

This course will help students discover the difference between an optimist and a pessimist, the advantages of optimism and effective strategies for becoming one.

Controlling the Chatter **Course: LS223091**

Tuesday **Oct 18, 25**

9:30-11:00

Instructor(s): Dr. Michael J. Wriston

This course will provide students with practical steps and techniques for gaining positive control of their internal dialogue.

Creating a Safe Home to Age in Place **Course: LS223170**

Tuesday **Oct 18**

11:00-1:00

Instructor(s): Diane Andrews

Creating a home that is organized, safe and accessible to stay in your home is important. This course will present ways of clearing clutter and creating a hazard-free home to make it a safe place to enjoy your life. Getting your home organized and safe can give you peace of mind while keeping you in charge of your future.

VirginiaNavigator: Navigating the Family of Websites **Course: LS223069**

Wednesday **Oct 19**

1:30-2:30

Online

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, and much more. Additionally, you will learn specific information on the Chesterfield County Local Government Partnership with VirginiaNavigator.

Human Trafficking: It Is Real and It Is Here **Course: LS223152**

Wednesday **Oct 19**

2:00-3:30

Instructor(s): Linda Hawkins

This course will identify the tenants of human trafficking, how to stay safe, and how to engage in the fight against this heinous social injustice. There will be time for questions at the end.

Dementia 101: Raising Awareness and Understanding **Course: LS223165**

Thursday **Oct 20, 27, Nov 3**

11:00-12:00

Instructor(s): George Worthington

Are you comfortable interacting with people experiencing changes in their thinking and memory? Are you aware of services and programs to help people maintain a good quality of life? Did you know that there are changes you can make that can help reduce your risks of developing dementia? In this course, students will become a Dementia Friend and learn basic information about dementia and Alzheimer's disease including the 10 warning signs. Students will learn about resources and services available in the community and how to access them as well as hear about the latest research around brain health and dementia risk reduction. This is a vibrant area of research, and much has been learned in recent years about lifestyle changes that can reduce the risks of developing dementia.

Overcoming Loneliness and Increasing Joy
Monday **Nov 7, 14**
9:00-10:30

Course: LS223094

Instructor(s): Dr. Michael J. Wriston

This course will provide students with an overview of the root causes of both loneliness and joy and how to overcome loneliness while enhancing joy.

Making a Difference
Thursday **Dec 1**
9:30-11:30

Course: LS223095

Instructor(s): Dr. Michael J. Wriston

This course will provide students with an overview of practical steps or ways to enhance their impact on the people and world around them.

Weaving Your Life's Story
Monday **Dec 5, 12**
9:00-10:30

Course: LS223098

Instructor(s): Dr. Michael J. Wriston

This course will provide students with a methodology for analyzing and strengthening their lives much like weaving threads of a tapestry.

Planning Final Arrangements: Pre-Plan to Make It Right
Wednesday **Dec 7**
1:00-2:30

Course: LS223157

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.

Understanding Hospice and Dispelling Myths
Thursday **Dec 8**
11:00-12:00

Course: LS223150

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. Students will learn when the time is right for hospice, how to make a referral, the team approach, and misconceptions of hospice care.

PR

Philosophy and Religious Studies

Bible Discussion
Thursday
2:00-3:30

Course: PR223002

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

Instructor(s): Mike Pagel and Mark Grubbs

This non-denominational Bible discussion course will continue a verse-by-verse study of the Bible by reading and discussing the second half of the book of Romans. Romans is unique in that Paul had not visited the church in Rome prior to the writing of his letter. Much of what he writes therefore is not in response to the situation in the church, but the basic theology that he had probably presented orally to the other churches, a theology that is pertinent to all Christians everywhere. Newcomers are always welcome. No prior knowledge of the Bible or the book of Romans is required. Please bring a Bible in printed or digital form to the class.

Life in Biblical Times: The Marketplace**Course: PR223028****Wednesday****Sept 14, 21****9:30-11:00****Instructor(s): Dr. Edward Garrett, Jr.**

Get ready for an exciting historical visit to the ancient marketplace in the time of Jesus. Discover what it was like to explore the streets. Be caught up in the atmosphere, the sights, sounds, the buying and selling of all kinds of items, and the wide variety of bargains. This course will explore the specialty shops for both men and women and identify the extraordinary people who made the market such a fascinating experience. Be amazed in the comparisons to the Jerusalem marketplace of today and to the operations of more than 3500 years ago. Don't miss the next donkey (the shuttle) and bring a Bible!

Epistemology: Theories of Knowledge**Course: PR223084****Thursday****Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8****9:30-11:00****Instructor(s): Bryan McChesney**

What is knowledge? How is knowledge acquired? What do people know? How do we know what we know? This course will use an ontological approach in talking about reality, belief, metaphysical concepts, mystical traditions, and a joke or two.

The Roman Catholic Mass and Scripture**Course: PR223087****Tuesday****Oct 4, 11****1:00-2:00****Instructor(s): Joanna Lurie, MS, MASCP, MT(ASCP)**

Why do Catholics say what they say and do what they do at Mass? Almost everything said and done in the Roman Catholic Mass comes from Scripture. Join this course to take a walk through the Mass and see for yourself.

Biblical Miracles**Course: PR223088****Thursday****Oct 6****11:30-12:30****Instructor(s): James Hodge**

This course will present information about miracles recorded in the Bible. The lecture will focus on the historical time periods when most miracles occurred, scientific aspects of the miracles, and the lessons learned from the miracles.

Heretics in the Early Church**Course: PR223085****Friday****Oct 7, 14, 21, 28, Nov 4, 11****1:00-2:00****Instructor(s): Mary Jo Dailey**

The establishment of Christianity as a religion was not a simple process. The questions of who Jesus was and what he intended for his followers were fiercely debated. Was he a piece of God? If he was God, why did he pray? Could he have been God since there were things he couldn't do? You get the picture. Come explore the backstory of Christianity and how it came to be defined as a religion. Who were the Christians that the Church labeled as heretics?

The History of the Bible: Not a Bible Study**Course: PR223059****Tuesday****Oct 18, 25, Nov 1****2:30-3:30****Instructor(s): Wayne Moyer**

This course will aim to provide answers to questions people have about Biblical characters and events that the Bible doesn't expound on. For example: How and when did the Bible become a book, especially the New Testament letters? Why are there only four Gospel accounts? Didn't the other apostles write about Jesus? What happened to all of the apostles? Where did they go? How did they die? What happened during the 430 years of silence between the Old Testament book of Malachi and the New Testament book of Matthew? Why do some Bibles have Apocryphal Books and others do not? Are numbers representative of anything specific in the Old and New Testament? Students will examine other historical references to Biblical characters and events that are not found in the Bible.

Contemporary Norse Heathenry: Spiritual Reconstruction

Course: PR223086

Monday

Nov 7, 14

9:30-11:00

Instructor(s): Justin Sisk

In this course, students will learn about the modern reconstruction of the Norse Heathen religion. Students will hear an overview of what Norse Heathenism is, how it is practiced and understood, and how it and its practitioners fit in the modern world. The course will also cover arguments that have divided the religious community into two factions. One being the "folkish" and the other "universalists". In addition, the instructor will explain how European Heathens feel about Heathens in the United States practicing the same religion, a different yet related squabble. Finally, students will explore modern interpretations of the Norse religion, history, and culture that are present within popular culture. Some examples of this will include Marvel's Thor, the History Channel's television show Vikings, and more. The instructor has created this course from his current master's thesis research, so this is an opportunity to see the student become the teacher.

SE**Special Events****Opera Plus! Performance**

Course: SE223160

Wednesday

Sept 21

12:00-1:00

Instructor(s): Leslie Matthews

Soprano Leslie Matthews will sing popular classics from opera, musicals, and film.

Beyond King Tut Tour: An Immersive Experience in Washington, D. C.

Course: SE223157

\$130

Thursday

Sept 29

7:30-6:30

Instructor(s): SignaTours

Celebrating the 100-year anniversary of the legendary discovery of Tutankhamun's tomb in Egypt's Valley of the Kings, Washington D.C.'s National Geographic Museum presents "Beyond King Tut: The Immersive Experience." The innovative video projections and sounds take you into Egypt to experience the ancient wonders and mysteries of this renowned pharaoh. The experience starts with a journey that winds visitors through visual galleries to learn about the King's life, descend into his tomb, and venture through the afterlife. "Beyond King Tut" is not an artifact exhibition, as it uses the power of photography and multimedia to create a time-traveling adventure of discovery. You will also have time to visit many of their other impressive permanent exhibits. Prior to the afternoon's featured experience, and to continue with the theme of the day, explore the "Eternal Life in Ancient Egypt" Exhibit at the National Museum of Natural History. Enter a mummy's tomb, look for the decorated shabtis (small human figures placed in the tomb representing a person who would perform a task for the deceased), follow the journey from life to afterlife of Tentkhonsu, through the intricate paintings on her 3,000 year old coffin, and learn how mummification practices developed in Egyptian society. Lunch voucher is included for the Atrium Café at the Museum of Natural History. The trip fee provides: round trip motorcoach transportation, admission to the National Geographic Museum, a lunch voucher at the Atrium Café, refreshments served aboard the motorcoach on the way home, and driver gratuity.

Cybersmoke Performance

Course: SE223158

Wednesday

Oct 19

1:00-2:00

Instructor(s): Bob Ferguson

Vic Thompson has written a play that fans of the old Gunsmoke TV show will like. Of course, he has twisted and turned it so much you might not recognize it. Our Dodge City features computers instead of cattle. We won't have any shoot 'em ups either. Join the YAHA group for a laugh or two or several.

Pamplin Historical Park and The National Museum of the Civil War Soldier**Course: SE223099****\$22****Thursday****Oct 20****10:00-2:00****Instructor(s): Amanda O'Neal**

Journey back to the 19th Century at Pamplin Historical Park and The National Museum of the Civil War Soldier. Listed on the National Register of Historic Places, a Virginia Historic Landmark, and a National Historic Landmark, Pamplin Historical Park is recognized as one of America's premier historical attractions and as the most innovative Civil War history park in the country. Travel back in time and experience the Civil War from the common soldier's perspective. A personal guide will take you through The National Museum of the Civil War Soldier's main gallery exhibit "Duty Called Me Here" where you follow a soldier through the war and hear his story in his own words. Then, head outside and explore Tudor Hall Plantation and the Field Quarter to learn about antebellum farm life in Virginia. The tour also includes a Rifle Musket Demonstration and a visit to the Military Encampment with talks by costumed interpreters. Lastly, visitors see the Battlefield Center with a showcase of the Breakthrough Battle on April 2, 1865, where the Union was finally able to dislodge the Confederacy from their entrenchments around Petersburg and Richmond. Benches are available throughout the tour. Scooters are available for rent, and wheelchairs are available onsite for free (upon request). Walking shoes and a water bottle are encouraged. The course fee covers admission and a boxed lunch, and it must be paid at the time of registration. Members who wish to carpool should meet inside LLI at 9:00AM. Members can choose to drive directly to 6125 Boydton Plank Road, Petersburg, VA 23803. Tour starts at 10:00AM and will conclude by 2PM. Carpools should arrive back to LLI by 3PM.

Spooky Days Performance**Course: SE223145****Monday****Oct 31****12:30-1:30****Instructor(s): Sandy Phillips**

The Advanced Readers Theater invites you all to share in some Halloween fun! Grumpy Vampires, a training workshop for Witches, and assorted other spooks will help you celebrate Halloween. Join us, and you will receive a treat—not a trick!

Traditional Jazz Concert in the Vintage New Orleans Style**Course: SE223147****Monday****Nov 14****12:00-1:00****Instructor(s): Ken Carlson**

Musicians of the Trad Jazz Studio are returning to provide another concert of memorable, toe-tapping tunes. If you missed our Mardi Gras performance in March, here's your opportunity to join the fun in the LLI Jazz Hall! This talented group of musicians will certainly stimulate your mind with music from the early days of jazz music as played in the clubs of New Orleans. Typical instrumentation is trumpet, clarinet/saxophone, trombone, tuba, piano, drums, and washboard!

John Marshall House Guided Tour: Christmas in Early America**Course: SE223156****\$10****Thursday****Dec 1****10:00-11:00****Instructor(s): Meika Downey**

Historians love to study change over time, so why not explore how the Christmas holiday has evolved since Chief Justice John Marshall's lifetime? In this guided tour of the John Marshall House, you will learn about holiday customs of the period and enjoy the 1790 home with Early American Christmas decorations. In your tour, consider what Christmas meant to not only John Marshall (1790-1835), his family, and guests, but also how the holiday affected the lives of enslaved people on the property. As the home is intact to Marshall's residency, today it unfortunately does not offer many accommodations for physical handicaps. While chairs will be placed throughout the house, guests should be prepared to climb various sets of steps during their visit. The tour will last about 45 minutes, and the trip fee covers admission. The museum shop will be available to visit before or after your guided tour. Members can choose to drive directly to 818 E Marshall St, Richmond, VA 23219. Metered street parking is available on a first-come, first-served basis. A public parking lot is also available two blocks away on 9th and Clay Streets. The main entrance into the John Marshall House is in the back via the garden. Members who wish to carpool should meet inside LLI at 9:00AM. Tour starts at 10AM and will conclude around 10:45AM. Carpools could arrive back to LLI by 12PM or choose to grab lunch together somewhere in the city or on the way home.

Boom Times Performance**Course: SE223159****Wednesday****Dec 7****1:00-2:00****Instructor(s): Bob Ferguson**

This play will take you back in time to a small town in 1929. We will follow some people before the stock market crash, during it, and afterwards. They are going to experience some trying times, but things may start looking up by the end of the year. Everyone learns some lessons from the crash. Say, does a big market sell-off sound a little familiar to you? We have some advice!

Holiday Celebration Performance**Course: SE223155****Monday****Dec 12****1:00-2:00****Instructor(s): Sandy Phillips**

This special event will provide laughter and song as the Advanced Readers Theater presents: A Holiday Celebration! That will be part one. Part two will be LLI soloists, singing holiday songs. Then, enjoy a tea party reception with the LLI family!

Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet**Course: SE223154****Thursday****Dec 15****12:00-1:00****Instructor(s): Ken Carlson**

The 16 Valves Tuba Euphonium Quartet returns to LLI for another special concert featuring more enjoyable music, including holiday standards and favorite carols. Can four low-brass instruments (consisting of two euphoniums, bass tuba, and contrabass tuba) really play beautiful music? Don't doubt! Come and find out! If you don't know already, you'll be pleasantly surprised.

WG**Weekly Group Activities****Spades****Course: WG223013****Tuesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13****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. Plan on about two hours of play. Players are expected to be on time and to not leave early.

Social Bingo Tuesday**Course: WG223001****Tuesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13****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: WG223006****Wednesday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****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: WG223009****Thursday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****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: WG223010****Friday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16****9:00-12:00****Instructor(s): Diane Carter and Randall Kaker**

Players should be experienced in basic contract Bridge. The rules of play will be determined by the group in the first 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: WG223007****Friday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16****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: WG223002****Friday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16****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: WG223004****Monday****Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12****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

- Abbott, Robert** has lived in Midlothian since 1993. Since 2014, Robert has hiked the Caminos de Santiago in Spain, France and Portugal covering five different Caminos and over 1,300 miles. He is interested in sharing the background and history of the Camino as well as the personal reasons that one goes on these hikes.
- Aboujaoude, Ramzi** - pronounced "Ah-boo-jah-dee" – MD, is an award-winning, board-certified OB/GYN and urogynecologist, which means he has additional training and experience in the evaluation and the treatment of patients with urinary incontinence (leaky bladder), pelvic organ prolapse (dropping of the vagina, uterus, cystocele, rectocele), and fecal incontinence. Dr. Aboujaoude is passionate about improving women's quality of life and helping guide them towards individualized treatment options, which may range from physical therapy to minimally-invasive surgery. Having continuous change and modernization is also a source of his love for his job, and he enjoys the variety of work each day brings. He also enjoys seeing advances as doctors are able to help their patients with less invasive procedures and with more efficiency.
- 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.
- Andrews, Diane** has been involved in Real Estate for over 30 Years with a special designation called Senior Real Estate Specialist. This designation has been instrumental for those who have decided to age in place at their home or are in the process of downsizing to move to a facility that meets their specific needs. Her involvement with seniors has been conducting special classes on how to remain in their home by adapting the home for accessibility and safety. Diane is also a certified stager who helps seniors who are getting ready to sell their home or downsize in preparation to list their home for sale. She has conducted seminars on aging in place for those who plan to remain in their homes long term and how to make their home a safe and accessible place to live. Diane has been an LLI member since 2021.
- Applewhite, Diane** is a self-taught musician who started at the age of 14 and played the trumpet through middle and high school. Today she plays the Guitar, Dobro, Mandolin, Ukulele, and Banjitar. She is now learning the Bass Guitar. You will see her on Thursdays playing with the Lifelong Musicians (a group she started at LLI a few years ago). This group is bursting with talented LLI members who just want to jam and have fun. Diane has been an LLI member since 2012.
- Arkin, Daniel** has been struggling with technology since the beginning of time. He has spent his career presenting cutting edge items at conferences and teaching classes to adult learners involving anything and everything technology. His classes are always packed with valuable information sandwiched between a healthy amount of humor and sarcasm. 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.

- Atsina, Kofi** MD, is a radiologist with Radiology Associates of Richmond. Dr. Atsina completed his undergraduate education at Yale University, where he graduated with a Bachelor of Science in Engineering. He received his medical degree from Yale University School of Medicine. He completed residency in radiology at Thomas Jefferson University Hospital, where he was awarded the RSNA Roentgen Resident/Fellow Research Award. Additionally, Dr. Atsina completed fellowships in diagnostic neuroradiology and neurointerventional radiology at University of Pennsylvania Health System. He specializes in minimally-invasive, image-guided procedures of the central nervous system including mechanical thrombectomy for treatment of acute large vessel ischemic stroke, endovascular therapy of aneurysms and arteriovenous malformations/fistulas of the brain and spine, endovascular therapy of chronic recurrent subdural hemorrhages, tumor embolizations, carotid artery stenting, vertebral augmentations, spinal biopsies, epidural blood patches and epidural steroid injections. In his spare time, he enjoys cycling and spending time with family and friends.
- Austin, Brian** PhD, is a retired clinical psychologist and professor of psychology. His interest in drawing and painting began with his membership at LLI and art classes offered in watercolor painting. He enjoys teaching and helping others discover their passion for drawing and painting.
- Barber, Haley** is a Museum Educator for Preservation Virginia's John Marshall House. A native Richmonder, Haley just completed her BA in History at Durham University in the UK, where she studied medieval women. Haley's fascination for women's history extends to the John Marshall House, and she has spent a great deal of time researching the presence of women in not only the Chief Justice's life, but also in the Early Republic United States.
- 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.
- Bartilotti, Amy** is a professional educator whose work has culminated into a multi-faceted career advocating for social equity and creating opportunities that meaningfully impact the welfare of the community. A Chesterfield County resident, she engages in the “village” by creating supportive and sustainable partnerships within the Chesterfield County Public School (CCPS) system that benefit all students. Her work connects businesses, civic, and faith-based organizations with schools, to enhance learning opportunities for all students. Amy graduated from Saint Mary’s College and the University of Virginia, has served as a teacher of children with disabilities, a dropout prevention specialist, and is currently the Coordinator for the CCPS Office of Family and Community Engagement. After recently completing coursework at the Harvard Family and Community Engagement Summer Institute, Amy was the driving force to bring “The Basics”, an early childhood equity social campaign to Richmond where it has been rebranded The RVA Basics. Amy is the co-founder of the Chesterfield STAR (Summertime Access to Reading) engaging the entire community in creating a wrap-around approach to building literacy-rich resources and opportunities for students and communities in need.
- Becker, Melissa** is a Richmond-based, medical Speech-Language Pathologist who works with adults of all ages. She is specially trained in the Parkinson's Voice Project's SPEAK OUT! and LOUD Crowd, an effective voice treatment approach for individuals with Parkinson's disease and related disorders. In her free time, Melissa enjoys spending time with her family, traveling, and doing various outdoor activities.
- Bennett, John** is an Emeritus University Faculty member and holds a PhD from Johns Hopkins University (Yes, a doctor from Johns Hopkins, but not one who prescribes.) He lives in Midlothian, is a dedicated lifelong learner, and is a strong believer in the importance of discussion to the understanding of issues and of ongoing changes that impact our lives. He became an LLI member in 2018.

- Berry, Mary** has been a member of LLI since 2008. She wanted to be a tap dancer since age 12 but had to wait until age 64. It was well worth the wait. It's a great class and great fun!
- Biasca Losada, Pamela** MS, ACC-ICF has worked directly with clients for over 20 years, and has been a psychologist, business owner, coach, speaker, author, and guided meditation facilitator. Pamela helps clients overcome things like chronic stress, people-pleasing, and perfectionism, so they can lead lives of ultimate joy, wellness, and fulfillment. Additionally, she provides coaching at multiple companies, facilitates workshops and seminars, and has been a guest on several podcasts.
- 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.
- Borths, Joshua** is the Resident Scholar of Virginia Opera, charged with educating audience of all ages. With over a decade of experience in opera, Joshua has worked as an educator, stage director, arts administrator, and dramaturg with companies such as Arizona Opera, Des Moines Metro Opera, and more. As an experienced teacher, he most recently served on the faculty of Capital University as the Professor of Music History and Director of Opera and Musical Theatre. Joshua's work has been featured in Opera News, TED Ed, and his operas and programming can be licensed on OperaClassroom.com.
- 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.
- Brooks, Tracey** was honorably discharged from the United States Marine Corps Reserves. She has various Aerobics and Fitness Association of America Group Exercise & Personal Trainer Certifications, including Kickboxing (IFTA), Zumba and Yoga. Tracey has been teaching and training since 2002. She is energetic and knowledgeable! She also has the ability to motivate and inspire clients regardless of physical fitness level and encourages habits that are life changing.
- Brown, Ginny** has a Home Economics Education degree from Drexel University and taught in the public school systems of Virginia and Pennsylvania for 30 years. Her expertise is foods and the culinary arts. Ginny has her own business, The Urban Pantry, with which she caters small events. She loves all forms of the culinary arts especially baking and enjoys opening the world of food and the joy of cooking to all those willing to dare to be their own chef.
- Brown, Kathy** MHSA, is the Health and Wellness Programs Manager for Senior Connections, The Capital Area Agency on Aging. She is a Master Trainer for the following evidenced based programs: Stanford University's Chronic Disease, Diabetes, Chronic Pain, and Cancer Thriving and Surviving Self-Management Programs and Boston University's Matter of Balance Falls Prevention Program. Kathy is a Stepping Up Your Nutrition certified instructor and certified in Food and Nutrition by the University of Richmond. She is a trainer for Mental Health First Aid and coordinator for the Aging Strong YMCA Program.
- Brown, Sherella** is a certified Jazzercise fitness instructor who specializes in combining dance and exercise in her work with active adults.
- 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 25 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** is an experienced bridge player and encourages people who have not been regular players to join the fun bridge group. She has been an LLI member since 2017.
- 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.
- Cauthen, Hal** retired from the Navy and then private industry (Defense Electronics). He enjoys traveling, drawing, sketching, painting, writing, dancing and interacting with others to share ideas and techniques. Hal started sketching and painting as a kid. He filled numerous sketch pads with line drawings, most often of horses and cowboys. Later, Hal took lessons locally from Ellie Cox. He has since led classes at LLI and at Stonebridge. Hal has been a member of LLI since 2016.
- Cauthen, Marlene** enjoys traveling, drawing, sketching, painting, writing, dancing and interacting with others to share ideas and techniques. Marlene and her husband joined LLI in 2016.
- Cheema, Amrina** MD, MPH, is a vascular and endovascular surgeon affiliated with Surgical Associates of Richmond and a Registered Physician in Vascular Interpretation® with the Alliance for Physician Certification and Advancement. She performs vascular surgery for many conditions related to the arteries and veins and regularly presents her research at national vascular society meetings. Dr. Cheema earned her Master of Public Health degree from the University of South Florida and a Bachelor of Arts in Biological Sciences from Rutgers University. She graduated with honors from the Ross University School of Medicine in Dominica, West Indies and then completed residencies in general surgery and vascular and endovascular surgery with the Einstein Healthcare Network, in Philadelphia. When not in surgery, Dr. Cheema enjoys spending time with friends and family, and all things related to health and fitness. She is fluent in English and Punjabi.
- 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. He is also a long-term amateur photographer, having started with his first camera over 50 years ago. He enjoys taking pictures that will remind people of good memories and create scenes that both provoke and satisfy viewers.

- Clarke, BriAnne** MSN, FNP-C, is a Nurse Practitioner who assists Dr. Singh Sahni at NeuroSurgical Associates on the Johnston Willis campus. She specializes in neurological conditions such as essential tremors and Parkinson's disease.
- 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!
- Cline, Poly** was new to painting in 2019. She took it up for stress relief and loved it! Since Poly so recently learned the techniques for successfully accomplishing watercolors, she is able to break down the basics to help others enjoy painting as much as she does. Poly became an LLI member in 2019.
- Cogswell, Dennis** has an EDD degree from Virginia Tech and an MSW from Case-Western Reserve. He has more than four decades of graduate/undergraduate teaching experience and over five years teaching Osher courses. Dennis was awarded a Virginia Social Work Educator of the Year Award and has presented at least 130 courses nationwide. He is a published author and is working on two other books.
- Cohen, Sabrina** is a Richmond-based, medical Speech-Language Pathologist who works with adults of all ages. She is a Certified Dementia Practitioner and a Certified Montessori Dementia Care Practitioner and is specially trained in the Parkinson's Voice Project's SPEAK OUT! & LOUD Crowd, an effective voice treatment approach for individuals with Parkinson's disease and related disorders. In her free time, Sabrina enjoys thrift shopping, spending time with her husband and young son, and traveling.
- Colletti, Bruce** is a retired United States Air Force officer and a career operations researcher. He has been a self-taught student of papal history since 1978 (The Year of Three Popes) and has presented short courses on papal history to LLI - Northern Virginia (www.llinova.org) since 2011.
- Cook, Lauren** is a nurse practitioner at Virginia Physicians for Women. She is passionate about helping women through every stage of life, providing better clinical care, as well as patient education and counseling. An L.C. Bird graduate, Lauren hails from Chester, Virginia. She met her husband at Shenandoah University in Winchester where they were both college athletes (softball and football). During graduate school at the University of Alabama Birmingham, she earned a dual degree in Women's Health and Adult-Gerontology Primary Care and is board-certified as a nurse practitioner in both fields. While completing her graduate studies, Lauren worked several clinical rotations with VPFW, and realized that working there would be a dream come true. Lauren now sees patients at VPFW's Koger Center and Prince George offices, and she loves working with her more seasoned patients!
- Coon, Crystal** is the Assistant Director of Education for the Virginia War Memorial. A recent graduate of West Virginia University with a Master's Degree in Public History, she specialized in 19th century American history.
- Cutchins, Wanda** is an artist with over thirty years' experience in oil painting. She is a retired teacher and completed her career as an educational technology director. Wanda enjoys being a master gardener as well as a Virginia Master Naturalist. She has been an LLI member since 2017.
- 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.
- Darlington, Billie** is a Mobility Coordinator for Chesterfield County. A mother of three and a grandmother of nine, Billie loves helping the community through her job. Knowing that she's helping people makes her work rewarding!
- 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.
- Dennis, Colleen** works at Genworth Financial on Care Management initiatives. She is a Licensed Masters Social Worker, Certified Care Manager, and gerontologist.
- DeRusha, Jennifer** has been a member of LLI since 2015 and has 38 years of teaching experience including Chesterfield Adult Education, Allbrands, Collegiate Cougar after-school program for children, and the YMCA. She was past president, vice president, secretary and founding member of Hospitality Quilters Chapter, Richmond Quilters Guild. Jennifer is a member of and Membership Chairman of the Richmond Central VA Chapter of the American Sewing Guild. She has 50 years of sewing experience, including her own line of reversible clothing for children, has completed 100+ quilts and featured three quilt shows of her own work. Jennifer is a juried artist in watercolor, colored pencil, pastel and mixed media, and is a member of Bon Air Artist Association as well as the MidAtlantic Pastel Society. She graduated from VCU in 1969 with a degree in science and has been tap dancing at LLI for four years.
- Doran, Shawn** is a Financial Advisor with Edward Jones in Midlothian. He focuses on helping people with navigating investments, saving on taxes, important estate planning items, long term care planning, creating income in retirement, and making sure they have a solid plan. Shawn and his wife, Lisa, enjoy spending their free time with their seven children, playing sports and enjoying the outdoors.
- 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.
- Dzemyan, Juli** works for Genworth Financial on Care Management initiatives. She is an Occupational Therapist and Certified Dementia Practitioner.
- 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.

- 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 in the ambulance corps. 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.
- Gupta, Pranay** MD, is an ophthalmologist with Virginia Eye Specialists. Dr. Gupta graduated with high honors from The Johns Hopkins University and attended the University of Maryland Medical School and Residency programs. After graduation from Residency, he was awarded a Fellowship to study Corneal and Refractive Surgery at the Medical College of Virginia (MCV). Dr. Gupta has participated in special research projects on the treatments of laser vision complications and corneal disease. He has published several papers on the role of pentoxifylline and troxerutin in retinal disease therapy. Dr. Gupta is a Diplomate with the American Board of Ophthalmology and is an active member of the American Academy of Ophthalmology (AAO) and Virginia Society of Ophthalmology. In 2007, he was named one of "America's Top Ophthalmologists" in Cataract & Refractive Surgery by the Consumers' Research Council of America. Dr. Gupta was awarded the 2019 MEDARVA Patient Choice Award. In addition, he has been on several medical missions to third world countries.
- Gutberlet, Mary** has been interested in meditative and positive energy practices for physical and spiritual health since she was in graduate school. She attended Tai Chi classes elsewhere in the Richmond area in the late 1990s. After retiring, she joined LLI in 2015, primarily because Tai Chi instruction was offered. She has been a student in Damir Strmel's Tai Chi classes since the Fall of 2016. Mary has bachelor's and master's degrees in general and special education. During her 37.5 years in Education, she taught in two Virginia public school divisions as well as in the Hospital Education Program at what is now known as Children's Hospital at VCU. She eventually became an outpatient Educational Consultant. In this role, she served as an advocate for her patients and as the liaison between various medical teams and the school teams of her patients. Mary enjoys going to museums, plays, concerts, and movies. She likes to travel, is an avid reader, loves the beach and the mountains, and very much enjoys walking and hiking.

- Harris, Allie** has been involved in music throughout her life. She studied piano, flute, and voice. Allie majored in Music Education at Brigham Young University, performed as a soprano soloist, and taught private voice at Eastern Arizona College. Presently she performs in the Cantus Cantores Madrigal Singers as a vocalist and flutist and serves as a musician for her church. Allie sees the LLI Wind Ensemble as a course for musicians of intermediate to advanced skills where they can maintain or increase their level of performance and enjoy all types of music in an ensemble setting.
- Hawkins, Linda** is a retired cardiac nurse and the CEO and Founder of the nonprofit, Recover Hope, which seeks to fight human trafficking and provide restoration for its victim/survivors. Linda has been working in anti-human trafficking since 2016 with the goal of bringing awareness to the issue for the safety of our community. She and her colleagues at Recover Hope have a goal of offering two-year free residences for those who have been trafficked that will facilitate successful healing, restoration, and a path to reenter mainstream society in a healthy and productive way.
- Held, Patrick** works for Chesterfield County Public Schools in the Department of Communications and Community Engagement within the Office of Family and Community Engagement. Dr. Held previously served the school district as a middle school principal for four years, high school assistant principal for five years, a secondary school dean of students for two years, and taught theatre arts and communications for eight years. He serves as an adjunct professor for Virginia Commonwealth University and Averett University. Other administrative posts have been at the Jamestown Yorktown Foundation and The Richmond Theatre Company for Children. Dr. Held has experience providing educational opportunities in fostering community partnerships; funding requests and grant development; volunteer coordinating, and several other “soft skills” training opportunities including presentation skills and voice and diction. He enjoys sharing his knowledge and experiences to assist adult learners in their post-secondary educational journeys.
- Hicks, Shawn** works for Genworth Financial on Care Management initiatives. Shawn has her Masters in Rehab Counseling. She is also a wife and mom to two young girls. In her free time, she enjoys practicing the art of macrame. Shawn has made gorgeous macrame pieces to include wall hangings and curtains. She is excited about this class to blend her love of working with older adults and macrame.
- Hodge, James** is a retired PhD research scientist with a special interest in science and the Bible. This includes the interpretation of biblical accounts of creation, miracles and other biblical accounts that touch on science.
- 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.
- Johnson, B. Ellen** holds two degrees in nuclear engineering and a Ph.D. in mechanical engineering. She studied and performed research in the energy field for over twenty years before switching careers to teach and tutor high school math and physics. Dr. Johnson strives to make math, physics, and engineering engaging and understandable to students at all levels.
- Jones, Stacey** is a follower of Jesus. She has been married to her husband, Jeff, for over 30 years and is a mother to four adult children. Stacey currently serves as the Executive Director of the Mercy Mall of Virginia. A native Floridian, she loves to hang out with her family, care for her plants, organize, and visit coffee shops!
- 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.

- Kaerwer, Rick** was born and raised outside of Boston and has lived in Chesterfield County for more than 30 years. He is happily married with grown twin sons. Rick is a big fan of ukuleles and has been playing since 2018. He also played the guitar from 1976 to 1980 and has been singing since he was a wee child. Rick co-taught the Beginning Ukulele course in Summer 2022 at LLI. He enjoys playing in the Lifelong Musicians group and at area Ukefests. Why play with six strings when four will do? Come join the Beginning Ukulele class for a great time.
- Kagawa, Naomi** is a professor in the Faculty of Education at Shimane University in Japan. Her academic interest is in global learning, intercultural communication, and teacher education. She has experience teaching in the U.S. and in Japan. She will be teaching with eight Japanese college students who are visiting VCU for a short-term study abroad program.
- Kaker, Randall** was born and raised in Wisconsin (Go Pack!) and got his degree from the University of Wisconsin-Milwaukee. He moved to Virginia in 1980 and taught Math and Statistics for Chesterfield Schools from 1980 until he retired in 2011. Randall has been very happily married since 1975 and has two children who live nearby. He has been playing the guitar since 1961 and truly enjoys the Lifelong Musicians group and all the friends he has made there.
- Kauffman, Mel** spent 35 years with the CIA dealing with communications, networking, and security. He holds IS CET 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.
- Kerman, Linda** earned her Master of Education degree from the University of Massachusetts. She has taught English to students as varied as an Army captain and prep school girls. Linda was often praised for her ability to break complicated tasks into simple parts. She has one son and three grandchildren. She loves playing cribbage with her 13-year-old grandchild. Their biggest challenge is keeping Linda's birds from stealing the pegs. She has been an LLI member since 2016.
- Kinnaird, Rick** has been interested in ancient places since the fourth grade, maybe earlier. He has travelled the world investigating ancient places and sometimes flying kites (another passion.) He follows oftentimes in the footsteps of his childhood hero, Richard Halliburton, who along with Amelia Earhardt and Charles Lindburgh, were the most famous people in America in the 1930s. Halliburton called his travels and adventures "Romance." Fascinated by ancient places and cultures, Mr. Kinnaird has gone to see for himself and to learn what has been discovered since Halliburton ventured out into the world.
- Kinnaird, Shelby** loves inspiring people to take charge of their health through food. She is the author of "The Pocket Carbohydrate Counter Guide for Diabetes" and the coauthor of "The Diabetes Cookbook for Electric Pressure Cookers" and "Diabetes Slow Cooker Cookbook." A passionate diabetes advocate, Shelby leads a support group in Chesterfield and volunteers with the American Diabetes Association. Shelby is not a medical professional, but she has been living with Type 2 diabetes since 1999.
- Klumb, Evelyn** is the past president and member of the Oxford Garden Club in Richmond and The Gardeners of Watchung Hills in New Jersey. She is a member of Ikebana of Richmond and studies Ikenobo, Sogetsu, Ohara and Keika Kazan. Evelyn worked with a floral designer in New Jersey and enjoys sharing the art of floral design. She became an LLI member in 2022.
- 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.

- Kunmann, 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.
- Lawson, Rachel** is the Program and Volunteer Coordinator for the Alzheimer's Association supporting both the Greater Richmond and Central and Western Virginia Chapters. She holds a Bachelor of Science degree in Health Promotions and a Master of Science degree in Public Health, both from Lynchburg College. Prior to the Alzheimer's Association, she has experience in medical office administration and non-profit health organizations. Rachel is always striving to bring education and awareness to those impacted by all forms of dementia through the services and support of the association.
- Lemza, John** graduated the United States Military Academy at West Point in 1976. 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 from George Mason University in 2014 with a PhD in History. His research interests are post-1945 America, the Cold War, the history of immigration, consumerism, and military history. John currently teaches history at Virginia Commonwealth University. He has been a member of the LLI teaching faculty since 2005. He is a member of the LLI, sits on the Board of Directors, and currently serves as President. He has published two books, *American Military Communities in West Germany: Life in the Cold War Badlands, 1945-1990* (2016), and *The Big Picture: The Cold War on the Small Screen* (2021).
- 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.
- Levitas, Suzanne** has an extensive background in music performance as a vocal soloist and with Chamber and choral ensembles. Her area of study is early music performance and performance standards. Suzanne 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 a cappella 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 Information Science, Catholic University, and a Master of Information Technology, Drexel University. Suzanne has been a member of LLI since 2012 and has taught classical music classes since 2013!
- 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 for decades 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, 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, and has taken over 50 Bible study classes. She has served on the LLI faculty since 2006.
- 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!
- Matthews, Leslie** is citizen of both the US and the UK and has pursued her studies and a career on both sides of the Atlantic. She studied with Metropolitan Opera sopranos, Judith Raskin and Clarice Carson in New York, and with Madame Lo Siew Tuan in the UK. Beginning her career as a mezzo, Leslie made the switch to the full-lyric/dramatic soprano repertoire, including; Fiordiligi in "Cosi fan Tutte", the Countess in "Figaro," Leonora in "Il Trovatore," Amelia in Ballo in "Maschera," Mimi in "La Boheme," First Lady in "Magic Flute," Maddalena in "Andrea Chenier," Violetta in "La Traviata," the title role in "Tosca," and Giulietta and the Voice in "Tales of Hoffmann." Leslie founded the Metropolitan Lyric Theatre in the NYC area and now resides in Chester.
- 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.
- McCrea, Alan** is a transplant from the Philadelphia suburbs with some South Carolina heritage. He studied mechanical engineering at Cornell and did graduate study in control theory in Aachen, Germany. Alan also worked for industrial companies there and in Austria. In 1967 Robertshaw Controls Company hired him in Richmond to develop what was probably the world's first computerized energy management system for commercial buildings. Early projects included the International Monetary Fund headquarters in Washington and the Manned Spacecraft Center in Houston. After fourteen years, Alan began consulting in control and microprocessor applications and now has fun publishing word puzzles. He's enjoyed being a member of LLI since 2012.
- McDorman, Linda** has been in the fitness industry since 1990 and is certified by the American Council on Exercise as a Group Fitness Instructor, AFAA for Personal Training, Yoga Alliance RYT200 for many yoga formats, Stott Pilates, and Mad Dogg Spinning for cycling. Her passion is helping others become healthier and stronger through exercise.
- Mercer, Beth** taught choral music in Chesterfield County for 33 years and retired in 2012. She has spent the last 40 years working in musical theater where she has directed and choreographed numerous shows for various schools, local churches and community theater. She is currently working with "Broken Leg Theater." Beth is so happy to be a member of LLI and this community since 2018.
- 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.

- Miller, David** MD, is an orthopedic surgeon with OrthoVA who specializes in hip replacements and knee replacements, especially using minimally-invasive techniques and robotic surgery. A former US Army flight surgeon, Dr. Miller was a Lieutenant Colonel in the Virginia National Guard and a decorated Army veteran and was awarded the Bronze Star and Air Medal for his service as a flight surgeon during Operation Desert Storm. He has dedicated his career, both civilian and military, to providing expert orthopedic care.
- Morris, Jenny** works for Genworth Financial on Care Management initiatives. Jenny has over 20 years of experience in senior living positions.
- 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 group counselor since 2013. Angie works part-time as a bereavement counselor and outreach assistant with Crater Community Hospice, educating the community about the non-profit's services and programs. She is a member of the Chesterfield Council on Aging, the CCA Caregiver Committee, and the Tri-Cities Alzheimer's Council. She is also a board member for the Petersburg Home for Ladies.
- Moses, Dorothy** has been an LLI member since 2008. She's an aspiring writer and has participated in several critique groups.
- Moss, Jennifer** has served as the Outreach and Education Director for Bliley's Funeral Home in Richmond Virginia since 2016, providing End of Life Care education to groups around the Commonwealth. Moss serves on leadership of the Central Virginia Bereavement Coalition and the RVA Better Aging Forum and has served as President of the Richmond Senior Network for three years. Prior to employment at Bliley's Ms. Moss served as a Community Outreach liaison for the Commonwealth of Virginia's Victim Compensation Program where she provided education on victim's rights in the criminal justice field for over 15 years. Ms. Moss holds a bachelor's degree in Psychology from the University of North Carolina at Wilmington.
- Moyer, Wayne** is a 2004 graduate of the University of Richmond School of Continuing Studies and holds a bachelor's degree in Liberal Arts. He retired from Lowe's after 10 years as a kitchen designer and has been active in numerous volunteer organizations. He is currently active with the Brandermill Midlothian Woodlake Lions Club as a past president and current eyesight coordinator. Wayne has been an LLI member since 2017.
- 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.
- Newton, Jim** is a Licensed Professional Counselor in Virginia and Georgia and the new Chief Administrative Officer for Tucker Pavilion which is a safe haven and treatment center for children, teens, adults and seniors who need mental health care located in Chippenham Hospital. Mr. Newton is a senior administrator with a clinical and administrative background. Prior to being named Chief Administrative Officer and Executive VP at the Tucker Pavilion, he served as Service Line Administrator for Behavioral Health at Bon Secours Mercy – Virginia. He was formerly the CEO/Facility Director at Northern Virginia Mental Health Institute and CEO at Macon Behavioral Health (Georgia). Mr. Newton also served as the director for mental health services for several private health care hospitals and Community Service Boards. He has broad public sector experience working in the delivery of community behavioral health services and working with and in state departments of corrections to provide behavioral treatment programs. Mr. Newton earned his MA in counseling and psychology from the University of Cincinnati and his undergraduate degree from John Carroll University.

- O'Neal, Amanda** has been at Pamplin Historical Park since 2017 and is currently the Director of Education. She previously worked at the Museum of the Confederacy, Preservation Virginia and Colonial Williamsburg. Amanda is a graduate of Virginia Commonwealth University with a bachelor's degree of Fine Arts in Theater Education. She also holds a master's degree of Liberal Arts in Public History from the University of Richmond.
- 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. She has been telling stories professionally for over 25 years and started telling tandem stories with Les Schaffer in 1999. They still tell stories and lead storytelling workshops, encouraging everyone to find their inner storyteller.
- 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 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, Jr., Francis Gary** was born on June 5, 1965, in Burbank, California, and is the author of *Enemy Territory* (2022), *Spy Pilot* (2019), and *Letters from a Soviet Prison* (2017). Gary is the Founder and Chairman Emeritus of The Cold War Museum located at Vint Hill, VA, 45 minutes west of Washington, D.C. He is the Chairman of the Presidential Advisory Committee for the Cold War Theme Study which assists the National Park Service to identify historic Cold War sites for preservation. Gary is the past President and CEO for the Vienna Tysons Corner Regional Chamber of Commerce (2000-2005) and in 2015, he consulted for a Steven Spielberg thriller, "Bridge of Spies", about the 1962 spy exchange between KGB spy Rudolph Abel and CIA U-2 pilot Francis Gary Powers, Sr. He holds a bachelor's degree in Philosophy and master's degrees in Public Administration and U.S. History. Gary lectures internationally, appears regularly on C-SPAN, the History and Discovery channels. He is married with one son.
- Poznanczyk, Kourtney** joined the Bliley family in 2020 after several years of serving Richmond families in their time of need. She now assists individuals with their advanced funeral planning. Her experience as a funeral director and funeral home manager provides inspiring insight as to what loved ones may experience during a time of loss and the significance of leaving a detailed plan for their family to follow. Kourtney takes pride in creating meaningful farewells with clients, knowing that the arrangements they've made together will provide their family a few moments peace in the most difficult time life has to offer.
- Railsback, Mark** has been with Genworth Financial for nearly two decades in various roles across the long-term care insurance business. He is currently a director of government relations. Mark is a graduate of the University of Richmond and a resident of Midlothian.
- 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 their two boys, their family and friends, as well as biking, hiking, and traveling!
- 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.
- Reynolds, David** earned his Doctor of Physical Therapy degree from the University of Lynchburg in 2016. He now manages the CORA Physical Therapy in Midlothian, VA where he specializes in the treatment of patients with musculoskeletal and neuromuscular disorders. David believes in leveraging the body's natural healing processes through movement and encouraging patients to manage their impairments with less reliance on medications and surgeries. On several occasions, David has done medical missions as a physical therapist in North Africa, including mentoring and teaching local providers and taking PT students from various universities on clinical rotations.

- 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.
- Rose, Misi** is a wife and mom to two adult children and the Director of Operations for the Mercy Mall of Virginia.
- Ross, Audrey** was born and raised in the Village of Midlothian, Virginia, attended Midlothian Elementary School, and graduated from Carver High School in Chester, Virginia in 1968. Audrey earned a B.S. degree in Professional Biology from N.C. A & T State University in Greensboro, N.C. in 1972, and a Master of Public Health degree from VCU/MCV in Richmond, VA., in 1998. A retired Senior Scientist from the Commonwealth of Virginia, she serves as Historian at First Baptist Church of Midlothian, and is a member of the African American History Committee of the Chesterfield Historical Society of Virginia (CHSV).
- Ryther, Patricia** is retired from a career in banking and insurance. She has a degree in English Literature and has taught at the community college level. In retirement, she's fascinated with both history and literature. She enjoys learning about the historical figures who helped to create our modern world and is always eager to share their stories at LLI. She has been an LLI member since 2018.
- Schaffer, Les** is a grand and great-grandfather, undiscovered master chef and former family therapist. He listens to, tells and teaches about stories in theater, therapeutic, classroom and workshop settings. A founding member of The Tell Tale Hearts: Storyteller's Theater and TwoTellersTelling: Tandem Storytelling Troupe, Les writes and tells stories that help heal, teach, bring a laugh or a tear (often in the same story). In his quest to avoid as many household chores as possible, he teaches storytelling and related classes at the Lifelong Learning Institute; and for storytelling, religious, educational and other community organizations. As a teenager, one of Les's first jobs was with a hometown political organization, sparking a lifelong interest in the machinations of politicians and political systems. He claims that all of his stories are true, even the ones he makes up. And he hopes that his work awakens the storyteller within you.
- Scharf, Cary** works for Genworth Financial on Care Management initiatives. Cary is a Licensed Baccalauerate Social Worker, Certified Case Manager, and gerontologist.
- 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.
- Seaborn, Tom** is a native of Newport News, Virginia. He holds a B.S in Civil Engineering and an M.S. in Sanitary Engineering from Virginia Tech. After serving three years as a company-grade officer in the Army Medical Service Corps he started his career in Consulting Engineering and Construction Management. He and his family have lived in Atlanta, Greenville. SC., Phoenix, and Portland before moving back to Richmond in 1998 as the design manager of semiconductor wafer fabrication plants for Motorola and Siemens. His career allowed him to travel extensively. He and his wife, Shirley, have three children and seven grandchildren. He's been a member of LLI since 2018 and has been active in the genealogy and memoirs writing classes.

- 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.
- Shah, Alap** MD, is a cardiologist with Virginia Arrhythmia Consultants and has a specific interest in treating patients with atrial fibrillation where his goals are to advance patient knowledge and improve quality of life for these patients. Along with the other physicians at VAC, he is one of a select group of electrophysiologists across the country able to perform catheter ablations safely and effectively with minimal or no radiation exposure to patients. Dr. Shah was recently the Director of the AFib Center of Excellence at the Kansas City Heart Rhythm Institute. His philosophy for treating patients is for them to fully understand their disease and to let them know they have management options.
- Shaw, Ben** is a native of Virginia and has worked in the Department of Veterans Services (DVS) Virginia Veteran and Family Support Program (VVFS) for 12 years. Prior to his role of Central Regional Director (since 2015), Shaw held positions as a Veteran Peer Specialist and Regional Coordinator. He has been a certified Crisis Intervention Team instructor (BRCIT) since 2012. Prior to DVS, Shaw served in the USMC Infantry, with additional time in Iraq and Afghanistan as a civilian journalist. He holds master's degrees in Management, Public Policy, a Master's in Public Administration, and is certified as a PMI Project Manager. Shaw currently lives in Fluvanna County where he collects vintage axes, chickens, and incomplete projects.
- Short, Audrey** is currently the Global Engagement Co-curricular Coordinator at VCU where she is privileged to work with students from all over the world. She has been an educator for students learning English and intercultural communication skills for over two decades. With a love for community and travel, Audrey enjoys experiencing aspects of Indonesian and Japanese music through participation in two local community orchestras, Gamelan Raga Kusuma and River City Taiko.
- Sisk, Justin** is currently working on his Master's Degree in Public Anthropology at American University in Washington, D.C. His fields of interest include the anthropology of religion, ritualistic behavior, identity, counter-cultural narratives, and community building.
- Smith, Shelvey** has been involved with doing handwork since she was young. Shelvey began cross stitching, then crocheting, and at the beginning of 2022, learned to knit at LLI. It has been very enjoyable! She has met a lot of nice people willing to share their knowledge and friendship and hopes others will come join the Knitters United group. Shelvey has been an LLI member since 2019.
- 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.
- Spinios, Efstathios** MS, MD, pioneered interventional radiology in the city of Richmond and has remained prominent in this field, having been chosen a Richmond "top doctor" in interventional radiology by his peers in 2000, 2004, 2006, 2010, 2012 and 2013, as well as a Richmond "Top Doctor for Women" in 2009. He has been Chief of Radiology at CJW Medical Center for many years. He specializes in neurovascular and peripheral vascular interventions with a special focus on embolization procedures. Dr. Spinios is one of only a few neurointerventional radiologists practicing in the state of Virginia. He has written several scientific papers, has given numerous scientific and community lectures and is a reviewer for the Journal of Vascular and Interventional Radiology.

- 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.
- 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
- 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 Loisaida Samba School in New York City. He learned to play a variety of drums and hand-held percussion instruments in several styles of traditional Brazilian rhythms. Damir has also studied Afro-Cuban percussion and more recently in Santiago, Cuba. Damir's other interests include creating art, playing and recording music, and enjoying the outdoors through hiking and golfing.
- 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.
- Thompson, Victor** earned a BA in English Literature from Middlebury College (1963), an MA in English Literature from Rutgers University (1966), and a PhD in English and American Literature from Rutgers University (1972). He has published the following books: Eudora Welty: A Reference Guide (1976); The Trumpets of Jericho: A Romantic Novel about Bands and Musicians in the American Civil War (2004); Safe at Home: Baseball and Other Forms of Life in a Small New Jersey Town (2007) and Muses of Fire (2021). Vic has also written numerous articles and book reviews and performed with the Readers Theater and the Ya Ha Players at LLI. He taught at the University of Cincinnati (1966-1970) and Thomas Nelson Community College (1970-present), where he is now a Professor Emeritus and Adjunct Professor. He is married with three children and four grandchildren. He enjoys singing with the Virginians Barbershop Harmony Society, wood carving, swimming, dog walking, and more! Vic and his wife, Sharon, have been LLI members since 2013.
- Thompson, William** retired in 2013 with over forty years of experience in the electric energy business, including twenty years in charge of Dominion Energy's portion of electric grid operations in Virginia and North Carolina. He earned a bachelor's degree in electrical engineering from Virginia Tech, and a master's degree in business administration from Averett University. He is the author of the book "Living on the Grid." Currently, Bill resides in Chesterfield County where he is a member of the Lifelong Learning Institute.
- Triesler, James** has been the Director of Education at the Virginia War Memorial since October 2015. He currently serves as Historian on the Board of the Battle of the Bulge Association. In the past, he has served on the Board of 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. For 25 years, Jim taught Social Studies in Virginia and was the recipient of numerous awards. He was the 2007 Chesterfield County Teacher of the Year and the Virginia State Region I Teacher of the Year. Jim is passionate about history education.

- 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 such as whales, busts, and one-third size carousel horses.
- Warns, Jim** is a Reverse Mortgage Specialist with Mutual of Omaha Mortgage. Jim has been in the mortgage industry for over 25 years and has focused exclusively on reverse mortgages since 2008. In addition to LLI, he has taught at the OSHER Institute at the University of Richmond, and he gives continuing education presentations to financial advisors, realtors, and attorneys. He has served as a board member for the Central Virginia Financial Planning Association, as a founding board member and Education Director of the RVA Better Aging Forum, as the Chair of the Chesterfield Council on Aging, and is active in several other senior service organizations. Jim holds both undergraduate and graduate degrees in business from William & Mary and lives in Richmond.
- Watford, Sylvia** is the Senior Financial Education Specialist for Virginia Credit Union. Sylvia is pleased to lead financial education topics throughout the year for the Lifelong Learning Institute. Virginia Credit Union is the largest state-chartered credit union in Virginia and is a regional leader in financial education for members and the public.
- Weidner, Heather** has been a cop's kid, technical writer, editor, college professor, software tester, and IT manager. Originally from Virginia Beach, Heather has been a mystery fan since Scooby-Doo and Nancy Drew. She writes the Delanie Fitzgerald Mysteries, the Jules Keene Glamping Mysteries, and the Mermaid Bay Christmas Shoppe Mysteries. Her short stories appear in the Virginia is for Mysteries series, 50 Shades of Cabernet, Deadly Southern Charm, and Murder by the Glass. She is a member of Sisters in Crime – Central Virginia, Sisters in Crime – Chessie, Guppies, International Thriller Writers, and James River Writers. She earned her BA in English from Virginia Wesleyan University and her MA in American Literature from the University of Richmond. Heather currently lives in Central Virginia with her husband and a pair of Jack Russell terriers.
- Wendell, Randal** has been an LLI member since 2017. He holds a BS and MS in mathematics, and is a hiking enthusiast, amateur photographer, and a Virginia Master Naturalist.
- 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.
- Worthington, George** is the Dementia Services Coordinator for Virginia's Department for Aging and Rehabilitative Services (DARS). George supports the Alzheimer's Disease and Related Disorders Commission, reviews existing programs and works with other agencies to more effectively deliver services to Virginians living with dementia. He has worked in human services since 2012 after a career shift from being an economist in Asia and Australia and has a Master of Science in Clinical Psychology from LaTrobe University in Melbourne, Australia.
- 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.



Monday	Tuesday	Wednesday	Thursday	Friday
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
LLI Closed	10a-11a AD021 - Tap Dancing 11a-12p HS507 - Dwight D. Eisenhower 11a-12p LA022 - Basic Arabic Script (Online) 11a-1p WG013 - Spades 11:30a-12:30p AD058 - Country Line Dancing 1p-2p FI006 - Chair Yoga 1p-3p WG001 - Social Bingo 1p-2p LS077 - Workshop for Instructors 1:30p-2:30p HS508 - Dwight D. Eisenhower (Online) 2p-3:30p AD170 - Wind Ensemble 2:30p-3:30p FI009 - Gentle Yoga	9a-11a AD080 - Woodcarving 9a-10:30a HS002 - Anthropology 9a-10:30a LE045 - Beginning Genealogy 9:45a-10:45a FI017 - Wednesday Fun Fitness 10a-11a FI031 - Chair Yoga (Online) 10a-11:30a IA999 - Orientation for New Members 11a-12p AD171 - The Art of the Sketch 11a-12p AD183 - Beginning Guitar 11a-11:45a FI018 - Sit and Be Fit 11:15a-12:15p FI032 - Yin Yoga (Online) 12p-12:45p HW352 - Beginning Tai Chi Review A 1p-2p AD210 - Intro to Percussion and Samba 1p-3p WG006 - Cards and Games 1:30p-3:30p LE032 - Knitters United 2p-3:30p LE252 - Genealogy Discussions 2:30p-3:30p FI015 - Pilates	8:30a-9:30a FI020 - Zumba Gold (Online) 9:30a-12:30p LE143 - Beaded Lanyard A 9:30a-11:30a WG009 - Mah Jongg 10a-12p HW353 - Healthy Living Workshop 10a-11a HW371 - Atrial Fibrillation 10:15a-11:15a AD075 - Line Dance Practice 11:30a-12:15p FI005 - Sit and Be Fit 12p-1:30p AD141 - Lifelong Musicians 1p-2p FI010 - Chair Yoga 1p-2p HS532 - Let's Talk about Polarization 1:30p-3p AD015 - Advanced Reader's Theater 1:30p-3p HS529 - Western Civilization 2p-3:30p PR002 - Bible Discussion 2:30p-3:30p FI007 - Gentle Yoga 2:30p-3:30p IA997 - Q&A for Current Members	8:15a-9:15a FI003 - Fusion Fitness 9a-12p WG010 - Bridge 9:30a-10:30a FI029 - Chair Yoga 10a-12p WG007 - Hand and Foot and Triple Play 11a-11:45a HW356 - Beginning Tai Chi Review B 11a-12p LS135 - Mercy Mall of Virginia 12p-1p AD022 - Intermediate American Tango 1p-3p EL015 - Aspiring Writer's Critique 1p-3p LE265 - Modern Floral Designs A 1p-3p WG002 - Social Bingo 1:30p-2:30p HW343 - Intermediate Tai Chi





Monday	Tuesday	Wednesday	Thursday	Friday
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
9a-10a F1001 - Low Impact	9a-11a EF141 - Planning for Long Term Care	9a-11a AD080 - Woodcarving	8:30a-9:30a F1020 - Zumba Gold (Online)	8:15a-9:15a F1003 - Fusion Fitness
9:30a-11:30a LE241 - Basic Pine Needle Baskets	9a-10:30a EL048 - Memoir Writing	9a-10:30a LE045 - Beginning Genealogy	9:30a-11a PR084 - Epistemology	9a-12p WG010 - Bridge
10a-10:45a F1004 - Sit and Be Fit	9a-10:30a LE010 - Mah Jongg 101	9:30a-10:30a EL090 - Obituary Writing Workshop A	9:30a-11:30a WG009 - Mah Jongg	9:30a-10:30a F1029 - Chair Yoga
10a-10:45a F1030 - Strengthen and Stretch (Online)	9:30a-10:30a HSS43 - Drury's Bluff	9:30a-11a PR028 - Life in Biblical Times	10a-12p HW353 - Healthy Living Workshop	9:30a-11a H5531 - The Real History of Pirates
10:30a-12p LS080 - Give Hope 2 Kids	10a-12p AD016 - Basic Watercolor	9:45a-10:45a F1017 - Wednesday Fun Fitness	10a-12p CO184 - Apps to Improve Your Life	10a-12p AD167 - Open Oil Painting
11a-12p F1028 - Gentle Yoga	10a-11a AD021 - Tap Dancing	10a-11a F1031 - Chair Yoga (Online)	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
11a-12:30p H5526 - Justice for All	11a-12p H5507 - Dwight D. Eisenhower	11a-12p AD171 - The Art of the Sketch	10:30a-12:30p AD192 - Super Senior Story Slam	11a-11:45a HW356 - Beginning Tai Chi Review B
11:30a-1p LE178 - Intermediate Genealogy	11a-12p LA022 - Basic Arabic Script (Online)	11a-12p AD183 - Beginning Guitar	10:30a-12p CO116 - Introduction to iTunes A	12p-1p AD022 - Intermediate American Tango
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p F1005 - Sit and Be Fit	12:30p-2p CO058 - iPhone Basics
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a F1018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians A	1p-3p LE265 - Modern Floral Designs
1:30p-2:15p HW355 - Beginning Tai Chi B	12p-12:30p IA100 - Birthday Celebration	11:15a-12:15p F1032 - Yin Yoga (Online)	12:30p-3:30p LE147 - Beaded Lanyard B	1p-3p WG002 - Social Bingo
2p-3:30p CO149 - Digital Wallet Security	12:30p-1:45p H5530 - A History of Eastern Europe	12p-12:45p HW352 - Beginning Tai Chi Review A	12:30p-1:30p LS145 - Mobility Services	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:45p LA015 - Conversational German	12:30p-2p LA006 - Spanish Grammar from A to Z	1p-2p AD210 - Intro to Percussion and Samba	1p-2p F1010 - Chair Yoga	
2:30p-3:30p F1022 - Chair Yoga	1p-2p F1006 - Chair Yoga	1p-2:45p HS003 - Current Events	1:30p-3p AD015 - Advanced Reader's Theater	
	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1:30p-3p H5529 - Western Civilization	
	1p-2p HW375 - Joint Replacements	1:30p-3p H5546 - Angkor Wat in 2022 (Online)	2p-3p HW373 - Osteoporosis	
	1:30p-3:30p AD110 - Advanced Colored Pencil	1:30p-3:30p LE032 - Knitters United	2p-3:30p PR002 - Bible Discussion	
	1:30p-2:30p H5508 - Dwight D. Eisenhower (Online)	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p F1007 - Gentle Yoga	
	2p-3:30p AD170 - Wind Ensemble	2:30p-3:30p F1015 - Pilates	2:30p-3:30p EF117 - How to Protect Your Identity (Online)	
	2:30p-3:30p F1009 - Gentle Yoga			
	2:30p-3:30p LS164 - CCPS On the Go			



Monday	Tuesday	Wednesday	Thursday	Friday
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
9a-10a FI001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:15a-9:15a FI003 - Fusion Fitness
9:30a-11:30a LE241 - Basic Pine Needle Baskets	9a-10:30a LE010 - Mah Jongg 101	9a-10:30a HS002 - Anthropology	9a-10:30a LS169 - Chesterfield Council on Aging	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-11:30a LS084 - The Mysteries of Suicide	9a-10:30a LE045 - Beginning Genealogy	9:30a-11a PR084 - Epistemology	9:30a-10:30a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-11:30a EF136 - Long Term Care Insurance (Online)	9:30a-11a PR028 - Life in Biblical Times	9:30a-11:30a WG009 - Mah Jongg	9:30a-11a HS531 - The Real History of Pirates
10a-11a HS545 - Fields of Anthropology (Online)	10a-12p AD016 - Basic Watercolor	9:45a-10:45a FI017 - Wednesday Fun Fitness	10a-12p HW353 - Healthy Living Workshop	10a-12p AD167 - Open Oil Painting
10:30a-12p LS080 - Give Hope 2 Kids	10a-11a AD021 - Tap Dancing	10a-11a FI031 - Chair Yoga (Online)	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	11a-12p HS507 - Dwight D. Eisenhower	10a-11:15a CO177 - Windows File Explorer (Online)	10:30a-12p CO116 - Introduction to iTunes A	11a-11:45a HW356 - Beginning Tai Chi Review B
11a-12:30p HS526 - Justice for All	11a-12p LA022 - Basic Arabic Script (Online)	10:30a-11:30a LE267 - Meet Your Instant Pot (Online)	11a-12p HW374 - Understanding Grief	12p-1p AD022 - Intermediate American Tango
11:30a-1p LE178 - Intermediate Genealogy	11a-1p WG013 - Spades	11a-12p AD171 - The Art of the Sketch	11:30a-12:15p FI005 - Sit and Be Fit	12:30p-2p CO058 - iPhone Basics
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	11a-12p AD183 - Beginning Guitar	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writer's Critique
1p-3p WG004 - Cards and Games	11:30a-12:30p LS172 - Mercy Mall Hygiene Kits	11a-12p EL043 - Enjoy Poetry	12p-1:30p IA009 - September Luncheon	1p-3p LE265 - Modern Floral Designs A
1p-2p HS544 - The American POW Experience	12:30p-1:45p HS530 - A History of Eastern Europe	11a-11:45a FI018 - Sit and Be Fit	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
1:30p-3p EF106 - Senior Scams	12:30p-2p LA006 - Spanish Grammar from A to Z	11:15a-12:15p FI032 - Yin Yoga (Online)	1p-2p HS532 - Let's Talk about Polarization	1:30p-3:30p EF122 - Reverse Mortgages 101
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3p AD015 - Advanced Reader's Theater	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:45p LA015 - Conversational German	1p-3p WG001 - Social Bingo	12p-1p SE160 - Opera Plus	2p-3:30p CO155 - Mobile Music	
2:30p-3:30p FI022 - Chair Yoga	1:30p-3:30p AD110 - Advanced Colored Pencil	1p-2p AD210 - Intro to Percussion and Samba	2p-3:30p PR002 - Bible Discussion	
3:30p-4:30p LLI Board of Directors Meeting	1:30p-2:30p HS508 - Dwight D. Eisenhower (Online)	1p-2:30p LS147 - Hospice Crafts	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p AD170 - Wind Ensemble	1p-3p WG006 - Cards and Games		
	2p-3p HS089 - Great Decisions	1:30p-3:30p LE032 - Knitters United		
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates		
	2:30p-3:30p LS164 - CCPS On the Go			



Monday	Tuesday	Wednesday	Thursday	Friday
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
9a-10a F1001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	7:30a-6:30p SE157 - Beyond King Tut Tour	8:15a-9:15a F1003 - Fusion Fitness
9:30a-11a HS527 - Rethinking the Cold War	9a-10:30a LE010 - Mah Jongg 101	9a-10:30a LE045 - Beginning Genealogy	8:30a-9:30a F1020 - Zumba Gold (Online)	9a-12p WG010 - Bridge
9:30a-11:30a LE241 - Basic Pine Needle Baskets	9:30a-10:30a LE264 - Exploring National Parks	9:45a-10:45a F1017 - Wednesday Fun Fitness	9:30a-11a PR084 - Epistemology	9:30a-10:30a F1029 - Chair Yoga
10a-10:45a F1004 - Sit and Be Fit	9:30a-11a LS085 - The Art of Reinvention	10a-11a F1031 - Chair Yoga (Online)	9:30a-11:30a WG009 - Mah Jongg	9:30a-11a HS531 - The Real History of Pirates
10a-10:45a F1030 - Strengthen and Stretch (Online)	10a-12p AD016 - Basic Watercolor	10a-11a LS167 - VA Dept of Veterans Services (Online)	10a-12p HW353 - Healthy Living Workshop	10a-12p AD167 - Open Oil Painting
11a-12p F1028 - Gentle Yoga	10a-11a AD021 - Tap Dancing	10:30a-12p LE268 - Use Your Instant Pot (Online)	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
11a-12:30p HS526 - Justice for All	11a-12p HS507 - Dwight D. Eisenhower	11a-12p AD171 - The Art of the Sketch	11:30a-12:15p F1005 - Sit and Be Fit	11a-11:45a HW356 - Beginning Tai Chi Review B
11:30a-1p LE178 - Intermediate Genealogy	11a-12p LA022 - Basic Arabic Script (Online)	11a-12p AD183 - Beginning Guitar	11:30a-1p HW303 - Being Mortal Documentary	11a-12p LS171 - Mobility Services (Online)
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p LS160 - Selling Your Home	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD022 - Intermediate American Tango
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11a-11:45a F1018 - Sit and Be Fit	1p-2p F1010 - Chair Yoga	12:30p-2p CO058 - iPhone Basics
1p-2:30p CO183 - The Electric Grid	11:30a-12:30p AD058 - Country Line Dancing	11:15a-12:15p F1032 - Yin Yoga (Online)	1:30p-3p AD015 - Advanced Reader's Theater	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	12:30p-1:45p HS530 - A History of Eastern Europe	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3p HS529 - Western Civilization	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p CO157 - Password Managers A	12:30p-2p LA006 - Spanish Grammar from A to Z	1p-2p AD210 - Intro to Percussion and Samba	2p-3:30p PR002 - Bible Discussion	
2p-3:45p LA015 - Conversational German	1p-2p F1006 - Chair Yoga	1p-2:45p HS003 - Current Events	2:30p-3:30p F1007 - Gentle Yoga	
2:30p-3:30p EL097 - Music and American Character	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games		
2:30p-3:30p F1022 - Chair Yoga	1:30p-3:30p AD110 - Advanced Colored Pencil	1:30p-3:30p LE032 - Knitters United		
	1:30p-2:30p HS508 - Dwight D. Eisenhower (Online)	2p-3p HW344 - Focused Ultrasound		
	2p-3:30p AD170 - Wind Ensemble	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1015 - Pilates		
	2:30p-3:30p HS533 - The Great Pyramid			
	2:30p-3:30p LS164 - CCPS On the Go			



Monday	Tuesday	Wednesday	Thursday	Friday
10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
9a-10a F1001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-9:30a F1020 - Zumba Gold	8:15a-9:15a F1003 - Fusion Fitness
9:30a-11a HS527 - Rethinking the Cold War	9a-10:30a HS087 - Global Cultural Geography	9a-10:30a AD211 - The Works of van Gogh	9:30a-11a AD020 - Understanding Opera	9a-12p WG010 - Bridge
9:30a-11:30a LE241 - Basic Pine Needle Baskets	9a-10:30a LE010 - Mah Jongg 101	9a-10:30a HS002 - Anthropology	9:30a-11a PR084 - Epistemology	9:30a-10:30a F1029 - Chair Yoga
10a-10:45a F1004 - Sit and Be Fit	9:30a-11a LS050 - EMS Passport Program	9a-10:30a LE045 - Beginning Genealogy	9:30a-11:30a WG009 - Mah Jongg	9:30a-11a HS531 - The Real History of Pirates
10a-10:45a F1030 - Strengthen and Stretch (Online)	9:30a-11a LS085 - The Art of Reinvention	9:45a-10:45a F1017 - Wednesday Fun Fitness	10a-12p HW353 - Healthy Living Workshop	10a-12p AD167 - Open Oil Painting
10:30a-12p EF138 - Medicare Part D (Online)	10a-12p AD016 - Basic Watercolor	10a-11a F1031 - Chair Yoga (Online)	10a-11a HW381 - Stress Relief Guided Meditation (Online)	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p F1028 - Gentle Yoga	10a-11a AD021 - Tap Dancing	10:30a-12:30p LE130 - Simple Greeting Cards	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW356 - Beginning Tai Chi Review B
11a-12:30p HS526 - Justice for All	11a-12p HS507 - Dwight D. Eisenhower	11a-12p AD171 - The Art of the Sketch	10:30a-12p EF113 - Medicare Part D	11a-12p LS173 - Mercy Mall Cleaning Kits
11:30a-1p LE178 - Intermediate Genealogy	11a-12p LA022 - Basic Arabic Script (Online)	11a-12p AD183 - Beginning Guitar	11a-12p HW360 - Caregiving and Grief	12p-1p AD022 - Intermediate American Tango
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LS086 - Check Out CCPL eBooks	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p F1005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writer's Critique
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11a-11:45a F1018 - Sit and Be Fit	11:30a-12:30p PR088 - Biblical Miracles	1p-2p PR085 - Heretics in the Early Church
1:30p-2:15p HW355 - Beginning Tai Chi B	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p HS541 - History of Ventriloquism	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
2p-3:30p CO181 - Google It A	12:30p-1:45p HS530 - A History of Eastern Europe	11:15a-12:15p F1032 - Yin Yoga (Online)	1p-2p F1010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:45p LA015 - Conversational German	1p-2p F1006 - Chair Yoga	11:30a-12:30p EF118 - Organizing Your Records (Online)	1p-2p HS532 - Let's Talk about Polarization	
2:30p-3:30p EL097 - Music and American Character	1p-2p PR087 - The Roman Catholic Mass	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3p AD015 - Advanced Reader's Theater	
2:30p-3:30p F1022 - Chair Yoga	1p-3p WG001 - Social Bingo	1p-2p AD210 - Intro to Percussion and Samba	1:30p-3p HS529 - Western Civilization	
	1:30p-3:30p AD110 - Advanced Colored Pencil	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
	1:30p-2:30p HS508 - Dwight D. Eisenhower (Online)	1p-2p HS540 - Women in John Marshall's Life	2:30p-3:30p F1007 - Gentle Yoga	
	2p-3:30p AD170 - Wind Ensemble	1:30p-3:30p LE032 - Knitters United		
	2:30p-3:30p F1009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p HS533 - The Great Pyramid	2:30p-3:30p F1015 - Pilates		
	2:30p-3:30p LS164 - CCPS On the Go			



Monday	Tuesday	Wednesday	Thursday	Friday
10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
9a-10a FI001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-11a AD035 - Woodcarving with Music	8:30a-9:30a FI020 - Zumba Gold	8:15a-9:15a FI003 - Fusion Fitness
9a-11a LE263 - Intro to Macrame	9a-10:30a HS087 - Global Cultural Geography	9a-10:30a AD211 - The Works of van Gogh	9:30a-11a AD020 - Understanding Opera	9a-12p WG010 - Bridge
9:30a-11a HS527 - Rethinking the Cold War	9:30a-11:30a LS090 - Becoming an Optimist	9a-10:30a LE045 - Beginning Genealogy	9:30a-11a PR084 - Epistemology	9:30a-10:30a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	10a-12p AD016 - Basic Watercolor	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p AD167 - Open Oil Painting
10a-10:45a FI030 - Strengthen and Stretch (Online)	10a-11a AD021 - Tap Dancing	10a-11a FI031 - Chair Yoga (Online)	10a-12p HW353 - Healthy Living Workshop	10a-12p WG007 - Hand and Foot and Triple Play
10a-11:30a LE204 - Writing a Good Travel Story	11a-12:30p EL095 - Legacy Writing Workshop	11a-12:30p AD129 - History of Classical Music	10a-11a HW332 - Hip Pain	11a-11:45a HW356 - Beginning Tai Chi Review B
10:30a-12p AD166 - Intro to Oil Painting	11a-12p HS507 - Dwight D. Eisenhower	11a-12p AD171 - The Art of the Sketch	10:15a-11:15a AD075 - Line Dance Practice	11a-1p LE005 - Autumn Cooking with Ginny
10:30a-12p LS097 - Senior Living Options (Online)	11a-12p LA022 - Basic Arabic Script (Online)	11a-12p AD183 - Beginning Guitar	10:30a-12:30p AD192 - Super Senior Story Slam	12p-1p AD022 - Intermediate American Tango
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11a-12p EL043 - Enjoy Poetry	10:30a-12p EF142 - Estate Planning (Online)	12:30p-2p CO092 - Intermediate iPhone
11a-12:30p HS526 - Justice for All	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	1p-2p PR085 - Heretics in the Early Church
11:30a-12:30p LE149 - Learn to Play Cribbage	12p-12:30p IA100 - Birthday Celebration	11:15a-12:15p FI032 - Yin Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
11:30a-1p LE178 - Intermediate Genealogy	12:30p-1:45p HS530 - A History of Eastern Europe	11:30a-12:30p HS535 - The History of Photography (Online)	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi
12:30p-1:15p HW342 - Beginning Tai Chi A	12:30p-2p LA006 - Spanish Grammar from A to Z	12p-12:45p HW352 - Beginning Tai Chi Review A	1p-2p HW376 - Vertigo and Dizziness	
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-2p AD210 - Intro to Percussion and Samba	1:30p-3p AD015 - Advanced Reader's Theater	
1p-2p HS534 - The History of Photography	1p-2p PR087 - The Roman Catholic Mass	1p-2:45p HS003 - Current Events	1:30p-3p HS529 - Western Civilization	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
2p-3:30p CO173 - Apple Photos A	1:30p-3:30p AD110 - Advanced Colored Pencil	1:30p-3:30p LE032 - Knitters United	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p EF134 - Bitcoin and Cryptocurrency 101	1:30p-2:30p HS508 - Dwight D. Eisenhower (Online)	2p-3:30p LE252 - Genealogy Discussions		
2p-3:45p LA015 - Conversational German	2p-3:30p AD170 - Wind Ensemble	2:30p-3:30p FI015 - Pilates		
2:30p-3:30p EL097 - Music and American Character	2:30p-3:30p FI009 - Gentle Yoga			
2:30p-3:30p FI022 - Chair Yoga	2:30p-3:30p HS533 - The Great Pyramid			
	2:30p-3:30p LS164 - CCPS On the Go			



Monday	Tuesday	Wednesday	Thursday	Friday
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
9a-10a F1001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a F1020 - Zumba Gold	8:15a-9:15a F1003 - Fusion Fitness
9a-11a LE263 - Intro to Macrame	9:30a-11a LS091 - Controlling the Chatter	9a-10:30a AD211 - The Works of van Gogh	9a-10a HW315 - Leaky Bladder	9a-12p WG010 - Bridge
9:30a-11a HS527 - Rethinking the Cold War	10a-12p AD016 - Basic Watercolor	9a-10:30a HS002 - Anthropology	9:30a-11a AD020 - Understanding Opera	9:30a-10:30a F1029 - Chair Yoga
10a-10:45a F1004 - Sit and Be Fit	10a-11a AD021 - Tap Dancing	9a-10:30a LE045 - Beginning Genealogy	9:30a-11a PR084 - Epistemology	9:30a-11a HS531 - The Real History of Pirates
10a-10:45a F1030 - Strengthen and Stretch (Online)	10:30a-12p EF143 - Pillars of the New Retirement	9:45a-10:45a F1017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p AD167 - Open Oil Painting
10:30a-12p AD166 - Intro to Oil Painting	11a-12p LA022 - Basic Arabic Script (Online)	10a-11a F1031 - Chair Yoga (Online)	10a-11:30a LE270 - Writing a Good Travel Story (Online)	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE253 - Easy Cooking (Online)	11a-1p LS170 - Creating a Safe Home	10a-11:15a CO161 - Microsoft Word Tips and Tricks (Online)	10a-2p SE099 - Pamplin Historical Park Tour	11a-12p EL091 - Marketing Ideas for Authors (Online)
11a-12p F1028 - Gentle Yoga	11a-1p WG013 - Spades	10:30a-12p EL084 - Waiting and Hoping Stories (Online)	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW356 - Beginning Tai Chi Review B
11a-12:30p HS526 - Justice for All	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p AD129 - History of Classical Music	10:30a-12p LE233 - Beautiful Wire Bracelets	12p-1p AD022 - Intermediate American Tango
11:30a-12:30p LE149 - Learn to Play Cribbage	12:30p-1:45p HS530 - A History of Eastern Europe	11a-12p AD231 - Beginning Ukulele	11a-12p LS165 - Dementia 101	12:30p-2p CO092 - Intermediate iPhone
11:30a-1p LE178 - Intermediate Genealogy	12:30p-2p LA006 - Spanish Grammar from A to Z	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p F1005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writer's Critique
12:30p-1:15p HW342 - Beginning Tai Chi A	1p-2p F1006 - Chair Yoga	11a-11:45a F1018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	1p-2p PR085 - Heretics in the Early Church
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	11:15a-12:15p F1032 - Yin Yoga (Online)	1p-2p F1010 - Chair Yoga	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	1:30p-3:30p AD110 - Advanced Colored Pencil	12p-12:45p HW352 - Beginning Tai Chi Review A	1p-2p HS532 - Let's Talk about Polarization	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-3p IA016 - Annual State of the LLI	2p-3:30p AD170 - Wind Ensemble	1p-2p AD210 - Intro to Percussion and Samba	1:30p-3p AD015 - Advanced Reader's Theater	
2p-3:30p CO175 - Google Photos A	2p-3p HS089 - Great Decisions	1p-2:30p LS147 - Hospice Crafts	1:30p-3p HS529 - Western Civilization	
2p-3:45p LA015 - Conversational German	2:30p-3:30p F1009 - Gentle Yoga	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p F1022 - Chair Yoga	2:30p-3:30p PR059 - The History of the Bible	1p-2p HW372 - Cataract Surgery	2:30p-3:30p F1007 - Gentle Yoga	
3:30p-4:30p LLI Board of Directors		1p-2p SE158 - Cybersmoke		
		1:30p-3:30p LE032 - Knitters United (RC)		
		1:30p-2:30p LS069 - VirginiaNavigator (Online)		
		2p-3:30p LS152 - Human Trafficking		
		2:30p-3:30p F1015 - Pilates		




Monday	Tuesday	Wednesday	Thursday	Friday
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
9a-10a F1001 - Low Impact	9a-2:30p AD119 - Watercolor Problem Solving	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a F1020 - Zumba Gold (Online)	8:15a-9:15a F1003 - Fusion Fitness
9a-11a LE263 - Intro to Macrame	9a-10:30a EL048 - Memoir Writing	9a-2:30p AD119 - Watercolor Problem Solving	9a-10:30a LS169 - Chesterfield Council on Aging	9a-12p WG010 - Bridge
9:30a-11a HS527 - Rethinking the Cold War	9:30a-11a HS528 - Art of Political Storytelling	9a-10:30a AD211 - The Works of van Gogh	9:30a-11:30a EF104 - Estates and Probate	9:30a-10:30a F1029 - Chair Yoga
10a-10:45a F1004 - Sit and Be Fit	9:30a-11a LS091 - Controlling the Chatter	9a-10:30a LE045 - Beginning Genealogy	9:30a-11a PR084 - Epistemology	9:30a-11a HS531 - The Real History of Pirates
10a-10:45a F1030 - Strengthen and Stretch (Online)	10a-11a AD021 - Tap Dancing	9:45a-10:45a F1017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p AD167 - Open Oil Painting
10:30a-12p AD166 - Intro to Oil Painting	11a-12p HW382 - Music and Dementia	10a-11a F1031 - Chair Yoga (Online)	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE253 - Easy Cooking (Online)	11a-12p LA022 - Basic Arabic Script (Online)	11a-12:30p AD129 - History of Classical Music	10:30a-12p LE233 - Beautiful Wire Bracelets	10:30a-12p HS511 - Olmsted's America
11a-12p F1028 - Gentle Yoga	11a-1p WG013 - Spades	11a-12p AD231 - Beginning Ukulele	11a-12p LS165 - Dementia 101	11a-11:45a HW356 - Beginning Tai Chi Review B
11a-12:30p HS526 - Justice for All	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p F1005 - Sit and Be Fit	12p-1p AD022 - Intermediate American Tango
11:30a-12:30p LE149 - Learn to Play Cribbage	12:30p-1:45p HS530 - A History of Eastern Europe	11a-11:45a F1018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians iPhone	12:30p-2p CO092 - Intermediate iPhone
11:30a-1p LE178 - Intermediate Genealogy	1p-2p F1006 - Chair Yoga	11:15a-12:15p F1032 - Yin Yoga (Online)	12p-1:30p IA010 - October Luncheon: Church	1p-2p PR085 - Heretics in the Early Church
12:30p-1:15p HW342 - Beginning Tai Chi A	1p-3p WG001 - Social Bingo	12p-12:45p HW352 - Beginning Tai Chi Review A	1p-2p F1010 - Chair Yoga	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	2p-3:30p AD170 - Wind Ensemble	1p-2p AD210 - Intro to Percussion and Samba	1:30p-3p AD015 - Advanced Reader's Theater	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-2:15p HW355 - Beginning Tai Chi B	2:30p-3:30p F1009 - Gentle Yoga	1p-2:45p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	
2p-3:30p CO158 - Password Managers B	2:30p-3:30p PR059 - The History of the Bible	1p-3p WG006 - Cards and Games	2:30p-3:30p F1007 - Gentle Yoga	
2p-3:45p LA015 - Conversational German		1:30p-3p CO057 - Intro to the Internet		
2:30p-3:30p EL097 - Music and American Character		1:30p-3:30p LE032 - Knitters United		
2:30p-3:30p F1022 - Chair Yoga		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p F1015 - Pilates		



Monday	Tuesday	Wednesday	Thursday	Friday
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
9a-10a F1001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a F1020 - Zumba Gold (Online)	8:15a-9:15a F1003 - Fusion Fitness
10a-10:45a F1004 - Sit and Be Fit	9:30a-11a HS528 - Art of Political Storytelling	9a-10:30a AD211 - The Works of van Gogh	9:30a-11a HS496 - Our Rich History	9a-12p WG010 - Bridge
10a-10:45a F1030 - Strengthen and Stretch (Online)	10a-11a AD021 - Tap Dancing	9a-10:30a HS002 - Anthropology	9:30a-10:30a HW362 - Healthy Lifestyle Habits	9:30a-10:30a F1029 - Chair Yoga
10a-11:30a HS542 - World War II Spies and Lies	10a-11a AD209 - Intro to Readers Theater	9a-10:30a LE045 - Beginning Genealogy	9:30a-11a PR084 - Epistemology	9:30a-11a HS531 - The Real History of Pirates
10:30a-12p LE253 - Easy Cooking (Online)	11a-12p LA022 - Basic Arabic Script (Online)	9:45a-10:45a F1017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p F1028 - Gentle Yoga	11a-1p WG013 - Spades	10a-11a F1031 - Chair Yoga (Online)	10a-11a HW369 - Dealing with Depression	10:30a-12p CO117 - Introduction to iTunes B
11a-12:30p HS526 - Justice for All	11:30a-12:30p AD058 - Country Line Dancing	10a-11a HW189 - Varicose Veins	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p HS511 - Olmsted's America
11:30a-12:30p LE149 - Learn to Play Cribbage	12:30p-1:45p HS530 - A History of Eastern Europe	10:30a-12:30p LE139 - Simple Christmas Cards	10:30a-12p LE233 - Beautiful Wire Bracelets	11a-11:45a HW356 - Beginning Tai Chi Review B
11:30a-1p LE178 - Intermediate Genealogy	1p-2p F1006 - Chair Yoga	11a-12:30p AD129 - History of Classical Music	11a-12p LS165 - Dementia 101	12p-1p AD022 - Intermediate American Tango
12:30p-1:15p HW342 - Beginning Tai Chi A	1p-3p WG001 - Social Bingo	11a-12p AD231 - Beginning Ukulele	11:30a-12:15p F1005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writer's Critique
12:30p-1:30p SE145 - Spooky Days	1p-2p HW377 - Chronic Pain	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	1p-2p PR085 - Heretics in the Early Church
1p-3p WG004 - Cards and Games	1:30p-3:30p AD110 - Advanced Colored Pencil	11a-11:45a F1018 - Sit and Be Fit	1p-2p F1010 - Chair Yoga	1p-3p WG002 - Social Bingo
1:30p-2:30p CO179 - Basics of Digital Photography (Online)	2p-3:30p AD170 - Wind Ensemble	11:15a-12:15p F1032 - Yin Yoga (Online)	1p-2p HS532 - Let's Talk about Polarization	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-2:15p HW355 - Beginning Tai Chi B	2:30p-3:30p F1009 - Gentle Yoga	11:30a-12:30p EF125 - How to Read Your Credit Report (Online)	1:30p-3p AD015 - Advanced Reader's Theater	
2p-3:30p CO174 - Apple Photos B	2:30p-3:30p PR059 - The History of the Bible	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3p HS529 - Western Civilization	
2p-3:45p LA015 - Conversational German		1p-2p AD210 - Intro to Percussion and Samba	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p EL097 - Music and American Character		1p-3p WG006 - Cards and Games	2:30p-3:30p F1007 - Gentle Yoga	
2:30p-3:30p F1022 - Chair Yoga		1:30p-3p CO057 - Intro to the Internet		
		1:30p-3:30p LE032 - Knitters United		
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p F1015 - Pilates		



Monday	Tuesday	Wednesday	Thursday	Friday
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
9a-10a F1001 - Low Impact	<p style="text-align: center;">  Election Day </p>	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a F1020 - Zumba Gold (Online)	8:15a-9:15a F1003 - Fusion Fitness
9a-10:30a LS094 - Overcoming Loneliness		9a-10:30a AD211 - The Works of van Gogh	9a-10:30a LS169 - Chesterfield Council on Aging	9a-12p WG010 - Bridge
9:30a-11a PR086 - Contemporary Norse Heathenry		9a-10:30a LE045 - Beginning Genealogy	9:30a-11a PR084 - Epistemology	9:30a-10:30a F1029 - Chair Yoga
10a-10:45a F1004 - Sit and Be Fit		9:45a-10:45a F1017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:30a-11a HS531 - The Real History of Pirates
10a-10:45a F1030 - Strengthen and Stretch (Online)		10a-11a F1031 - Chair Yoga (Online)	10:15a-11:15a AD075 - Line Dance Practice	10a-12p AD167 - Open Oil Painting
10:30a-12p LE253 - Easy Cooking (Online)		11a-12:30p HS537 - Women and Men of the Civil War (Online)	10:30a-12p LE233 - Beautiful Wire Bracelets	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12:30p LE256 - National Parks West		11a-12:30p AD129 - History of Classical Music	11a-12p HW302 - Holiday Grief and Coping	10:30a-12p CO117 - Introduction to iTunes B
11a-12p F1028 - Gentle Yoga		11a-12p AD231 - Beginning Ukulele	11:30a-12:15p F1005 - Sit and Be Fit	10:30a-12p HS511 - Olmsted's America
11a-12:30p HS526 - Justice for All		11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	11a-11:45a HW356 - Beginning Tai Chi Review B
11:30a-12:30p LE149 - Learn to Play Cribbage		11a-11:45a F1018 - Sit and Be Fit	1p-2p F1010 - Chair Yoga	12p-1p AD022 - Intermediate American Tango
11:30a-1p LE178 - Intermediate Genealogy	11:15a-12:15p F1032 - Yin Yoga (Online)	1:30p-3p AD015 - Advanced Reader's Theater	1p-2p PR085 - Heretics in the Early Church	
12:30p-2p HS536 - Women and Men of the Civil War	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3:30p CO169 - Automotive Basics	1p-3p WG002 - Social Bingo	
12:30p-1:15p HW342 - Beginning Tai Chi A	12p-1p HW380 - What Comes After Menopause	1:30p-3p HS529 - Western Civilization	1:30p-2:30p HW343 - Intermediate Tai Chi	
1p-3p LE266 - Modern Floral Designs B	1p-2p AD210 - Intro to Percussion and Samba	2p-3:30p PR002 - Bible Discussion	3p-4p LA026 - Japanese Language and Culture	
1p-3p WG004 - Cards and Games	1p-2:45p HS003 - Current Events	2:30p-3:30p F1007 - Gentle Yoga		
1:30p-2:30p CO179 - Basics of Digital Photography (Online)	1p-3p WG006 - Cards and Games			
1:30p-2:15p HW355 - Beginning Tai Chi B	1:30p-3:30p CO144 - Renewable Energy in Our World			
2p-3:45p LA015 - Conversational German	1:30p-3:30p LE032 - Knitters United (RC)			
2:30p-3:30p EL097 - Music and American Character	2p-3:30p LE252 - Genealogy Discussions			
2:30p-3:30p F1022 - Chair Yoga	2:30p-3:30p F1015 - Pilates			
	3p-4p LA026 - Japanese Language and Culture			



Monday	Tuesday	Wednesday	Thursday	Friday
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
9a-10a F1001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a F1020 - Zumba Gold (Online)	8:15a-9:15a F1003 - Fusion Fitness
9a-10:30a LS094 - Overcoming Loneliness	9:30a-11a HS528 - Art of Political Storytelling	9a-10:30a EF140 - What Your Kids Need to Know	9:30a-11a PR084 - Epistemology	9a-12p WG010 - Bridge
9:30a-11a PR086 - Contemporary Nurse Heathenry	10a-11a AD021 - Tap Dancing	9a-10:30a HS002 - Anthropology	9:30a-11:30a WG009 - Mah Jongg	9:30a-10:30a F1029 - Chair Yoga
10a-10:45a F1004 - Sit and Be Fit	10a-11a AD209 - Intro to Readers Theater	9a-10:30a LE045 - Beginning Genealogy	10a-11a HW453 - Stroke Education	9:30a-11a HS531 - The Real History of Pirates
10a-10:45a F1030 - Strengthen and Stretch (Online)	11a-12p HW385 - Speech Therapy 101	9:45a-10:45a F1017 - Wednesday Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10a-12p AD167 - Open Oil Painting
10:30a-11a LE256 - National Parks West	11a-12p LA022 - Basic Arabic Script (Online)	10a-11a F1031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Super Senior Story Slam	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p F1028 - Gentle Yoga	11a-1p WG013 - Spades	10:30a-12p EL085 - Characters in Crisis Stories (Online)	11:30a-12:15p F1005 - Sit and Be Fit	10:30a-12p HS511 - Olmsted's America
11a-12:30p HS526 - Justice for All	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p AD129 - History of Classical Music	12p-1:30p AD141 - Lifelong Musicians	11a-11:45a HW356 - Beginning Tai Chi Review B
11:30a-1p LE178 - Intermediate Genealogy	11:30a-12:30p EL094 - Obituary Writing Workshop B	11a-12p AD231 - Beginning Ukulele	12p-1:30p IA011 - November Luncheon	12p-1p AD022 - Intermediate American Tango
12p-1p SE147 - Traditional Jazz Concert	12p-12:30p IA100 - Birthday Celebration	11a-12p EL043 - Enjoy Poetry	1p-2p F1010 - Chair Yoga	1p-3p EL015 - Aspiring Writer's Critique
12:30p-1:15p HW342 - Beginning Tai Chi A	12:30p-1:45p HS530 - A History of Eastern Europe	11a-11:45a F1018 - Sit and Be Fit	1p-2p HS532 - Let's Talk about Polarization	1p-3p WG002 - Social Bingo
1p-2p HW282 - Holiday Safety	12:30p-2p LA006 - Spanish Grammar from A to Z	11:15a-12:15p F1032 - Yin Yoga (Online)	1:30p-3p AD015 - Advanced Reader's Theater	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p LE266 - Modern Floral Designs B	1p-2p F1006 - Chair Yoga	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3:30p CO169 - Automotive Basics	3p-4p LA026 - Japanese Language and Culture
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1p-2p AD210 - Intro to Percussion and Samba	2p-3:30p PR002 - Bible Discussion	
1:30p-2:30p CO179 - Basics of Digital Photography (Online)	1:30p-3:30p AD110 - Advanced Colored Pencil	1p-2:30p LS147 - Hospice Crafts	2:30p-3:30p F1007 - Gentle Yoga	
1:30p-2:15p HW355 - Beginning Tai Chi B	2p-3:30p AD170 - Wind Ensemble	1p-3p WG006 - Cards and Games		
2p-3:30p CO176 - Google Photos B	2p-3p HS089 - Great Decisions	1:30p-3:30p CO144 - Renewable Energy in Our World		
2p-3:45p LA015 - Conversational German	2:30p-3:30p F1009 - Gentle Yoga	1:30p-3:30p LE032 - Knitters United (RC)		
2:30p-3:30p EL097 - Music and American Character		2:30p-3:30p F1015 - Pilates		
2:30p-3:30p F1022 - Chair Yoga		3p-4p LA026 - Japanese Language and Culture		



Monday	Tuesday	Wednesday	Thursday	Friday
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
<p>9a-10a FI001 - Low Impact</p> <p>10a-10:45a FI004 - Sit and Be Fit</p> <p>10a-10:45a FI030 - Strengthen and Stretch (Online)</p> <p>10:30a-12:30p LE256 - National Parks West</p> <p>11a-12p FI028 - Gentle Yoga</p> <p>11:30a-1p LE178 - Intermediate Genealogy</p> <p>12:30p-1:15p HW342 - Beginning Tai Chi A</p> <p>1p-2p HW379 - Holiday Safety (Online)</p> <p>1p-3p LE266 - Modern Floral Designs B</p> <p>1p-3p WG004 - Cards and Games</p> <p>1:30p-2:15p HW355 - Beginning Tai Chi B</p> <p>2p-3:30p CO182 - Google It B</p> <p>2p-3:45p LA015 - Conversational German</p> <p>2:30p-3:30p EL097 - Music and American Character</p> <p>2:30p-3:30p FI022 - Chair Yoga</p> <p>3:30p-4:30p LLI Board of Directors Meeting</p>	<p>9:30a-11a HS528 - Art of Political Storytelling</p> <p>10a-11a AD021 - Tap Dancing</p> <p>10a-11a AD209 - Intro to Readers Theater</p> <p>11a-12p HW383 - Caregiver Stress Tips</p> <p>11a-12p LA022 - Basic Arabic Script (Online)</p> <p>11a-1p WG013 - Spades</p> <p>11:30a-12:30p AD058 - Country Line Dancing</p> <p>12:30p-1:45p HS530 - A History of Eastern Europe</p> <p>12:30p-2p LA006 - Spanish Grammar from A to Z</p> <p>1p-2p FI006 - Chair Yoga</p> <p>1p-3p WG001 - Social Bingo</p> <p>2p-3:30p AD170 - Wind Ensemble</p> <p>2:30p-3:30p FI009 - Gentle Yoga</p>		<p>LLI Closed</p>	
 <h1>Happy Thanksgiving</h1>				



Monday	Tuesday	Wednesday	Thursday	Friday
11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
9a-10a F1001 - Low Impact	9a-2:30p AD151 - YUPO and Watermedia	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a F1020 - Zumba Gold (Online)	8:15a-9:15a F1003 - Fusion Fitness
10a-10:45a F1004 - Sit and Be Fit	9:30a-11a HS528 - Art of Political Storytelling	9a-2:30p AD151 - YUPO and Watermedia	9:30a-11:30a LS095 - Making a Difference	9a-12p WG010 - Bridge
10a-10:45a F1030 - Strengthen and Stretch (Online)	10a-11a AD021 - Tap Dancing	9a-10:30a HS002 - Anthropology	9:30a-11a PR084 - Epistemology	9:30a-10:30a F1029 - Chair Yoga
11a-12p F1028 - Gentle Yoga	10a-11a AD209 - Intro to Readers Theater	9a-10:30a LE045 - Beginning Genealogy	9:30a-11:30a WG009 - Mah Jongg	9:30a-11a HS531 - The Real History of Pirates
11:30a-1p LE178 - Intermediate Genealogy	11a-12p LA022 - Basic Arabic Script (Online)	9:30a-10:30a HS538 - The History of Alpine	10a-11a SE156 - John Marshall House Tour	10a-12p AD167 - Open Oil Painting
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	9:45a-10:45a F1017 - Wednesday Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
1p-2p HS477 - Civil War Decision Styles	11:30a-12:30p AD058 - Country Line Dancing	10a-11a F1031 - Chair Yoga (Online)	11a-12p HW340 - Hands Only CPR	11a-11:45a HW356 - Beginning Tai Chi Review B
1p-3p WG004 - Cards and Games	12:30p-2p LA006 - Spanish Grammar from A to Z	11a-12:30p AD129 - History of Classical Music	11:30a-12:15p F1005 - Sit and Be Fit	12p-1p AD197 - Ballroom Dance Practice
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p F1006 - Chair Yoga	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writer's Critique
2p-3:30p CO180 - Google Photos C	1p-3p WG001 - Social Bingo	11a-11:45a F1018 - Sit and Be Fit	1p-2p F1010 - Chair Yoga	1p-3p WG002 - Social Bingo
2p-3:45p LA015 - Conversational German	2p-3:30p HS547 - The Great Western Schism (Online)	11:15a-12:15p F1032 - Yin Yoga (Online)	1p-2p HS532 - Let's Talk about Polarization	1:30p-2:30p HW343 - Intermediate Tai Chi
2:30p-3:30p F1022 - Chair Yoga	2p-3:30p AD170 - Wind Ensemble	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3p AD015 - Advanced Reader's Theater	
	2:30p-3:30p F1009 - Gentle Yoga	1p-2p AD210 - Intro to Percussion and Samba	1:30p-3p HS529 - Western Civilization	
		1p-2:45p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	
		1p-3p WG006 - Cards and Games	2:30p-3:30p F1007 - Gentle Yoga	
		1:30p-3:30p LE032 - Knitters United		
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p F1015 - Pilates		
		2:30p-3:30p HS539 - The History of Alpine (Online)		



Monday	Tuesday	Wednesday	Thursday	Friday
12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
9a-10a FI001 - Low Impact	9:30a-11a HS528 - Art of Political Storytelling	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold (Online)	8:15a-9:15a FI003 - Fusion Fitness
9a-10:30a LS098 - Weaving Your Life's Story	10a-11a AD021 - Tap Dancing	9a-10:30a LE045 - Beginning Genealogy	9:30a-11a PR084 - Epistemology	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD209 - Intro to Readers Theater	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:30a-10:30a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	11a-12p LA022 - Basic Arabic Script (Online)	10a-11:30a CO162 - Microsoft Access Databases (Online)	10:15a-11:15a AD075 - Line Dance Practice	9:30a-11a HS531 - The Real History of Pirates
10:30a-12p HS401 - Enemy Territory	11a-1p WG013 - Spades	10a-11a FI031 - Chair Yoga (Online)	11a-12p LS150 - Understanding Hospice	10a-12p AD167 - Open Oil Painting
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p AD129 - History of Classical Music	11:30a-12:15p FI005 - Sit and Be Fit	10a-12p WG007 - Hand and Foot and Triple Play
11:30a-1p LE178 - Intermediate Genealogy	12:30p-1:45p HS530 - A History of Eastern Europe	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	11a-11:45a HW356 - Beginning Tai Chi Review B
12:30p-1:15p HW342 - Beginning Tai Chi A	12:30p-2p LA006 - Spanish Grammar from A to Z	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p IA012 - December Luncheon	12p-1p AD197 - Ballroom Dance Practice
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	11:15a-12:15p FI032 - Yin Yoga (Online)	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p HW378 - Fall Risk Assessments	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3p AD015 - Advanced Reader's Theater	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:45p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1p-2p AD210 - Intro to Percussion and Samba	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p FI022 - Chair Yoga	2p-3:30p AD170 - Wind Ensemble	1p-2:30p LS157 - Planning Final Arrangements	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	1p-2p SE159 - Boom Times		
		1p-3p WG006 - Cards and Games		
		1:30p-3:30p LE032 - Knitters United		
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p FI015 - Pilates		



Monday	Tuesday	Wednesday	Thursday	Friday	
12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022	
9a-10a FI001 - Low Impact	9:30a-11a HS528 - Art of Political Storytelling	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:15a-9:15a FI003 - Fusion Fitness	
9a-10:30a LS098 - Weaving Your Life's Story	10a-11a AD021 - Tap Dancing	9a-10:30a HS002 - Anthropology	9:30a-11:30a WG009 - Mah Jongg	9a-12p WG010 - Bridge	
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD209 - Intro to Readers Theater	9a-10:30a LE045 - Beginning Genealogy	10:15a-11:15a AD075 - Line Dance Practice	9:30a-10:30a FI029 - Chair Yoga	
10a-10:45a FI030 - Strengthen and Stretch (Online)	11a-12p LA022 - Basic Arabic Script (Online)	9:45a-10:45a FI017 - Wednesday Fun Fitness	10:30a-12:30p AD192 - Super Senior Story Slam	9:30a-11a HS531 - The Real History of Pirates	
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	10a-11a FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	10a-12p WG007 - Hand and Foot and Triple Play	
11:30a-1p LE178 - Intermediate Genealogy	11:30a-12:30p AD058 - Country Line Dancing	10a-11a HW384 - Holiday Tips for Caregivers (Online)	12p-1:30p AD141 - Lifelong Musicians	11a-11:45a HW356 - Beginning Tai Chi Review B	
12:30p-1:15p HW342 - Beginning Tai Chi A	12p-12:30p IA100 - Birthday Celebration	10:30a-12p EL086 - Two Childhoods Short Stories (Online)	12p-1p SE154 - Holiday Music and Sing-Along	12p-1p AD197 - Ballroom Dance Practice	
1p-2p SE155 - Holiday Celebration	12:30p-1:45p HS530 - A History of Eastern Europe	11a-12:30p AD129 - History of Classical Music	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writer's Critique	
1p-3p WG004 - Cards and Games	12:30p-2p LA006 - Spanish Grammar from A to Z	11a-12p EL043 - Enjoy Poetry	1p-3p HS381 - Adventures of the Camino	1p-3p WG002 - Social Bingo	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	11a-11:45a FI018 - Sit and Be Fit	1p-2p HS532 - Let's Talk about Polarization	1:30p-2:30p HW343 - Intermediate Tai Chi	
2p-3:45p LA015 - Conversational German	1p-3p WG001 - Social Bingo	11:15a-12:15p FI032 - Yin Yoga (Online)	1:30p-3p AD015 - Advanced Reader's Theater	LLI Closed for the Holidays Dec 19 - Jan 2 Spring Catalog Available on Jan 5, 2023	
2:30p-3:30p FI022 - Chair Yoga	2p-3:30p AD170 - Wind Ensemble	12p-12:45p HW352 - Beginning Tai Chi Review A	1:30p-3p HS529 - Western Civilization		
	2p-3p HS089 - Great Decisions	1p-2p AD210 - Intro to Percussion and Samba	2p-3:30p PR002 - Bible Discussion		
	2:30p-3:30p FI009 - Gentle Yoga	1p-2:45p HS003 - Current Events	2:30p-3:30p FI007 - Gentle Yoga		
		1p-2:30p LS147 - Hospice Crafts			
		1p-3p WG006 - Cards and Games			
		1:30p-3:30p LE032 - Knitters United			
		2:30p-3:30p FI015 - Pilates			

First Name: _____
 Last Name: _____
 Member ID#: _____

LLI in Chesterfield Fall 2022 Registration Form

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 Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
	AD015	Art, Music, Drama and Dance		Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	1:30-3:00		Sandy Phillips
	AD016	Advanced Reader's Theater		Tue	Sept 13, 20, 27, Oct 4, 11, 18	10:00-12:00		Poly Cline
	AD020	Basic Watercolor Techniques		Thu	Oct 6, 13, 20	9:30-11:00		Joshua Borths
	AD021	Understanding Opera Presented by the Virginia Opera		Tue	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13	10:00-11:00		Mary, Beth and Jennifer
	AD022	Tap Dancing		Fri	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18	12:00-1:00		Bill Busch
	AD022	Intermediate American Tango for Couples		Wed	Oct 12, 19, 26, Nov 2, 9, 16, 30, Dec 7	9:00-11:00		Merv Warner
	AD035	Woodcarving: Relief Carving Snowmen	\$10	Tue	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13	11:30-12:30		Mary Bradstock
	AD058	Country Line Dancing		Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	10:15-11:15		Mary Bradstock
	AD075	Line Dance Practice		Wed	Sept 7, 14, 21, 28, Oct 5, Dec 14	9:00-11:00		Bill Good
	AD080	Woodcarving: Open Carve Sessions		Tue	Sept 13, 20, 27, Oct 4, 11, 18, Nov 1, 15	1:30-3:30		Brian Austin, PhD
	AD110	Advanced Colored Pencil		Tu/W	Oct 25, 26	9:00-2:30		Beverly Perdue
	AD119	Watercolor and Acrylic Problem Solving Workshop		Wed	Oct 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	11:00-12:30		Suzanne Levitas
	AD129	History of Classical Music in the British Isles: The Land without Music		Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	12:00-1:30		Randall Kaker
	AD141	Lifelong Musicians		Tu/W	Nov 29, 30	9:00-2:30		Beverly Perdue
	AD151	YUPO and Watermedia Workshop		Mon	Oct 10, 17, 24	10:30-12:00		Wanda Cutchins
	AD166	Intro to Oil Painting		Fri	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 11, 18, Dec 2, 9	10:00-12:00		Wanda Cutchins
	AD167	Open Oil Painting for All Levels		Tue	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13	2:00-3:30		Allie Harris
	AD170	Wind Ensemble		Wed	Sept 7, 14, 21, 28, Oct 5, 12	11:00-12:00		Hal Cauthen
	AD171	The Art of the Sketch		Wed	Sept 7, 14, 21, 28, Oct 5, 12	11:00-12:00		Diane and Randall
	AD183	Beginning Guitar	*\$13	Thu	Sept 15, Oct 13, Nov 17, Dec 15	10:30-12:30		Judith and Les
	AD192	Super Senior Story Slam		Fri	Dec 2, 9, 16	12:00-1:00		Hal and Marlene
	AD197	Ballroom Dance Practice for Couples		Tue	Nov 1, 15, 22, 29, Dec 6, 13	10:00-11:00		Ken Carlson
	AD209	Introduction to Readers Theater		Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	1:00-2:00		Damir Strmel
	AD210	Introduction to Brazilian Percussion and Street Samba		Wed	Oct 5, 12, 19, 26, Nov 2, 9	9:00-10:30		Juana Levi
	AD211	The Life and Works of Vincent van Gogh		Wed	Oct 19, 26, Nov 2, 9, 16	11:00-12:00		Rick Kaerwer
	AD231	Beginning Ukulele	*\$10	Wed				
		Computers, Technology, Math and Science						
	CO057	Introduction to the Internet and Safe Surfing		Wed	Oct 26, Nov 2	1:30-3:00		Lewis Levi
	CO058	iPhone Basics		Fri	Sept 16, 23, 30	12:30-2:00		Mark A. Grubbs
	CO092	Intermediate iPhone and iPad, Part 1		Fri	Oct 14, 21, 28	12:30-2:00		Mark A. Grubbs
	CO116	Introduction to iTunes A		Thu	Sept 15, 22	10:30-12:00		Mei Kauffman
	CO117	Introduction to iTunes B		Fri	Nov 4, 11	10:30-12:00		Mei Kauffman
	CO144	Renewable Energy in Our World		Wed	Nov 9, 16	1:30-3:30		B. Ellen Johnson
	CO149	Digital Wallet Security		Mon	Sept 12	2:00-3:30		Danny Arkin
	CO155	Mobile Music		Thu	Sept 22	2:00-3:30		Danny Arkin
	CO157	Password Managers A		Mon	Sept 26	2:00-3:30		Danny Arkin
	CO158	Password Managers B		Mon	Oct 24	2:00-3:30		Danny Arkin
	CO161	Microsoft Word Tips and Tricks		Wed	Oct 19	10:00-11:15	Online	David Clark
	CO162	Microsoft Access Databases		Wed	Dec 7	10:00-11:30	Online	David Clark
	CO169	Automotive Basics		Thu	Nov 10, 17	1:30-3:30		B. Ellen Johnson
	CO173	Apple Photos A: Managing Thousands of Photos in Your Phone		Mon	Oct 10	2:00-3:30		Danny Arkin
	CO174	Apple Photos B: Managing Thousands of Photos in Your Phone		Mon	Oct 31	2:00-3:30		Danny Arkin

You may register for a class by placing an "X" in the left column.
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First Name: _____
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 Member ID#: _____

**LLI in Chesterfield
 Fall 2022 Registration Form**

Sequence # (Office Use): _____
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 Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Computers, Technology, Math and Science						
	CO175	Google Photos A: Managing Thousands of Photos in Your Phone		Mon	Oct 17	2:00-3:30		Danny Arkin
	CO176	Google Photos B: Managing Thousands of Photos in Your Phone		Mon	Nov 14	2:00-3:30		Danny Arkin
	CO177	Windows File Explorer		Wed	Sept 21	10:00-11:15	Online	David Clark
	CO179	Basics of Digital Photography		Mon	Oct 31, Nov 7, 14	1:30-2:30	Online	David Clark
	CO180	Google Photos C: Managing Thousands of Photos in Your Phone		Mon	Nov 28	2:00-3:30		Danny Arkin
	CO181	Google It A		Mon	Oct 3	2:00-3:30		Danny Arkin
	CO182	Google It B		Mon	Nov 21	2:00-3:30		Danny Arkin
	CO183	The Electric Grid: What Is It?		Mon	Sept 26	1:00-2:30		Bill Thompson
	CO184	Apps to Improve Your Daily Life: GrubHub, Uber, Amazon, Instacart!		Thu	Sept 15	10:00-12:00		Colleen and Juli
		Economics and Finance						
	EF104	Estate Settlement and the Probate Process		Thu	Oct 27	9:30-11:30		Mark Milkuta, CPA, CFP
	EF106	Senior Scams and Financial Exploitation		Mon	Sept 19	1:30-3:00		Jamey Davidson
	EF113	Medicare Part D: Shopping for the Best Plan for You		Thu	Oct 6	10:30-12:00		Kendalle Stock
	EF117	How to Protect Your Identity		Thu	Sept 15	2:30-3:30	Online	Sylvia Watford
	EF118	Organizing Your Financial Records in Four Steps		Wed	Oct 5	11:30-12:30	Online	Sylvia Watford
	EF122	Reverse Mortgages 101: Mechanics, Costs and Considerations		Fri	Sept 23	1:30-3:30		Jim Warns
	EF125	How to Read Your Credit Report and Understand Credit Scores		Wed	Nov 2	11:30-12:30	Online	Sylvia Watford
	EF134	Bitcoin and Cryptocurrency 101		Mon	Oct 10	2:00-3:30		Jamey Davidson
	EF136	Long Term Care Insurance		Tue	Oct 4	9:30-11:30	Online	Linda T. Caruthers
	EF138	Medicare Part D: Shopping for the Best Plan for You		Mon	Oct 3	10:30-12:00	Online	Kendalle Stock
	EF140	What Your Kids Need to Know		Wed	Nov 16	9:00-10:30		Jamey Davidson
	EF141	Planning for Long Term Care and What to Expect		Tue	Sept 13	9:00-11:00		Colleen, Jenny, et al.
	EF142	Estate Planning and New Options with IRA's		Thu	Oct 13	10:30-12:00	Online	Paula Peaden
	EF143	The Four Pillars of the New Retirement		Tue	Oct 18	10:30-12:00		Shawn Doran
		Literature, Poetry and Film						
	EL015	Aspiring Writer's Critique		Fri	Sept 9, 23, Oct 7, 21, Nov 4, 18, Dec 2, 16	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15	9:00-10:30		Tom Seaborn
	EL084	Short Stories: Waiting and Hoping		Wed	Oct 19	10:30-12:00	Online	Patricia Ryther
	EL085	Short Stories: Characters in Crisis		Wed	Nov 16	10:30-12:00	Online	Patricia Ryther
	EL086	Short Stories: Two Childhoods		Wed	Dec 14	10:30-12:00	Online	Patricia Ryther
	EL090	Obituary Writing Workshop A		Wed	Sept 14	9:30-10:30		Jennifer and Kourtney
	EL091	Marketing Ideas for Authors: I've Written a Book. Now What?		Fri	Oct 21	11:00-12:00	Online	Heather Weidner
	EL094	Obituary Writing Workshop B		Tue	Nov 15	11:30-12:30		Jennifer and Kourtney
	EL095	Legacy Writing Workshop: Telling your Story		Tue	Oct 11	11:00-12:30		Jennifer S. Moss
	EL097	How Music Defines Our American Character		Mon	Sept 26, Oct 3, 10, 24, 31, Nov 7, 14, 21	2:30-3:30		Vic Thompson

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LLI in Chesterfield Fall 2022 Registration Form

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Last Name: _____

Member ID#: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Fitness						
F1001	Low Impact Monday		\$20	Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	9:00-10:00		Sherella Brown
F1003	Fusion Fitness Friday		\$20	Fri	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16	8:15-9:15		Linda McDorman
F1004	Sit and Be Fit Monday		\$20	Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	10:00-10:45		Sherella Brown
F1005	Sit and Be Fit Thursday		\$20	Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	11:30-12:15		Sherella Brown
F1006	Chair Yoga Tuesday		\$20	Tue	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13	1:00-2:00		Sheila Burris
F1007	Gentle Yoga Thursday		\$20	Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	2:30-3:30		Dorota Kawka
F1009	Gentle Yoga Tuesday		\$20	Tue	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13	2:30-3:30		Sheila Burris
F1010	Chair Yoga Thursday		\$20	Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	1:00-2:00		Dorota Kawka
F1015	Pilates, Core and More		\$20	Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	2:30-3:30		Sandi Phillips
F1017	Wednesday Fun Fitness		\$20	Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	9:45-10:45		Nicole Thomas-Jackson
F1018	Sit and Be Fit Wednesday		\$20	Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	11:00-11:45		Nicole Thomas-Jackson
F1020	Zumba Gold Online		\$20	Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	8:30-9:30	Online	Tracey Brooks
F1022	Chair Yoga Monday		\$20	Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	2:30-3:30		Linda McDorman
F1028	Gentle Yoga Monday		\$20	Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	11:00-12:00		Sandi Phillips
F1029	Chair Yoga Friday		\$20	Fri	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16	9:30-10:30		Linda McDorman
F1030	Strengthen and Stretch Online		\$20	Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	10:00-10:45	Online	Nicole Thomas-Jackson
F1031	Chair Yoga Online		\$20	Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	10:00-11:00	Online	Linda McDorman
F1032	Yin Yoga Online		\$20	Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	11:15-12:15	Online	Linda McDorman
		History, Humanities and International Studies						
HS002	Anthropology: The Dispossession of Indigenous Americans			Wed	Sept 7, 21, Oct 5, 19, Nov 2, 16, 30, Dec 14	9:00-10:30		Annebel Lewis
HS003	Current Events Discussion			Wed	Sept 14, 28, Oct 12, 26, Nov 9, 30, Dec 14	1:00-2:45		Roy and Fred
HS087	Global Cultural Geography: British America			Tue	Oct 4, 11	9:00-10:30		William Seay
HS089	Great Decisions		*\$35	Tue	Sept 20, Oct 18, Nov 15, Dec 13	2:00-3:00		Bob Ferguson
HS381	Adventures of the Camino			Thu	December 15	1:00-3:00		Robert Abbott
HS401	Enemy Territory: The Story of American CIA U-2 Pilot Francis Gary Powers		*\$20	Mon	Dec 5	10:30-12:00		F. Gary Powers, Jr.
HS477	Civil War Decision Styles			Mon	Nov 28	1:00-2:00		Herbert Loveless
HS496	Our Rich History: A Journey into the Education of Coloreds in Midlothian			Thu	Nov 3	9:30-11:00		Audrey M. Ross
HS507	Dwight D. Eisenhower: I Like Ike			Tue	Sept 6, 13, 20, 27, Oct 4, 11	11:00-12:00		Shep Smith
HS508	Dwight D. Eisenhower: I Like Ike			Tue	Sept 6, 13, 20, 27, Oct 4, 11	1:30-2:30	Online	Shep Smith
HS511	Olmsted's America: Seeing the Future			Fri	Oct 28, Nov 4, 11, 18	10:30-12:00		Patricia Ryther
HS526	Justice for All			Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14	11:00-12:30		Edward Blackwell
HS527	Rethinking the Cold War: Part One			Mon	Sept 26, Oct 3, 10, 17, 24	9:30-11:00		Dr. John Lemza
HS528	The Art of Political Storytelling: Winning Votes, Hearts and Power			Tue	Oct 25, Nov 1, 15, 22, 29, Dec 6, 13	9:30-11:00		Les Schaffer
HS529	Western Civilization Foundations			Thu	Sept 8, 15, 29, Oct 6, 13, 20, Nov 3, 10, Dec 1, 15	1:30-3:00		Timothy Pace
HS530	A History of Eastern Europe			Tue	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, Dec 6, 13	12:30-1:45		Bob Ferguson
HS531	The Real History of Pirates			Fri	Sept 16, 23, 30, Oct 7, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16	9:30-11:00		Timothy Pace
HS532	Let's Talk about Polarization			Thu	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15	1:00-2:00		John Bennett
HS533	The Great Pyramid and How It Was Built			Tue	Sept 27, Oct 4, 11	2:30-3:30		Rick Kinnaird
HS534	The History of Photography: Images from the Past			Mon	Oct 10	1:00-2:00		James Triesler
HS535	The History of Photography: Images from the Past			Wed	Oct 12	11:30-12:30	Online	James Triesler
HS536	Women and Men of the Civil War			Mon	Nov 7	12:30-2:00		James and Crystal
HS537	Women and Men of the Civil War			Wed	Nov 9	11:00-12:30	Online	James and Crystal

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		History, Humanities and International Studies						
	HS538	The Beauty and History of Alpine, a Town in SW Texas		Wed	Nov 30	9:30-10:30		James Triesler
	HS539	The Beauty and History of Alpine, a Town in SW Texas		Wed	Nov 30	2:30-3:30	Online	James Triesler
	HS540	Women in John Marshall's Life: Don't Forget the Ladies		Wed	Oct 5	1:00-2:00		Haley Barber
	HS541	History of Ventriloquism: From Fortune Telling to Entertainment		Wed	Oct 5	11:00-12:30		John Byrd
	HS542	World War II Spies and Lies		Mon	Oct 31	10:00-11:30		Kenneth D. Alford
	HS543	Drury's Bluff: Defender of Richmond		Tue	Sept 13	9:30-10:30		Waite Rawls
	HS544	The American POW Experience and the MIA Legacy		Mon	Sept 19	1:00-2:00		Crystal Coon
	HS545	Fields of Anthropology: The Four Field Approach		Mon	Sept 19	10:00-11:00	Online	Justin Sisk
	HS546	Angkor Wat in 2022		Wed	Sept 14	1:30-3:00	Online	Rick Kinnaird
	HS547	The Great Western Schism		Tue	Nov 29	2:00-3:30	Online	Dr. Bruce Colletti
		Health and Wellness						
	HW153	Stroke Education: Everything You Need to Know		Thu	Nov 17	10:00-11:00		Kofi Atsina, MD
	HW189	Varicose Veins		Wed	Nov 2	10:00-11:00		Amrina Cheema, MD
	HW282	Holiday Safety		Mon	Nov 14	1:00-2:00		Kimberly Rideout
	HW302	Holiday Grief and Coping		Thu	Nov 10	11:00-12:00		Angie Morriss
	HW303	Being Mortal Documentary		Thu	Sept 29	11:30-1:00		Angie Morriss
	HW315	Leaky Bladder Affects Women of All Ages: Hold It!		Thu	Oct 20	9:00-10:00		Ranzi Aboujaoude, MD
	HW332	Hip Pain: Do I Need Surgery?		Thu	Oct 13	10:00-11:00		David Miller, MD
	HW340	Hands Only CPR		Thu	Dec 1	11:00-12:00		Kimberly Rideout
	HW342	Beginning Tai Chi A		Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	12:30-1:15		Damir Strmel
	HW343	Intermediate Tai Chi		Fri	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16	1:30-2:30		Damir Strmel
	HW344	Focused Ultrasound: Essential Tremor and Parkinson's Treatment Options		Wed	Sept 28	2:00-3:00		BriAnne Clarke
	HW352	Beginning Tai Chi Review and Practice A		Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	12:00-12:45		Mary E. Gutberlet
	HW353	Healthy Living Workshop: Diabetes Self-Management		Thu	Sept 8, 15, 22, 29, Oct 6, 13	10:00-12:00		Kathy Brown
	HW355	Beginning Tai Chi B		Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	1:30-2:15		Mary E. Gutberlet
	HW356	Beginning Tai Chi Review and Practice B		Fri	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16	11:00-11:45		Mary E. Gutberlet
	HW360	Caregiving and Anticipatory Grief		Thu	Oct 6	11:00-12:00		Angie Morriss
	HW362	Healthy Lifestyle Habits		Thu	Nov 3	9:30-10:30		Kathy Brown
	HW369	Dealing with Depression Later in Life		Thu	Nov 3	10:00-11:00		Jim Newton, MA, LPC
	HW371	Atrial Fibrillation: What a Patient Must Know		Thu	Sept 8	10:00-11:00		Alap Shah, MD
	HW372	Cataract Surgery and Other Refractory Conditions		Wed	Oct 19	1:00-2:00		Pranay Gupta, MD
	HW373	Disease		Thu	Sept 15	2:00-3:00		Efstathios Spinos, MD
	HW374	Understanding and Coping with Grief		Thu	Sept 22	11:00-12:00		Angie Morriss
	HW375	Joint Replacements: What to Know Before and After Surgery		Tue	Sept 13	1:00-2:00		David Reynolds, DPT
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Thu	Oct 13	1:00-2:00		David Reynolds, DPT
	HW377	Chronic Pain: How Do I Get Rid of It?		Tue	Nov 1	1:00-2:00		David Reynolds, DPT
	HW378	Fall Risk Assessments and How to Be Proactive on Preventing Falls		Tue	Dec 6	1:00-3:00		David Reynolds, DPT
	HW379	Holiday Safety		Mon	Nov 21	1:00-2:00	Online	Kimberly Rideout
	HW380	What Comes After Menopause?		Wed	Nov 9	12:00-1:00		Lauren Cook, NP

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Health and Wellness						
	HW381	Stress Relief Guided Meditation		Thu	Oct 6	10:00-11:00	Online	Pamela Biasca Losada
	HW382	Music and Dementia: The Power of Communication		Tue	Oct 25	11:00-12:00		Rachel Lawson
	HW383	Caregiver Stress Tips: You Are Not Alone		Tue	Nov 22	11:00-12:00		Rachel Lawson
	HW384	Holiday Tips for Caregivers		Wed	Dec 14	10:00-11:00	Online	Rachel Lawson
	HW385	Speech Therapy 101: More Than Speech		Tue	Nov 15	11:00-12:00		Sabrina and Melissa
		Inside LLI Activities						
	IA016	Annual State of the LLI Meeting		Mon	Oct 17	1:30-3:00		Dr. Lemza & the Board
	IA997	Q&A for Current Members		Thu	Sept 8	2:30-3:30		Rachel Ramirez
	IA999	Orientation for New Members		Wed	Sept 7	10:00-11:30		Rachel Ramirez
		Languages						
	LA006	Spanish Grammar from A to Z: Part 2		Tue	Sept 13, 20, 27, Oct 11, 18, Nov 15, 22, 29, Dec 6, 13	12:30-2:00		Nena Woods
	LA015	Conversational German		Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	2:00-3:45		Alan McCrea
	LA022	Basic Reading and Writing Arabic Script		Tue	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13	11:00-12:00	Online	Charles Barron
	LA026	Japanese Language and Culture		W/F	Nov 9, 11, 16, 18	3:00-4:00		Dr. Kagawa and Audrey
		Leisure Activities						
	LE005	Autumn Cooking with Ginny: It's Fall, so Ya'll Relax	\$11	Fri	Oct 14	11:00-1:00		Ginny Brown
	LE010	Mah Jongg 101		Tue	Sept 13, 20, 27, Oct 4	9:00-10:30		Marilyn and Mary Jane
	LE032	Knitters United		Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	1:30-3:30		Shelvey Smith
	LE045	Beginning Genealogy		Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	9:00-10:30		Bette Kot
	LE130	Simple Stamping Greeting Cards	\$22	Wed	Oct 5	10:30-12:30		LaVae Hoffman
	LE139	Simple Stamping Christmas Cards	\$22	Wed	Nov 2	10:30-12:30		LaVae Hoffman
	LE143	Beaded Lanyard for LLI Name Tag A	\$5	Thu	Sept 8	9:30-12:30		Donna Whitfield
	LE147	Beaded Lanyard for LLI Name Tag B	\$5	Thu	Sept 15	12:30-3:30		Donna Whitfield
	LE149	Learn to Play Cribbage		Mon	Oct 10, 17, 24, 31, Nov 7	11:30-12:30		Linda Kerman
	LE178	Intermediate Genealogy		Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	11:30-1:00		Bette Kot
	LE204	Writing a Good Travel Story for Fun or Profit		Mon	Oct 10	10:00-11:30		Martha Steger
	LE233	Beautiful Wire Bracelets	\$10	Thu	Oct 20, 27, Nov 3, 10	10:30-12:00		Judith Onesty
	LE241	Basic Pine Needle Baskets	\$15	Mon	Sept 12, 19, 26, Oct 3	9:30-11:30		Diane Drummond
	LE252	Genealogy Discussions		Wed	Sept 7, 14, 28, Oct 5, 12, 26, Nov 2, 9, 30, Dec 7	2:00-3:30		Steve Kunnmann
	LE253	Easy Cooking with Judith Onesty		Mon	Oct 17, 24, 31, Nov 7	10:30-12:00	Online	Judith Onesty
	LE256	National Parks West of the Mississippi: For The Beauty of It All		Mon	Nov 7, 14, 21	10:30-12:30		Dennis Cogswell
	LE263	Intro to Macrame: Square Knot, Clove Hitch and Pattern	\$12	Mon	Oct 10, 17, 24	9:00-11:00		Shawn Hicks
	LE264	Exploring Big Bend and Great Smoky Mountains National Parks		Tue	Sept 27	9:30-10:30		Randy Wendell
	LE265	Modern Floral Designs with an Asian Influence A	\$10	Fri	Sept 9, 16, 23	1:00-3:00		Evelyn Klumb
	LE266	Modern Floral Designs with an Asian Influence B	\$10	Mon	Nov 7, 14, 21	1:00-3:00		Evelyn Klumb
	LE267	Meet Your Instant Pot		Wed	Sept 21	10:30-11:30	Online	Shelby Kinnaird
	LE268	Use Your Instant Pot		Wed	Sept 28	10:30-12:00	Online	Shelby Kinnaird
	LE270	Writing a Good Travel Story for Fun or Profit		Thu	Oct 20	10:00-11:30	Online	Martha Steger

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		Life Services						
	LS050	EMS Passport Program		Tue	Oct 4	9:30-11:00		Millie Bishop
	LS069	VirginiaNavigator: Navigating the Family of Websites		Wed	Oct 19	1:30-2:30	Online	Bonnie Scimone
	LS077	Workshop for LLI Instructors		Tue	Sept 6	1:00-2:00		Rachel Ramirez
	LS080	Give Hope 2 Kids: A Honduran Adventure		Mon	Sept 12, 19	10:30-12:00		Rachel Ramirez
	LS084	The Mysteries of Suicide		Tue	Sept 20	9:30-11:30		Dr. Michael J. Wriston
	LS085	The Art and Science of Reinvention		Tue	Sept 27, Oct 4	9:30-11:00		Dr. Michael J. Wriston
	LS086	Check Out CCPL eBooks: How to Use Libby		Tue	Oct 4	11:00-12:30		Cindy Arnold
	LS090	Becoming an Optimist		Tue	Oct 11	9:30-11:30		Dr. Michael J. Wriston
	LS091	Controlling the Chatter		Tue	Oct 18, 25	9:30-11:00		Dr. Michael J. Wriston
	LS094	Overcoming Loneliness and Increasing Joy		Mon	Nov 7, 14	9:00-10:30		Dr. Michael J. Wriston
	LS095	Making a Difference		Thu	Dec 1	9:30-11:30		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive Not Reactive!		Mon	Oct 10	10:30-12:00	Online	Marc Friedlander, MBA
	LS098	Weaving Your Life's Story		Mon	Dec 5, 12	9:00-10:30		Dr. Michael J. Wriston
	LS135	Mercy Mall of Virginia		Fri	Sept 9	11:00-12:00		Stacey and Misi
	LS145	Mobility Services in Chesterfield County		Thu	Sept 15	12:30-1:30		Billie Darlington
	LS147	Hospice Crafts		Wed	Sept 21, Oct 19, Nov 16, Dec 14	1:00-2:30		Mary Jane Murphy
	LS150	Understanding Hospice and Dispelling Myths		Thu	Dec 8	11:00-12:00		Angie Morriss
	LS152	Human Trafficking: It is Real and It is Here		Wed	Oct 19	2:00-3:30		Linda Hawkins
	LS157	Planning Final Arrangements: Pre-Plan to Make It Right		Wed	Dec 7	1:00-2:30		Susan Campbell
	LS160	Selling Your Home: How to Present a Clean, Organized Home		Tue	Sept 27	11:00-1:00		Diane Andrews
	LS164	CCPS On the Go: Better Together!		Tue	Sept 13, 20, 27, Oct 4, 11	2:30-3:30		Amy and Dr. Held
	LS165	Dementia 101: Raising Awareness and Understanding		Thu	Oct 20, 27, Nov 3	11:00-12:00		George Worthington
	LS167	Virginia Department of Veterans Services and Programs		Wed	Sept 28	10:00-11:00	Online	Ben Shaw
	LS169	Chesterfield Council on Aging		Thu	Sept 22, Oct 27, Nov 10	9:00-10:30		CCA Leadership
	LS170	Creating a Safe Home to Age in Place		Tue	Oct 18	11:00-1:00		Diane Andrews
	LS171	Mobility Services in Chesterfield County		Fri	Sept 30	11:00-12:00	Online	Billie Darlington
	LS172	Mercy Mall Hygiene Kits Project		Tue	Sept 20	11:30-12:30		Stacey and Misi
	LS173	Mercy Mall Cleaning Kits Project		Fri	Oct 7	11:00-12:00		Stacey and Misi
		Philosophy and Religious Studies						
	PRO02	Bible Discussion		Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	2:00-3:30		Mike and Mark
	PRO28	Life in Biblical Times: The Marketplace		Wed	Sept 14, 21	9:30-11:00		Dr. Edward Garrett, Jr.
	PRO59	The History of the Bible: Not a Bible Study		Tue	Oct 18, 25, Nov 1	2:30-3:30		Wayne Moyer
	PRO84	Epistemology: Theories of Knowledge		Thu	Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8	9:30-11:00		Bryan McChesney
	PRO85	Heretics in the Early Church		Fri	Oct 7, 14, 21, 28, Nov 4, 11	1:00-2:00		Mary Jo Dailey
	PRO86	Contemporary Norse Heathenry: Spiritual Reconstruction		Mon	Nov 7, 14	9:30-11:00		Justin Sisk
	PRO87	The Roman Catholic Mass and Scripture		Tue	Oct 4, 11	1:00-2:00		Joanna Lurie, MS
	PRO88	Biblical Miracles		Thu	Oct 6	11:30-12:30		James Hodge

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		Special Events						
	SE099	Pamplin Historical Park and The National Museum of the Civil War Soldier	\$22	Thu	Oct 20	10:00-2:00		Amanda O'Neal
	SE145	Spooky Days Performance		Mon	Oct 31	12:30-1:30		Sandy Phillips
	SE147	Traditional Jazz Concert in the Vintage New Orleans Style		Mon	Nov 14	12:00-1:00		Ken Carlsson
	SE154	Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet		Thu	Dec 15	12:00-1:00		Ken Carlsson
	SE155	Holiday Celebration Performance		Mon	Dec 12	1:00-2:00		Sandy Phillips
	SE156	John Marshall House Guided Tour: Christmas in Early America	\$10	Thu	Dec 1	10:00-11:00		Meika Downey
	SE157	Beyond King Tut Tour: An Immersive Experience in Washington, D. C.	\$130	Thu	Sept 29	7:30-6:30		SignaTours
	SE158	Cybersmoke Performance		Wed	Oct 19	1:00-2:00		Bob Ferguson
	SE159	Boom Times Performance		Wed	Dec 7	1:00-2:00		Bob Ferguson
	SE160	Opera Plus I Performance		Wed	Sept 21	12:00-1:00		Leslie Matthews
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13	1:00-3:00		Fran Judd
	WG002	Social Bingo Friday		Fri	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16	1:00-3:00		Donna Whitfield
	WG004	Cards and Games Monday		Mon	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12	1:00-3:00		Fran Judd
	WG006	Cards and Games Wednesday		Wed	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	1:00-3:00		Donna Whitfield
	WG007	Hand and Foot and Triple Play		Fri	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg		Thu	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge		Fri	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, Dec 2, 9, 16	9:00-12:00		Diane and Randall
	WG013	Spades		Tue	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 15, 22, 29, Dec 6, 13	11:00-1:00		Anne Clendenin

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

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

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

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

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

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

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

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

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

Participant's Signature

Print Name: _____

Date: _____

Please provide Emergency Contact Information Below:

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

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

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

Membership Application

New Members or Members with Updates

Date: _____

Dr. Mr. Ms. Mrs. Name: _____

Name You Wish To Be Called: _____

Street Address: _____

City: _____ Zip Code: _____

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

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

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

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

Referral Information

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

Referring Member: Name _____ Member ID # _____

General Information

Would you consider teaching a class? Yes No

In what subject area? _____

Do you have any special needs? : _____

Emergency Information

Contact Name: _____

Relationship: _____ Phone: _____

Physician Name: _____ Phone: _____

Allergies/Important Medical Information: _____

Are you a Current Member? Yes No

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

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

Total Amount..... \$ _____

Please make check payable to: Lifelong Learning Institute

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 _____