



Lifelong Learning Institute in Chesterfield

Non-credit courses, lectures, activities and special events

Lifelong Learning Institute

For adults age 50 and "better"

SPRING 2023 SESSION

JANUARY 17 – APRIL 28, 2023

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.

LLI Board Members

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Alexa van Aartrijk (Chesterfield County, Faculty)

Annebel Lewis, Emerita (LLI Member, Faculty)

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

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

Physical Needs

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

Inclement Weather

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

Location of Courses

All courses (unless otherwise noted) are held at 13801 Westfield Road, Midlothian, VA 23113. The building is located near the Sycamore Square Shopping Center and the Midlothian Post Office.

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 Spring Session is available online starting Thursday, January 5, 2023. Open Registration occurs onsite Monday, January 9 - Tuesday, January 10, 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 January 10 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 Spring 2023

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

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

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

All individuals who enter the LLI building should recognize that LLI has taken reasonable steps to reduce the risks related to COVID-19 exposure, but LLI is not responsible for any risks related to COVID-19. The risks cannot be completely eliminated regardless of the care taken to avoid such 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
- Office Volunteers
- Diversity Committee
- Policy Committee
- Grants Committee
- Library Committee
- Curriculum Committee
- Community Outreach Committee
- Instructors
- Public Relations Committee
- Safety Committee
- Social and Trip Committee
- Facilitators
- Fundraising Committee
- Finance Committee
- Facilities Committee



Introduction to Readers Theater**Course: AD231209****Tuesday****Jan 17, 24, 31, Feb 7, 14, 28, March 7, 14, 21, 28, April 11, 18, 25****9:30-10:30****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!

Tap Dancing**Course: AD231021****Tuesday****Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25****10:00-11:00****Instructor(s): Mary Berry, Jennifer DeRusha and Beth Mercer**

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: AD231058****Tuesday****Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25****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.

Colorist Open Studio: Intermediate and Advanced Watercolorists and Color Pencil Artists**Course: AD231234****Tuesday****Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7****1:00-3:00****Instructor(s): Diana Hinman and Karen Masley**

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

Wind Ensemble**Course: AD231170****Tuesday****Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25****2:00-3:30****Instructor(s): Allie Harris**

This course is for those who played a woodwind or brass instrument in high school or college and would like to get back into playing 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 their own music stand, if possible. While some music is provided to students via email in PDF format for downloading and printing, students will be asked to purchase these low-cost music booklets for their instrument: March-Masters Folio for Band, Compatible Quartets for Winds, Festival Ensembles 2, Movie Quartets for All, Warner Bros. Combo Classics from the Big Band Era, and Combo Sounds of Big Band Era. Each book can be ordered from Amazon.com. The ISBN will vary depending on the instrument played.

Woodcarving with Merv: Spoon Carving**Course: AD231035 \$10****Wednesday****Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8****9:00-11:00****Instructor(s): Merv Warner**

Students in this course will be doing a spoon carving. 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.

Beginning Guitar: Notes and Melodies**Course: AD231235 *\$13****Wednesday****Jan 18, 25, Feb 1, 8, 15, 22****11:00-12:00****Instructor(s): Randall Kaker**

No previous guitar experience is necessary to take this course. This is a complementary course to the Beginning Guitar course taught in Fall 2022. This course focuses on the notes on the individual strings, how to read music for the guitar, guitar tablature, and a bit of music theory. All beginner guitarists are welcome. It is not necessary to have taken the previous course which focused on chording, but those students are most welcome in this course. Students should have a copy of Acoustic Guitar Primer Book for Beginners: With Online Video and Audio Access by Bert Casey which is the same book used for the previous course. The book can optionally be purchased through LLI during Open Registration only, and payment is due at registration. All students should also have a guitar and a tuner (Snark SN5X Clip-On Tuner for Guitar or similar).

The Art of the Sketch A**Course: AD231171****Wednesday****Jan 18, 25, Feb 1, 8, 15, 22****11:00-12:00****Instructor(s): Hal Cauthen**

Please register for only one session (A or B) to allow all students a chance to participate. Students will practice with a sketch book as if on a trip – in Europe perhaps. In this 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 be finished with inked line and 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: AD231210****Wednesday****Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26****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), Afoxe from the North East of Brazil, and softer forms such as Bossa Nova and Pagode. Students will learn to play the basic rhythms on authentic instruments. After students select their instrument from the instructor's collection, they will need to purchase one of their own. The goal is to have as much fun as is legally possible and to perform what is learned in a parade and/or stage show.

Understanding Opera Presented by the Virginia Opera: Contemporary Performance**Course: AD231238****Thursday****Jan 19, 26****10:00-11:30****Online****Instructor(s): Joshua Borths**

There are more operas being written today than in the previous 75 years. Opera companies across the world are committed to bringing these works to local audiences, such as Virginia Opera with its upcoming production of "Fellow Travelers." However, it can be difficult to know where to start learning about new masterpieces. What composers are out there? What modern stories are being told? What trends do we see across the artform? Join Virginia Opera Resident Scholar, Joshua Borths, for an engaging presentation to learn what the artists of today are singing about.

Line Dance Practice**Course: AD231075****Thursday****Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27****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.

Senior Storytelling Slam: New Words from Older Mouths**Course: AD231192****Thursday****Jan 19, Feb 16, March 16, April 20****10:30-12:30****Instructor(s): Judith Onesty and Les Schaffer**

Story Slams have rapidly grown in popularity. Similar to popular radio shows like NPR's "The Moth" or "This American Life," a storytelling slam is a festival for the spoken word. LLI story-slammers can register to sign up to tell a short story on the month's theme. Stories may be no longer than eight minutes. Up to seven story-slammers will be selected from those registered for each starting line-up. As time permits, procrastinators or late starters may put their names in a hat to be selected to tell. The theme for this session's first Slam is "Legacies Received or Given." Slammers may broadly define the topic, with the caveat that it must be mostly true, at least in the teller's mind. No notes, paper or cheat sheets allowed during the telling. The audience will be expecting real-life adventures. The best stories 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, live audience of fellow LLI members. Judith Onesty and Les Schaffer will serve as the Slam MC's and be available for phone or electronic consultation and coaching as you develop and polish your story. Students who plan to slam and students who just want to listen to a good story should both register.

Lifelong Musicians**Course: AD231141****Thursday****Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27****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: AD231015****Thursday****Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27****1:30-3:00****Instructor(s): Sandy Phillips**

If you enjoy theater and want to be a participant, this course offers an opportunity to be involved with performing without the need to memorize scripts! We read a variety of scripts, poetry, short stories and additionally, add our own theatrical interpretations. We laugh a lot and are a very cohesive group, supporting each other as we do our theatrical thing. We perform throughout the community as well as at LLI.

Open Oil Painting for All Levels**Course: AD231167****Friday****Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28****10:30-12:30****Instructor(s): Wanda Cutchins**

Come join a group of friendly oil painters for an enjoyable time of painting and socializing. Bring your own supplies and work on a painting of your choice. This course is for all levels including those who have never painted. There is support from the instructor as needed. We request that you use odorless paint thinner and bring a plastic bag to protect the table.

Cha Cha for Couples: Basic to Intermediate**Course: AD231022****Friday****Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31****12:00-1:00****Instructor(s): Bill Busch and Teresa Day**

The Cha Cha is a lively and fun dance that really gets you moving on the dance floor. Quite similar to the Rumba and Mambo, Cha Cha took the slower steps of both dances and added a triple step. The Cha Cha has become a must-learn for beginning dance students. This course will use a progressive step pattern of instruction as has been used in the most recent American Tango course. 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.

Watercolor Open Studio**Course: AD231233****Friday****Jan 20, 27, Feb 3, 10, 17, 24****1:00-3:00****Instructor(s): Darnell Hoose**

There is a wealth of experience and knowledge in LLI's current group of watercolorists, so this course will give students the opportunity to relax, paint and learn from each other. Individuals may be asked to bring in examples of their work and share their successes and failures. Students are encouraged to bring in paintings they are currently working on where they'd like feedback or assistance from the class. Students should have an intermediate knowledge of watercolor. They should bring their favorite watercolor supplies and a project to work on to each class.

Basic Watercolor Techniques: Part II**Course: AD231017****Tuesday Jan 24, 31, Feb 7, 14, 21, 28****10:00-12:00****Instructor(s): Poly Cline**

In this course, students will build upon the techniques established in Part I. Students will experiment with new products and techniques to take their watercolor experience to the next level. A supply list will be available at registration and outside the office before class.

Royal Nova Scotia International Tattoo**Course: AD231168****Friday Feb 3****10:00-12:00****Instructor(s): Bill and Reta Good**

Are you wondering about LLI's bus trip to the International Tattoo on April 23 in Norfolk? This course will introduce students to the Royal Nova Scotia International Tattoo with performers from seven countries, massed bands, pipes and drums, dancers, acrobats, comedians, musicians, military teams, the Royal Canadian Mounted Police (RCMP), historical characters and three amazing vocal soloists. Come see this amazing recording with your fellow LLI members and learn all about it from your instructors who have lived through it three times!

History of Classical Music of Italy: It's Amore!**Course: AD231129****Wednesday Feb 22, March 1, 8, 15, 22, 29, April 12, 19, 26****11:00-12:30****Instructor(s): Suzanne Levitas**

The history of western classical music has been traced back to the music in Ancient Rome. Historians and musicologists have traced the music of Italy to the music that prevailed in Ancient Rome; the roots of Italian music are found even before Christianity was legally recognized. As Christianity progressed, musical innovations in Italy advanced. The 16th century Italian Renaissance is the era of printed polyphonic music and instrumental music. Venetian polychoral music reached stunning heights and rustic lighter music captured the hearts of Italians, and we see the new face of madrigalism. Music centers of the Italian Baroque Era include Venice, Rome and Naples, where keyboard music continued to develop, and new musical forms evolved. The Baroque Era saw Italian music become truly international, and Italian composers frequently went abroad to work. The primary musical output in Italy during the 19th century was opera. Composers of opera began using Romantic themes of the wild, the uncanny, the extreme and the supernatural. Remaining primarily operatic, Italy continued its musical tradition in the 19th century. Noted composers of orchestral and instrumental music had all but disappeared from 19th-century Italy, and it was not until WWII that a new generation of Italian composers emerged. Key 20th century features were the influence of Impressionism and a renewed interest in Gregorian chant and the music of the past. The glorious past of Italian music has given its people a separate cultural, national and ethnic identity. Join this course to get to know the great classical composers of Italy, their times and their music. Students will explore the grand tradition of music with a distinct Italian flair! Knowledge of classical music is not required.

Picasso's Women**Course: AD231236****Wednesday March 1, 8, 15, 22, 29****9:00-10:30****Instructor(s): Juana Levi**

This course pays tribute to the women behind Picasso's art and how they shaped his artistic development. Students will examine the life and selected works of Pablo Picasso through the various women who inspired him.

The Art of the Sketch B**Course: AD231172****Wednesday****March 1, 8, 15, 29, April 19, 26****9:30-10:30****Instructor(s): Hal Cauthen**

Please register for only one session (A or B) to allow all students a chance to participate. Students will practice with a sketch book as if on a trip – in Europe perhaps. In this 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 be finished with inked line and 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.

Beginning Ukulele**Course: AD231231 *\$10****Wednesday****March 1, 8, 15, 22, 29****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 to try out some ukuleles before buying one. Details will be sent to registered students. The course will use the text: Ukulele Primer Book for Beginners with Online Video Access by Bert Casey. The book can be purchased through LLI during Open Registration, and payment is due at time of registration. Students should bring their own concert or tenor-sized ukulele on the first day as well as the textbook, a digital tuner such as a Snark SN6X Clip-On Tuner, a 3-ring binder or pocket folder, and a pencil. If the student has no experience, we encourage you to make the first two classes a priority to get a good foundation. Get a new ukulele or blow the dust off a closet ukulele and join us for an hour of songs, singing, fun, and laughs!

Understanding Opera Presented by the Virginia Opera: The Masterpieces of Giuseppe Verdi**Course: AD231020****Thursday****March 2, 9, 16****10:00-11:30****Instructor(s): Joshua Borths**

Join Virginia Opera's Resident Scholar, Joshua Borths, to explore one of the greatest composers in opera history: Giuseppe Verdi. Learn how Verdi's work intersects with the history of Italy, opera, and innovation as students study the early, middle, and late operas of his long, illustrious career. Borths will use Virginia Opera performances of "La traviata" in March 2023 as a starting point for wider exploration as students are immersed in the world of this fascinating composer.

Improvisation Games for Fun, Creativity and Brain Health**Course: AD231220****Monday****March 6, 13, 20, 27, April 10, 17****10:30-12:00****Instructor(s): GeGe Beall**

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

Intro to Oil Painting**Course: AD231166****Monday****March 6, 13, 20****10:30-12:00****Instructor(s): Wanda Cutchins**

This course is designed for the beginning artist with no experience needed. We will all be painting the same thing, a simple still life in oil. Please join us for a fun painting experience. A supply list will be available at registration and outside the office before class.

Oil Painting a Simple Pear**Course: AD231173****Wednesday****March 8, 15, 29****11:00-12:30****Instructor(s): Wanda Cutchins**

This course is for those who have never oil painted but wish to give it a try. We will be painting a simple pear on a small canvas and exploring color. A supply list will be available at registration and outside the office before class.

Negative Painting with Acrylic**Course: AD231237****Thursday****March 9****10:00-12:00****Instructor(s): Jean Stag**

Negative painting shows what is behind the original. Students will learn how to lay down a dark base followed by a lot of bright colors. There's no design, but it is a lot of fun. After it dries, students will trace their design and then paint around the design with white paint. A supply list will be available at registration and outside the office before class.

Woodcarving: Open Carve Sessions**Course: AD231080****Wednesday****March 15, 22, 29, April 12, 19, 26****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!

Watercolor and Acrylic Problem Solving Workshop**Course: AD231119****Tuesday, Wednesday****March 21, 22****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.

YUPO and Watermedia Workshop**Course: AD231151****Tuesday, Wednesday****April 11, 12****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: AD231197****Friday****April 14, 21, 28****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 dances with a focus on Foxtrot, Rumba, Tango, Waltz and 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****The James Webb Space Telescope****Course: CO231192****Thursday****Jan 19****9:30-10:45****Instructor(s): Bob Ferguson**

The instructor was curious about the remarkable capabilities of the new multi-billion-dollar James Webb telescope, so this course is based on a video that is presented by an astronomer that is understandable and shares a good bit of science. Students will stretch their minds as they learn about billions of stars and billions of light years.

The James Webb Space Telescope**Course: CO231193****Thursday****Jan 19****11:30-12:45****Instructor(s): Bob Ferguson****Online**

The instructor was curious about the remarkable capabilities of the new multi-billion-dollar James Webb telescope, so this course is based on a video that is presented by an astronomer that is understandable and shares a good bit of science. Students will stretch their minds as they learn about billions of stars and billions of light years.

Introduction to iPhone Technology Tricks and Tips A**Course: CO231188****Thursday****Jan 19, 26, Feb 2****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course provides a hands-on introduction for iPhone users. New topics every meeting will save students countless years. Topics will include clouds, accounts, swiping, organizing and deleting. All classes include hands-on time with things to set and try. Bring questions or just go with the flow.

Cable TV Alternatives A**Course: CO231076****Friday Jan 20, 27****9:30-11:00****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. Is your cable TV bill increasing every year? Have you ever wondered what you're really paying for? This course will cover your bill in detail and explain all the charges. Additionally, alternatives to regular cable TV will be explored and explained. Students are encouraged to bring a copy of their cable bill to class along with a listing of the TV channels they normally view. The course is casual with lots of time for questions.

Nearpeer**Course: CO231195****Monday Jan 23, Feb 13, March 13, April 17****12:30-1:30****Instructor(s): Rachel Ramirez**

This is a wonderful opportunity to learn more about Nearpeer, the peer-to-peer networking platform for LLI Chesterfield members to meet and connect. Nearpeer gives members a way to find and connect with others in our LLI community who have similar interests or live nearby. There are also groups where members can engage in group chat, ask questions and share information. These monthly classes will be informal yet informative with plenty of time to practice, ask questions, create or edit your profile, and have fun!

Google Photos A: Managing Thousands of Photos in Your Phone**Course: CO231175****Monday Jan 23, 30****2:00-3:30****Instructor(s): Danny Arkin**

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

Basics of Digital Photography**Course: CO231179****Monday Jan 30, Feb 6, 13****1:30-2:30****Instructor(s): David Clark****Online**

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 photographs. The basics of taking a good picture such as composition, lighting, and framing a subject have not changed, and this course will cover those topics. The different types of digital camera, 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.

iPhone Basics: Part 2 of 2**Course: CO231058****Friday Feb 3, 10, 17****12:30-2:00****Instructor(s): Mark A. Grubbs**

This course is brand new. It is the second course in what is now a five-part series of iPhone courses. Those who have attended an iPhone Basics course in the past will be especially ready for this material, but all are welcome. In this course, students will interactively learn some basic setup and use of an iPhone (7, 8, X, 11, SE, 12, 13, and 14) using the latest operating system (iOS 16). Some basic set up will be covered as well as use of the Mail, App Store, FaceTime apps and Safari (as time permits). Come with eagerness to learn and a lot of questions!

Introduction to the Internet and Safe Surfing**Course: CO231057****Monday Feb 6, 13****10:30-12:00****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.

Introduction to Android Technology Tricks and Tips A**Course: CO231190****Thursday Feb 9, 16, 23****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course provides a hands-on introduction for Android users. New topics every meeting will save students countless years. Topics will include clouds, accounts, swiping, organizing and deleting. All classes include hands-on time with things to set and try. Bring questions or just go with the flow.

Instagram 101**Course: CO231194****Friday Feb 24****1:00-2:00****Instructor(s): Heather Weidner**

This is an introductory course to teach students how to set up and use Instagram.

Google It A**Course: CO231181****Thursday March 2****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.

Intermediate iPhone and iPad: Part 2 of 3**Course: CO231092****Friday March 3, 10, 17****12:30-2:00****Instructor(s): Mark A. Grubbs**

This course is the fourth of a five-part iPad/iPhone series of courses, and it follows the iPad/iPhone Intermediate: Part 1 course that was offered in the Fall 2022 session. Students will interactively learn how to set many communication settings on an iPad or iPhone as well as the "to the max" setup and use of the Phone, Mail, FaceTime apps, as well as the App store (as time permits). Sneak preview...in the next session, a new iPad/iPhone Intermediate: Part 3 course will cover the "to the max" setup and features of the Maps and App Store apps among other Apple apps.

Everyday Math**Course: CO231185****Tuesday March 7, 14, 21, 28****11:00-12:00****Instructor(s): B. Ellen Johnson, PhD**

This course is a review of basic math concepts, including fractions, decimals, percentages, and basic algebra. Dust off those mental math skills you thought you lost! Students will learn how to estimate without using a calculator and also receive practice problems. For additional practice and help, the instructor is offering another course: "Math and Spreadsheets Review and Practice."

Introduction to Spreadsheets: Excel and Google Sheets**Course: CO231186****Tuesday March 7, 14, 21, 28****2:00-3:30****Instructor(s): B. Ellen Johnson, PhD**

This course is a basic introduction to two spreadsheet programs: Excel and Google Sheets. If you've got data to track, you need a spreadsheet. Students will learn about cell addresses, how to graph in the spreadsheet, and even how to code! It can also be used as an address book or personal calendar. Track data such as your household spending, exercise regimen, medical expenses, and blood work results. Students will need a laptop with Microsoft Excel, or a laptop/Chromebook with a Google account and access to a Google Drive account. If any students do not have Microsoft Excel or a Google account, they can bring a laptop or Chromebook to the first class for setup assistance. For additional practice and help, the instructor is offering another course: "Math and Spreadsheets Review and Practice."

Renewable Energy in Our World**Course: CO231144****Wednesday March 8, 15, 22****9:30-11:00****Instructor(s): B. Ellen Johnson, PhD**

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 comparison to conventional energies as well as discussing issues facing renewables.

Automotive Basics**Course: CO231169****Wednesday March 8, 15, 22****1:30-3:00****Instructor(s): B. Ellen Johnson, PhD**

What to learn about your car? What do terms like ECM and CVT mean? This course will include discussion about alternative drivetrains (hybrid and electric) as well as traditional internal combustion engines. Students will find out about fuel, engine oil, safety features, tires, and more.

Microsoft Windows Tips and Tricks**Course: CO231141****Thursday March 9****10:00-11:15****Instructor(s): David Clark****Online**

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

Math and Spreadsheets Review and Practice**Course: CO231187****Thursday March 9, 16, 23, 30****1:00-2:00****Instructor(s): B. Ellen Johnson, PhD**

This course will provide an opportunity for extra practice and help for students taking the Everyday Math or Spreadsheets courses. The instructor will be available for more questions as students practice their new skills. As time allows, help with most of the Google Suite programs will also be available during this time.

Online Data Storage: Is It Safe?**Course: CO231139****Wednesday March 15****10:00-11:15****Instructor(s): David Clark****Online**

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

Google Photos B: Managing Thousands of Photos in Your Phone**Course: CO231176****Friday March 17, 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 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: CO231162****Thursday March 23****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.

Google It B**Course: CO231182****Friday March 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. 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.

The Electric Grid: Beginner's Guide**Course: CO231183****Monday April 10, 17****1:00-2:00****Instructor(s): William L. (Bill) Thompson**

This course should help students better understand many of the issues often reported about the electric grid. It will include a brief introduction to some of the terms and the technologies pertaining to the grid. Following the introduction will be a presentation of what constitutes an electric grid, some technical characteristics of a grid, and how operators control the grid to avoid major outages. Federal and State policies which impact the grid will also be presented. There will be an introduction to 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.

Introduction to iPhone Technology Tricks and Tips B**Course: CO231189****Monday April 10, 17, 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. This course provides a hands-on introduction for iPhone users. New topics every meeting will save students countless years. Topics will include clouds, accounts, swiping, organizing and deleting. All classes include hands-on time with things to set and try. Bring questions or just go with the flow.

Cable TV Alternatives B**Course: CO231077****Thursday****April 13, 20****9:30-11:00****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. Is your cable TV bill increasing every year? Have you ever wondered what you're really paying for? This course will cover your bill in detail and explain all the charges. Additionally, alternatives to regular cable TV will be explored and explained. Students are encouraged to bring a copy of their cable bill to class along with a listing of the TV channels they normally view. The course is casual with lots of time for questions.

Introduction to Android Technology Tricks and Tips B**Course: CO231191****Friday****April 14, 21, 28****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course provides a hands-on introduction for Android users. New topics every meeting that will save students countless years. Topics will include clouds, accounts, swiping, organizing and deleting. All classes include hands-on time with things to set and try. Bring questions or just go with the flow.

Microsoft Windows File Explorer**Course: CO231177****Thursday****April 27****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.

EF**Economics and Finance**

The Four Pillars of the New Retirement**Course: EF231143****Thursday****Jan 19****11:00-12:00****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 that can impact quality of life in retirement: health, family, purpose and finances.

How to Protect Your Identity**Course: EF231117****Wednesday****Jan 25****2:00-3:00****Online****Instructor(s): Sylvia Watford**

Identity protection is more important than ever! In this course, students will learn how to be protected from identity theft and about the options that are available if the worst happens.

Organizing Your Financial Records in Four Steps**Course: EF231118****Tuesday****Jan 31****12:00-1:00****Online****Instructor(s): Sylvia Watford**

With all the paperwork surrounding finances, what should be kept? What should be thrown out? In this course, students will learn about getting organized. The instructor will share a quick, clear path to figuring out what needs to be retained.

Medicare 101**Course: EF231113****Monday****Feb 6****9:00-10:30****Instructor(s): Kendalle Stock**

This course will provide information on the following: high level overview of Medicare, how and when to enroll in Medicare, understanding the “lingo,” Medicare options, what Medigap (Medicare Supplement) policies cover, and gaps that exist in Medicare and how to cover those gaps. Whether you’ve been enrolled one day or 40 years, or if you haven’t received that lovely red, white and blue card in the mail yet, you will walk away from this class with valuable information. Bring paper and pen to take notes!

Medicare 101**Course: EF231138****Wednesday****Feb 8****10:30-12:00****Online****Instructor(s): Kendalle Stock**

This course will provide information on the following: high level overview of Medicare, how and when to enroll in Medicare, understanding the “lingo,” Medicare options, what Medigap (Medicare Supplement) policies cover, and gaps that exist in Medicare and how to cover those gaps. Whether you’ve been enrolled one day or 40 years, or if you haven’t received that lovely red, white and blue card in the mail yet, you will walk away from this class with valuable information. Have paper and a pen handy to take notes!

Death and Taxes**Course: EF231012****Friday****Feb 10****9:30-11:00****Instructor(s): James E. Davidson, Jr., CFP®**

Death and taxes are said to be the only certainties in life. Are you interested in paying less tax today and from your estate? Are you aware that what might be tax-efficient for you is not necessarily true for your heirs? How you handle your tax and estate planning becomes part of your legacy. Join us to learn strategies that address these and other important tax and estate planning concerns.

Financial Preparedness for Emergencies**Course: EF231132****Monday****Feb 13****9:30-11:00****Instructor(s): Chesterfield County Emergency Management Staff**

This course is based off of FEMA's Emergency Financial First Aid toolkit and educates students on the financial impacts of disasters. The course also provides information on how to prepare for these events from a financial standpoint.

Outlook and Opportunities**Course: EF231145****Thursday****Feb 16****11:00-12:00****Instructor(s): Shawn Doran**

Last year proved to be volatile for equities, bonds, geopolitics and inflation. Economic growth remains solid, but headwinds are rising as inflation takes its toll. This course will present the following key topics facing investors today: post-pandemic economic trends; inflation, inflation, inflation; a look under the hood of the equity markets; and outlook for bonds and interest rates.

Focus on Fixed Income**Course: EF231146****Thursday****March 16****11:30-12:30****Instructor(s): Shawn Doran**

This course is designed to educate students on how fixed income investments such as bonds can help them reach their financial goals. Topics will include: bond characteristics and features; the relationship between interest rates and bond prices; tax advantages of municipal bonds; and how bonds may help investors weather fluctuating markets.

Social Security 101: Everything You Wanted to Know**Course: EF231144****Wednesday****March 22****1:30-2:30****Instructor(s): Jackie Weisgarber****Online**

Social Security has provided financial protection for our nation's people for over 80 years. Chances are, you either receive Social Security benefits or know someone who does. With retirement, disability, and survivors benefits, Social Security is one of the most successful anti-poverty programs in our nation's history. This course will cover: Social Security updates, retirement benefits, how to qualify for disability, survivors and spouse benefits, how to get the most from your benefit, when to file for Medicare, and the future of Social Security.

Unlock Your IRA**Course: EF231006****Monday****March 27****1:30-3:00****Instructor(s): James E. Davidson, Jr., CFP®**

Do you own a Traditional, Roth or inherited IRA? Do you understand the IRS distribution options and requirements? Do you have a strategy in place specifically for handling your IRA? Join us to learn how to avoid the pitfalls and unlock the full potential of your IRA.

Estate Planning**Course: EF231115****Tuesday****March 28****9:30-11:00****Instructor(s): Paula Peaden****Online**

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

Outsmart the Scammers**Course: EF231147****Thursday****April 13****11:30-12:30****Instructor(s): Shawn Doran**

This course will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps students can take now to help protect themselves and loved ones.

What Your Kids Need to Know**Course: EF231140****Tuesday April 18****9:30-11:00****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.

EL**Literature, Poetry and Film**

Memoir Writing**Course: EL231048****Tuesday Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28****9:00-10:30****Instructor(s): Suzanne Kelly and Tom Seaborn**

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

LLI Literary Society Orientation**Course: EL231100****Tuesday Jan 17****12:30-1:30****Instructor(s): Bob Ferguson, Martha Frickert and Anita H. Prince**

Inspired by Chautauquas, the structure of the new LLI Literacy Society will be to select a theme and six recommended books. WWII will be the thematic selection to launch this new offering. Participants will choose four of the six recommended titles to read and will read them independently between January 2023 and April 2023. A special culminating event will occur at the launch of the Summer 2023 session to recognize participation and provide an opportunity to assess the learning experiences of participants. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period, this structure will allow independent reading time of the selected titles with a focus on the theme rather than a single book. There are no additional fees or costs for LLI members. This orientation is for all members who are interested in learning more about the new LLI Literary Society. The selected titles and suggested opportunities for no- or low-cost ways to obtain copies of the books will be provided.

Obituary Writing Workshop A**Course: EL231090****Tuesday Jan 17****2:30-3:30****Instructor(s): Jennifer S. Moss**

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!

New Book Clubs**Course: EL231103****Wednesday****Jan 18****9:30-11:00****Instructor(s): Maryann Horgan**

Are you new to the area and looking for a book club? This course will be an organizational meeting to discuss interests, guidelines and the opportunity to form one or more new book clubs in the area. Once formed, the book club(s) will be independent of LLI and meet elsewhere. Discussion will cover: membership (10-12 members); meeting schedule; process to choose book selections (hopefully eclectic choices); and where to meet (homes, restaurant, library).

Enjoy Poetry**Course: EL231043****Wednesday****Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19****11:00-12:00****Instructor(s): Bob Ferguson and Timothy Pace**

This course offers a sampling of many different authors and styles of poetry as well as songs and ballads. Past students have noted the course is both interesting and enjoyable. The goal is to make poetry both enjoyable and accessible to LLI members. Some class members have even shared poems they have written.

LLI Literary Society Orientation**Course: EL231101****Wednesday****Jan 18****1:00-2:00****Online****Instructor(s): Bob Ferguson, Martha Frickert and Anita H. Prince**

It was called the Great War; The War to End All Wars. Now, WWII will be the thematic selection to launch a new offering, the LLI Literary Society. Inspired by Chautauquas, the structure of the Literacy Society will be to select a theme and six recommended books. Participants will choose four of the six recommended titles to read and will read them independently between January 2023 and April 2023. A special culminating event will occur at the launch of the Summer 2023 session to recognize participation and provide an opportunity to assess the learning experiences of participants. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period, this structure will allow independent reading time of the selected titles with a focus on the theme rather than a single book. There are no additional fees or costs for LLI members. This orientation is for all members who are interested in learning more about the new LLI Literary Society. The selected titles and suggested opportunities for no- or low-cost ways to obtain copies of the books will be provided.

The History of Animation**Course: EL231099****Thursday****Jan 19, 26, Feb 2, 9****10:30-12:00****Instructor(s): Josh Pachter**

There's a lot more to animated film than Walt Disney. In fact, there's a lot more to animated film than cartoons. In this course, students will trace the history of animation from its nineteenth century beginnings through the modern era and watch a wide assortment of short films and clips from longer works, not just from the Mouse Factory but from around the world.

Aspiring Writer's Critique**Course: EL231015****Friday****Jan 20, Feb 3, 17, March 3, 17, 31, April 14, 28****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.

Banned Books Discussion**Course: EL231098****Tuesday Jan 31, Feb 28, March 28, April 25****2:00-3:30****Instructor(s): Linda Kerman**

Did you know that "1984," "Huck Finn," and "The Call of the Wild" have all been banned? This course will begin by examining the concept of banning a book, looking at questions like: Who bans books? Why are books banned? What happened to free speech? Each month, students will explore a different banned novel, beginning with its history, especially the reasons it was or is banned. Then students will engage in a lively discussion about the work itself. The first novel will be "To Kill a Mockingbird" by Harper Lee. As part of the conversation, students will compare the book to the movie and briefly touch on "Go Set a Watchman."

Howdy Doody: The First TV Show for Kids**Course: EL231066****Thursday Feb 2****1:00-2:30****Instructor(s): Al Meyer**

Join this course for a trip down memory lane. Students will have an opportunity to share their thoughts on this old TV show. Students are welcome to bring their Howdy Dowdy dolls, puppets, comic books or any other memorabilia in their collections.

How to Make Your Dialogue Sing**Course: EL231102****Thursday Feb 9****2:00-3:30****Instructor(s): Maggie King**

Are you a fiction writer? Do you want to grab your reader's attention from page one? How about your agent/editor? Are you looking for writing advice you can use right now? If you answered yes to any of these questions, you won't want to miss this course. Dialogue should do one or more of the following: provide information; develop insight into characters and their relationships with each other; create mood, conflict, and tension; move things along, advancing the plot. This course explores these essentials of dialogue for writers of every fiction genre. Topics will include: characterization; dialogue tags; action beats; formatting internal thoughts; proper use of punctuation; balancing between dialogue and narration; how to use slang, dialect, and profanity; and more. Beginning and seasoned authors will benefit from the practical advice and specific examples. In no time, they can improve their technique and increase their chances of success in the marketplace. And their dialogue will sing!

Short Stories: True Love?**Course: EL231084****Thursday Feb 16****11:00-12:30****Instructor(s): Patricia Ryther****Online**

In honor of Valentine's Day, students will read Katherine Mansfield's 1917 "A Dill Pickle" and W.D. Wetherill's 1983 "The Bass, the River, and Sheila Mant." Is true love ever a clear choice? Not in these stories! 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.

Self-Publishing Your Book and Editing Tips**Course: EL231075****Monday Feb 27, March 6, 13, 20, 27****9:30-11:00****Instructor(s): Anne McAneny**

Students will learn the pros and cons of self-publishing, how to format and upload a book (eBook and paperback) to Amazon and other sites, how to polish a manuscript, where to get an ISBN, how to choose keywords, where to get an audiobook made, how to get a cover, and more. Only a limited time will be spent on book promotion ideas. The instructor is not an expert on illustrated children's books, but she is happy to share what she does know. There will be plenty of time for questions. Students can bring a laptop if they would like to follow along on the websites.

Short Stories: Opportunities

Course: EL231085

Thursday

March 16

11:00-12:30

Online

Instructor(s): Patricia Ryther

Students will read Ernest Hemingway's 1925 "Cat in the Rain," along with Raymond Carver's 1999 "Kindling." Can a pet or a job change your life? These stories have ambiguous endings. Can you predict what will happen? Come discuss the possibilities. The LLI Office will email the stories or links to everyone who registers, so you can easily read them and have a copy on hand.

Obituary Writing Workshop B

Course: EL231094

Friday

March 31

1:00-2:00

Instructor(s): Jennifer S. Moss

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!

Legacy Writing Workshop: Telling your Story

Course: EL231095

Thursday

April 13

1:00-2:00

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: Community

Course: EL231086

Friday

April 14

11:00-12:30

Online

Instructor(s): Patricia Ryther

Students will read Elizabeth Bisgood's 1933 "Twelve Strangers in the Night," and Stephen Crane's 1894 "Stories Told by an Artist." In these stories, a group of strangers become, for a moment, close friends. Which story appeals to you? 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 on hand.

FI**Fitness****Fun Fitness Online**

Course: FI231034 \$20

Tuesday

Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25

9:00-10:00

Online

Instructor(s): Nicole Thomas-Jackson

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

Chair Yoga Tuesday **Course: FI231006 \$20**

Tuesday **Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25**

1:00-2:00

Instructor(s): Linda McDorman

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

Gentle Yoga Tuesday **Course: FI231009 \$20**

Tuesday **Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25**

2:30-3:30

Instructor(s): Linda McDorman

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

Wednesday Fun Fitness **Course: FI231017 \$20**

Wednesday **Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26**

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: FI231031 \$20**

Wednesday **Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26**

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: FI231018 \$20**

Wednesday **Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26**

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!

Gentle Yoga Online **Course: FI231033 \$20**
Wednesday **Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26**
11:30-12:30 **Online**
Instructor(s): Linda McDorman

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

Pilates, Core and More **Course: FI231015 \$20**
Wednesday **Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26**
2:30-3:30
Instructor(s): Linda McDorman

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: FI231020 \$20**
Thursday **Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27**
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: FI231005 \$20**
Thursday **Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27**
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: FI231010 \$20**

Thursday **Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27**

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: FI231007 \$20**

Thursday **Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27**

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: FI231003 \$20**

Friday **Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28**

8:30-9:30

Instructor(s): Linda McDorman

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

Chair Yoga Friday **Course: FI231029 \$20**

Friday **Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28**

9:45-10:45

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: FI231001 \$20**

Monday **Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24**

9:00-10:00

Instructor(s): Sherella Brown

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

Sit and Be Fit Monday **Course: FI231004 \$20**

Monday **Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24**

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!

Strengthen and Stretch Online **Course: FI231030 \$20**

Monday **Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24**

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.

Gentle Yoga Monday **Course: FI231028 \$20**

Monday **Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24**

11:00-12:00

Instructor(s): Linda McDorman

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

HS

History, Humanities and International Studies

The Last Frontier **Course: HS231550**

Tuesday **Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7**

11:00-12:00

Instructor(s): Shep Smith

Frontier is defined as the furthest limit of settlement. The frontier began at Jamestown in 1607 and officially ended in 1890 when the superintendent of the U.S. census officially declared the frontier line was no longer recognizable. Almost from the beginning those who settled in what became the U.S. felt that it was God's will that Americans would one day spread to the far Pacific - from sea to shining sea. This feeling was called Manifest Destiny. This course will follow Americans from the end of the Lewis and Clark expedition in 1806 to 1890. We will examine the contributions of explorers, fur trappers, settlers, miners, cowboys, and others in fulfilling Manifest Destiny. The effects of Manifest Destiny on Native Americans will also be examined. Come and spend time in the wild, wild West.

The Last Frontier **Course: HS231551**

Tuesday **Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7**

1:30-2:30

Online

Instructor(s): Shep Smith

Frontier is defined as the furthest limit of settlement. The frontier began at Jamestown in 1607 and officially ended in 1890 when the superintendent of the U.S. census officially declared the frontier line was no longer recognizable. Almost from the beginning those who settled in what became the U.S. felt that it was God's will that Americans would one day spread to the far Pacific - from sea to shining sea. This feeling was called Manifest Destiny. This course will follow Americans from the end of the Lewis and Clark expedition in 1806 to 1890. We will examine the contributions of explorers, fur trappers, settlers, miners, cowboys, and others in fulfilling Manifest Destiny. The effects of Manifest Destiny on Native Americans will also be examined. Come and spend time in the wild, wild West.

Anthropology: Indigenous Continent**Course: HS231002****Wednesday****Jan 18, 25, Feb 8, 22, March 8, 22, April 12, 19****9:00-10:30****Instructor(s): Annebel Lewis**

On the indigenous timescale, the United States is a mere speck. This is the story of a long and turbulent epoch when the indigenous continent was contested by many and dominated by none, a story of power in America. Students will discuss the Pueblo Revolt, the Sioux Confederacy, the Five Nations League, the Indian Confederacy and First Nation. Recommended reading is "Indigenous Continent" by Pekka Hamalainen.

Rethinking the Cold War: Part II**Course: HS231527****Wednesday****Jan 18, 25, Feb 1, 8, 15****9:30-11:00****Instructor(s): Dr. John Lemza**

This course will continue examining the Cold War. With further investigation, how the 'Cold War' was anything but cold will be uncovered and how that history still resonates with us today. Included in this will be discussion of key incidents and events such as the Berlin Crisis, Sputnik, the Bay of Pigs, the Cuban Missile Crisis, Detente and Vietnam. Changes in society and culture will be reviewed as well as how the threat of nuclear fall-out turned into a universal love-in.

Current Events Discussion**Course: HS231003****Wednesday****Jan 18, Feb 1, 15, March 1, 15, 29, April 12, 26****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.

Let's Talk about Polarization**Course: HS231532****Thursday****Jan 19, Feb 2, 16, March 2, 16, 30, April 20****1:00-2:00****Instructor(s): John Bennett**

This is a continuation of the Fall 2022 course, but prior attendance is not required. The polarization among people worldwide is growing at epidemic rates on so many important topics. This polarization is negatively impacting the rich, broad discussion that is key to the creative engagement necessary to have a thriving and enriched world. 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, a variety of current polarizing topics, and a consideration for what might be done to understand and reduce polarization. The goal is to see the current situation start to change.

The Philistines Not So Philistine: Recent Archaeological Research**Course: HS231556****Monday****Jan 23, 30, Feb 6, 13****2:00-3:30****Instructor(s): Jon Waybright**

The Philistines, a long-standing, somewhat biblically contentious, if not historically mysterious, group of what ancient Egyptian sources refer to as a "People of the Sea," show up on the eastern Mediterranean horizon during one of the most turbulent times in the ancient Near East. Historians and archaeologists have noted the transition from the Late Bronze Age (ca. 1550-1200 BCE) to the Iron Age (ca. 1200-500s BCE) involved major shifts in the culture, economics, political organization and even climate of the eastern Mediterranean leading to the demise of longstanding polities in the region including mighty Egypt. The Philistines as well as other "People of the Sea" have often borne the lion's share of responsibility as the principal actor in the change as "hostile marauding pirates" who migrate from their own Aegean lands only to menace the coastal cities of the Levant with destruction and dominance, until they are defeated and settled in southern Israel by pharaoh Ramesses III (Reign: 1186–1155 BCE) of the Twentieth Dynasty. In only a couple of generations the Philistines would organize themselves into a league of five city states in southern Israel and would further serve as the biblical protagonist as villainous enemies of the Israelites. They sent Delilah to cut the hair of the Israelite leader Samson. Goliath, the giant slain by would-be King David, was a Philistine. The Philistines' reputation as war-mongering and hedonistic became so pervasive that "philistine" is still considered an insult for an uncultured person. Yet a reexamination of their cultural, historical, and archaeological imprint on the eastern Mediterranean tells another story!

Great Decisions**Course: HS231089 *\$38****Tuesday****Jan 24, Feb 14, March 14, April 11****2:00-3:30****Instructor(s): Bob Ferguson**

This course is an ongoing discussion of foreign policy issues. Most topics are provided by the Foreign Policy Association which are included in the newest edition of their Great Decisions book. The 2023 book may be optionally purchased through the office, and payment is due at the time of registration. The book is not required, and the instructor will supply each student with information on the topic for discussion. There is usually a video presentation followed by a group discussion of the topic. The topics for this term are as follows: January - Climate Change; February - Energy Geopolitics; March - War Crimes; and April - China and the U.S.

Our Rich History: First Baptist Church of Midlothian and the African American Community**Course: HS231496****Tuesday****Jan 31****9:00-10:30****Instructor(s): Audrey M. Ross**

This course will provide a glimpse into the "Rich History" of the Historic First Baptist Church of Midlothian and the African American community as well as their contributions and accomplishments in the Village of Midlothian.

Arc de Triomphe**Course: HS231567****Thursday****Feb 2****9:30-10:45****Instructor(s): Bob Ferguson**

This beautiful Paris landmark is one of the most visited sites in France and is known to travelers all over the world. This course will be based on a very good documentary film about its history, the present, and its possible future. Please note that much of the documentary is in French, but English subtitles will be made available.

Graffiti, Tourism and Conflict: Art and Social Change

Course: HS231555

Thursday

Feb 2, 9, 16, 23

10:00-11:15

Online**Instructor(s): Chelsea Waybright**

In many ways graffiti is used to address conflict in societies around the world as a tool for empowerment, communication, education, and non-violent resistance. It allows oppressed or marginalized communities to reclaim space and assert narratives to combat negative stereotypes and is often a method of raising awareness of their struggles and losses, hopes and aspirations. However, making graffiti in conflict zones can be risky, and competing political groups may use particular imagery to keep past animosities alive. Additional complications can arise if there is interest by outsiders (such as tourists or NGOs) to take part in political graffiti-making. Outside artists are often unfamiliar with the conflict's nuances and can misuse cultural symbols or dilute the community's important political message, inadvertently causing harm. This course examines the power graffiti can give to a community to project their political messages to the world, as well as the potential risks of misrepresentation by outside artists and the potential benefits of building international solidarity.

Arc de Triomphe

Course: HS231568

Thursday

Feb 2

11:30-12:45

Online**Instructor(s): Bob Ferguson**

This beautiful Paris landmark is one of the most visited sites in France and is known to travelers all over the world. This course will be based on a very good documentary film about its history, the present, and its possible future. Please note that much of the documentary is in French, but English subtitles will be made available.

Justice for All: Part II

Course: HS231526

Monday

Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24

11:00-12:30

Instructor(s): Edward Blackwell

Constitutional law or even English common law can be administered by a variety of individuals--people like us! October 1943 was the first session where every justice of the Supreme Court was a lawyer. In this course, students will function as a member of SCOTUS and discuss cases on topics such as right to counsel, double jeopardy, battery, interstate commerce, freedoms of religion, assembly, and expression, self-defense, mandatory school attendance and more. Students will study the relevant portions of the Constitution and will make the rulings! Then you will compare the class's "justice" to that meted out in actual cases on those same issues. The Fall 2022 course is not a prerequisite, and the cases will be different!

Political Comedy: Yadda Yadda Yadda

Course: HS231552

Tuesday

Feb 7, 14, 21, 28, March 7, 14, 21, 28

12:30-2:00

Instructor(s): Les Schaffer

As long as humans have organized around leaders and followers, comedians, satirists and humorists do more than simply comment upon politics. They help to shape it and hold the politicians accountable. From Aristophanes, through Dante, Abraham Lincoln, Mark Twain, Jon Stewart and Stephen Colbert, political satire has become part of our common political culture and a primary source of news and information. The Daily Show, Saturday Night Live and other shows continue to present entertaining takes on the day's political events, while newer forms of communication like YouTube videos, Twitter feeds, Tik Tok and Tumblr memes regularly tackle political themes and poke fun at political incumbents and candidates. This new course, which is a follow-up to the popular Fall 2022 course, "The Art of Political Storytelling," will explore ancient and modern forms of political comedy with a sharp eye out for its influences on contemporary American life and elective politics. It's not necessary to have taken the previous course to enjoy and learn from this class. Students will be entertained and informed through readings, discussion, video, film archives, live comment and standup. The course will explore important issues. Does comedy influence our political behaviors? As citizens, do we become more or less civically engaged as a result of watching night after night of impersonations of and jokes about candidates and incumbents? Does contemporary political comedy add to our nation's current polarization? Recent research shows that political comedy may be more than a laughing matter.

The Voices of Gettysburg**Course: HS231563****Thursday Feb 9****12:00-1:30****Instructor(s): James Triesler and Crystal Coon**

The July 1863 Battle of Gettysburg was the turning point in the American Civil War. At the conclusion of the three-day battle, 46,000+ casualties would remain for the local population of 2,400 to handle. In November 1863, President Abraham Lincoln would travel to Gettysburg to dedicate the National Cemetery. Come hear stories of the soldiers, civilians, and politicians whose lives were touched by this defining battle in American history.

Merrill's Marauders**Course: HS231557****Thursday Feb 9****1:00-2:00****Online****Instructor(s): Christopher L. Kolakowski**

Merrill's Marauders, also known as the 5307th Composite Unit (Provisional), was a task force that fought with great distinction in Burma in 1944. The unit is today a foundation for the U.S Army Rangers. This course will examine the Marauders, their history, and their legacy.

Global Cultural Geography: British America**Course: HS231087****Tuesday Feb 14, 21****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.

George Washington**Course: HS231573****Thursday Feb 16****11:30-12:30****Instructor(s): Bryan Truzzie**

This course will briefly cover George Washington as a statesman, leader, and politician as well as his family life.

The Voices of Gettysburg**Course: HS231564****Thursday Feb 16****1:30-3:00****Online****Instructor(s): James Triesler and Crystal Coon**

The July 1863 Battle of Gettysburg was the turning point in the American Civil War. At the conclusion of the three-day battle, 46,000+ casualties would remain for the local population of 2,400 to handle. In November 1863, President Abraham Lincoln would travel to Gettysburg to dedicate the National Cemetery. Come hear stories of the soldiers, civilians, and politicians whose lives were touched by this defining battle in American history.

Aerial Europe**Course: HS231553****Thursday Feb 16, 23, March 2, 9, 16, 23, 30, April 13, 20****2:00-3:00****Instructor(s): Timothy Pace**

Students will view a video course by the Smithsonian channel where they will explore Europe by air! The countries will include England, Scotland, Wales, Ireland, and ancient and modern Greece. There will be beautifully stunning aerial photography, narrated by experienced and knowledgeable historians. It will be the next best thing to being there. Students will also have a chance to discuss the locations following the video each class.

Western Civilization Foundations: Part II**Course: HS231529****Friday Feb 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28****9:30-11:00****Instructor(s): Timothy Pace**

This is a continuation of the Great Courses presentation of the Foundations of Western Civilization. This course will cover the period from the decline of Rome, the rise of the Catholic Church, Charlemagne, the barbarians, protestant reformation and the emergence of the renaissance after the dark ages. There will be a brief question and answer segment for enlightenment at the end of each class. This is the perfect course for history buffs!

Olmsted's America: Seeing the Future**Course: HS231511****Tuesday Feb 21, 28, March 7, 14****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.

Civil War Generals in High Command: Where Did They Come From?**Course: HS231575****Wednesday Feb 22****1:00-2:30****Instructor(s): Gerry Germond**

This course will survey several of the generals who commanded the brigades, divisions, corps, and armies which fought the Civil War. A special focus will be given to examining how they achieved their rank and position and how well they did or didn't do in command. Some of their achievements may pleasantly surprise the students and would have been a pleasant surprise to their peer group as well.

Traveling the Roman Empire**Course: HS231549****Monday Feb 27, March 6, 13, 20****1:00-2:30****Instructor(s): Bob Ferguson**

Students will view and discuss a video course developed by an Archeologist who will present the remains of the Roman empire at Rome itself and in Spain, Morocco, Jordan, Croatia and Serbia. The course will examine these diverse areas to see widespread influences on the local cultures that still exist today from the ancient Roman empire. There is plenty to interest all in this view of the Roman Empire!

Virginia War Memorial Archives Overview: Caring for Your Collections**Course: HS231561****Tuesday Feb 28****12:00-1:00****Instructor(s): Kyndall Drumheller****Online**

In this course, students will be presented with an overview of the Virginia War Memorial Archives and how to better handle and conserve their own historical documents.

Off the Beaten Path - Azores**Course: HS231569****Thursday****March 2****9:30-10:45****Online****Instructor(s): Bob Ferguson**

A retired National Geographic photographer is making films about four places he likes to visit. The Azores is the first one in his series. These islands far out in the Atlantic have a long history as part of Portugal, going back to when Portugal was a country of maritime explorers. These islands offer a number of surprises to the few visitors who travel there. This is a rare chance to see some of these sights. Let's enjoy them together!

Off the Beaten Path - Azores**Course: HS231570****Thursday****March 2****12:00-1:15****Instructor(s): Bob Ferguson**

A retired National Geographic photographer is making films about four places he likes to visit. The Azores is the first one in his series. These islands far out in the Atlantic have a long history as part of Portugal, going back to when Portugal was a country of maritime explorers. These islands offer a number of surprises to the few visitors who travel there. This is a rare chance to see some of these sights. Let's enjoy them together!

Adventures of the Camino**Course: HS231381****Tuesday****March 7****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!

A Baseball Experience: Tickets Please**Course: HS231565****Wednesday****March 8****1:00-2:30****Instructor(s): James Triesler**

As spring ushers in another baseball season, longtime fan and memorabilia collector, Jim Triesler, will share stories and relics of players and seasons from long ago.

Polarization Reduction**Course: HS231554****Thursday****March 9, April 27****1:00-3:00****Instructor(s): John Bennett**

This course will be an opportunity to practice polarization reduction exercises for students who are taking the "Let's Talk about Polarization" course. The polarization topics to be considered each session will be selected by students in the ongoing course. While registration for this Polarization Reduction course does not require registration for the other course, it is strongly recommended.

Early American Diplomacy and the XYZ Affair**Course: HS231566****Friday March 10****1:00-2:00****Instructor(s): Matthew Nichol**

In the years immediately following the American Revolution, the young United States had to figure out who they were on an international stage and did so through treaties, trade, diplomacy, and both neutrality and war with other countries. How did America emerge in the world following independence? How did American leaders view our future as a world power? With which nations did we get along? With which did we not? This program will explore American diplomacy in the early years of the United States, shaping our young nation, and the role John Marshall played in it all.

The Turning Point of the Civil War**Course: HS231559****Tuesday March 14****9:30-10:30****Instructor(s): Waite Rawls**

Many people historically have stated that Gettysburg was the "turning point" of the Civil War. Others have claimed The Seven Days Battle, or Vicksburg. The instructor recently gave a class claiming that title for Drewry's Bluff and has also been known to claim it for the Battle of the Wilderness. In this course, the case for these and even more – Atlanta, New Orleans, and Antietam – will be presented. At the end, the students will have an opportunity to cast their votes.

Two Coups: How America Almost Topped and WWII Almost Averted**Course: HS231560****Tuesday March 21****9:30-11:30****Instructor(s): Dr. Alan A. Winter****Online**

Social unrest and political turmoil followed the Great War with the end of historic monarchies, the realignment and formation of countries, challenges to existing democracies, and the rooting and spreading of Fascism and Communism in many countries. Personal freedoms were clawed back by governments that looked to rule by terror and oppression. But those issues occurred in Europe and Russia, not in America, the bastion of democracy. Or was something going on that could undermine the very existence of a free America that few U.S. citizens realized was happening under their very noses? Join Alan A. Winter as he discusses his latest research on the cabal that secretly planned to overthrow the White House soon after FDR became president. Alan will compare and contrast elements that led to the Fascist (Nazi) takeover of Germany and how a group of German military leaders were on the verge of arresting Hitler and overthrowing the Nazi regime that would have averted World War II, to the coup planned by many of America's one-percenters, who wanted to protect their massive fortunes from the socialist laws and programs FDR instituted during the New Deal to bring America out of the Great Depression. Unlike in Germany, an American military man saw through the plot to undermine our democracy and saved the day. Learn about these little-known but important events, and how Fascism and Patriotism can become so intertwined that we lose sight of the ideals that made this country great.

The Victory Disease: How the Persian Gulf War led to Failure in Iraq and Afghanistan**Course: HS231562****Wednesday March 22****1:00-2:00****Instructor(s): Clay Mountcastle, PhD**

This course will examine how the easy, decisive victory in 1991 had a negative impact on the US military's preparation and understanding of future wars. This misunderstanding had dire consequences in the post 9/11 world in the effort to fight terrorism.

Chesterfield County: A Historical Perspective**Course: HS231227****Thursday March 23****11:30-12:30****Instructor(s): Bryan Truzzie**

This course details the rich history of Chesterfield spanning over 250 years. It also describes the county's historic and recreational sites and is ideal for those who are new to the region or those who just wish to learn more about our wonderful county!

Off the Beaten Path - Mexico**Course: HS231571****Thursday****March 30****9:30-10:45****Instructor(s): Bob Ferguson**

This course will present a series of short films about parts of Mexico that tourists seldom visit. It is one of four being done by a retired National Geographic photographer, so the images are as good as you might expect. Several episodes were filmed at important times of the year where some kind of celebration was in progress. This might be the next best thing to a trip to central Mexico and only takes about an hour!

Off the Beaten Path - Mexico**Course: HS231572****Thursday****March 30****11:30-12:45****Online****Instructor(s): Bob Ferguson**

This course will present a series of short films about parts of Mexico that tourists seldom visit. It is one of four being done by a retired National Geographic photographer, so the images are as good as you might expect. Several episodes were filmed at important times of the year where some kind of celebration was in progress. This might be the next best thing to a trip to central Mexico and only takes about an hour!

History of Ventriloquism: From Fortune Telling to Entertainment**Course: HS231541****Thursday****March 30****12:00-1:30****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.

The Origin of Plant Names**Course: HS231574****Thursday****April 20****11:30-12:30****Instructor(s): Bryan Truzzie**

This course will include many stories behind the origins of common plant names. Students will learn about the history of scientific names, which help us to make sense out of the sometimes confusing, but always interesting, world of plant names.

The World's First Subway**Course: HS231558****Monday****April 24****1:00-2:00****Instructor(s): George Saunders**

The first subway system in the world was designed and built in London. This course will take students on a journey through the myriad of obstacles that the founding fathers learned to overcome while discovering some surprising uses for the underground. As World War I and World War II raged overhead, the underground was used as a bomb shelter, saving many lives in the process. Ultimately, the necessary adjustments and changes were made to construct the railway and operate it successfully. The result is today's modern and efficient version of the subterranean railway.

Joy Through Meditation**Course: HW231239****Tuesday****Jan 17, 24, 31****3:00-3:45****Online****Instructor(s): Trupti Kulkarni and Emme Simon**

Meditation allows regulation of the mind and gives tremendous joy. The class structure will be 35 minutes of relaxation and meditation and 10 minutes of reading.

Intermediate Tai Chi 24 Form**Course: HW231386****Wednesday****Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26****12:00-12:45****Instructor(s): Mary E. Gutberlet, M.Ed.**

This course is for individuals who have previously received instruction in the entire 24 Form and possess at least some level of independence with the Form. It is for individuals who are ready to further challenge themselves in their Tai Chi journey. The primary focus of this course is to explore the nuances of graceful, fluid, coordinated, and seamless movement through Tai Chi play with the 24 Form. Students will also continue to focus on: breathing, balance, range of motion, stress reduction, mindfulness, and expression of energy. Qi gong and meditation will also be a part of our continued Tai Chi Journey.

Beginning Tai Chi Review and Practice**Course: HW231352****Friday****Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28****11:00-11:45****Instructor(s): Mary E. Gutberlet, M.Ed.**

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 42 Form**Course: HW231343****Friday****Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28****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: HW231342****Monday****Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24****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: HW231355****Monday****Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24****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: HW231375****Tuesday****Jan 24****2:30-3:30****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.

Being Mortal Documentary**Course: HW231303****Wednesday****Jan 25****9:30-11:00****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.

Medicinal Marijuana: Myth and Science**Course: HW231390****Wednesday****Jan 25, Feb 1****1:30-3:00****Instructor(s): Jenny Wiley, PhD**

Legalization and decriminalization of cannabis and the chemicals it contains (e.g., CBD, THC) has resulted in a thriving market with numerous products available in local convenience marts and pharmacies. Ever wondered whether scientific research supports the many claims for benefits of medicinal marijuana and related chemicals? This course will focus on delineation of the various types of cannabinoids, description of their pharmacological effects, and overview of the ways in which they produce these effects in the brain and body. Issues related to the route of administration (e.g., vape vs. oral) and potential adverse effects will also be discussed.

Suicide Prevention: Raise Your Voice**Course: HW231392****Monday****Jan 30****9:30-10:30****Instructor(s): Melissa Kast Ackley and Kevin Skellett**

You are more likely to encounter someone in an emotional or mental health crisis than someone having a heart attack. Learn the facts about suicide, how to identify someone in crisis, and how to connect them with the help they need.

Osteoporosis and Fractures of the Back: Management of a Very Common Disease**Course: HW231373****Tuesday Jan 31****10:00-11:00****Instructor(s): Efstathios Spinos, MS, MD**

Osteoporosis is a disease in which bones become very weak and more likely to break. Fractures caused by osteoporosis most often occur in the spine. Spinal fractures, called vertebral compression fractures, occur an estimated 1.5 million times each year in the United States. They are almost twice as common as other fractures typically linked to osteoporosis, such as broken hips and wrists. Not all vertebral compression fractures are due to osteoporosis. But when the disease is involved, a fracture is often a patient's first sign of a weakened skeleton from osteoporosis. 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.

The Ketogenic Diet: Insulin Resistance, Metabolic Disease, and Fasting**Course: HW231391****Wednesday Feb 1, 8, 15****9:30-11:00****Instructor(s): John P. Morris**

This course will focus on unpacking and learning the Ketogenic Diet, its history, how the Standard American Diet has evolved into what it is today. Specific emphasis will be placed on the Ketogenic Diet's potential for reversing cognitive decline, how it is safely implemented, and the metabolic mechanisms it employs. Fasting will also be covered, along with an overview of the latest science on nutrition, and how insulin resistance drives dementia, Alzheimer's Disease and Parkinson's Disease. This course will empower students to learn useful information and hopefully change their lives, or the lives of their loved ones, for the better.

Healthy Brain**Course: HW231396****Wednesday Feb 1****11:00-12:00****Instructor(s): Sharon Napper****Online**

This course will present how to have better health outcomes no matter where you are in life.

Brain Power Hour**Course: HW231251****Tuesday Feb 7****11:00-12:00****Instructor(s): Rachel Lawson**

This course aims to increase cognitive stimulation. During this course, students will explore the topic of education as well as interact with a few brain games and social activities. Just as physical exercise can help you keep your body strong, mental exercise can help your brain to work better and lower your risk of mental decline. Join this course for a fun and interactive way to flex your mental muscles.

Healthy Living Workshop: Chronic Pain**Course: HW231353****Thursday Feb 9, 16, 23, March 2, 9, 16****9:30-11:30****Instructor(s): Kathy Brown**

This course is for students who are dealing with chronic pain. This community-based self-management and health program was developed by Stanford University. The program is designed to help students gain self-confidence in their ability to control their symptoms and how their health affects their lives. The workshop is interactive, and the focus is on skill building, sharing experiences and building social support.

Hold it! Leaky Bladder Affects Women of All Ages**Course: HW231315****Thursday****Feb 9****12:00-1:00****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.

Counting Carbohydrates for Beginners A**Course: HW231387****Friday****Feb 10****1:00-2:30****Instructor(s): Nana Ataa Ofosu-Benefo, MS, RD, CDN, LDN**

Please register for only one session (A or B) to allow all students a chance to participate. For those who need to monitor their carbohydrate intake, counting carbohydrates can be confusing and oftentimes frustrating. This course, taught by a community-based Registered Dietitian Nutritionist, will focus on demystifying the definition of a carbohydrate, how to incorporate all carbohydrates into healthy eating habits, and how to calculate daily carbohydrate servings for improved blood sugar control. Students should bring a calculator.

Aging and Ageism: Where are you?**Course: HW231393****Monday****Feb 13****11:30-1:00****Instructor(s): Wayne Swatlowski**

The instructor does not pretend to be an expert of any sort in the field of aging. The knowledge he has acquired has come from: his own aging body, his readings, and his own reflections. This course will focus on listening to others and sharing personal wisdom and insights as aging persons. Students will be guided based on information contained in the book, "The Inside Story" by Susan Sands, PhD, along with several other sources. Students are welcome to read the book in advance, and the instructor will send out a handout summarizing some of the key points for the class discussion.

Stroke Risk Factors and Prevention**Course: HW231153****Friday****Feb 24****10:00-11:00****Instructor(s): Meredith Britton, NP**

This course will provide a detailed presentation on the effects of a stroke, risk factors and how to adjust your lifestyle in order to prevent a stroke from happening.

Vertigo and Dizziness: Common Causes and How to Treat It**Course: HW231376****Tuesday****Feb 28****2:30-3:30****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.

Communication and Dementia**Course: HW231397****Wednesday****March 1****9:30-10:30****Instructor(s): Sharon Napper**

This course will present how to communicate with the constant changes of dementia.

What Comes After Menopause?**Course: HW231380****Wednesday****March 1****10:00-11:00****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.

Let's Learn About the Basics!**Course: HW231395****Thursday****March 9****2:30-3:30****Instructor(s): Whitney Kern, LCSW**

Science shows that 90% of brain growth happens by the age of five! Beginning from birth, young brains develop like little muscles. They get bigger and stronger the more we interact with young children. The Basics are five simple and powerful ways to help all our children aged 0-5 grow to be happy and smart. The Basics are for everyone: parents, grandparents, and other family and friends who love our youngest children. Let's learn about The Basics so that we can help young children become the amazing people we know they can be!

Counting Carbohydrates for Beginners B**Course: HW231388****Friday****March 10****2:00-3:30****Instructor(s): Nana Ataa Ofosu-Benefo, MS, RD, CDN, LDN**

Please register for only one session (A or B) to allow all students a chance to participate. For those who need to monitor their carbohydrate intake, counting carbohydrates can be confusing and oftentimes frustrating. This course, taught by a community-based Registered Dietitian Nutritionist, will focus on demystifying the definition of a carbohydrate, how to incorporate all carbohydrates into healthy eating habits, and how to calculate daily carbohydrate servings for improved blood sugar control. Students should bring a calculator.

Hearing and Hearing Health**Course: HW231389****Monday****March 13, 20****11:00-12:00****Online****Instructor(s): Kimberly Felder**

An audiogram is a graph that shows the softest sounds a person can hear at different pitches or frequencies. This course will cover the audiogram as well as hearing technology and what hearing aids can and cannot do. Students will learn best practices to help improve hearing, about over-the-counter aids, hearing loss, and why we hear but don't understand. Different makes and models of hearing aids will be discussed in addition to the relationship between dementia and hearing loss.

Understanding Alzheimer's and Dementia**Course: HW231366****Tuesday****March 14****10:00-11:00****Online****Instructor(s): Rachel Lawson**

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

Stress Relief Guided Meditation**Course: HW231381****Thursday****March 16****10:00-11:00****Online****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.

Seizures: Shake, Rattle and Roll**Course: HW231293****Monday****March 20****9:30-10:30****Instructor(s): Soundarya Gowda, MD**

A seizure is a burst of uncontrolled electrical activity between brain cells (also called neurons or nerve cells) that causes temporary abnormalities in muscle tone or movements (stiffness, twitching or limpness), behaviors, sensations, or states of awareness. Seizures are not all alike. A seizure can be a single event due to an acute cause such as medication. When a person has recurring seizures, this is known as epilepsy. This course will discuss the different types of seizures and what their causes may be. Students will have the opportunity to interact with Dr. Gowda while learning more about the complexities of our amazing brains.

Hands Only CPR A**Course: HW231340****Monday****March 27****1:00-2:00****Instructor(s): Kimberly Rideout**

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

Hands Only CPR B**Course: HW231341****Monday****March 27****2:30-3:30****Instructor(s): Kimberly Rideout**

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

Chronic Pain: How Do I Get Rid of It?**Course: HW231377****Thursday****March 30****2:30-3:30****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.

Safety and Dementia**Course: HW231398****Wednesday****April 12****10:00-11:00****Instructor(s): Sharon Napper**

This course will present how to have and provide a safe environment for those who are living with dementia.

Healthy Lifestyle Habits**Course: HW231362****Thursday****April 13****12:00-1:00****Instructor(s): Kathy Brown**

This is an interactive course developed to help students increase awareness of the link between nutrition, physical activity, and mindfulness. The course will provide practical tips on healthy eating and physical activity. Students will engage in activities and planning tools which will provide the skills and confidence to make simple changes. Each student will receive a free nutrition and exercise book, filled with easy-to-make, nutritious recipes and simple exercises that can be incorporated into a weekly routine, along with more tips for adopting a healthy lifestyle.

You are the Help Until Help Arrives**Course: HW231394****Monday****April 17****9:30-11:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will provide students with the knowledge to save lives through learning how to effectively communicate with 911, evaluate scene safety, control bleeding, position patients, and provide comfort.

Fall Risk Assessments and How to Be Proactive on Preventing Falls**Course: HW231378****Tuesday****April 18****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.

Warning Signs of Alzheimer's**Course: HW231367****Wednesday****April 19****10:00-11:00****Instructor(s): Rachel Lawson**

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

Holiday Grief and Coping: Those Sneaky Spring Holidays**Course: HW231302****Wednesday****April 19****11:30-12:30****Instructor(s): Angie Morriss**

Spring brings Mother's Day, Father's Day, weddings and graduations among other special anniversaries. Students will learn about normal grief responses and coping skills to help during these special times.

IA**Inside LLI Activities**

Orientation for New Members**Course: IA231999****Tuesday Jan 17****9:00-10:30****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!

Monthly Member Birthday Celebration**Course: IA231100****Tuesday Jan 17, Feb 14, March 14, April 11****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! Please Note: January will be the 3rd Tuesday of the month.

Q&A for Current Members**Course: IA231997****Wednesday Jan 18****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!

January Luncheon**Course: IA231001 \$5****Thursday Jan 26****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will help kick off our Spring session! Entertainment will be a Tai Chi Demonstration provided by our very own Damir Strml and his students. Be sure to sign-up in the office to participate. Sponsored by El Patron in Chester.

February Luncheon**Course: IA231002 \$5****Thursday Feb 23****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a special time together! Entertainment will be provided by our very own YAHA Players with a performance of Dry Times. Be sure to sign-up in the office to participate. Sponsored by Brookdale Midlothian.

March Luncheon**Course: IA231003 \$5****Thursday March 23****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will celebrate St. Patrick's Day, so don't forget to wear green! Entertainment will be a special Celtic performance by our very own Advanced Readers Theater. Be sure to sign-up in the office to participate. Sponsored by JenCare Senior Medical Center.

April Luncheon

Course: IA231004 \$5

Thursday

April 27

12:00-1:30

Instructor(s): LLI Social Committee

This month's luncheon will be a special spring celebration! Entertainment will be provided by our very own Lifelong Musicians. Be sure to sign-up in the office to participate. Sponsored by Dowda Senior Consultants.

LA

Languages

Basic Reading and Writing Arabic Script

Course: LA231022 *\$19

Tuesday

Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25

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. The workbook Arabic in 10 Minutes a Day will be used throughout the session and can be optionally purchased through LLI during open registration with payment due at the time of registration.

Beginning Sign Language

Course: LA231003

Wednesday

Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26

11:30-12:45

Instructor(s): Barbara Powers

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

Conversational German

Course: LA231015

Monday

Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24

2:00-3:30

Instructor(s): Alan McCrea

Students will have an opportunity to read and converse in German. Some knowledge of the language would be helpful; however, all levels of expertise are welcome. Time will be spent on pronunciation, building vocabulary, forming sentences, and some useful grammar. In the earlier sessions, fifteen minutes to a half hour at the start of each session will be devoted to beginning concepts as necessary. No textbook is required.

Conversational French Review

Course: LA231019

Tuesday

Jan 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18

9:00-10:00

Instructor(s): Carol Pritchard

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

Spanish Grammar from A to Z: Part 3**Course: LA231006****Tuesday Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18****12:30-1:30****Instructor(s): Nena Woods**

This course offers students an opportunity to continue mastering the basics of Spanish grammar and is recommended for students who took the course in the Fall 2022 session. It's also for those wanting to brush-up on their Spanish speaking, reading and writing skills. Students need a Spanish dictionary, notebook, and a folder for handouts.

LE**Leisure Activities****Knitters United****Course: LE231032****Wednesday Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26****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!

Exploring Shenandoah National Park**Course: LE231275****Thursday Jan 19****1:30-2:30****Online****Instructor(s): Margo Roseum**

This course will give students the opportunity to explore the wonders offered in Shenandoah National Park with a park ranger. Students will also find out more about the National Park Service.

Beginning Genealogy**Course: LE231045****Monday Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20****9:30-10:30****Instructor(s): Bette Kot**

This course will introduce personal and practical help in compiling an accurate family history for students who are seeking new ancestors or details about their charts. Students will learn new sources and techniques. No previous experience needed to take this course.

Beaded Lanyard for LLI Name Tag A**Course: LE231143 \$5****Monday Jan 23****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.

Travel Writing as Memoir**Course: LE231204****Monday Jan 23****10:00-11:30****Instructor(s): Martha Steger**

One or more trips have probably been very influential in your life. It might have been your first trip by train or plane or your first trip 50 miles from home. Students should come prepared with an outline of a trip they'd like to write about as memoir or with an idea for one they'd like reactions to, and they'll share it with the group. Most of the time will be spent discussing, but there will be a bit of time for writing too.

Beginning Quilting**Course: LE231007****Wednesday****Jan 25, Feb 1, 8, 15****1:00-3:00****Instructor(s): Arlene Goldberg**

This course will present the basics of quilt making. By the end of the course, students will have a completed table runner and the skills needed to go on to bigger and more complex projects. Students will need to bring a sewing machine to each class, and a supply list will be available at registration and outside the office before class.

Genealogy Discussions**Course: LE231252****Wednesday****Jan 25, Feb 1, 8, 22, March 1, 8, 22, 29, April 12, 26****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 B**Course: LE231147 \$5****Thursday****Jan 26****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.

Beaded Lanyard Upgrade**Course: LE231273****Monday****Jan 30****10:00-12:00****Instructor(s): Donna Whitfield**

This course is for students who have taken a Beaded Lanyard class at LLI in the past and made a lanyard using a loop of tiny beads to hook the bead strand to the name tag. Students will be able to restring their lanyard using lobster claw clasps instead of beads to hook the two parts together which will make it easy to interchange different bead strands onto one name tag, giving a variety of looks. Students should bring a completed lanyard to class. Do not take it apart prior to class. No beads will be provided since the existing beads will be restrung. All other materials will be provided.

Easy Cooking with Judith**Course: LE231253****Monday****Feb 6, 13, 27, March 6****10:30-12:00****Instructor(s): Judith Onesty****Online**

Quick and easy recipes that are also flavorful? Almost sounds too good to be true! The recipes that students will receive in this course are low in fat, low in salt and gluten free. Each week, the instructor will demonstrate new and delicious recipes. Join Judith for this fun online course and learn tips to make cooking easier as well as tastier.

Korean Lotus Lantern Craft Workshop**Course: LE231277 \$8****Thursday****Feb 9****11:30-1:00****Instructor(s): Yon Han****Online**

This course will provide step-by-step instructions for creating a lovely Korean lotus flower lantern using colored paper and wire frames. Students will also learn about Korea's unique history and culture. A short documentary film will be played toward the end of the class. Course fee will provide all materials to make one lantern, and students will need to pick up the kit at the LLI Office prior to the online class.

Road Scholar Education Travel: University of the World**Course: LE231207****Tuesday Feb 21****2:00-3:00****Instructor(s): Cindy Graunke**

This course will explore Road Scholar educational travel. Road Scholar is a not-for-profit organization with thousands of travel-based courses annually both in the United States and abroad. Road Scholar is also associated with Lifelong Learning Institutes nationwide. Road Scholar (formerly Elderhostel) is committed to being the preeminent provider of high-quality and affordable educational opportunities for adults. Come hear about the myriad of learning opportunities and how these learning opportunities can change your view of the world.

Advanced Card Making: Mixed Media**Course: LE231200 \$5****Wednesday Feb 22****1:00-3:00****Instructor(s): Marie Catherine Ireland**

This is an advanced technique course where students will get to experience and practice techniques using various products and tools. The focus will be on learning to use various mixed media (e.g., mica powders, distress inks, embossing powders) that are found in craft stores. Students will learn to use materials and other techniques and create cards to take home. All students should already be comfortable using a paper trimmer for cutting paper to size using quarter-inch measurements. Basic papercrafting skills such as use of a tape runner, scoring and folding are assumed and will not be taught. Students should bring a paper trimmer, pen, scissors, and tape runner to class.

Floral Design Demonstration Using Fresh Flowers**Course: LE231272****Monday Feb 27****10:00-11:30****Instructor(s): Annette Alabaster**

This course is for the novice flower designer as well as others who have an inborn sense of design and balance or those who just love and want to learn more about the world of flowers. Students will learn tips, receive a handout, and observe the instructor while she creates a few designs using real flowers. The instructor hopes that students will enjoy more and more God's eternal gift in the beauty of His incredible design!

Balloon Twisting 101**Course: LE231276****Monday Feb 27****12:00-1:30****Instructor(s): Wayne Swatlowksi (a.k.a Basa the clown)**

In this fun, hands-on course, students will learn how to twist balloons into dogs, cats, flowers, bunnies, swords, horses and much more. This new talent can be used to impress grandchildren, family and friends, and it's a skill that is not even taught in Ivy League universities! Please note, Basa the clown will be the instructor, and students are encouraged to choose a clown name to be used in class. Balloons, pumps and foam clown noses will be provided.

Outdoor Landscape Spaces: Understanding, Creating and Working**Course: LE231271****Monday Feb 27, March 6, 13, 20, 27****2:00-3:30****Instructor(s): Danny Arkin**

What makes an outdoor space great rather than mundane? Students will learn about outdoor spaces as extensions of indoor experiences, how view perspectives have contributed throughout the history of Landscape Architecture and how to understand design elements including use of positive and negative spaces. Explore the world of plant materials in Virginia. Discover how hardscaping contributes to design. Finish up with ideas for evaluating designs plus things to try and avoid. Students are guaranteed to learn something new every week.

Container Gardening**Course: LE231259****Thursday****March 2****10:00-11:30****Instructor(s): Dr. Marlene Scott**

Container gardening allows you to have and enjoy many ornamental and food-supplying plants that, for whatever reason, you do not want to grow in the ground. You can create container scenes in entry ways, patio, decks, rooftops, indoors or anywhere you have a need to enhance the appeal of an area. This course will discuss plant material, containers, soil types, fertilization and so much more. Come armed with your many questions, and we will do our best to answer them while learning from each other.

Travel Writing as Memoir**Course: LE231270****Thursday****March 2****1:00-2:30****Instructor(s): Martha Steger****Online**

One or more trips have probably been very influential in your life. It might have been your first trip by train or plane or your first trip 50 miles from home. Students should come prepared with an outline of a trip they'd like to write about as memoir or with an idea for one they'd like reactions to, and they'll share it with the group. Most of the time will be spent discussing, but there will be a bit of time for writing too.

Modern Floral Designs with an Asian Influence A**Course: LE231265 \$11****Friday****March 3, 10, 17****1:30-3:30****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 principles 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.

The Art of Macrame**Course: LE231263 \$12****Tuesday****March 7, 14****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. This course is open to new macrame students as well as those who previously took the class in 2022. Returning students will choose between a wall hanging and a dream catcher project.

Basic Pine Needle Baskets**Course: LE231241 \$15****Thursday****March 9, 16, 23, 30****1:30-3:30****Instructor(s): Diane Drummond and Jennifer DeRusha**

Students will learn the fun basics of making a pine needle basket from start to finish. The course fee will provide all materials and supplies to create this treasure, and a handout will be given to each student. Students will start weaving the flat bottom of the basket in the first week followed by starting to raise the sides in the second week. Students will complete the baskets and decorate if desired in the third week, and all baskets will need to be completed by the fourth week so they can be sealed. Students may need to work on their basket at home to finish in time. Each student will need to bring sturdy scissors and a jar or glass to the class.

Wonderful Wire Necklaces **Course: LE231233 \$10**

Tuesday **March 14, 21, 28, April 11**

11:00-12:30

Instructor(s): Judith Onesty

Using wire and other materials, students will create fun and interesting necklaces to wear and give as gifts. Learn new skills as you create something beautiful to enjoy. Course fee provides necessary materials. A supply list will be available at registration and outside the office before class.

Solving Crostic Puzzles **Course: LE231274**

Friday **March 24**

1:00-2:30

Instructor(s): Alan McCrea

Related to crossword puzzles, crostics pair up a set of clues with a paragraph of text. The answers to the clues provide the author's name and title of the work, which assists somewhat in solving the puzzle. This course will start with an easy one to get the basic idea, and then students will continue with another puzzle to pick up some of the subtleties of building a solution.

Advanced Card Making: Favorite Techniques **Course: LE231258 \$5**

Wednesday **March 29**

1:00-3:00

Instructor(s): Marie Catherine Ireland

This is an advanced technique course where students will get to experience and practice techniques to make a variety of cards. The focus will be on learning various techniques using media (dry embossing, layering, dimensional cards) and supplies to finish cards will be provided. Students will learn to use ink sprays, stencils, and watercolor techniques with materials to create cards to take home. All students should already be comfortable using a paper trimmer for cutting paper to size using quarter-inch measurements. Basic papercrafting skills such as use of a tape runner, scoring and folding are assumed and will not be taught. Students should bring a paper trimmer, pen, scissors, and tape runner to class.

Modern Floral Designs with an Asian Influence B **Course: LE231266 \$11**

Friday **April 14, 21, 28**

1:30-3:30

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 principles 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.

Simple Stamping Greeting Cards **Course: LE231130 \$22**

Wednesday **April 19**

1:30-3:30

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.

Workshop for LLI Instructors**Course: LS231077****Tuesday Jan 17
2:00-3:30****Instructor(s): Rachel Ramirez**

This workshop will have two primary objectives: 1) To increase the connectivity and collegiality among LLI faculty; and 2) to share ideas about ways to improve the LLI experience for both faculty and students. 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!

Hospice Crafts**Course: LS231147****Wednesday Jan 18, Feb 15, March 15, April 19
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.

Resolving Conflict**Course: LS231084****Thursday Jan 19
9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with several practical strategies for resolving conflict in their lives.

Creating Your Legacy**Course: LS231116****Monday Jan 23
10:30-12:00****Instructor(s): Martha J. Frickert**

How do you wish to be remembered? It doesn't require newsworthy acts of valor, wealth or fame. Instead, thoughtful, intentional planning along with creative follow-through are key components. Explore the meaning of legacy and begin to actively create how you wish to be remembered. Learn fresh and innovative ideas for building your legacy with those special ones in your life. Bring your ideas to share in this fun, thought-provoking course. Learn that it's never too late. You CAN craft your own legacy!

CCPS On the Go: Better Together!**Course: LS231164****Tuesday Jan 24, 31, Feb 7, 14, 21
12:30-1:30****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!

Chesterfield Council on Aging**Course: LS231169****Thursday****Jan 26, Feb 23, March 23, April 27****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!

Mobility Services in Chesterfield County**Course: LS231145****Friday****Jan 27****10:30-11:30****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.

Avoiding Email Scams: Can You Trust that Email?**Course: LS231162****Monday****Jan 30****1:30-2:30****Instructor(s): Shawn L. Smith**

We all get more emails than we need. While some emails are good, useful and we're glad to receive them, there are others that are designed to scam us out of our money, credit and identity. The important question is, can you tell the difference between the two? Many scam emails look remarkably similar to legitimate ones, so how do you tell the difference? The goal of this course is to provide students with tips to help them identify fraudulent emails from legitimate ones. By looking at various aspects of emails, we can distinguish the good from the bad in many cases. Students will also receive resources to help them detect fraud in other ways as well.

Strategies for Reinvention**Course: LS231085****Thursday****Feb 2****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with an overview of the art of reinvention and several practical strategies for being able to successfully reinvent themselves.

VirginiaNavigator: Navigating the Family of Websites**Course: LS231069****Tuesday Feb 7****2:00-3:00****Instructor(s): Bonnie Scimone**

Finding local support services for seniors and caregivers is as simple as the 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, students will learn how to protect their money and identity from scams and fraud.

Mercy Mall Deep Dive**Course: LS231135****Thursday Feb 9****2:30-3:30****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 is for students who have attended the Mercy Mall overview course in the past or for those who are just interested in learning more about this local nonprofit organization. This course will provide more information about the history of Mercy Mall as well as a deep dive into their programs, options for donating items, and the missions behind the mission! A pre-recorded or live video tour of their facility will hopefully be included!

The Art of Friendship**Course: LS231090****Tuesday Feb 14, 21****11:00-12:30****Instructor(s): Dr. Michael J. Wriston**

This course will explore the magic of friendship as well as ways in which friendships can be expanded and deepened.

Mercy Mall Emergency Food Bags**Course: LS231172****Thursday Feb 16****1:30-2:30****Instructor(s): Stacey Jones and Misi Rose**

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

Chesterfield Fire and EMS: An Overview of Your Fire and EMS Department**Course: LS231178****Thursday Feb 16****2:30-3:30****Instructor(s): Keith Chambers**

In this course, students will get an overview on the operations of Chesterfield Fire and EMS. Chesterfield Fire and EMS is not all about fires or EMS incidents. They are an "all hazards" organization that provides many facets of emergency response. Students will learn exactly what hazards the men and women of CFEMS are trained to perform, where fire stations are located, why they are there and where in the future they may go. Learn how they use data, metrics and history to view county call load growth and assist with future growth. See how a top-notch, professional fire and EMS department of over 500 employees and over 55,000 calls per year maintains a solid reputation and a respected culture throughout the region and state.

Senior Safety**Course: LS231180****Thursday****Feb 23****10:30-11:30****Instructor(s): Georgia Smith**

This course will include safety tips for at home, traveling, and shopping from a Chesterfield County Police Officer. Identity theft, frauds and scams will also be covered.

Mercy Mall WeCare Cards**Course: LS231173****Thursday****Feb 23****1:30-2:30****Instructor(s): Stacey Jones and Misi Rose**

Mercy Mall is a place where people are referred to get very basic needs met such as clothing, household items, and toiletries during crisis situations. This road to stability can be very difficult, long, and discouraging. This is where this class comes in! Students will decorate and write encouraging notes to individuals and families who have had a baby, moved into a home from homelessness, or been released from incarceration. It's one way Mercy Mall treats their clients with love, dignity, and respect. All materials will be provided in the class.

Planning Final Arrangements: Pre-Plan to Make It Right**Course: LS231157****Thursday****Feb 23****2:00-3:30****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.

Common Healthcare Scams Affecting Seniors**Course: LS231179****Monday****Feb 27****1:30-2:30****Instructor(s): Shawn L. Smith**

Annually, Medicare loses approximately \$60B-\$80B to healthcare fraud. These are dollars that all working citizens have paid into the system and are lost before they can be put to good use. In addition to these financial losses, the toll that scams take on our seniors is equally as shocking. Seniors are duped out of money, time and often experience trauma as a result of falling for one of these scams. The goal of this interactive course is to provide students with information that will help them avoid the most common scams, detect scams that may be in progress and report cases of suspected scams. Students will also receive resources that will help them monitor their accounts and healthcare activity so they can spot scams if they are happening.

Life-Changing Habits**Course: LS231091****Wednesday****March 1, 8****11:30-1:00****Instructor(s): Dr. Michael J. Wriston**

This course will explore the remarkable power of habits as well as provide guidance on how to weaken or eliminate bad ones and nurture good ones. Special focus will be given to the habits that enable individuals to become more positive and optimistic. Controlling problematic chatter will also be discussed.

Dementia 101: Raising Awareness and Understanding**Course: LS231165****Thursday****March 2, 9, 16****12:00-1:00****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.

End-of-Life Options: Compassion and Choices**Course: LS231174****Wednesday****March 8, 15****1:30-3:00****Online****Instructor(s): Judy Welp**

Compassion and Choices is an organization that envisions a society that affirms life and accepts the inevitability of death while embracing expanded options for compassionate dying and empowering everyone to choose end-of-life care that reflects their values, priorities, and beliefs. This course will explore the current end-of-life options available for terminally ill adults as well as cover what Medical Aid in Dying is and what it isn't. After taking a deep dive into the available options, the importance of filling out end-of-life paperwork will be discussed as well as how Medical Aid in Dying is one option in the end-of-life decisions. Planning ahead can have positive impacts for the individual as well as their loved ones.

CCPD Citizen's Police Academy**Course: LS231176****Thursday****March 9, 16, 23, 30, April 13, 20, 27****8:30-12:30****Instructor(s): Chesterfield County Police Department**

The Chesterfield County Police Department Citizen's Police Academy offers an opportunity to gain a thorough understanding of police practices and procedures. The Academy enhances communications between the Police Department and the community, and through volunteer programs, provides opportunities for involvement with the Police Department. Due to the nature of the ride along opportunity, students will be screened for activities that may disqualify them from participating in the academy. This includes, but is not limited to, a criminal history check, a Division of Motor Vehicles check and a police contact check. The topics covered will include department structure, Uniform Operations Bureau, K9, Office of Professional Standards (OPS), various specialty unit overviews, the ride along, use of force scenarios, and more.

Emergency Preparedness for Your Household**Course: LS231177****Monday****March 13****9:00-10:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will cover the three steps of emergency preparedness: get a kit, make a plan, and stay informed. Other topics that will be covered include mass care sheltering and what happens if a disaster does strike. Many frequently asked emergency-related questions that emergency management staff receive will also be addressed.

Dispelling Hospice Myths**Course: LS231150****Wednesday****March 15****11:30-12:30****Instructor(s): Angie Morriss**

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

Online Magazines from Chesterfield County Public Library**Course: LS231086****Tuesday March 21****10:30-12:00****Instructor(s): Cindy Arnold**

Online magazines are now available from the library through the Magzter app. Students should bring an app-capable mobile device to learn how to download and use Magzter. Enjoy reading magazines offline anytime and anywhere!

Preventing Suicide**Course: LS231094****Thursday March 23****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will enable students to understand the circumstances and internal chatter that can lead to suicide as well as some steps that may help prevent suicide.

Senior Living Community Options: Be Proactive Not Reactive!**Course: LS231097****Monday March 27****10:00-11:30****Instructor(s): Marc Friedlander, MBA CSA****Online**

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.

Mobility Services in Chesterfield County**Course: LS231171****Thursday March 30****10:00-11:00****Instructor(s): Billie Darlington****Online**

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.

Planning Final Arrangements: Pre-Plan to Make It Right**Course: LS231158****Tuesday April 11****1:30-3:00****Instructor(s): Susan Campbell****Online**

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 Uniqueness and Motivation**Course: LS231095****Thursday April 13, 20****10:00-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will make use of MBTI (Myers Briggs Type Indicator) or similar assessment of personal style to enable students to gain a better understanding of what motivates them and makes them unique.

End-of-Life Options: Compassion and Choices**Course: LS231175****Thursday****April 20****1:30-3:00****Instructor(s): Judy Welp**

Compassion and Choices is an organization that envisions a society that affirms life and accepts the inevitability of death while embracing expanded options for compassionate dying and empowering everyone to choose end-of-life care that reflects their values, priorities, and beliefs. This course will explore the current end-of-life options available for terminally ill adults as well as cover what Medical Aid in Dying is and what it isn't. After taking a deep dive into the available options, the importance of filling out end-of-life paperwork will be discussed as well as how Medical Aid in Dying is one option in the end-of-life decisions. Planning ahead can have positive impacts for the individual as well as their loved ones.

PR**Philosophy and Religious Studies****Bible Discussion****Course: PR231002****Thursday****Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27****2:00-3:30****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 books of Jonah and Mark. Is the account of Jonah just a parable about a man who survived being swallowed by a whale? Or is there evidence that it really happened? What does it teach us about our own response to God's calling and about God himself? The Gospel of Mark was the first gospel written and is the shortest. It emphasizes action over discourse. Though John Mark was not one of the 12 disciples, he was closely associated with Peter and was apparently an eyewitness to many of the events he wrote about. Newcomers are always welcome. No prior knowledge of the Bible is required. Students are encouraged to bring a Bible in printed or digital form to each class.

The Power of Myth**Course: PR231090****Monday****Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24****10:30-12:00****Instructor(s): Jim Knego**

The symbols of mythology and legend are all around, embedded in the fabric of daily life, and the Campbell-Moyers dialogues are a welcome guide to recognizing and understanding their meanings. This acclaimed six-part video was on PBS and moderated by Bill Moyers in the late 1980s. The interview was conducted with Joseph Campbell. This course will consist of video interviews between Bill Moyers and Joseph Campbell regarding the evolution of mythology from ancient times up to the present and the importance of myth.

Epistemology: Theories of Knowledge (Part II)**Course: PR231084****Thursday****Jan 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27****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. This is a continuation of the Fall 2022 course by the same name, but attendance in the previous course is not required.

New Testament Survey**Course: PR231093****Friday****Feb 3, 10, 17, 24, March 3, 17, 24, 31****1:00-2:00****Instructor(s): Mary Jo Dailey**

This course will provide a deeper look at the books of the Bible's New Testament. Who wrote them? When did they write them? How did they write them? Why did they write them? Answers to these questions and more will be explored. You may never look at the New Testament the same way again.

The History of the Bible: Not a Bible Study**Course: PR231059****Tuesday Feb 7, 14, 21****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.

Angels in the Bible**Course: PR231041****Thursday Feb 9, 16****9:30-11:00****Instructor(s): Dr. Edward Garrett, Jr.**

Have you wanted to know more about angels? Are they real? Where did they come from? What are their functions? Billy Graham wrote: "The empire of angels is as vast as God's creation. If you believe in the Bible, you will believe in their ministry. They crisscross the Old and New Testaments, being mentioned directly or indirectly 300 times." Come and explore the historical development of angels in the Old and New Testaments and their theological significance. It is impossible to know everything about angels, but students will discover new ideas and perspectives in this course.

The History of Jesus' Birth, Youth and Resurrection**Course: PR231089****Tuesday March 7, 14, 21****2:30-3:30****Instructor(s): Wayne Moyer**

The Bible tells about the birth of Jesus, but what do other sources say? The Bible also describes, in detail, the crucifixion of Christ but why is there so much detail and in what order did things happen? Scripture tells us very little about His youth, but are there other sources? Was Jesus an only child or from a big family? In this course, Biblical truths and other historical sources will be reviewed.

Great World Religions: An Overview**Course: PR231092****Tuesday April 11****10:00-12:00****Instructor(s): Rich Benson**

This course will provide a high-level overview of a number of the world's most populous and longest extant religions; where, when, how and by whom they were founded; their central tenets, teaching and practices. The course will also examine the common elements shared between religions and explain William James' definition of religious experience. This framework will be used to understand the interconnected nature of all religions.

A Walk Through the Old Testament**Course: PR231091****Tuesday April 11, 18, 25****2:00-3:30****Instructor(s): Joanna Lurie, MS, MASCP, MT(ASCP)**

This course will take a walk through the Old Testament, looking at the narrative books in chronological order. The books tell the story of the Israelites and cover ten time periods. The Bible Timeline by Jeff Cavins is the basis for this course, but students do not need to have the book to enjoy the classes.

Company's Coming Concert

Course: SE231164

Wednesday

Jan 25

1:30-2:30

Instructor(s): Kate Conn

Come hear Old Time and Americana music and song from the Company's Coming Band. This trio of musicians will entertain you with banjo, mandolin, guitar, autoharp and harmonica. You can even watch a wooden "Limberjack" dance to the music. All three band members sing, and two- and three-part harmonies are their joy! They'll put a smile on your face and get your feet tapping!! Come join us!

Mardi Gras Traditional Jazz Concert

Course: SE231147

Tuesday

Feb 21

2:30-3:30

Instructor(s): Ken Carlson

Join musicians of the Trad Jazz Studio in an entertaining concert format featuring a variety of well-known and popular tunes in the Dixieland Style appropriate for a Mardi Gras celebration. Typical instruments are trumpet, clarinet, trombone, piano, tuba, and drums. You'll be remembering many very familiar melodies!

Keystone Antique Truck and Tractor Museum Tour

Course: SE231163 \$10

Wednesday

Feb 22

10:00-12:00

Instructor(s): Al Meyer

Keystone Antique Truck and Tractor Museum is conveniently located just 35 minutes from LLI, South of Richmond on I-95. Encompassing more than 125,000 square feet, Keystone Antique Truck and Tractor Museum is no ordinary museum. It's cool, it's combustive, and guarantees to take you on an exhilarating walk down memory lane. Come experience the last century of agricultural heritage incorporating fully restored antique farm tractors, ongoing restoration projects and other farm related equipment. Keystone offers visitors more than the farm with a time warp of antique road trucks, classic cars, vintage gas pumps, oil cans, automotive signage, clocks, advertising posters of yesteryear and so much more! Founder Keith Jones and museum curator Alan "Bones" Stone will delight you with their hospitality and appreciation of the rich heritage of agriculture and automotive transport. Hundreds of farm tractors are on display in this private collection dating back to 1917 through 1960. A timeline of agriculture's heritage with a beautiful award-winning display of Deeres that features one of each of the twenty-eight John Deere two-cylinder models from the Waterloo Boy through the 830. Folks travel from everywhere to see this huge collection of internal combustion vehicles. Be prepared to walk quite a bit to see all this museum has to offer. Members can choose to drive directly to 880 W Roslyn Rd, Colonial Heights, VA 23834. Members who wish to carpool should meet inside LLI at 9AM. Self-guided tour starts at 10AM and could conclude around 12PM. Carpools could arrive back to LLI by 1PM or choose to grab lunch together at the Keystone Grill, located on site. Trip fee covers all-day admission to the museum.

Feed More Tour and Presentation**Course: SE231073****Wednesday****March 1****12:00-2:00****Instructor(s): Doug Pick**

Feed More is Central Virginia's hunger-relief leader made up of the Central Virginia Food Bank, Meals on Wheels and the Community Kitchen. Working together to efficiently and effectively fight hunger to enhance lives in our community, Feed More's programs provide hunger relief to our region's most vulnerable populations, particularly children, families and seniors. Over the past year, their hunger-relief programs have distributed nearly 40 million pounds of food, which is the equivalent to more than 33 million meals to those in need. Feed More CEO and President, Doug Pick, has extended a special invitation to LLI members to have a tour of the facilities led by Doug himself and have lunch provided onsite where a presentation about the history of Feed More, current projects and volunteer opportunities will be shared. Members who wish to carpool should meet inside LLI at 11:15AM. Members can choose to drive directly to 1415 Rhoadmiller Street, Richmond, Virginia 23220. Presentation will start at 12PM over lunch with the tour immediately following. Carpools could arrive back to LLI by 3PM.

An Afternoon of Song**Course: SE231160****Thursday****March 16****12:30-1:30****Instructor(s): Leslie Matthews**

Leslie Matthews, soprano, will sing a variety of popular songs from Broadway, movies, opera and operetta, accompanied by pianist Faith John.

Midlothian Fire Station No. 5 Tour**Course: SE231166****Friday****March 17****10:00-12:00****Instructor(s): Lt. Chip Johnson**

The new Midlothian Fire Station No. 5 opened September 12, 2022. The three-bay, 15,000-square-foot station is located at the intersection of Midlothian Turnpike and Charter Colony Parkway and is home to a new ladder truck. Ladder truck 5 is Chesterfield's sixth staffed ladder truck and the first added to the countywide Fire and EMS response system since 1989. It addresses increased demand in Midlothian, the county's most active area for commercial activity, that is also seeing significant growth in multifamily housing and mixed-use developments. More than 2,900 of Chesterfield's 7,650 residential buildings three stories or taller, or approximately 38%, are located within the new Midlothian fire station's service district. The new Midlothian Station No. 5 serves an area covering 22.8 square miles, including a population of approximately 29,445 and more than 9,000 structures. In addition to the ladder truck, it also houses an engine, ambulance, technical rescue truck and brush truck and is staffed daily by at least eight firefighters. Join your LLI friends on a tour of the new high-quality and thoughtfully-designed facility with Lt. Chip Johnson and the A Shift. Members can choose to drive directly to 13912 Winterfield Lane, Midlothian, VA 23113. Members who wish to carpool should meet inside LLI at 9:30AM. The tour will start at 10AM followed by a time to visit and enjoy a cup of coffee with the firefighters and will conclude around 12PM. Carpools could arrive back to LLI by 12:15PM or choose to grab lunch together nearby.

The 16 Valves Tuba Quartet Concert**Course: SE231154****Wednesday****March 22****2:30-3:30****Instructor(s): Ken Carlson**

Most people are surprised to learn that four tuba players are able to produce such beautiful music! This group of accomplished players has an extensive repertoire of entertaining tunes encompassing many genres: classical, pop, oldies, movie themes, patriotic marches, and spiritual hymns. The music is composed in four parts to specifically feature the melodious capabilities of the two euphoniums, the bass tuba, and the contrabass tuba. You'll enjoy a fun-filled hour of memorable music - a concert you'll not easily forget; there may also be an appearance by a rubber chicken - just for fun!

"Once on This Island" Sneak Peek and Behind the Scenes with Brightpoint**Course: SE231165****Friday March 24****10:00-12:00****Instructor(s): Kerrigan Sullivan**

This special event is designed to give students a behind-the-scenes look at "Once on This Island" which will be performed at The Lynn Theatre at Brightpoint Community College, formerly John Tyler Community College. Once on This Island is a Caribbean musical retelling of The Little Mermaid. Students will learn about the director's vision for the show and how that was executed in production design, meet some of the performers and have a sneak peek of a few of the show's musical hits. While this special event will take place at LLI, students will also have the opportunity to go on a backstage tour and see the show together on Sunday, March 26 at 2pm (ticket purchase required) at The Lynn Theatre on the Midlothian campus of Brightpoint Community College.

The Doll Collector Performance**Course: SE231162****Tuesday March 28****11:00-12:00****Instructor(s): Bob Ferguson and Vic Thompson**

The Young at Heart Actors will present a story of a doll collector and her six dolls. She becomes so immersed in her dolls that she loses all contact with reality. We see the dolls as just dolls, but Nora, the doll collector, sees them as real people. This is not a story of toys coming to life at night; it is a story of a doll collector who can bring them to life with her vivid imagination.

Agecroft Hall and Gardens Tour**Course: SE231126 \$20****Wednesday April 12****1:00-3:00****Instructor(s): Katie Reynolds**

Experience Agecroft Hall, a majestic Tudor mansion brought to Virginia piece by piece from Manchester, England. The home is located on 23 beautifully landscaped acres overlooking the James River in the neighborhood of Windsor Farms, not far from downtown Richmond. The gardens were designed by prominent landscape architect, Charles Gillette. Students will experience guided tours of the historic home, museum and gardens. The formal gardens, with 16th century European roots, are home to a plethora of tulip blooms and offer lovely views of the James River. Please note: the garden tour will be on a variety of surfaces and include some steps while the indoor portion will cover the first floor of the historic house museum. The trip fee will cover both guided tours. Members who wish to carpool should meet inside LLI at 12:15PM. Members can choose to drive directly to 4305 Sulgrave Road, Richmond, VA 23221. Tour will start promptly at 1PM and will conclude by 3PM with extra time to explore the museum exhibits and gift shop independently. Carpools could arrive back to LLI by 4PM.

The Midlothian Jazz Quartet Concert**Course: SE231148****Thursday April 13****12:00-1:00****Instructor(s): Ken Carlson**

Musicians of the Midlothian Jazz Quartet will entertain with familiar jazz tunes, recalling the early days of recorded music, The Jazz Era, show tunes, and much more. Instrumentation: piano, saxophone, string bass, drums.

Norfolk Presents the Virginia International Military Tattoo Tour**Course: SE231120 \$145****Sunday April 23****9:00-7:30****Instructor(s): SignaTours**

Come join your LLI friends as they travel, once again, to Norfolk to see the moving Virginia International Tattoo Show. Each year's show is different with new performers from across the globe, new themes of honor and patriotism, and state of the art technical effects. What never changes - massed pipes and drums, a profound sense of patriotism and an amazingly inspirational finale. WHAT IS A TATTOO? Tattoos are ceremonial performances of military music that have evolved from a European tradition dating to the 17th century. The word "tattoo" is derived from the Dutch word "tap-toe" which quite literally means "turn off the taps." The signal, which indicated that soldiers should return to their barracks and that the beer in the taverns should be turned off, was transmitted by drum beats each evening. This eventually developed into a ceremonial performance of military music by massed bands. First on the agenda is to travel to Smithfield, Virginia, for a plated lunch at the Smithfield Station Waterfront Inn, Restaurant and Marina. Located in Smithfield's Historic district and built to resemble a lifeguard station, this restaurant, marina and 44-room waterfront inn lies along the Pagan River. Enjoy one of several lunch options while overlooking the water. Long regarded as the most patriotic of the world's great military tattoos, the Virginia International Tattoo is truly a unique event. The heartbeat of the 2023 Virginia International Tattoo will be its incredible international cast of more than 800 performers with bands from the U.S. Army, Navy, and Marine Corps joined by civilian and military performers from seven nations. You will see returning favorites such as Norway's Band and Drill Team of His Majesty the King's Guard, the Singapore Armed Force Central Band and the Massed Pipes and Drums from several other nations. The Tattoo will also include first time performers which are sure to become new favorites including the Latvian Central Band. The soul of the 2023 Virginia International Tattoo will be an emotional and grateful tribute to military families. Pageantry and patriotism, spirit and spectacle, talent and teamwork, precision personified, you have to see it to believe it - hundreds of performers join forces, filling the Scope Arena with music, majesty and might! Tour Cost Includes: round-trip motorcoach Transportation, lunch at Smithfield Station, excellent seats for performance of the "Virginia International Tattoo," refreshments aboard the motorcoach, driver gratuity, tax and gratuity on inclusions.

WG**Weekly Group Activities****Spades Course: WG231013****Tuesday Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25****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: WG231001**Tuesday Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25****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: WG231006**Wednesday Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26****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: WG231009****Thursday****Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27****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: WG231010****Friday****Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28****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: WG231007****Friday****Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28****10:00-12:00****Instructor(s): Mary Jane Murphy**

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

Social Bingo Friday**Course: WG231002****Friday****Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28****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: WG231004****Monday****Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24****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.
- Alabaster, Annette** was fascinated with her grandmother's unique carriage wheel garden as a child and the wonder of seeing a flower at four years of age has never left her. In her 40s she became interested in floral design and took a week-long crash course with a well-known floral designer where she learned to make many styles of arrangements and attended lectures. Next, she took two semesters of classes at Northern Virginia Community College, which included how to create head gear and corsages for weddings. While still living in Northern Virginia, she gained hands-on experience working for some very temperamental florists and now she is excited to share her knowledge and experience with other LLI members. Annette hopes that through her courses you will gain a deeper appreciation of God's eternal gift to us - the beauty of his incredible design! Annette has been an LLI member since 2010.
- Arkin, Daniel** will someday figure out what he wants to be when he grows up. His experiences to date include landscape architecture, regional planning, non-profits, flying, welding, fixing, adventuring, and advocating for the role of technology in our lives. He is best known as a storytelling technology educator, having presented cutting edge topics at conferences and classrooms, encouraging adult learners on anything and everything. Nowadays, he splits his energy between evolving outdoor spaces on his three-acre property in the suburbs of Chester and teaching courses which address an ever-growing collection of topics. 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.
- 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.
- Beall, GeGe** has a bachelor’s degree in Theatre and a master's in Industrial/Organizational Psychology from Radford University. She has been a professional improv comedian at ComedySportz Richmond for 10 years where she performs several times a month. In addition, GeGe performs with several other improv groups: "Upstaged" improvises a 20-minute sitcom set in the 1960’s, "Bardaliscious" improvises a one hour play in the style of Shakespeare, and "Old School Improv" which is comprised of 50+ performers who perform for 50+ audiences. GeGe is a professional healthcare consultant and speaker, and often teaches improv games in the corporate world to help tap into creativity and get teams laughing and bonding. Additional certifications include Yoga, Laughter Yoga, Ageless Grace, and Nia. GeGe's goal is to make improv accessible by focusing on the brain health and playful aspects of improv, rather than on the performance.
- Bennett, John** PhD, is a Midlothian resident, an Engineering Professor Emeritus, and a returning LLI Instructor (who prefers to facilitate, rather than instruct.) John is a believer in Lifelong Learning and a proponent of discussion among people with diverse points of view. He has been an LLI member since 2018.
- Benson, Rich** grew up in a Roman Catholic household and attended Catholic schools in a small town in Kentucky. Interested in priesthood at an early age, Rich attended a high school seminary in Cincinnati, OH and spent his twenties as a Franciscan brother, earning the Master of Divinity degree at Catholic Theological Union in Chicago and serving in various ministries. Having a keen interest in the varieties of religious experience, Rich took courses in comparative religions and spent time in different faith practices and traditions around Chicago. He participated in the Parliament of the World's Religions in Chicago in 1993. Since leaving the Franciscan life, Rich has worked for years in the private sector in corporate program management. He and his wife Grace have two wonderful sons - Ben and Jet.
- 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.
- 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.
- Britton, Meredith** NP, is a board-certified acute care nurse practitioner who holds a Bachelor of Science degree in Nursing from Lynchburg College and a Master’s Degree in Nursing from Virginia Commonwealth University. She has more than eight years of clinical experience as a nurse, with extensive experience managing acute and chronic neurological conditions including testing, managing diagnoses, and treatment plans for general and emergent patients. She has specialized training working with stroke patients and patients exhibiting signs of transient ischemic attack (TIA) and is committed to partnering with her patients in developing care plans for each individual circumstance and stage of life. Meredith enjoys educating her patients and strives to provide excellent continuity of care throughout each patient’s healthcare journey.
- 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, Kathy** MHSA is the Health and Wellness Programs Manager for Senior Connections, The Capital Area Agency on Aging. She is a Master Trainer and facilitator for the following evidenced based programs: Stanford University’s Chronic Disease, Diabetes, Chronic Pain Self-Management, and Cancer Thriving and Surviving Programs, and Boston University’s Matter of Balance Falls Prevention Program. Kathy is also an ACE certified Senior Fitness Specialist, a trainer for Mental Health First Aid, and Coordinator for the Aging Strong YMCA Program. She is certified in Food & Nutrition from University of Richmond.
- Brown, Sherella** is a certified Jazzercise fitness instructor who specializes in combining dance and exercise in her work with active adults.
- 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.

- 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.
- Chambers, Keith** is a 55-year resident of Chesterfield County and a 32-year veteran of Chesterfield Fire and EMS, where he currently serves as the Assistant Chief of Community Risk Reduction. In this position, he provides strategic oversight and daily management of the Fire Marshal's Office and Chesterfield County Emergency Management, where they use engineering, education, enforcement, economic incentives, and emergency response to plan, mitigate, respond to, and recover from all types of emergency events and natural or man-made disasters. When not working, Keith enjoys the outdoors with his wife of 33 years, Jane.
- 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.
- 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.
- Conn, Kate** joined LLI in 2018 after retiring from Chesterfield County Public Schools. She has many interests and hobbies. Kate gets much joy from playing banjo, autoharp, and the "Limberjack" with the Company's Coming band. She loves to sing harmony.
- 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.
- Day, Teresa** has been dancing ballroom socially for more than 15 years, taking lessons all the while to improve her ability to dance the many American School smooth and rhythm dances popular in Richmond. Teresa enjoys helping others learn this fun way to sharpen physical, mental, and social skills all at once. She has been an LLI member since 2021.
- 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.
- Drumheller, Kyndall** has been employed in various roles by the Virginia War Memorial since April 2012 and currently serves as the Education Logistics Manager. She received her BA in History from Randolph-Macon College and her MA in American History from Liberty University. While in graduate school, she completed an education internship at the National D-Day Memorial in Bedford, Virginia, where she conducted tours and summer camp programs, and performed research on the involvement of African Americans on D-Day. Kyndall recently served on the Board of the Greater Richmond Association for Volunteer Administration as Treasurer. Currently, she is working on the Virginia War Memorial's Veterans Database - a massive project that locates photographs and information on the nearly 12,000 Virginians who have been killed in action from World War II to the Persian Gulf War.

- 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.
- Felder, Kimberly** is a Hearing Instrument Specialist. She founded Clarity Hearing in 2018 with the belief that everyone should be able to afford hearing. Originally from Upstate NY, she came from a large farm family with eight siblings and cherished the time she spent growing up in a small country setting in the Mohawk Valley. In 1990, Kimberly started working for the audiologist who became her mentor and who inspired her to work with the hearing impaired. For over 30 years, she has helped the hearing impaired understand their hearing loss and find the solution to understanding speech again. Continuing education is an important part of keeping up with this industry, and Kimberly makes it a top priority as the technology available is changing all the time. She has been an LLI member since 2022.
- Ferguson, Bob** has been an active member of LLI since 2008 and has served on the LLI Board of Directors since 2015. He has a Ph.D. in Chemistry and worked at NIH before moving to Richmond. For 38 years he worked in various capacities at Philip Morris/Altria prior to retiring in 2012. Bob has varied interests including Science, History, Literature, and Theater. He has performed with LLI's Readers Theater group, Bifocals, Huguenot Community Players, and River City Community Players. He writes plays (with Vic Thompson) and acts with LLI's own Young at Heart Actors (YAHA).
- Frickert, Martha** is retired and now serving as community advocate on several boards. She previously served as a member and president on the LLI Board of Directors.
- 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.
- Germond, Gerry** is retired from the U.S. Army and Capital One. He now spends his time playing with history by reading, attending lectures (guess where!), going to historical sites, listening to classical, traditional, and military music, war gaming, fooling with genealogy, and spending Fridays at the Chesterfield Historical Society's Trinity Museum. Gerry has been a LLI member since 2014.
- Goldberg, Arlene** began quilting nearly 40 years ago. Having learned various needle crafts since childhood, quilting is the one that stuck and provided a creative outlet during her accounting career. She's made countless quilts for gifts, charities, and herself. Arlene has been an LLI member since 2021.
- 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.
- Good, Reta** is a retired nurse and joined LLI along with her husband, Bill, in 2007. They spent 19 summers on Prince Edward Island and Nova Scotia where they attended a number of International Tattoos.

- Gowda, Soundarya** MD, is a board-certified neurologist with Neurological Associates in Richmond and is board-certified in neurology, neurophysiology, and epilepsy by the American Board of Psychiatry & Neurology. Dr. Gowda earned her medical doctorate at Jagadguru Jayadeva Murugarajendra Medical College in Davangere, India. She completed her internship in the Department of Internal Medicine at Long Island College Hospital, in Brooklyn and her residency in the Department of Neurology at VCU Health System, where she served as chief resident. Afterward, Dr. Gowda remained at VCU to complete a fellowship program in clinical neurophysiology. She is an expert in clinical neurophysiological aspects of epilepsy and has performed extensive research on the surgical and pharmacological management of status epilepticus. Dr. Gowda is highly experienced in neuromodulation therapies for treating epilepsy, including Vagal Nerve Stimulation (VNS), Responsive Neurostimulation for Seizures (RNS®), and deep brain stimulation (DBS). Her care philosophy centers on the quality of life for her patients with epilepsy and understanding the medical, social, and financial impacts that the condition may present.
- Graunke, Cynthia** is a volunteer Road Scholar Ambassador, lives in Midlothian, and has been a member of LLI since 2015. Cindy's travel experiences with Road Scholar span the spectrum of bicycle trips, culinary experiences, history and signature cities. Before retirement, Cindy worked for the Centers for Medicare and Medicaid where she worked with nursing home quality and enforcement policies.
- Grubbs, Mark** is originally from and grew up in Richmond, VA. He has lived in several states and in South Korea. He has a B.S. in Aerospace and Ocean Engineering from Virginia Tech, and an M.A. in Theology from Fuller Theological Seminary. Mark has worked with computers for the last 35+ years in several occupations: engineering, aircraft piloting, teaching in universities abroad, and in vocational ministry. In 2016, he began his own business, Mark's Help LLC, in which he helps people in their homes with their technology, mostly computers and smart phones. Mark began teaching at LLI in 2015 and hopes to continue into the foreseeable future.
- 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.
- Han, Yon** is a Program Coordinator with the Korean Spirit and Culture Promotion Project (KSCPP). KSCPP is a 501(c)(3) nonprofit organization that is dedicated to raising awareness of Korean history and culture. In appreciation for the United States' support for Korea during the Korean War and in the years that followed, KSCPP has held over 2,000 presentations about the history and culture of Korea throughout the country. Internationally, they have hosted complimentary presentations over 14,000 times.
- 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.

- 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.
- Hinman, Diana** has a lifelong love of the arts. She loves experimenting with all mediums, and particularly loves colored pencils. Her first colored pencil class was taught by Laura Evans and she has since taken LLI Art classes led by Brian Austin, Hal Cauthen, Marti Franks, Bev Perdue, Patrice Reese, Sandy Schimmel Gold, and others. She has been a member of LLI since 2015 and enjoys traveling, hiking, camping, gardening, and playing with her grandkids.
- 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.
- Hoose, Darnell** has an MBA in Finance and is an IRS-approved tax pro. She was a Dean in Georgetown University’s MBA program as well as a computer programmer in Dartmouth’s engineering and business schools. When Darnell retired, it was time for a change, so she took drawing, painting and sculpting classes at the Torpedo Factory in Alexandria, VMFA, the Art Factory and studied directly under multiple artists in the area. She has been an LLI member since 2013.
- Horgan, Maryann** is a retired biology teacher, Master Gardener, storyteller, writer, lover of good books, and doting grandmother. She has been an LLI member since 2019.
- Ireland, Marie** has taught craft classes with LLI for many years. She enjoys paper crafting, pottery, quilting, and more.
- Johnson, B. Ellen** PhD, 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.
- Johnson, Chip** is a firefighter with Chesterfield Fire and EMS. He is currently assigned to the Midlothian Fire Station No. 5 in Chesterfield County. Chip started his fire service career as a volunteer within the same agency at Station 11 and was later hired as a career firefighter in 2000. Chip has been assigned to both engine and truck companies within the organization and is an active member of the Central Virginia Technical Rescue Team. He is also a member of Powhatan Volunteer Fire Department Company 4. Chip is a second-generation firefighter following in his father’s footsteps who retired from Henrico Division of Fire after almost 30 years of service.
- 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 has been an LLI member since 2021 and has taught and co-taught the Beginning Ukulele course since 2022. He enjoys playing with the Lifelong Musicians. Why play with six strings when four will do? Come join the Beginning Ukulele class to find out.
- 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.
- Kast Ackley, Melissa** LCSW, is Prevention Services Manager at Chesterfield Mental Health Support Services and co-chair of the Chesterfield Suicide Awareness and Prevention Coalition.
- Kauffman, Mel** spent 35 years with the CIA dealing with communications, networking, and security. He holds ISCEC certifications in Electronics/Radio/Computers and NRI certification in computers. Mel has been using computers since 1984.
- Kawka, Dorota** E-RYT 200, took her first yoga class in 1996 while pregnant with her first child and instantly fell in love with it. She was certified to teach yoga in 2008 and has been teaching ever since. Dorota especially enjoys working with older adults, teaching a variety of Chair Yoga, Senior Yoga and Gentle Yoga classes at different locations in the Richmond area. She is delighted to be able to share her practice with the LLI family.
- Kelly, Suzanne** is a retired Chesterfield County teacher with degrees in Business Education and English. She taught for 47 years in North Carolina and in various county junior and senior high schools. In 2001, she and Dr. Sarah Mansfield created Teachers for Tomorrow, a program for juniors and seniors interested in becoming teachers. The program has been used at James River and Midlothian High Schools since then. She began her teaching career in Chesterfield in the LLI building in 1969 and returned as a member in 2015.
- Kerman, Linda** earned her Master of Education degree from the University of Massachusetts. She has taught literature in high school and community college settings, frequently moderating class discussions. Linda has one son and three grandchildren, all of whom are "bookworms." She loves to read the same teen novels as her grandchildren, so they can have lively discussions. She has been an LLI member since 2016.
- Kern, Whitney** LCSW, is a behavioral consultant with Chesterfield Mental Health Support Services. She works with children, families, and professionals on behavior management, development, communication, and social-emotional skills training.

- King, Margaret** is the author of the Hazel Rose Book Group mysteries. Her short stories appear in the Virginia is for Mysteries series, 50 Shades of Cabernet, Deadly Southern Charm, Death by Cupcake, and Murder by the Glass. Maggie is a member of James River Writers, International Thriller Writers, Short Mystery Fiction Society, and is a founding member of Sisters in Crime Central Virginia, where she manages the chapter's Instagram account. In addition, she serves Sisters in Crime on the national level as a member of the Social Media team. Maggie graduated from Rochester Institute of Technology with a B.S. degree in Business Administration, and has worked as a software developer, customer service supervisor, and retail sales manager. She lives in Richmond, Virginia with her husband, Glen, and her cats, Morris and Olive. Maggie has been an LLI member since 2022.
- 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.
- Knego, James** is a retired hippie with degrees in philosophy, political science, and executive leadership. He spent over 30 years working in the communications industry managing large sales organizations in VP and Executive Director roles. It is his belief that our individual lives have purpose and meaning with unlimited possibilities. Jim has been an LLI member since 2022.
- Kolakowski, Christopher** is the Director of the Wisconsin Veterans Museum and former Director of the MacArthur Memorial. He has written and spoken extensively on military history.
- Kot, Bette** MLIS, is a retired librarian. Her passion is genealogy! Bette welcomes others with the same interest to join her classes for adventures into the past.
- Kulkarni, Trupti Girish** has been meditating for over 20 years and has been a certified instructor since 2006 with the Heartfulness Institute. She was born and brought up in India and earned an MS in Medicinal Chemistry at the University of Kansas. T worked in Pharmaceuticals as a project manager and is now retired to enjoy the real life. She is blessed with a husband and two kids. She loves self-development, meditation, traveling, cooking, reading, painting, drawing, as well as teaching math, meditation and cooking. T has been an LLI member since 2015.
- Kunnmann, Steve** has been an LLI member since 2013. He also serves as Treasurer on the LLI Board of Directors. Steve has degrees in Electrical Engineering from Georgia Tech and an MBA from Rutgers, the State University of New Jersey.
- Lawson, Rachel** is the Program Manager for the Alzheimer's Association supporting the Greater Richmond Chapter. She has been with the Alzheimer's Association since July 2018 after completing her internship with the association in the Spring of 2018. She holds a Bachelor of Science in Health Promotions and a Master of Science in Public Health, both from Lynchburg College. Prior to the Alzheimer's Association, she worked in medical office administration and non-profit health organizations. Rachel always strives 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.
- Levi, Lewis** graduated from the University of Maryland College Park with a BS in Computer Science. He worked with computers for Signet, AT&T and IBM. He and his wife have been LLI members since 2013.
- Levitas, Suzanne** has an extensive background in music performance as a vocal soloist and 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 2011 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.
- 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!
- Masley, Karen** comes from a creative family and has been drawing and painting since she was very young. Having no formal art education, she began to take art more seriously in her thirties when, as a member of various art groups, she was mentored by well-known artists in Texas and Florida. Now at LLI, Karen has enjoyed classes with Brian Austin, Marti Franks, and Hal Cauthen. Karen loves to look for inspiration in nature, capturing vivid colors and textures in her work and bringing her interpretation of the beauty and gloriousness of God's creation. Though she occasionally works in other mediums. Karen's favorites are watercolor and colored pencil. Karen has been an LLI member since 2017.

- 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.
- McAneny, Anne** has self-published ten novels, one of which was republished by Thomas & Mercer. She won the 2022 James River Writers Best Self-Published Novel contest for "Better Left Unsaid" and was runner-up in the same contest in 2018. She consults on the self-publishing process and offers editing services.
- 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.
- Meyer, Albert** is a locally-educated Richmond native and graduate of Georgetown University. He served active duty with the ROTC Commission with the US Army Corps of Engineers in Korea, the Dominican Republic and U.S. Army Reserves (Civil Affairs and Military Government). Al joined the family manufacturing and contracting business as a major supplier to the retail department store industry. Later he became a Commercial Real Estate Broker, a Chesterfield County appointed member to the Metropolitan Economic Development Commission, and he was appointed a 12-year term on the Eppington Plantation Board of Directors. Al has been married to Lil, a dream, since 1967, has three married sons, and nine grandchildren. He still enjoys being a kid! Al has been an LLI member since 2018.
- Morris, John** was raised in Midlothian and graduated from Benedictine College Prep with honors. He holds an associate's degree from John Tyler Community College in Studio Art, bachelors of arts degrees from the College of William and Mary in Government and from Virginia Commonwealth University in Graphic Design, and a Master of Fine Arts from the School of the Art Institute of Chicago in Studio Art. John has eight years of experience teaching art and design at the university level, and he has been intensely studying health and nutrition for the last 10 years.

- 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.
- Mountcastle, Clay** PhD, was appointed Director of the Virginia War Memorial in June 2016. He is retired US Army officer, whose military service took him to Germany, South Korea, and Iraq and on assignments with the 82nd Airborne Division, US Army 5th Corps, and US Army Special Operations Command. His last assignment on active duty was as Professor of Military Science at the University of Washington in Seattle. Dr. Mountcastle grew up in an Army family on military bases in Europe. He is a 1994 graduate of the Virginia Military Institute and holds a masters degree and PhD in Military History from Duke University. Just before reporting to the Virginia War Memorial, he served as an Assistant Professor of Military History at the US Army Command and General Staff College at Fort Lee, Virginia. Dr. Mountcastle has three children and lives in Chesterfield County.
- 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.
- Napper, Sharon** has been a resident of Virginia since 1999 and has served the community of Central Virginia as a special education teacher assistant, pediatric nurse, cardiac acute care nurse, orthopedic step-down nurse, and a medical surgery clinical nurse for 16 years. A Certified Dementia Practitioner and Professional Trainer for the state with the Greater Richmond Chapter Alzheimer's Association since 2019, Sharon loves educating professionals and the public about Alzheimer's, and learning how to better serve the people of Virginia.
- 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.
- Nichol, Matthew** is a Museum Educator at the John Marshall House, with a particular interest in political and legal history as it pertains to the Great Chief Justice, John Marshall. Matthew is a graduate of Virginia Commonwealth University and is currently pursuing his Master's in Education from the University of Richmond.

- Ofosu-Benefo, Nana Ataa** is a Registered Dietitian Nutritionist and the owner of Tungsten Wellness, LLC, a medical nutrition therapy and wellness private practice. Her non-diet nutrition counseling approach is grounded in intuitive eating and Health At Every Size principles, support for radical self-acceptance, and is weight- and size-inclusive. Ms. Ofosu-Benefo also currently works as an Adjunct Lecturer at Southside Virginia Community College and Virginia State University. For thirteen years prior to starting her own business, Ms. Ofosu-Benefo worked as a Clinical Dietitian for Morrison Healthcare at VCU Community Memorial Hospital in South Hill, Virginia. Her experiences include all aspects of acute care coverage (general med-surg floors and the ICU), the dialysis unit, labor and delivery, the oncology center, cardiac and pulmonary rehabilitation classes, community diabetes education classes, precepting dietetic interns, food service management and interdisciplinary staff training/development.
- 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.
- Pachter, Josh** recently retired from a fifty-year career as a college educator, most recently at Northern Virginia Community College. In addition to teaching, he is a writer, editor, and translator of short crime fiction. In 2020, the Short Mystery Fiction Society awarded him its Golden Derringer for Lifetime Achievement. He has been an LLI instructor since early 2022.
- Pagel, Mike** is a retired high school chemistry and physics teacher who has been a student and teacher of the Bible since college. In his church, he has taught two-year overviews of the Bible, in depth studies of individual books, and courses in creative Bible teaching techniques. Mike has been involved in the leadership of the Bible discussion class since becoming an LLI member in 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, 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.
- Pick, Doug** joined Feed More as President and CEO in November 2012. Prior to this role, he spent 12 years as an executive with Capital One in Richmond, where he was highly regarded for his ability to drive complex, corporate-wide change. Doug received his Bachelor of Science degree in Marketing and Management at the McIntire School of Commerce at the University of Virginia. Doug currently serves as the Chair for the Federation of Virginia Food Banks and as the Co-Chair for the VCU Health Equity Steering Committee. Dedicated to the community, Doug has served on numerous local boards, state committees and national task forces.
- Powers, Barbara** has been teaching Sign Language for over 40 years. She studied for 3 years at the Helen Keller National Center for Deaf-Blind Youth and Adults in Sands Point, New York. She has taught both privately and corporately for many years. Barbara joined LLI in 2016 and invites her fellow LLI members to come and learn a type of communication that is beautiful, rewarding and practical.
- Prince, Anita** is a native Virginian and a 44-year resident of Chesterfield County. She retired in 2018 after 44 years of service to the Commonwealth in five different agencies, including Social Services, the Department for Children, the Department of Education, the Department of Correctional Education, and the Department of Corrections. A member of faculty at Virginia Commonwealth University in the School of Social Work and the School of Education, she received her undergraduate degree in Psychology/Biology from Radford College and her masters degree and Doctorate in Adult Education from Virginia Commonwealth University. She currently volunteers at Joy House working with homeless women, on the African American Committee of the Chesterfield Historical Society, and more recently with the Lifelong Learning Institute. Anita has been an LLI member since 2022.
- Pritchard, Carol** is a French teacher who taught beginning, intermediate, advanced and adult education classes for forty years. She taught in the school systems of Baltimore City and County, Maryland; Pittsford, New York; and Chesterfield County, Virginia. Locally, she taught at Monacan High School (until 1994) and James River High School (until 2008). She retired from CCPS in July 2008 and has been a member of LLI since 2009.
- Ramirez, Rachel** has been the Executive Director at LLI in Chesterfield since March 2014. She previously worked for four years in IT and as a Financial Team Manager for a nonprofit in Mechanicsville. Before that she was an Assistant Branch Manager with First Market Bank in Richmond and a Store Manager at Starbucks Coffee Company. Rachel has enjoyed attending and serving with Clover Hill Church since 2003 and is grateful for the opportunities she has had to work with Give Hope 2 Kids, a children's home in the mountains of Honduras. Rachel earned a bachelor's degree in Organizational Leadership and Management from Regent University in 2006 and a Master's Degree in Public Administration with a Graduate Certificate in Nonprofit Management from VCU in 2018. Rachel and her husband, Luis, love spending time with 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.
- Reynolds, Katie** is the Manager of Tour Services at Agecroft Hall and Gardens. She has been working at the museum since 2004 and holds a B.A. degree in history. She looks forward to welcoming LLI students to learn about the unique historic home, British history, and the gardens.
- 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.
- Robison, Jessica** is the Emergency Management Public Outreach Coordinator for Chesterfield County. She manages the Chesterfield County Emergency Management staff, who are highly experienced professionals in the areas of emergency planning, mitigation, response, and recovery and are committed to enhancing the resilience of the County through providing comprehensive preparedness training to those who work, live, or play in Chesterfield. Jessica also serves as the Community Emergency Response Team (CERT) Coordinator which encompasses over 1,300 trained volunteers. Jessica's background is in volunteer programs and management. In 2013, she became a certified Master Resiliency Trainer (MRT) through the University of Pennsylvania and the Department of the Army. As an MRT, she taught soldiers and family members how to build skills that would allow them to survive and then thrive in difficult situations. Jessica's passion is to educate and empower residents to play an active role in the well-being of themselves and their communities. She holds a Bachelor of Science Degree in Crime, Law and Justice from Pennsylvania State University and an MBA from Western Governors University with a Master's Degree in Healthcare Management.
- Rogers, Matt** was raised in Chesterfield County, graduated from James River High School, and then graduated from Longwood University with a bachelor's degree in Criminal Justice. Corporal Rogers has served with the Chesterfield County Police Department for 16 years. During that time, he has served as a patrol officer, school resource officer, and is currently assigned to the Community Engagement Unit. Corporal Rogers is the coordinator for the Chesterfield County Police Department's Citizen's Academies and the Project Lifesaver program. He also assists in teaching crisis intervention for the Chesterfield County Police Department's CIT program.
- Rose, Misi** is a wife and mom to two adult children and the Director of Operations for the Mercy Mall of Virginia.

- Roseum, Margo** is a term education technician at Shenandoah National Park. Education and Interpretation Rangers in Shenandoah National Park work to connect people with nature both in person and virtually. Margo has worked at Cuyahoga Valley National Park, Yellowstone National Park and Olympic National Park before working at Shenandoah National Park since April 2021. Margo enjoys hiking and exploring throughout the country and bringing the magic of Shenandoah National Park to everyone.
- 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.
- Saunders, George** is a graduate of Virginia Commonwealth University. A lifelong student of railroad history, he has been an active member of the Old Dominion Chapter of the National Railway Historical Society for more than 40 years. Contributing in countless capacities, including serving on the board of directors, he currently serves as the facilities rental manager for the chapter's museum in Richmond, Virginia. In the past, George has done PowerPoint presentations on "The Development of Trains in the South and their Use in 1864" and "Railroad Communications in 1864" at the American Civil War Museum, the Richmond Railroad Museum, and LLI as part of the Sesquicentennial lecture series on the war.
- Schaffer, Les** is a great-grandfather with a strong inner comedian (and absolutely no ability to tell a joke) who listens to, tells, and teaches about stories in a wide variety of 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, and 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 other storytelling, religious, and educational organizations. As a teenager, one of Les' first jobs was with a NYC political organization, which sparked a lifelong interest in the machinations and comedy of politicians and political systems. He claims all his stories are true, even the ones he makes up and he hopes that his work awakens the storyteller and story-listener within you.
- 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.
- Scott, Marlene** Ed.D., began her professional career in Virginia as a school teacher in King and Queen County. She then received a Master's Degree in Counseling Education, followed by a Doctor of Education from George Washington University. Before retiring, Dr. Scott served as a school administrator for over 16 years. Upon her retirement from Chesterfield County Schools, she became a Master Gardener in 2015 and has volunteered her services educating both children and adults in the benefits and joys of gardening. Each day, Dr. Scott learns something new about our beautiful Earth and continues to do her small part to sustain our environment.

- Seaborn, Tom** is a native of Newport News, Virginia. He holds a B.S. in Civil 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. In 1998, he became the design manager of semiconductor wafer fabrication plants for Motorola and Siemens. He has been a member of LLI since 2018 and has been active in the genealogy and memoir 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.
- Simon, Emme** is a Transformational Energy Intuitive and Integrative “Love Life” Coach. She empowers and guides heart-centered folks to break through the log jams of life and acknowledge and heal their own heart and soul, claim their value, and live their best life. Emme speaks on several books, including There is Nothing Wrong, Healing Your Body, and Life-Force - Experience Paradise in Your Lifetime.
- Skellett, Kevin** is a pastor at Southside Church, founder of Love Never Ends ministry, and a member of the Chesterfield Suicide Awareness and Prevention Coalition.
- Smith, Georgia** is currently a Crime Prevention Specialist for Multi-Family Housing with the Chesterfield County Police Department and has been in this position since its creation in April 2006. She assists with the Project Lifesaver program in Chesterfield County and provides presentations to various groups and organizations on crime prevention topics and gang awareness. Georgia is the current president of the Capital Region Crime Prevention and Education organization and works closely with a variety of agencies throughout the Commonwealth to provide crime prevention information and programming. She began her career with the Chesterfield County Police Department in 2000 as an Auxiliary Police Officer. Prior to Georgia’s current position, she worked for the police department as an Intelligence Analyst from 2001-2006. In her capacity as an Intelligence Analyst, she worked with multiple state agencies gathering information related to crimes involving drugs, gangs and terrorism. Georgia holds a bachelor’s degree in Journalism with a minor in Business from Franklin College in Franklin, Indiana.
- Smith, Shawn** serves as the State Director for the Virginia Senior Medicare Patrol (SMP). He is an ordained minister, a certified business coach, and author of "101 Fraud Tips for Protecting Your Money, Your Credit and Your Identity from Thieves Hackers and Scammers". Shawn has had a long career in serving underserved and marginalized communities and he is passionate about advocating for others, but also empowering others to become self-advocates. He has two sons, Shawn and Vaughn and lives in Richmond, VA.
- 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, is a neurointerventional radiologist specializing in neurovascular surgery. His special interests are in acute stroke management, intracranial aneurysm repair, and all types of brain and spine intervention including carotid stenting, brain tumor embolization, and kyphoplasty for the repair of benign and malignant fractures of the spine.

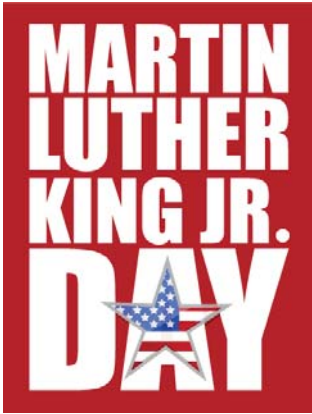
- Stagg, Jean Beverly** did not start painting until she was in her 60s. After her husband passed away, she decided it was time to focus on her own interests. In 2014, she started taking watercolor classes and discovered that she not only loves painting; she is good at it! Her passion is painting animals, but Jean enjoys working with various mediums from pastels to black iron pipes and prides herself on her willingness to continue exploring new materials and techniques. In 2016, she joined an art club. Now she shows her work at local galleries in the Richmond area and is a commissioned artist. Her love of the arts has made her a more outgoing person. Jean has been an LLI member since 2019.
- Steger, Martha** has worked on both sides of the media, having been a city magazine editor before being public relations director for the Virginia Tourism Corporation for more than 25 years. She's presently a freelance writer covering travel, business, and profiles for publications ranging from "Richmond" and "Virginia Living" magazines to BoomerMagazine.com.
- 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.
- Sullivan, Kerrigan** (She/Her) is currently the Department Chair of Performing Arts at Brightpoint and the Producing Artistic Director of the Lynn Theatre. Kerrigan has been in over a hundred plays since she began her career at the age of six. Her favorite professional credits include "A Christmas Carol" at Madison Square Garden, "The Batman Forever Stunt Show" at Six Flags Great Adventure, "Sex and the City", and "Guiding Light." Locally, her favorite roles include Becky in "Becky's New Car" at CAT Theatre, Dinah in "The Quality of Life" at HATTheatre (RTCC nominated for Best Ensemble), and as Gene Stratton Porter in the one woman show "A Song in the Wilderness." She directs locally including, "Wings" (RTCC nominated for Best Director), "The Fourth Wall," and "This World We Know" at Firehouse Theatre Project. Kerrigan holds a Bachelor of Fine Arts from NYU's Tisch School for the Arts and a Master of Fine Arts from Brooklyn College.
- Swatlowski, Wayne** began his adult career as a catholic priest and served for 15 years in various areas of Appalachia. After resigning and marrying, he worked with various non-profit homeless and low-income housing organizations. Wayne graduated Summa Cum Laude from Clown College at John Tyler Community College, has been clowning around for about 15 years with Clowns of America International and local Virginia Clown Alley #3. He retired three years ago and is now enjoying volunteer activities, reading, and watching birds and Netflix movies from his recliner. He continues to use bubbles, rocket balloons, and perform a little magic as Basa (his clown alter-ego) and loves the opportunity it provides him to be with kids and the young at heart. Wayne has been an LLI member since 2019.

- 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.
- Truzzie, Bryan** is the Historic Sites Supervisor for the Chesterfield County Parks and Recreation Department and a member of the Chesterfield Historical Society of Virginia.
- 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.
- 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.
- Waybright, Chelsea** is a PhD candidate in the Peace Studies program at Trinity College Dublin. Her academic background consists of religious studies, psychology, conflict transformation, and the expressive arts. Ultimately, her research goals are to further bridge the field of expressive arts with conflict studies to better understand community dynamics in times of social change with the hopes to address systemic issues such as xenophobia, extremism, and sectarianism in societies around the world. Her specific areas of interest are how the arts are used as both a tool for peacebuilding as well as propaganda in the contexts of ethno-sectarian conflict, including ethno-sectarian separation and border walls; mobile arts and geopolitics; far-right extremism; and the rise of Christian nationalism and militant Christianity in the United States.

- Waybright, Jon** is a field archaeologist and assistant professor in Religious Studies at Virginia Commonwealth University where he has taught courses since 1997, focusing on World Religions, Biblical Studies, and Near Eastern Archaeology. He earned his Master of Theological Studies from Boston University's School of Theology and holds degrees in History and Religious Studies from VCU. Mr. Waybright's field experience is expansive and focuses on southern Israel. While spending a dozen seasons excavating at Ashkelon, he has conducted field research at Khirbet Qeiyafa, Tell Lachish, and Khirbet al-Rai. He has been the Experiential Coordinator for the School of World Studies since 2013 and is also a core faculty member in the VCU Open Minds Program with the Richmond City Justice Center where classes are held in tandem with both VCU students and incarcerated residents. Mr. Waybright leads a study abroad program to Israel in the summers, where students engage in archaeological research with a multi-university team of researchers.
- Weidner, Heather** has been a cop's kid, technical writer, editor, college professor, software tester, and IT manager. 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.
- Weisgarber, Jackie** is a Public Affairs Specialist with the Social Security Administration. She's based in Richmond and covers Social Security outreach and education throughout Central and Southwest Virginia. Jackie implements Social Security's communications plan through local, regional, and national initiatives and supports 12 Social Security field offices in Virginia. Previously, she was a Claims Specialist for 10 years based in the Charleston, SC field office where she implemented Social Security policy, adjudicated claims and managed special projects while serving the public with compassion, courtesy, and respect. Prior to joining Social Security, Jackie was a Project Manager for a health benefits technology firm and a PR Specialist for a national nonprofit. Jackie has a BA in Journalism from The University of South Carolina and a Master's in Public Administration from The College of Charleston.
- Welp, Judy** is a retired social worker who believes the last act is important, planning for the end of life is crucial, and having the resources to have constructive conversations with doctors is necessary. In 2020, Judy organized a group of volunteers from the Tidewater Compassion and Choices Action Team who are dedicated to educating people on being prepared for the end of life and the options available to them.
- 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.
- Wiley, Jenny** PhD, a Richmond native, earned her BS at the College of William and Mary and her PhD at Virginia Commonwealth University. Before her recent retirement, she designed and supervised a decades long program of federally funded preclinical research, focused on investigation of the neural mechanisms underlying the pharmacological effects of cannabinoids (including those found in the cannabis plant.) She is a former tenured professor in the medical school of Virginia Commonwealth University and an Emeritus Distinguished Fellow at RTI International, located in Research Triangle Park, NC. She has been an LLI member since 2022.

- Winter, Alan** graduated with honors in history from Rutgers. He studied creative writing at Columbia's Graduate School of General Studies and earned professional degrees from NYU and Columbia, serving as an associate professor at both institutions. Alan has edited a professional journal and published more than twenty peer-reviewed articles. His screenplay, "Polly," received honorable mention at the Austin Film Festival and became the basis for his novel "Island Bluffs." Total, Alan has published four novels: "Island Bluffs," "Snowflakes in the Sahara", "Someone Else's Son," and "Savior's Day," the latter having been a Kirkus Review Best Book Selection of 2013. Additionally, he co-authored two highly acclaimed historical novels with Herb Stern - "Wolf" and "Sins of the Fathers" - which reveals little-known facts about the rise of Hitler, the Nazis, and how World War II was almost averted.
- 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 |
|--|---|---|---|--|
| 1/16/2023 | 1/17/2023 | 1/18/2023 | 1/19/2023 | 1/20/2023 |
| LLI Closed | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD035 - Woodcarving with Merv | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
|  | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a HS002 - Anthropology | 9:30a-10:45a CO192 - The James Webb Space Telescope | 9a-12p WG010 - Bridge |
| | 9a-10:30a IA999 - Orientation for New Members | 9:30a-11a EL103 - New Book Clubs | 9:30a-11:30a LS084 - Resolving Conflict | 9:30a-11a CO076 - Cable TV Alternatives A |
| | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:30a-11a HS527 - Rethinking the Cold War | 9:30a-11:30a WG009 - Mah Jongg | 9:45a-10:45a FI029 - Chair Yoga |
| | 10a-11a AD021 - Tap Dancing | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 10a-11:30a AD238 - Understanding Opera (Online) | 10a-12p WG007 - Hand and Foot and Triple Play |
| | 11a-12p HS550 - The Last Frontier | 10a-11a FI031 - Chair Yoga (Online) | 10:15a-11:15a AD075 - Line Dance Practice | 10:30a-12:30p AD167 - Open Oil Painting |
| | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12p AD171 - The Art of the Sketch A | 10:30a-12:30p AD192 - Senior Storytelling Slam | 11a-11:45a HW352 - Beginning Tai Chi Review |
| | 11a-1p WG013 - Spades | 11a-12p AD235 - Beginning Guitar | 10:30a-12p EL099 - The History of Animation | 12p-1p AD022 - Cha Cha for Couples |
| | 11:30a-12:30p AD058 - Country Line Dancing | 11a-12p EL043 - Enjoy Poetry | 11a-12p EF143 - Pillars of the New Retirement | 1p-3p AD233 - Watercolor Open Studio |
| | 12p-12:30p IA100 - Birthday Celebration | 11a-11:45a FI018 - Sit and Be Fit | 11:30a-12:45p CO193 - The James Webb Space Telescope (Online) | 1p-3p EL015 - Aspiring Writer's Critique |
| | 12:30p-1:30p EL100 - Literary Society Orientation | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 11:30a-12:15p FI005 - Sit and Be Fit | 1p-3p WG002 - Social Bingo |
| | 1p-3p AD234 - Colorist Open Studio | 11:30a-12:45p LA003 - Beginning Sign Language | 12p-1:30p AD141 - Lifelong Musicians | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| | 1p-2p FI006 - Chair Yoga | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1p-2p FI010 - Chair Yoga (Sub: Linda) | |
| | 1p-3p WG001 - Social Bingo | 1p-2p AD210 - Intro to Percussion and Samba | 1p-2p HS532 - Let's Talk about Polarization | |
| | 1:30p-2:30p HS551 - The Last Frontier (Online) | 1p-2p EL101 - Literary Society Orientation (Online) | 1:30p-3p AD015 - Advanced Reader's Theater | |
| | 2p-3:30p LS077 - Workshop for Instructors | 1p-2:45p HS003 - Current Events | 1:30p-2:30p LE275 - Shenandoah National Park (Online) | |
| | 2p-3:30p AD170 - Wind Ensemble | 1p-2:30p LS147 - Hospice Crafts | 2p-3:30p CO188 - Intro to iPhone A | |
| | 2:30p-3:30p EL090 - Obituary Writing Workshop A | 1p-3p WG006 - Cards and Games | 2p-3:30p PR002 - Bible Discussion | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 1:30p-3:30p LE032 - Knitters United | 2:30p-3:30p FI007 - Gentle Yoga (Sub: Linda) | |
| | 3p-3:45p HW239 - Joy Through Meditation (Online) | 2:30p-3:30p FI015 - Pilates | | |
| | | 2:30p-3:30p IA997 - Q&A for Current Members | | |
| | | | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 1/23/2023 | 1/24/2023 | 1/25/2023 | 1/26/2023 | 1/27/2023 |
| 9a-10a FI001 - Low Impact | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD035 - Woodcarving with Merv | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
| 9:30a-12:30p LE143 - Beaded Lanyard A | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a HS002 - Anthropology | 9a-10:30a LS169 - Chesterfield Council on Aging | 9a-12p WG010 - Bridge |
| 9:30a-10:30a LE045 - Beginning Genealogy | 9a-10a LA019 - Conversational French Review | 9:30a-11a HW303 - Being Mortal Documentary | 9:30a-11a PR084 - Epistemology | 9:30a-11a CO076 - Cable TV Alternatives A |
| 10a-10:45a FI004 - Sit and Be Fit | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:30a-11a HS527 - Rethinking the Cold War | 9:30a-11:30a WG009 - Mah Jongg | 9:30a-10:30a Diversity Committee Meeting |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 10a-12p AD017 - Basic Watercolor | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 10a-11:30a AD238 - Understanding Opera (Online) | 9:45a-10:45a FI029 - Chair Yoga |
| 10a-11:30a LE204 - Travel Writing as Memoir | 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 |
| 10:30a-12p LS116 - Creating Your Legacy | 11a-12p HS550 - The Last Frontier | 11a-12p AD171 - The Art of the Sketch A | 10:30a-12p EL099 - The History of Animation | 10:30a-12:30p AD167 - Open Oil Painting |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12p AD235 - Beginning Guitar | 11:30a-12:15p FI005 - Sit and Be Fit | 10:30a-11:30a LS145 - Mobility Services |
| 11a-12p FI028 - Gentle Yoga | 11a-1p WG013 - Spades | 11a-12p EL043 - Enjoy Poetry | 12p-1:30p AD141 - Lifelong Musicians | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 12:30p-1:30p CO195 - Nearpeer | 11:30a-12:30p AD058 - Country Line Dancing | 11a-11:45a FI018 - Sit and Be Fit | 12p-1:30p IA001 - January Luncheon | 12p-1p AD022 - Cha Cha for Couples |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 12:30p-1:30p LS164 - CCPS On the Go | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 12:30p-3:30p LE147 - Beaded Lanyard B | 1p-3p AD233 - Watercolor Open Studio |
| 1p-3p WG004 - Cards and Games | 1p-3p AD234 - Colorist Open Studio | 11:30a-12:45p LA003 - Beginning Sign Language | 1p-2p FI010 - Chair Yoga | 1p-3p WG002 - Social Bingo |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 1p-2p FI006 - Chair Yoga | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1:30p-3p AD015 - Advanced Reader's Theater | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 2p-3:30p CO175 - Google Photos A | 1p-3p WG001 - Social Bingo | 1p-2p AD210 - Intro to Percussion and Samba | 2p-3:30p CO188 - Intro to iPhone A | |
| 2p-3:30p HS556 - The Philistines Not Philistine | 1:30p-2:30p HS551 - The Last Frontier (Online) | 1p-3p LE007 - Beginning Quilting | 2p-3:30p PR002 - Bible Discussion | |
| 2p-3:30p LA015 - Conversational German | 2p-3:30p AD170 - Wind Ensemble | 1p-3p WG006 - Cards and Games | 2:30p-3:30p FI007 - Gentle Yoga | |
| 3:30p-4:30p LLI Board of Directors Meeting | 2p-3:30p HS089 - Great Decisions | 1:30p-3p HW390 - Medicinal Marijuana | | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 1:30p-3:30p LE032 - Knitters United | | |
| | 2:30p-3:30p HW375 - Joint Replacements | 1:30p-2:30p SE164 - Company's Coming Concert | | |
| | 3p-3:45p HW239 - Joy Through Meditation (Online) | 2p-3p EF117 - How to Protect Your Identity (Online) | | |
| | | 2p-3:30p LE252 - Genealogy Discussions | | |
| | | 2:30p-3:30p FI015 - Pilates | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 1/30/2023 | 1/31/2023 | 2/1/2023 | 2/2/2023 | 2/3/2023 |
| 9a-10a FI001 - Low Impact | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD035 - Woodcarving with Merv | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
| 9:30a-10:30a HW392 - Suicide Prevention | 9a-10a FI034 - Fun Fitness (Online) | 9:30a-11a HS527 - Rethinking the Cold War | 9:30a-10:45a HS567 - Arc de Triomphe | 9a-12p WG010 - Bridge |
| 9:30a-10:30a LE045 - Beginning Genealogy | 9a-10:30a HS496 - Our Rich History | 9:30a-11a HW391 - The Ketogenic Diet | 9:30a-11:30a LS085 - Strategies for Reinvention | 9:45a-10:45a FI029 - Chair Yoga |
| 10a-10:45a FI004 - Sit and Be Fit | 9a-10a LA019 - Conversational French Review | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11a PR084 - Epistemology | 10a-12p AD168 - Royal Nova Scotia Tattoo |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 9:30a-10:30a AD209 - Intro to Readers Theater | 10a-11a FI031 - Chair Yoga (Online) | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10a-12p LE273 - Beaded Lanyard Upgrade | 10a-12p AD017 - Basic Watercolor | 11a-12p HW396 - Healthy Brain (Online) | 10a-11:15a HS555 - Graffiti, Tourism and Conflict (Online) | 10:30a-12:30p AD167 - Open Oil Painting |
| 10:30a-12p PR090 - The Power of Myth | 10a-11a AD021 - Tap Dancing | 11a-12p AD171 - The Art of the Sketch A | 10:15a-11:15a AD075 - Line Dance Practice | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 11a-12p FI028 - Gentle Yoga | 10a-11a HW373 - Osteoporosis | 11a-12p AD235 - Beginning Guitar | 10:30a-12p EL099 - The History of Animation | 12p-1p AD022 - Cha Cha for Couples |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 11a-12p HS550 - The Last Frontier | 11a-12p EL043 - Enjoy Poetry | 11:30a-12:15p FI005 - Sit and Be Fit | 12:30p-2p CO058 - iPhone Basics |
| 1p-3p WG004 - Cards and Games | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-11:45a FI018 - Sit and Be Fit | 11:30a-12:45p HS568 - Arc de Triomphe (Online) | 1p-3p AD233 - Watercolor Open Studio |
| 1:30p-2:30p CO179 - Basics of Digital Photography (Online) | 11a-1p WG013 - Spades | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 12p-1:30p AD141 - Lifelong Musicians | 1p-3p EL015 - Aspiring Writer's Critique |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 11:30a-12:30p AD058 - Country Line Dancing | 11:30a-12:45p LA003 - Beginning Sign Language | 1p-2:30p EL066 - Howdy Doody | 1p-2p PR093 - New Testament Survey |
| 1:30p-2:30p LS162 - Avoiding Email Scams | 12p-1p EF118 - Organizing Your Records (Online) | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1p-2p FI010 - Chair Yoga | 1p-3p WG002 - Social Bingo |
| 2p-3:30p CO175 - Google Photos A | 12:30p-1:30p LS164 - CCPS On the Go | 1p-2p AD210 - Intro to Percussion and Samba | 1p-2p HS532 - Let's Talk about Polarization | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 2p-3:30p HS556 - The Philistines Not Philistine | 1p-3p AD234 - Colorist Open Studio | 1p-2:45p HS003 - Current Events | 1:30p-3p AD015 - Advanced Reader's Theater | |
| 2p-3:30p LA015 - Conversational German | 1p-2p FI006 - Chair Yoga | 1p-3p LE007 - Beginning Quilting | 2p-3:30p CO188 - Intro to iPhone A | |
| | 1p-3p WG001 - Social Bingo | 1p-3p WG006 - Cards and Games | 2p-3:30p PR002 - Bible Discussion | |
| | 1:30p-2:30p HS551 - The Last Frontier (Online) | 1:30p-3p HW390 - Medicinal Marijuana | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2p-3:30p AD170 - Wind Ensemble | 1:30p-3:30p LE032 - Knitters United | | |
| | 2p-3:30p EL098 - Banned Books Discussion | 2p-3:30p LE252 - Genealogy Discussions | | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 2:30p-3:30p FI015 - Pilates | | |
| | 3p-3:45p HW239 - Joy Through Meditation (Online) | | | |




| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 2/6/2023 | 2/7/2023 | 2/8/2023 | 2/9/2023 | 2/10/2023 |
| 9a-10:30a EF113 - Medicare 101 | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD035 - Woodcarving with Merv | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
| 9a-10a FI001 - Low Impact | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a HS002 - Anthropology | 9:30a-11:30a HW353 - Healthy Living Workshop | 9a-12p WG010 - Bridge |
| 9:30a-10:30a LE045 - Beginning Genealogy | 9a-10a LA019 - Conversational French Review | 9:30a-11a HS527 - Rethinking the Cold War | 9:30a-11a PR041 - Angels in the Bible | 9:30a-11a EF012 - Death and Taxes |
| 10a-10:45a FI004 - Sit and Be Fit | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:30a-11a HW391 - The Ketogenic Diet | 9:30a-11a PR084 - Epistemology | 9:45a-10:45a FI029 - Chair Yoga |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 10a-4p Souper Bowl Soup, Bread and Dessert Fundraiser | 10a-4p Souper Bowl Soup, Bread and Dessert Fundraiser | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10:30a-12p CO057 - Intro to the Internet | 10a-12p AD017 - Basic Watercolor | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 10a-11:15a HS555 - Graffiti, Tourism and Conflict (Online) | 10:30a-12:30p AD167 - Open Oil Painting |
| 10:30a-12p LE253 - Easy Cooking (Online) | 10a-11a AD021 - Tap Dancing | 10a-11a FI031 - Chair Yoga (Online) | 10:15a-11:15a AD075 - Line Dance Practice | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p HW251 - Brain Power Hour | 10:30a-12p EF138 - Medicare 101 (Online) | 10:30a-12p EL099 - The History of Animation | 12p-1p AD022 - Cha Cha for Couples |
| 11a-12p FI028 - Gentle Yoga | 11a-12p HS550 - The Last Frontier | 11a-12p AD171 - The Art of the Sketch A | 11:30a-12:15p FI005 - Sit and Be Fit | 12:30p-2p CO058 - iPhone Basics |
| 11a-12:30p HS526 - Justice for All | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12p AD235 - Beginning Guitar | 11:30a-1p LE277 - Korean Lotus Lantern Craft (Online) | 1p-3p AD233 - Watercolor Open Studio |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 11a-1p WG013 - Spades | 11a-12p EL043 - Enjoy Poetry | 12p-1:30p AD141 - Lifelong Musicians | 1p-2:30p HW387 - Counting Carbs for Beginners A |
| 1p-3p WG004 - Cards and Games | 11:30a-12:30p AD058 - Country Line Dancing | 11a-11:45a FI018 - Sit and Be Fit | 12p-1:30p HS563 - The Voices of Gettysburg | 1p-2p PR093 - New Testament Survey |
| 1:30p-2:30p CO179 - Basics of Digital Photography (Online) | 12:30p-2p HS552 - Political Comedy | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 12p-1p HW315 - Leaky Bladder | 1p-3p WG002 - Social Bingo |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 11:30a-12:45p LA003 - Beginning Sign Language | 1p-2p FI010 - Chair Yoga | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 2p-3:30p HS556 - The Philistines Not Philistine | 12:30p-1:30p LS164 - CCPS On the Go | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1p-2p HS557 - Merrill's Marauders (Online) | |
| 2p-3:30p LA015 - Conversational German | 1p-3p AD234 - Colorist Open Studio | 1p-2p AD210 - Intro to Percussion and Samba | 1:30p-3p AD015 - Advanced Reader's Theater | |
| | 1p-2p FI006 - Chair Yoga | 1p-3p LE007 - Beginning Quilting | 2p-3:30p EL102 - How to Make Your Dialogue Sing | |
| | 1p-3p WG001 - Social Bingo | 1p-3p WG006 - Cards and Games | 2p-3:30p CO190 - Intro to Android A | |
| | 1:30p-2:30p HS551 - The Last Frontier (Online) | 1:30p-3:30p LE032 - Knitters United | 2p-3:30p PR002 - Bible Discussion | |
| | 2p-3p LS069 - VirginiaNavigator | 2p-3:30p LE252 - Genealogy Discussions | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2p-3:30p AD170 - Wind Ensemble | 2:30p-3:30p FI015 - Pilates | 2:30p-3:30p LS135 - Mercy Mall Deep Dive | |
| | 2:30p-3:30p FI009 - Gentle Yoga | | | |
| | 2:30p-3:30p PR059 - The History of the Bible | | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 2/13/2023 | 2/14/2023 | 2/15/2023 | 2/16/2023 | 2/17/2023 |
| 9a-10a FI001 - Low Impact | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD035 - Woodcarving with Merv | 8:30a-9:30a FI020 - Zumba Gold | 8:30a-9:30a FI003 - Fusion Fitness |
| 9:30a-11a EF132 - Financial Preparedness | 9a-10a FI034 - Fun Fitness (Online) | 9:30a-11a HS527 - Rethinking the Cold War | 9:30a-11:30a HW353 - Healthy Living Workshop | 9a-12p WG010 - Bridge |
| 9:30a-10:30a LE045 - Beginning Genealogy | 9a-10:30a HS087 - Global Cultural Geography | 9:30a-11a HW391 - The Ketogenic Diet | 9:30a-11a PR041 - Angels in the Bible | 9:30a-11a HS529 - Western Civilization |
| 10a-10:45a FI004 - Sit and Be Fit | 9a-10a LA019 - Conversational French Review | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11a PR084 - Epistemology | 9:45a-10:45a FI029 - Chair Yoga |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 9:30a-10:30a AD209 - Intro to Readers Theater | 10a-11a FI031 - Chair Yoga (Online) | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10:30a-12p CO057 - Intro to the Internet | 10a-12p AD017 - Basic Watercolor | 11a-12p AD171 - The Art of the Sketch A | 10a-11:15a HS555 - Graffiti, Tourism and Conflict (Online) | 10:30a-12:30p AD167 - Open Oil Painting |
| 10:30a-12p LE253 - Easy Cooking (Online) | 10a-11a AD021 - Tap Dancing | 11a-12p AD235 - Beginning Guitar | 10:15a-11:15a AD075 - Line Dance Practice | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p HS550 - The Last Frontier | 11a-12p EL043 - Enjoy Poetry | 10:30a-12:30p AD192 - Senior Storytelling Slam | 12p-1p AD022 - Cha Cha for Couples |
| 11a-12p FI028 - Gentle Yoga | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-11:45a FI018 - Sit and Be Fit | 11a-12p EF145 - Outlook and Opportunities | 12:30p-2p CO058 - iPhone Basics |
| 11a-12:30p HS526 - Justice for All | 11a-12:30p LS090 - The Art of Friendship | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 11a-12:30p EL084 - True Love Stories (Online) | 1p-3p AD233 - Watercolor Open Studio |
| 11:30a-1p HW393 - Aging and Ageism | 11a-1p WG013 - Spades | 11:30a-12:45p LA003 - Beginning Sign Language | 11:30a-12:15p FI005 - Sit and Be Fit | 1p-3p EL015 - Aspiring Writer's Critique |
| 12:30p-1:30p CO195 - Nearpeer | 11:30a-12:30p AD058 - Country Line Dancing | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 11:30a-12:30p HS573 - George Washington | 1p-2p PR093 - New Testament Survey |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 12p-12:30p IA100 - Birthday Celebration | 1p-2p AD210 - Intro to Percussion and Samba | 12p-1:30p AD141 - Lifelong Musicians | 1p-3p WG002 - Social Bingo |
| 1p-3p WG004 - Cards and Games | 12:30p-2p HS552 - Political Comedy | 1p-2:45p HS003 - Current Events | 1p-2p FI010 - Chair Yoga | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 1:30p-2:30p CO179 - Basics of Digital Photography (Online) | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 1p-3p LE007 - Beginning Quilting | 1p-2p HS532 - Let's Talk about Polarization | |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 12:30p-1:30p LS164 - CCPS On the Go | 1p-2:30p LS147 - Hospice Crafts | 1:30p-3p AD015 - Advanced Reader's Theater | |
| 2p-3:30p HS556 - The Philistines Not Philistine | 1p-3p AD234 - Colorist Open Studio | 1p-3p WG006 - Cards and Games | 1:30p-3p HS564 - The Voices of Gettysburg (Online) | |
| 2p-3:30p LA015 - Conversational German | 1p-2p FI006 - Chair Yoga | 1:30p-3:30p LE032 - Knitters United | 1:30p-2:30p LS172 - Mercy Mall Emergency Food | |
| | 1p-3p WG001 - Social Bingo | 2:30p-3:30p FI015 - Pilates | 2p-3:30p CO190 - Intro to Android A | |
| | 1:30p-2:30p HS551 - The Last Frontier (Online) | | 2p-3p HS553 - Aerial Europe | |
| | 2p-3:30p AD170 - Wind Ensemble | | 2p-3:30p PR002 - Bible Discussion | |
| | 2p-3:30p HS089 - Great Decisions | | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2:30p-3:30p FI009 - Gentle Yoga | | 2:30p-3:30p LS178 - Chesterfield Fire and EMS | |
| | 2:30p-3:30p PR059 - The History of the Bible | | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 2/20/2023 | 2/21/2023 | 2/22/2023 | 2/23/2023 | 2/24/2023 |
| LLI Closed | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD035 - Woodcarving with Merv | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
|  | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a HS002 - Anthropology | 9a-10:30a LS169 - Chesterfield Council on Aging | 9a-12p WG010 - Bridge |
| | 9a-10:30a HS087 - Global Cultural Geography | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11:30a HW353 - Healthy Living Workshop | 9:30a-10:30a Diversity Committee Meeting |
| | 9a-10a LA019 - Conversational French Review | 10a-12p SE163 - Keystone Museum Tour | 9:30a-11a PR084 - Epistemology | 9:30a-11a HS529 - Western Civilization |
| | 10a-12p AD017 - Basic Watercolor | 10a-11a FI031 - Chair Yoga (Online) Chair Yoga | 9:30a-11:30a WG009 - Mah Jongg | 9:45a-10:45a FI029 - Chair Yoga |
| | 10a-11a AD021 - Tap Dancing | 11a-12:30p AD129 - History of Classical Music | 10a-11:15a HS555 - Graffiti, Tourism and Conflict (Online) | 10a-11a HW153 - Stroke Risk and Prevention |
| | 10:30a-12p HS511 - Olmsted's America | 11a-12p AD171 - The Art of the Sketch A | 10:15a-11:15a AD075 - Line Dance Practice | 10a-12p WG007 - Hand and Foot and Triple Play |
| | 11a-12p HS550 - The Last Frontier | 11a-12p AD235 - Beginning Guitar | 10:30a-11:30a LS180 - Senior Safety | 10:30a-12:30p AD167 - Open Oil Painting |
| | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12p EL043 - Enjoy Poetry | 11:30a-12:15p FI005 - Sit and Be Fit | 11a-11:45a HW352 - Beginning Tai Chi Review |
| | 11a-12:30p LS090 - The Art of Friendship | 11a-11:45a FI018 - Sit and Be Fit | 12p-1:30p AD141 - Lifelong Musicians | 12p-1p AD022 - Cha Cha for Couples |
| | 11a-1p WG013 - Spades | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 12p-1:30p IA002 - February Luncheon | 1p-3p AD233 - Watercolor Open Studio |
| | 11:30a-12:30p AD058 - Country Line Dancing | 11:30a-12:45p LA003 - Beginning Sign Language | 1p-2p FI010 - Chair Yoga | 1p-2p CO194 - Instagram 101 |
| | 12:30p-2p HS552 - Political Comedy | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1:30p-3p AD015 - Advanced Reader's Theater | 1p-2p PR093 - New Testament Survey |
| | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 1p-2p AD210 - Intro to Percussion and Samba | 1:30p-2:30p LS173 - Mercy Mall WeCare Cards | 1p-3p WG002 - Social Bingo |
| | 12:30p-1:30p LS164 - CCPS On the Go | 1p-2:30p HS575 - Civil War Generals | 2p-3:30p LS157 - Planning Final Arrangements | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| | 1p-3p AD234 - Colorist Open Studio | 1p-3p LE200 - Advanced Card Making | 2p-3:30p CO190 - Intro to Android A | |
| | 1p-2p FI006 - Chair Yoga | 1p-3p WG006 - Cards and Games | 2p-3p HS553 - Aerial Europe | |
| | 1p-3p WG001 - Social Bingo | 1:30p-3:30p LE032 - Knitters United | 2p-3:30p PR002 - Bible Discussion | |
| | 1:30p-2:30p HS551 - The Last Frontier (Online) | 2p-3:30p LE252 - Genealogy Discussions | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2p-3p LE207 - Road Scholar Education Travel | 2:30p-3:30p FI015 - Pilates | | |
| | 2p-3:30p AD170 - Wind Ensemble | | | |
| 2:30p-3:30p FI009 - Gentle Yoga | | | | |
| 2:30p-3:30p PR059 - The History of the Bible | | | | |
| 2:30p-3:30p SE147 - Mardi Gras Traditional Jazz | | | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 2/27/2023 | 2/28/2023 | 3/1/2023 | 3/2/2023 | 3/3/2023 |
| 9a-10a FI001 - Low Impact | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD035 - Woodcarving with Merv | 8:30a-9:30a FI020 - Zumba Gold | 8:30a-9:30a FI003 - Fusion Fitness |
| 9:30a-11a EL075 - Self-Publishing Your Book | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a AD236 - Picasso's Women | 9:30a-10:45a HS569 - Off the Beaten Path - Azores (Online) | 9a-12p WG010 - Bridge |
| 9:30a-10:30a LE045 - Beginning Genealogy | 9a-10a LA019 - Conversational French Review | 9:30a-10:30a HW397 - Communication and Dementia | 9:30a-11:30a HW353 - Healthy Living Workshop | 9:30a-11a HS529 - Western Civilization |
| 10a-10:45a FI004 - Sit and Be Fit | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:30a-10:30a AD172 - The Art of the Sketch B | 9:30a-11a PR084 - Epistemology | 9:45a-10:45a FI029 - Chair Yoga |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 10a-12p AD017 - Basic Watercolor | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10a-11:30a LE272 - Floral Design Demonstration | 10a-11a AD021 - Tap Dancing | 12p-2p SE073 - Feed More Tour | 10a-11:30a AD020 - Understanding Opera | 10:30a-12:30p AD167 - Open Oil Painting |
| 10:30a-12p LE253 - Easy Cooking (Online) | 10:30a-12p HS511 - Olmsted's America | 10a-11a FI031 - Chair Yoga (Online) | 10a-11:30a LE259 - Container Gardening | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p HS550 - The Last Frontier | 10a-11a HW380 - What Comes After Menopause | 10:15a-11:15a AD075 - Line Dance Practice | 12p-1p AD022 - Cha Cha for Couples |
| 11a-12p FI028 - Gentle Yoga | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12:30p AD129 - History of Classical Music | 11:30a-12:15p FI005 - Sit and Be Fit | 12:30p-2p CO092 - Intermediate iPhone |
| 11a-12:30p HS526 - Justice for All | 11a-1p WG013 - Spades | 11a-12p AD231 - Beginning Ukulele | 12p-1:30p AD141 - Lifelong Musicians | 1p-3p EL015 - Aspiring Writer's Critique |
| 12p-1:30p LE276 - Balloon Twisting 101 | 11:30a-12:30p AD058 - Country Line Dancing | 11a-12p EL043 - Enjoy Poetry | 12p-1:15p HS570 - Off the Beaten Path - Azores | 1p-2p PR093 - New Testament Survey |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 12p-1p HS561 - Virginia War Memorial Archives (Online) | 11a-11:45a FI018 - Sit and Be Fit | 12p-1p LS165 - Dementia 101 | 1p-3p WG002 - Social Bingo |
| 1p-2:30p HS549 - Traveling the Roman Empire | 12:30p-2p HS552 - Political Comedy | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 1p-2p FI010 - Chair Yoga | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 1p-3p WG004 - Cards and Games | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 11:30a-12:45p LA003 - Beginning Sign Language | 1p-2p HS532 - Let's Talk about Polarization | 1:30p-3:30p LE265 - Modern Floral Designs A |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 1p-3p AD234 - Colorist Open Studio | 11:30a-1p LS091 - Life-Changing Habits | 1p-2:30p LE270 - Travel Writing as Memoir (Online) | |
| 1:30p-2:30p LS179 - Common Healthcare Scams | 1p-2p FI006 - Chair Yoga | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1:30p-3p AD015 - Advanced Reader's Theater | |
| 2p-3:30p LA015 - Conversational German | 1p-3p WG001 - Social Bingo | 1p-2p AD210 - Intro to Percussion and Samba | 2p-3:30p CO181 - Google It A | |
| 2p-3:30p LE271 - Outdoor Landscape Spaces | 1:30p-2:30p HS551 - The Last Frontier (Online) | 1p-2:45p HS003 - Current Events | 2p-3p HS553 - Aerial Europe | |
| 3:30p-4:30p LLI Board of Directors | 2p-3:30p AD170 - Wind Ensemble | 1p-3p WG006 - Cards and Games | 2p-3:30p PR002 - Bible Discussion | |
| | 2p-3:30p EL098 - Banned Books Discussion | 1:30p-3:30p LE032 - Knitters United | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 2p-3:30p LE252 - Genealogy Discussions | | |
| | 2:30p-3:30p HW376 - Vertigo and | 2:30p-3:30p FI015 - Pilates | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 3/6/2023 | 3/7/2023 | 3/8/2023 | 3/9/2023 | 3/10/2023 |
| 9a-10a FI001 - Low Impact | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD035 - Woodcarving with Merv | 8:30a-9:30a FI020 - Zumba Gold | 8:30a-9:30a FI003 - Fusion Fitness |
| 9:30a-11a EL075 - Self-Publishing Your Book | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a AD236 - Picasso's Women | 8:30a-12:30p LS176 - CCPD Citizen's Police Academy | 9a-12p WG010 - Bridge |
| 9:30a-10:30a LE045 - Beginning Genealogy | 9a-10a LA019 - Conversational French Review | 9a-10:30a HS002 - Anthropology | 9:30a-11:30a HW353 - Healthy Living Workshop | 9:30a-11a HS529 - Western Civilization |
| 10a-10:45a FI004 - Sit and Be Fit | 9a-11a LE263 - Intro to Macrame | 9:30a-10:30a AD172 - The Art of the Sketch B | 9:30a-11a PR084 - Epistemology | 9:45a-10:45a FI029 - Chair Yoga |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:30a-11a CO144 - Renewable Energy in Our World | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10:30a-12p AD166 - Intro to Oil Painting | 10a-11a AD021 - Tap Dancing | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 10a-11:30a AD020 - Understanding Opera | 10:30a-12:30p AD167 - Open Oil Painting |
| 10:30a-12p AD220 - Improvisation Games | 10:30a-12p HS511 - Olmsted's America | 10a-11a FI031 - Chair Yoga (Online) | 10a-12p AD237 - Negative Painting | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 10:30a-12p LE253 - Easy Cooking (Online) | 11a-12p CO185 - Everyday Math | 11a-12:30p AD129 - History of Classical Music | 10a-11:15a CO141 - Windows Tips and Tricks (Online) | 12p-1p AD022 - Cha Cha for Couples |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p HS550 - The Last Frontier | 11a-12:30p AD173 - Oil Painting a Simple Pear | 10:15a-11:15a AD075 - Line Dance Practice | 12:30p-2p CO092 - Intermediate iPhone |
| 11a-12p FI028 - Gentle Yoga | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12p AD231 - Beginning Ukulele | 11:30a-12:15p FI005 - Sit and Be Fit | 1p-2p HS566 - Early American Diplomacy |
| 11a-12:30p HS526 - Justice for All | 11a-1p WG013 - Spades | 11a-12p EL043 - Enjoy Poetry | 12p-1:30p AD141 - Lifelong Musicians | 1p-3p WG002 - Social Bingo |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 11:30a-12:30p AD058 - Country Line Dancing | 11a-11:45a FI018 - Sit and Be Fit | 12p-1p LS165 - Dementia 101 | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 1p-2:30p HS549 - Traveling the Roman Empire | 12:30p-2p HS552 - Political Comedy | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 1p-2p CO187 - Math and Spreadsheets Review | 1:30p-3:30p LE265 - Modern Floral Designs A |
| 1p-3p WG004 - Cards and Games | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 11:30a-12:45p LA003 - Beginning Sign Language | 1p-2p FI010 - Chair Yoga | 2p-3:30p HW388 - Counting Carbs for Beginners B |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 1p-3p AD234 - Colorist Open Studio | 11:30a-1p LS091 - Life-Changing Habits | 1p-3p HS554 - Polarization Reduction | |
| 2p-3:30p LA015 - Conversational German | 1p-2p FI006 - Chair Yoga | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1:30p-3p AD015 - Advanced Reader's Theater | |
| 2p-3:30p LE271 - Outdoor Landscape Spaces | 1p-3p HS381 - Adventures of the Camino | 1p-2p AD210 - Intro to Percussion and Samba | 1:30p-3:30p LE241 - Basic Pine Needle Baskets | |
| | 1p-3p WG001 - Social Bingo | 1p-2:30p HS565 - A Baseball Experience | 2p-3p HS553 - Aerial Europe | |
| | 1:30p-2:30p HS551 - The Last Frontier (Online) | 1p-3p WG006 - Cards and Games | 2p-3:30p PR002 - Bible Discussion | |
| | 2p-3:30p AD170 - Wind Ensemble | 1:30p-3p CO169 - Automotive Basics | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2p-3:30p CO186 - Intro to Spreadsheets | 1:30p-3:30p LE032 - Knitters United | 2:30p-3:30p HW395 - Let's Learn About the Basics | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 1:30p-3p LS174 - End-of-Life Options (Online) | | |
| | 2:30p-3:30p PR089 - The History of Jesus | 2p-3:30p LE252 - Genealogy Discussions | | |
| | | 2:30p-3:30p FI015 - Pilates | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 3/13/2023 | 3/14/2023 | 3/15/2023 | 3/16/2023 | 3/17/2023 |
| 9a-10a FI001 - Low Impact | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD080 - Woodcarving | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
| 9a-10:30a LS177 - Emergency Preparedness | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a AD236 - Picasso's Women | 8:30a-12:30p LS176 - CCPD Citizen's Police Academy | 9a-12p WG010 - Bridge |
| 9:30a-11a EL075 - Self-Publishing Your Book | 9a-10a LA019 - Conversational French Review | 9:30a-10:30a AD172 - The Art of the Sketch B | 9:30a-11:30a HW353 - Healthy Living Workshop | 9:30a-11a HS529 - Western Civilization |
| 9:30a-10:30a LE045 - Beginning Genealogy | 9a-11a LE263 - Intro to Macrame | 9:30a-11a CO144 - Renewable Energy in Our World | 9:30a-11a PR084 - Epistemology | 9:45a-10:45a FI029 - Chair Yoga |
| 10a-10:45a FI004 - Sit and Be Fit | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p SE166 - Fire Station No. 5 Tour |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 9:30a-10:30a HS559 - The Turning Point | 10a-11a FI031 - Chair Yoga (Online) | 10a-11:30a AD020 - Understanding Opera | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10:30a-12p AD166 - Intro to Oil Painting | 10a-11a AD021 - Tap Dancing | 10a-11:15a CO139 - Online Data Storage (Online) | 10a-11a HW381 - Stress Relief Guided Meditation (Online) | 10:30a-12:30p AD167 - Open Oil Painting |
| 10:30a-12p AD220 - Improvisation Games | 10a-11a HW366 - Understanding Alzheimer's (Online) | 11a-12:30p AD129 - History of Classical Music | 10:15a-11:15a AD075 - Line Dance Practice | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 10:30a-12p PR090 - The Power of Myth | 10:30a-12p HS511 - Olmsted's America | 11a-12:30p AD173 - Oil Painting a Simple Pear | 10:30a-12:30p AD192 - Senior Storytelling Slam | 12p-1p AD022 - Cha Cha for Couples |
| 11a-12p FI028 - Gentle Yoga | 11a-12p CO185 - Everyday Math | 11a-12p AD231 - Beginning Ukulele | 11a-12:30p EL085 - Opportunities Stories (Online) | 12:30p-2p CO092 - Intermediate iPhone |
| 11a-12:30p HS526 - Justice for All | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12p EL043 - Enjoy Poetry | 11:30a-12:15p FI005 - Sit and Be Fit | 1p-3p EL015 - Aspiring Writer's Critique |
| 11a-12p HW389 - Hearing and Hearing Health (Online) | 11a-12:30p LE233 - Wonderful Wire Necklaces | 11a-11:45a FI018 - Sit and Be Fit | 11:30a-12:30p EF146 - Focus on Fixed Income | 1p-2p PR093 - New Testament Survey |
| 12:30p-1:30p CO195 - Nearpeer | 11a-1p WG013 - Spades | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 12p-1:30p AD141 - Lifelong Musicians | 1p-3p WG002 - Social Bingo |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 11:30a-12:30p AD058 - Country Line Dancing | 11:30a-12:45p LA003 - Beginning Sign Language | 12p-1p LS165 - Dementia 101 | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 1p-2:30p HS549 - Traveling the Roman Empire | 12p-12:30p IA100 - Birthday Celebration | 11:30a-12:30p LS150 - Dispelling Hospice Myths | 12:30p-1:30p SE160 - An Afternoon of Song | 1:30p-3:30p LE265 - Modern Floral Designs A |
| 1p-3p WG004 - Cards and Games | 12:30p-2p HS552 - Political Comedy | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1p-2p CO187 - Math and Spreadsheets Review | 2p-3:30p CO176 - Google Photos B |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 1p-2p AD210 - Intro to Percussion and Samba | 1p-2p FI010 - Chair Yoga | |
| 2p-3:30p LA015 - Conversational German | 1p-2p FI006 - Chair Yoga | 1p-2:45p HS003 - Current Events | 1p-2p HS532 - Let's Talk about Polarization | |
| 2p-3:30p LE271 - Outdoor Landscape Spaces | 1p-3p WG001 - Social Bingo | 1p-2:30p LS147 - Hospice Crafts | 1:30p-3p AD015 - Advanced Reader's Theater | |
| | 2p-3:30p AD170 - Wind Ensemble | 1p-3p WG006 - Cards and Games | 1:30p-3:30p LE241 - Basic Pine Needle Baskets | |
| | 2p-3:30p CO186 - Intro to | 1:30p-3p CO169 - Automotive Basics | 2p-3p HS553 - Aerial Europe | |
| | 2p-3:30p HS089 - Great Decisions | 1:30p-3:30p LE032 - Knitters United | 2p-3:30p PR002 - Bible Discussion | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 1:30p-3p LS174 - End-of-Life Options | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2:30p-3:30p PR089 - The History of Jesus | 2:30p-3:30p FI015 - Pilates | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 3/20/2023 | 3/21/2023 | 3/22/2023 | 3/23/2023 | 3/24/2023 |
| 9a-10a FI001 - Low Impact | 9a-2:30p AD119 - Watercolor Problem Solving | 9a-11a AD080 - Woodcarving | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
| 9:30a-11a EL075 - Self-Publishing Your Book | 9a-10:30a EL048 - Memoir Writing | 9a-2:30p AD119 - Watercolor Problem Solving | 8:30a-12:30p LS176 - CCPD Citizen's Police Academy | 9a-12p WG010 - Bridge |
| 9:30a-10:30a HW293 - Seizures | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a AD236 - Picasso's Women | 9a-10:30a LS169 - Chesterfield Council on Aging | 9:30a-11a HS529 - Western Civilization (RC) |
| 9:30a-10:30a LE045 - Beginning Genealogy | 9a-10a LA019 - Conversational French Review | 9a-10:30a HS002 - Anthropology | 9:30a-11:30a LS094 - Preventing Suicide | 9:45a-10:45a FI029 - Chair Yoga |
| 10a-10:45a FI004 - Sit and Be Fit | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:30a-11a CO144 - Renewable Energy in Our World | 9:30a-11a PR084 - Epistemology | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 9:30a-11:30a HS560 - Two Coups (Online) | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p SE165 - Once on This Island Sneak Peek |
| 10:30a-12p AD166 - Intro to Oil Painting | 10a-11a AD021 - Tap Dancing | 10a-11a FI031 - Chair Yoga (Online) | 10a-11:30a CO162 - Microsoft Access Databases (Online) | 10:30a-12:30p AD167 - Open Oil Painting |
| 10:30a-12p AD220 - Improvisation Games | 10:30a-12p LS086 - Online Magazines from CCPL | 11a-12:30p AD129 - History of Classical Music | 10:15a-11:15a AD075 - Line Dance Practice | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p CO185 - Everyday Math | 11a-12p AD231 - Beginning Ukulele | 11:30a-12:15p FI005 - Sit and Be Fit | 12p-1p AD022 - Cha Cha for Couples |
| 11a-12p FI028 - Gentle Yoga | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12p EL043 - Enjoy Poetry | 11:30a-12:30p HS227 - Chesterfield County History | 1p-2p PR093 - New Testament Survey |
| 11a-12:30p HS526 - Justice for All | 11a-12:30p LE233 - Wonderful Wire Necklaces | 11a-11:45a FI018 - Sit and Be Fit | 12p-1:30p AD141 - Lifelong Musicians | 1p-3p WG002 - Social Bingo |
| 11a-12p HW389 - Hearing and Hearing Health (Online) | 11a-1p WG013 - Spades | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 12p-1:30p IA003 - March Luncheon | 1p-2:30p LE274 - Solving Crostic Puzzles |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 11:30a-12:30p AD058 - Country Line Dancing | 11:30a-12:45p LA003 - Beginning Sign Language | 1p-2p CO187 - Math and Spreadsheets Review | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 1p-2:30p HS549 - Traveling the Roman Empire | 12:30p-2p HS552 - Political Comedy | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1p-2p FI010 - Chair Yoga | 2p-3:30p CO176 - Google Photos B |
| 1p-3p WG004 - Cards and Games | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 1p-2p AD210 - Intro to Percussion and Samba | 1:30p-3p AD015 - Advanced Reader's Theater | |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 1p-2p FI006 - Chair Yoga | 1p-3p WG006 - Cards and Games | 1:30p-3:30p LE241 - Basic Pine Needle Baskets | |
| 2p-3:30p LA015 - Conversational | 1p-3p WG001 - Social Bingo | 1p-2p HS562 - The Victory Disease | 2p-3p HS553 - Aerial Europe | |
| 2p-3:30p LE271 - Outdoor Landscape Spaces | 2p-3:30p AD170 - Wind Ensemble | 1:30p-3p CO169 - Automotive Basics | 2p-3:30p PR002 - Bible Discussion | |
| | 2p-3:30p CO186 - Intro to Spreadsheets | 1:30p-2:30p EF144 - Social Security 101 (Online) | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 1:30p-3:30p LE032 - Knitters United | | |
| | 2:30p-3:30p PR089 - The History of Jesus | 2p-3:30p LE252 - Genealogy Discussions | | |
| | | 2:30p-3:30p FI015 - Pilates | | |
| | | 2:30p-3:30p SE154 - The 16 Valves Tuba Quartet | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 3/27/2023 | 3/28/2023 | 3/29/2023 | 3/30/2023 | 3/31/2023 |
| 9a-10a FI001 - Low Impact | 9a-10:30a EL048 - Memoir Writing | 9a-11a AD080 - Woodcarving | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
| 9:30a-11a EL075 - Self-Publishing Your Book | 9a-10a FI034 - Fun Fitness (Online) | 9a-10:30a AD236 - Picasso's Women | 8:30a-12:30p LS176 - CCPD Citizen's Police Academy | 9a-12p WG010 - Bridge |
| 10a-10:45a FI004 - Sit and Be Fit | 9a-10a LA019 - Conversational French Review | 9:30a-10:30a AD172 - The Art of the Sketch B | 9:30a-10:45a HS571 - Off the Beaten Path - Mexico | 9:30a-10:30a Diversity Committee Meeting |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11a PR084 - Epistemology | 9:30a-11a HS529 - Western Civilization |
| 10a-11:30a LS097 - Senior Living Options (Online) | 9:30a-11a EF115 - Estate Planning (Online) | 10a-11a FI031 - Chair Yoga (Online) | 9:30a-11:30a WG009 - Mah Jongg | 9:45a-10:45a FI029 - Chair Yoga |
| 10:30a-12p AD220 - Improvisation Games | 10a-11a AD021 - Tap Dancing | 11a-12:30p AD129 - History of Classical Music | 10a-11a LS171 - Mobility Services (Online) | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p CO185 - Everyday Math | 11a-12:30p AD173 - Oil Painting a Simple Pear | 10:15a-11:15a AD075 - Line Dance Practice | 10:30a-12:30p AD167 - Open Oil Painting |
| 11a-12p FI028 - Gentle Yoga | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12p AD231 - Beginning Ukulele | 11:30a-12:15p FI005 - Sit and Be Fit | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 11a-12:30p HS526 - Justice for All | 11a-12:30p LE233 - Wonderful Wire Necklaces | 11a-12p EL043 - Enjoy Poetry | 11:30a-12:45p HS572 - Off the Beaten Path - Mexico (Online) | 12p-1p AD022 - Cha Cha for Couples |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 11a-12p SE162 - The Doll Collector | 11a-11:45a FI018 - Sit and Be Fit | 12p-1:30p AD141 - Lifelong Musicians | 1p-3p EL015 - Aspiring Writer's Critique |
| 1p-3p WG004 - Cards and Games | 11a-1p WG013 - Spades | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 12p-1:30p HS541 - History of Ventriloquism | 1p-2p PR093 - New Testament Survey |
| 1p-2p HW340 - Hands Only CPR A | 11:30a-12:30p AD058 - Country Line Dancing | 11:30a-12:45p LA003 - Beginning Sign Language | 1p-2p CO187 - Math and Spreadsheets Review | 1p-3p WG002 - Social Bingo |
| 1:30p-3p EF006 - Unlock Your IRA | 12:30p-2p HS552 - Political Comedy | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1p-2p FI010 - Chair Yoga | 1p-2p EL094 - Obituary Writing Workshop B |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 1p-2p AD210 - Intro to Percussion and Samba | 1p-2p HS532 - Let's Talk about Polarization | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 2p-3:30p LA015 - Conversational German | 1p-2p FI006 - Chair Yoga | 1p-2:45p HS003 - Current Events | 1:30p-3p AD015 - Advanced Reader's Theater | 2p-3:30p CO182 - Google It B |
| 2p-3:30p LE271 - Outdoor Landscape Spaces | 1p-3p WG001 - Social Bingo | 1p-3p WG006 - Cards and Games | 1:30p-3:30p LE241 - Basic Pine Needle Baskets | <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>LLI Closed for Spring Break April 3-7</p> </div> |
| 2:30p-3:30p HW341 - Hands Only CPR B | 2p-3:30p AD170 - Wind Ensemble | 1p-3p LE258 - Advanced Card Making | 2p-3p HS553 - Aerial Europe | |
| 3:30p-4:30p LLI Board of Directors Meeting | 2p-3:30p CO186 - Intro to Spreadsheets | 1:30p-3:30p LE032 - Knitters United | 2p-3:30p PR002 - Bible Discussion | |
| | 2p-3:30p EL098 - Banned Books Discussion | 2p-3:30p LE252 - Genealogy Discussions | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 2:30p-3:30p FI015 - Pilates | 2:30p-3:30p HW377 - Chronic Pain | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 4/10/2023 | 4/11/2023 | 4/12/2023 | 4/13/2023 | 4/14/2023 |
| 9a-10a FI001 - Low Impact | 9a-2:30p AD151 - YUPO and Watermedia | 9a-11a AD080 - Woodcarving | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
| 10a-10:45a FI004 - Sit and Be Fit | 9a-10a FI034 - Fun Fitness (Online) | 9a-2:30p AD151 - YUPO and Watermedia | 8:30a-12:30p LS176 - CCPD Citizen's Police Academy | 9a-12p WG010 - Bridge |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 9a-10a LA019 - Conversational French Review | 9a-10:30a HS002 - Anthropology | 9:30a-11a CO077 - Cable TV Alternatives B | 9:30a-11a HS529 - Western Civilization |
| 10:30a-12p AD220 - Improvisation Games | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11a PR084 - Epistemology | 9:45a-10:45a FI029 - Chair Yoga |
| 10:30a-12p PR090 - The Power of Myth | 10a-11a AD021 - Tap Dancing | 10a-11a FI031 - Chair Yoga (Online) | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p WG007 - Hand and Foot and Triple Play |
| 11a-12p FI028 - Gentle Yoga | 10a-12p PR092 - Great World Religions | 10a-11a HW398 - Safety and Dementia | 10a-11:30a LS095 - Understanding Uniqueness | 10:30a-12:30p AD167 - Open Oil Painting |
| 11a-12:30p HS526 - Justice for All | 11a-12p LA022 - Basic Arabic Script (Online) | 11a-12:30p AD129 - History of Classical Music | 10:15a-11:15a AD075 - Line Dance Practice | 11a-12:30p EL086 - Community Short Stories (Online) |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 11a-12:30p LE233 - Wonderful Wire Necklaces | 11a-12p EL043 - Enjoy Poetry | 11:30a-12:15p FI005 - Sit and Be Fit | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 1p-2p CO183 - The Electric Grid | 11a-1p WG013 - Spades | 11a-11:45a FI018 - Sit and Be Fit | 11:30a-12:30p EF147 - Outsmart the Scammers | 12p-1p AD197 - Ballroom Dance Practice |
| 1p-3p WG004 - Cards and Games | 11:30a-12:30p AD058 - Country Line Dancing | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 12p-1:30p AD141 - Lifelong Musicians | 1p-3p EL015 - Aspiring Writer's Critique |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 12p-12:30p IA100 - Birthday Celebration | 11:30a-12:45p LA003 - Beginning Sign Language | 12p-1p HW362 - Healthy Lifestyle Habits | 1p-3p WG002 - Social Bingo |
| 2p-3:30p CO189 - Intro to iPhone B | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 12p-1p SE148 - The Midlothian Jazz Quartet | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 2p-3:30p LA015 - Conversational German | 1p-2p FI006 - Chair Yoga | 1p-3p SE126 - Agecroft Hall and Gardens Tour | 1p-2p FI010 - Chair Yoga | 1:30p-3:30p LE266 - Modern Floral Designs B |
| | 1p-3p WG001 - Social Bingo | 1p-2p AD210 - Intro to Percussion and Samba | 1p-2p EL095 - Legacy Writing Workshop | 2p-3:30p CO191 - Intro to Android B |
| | 1:30p-3p LS158 - Planning Final Arrangements (Online) | 1p-2:45p HS003 - Current Events | 1:30p-3p AD015 - Advanced Reader's Theater | |
| | 2p-3:30p AD170 - Wind Ensemble | 1p-3p WG006 - Cards and Games | 2p-3p HS553 - Aerial Europe | |
| | 2p-3:30p HS089 - Great Decisions | 1:30p-3:30p LE032 - Knitters United | 2p-3:30p PR002 - Bible Discussion | |
| | 2p-3:30p PR091 - Walk Through the Old Testament | 2p-3:30p LE252 - Genealogy Discussions | 2:30p-3:30p FI007 - Gentle Yoga | |
| | 2:30p-3:30p FI009 - Gentle Yoga | 2:30p-3:30p FI015 - Pilates | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 4/17/2023 | 4/18/2023 | 4/19/2023 | 4/20/2023 | 4/21/2023 |
| 9a-10a FI001 - Low Impact | 9a-10a FI034 - Fun Fitness (Online) | 9a-11a AD080 - Woodcarving | 8:30a-9:30a FI020 - Zumba Gold (Online) | 8:30a-9:30a FI003 - Fusion Fitness |
| 9:30a-11:30a HW394 - You are the Help | 9a-10a LA019 - Conversational French Review | 9a-10:30a HS002 - Anthropology | 8:30a-12:30p LS176 - CCPD Citizen's Police Academy | 9a-12p WG010 - Bridge |
| 10a-10:45a FI004 - Sit and Be Fit | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:30a-10:30a AD172 - The Art of the Sketch B | 9:30a-11a CO077 - Cable TV Alternatives B | 9:30a-11a HS529 - Western Civilization |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 9:30a-11a EF140 - What Your Kids Need to Know | 9:45a-10:45a FI017 - Wednesday Fun Fitness | 9:30a-11a PR084 - Epistemology | 9:45a-10:45a FI029 - Chair Yoga |
| 10:30a-12p AD220 - Improvisation Games | 10a-11a AD021 - Tap Dancing | 10a-11a FI031 - Chair Yoga (Online) | 9:30a-11:30a WG009 - Mah Jongg | 10a-12p WG007 - Hand and Foot and Triple Play |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p LA022 - Basic Arabic Script (Online) | 10a-11a HW367 - Warning Signs of Alzheimer's | 10a-11:30a LS095 - Understanding Uniqueness | 10:30a-12:30p AD167 - Open Oil Painting |
| 11a-12p FI028 - Gentle Yoga | 11a-1p WG013 - Spades | 11a-12:30p AD129 - History of Classical Music | 10:15a-11:15a AD075 - Line Dance Practice | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 11a-12:30p HS526 - Justice for All | 11:30a-12:30p AD058 - Country Line Dancing | 11a-12p EL043 - Enjoy Poetry | 10:30a-12:30p AD192 - Senior Storytelling Slam | 12p-1p AD197 - Ballroom Dance Practice |
| 12:30p-1:30p CO195 - Nearpeer | 12:30p-1:30p LA006 - Spanish Grammar from A to Z | 11a-11:45a FI018 - Sit and Be Fit | 11:30a-12:15p FI005 - Sit and Be Fit | 1p-3p WG002 - Social Bingo |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 1p-2p FI006 - Chair Yoga | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 11:30a-12:30p HS574 - The Origin of Plant Names | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 1p-2p CO183 - The Electric Grid | 1p-3p WG001 - Social Bingo | 11:30a-12:45p LA003 - Beginning Sign Language | 12p-1:30p AD141 - Lifelong Musicians | 1:30p-3:30p LE266 - Modern Floral Designs B |
| 1p-3p WG004 - Cards and Games | 1p-3p HW378 - Fall Risk Assessments | 11:30a-12:30p HW302 - Holiday Grief and Coping | 1p-2p FI010 - Chair Yoga | 2p-3:30p CO191 - Intro to Android B |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 2p-3:30p AD170 - Wind Ensemble | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 1p-2p HS532 - Let's Talk about Polarization | <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Sunday April 23 9AM-7:30PM</p> <p>SE120 Norfolk Military Tattoo Tour</p> </div> |
| 2p-3:30p CO189 - Intro to iPhone B | 2p-3:30p PR091 - Walk Through the Old Testament | 1p-2p AD210 - Intro to Percussion and Samba | 1:30p-3p AD015 - Advanced Reader's Theater | |
| 2p-3:30p LA015 - Conversational German | 2:30p-3:30p FI009 - Gentle Yoga | 1p-2:30p LS147 - Hospice Crafts | 1:30p-3p LS175 - End-of-Life Options | |
| | | 1p-3p WG006 - Cards and Games | 2p-3p HS553 - Aerial Europe | |
| | | 1:30p-3:30p LE032 - Knitters United | 2p-3:30p PR002 - Bible Discussion | |
| | | 1:30p-3:30p LE130 - Simple Greeting Cards | 2:30p-3:30p FI007 - Gentle Yoga | |
| | | 2:30p-3:30p FI015 - Pilates | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 4/24/2023 | 4/25/2023 | 4/26/2023 | 4/27/2023 | 4/28/2023 |
| 9a-10a FI001 - Low Impact | 9a-10a FI034 - Fun Fitness (Online) | 9a-11a AD080 - Woodcarving | <div style="border: 1px solid black; background-color: yellow; padding: 10px; text-align: center;"> <p>Summer Catalog Available</p> </div> | 8:30a-9:30a FI003 - Fusion Fitness |
| 10a-10:45a FI004 - Sit and Be Fit | 9:30a-10:30a AD209 - Intro to Readers Theater | 9:30a-10:30a AD172 - The Art of the Sketch B | | 9a-12p WG010 - Bridge |
| 10a-10:45a FI030 - Strengthen and Stretch (Online) | 10a-11a AD021 - Tap Dancing | 9:45a-10:45a FI017 - Wednesday Fun Fitness | | 9:30a-10:30a Diversity Committee Meeting |
| 10:30a-12p PR090 - The Power of Myth | 11a-12p LA022 - Basic Arabic Script (Online) | 10a-11a FI031 - Chair Yoga (Online) | | 9:30a-11a HS529 - Western Civilization |
| 11a-12p FI028 - Gentle Yoga | 11a-1p WG013 - Spades | 11a-12:30p AD129 - History of Classical Music | 8:30a-9:30a FI020 - Zumba Gold (Online) | 9:45a-10:45a FI029 - Chair Yoga |
| 11a-12:30p HS526 - Justice for All | 11:30a-12:30p AD058 - Country Line Dancing | 11a-11:45a FI018 - Sit and Be Fit | 8:30a-12:30p LS176 - CCPD Citizen's Police Academy | 10a-12p WG007 - Hand and Foot and Triple Play |
| 12:30p-1:15p HW342 - Beginning Tai Chi A | 1p-2p FI006 - Chair Yoga | 11:30a-12:30p FI033 - Gentle Yoga (Online) | 9a-10:30a LS169 - Chesterfield Council on Aging | 10:30a-12:30p AD167 - Open Oil Painting |
| 1p-3p WG004 - Cards and Games | 1p-3p WG001 - Social Bingo | 11:30a-12:45p LA003 - Beginning Sign Language | 9:30a-11a PR084 - Epistemology | 11a-11:45a HW352 - Beginning Tai Chi Review |
| 1p-2p HS558 - The World's First Subway | 2p-3:30p AD170 - Wind Ensemble | 12p-12:45p HW386 - Intermediate Tai Chi 24 Form | 9:30a-11:30a WG009 - Mah Jongg | 12p-1p AD197 - Ballroom Dance Practice |
| 1:30p-2:15p HW355 - Beginning Tai Chi B | 2p-3:30p EL098 - Banned Books Discussion | 1p-2p AD210 - Intro to Percussion and Samba | 10a-11:15a CO177 - Windows File Explorer (Online) | 1p-3p EL015 - Aspiring Writer's Critique |
| 2p-3:30p CO189 - Intro to iPhone B | 2p-3:30p PR091 - Walk Through the Old Testament | 1p-2:45p HS003 - Current Events | 10:15a-11:15a AD075 - Line Dance Practice | 1p-3p WG002 - Social Bingo |
| 2p-3:30p LA015 - Conversational German | 2:30p-3:30p FI009 - Gentle Yoga | 1p-3p WG006 - Cards and Games | 11:30a-12:15p FI005 - Sit and Be Fit | 1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form |
| 3:30p-4:30p LLI Board of Directors Meeting | | 1:30p-3:30p LE032 - Knitters United | 12p-1:30p AD141 - Lifelong Musicians | 1:30p-3:30p LE266 - Modern Floral Designs B |
| | | 2p-3:30p LE252 - Genealogy Discussions | 12p-1:30p IA004 - April Luncheon | 2p-3:30p CO191 - Intro to Android B |
| | | 2:30p-3:30p FI015 - Pilates | 1p-2p FI010 - Chair Yoga | |
| | | | 1p-3p HS554 - Polarization Reduction | |
| | | | 1:30p-3p AD015 - Advanced Reader's Theater | |
| | | | 2p-3:30p PR002 - Bible Discussion | |
| | | | 2:30p-3:30p FI007 - Gentle Yoga | |

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LLI in Chesterfield Spring 2023 Registration Form

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| X | Course | Class Name | Fee | Day | Dates | Time | Online | Instructor |
|---|--------|--|-------|------|--|-------------|--------|-------------------------|
| | | Art, Music, Drama and Dance | | | | | | |
| | AD015 | Advanced Reader's Theater | | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 1:30-3:00 | | Sandy Phillips |
| | AD017 | Basic Watercolor Techniques: Part II | | Tue | Jan 24, 31, Feb 7, 14, 21, 28 | 10:00-12:00 | | Poly Cline |
| | AD020 | Understanding Opera Presented by the Virginia Opera: Verdi | | Thu | March 2, 9, 16 | 10:00-11:30 | | Joshua Borths |
| | AD021 | Tap Dancing | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 10:00-11:00 | | Mary, Beth and Jennifer |
| | AD022 | Cha Cha for Couples: Basic to Intermediate | | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31 | 12:00-1:00 | | Bill and Teresa |
| | AD035 | Woodcarving with Merv: Spoon Carving | \$10 | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8 | 9:00-11:00 | | Merv Warner |
| | AD058 | Country Line Dancing | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 11:30-12:30 | | Mary Bradstock |
| | AD075 | Line Dance Practice | | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 10:15-11:15 | | Mary Bradstock |
| | AD080 | Woodcarving: Open Carve Sessions | | Wed | March 15, 22, 29, April 12, 19, 26 | 9:00-11:00 | | Bill Good |
| | AD119 | Watercolor and Acrylic Problem Solving Workshop | | Tu/W | March 21, 22 | 9:00-2:30 | | Beverly Perdue |
| | AD129 | History of Classical Music of Italy: It's Amore! | | Wed | Feb 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 11:00-12:30 | | Suzanne Levitas |
| | AD141 | Lifelong Musicians | | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 12:00-1:30 | | Randall Kaker |
| | AD151 | YUPO and Watermedia Workshop | | Tu/W | April 11, 12 | 9:00-2:30 | | Beverly Perdue |
| | AD166 | Intro to Oil Painting | | Mon | March 6, 13, 20 | 10:30-12:00 | | Wanda Cutchins |
| | AD167 | Open Oil Painting for All Levels | | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 10:30-12:30 | | Wanda Cutchins |
| | AD168 | Royal Nova Scotia International Tattoo | | Fri | Feb 3 | 10:00-12:00 | | Bill and Reta Good |
| | AD170 | Wind Ensemble | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 2:00-3:30 | | Allie Harris |
| | AD171 | The Art of the Sketch A | | Wed | Jan 18, 25, Feb 1, 8, 15, 22 | 11:00-12:00 | | Hal Cauthen |
| | AD172 | The Art of the Sketch B | | Wed | March 1, 8, 15, 29, April 19, 26 | 9:30-10:30 | | Hal Cauthen |
| | AD173 | Oil Painting a Simple Pear | | Wed | March 8, 15, 29 | 11:00-12:30 | | Wanda Cutchins |
| | AD192 | Senior Storytelling Slam: New Words from Older Mouths | | Thu | Jan 19, Feb 16, March 16, April 20 | 10:30-12:30 | | Judith and Les |
| | AD197 | Ballroom Dance Practice for Couples | | Fri | April 14, 21, 28 | 12:00-1:00 | | Hal and Marlene |
| | AD209 | Introduction to Readers Theater | | Tue | Jan 17, 24, 31, Feb 7, 14, 28, March 7, 14, 21, 28, April 11, 18, 25 | 9:30-10:30 | | Ken Carlson |
| | AD210 | Introduction to Brazilian Percussion and Street Samba | | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 1:00-2:00 | | Damir Strmel |
| | AD220 | Improvisation Games for Fun, Creativity and Brain Health | | Mon | March 6, 13, 20, 27, April 10, 17 | 10:30-12:00 | | GeGe Beall |
| | AD231 | Beginning Ukulele | *\$10 | Wed | March 1, 8, 15, 22, 29 | 11:00-12:00 | | Rick Kaerwer |
| | AD233 | Watercolor Open Studio | | Fri | Jan 20, 27, Feb 3, 10, 17, 24 | 1:00-3:00 | | Darnell Hoose |
| | AD234 | Colorist Open Studio: Intermediate and Advanced Watercolorists... | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7 | 1:00-3:00 | | Diana and Karen |
| | AD235 | Beginning Guitar: Notes and Melodies | *\$13 | Wed | Jan 18, 25, Feb 1, 8, 15, 22 | 11:00-12:00 | | Randall Kaker |
| | AD236 | Picasso's Women | | Wed | March 1, 8, 15, 22, 29 | 9:00-10:30 | | Juana Levi |
| | AD237 | Negative Painting with Acrylic | | Thu | March 9 | 10:00-12:00 | | Jean Stagg |
| | AD238 | Understanding Opera Presented by the Virginia Opera: Contemporary... | | Thu | Jan 19, 26 | 10:00-11:30 | Online | Joshua Borths |

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| X | Course | Class Name | Fee | Day | Dates | Time | Online | Instructor |
|---|--------|---|-----|-----|------------------------------------|-------------|--------|-----------------------|
| | | Computers, Technology, Math and Science | | | | | | |
| | CO057 | Introduction to the Internet and Safe Surfing | | Mon | Feb 6, 13 | 10:30-12:00 | | Lewis Levi |
| | CO058 | iPhone Basics: Part 2 of 2 | | Fri | Feb 3, 10, 17 | 12:30-2:00 | | Mark A. Grubbs |
| | CO076 | Cable TV Alternatives A | | Fri | Jan 20, 27 | 9:30-11:00 | | Mel Kauffman |
| | CO077 | Cable TV Alternatives B | | Thu | April 13, 20 | 9:30-11:00 | | Mel Kauffman |
| | CO092 | Intermediate iPhone and iPad: Part 2 of 3 | | Fri | March 3, 10, 17 | 12:30-2:00 | | Mark A. Grubbs |
| | CO139 | Online Data Storage: Is It Safe? | | Wed | March 15 | 10:00-11:15 | Online | David Clark |
| | CO141 | Microsoft Windows Tips and Tricks | | Thu | March 9 | 10:00-11:15 | Online | David Clark |
| | CO144 | Renewable Energy in Our World | | Wed | March 8, 15, 22 | 9:30-11:00 | | B. Ellen Johnson, PhD |
| | CO162 | Microsoft Access Databases | | Thu | March 23 | 10:00-11:30 | Online | David Clark |
| | CO169 | Automotive Basics | | Wed | March 8, 15, 22 | 1:30-3:00 | | B. Ellen Johnson, PhD |
| | CO175 | Google Photos A: Managing Thousands of Photos in Your Phone | | Mon | Jan 23, 30 | 2:00-3:30 | | Danny Arkin |
| | CO176 | Google Photos B: Managing Thousands of Photos in Your Phone | | Fri | March 17, 24 | 2:00-3:30 | | Danny Arkin |
| | CO177 | Microsoft Windows File Explorer | | Thu | April 27 | 10:00-11:15 | Online | David Clark |
| | CO179 | Basics of Digital Photography | | Mon | Jan 30, Feb 6, 13 | 1:30-2:30 | Online | David Clark |
| | CO181 | Google It A | | Thu | March 2 | 2:00-3:30 | | Danny Arkin |
| | CO182 | Google It B | | Fri | March 31 | 2:00-3:30 | | Danny Arkin |
| | CO183 | The Electric Grid: Beginner's Guide | | Mon | April 10, 17 | 1:00-2:00 | | Bill Thompson |
| | CO185 | Everyday Math | | Tue | March 7, 14, 21, 28 | 11:00-12:00 | | B. Ellen Johnson, PhD |
| | CO186 | Introduction to Spreadsheets: Excel and Google Sheets | | Tue | March 7, 14, 21, 28 | 2:00-3:30 | | B. Ellen Johnson, PhD |
| | CO187 | Math and Spreadsheets Review and Practice | | Thu | March 9, 16, 23, 30 | 1:00-2:00 | | B. Ellen Johnson, PhD |
| | CO188 | Introduction to iPhone Technology Tricks and Tips A | | Thu | Jan 19, 26, Feb 2 | 2:00-3:30 | | Danny Arkin |
| | CO189 | Introduction to iPhone Technology Tricks and Tips B | | Mon | April 10, 17, 24 | 2:00-3:30 | | Danny Arkin |
| | CO190 | Introduction to Android Technology Tricks and Tips A | | Thu | Feb 9, 16, 23 | 2:00-3:30 | | Danny Arkin |
| | CO191 | Introduction to Android Technology Tricks and Tips B | | Fri | April 14, 21, 28 | 2:00-3:30 | | Danny Arkin |
| | CO192 | The James Webb Space Telescope | | Thu | Jan 19 | 9:30-10:45 | | Bob Ferguson |
| | CO193 | The James Webb Space Telescope | | Thu | Jan 19 | 11:30-12:45 | Online | Bob Ferguson |
| | CO194 | Instagram 101 | | Fri | Feb 24 | 1:00-2:00 | | Heather Weidner |
| | CO195 | Nearpeer | | Mon | Jan 23, Feb 13, March 13, April 17 | 12:30-1:30 | | Rachel Ramirez |
| | | Economics and Finance | | | | | | |
| | EF006 | Unlock Your IRA | | Mon | March 27 | 1:30-3:00 | | Jamey Davidson |
| | EF012 | Death and Taxes | | Fri | Feb 10 | 9:30-11:00 | | Jamey Davidson |
| | EF113 | Medicare 101 | | Mon | Feb 6 | 9:00-10:30 | | Kendalle Stock |
| | EF115 | Estate Planning | | Tue | March 28 | 9:30-11:00 | Online | Paula Peaden |
| | EF117 | How to Protect Your Identity | | Wed | Jan 25 | 2:00-3:00 | Online | Sylvia Watford |
| | EF118 | Organizing Your Financial Records in Four Steps | | Tue | Jan 31 | 12:00-1:00 | Online | Sylvia Watford |
| | EF132 | Financial Preparedness for Emergencies | | Mon | Feb 13 | 9:30-11:00 | | Emergency Mgmt Staff |
| | EF138 | Medicare 101 | | Wed | Feb 8 | 10:30-12:00 | Online | Kendalle Stock |
| | EF140 | What Your Kids Need to Know | | Tue | April 18 | 9:30-11:00 | | Jamey Davidson |
| | EF143 | The Four Pillars of the New Retirement | | Thu | Jan 19 | 11:00-12:00 | | Shawn Doran |
| | EF144 | Social Security 101: Everything You Wanted to Know | | Wed | March 22 | 1:30-2:30 | Online | Jackie Weisgarber |
| | EF145 | Outlook and Opportunities | | Thu | Feb 16 | 11:00-12:00 | | Shawn Doran |
| | EF146 | Focus on Fixed Income | | Thu | March 16 | 11:30-12:30 | | Shawn Doran |
| | EF147 | Outsmart the Scammers | | Thu | April 13 | 11:30-12:30 | | Shawn Doran |

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| X | Course | Class Name | Fee | Day | Dates | Time | Online | Instructor |
|---|--------|---|------|-----|--|-------------|--------|-----------------------|
| | | Literature, Poetry and Film | | | | | | |
| | EL015 | Aspiring Writer's Critique | | Fri | Jan 20, Feb 3, 17, March 3, 17, 31, April 14, 28 | 1:00-3:00 | | Dorothy Moses |
| | EL043 | Enjoy Poetry | | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19 | 11:00-12:00 | | Bob and Timothy |
| | EL048 | Memoir Writing | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28 | 9:00-10:30 | | Suzanne and Tom |
| | EL066 | Howdy Doody: The First TV Show for Kids | | Thu | Feb 2 | 1:00-2:30 | | Al Meyer |
| | EL075 | Self-Publishing Your Book and Editing Tips | | Mon | Feb 27, March 6, 13, 20, 27 | 9:30-11:00 | | Anne McAneny |
| | EL084 | Short Stories: True Love? | | Thu | Feb 16 | 11:00-12:30 | Online | Patricia Ryther |
| | EL085 | Short Stories: Opportunities | | Thu | March 16 | 11:00-12:30 | Online | Patricia Ryther |
| | EL086 | Short Stories: Community | | Fri | April 14 | 11:00-12:30 | Online | Patricia Ryther |
| | EL090 | Obituary Writing Workshop A | | Tue | Jan 17 | 2:30-3:30 | | Jennifer S. Moss |
| | EL094 | Obituary Writing Workshop B | | Fri | March 31 | 1:00-2:00 | | Jennifer S. Moss |
| | EL095 | Legacy Writing Workshop: Telling your Story | | Thu | April 13 | 1:00-2:00 | | Jennifer S. Moss |
| | EL098 | Banned Books Discussion | | Tue | Jan 31, Feb 28, March 28, April 25 | 2:00-3:30 | | Linda Kerman |
| | EL099 | The History of Animation | | Thu | Jan 19, 26, Feb 2, 9 | 10:30-12:00 | | Josh Pachter |
| | EL100 | LLI Literary Society Orientation | | Tue | Jan 17 | 12:30-1:30 | | Bob, Martha and Anita |
| | EL101 | LLI Literary Society Orientation | | Wed | Jan 18 | 1:00-2:00 | Online | Bob, Martha and Anita |
| | EL102 | How to Make Your Dialogue Sing | | Thu | Feb 9 | 2:00-3:30 | | Maggie King |
| | EL103 | New Book Clubs | | Wed | Jan 18 | 9:30-11:00 | | Maryann Horgan |
| | | Fitness | | | | | | |
| | FI001 | Low Impact Monday | \$20 | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 9:00-10:00 | | Sherella Brown |
| | FI003 | Fusion Fitness Friday | \$20 | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 8:30-9:30 | | Linda McDorman |
| | FI004 | Sit and Be Fit Monday | \$20 | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 10:00-10:45 | | Sherella Brown |
| | FI005 | Sit and Be Fit Thursday | \$20 | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 11:30-12:15 | | Sherella Brown |
| | FI006 | Chair Yoga Tuesday | \$20 | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 1:00-2:00 | | Linda McDorman |
| | FI007 | Gentle Yoga Thursday | \$20 | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 2:30-3:30 | | Dorota Kawka |
| | FI009 | Gentle Yoga Tuesday | \$20 | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 2:30-3:30 | | Linda McDorman |
| | FI010 | Chair Yoga Thursday | \$20 | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 1:00-2:00 | | Dorota Kawka |
| | FI015 | Pilates, Core and More | \$20 | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 2:30-3:30 | | Linda McDorman |
| | FI017 | Wednesday Fun Fitness | \$20 | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 9:45-10:45 | | Nicole Thomas-Jackson |
| | FI018 | Sit and Be Fit Wednesday | \$20 | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 11:00-11:45 | | Nicole Thomas-Jackson |
| | FI020 | Zumba Gold Online | \$20 | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 8:30-9:30 | Online | Tracey Brooks |
| | FI028 | Gentle Yoga Monday | \$20 | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 11:00-12:00 | | Linda McDorman |
| | FI029 | Chair Yoga Friday | \$20 | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 9:45-10:45 | | Linda McDorman |
| | FI030 | Strengthen and Stretch Online | \$20 | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 10:00-10:45 | Online | Nicole Thomas-Jackson |
| | FI031 | Chair Yoga Online | \$20 | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 10:00-11:00 | Online | Linda McDorman |
| | FI033 | Gentle Yoga Online | \$20 | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 11:30-12:30 | Online | Linda McDorman |
| | FI034 | Fun Fitness Online | \$20 | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 9:00-10:00 | Online | Nicole Thomas-Jackson |

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| X | Course | Class Name | Fee | Day | Dates | Time | Online | Instructor |
|---|--------|--|-------|-----|---|-------------|--------|---------------------------|
| | | History, Humanities and International Studies | | | | | | |
| | HS002 | Anthropology: Indigenous Continent | | Wed | Jan 18, 25, Feb 8, 22, March 8, 22, April 12, 19 | 9:00-10:30 | | Annebel Lewis |
| | HS003 | Current Events Discussion | | Wed | Jan 18, Feb 1, 15, March 1, 15, 29, April 12, 26 | 1:00-2:45 | | Roy and Fred |
| | HS087 | Global Cultural Geography: British America | | Tue | Feb 14, 21 | 9:00-10:30 | | William Seay |
| | HS089 | Great Decisions | *\$38 | Tue | Jan 24, Feb 14, March 14, April 11 | 2:00-3:30 | | Bob Ferguson |
| | HS227 | Chesterfield County: A Historical Perspective | | Thu | March 23 | 11:30-12:30 | | Bryan Truzzie |
| | HS381 | Adventures of the Camino | | Tue | March 7 | 1:00-3:00 | | Robert Abbott |
| | HS496 | Our Rich History: First Baptist Church of Midlothian... | | Tue | Jan 31 | 9:00-10:30 | | Audrey M. Ross |
| | HS511 | Olmsted's America: Seeing the Future | | Tue | Feb 21, 28, March 7, 14 | 10:30-12:00 | | Patricia Ryther |
| | HS526 | Justice for All: Part II | | Mon | Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 11:00-12:30 | | Edward Blackwell |
| | HS527 | Rethinking the Cold War: Part II | | Wed | Jan 18, 25, Feb 1, 8, 15 | 9:30-11:00 | | Dr. John Lemza |
| | HS529 | Western Civilization Foundations: Part II | | Fri | Feb 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 9:30-11:00 | | Timothy Pace |
| | HS532 | Let's Talk about Polarization | | Thu | Jan 19, Feb 2, 16, March 2, 16, 30, April 20 | 1:00-2:00 | | John Bennett |
| | HS541 | History of Ventriloquism: From Fortune Telling to Entertainment | | Thu | March 30 | 12:00-1:30 | | John Byrd |
| | HS549 | Traveling the Roman Empire | | Mon | Feb 27, March 6, 13, 20 | 1:00-2:30 | | Bob Ferguson |
| | HS550 | The Last Frontier | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7 | 11:00-12:00 | | Shep Smith |
| | HS551 | The Last Frontier | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7 | 1:30-2:30 | Online | Shep Smith |
| | HS552 | Political Comedy: Yadda Yadda Yadda | | Tue | Feb 7, 14, 21, 28, March 7, 14, 21, 28 | 12:30-2:00 | | Les Schaffer |
| | HS553 | Aerial Europe | | Thu | Feb 16, 23, March 2, 9, 16, 23, 30, April 13, 20 | 2:00-3:00 | | Timothy Pace |
| | HS554 | Polarization Reduction | | Thu | March 9, April 27 | 1:00-3:00 | | John Bennett |
| | HS555 | Graffiti, Tourism and Conflict: Art and Social Change | | Thu | Feb 2, 9, 16, 23 | 10:00-11:15 | Online | Chelsea Waybright |
| | HS556 | The Philistines Not So Philistine: Recent Archaeological Research | | Mon | Jan 23, 30, Feb 6, 13 | 2:00-3:30 | | Jon Waybright |
| | HS557 | Merrill's Marauders | | Thu | Feb 9 | 1:00-2:00 | Online | Christopher L. Kolakowski |
| | HS558 | The World's First Subway | | Mon | April 24 | 1:00-2:00 | | George Saunders |
| | HS559 | The Turning Point of the Civil War | | Tue | March 14 | 9:30-10:30 | | Waite Rawls |
| | HS560 | Two Coups: How America Almost Toppled and WWII Almost Averted | | Tue | March 21 | 9:30-11:30 | Online | Dr. Alan A. Winter |
| | HS561 | Virginia War Memorial Archives Overview: Caring for Your Collections | | Tue | Feb 28 | 12:00-1:00 | Online | Kyndall Drumheller |
| | HS562 | The Victory Disease: How the Persian Gulf War... | | Wed | March 22 | 1:00-2:00 | | Clay Mountcastle, PhD |
| | HS563 | The Voices of Gettysburg | | Thu | Feb 9 | 12:00-1:30 | | James and Crystal |
| | HS564 | The Voices of Gettysburg | | Thu | Feb 16 | 1:30-3:00 | Online | James and Crystal |
| | HS565 | A Baseball Experience: Tickets Please | | Wed | March 8 | 1:00-2:30 | | James Triesler |
| | HS566 | Early American Diplomacy and the XYZ Affair | | Fri | March 10 | 1:00-2:00 | | Matthew Nichol |
| | HS567 | Arc de Triomphe | | Thu | Feb 2 | 9:30-10:45 | | Bob Ferguson |
| | HS568 | Arc de Triomphe | | Thu | Feb 2 | 11:30-12:45 | Online | Bob Ferguson |
| | HS569 | Off the Beaten Path - Azores | | Thu | March 2 | 9:30-10:45 | Online | Bob Ferguson |
| | HS570 | Off the Beaten Path - Azores | | Thu | March 2 | 12:00-1:15 | | Bob Ferguson |
| | HS571 | Off the Beaten Path - Mexico | | Thu | March 30 | 9:30-10:45 | | Bob Ferguson |
| | HS572 | Off the Beaten Path - Mexico | | Thu | March 30 | 11:30-12:45 | Online | Bob Ferguson |
| | HS573 | George Washington | | Thu | Feb 16 | 11:30-12:30 | | Bryan Truzzie |
| | HS574 | The Origin of Plant Names | | Thu | April 20 | 11:30-12:30 | | Bryan Truzzie |
| | HS575 | Civil War Generals in High Command: Where Did They Come From? | | Wed | Feb 22 | 1:00-2:30 | | Gerry Germond |

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|---|--------|--|-----|-----|--|-------------|--------|------------------------|
| | | Health and Wellness | | | | | | |
| | HW153 | Stroke Risk Factors and Prevention | | Fri | Feb 24 | 10:00-11:00 | | Meredith Britton, NP |
| | HW239 | Joy Through Meditation | | Tue | Jan 17, 24, 31 | 3:00-3:45 | Online | Trupti and Emme |
| | HW251 | Brain Power Hour | | Tue | Feb 7 | 11:00-12:00 | | Rachel Lawson |
| | HW293 | Seizures: Shake, Rattle and Roll | | Mon | March 20 | 9:30-10:30 | | Soundarya Gowda, MD |
| | HW302 | Holiday Grief and Coping: Those Sneaky Spring Holidays | | Wed | April 19 | 11:30-12:30 | | Angie Morriss |
| | HW303 | Being Mortal Documentary | | Wed | Jan 25 | 9:30-11:00 | | Angie Morriss |
| | HW315 | Hold it! Leaky Bladder Affects Women of All Ages | | Thu | Feb 9 | 12:00-1:00 | | Ramzi Aboujaoude, MD |
| | HW340 | Hands Only CPR A | | Mon | March 27 | 1:00-2:00 | | Kimberly Rideout |
| | HW341 | Hands Only CPR B | | Mon | March 27 | 2:30-3:30 | | Kimberly Rideout |
| | HW342 | Beginning Tai Chi A | | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 12:30-1:15 | | Damir Strmel |
| | HW343 | Intermediate Tai Chi 42 Form | | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 1:30-2:30 | | Damir Strmel |
| | HW352 | Beginning Tai Chi Review and Practice | | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 11:00-11:45 | | Mary E. Gutberlet |
| | HW353 | Healthy Living Workshop: Chronic Pain | | Thu | Feb 9, 16, 23, March 2, 9, 16 | 9:30-11:30 | | Kathy Brown |
| | HW355 | Beginning Tai Chi B | | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 1:30-2:15 | | Mary E. Gutberlet |
| | HW362 | Healthy Lifestyle Habits | | Thu | April 13 | 12:00-1:00 | | Kathy Brown |
| | HW366 | Understanding Alzheimer's and Dementia | | Tue | March 14 | 10:00-11:00 | Online | Rachel Lawson |
| | HW367 | Warning Signs of Alzheimer's | | Wed | April 19 | 10:00-11:00 | | Rachel Lawson |
| | HW373 | Disease | | Tue | Jan 31 | 10:00-11:00 | | Efstathios Spinos |
| | HW375 | Joint Replacements: What to Know Before and After Surgery | | Tue | Jan 24 | 2:30-3:30 | | David Reynolds |
| | HW376 | Vertigo and Dizziness: Common Causes and How to Treat It | | Tue | Feb 28 | 2:30-3:30 | | David Reynolds |
| | HW377 | Chronic Pain: How Do I Get Rid of It? | | Thu | March 30 | 2:30-3:30 | | David Reynolds |
| | HW378 | Fall Risk Assessments and How to Be Proactive on Preventing Falls | | Tue | April 18 | 1:00-3:00 | | David Reynolds |
| | HW380 | What Comes After Menopause? | | Wed | March 1 | 10:00-11:00 | | Lauren Cook, NP |
| | HW381 | Stress Relief Guided Meditation | | Thu | March 16 | 10:00-11:00 | Online | Pamela Biasca Losada |
| | HW386 | Intermediate Tai Chi 24 Form | | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 12:00-12:45 | | Mary E. Gutberlet |
| | HW387 | Counting Carbohydrates for Beginners A | | Fri | Feb 10 | 1:00-2:30 | | Nana Ataa Ofosu-Benefo |
| | HW388 | Counting Carbohydrates for Beginners B | | Fri | March 10 | 2:00-3:30 | | Nana Ataa Ofosu-Benefo |
| | HW389 | Hearing and Hearing Health | | Mon | March 13, 20 | 11:00-12:00 | Online | Kimberly Felder |
| | HW390 | Medicinal Marijuana: Myth and Science | | Wed | Jan 25, Feb 1 | 1:30-3:00 | | Jenny Wiley, PhD |
| | HW391 | The Ketogenic Diet: Insulin Resistance, Metabolic Disease, and Fasting | | Wed | Feb 1, 8, 15 | 9:30-11:00 | | John P. Morris |
| | HW392 | Suicide Prevention: Raise Your Voice | | Mon | Jan 30 | 9:30-10:30 | | Melissa and Kevin |
| | HW393 | Aging and Ageism: Where are you? | | Mon | Feb 13 | 11:30-1:00 | | Wayne Swatowski |
| | HW394 | You are the Help Until Help Arrives | | Mon | April 17 | 9:30-11:30 | | Emergency Mgmt Staff |
| | HW395 | Let's Learn About the Basics! | | Thu | March 9 | 2:30-3:30 | | Whitney Kern, LCSW |
| | HW396 | Healthy Brain | | Wed | Feb 1 | 11:00-12:00 | Online | Sharon Napper |
| | HW397 | Communication and Dementia | | Wed | March 1 | 9:30-10:30 | | Sharon Napper |
| | HW398 | Safety and Dementia | | Wed | April 12 | 10:00-11:00 | | Sharon Napper |

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First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield Spring 2023 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

| X | Course | Class Name | Fee | Day | Dates | Time | Online | Instructor |
|---|--------|---|-------|-----|--|-------------|--------|--------------------|
| | | Inside LLI Activities | | | | | | |
| | IA997 | Q&A for Current Members | | Wed | Jan 18 | 2:30-3:30 | | Rachel Ramirez |
| | IA999 | Orientation for New Members | | Tue | Jan 17 | 9:00-10:30 | | Rachel Ramirez |
| | | Languages | | | | | | |
| | LA003 | Beginning Sign Language | | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 11:30-12:45 | | Barbara Powers |
| | LA006 | Spanish Grammar from A to Z: Part 3 | | Tue | Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18 | 12:30-1:30 | | Nena Woods |
| | LA015 | Conversational German | | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 2:00-3:30 | | Alan McCrea |
| | LA019 | Conversational French Review | | Tue | Jan 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18 | 9:00-10:00 | | Carol Pritchard |
| | LA022 | Basic Reading and Writing Arabic Script | *\$19 | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 11:00-12:00 | Online | Charles Barron |
| | | Leisure Activities | | | | | | |
| | LE007 | Beginning Quilting | | Wed | Jan 25, Feb 1, 8, 15 | 1:00-3:00 | | Arlene Goldberg |
| | LE032 | Knitters United | | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 1:30-3:30 | | Shelvey Smith |
| | LE045 | Beginning Genealogy | | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20 | 9:30-10:30 | | Bette Kot |
| | LE130 | Simple Stamping Greeting Cards | \$22 | Wed | April 19 | 1:30-3:30 | | LaVae Hoffman |
| | LE143 | Beaded Lanyard for LLI Name Tag A | \$5 | Mon | Jan 23 | 9:30-12:30 | | Donna Whitfield |
| | LE147 | Beaded Lanyard for LLI Name Tag B | \$5 | Thu | Jan 26 | 12:30-3:30 | | Donna Whitfield |
| | LE200 | Advanced Card Making: Mixed Media | \$5 | Wed | Feb 22 | 1:00-3:00 | | Marie Ireland |
| | LE204 | Travel Writing as Memoir | | Mon | Jan 23 | 10:00-11:30 | | Martha Steger |
| | LE207 | Road Scholar Education Travel: University of the World | | Tue | Feb 21 | 2:00-3:00 | | Cindy Graunke |
| | LE233 | Wonderful Wire Necklaces | \$10 | Tue | March 14, 21, 28, April 11 | 11:00-12:30 | | Judith Onesty |
| | LE241 | Basic Pine Needle Baskets | \$15 | Thu | March 9, 16, 23, 30 | 1:30-3:30 | | Diane and Jennifer |
| | LE252 | Genealogy Discussions | | Wed | Jan 25, Feb 1, 8, 22, March 1, 8, 22, 29, April 12, 26 | 2:00-3:30 | | Steve Kunnmann |
| | LE253 | Easy Cooking with Judith | | Mon | Feb 6, 13, 27, March 6 | 10:30-12:00 | Online | Judith Onesty |
| | LE258 | Advanced Card Making: Favorite Techniques | \$5 | Wed | March 29 | 1:00-3:00 | | Marie Ireland |
| | LE259 | Container Gardening | | Thu | March 2 | 10:00-11:30 | | Dr. Marlene Scott |
| | LE263 | The Art of Macrame | \$12 | Tue | March 7, 14 | 9:00-11:00 | | Shawn Hicks |
| | LE265 | Modern Floral Designs with an Asian Influence A | \$11 | Fri | March 3, 10, 17 | 1:30-3:30 | | Evelyn Klumb |
| | LE266 | Modern Floral Designs with an Asian Influence B | \$11 | Fri | April 14, 21, 28 | 1:30-3:30 | | Evelyn Klumb |
| | LE270 | Travel Writing as Memoir | | Thu | March 2 | 1:00-2:30 | Online | Martha Steger |
| | LE271 | Outdoor Landscape Spaces: Understanding, Creating and Working | | Mon | Feb 27, March 6, 13, 20, 27 | 2:00-3:30 | | Danny Arkin |
| | LE272 | Floral Design Demonstration Using Fresh Flowers | | Mon | Feb 27 | 10:00-11:30 | | Annette Alabaster |
| | LE273 | Beaded Lanyard Upgrade | | Mon | Jan 30 | 10:00-12:00 | | Donna Whitfield |
| | LE274 | Solving Crostic Puzzles | | Fri | March 24 | 1:00-2:30 | | Alan McCrea |
| | LE275 | Exploring Shenandoah National Park | | Thu | Jan 19 | 1:30-2:30 | Online | Margo Roseum |
| | LE276 | Balloon Twisting 101 | | Mon | Feb 27 | 12:00-1:30 | | Wayne Swatlowksi |
| | LE277 | Korean Lotus Lantern Craft Workshop | \$8 | Thu | Feb 9 | 11:30-1:00 | Online | Yon Han |

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LLI in Chesterfield Spring 2023 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

| X | Course | Class Name | Fee | Day | Dates | Time | Online | Instructor |
|---|--------|--|-----|-----|--|-------------|--------|-------------------------|
| | | Life Services | | | | | | |
| | LS069 | VirginiaNavigator: Navigating the Family of Websites | | Tue | Feb 7 | 2:00-3:00 | | Bonnie Scimone |
| | LS077 | Workshop for LLI Instructors | | Tue | Jan 17 | 2:00-3:30 | | Rachel Ramirez |
| | LS084 | Resolving Conflict | | Thu | Jan 19 | 9:30-11:30 | | Dr. Michael J. Wriston |
| | LS085 | Strategies for Reinvention | | Thu | Feb 2 | 9:30-11:30 | | Dr. Michael J. Wriston |
| | LS086 | Online Magazines from Chesterfield County Public Library | | Tue | March 21 | 10:30-12:00 | | Cindy Arnold |
| | LS090 | The Art of Friendship | | Tue | Feb 14, 21 | 11:00-12:30 | | Dr. Michael J. Wriston |
| | LS091 | Life-Changing Habits | | Wed | March 1, 8 | 11:30-1:00 | | Dr. Michael J. Wriston |
| | LS094 | Preventing Suicide | | Thu | March 23 | 9:30-11:30 | | Dr. Michael J. Wriston |
| | LS095 | Understanding Uniqueness and Motivation | | Thu | April 13, 20 | 10:00-11:30 | | Dr. Michael J. Wriston |
| | LS097 | Senior Living Community Options: Be Proactive Not Reactive! | | Mon | March 27 | 10:00-11:30 | Online | Marc Friedlander |
| | LS116 | Creating Your Legacy | | Mon | Jan 23 | 10:30-12:00 | | Martha J. Frickert |
| | LS135 | Mercy Mall Deep Dive | | Thu | Feb 9 | 2:30-3:30 | | Stacey and Misi |
| | LS145 | Mobility Services in Chesterfield County | | Fri | Jan 27 | 10:30-11:30 | | Billie Darlington |
| | LS147 | Hospice Crafts | | Wed | Jan 18, Feb 15, March 15, April 19 | 1:00-2:30 | | Mary Jane Murphy |
| | LS150 | Dispelling Hospice Myths | | Wed | March 15 | 11:30-12:30 | | Angie Morriss |
| | LS157 | Planning Final Arrangements: Pre-Plan to Make It Right | | Thu | Feb 23 | 2:00-3:30 | | Susan Campbell |
| | LS158 | Planning Final Arrangements: Pre-Plan to Make It Right | | Tue | April 11 | 1:30-3:00 | Online | Susan Campbell |
| | LS162 | Avoiding Email Scams: Can You Trust that Email? | | Mon | Jan 30 | 1:30-2:30 | | Shawn L. Smith |
| | LS164 | CCPS On the Go: Better Together! | | Tue | Jan 24, 31, Feb 7, 14, 21 | 12:30-1:30 | | Amy and Dr. Held |
| | LS165 | Dementia 101: Raising Awareness and Understanding | | Thu | March 2, 9, 16 | 12:00-1:00 | | George Worthington |
| | LS169 | Chesterfield Council on Aging | | Thu | Jan 26, Feb 23, March 23, April 27 | 9:00-10:30 | | CCoA Leadership |
| | LS171 | Mobility Services in Chesterfield County | | Thu | March 30 | 10:00-11:00 | Online | Billie Darlington |
| | LS172 | Mercy Mall Emergency Food Bags | | Thu | Feb 16 | 1:30-2:30 | | Stacey and Misi |
| | LS173 | Mercy Mall WeCare Cards | | Thu | Feb 23 | 1:30-2:30 | | Stacey and Misi |
| | LS174 | End-of-Life Options: Compassion and Choices | | Wed | March 8, 15 | 1:30-3:00 | Online | Judy Welp |
| | LS175 | End-of-Life Options: Compassion and Choices | | Thu | April 20 | 1:30-3:00 | | Judy Welp |
| | LS176 | CCPD Citizen's Police Academy | | Thu | March 9, 16, 23, 30, April 13, 20, 27 | 8:30-12:30 | | CCPD |
| | LS177 | Emergency Preparedness for Your Household | | Mon | March 13 | 9:00-10:30 | | Emergency Mgmt Staff |
| | LS178 | Chesterfield Fire and EMS: An Overview of Your Fire and EMS Department | | Thu | Feb 16 | 2:30-3:30 | | Keith Chambers |
| | LS179 | Common Healthcare Scams Affecting Seniors | | Mon | Feb 27 | 1:30-2:30 | | Shawn L. Smith |
| | LS180 | Senior Safety | | Thu | Feb 23 | 10:30-11:30 | | Georgia Smith |
| | | Philosophy and Religious Studies | | | | | | |
| | PR002 | Bible Discussion | | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 2:00-3:30 | | Mike and Mark |
| | PR041 | Angels in the Bible | | Thu | Feb 9, 16 | 9:30-11:00 | | Dr. Edward Garrett, Jr. |
| | PR059 | The History of the Bible: Not a Bible Study | | Tue | Feb 7, 14, 21 | 2:30-3:30 | | Wayne Moyer |
| | PR084 | Epistemology: Theories of Knowledge (Part II) | | Thu | Jan 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 9:30-11:00 | | Bryan McChesney |
| | PR089 | The History of Jesus' Birth, Youth and Resurrection | | Tue | March 7, 14, 21 | 2:30-3:30 | | Wayne Moyer |
| | PR090 | The Power of Myth | | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 10:30-12:00 | | Jim Knego |
| | PR091 | A Walk Through the Old Testament | | Tue | April 11, 18, 25 | 2:00-3:30 | | Joanna Lurie |
| | PR092 | Great World Religions: An Overview | | Tue | April 11 | 10:00-12:00 | | Rich Benson |
| | PR093 | New Testament Survey | | Fri | Feb 3, 10, 17, 24, March 3, 17, 24, 31 | 1:00-2:00 | | Mary Jo Dailey |

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Paid by: _____

| X | Course | Class Name | Fee | Day | Dates | Time | Online | Instructor |
|---|--------|---|-------|--------|--|-------------|--------|-----------------------|
| | | Special Events | | | | | | |
| | SE073 | Feed More Tour and Presentation | | Wed | March 1 | 12:00-2:00 | | Doug Pick |
| | SE120 | Norfolk Presents the Virginia International Military Tattoo Tour | \$145 | Sunday | April 23 | 9:00-7:30 | | SignaTours |
| | SE126 | Agecroft Hall and Gardens Tour | \$20 | Wed | April 12 | 1:00-3:00 | | Katie Reynolds |
| | SE147 | Mardi Gras Traditional Jazz Concert | | Tue | Feb 21 | 2:30-3:30 | | Ken Carlson |
| | SE148 | The Midlothian Jazz Quartet Concert | | Thu | April 13 | 12:00-1:00 | | Ken Carlson |
| | SE154 | The 16 Valves Tuba Quartet Concert | | Wed | March 22 | 2:30-3:30 | | Ken Carlson |
| | SE160 | An Afternoon of Song | | Thu | March 16 | 12:30-1:30 | | Leslie Matthews |
| | SE162 | The Doll Collector Performance | | Tue | March 28 | 11:00-12:00 | | Bob and Vic |
| | SE163 | Keystone Antique Truck and Tractor Museum Tour | \$10 | Wed | Feb 22 | 10:00-12:00 | | Al Meyer |
| | SE164 | Company's Coming Concert | | Wed | Jan 25 | 1:30-2:30 | | Kate Conn |
| | SE165 | "Once on This Island" Sneak Peek and Behind the Scenes with Brightpoint | | Fri | March 24 | 10:00-12:00 | | Kerrigan Sullivan |
| | SE166 | Midlothian Fire Station No. 5 Tour | | Fri | March 17 | 10:00-12:00 | | Lt. Chip Johnson |
| | | Weekly Group Activities | | | | | | |
| | WG001 | Social Bingo Tuesday | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 1:00-3:00 | | Fran Judd |
| | WG002 | Social Bingo Friday | | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 1:00-3:00 | | Donna Whitfield |
| | WG004 | Cards and Games Monday | | Mon | Jan 23, 30, Feb 6, 13, 27, March 6, 13, 20, 27, April 10, 17, 24 | 1:00-3:00 | | Fran Judd |
| | WG006 | Cards and Games Wednesday | | Wed | Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 12, 19, 26 | 1:00-3:00 | | Donna Whitfield |
| | WG007 | Hand and Foot and Triple Play | | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 10:00-12:00 | | Mary Jane Murphy |
| | WG009 | Mah Jongg | | Thu | Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 13, 20, 27 | 9:30-11:30 | | Marilyn and Mary Jane |
| | WG010 | Bridge | | Fri | Jan 20, 27, Feb 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 14, 21, 28 | 9:00-12:00 | | Diane and Randall |
| | WG013 | Spades | | Tue | Jan 17, 24, 31, Feb 7, 14, 21, 28, March 7, 14, 21, 28, April 11, 18, 25 | 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.

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| For Office Use: |
| Check Number _____ |
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| Member Number _____ |