



# Lifelong Learning Institute in Chesterfield

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

Lifelong Learning Institute

*For adults age 50 and "better"*

**FALL 2023 SESSION**

**SEPTEMBER 5 – DECEMBER 19, 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. The volunteer instructors are well-known, informed, and experienced professionals as well as some members who enjoy sharing their knowledge and expertise.

## Who We Are

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

## Board Members

John Lemza, PhD, President (VCU, LLI Member, Faculty)

Bud Martindale, Vice-President (LLI Member, Faculty)

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Angie Thrasher (HCA Healthcare)

Catherine Tompkins (Chesterfield County Public Schools)

Alexa van Aartrijk (Chesterfield County, 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.

## 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](mailto:info@LLIChesterfield.org)      Website: [www.LLIChesterfield.org](http://www.LLIChesterfield.org)**

### **Membership**

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

### **Transportation Program**

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

### **Referral Program**

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

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

### **Name Badges**

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

### **Guests**

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

### **Physical Needs**

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

### **Inclement Weather**

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

### **Parking**

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

### Location of Courses

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

### Trips

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

### Registration

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

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

**Open Registration for the Fall Session is available online starting Thursday, August 24, 2023. Open Registration occurs onsite Monday, August 28 - Tuesday, August 29, 9:00AM - 3:00PM each day. Any courses that have more registrations received than available seats during the Open Registration period will use a lottery system to determine registration. All registrations received (online, in person or via US mail) follow the Open Registration procedure. After the close of Open Registration on August 29 at 3:00PM, registrations revert to a first-come, first-served basis. All course fees are due at the time of registration. Registrations may not be processed if any fees are outstanding.**

### LLI Safety Guidelines for Fall 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 risks. By participating, LLI members, instructors, and guests agree to hold LLI and its employees harmless from any consequence or effects caused by any illness or injury. All guidelines are subject to change based on updated recommendations and future conditions.**

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## **Did you know...**

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

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

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

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

## **Have you ever wondered how you can support LLI more?**

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

**If you ever have any questions about any of these support options, please contact the office. We are so grateful for the generous gifts from our members, donors, and community throughout the years and look forward to continuing our quality programs and preparing for future growth.**

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

**Board of Directors**

**Curriculum  
Committee**

**Social and Trip  
Committee**

**Office Volunteers**

**Facilitators**

**Diversity Committee**

**Community Outreach  
Committee**

**Fundraising  
Committee**

**Policy Committee**

**Instructors**

**Finance Committee**

**Grants Committee**

**Public Relations  
Committee**

**Facilities  
Committee**

**Library Committee**

**Safety Committee**



<b>AD</b>	<b>Art, Music, Drama, and Dance</b>
<b>Beginner Tap Dancing</b> <b>Tuesday</b> <b>9:00-9:45</b> <b>Instructor(s): Karyn Carpenter and Julie Van Buskirk</b> Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate. Students will be learning basic tap dance steps and dance routines.	<b>Course: AD233045</b> <b>Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19</b>
<b>Readers Theater</b> <b>Tuesday</b> <b>9:30-10:30</b> <b>Instructor(s): Ken Carlson</b> 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 reading, comprehension, vocabulary, language, creativity, and teamwork skills sharp!	<b>Course: AD233248</b> <b>Sept 5, 12, 19, Oct 24, 31, Nov 14, 21, 28, Dec 5, 12, 19</b>
<b>Intermediate Tap Dancing</b> <b>Tuesday</b> <b>10:00-11:00</b> <b>Instructor(s): Mary Berry, Jennifer DeRusha, and Beth Mercer</b> Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate. Tap dancing is good for the body and the brain. This course is designed for intermediate-level students who desire to refresh learned skills using old and new choreography.	<b>Course: AD233021</b> <b>Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19</b>
<b>Country Line Dancing</b> <b>Tuesday</b> <b>11:30-12:30</b> <b>Instructor(s): Mary Bradstock</b> This course uses line dancing for fun and exercise. Knowledge of basic line dance steps is preferable. New dances are taught and older ones are reviewed.	<b>Course: AD233058</b> <b>Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19</b>
<b>Woodcarving: Open Carve Sessions</b> <b>Wednesday</b> <b>9:00-11:00</b> <b>Instructor(s): Bill Good</b> LLI woodcarvers are invited to gather around the tables for open carving this session. The idea is to bring carving enthusiasts together for a fun, social opportunity to work on an old project or start something new. No formal instruction will be provided, but Bill will act as coordinator. Bring along a favorite carving or tool-of-choice to share, an album of work or a book to inspire, and a hunk of wood to whittle. Happy carving!	<b>Course: AD233080</b> <b>Sept 6, 13, Nov 29, Dec 6, 13</b>



**The Art of the Sketch A****Course: AD233171****Wednesday****Sept 6, 13, 20, 27, Oct 4, 11****10:30-12:00****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 sketchbook as if on a trip – in Europe perhaps. In the course, students will discuss the process, e.g. the value of making several preliminary “thumbnail” sketches to work out not only the composition but also the placements of the “values”, i.e. the lights and darks. Then, using smaller value sketches as a guide, students will lay out their chosen composition which will then be finished with inked lines and then color washes. Students should come to the first class prepared to start work on the first project. A supply list will be available at registration and outside the office before class.

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**Introduction to Brazilian and Afro-Cuban Percussion****Course: AD233210****Wednesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13****1:00-2:00****Instructor(s): Damir Strmel**

This is a hands-on course for students wishing to learn rhythmic elements of Brazilian and Afro-Cuban music. The class will continue to practice and improve on Samba, Samba Reggae, Afoxe, and Bossa Nova rhythms. Exploration of Afro-Cuban music will be new and will specifically be focused on the Rumba and its variants: Rumba Yambu, Rumba Columbia, and Rumba Guaguanco (Havana Style). The history of the development of Cuban music will be discussed not only in terms of the musical structure but its role in religious practices and its influence on the culture. Students who would like to be percussionists, singers, and dancers are all welcome to participate. To learn percussion, no experience is necessary. Please note that this will not be a drum circle but a structured exploration of the music and culture of Brazil and Cuba. Students will be working with arrangements created by the instructor's teacher in Santiago de Cuba, Sr Ramon Marquez Dominguez, Musical Director of the Cutumba Folkloric Group.

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**Introduction to Line Dancing****Course: AD233036****Thursday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****9:00-10:00****Instructor(s): Sharon Macauley**

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

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**Line Dance Practice****Course: AD233075****Thursday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****10:15-11:15****Instructor(s): Mary Bradstock**

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

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**Ring 101: Understanding Opera****Course: AD233020****Thursday****Sept 7, 14, 21****10:30-12:00****Instructor(s): Joshua Borths**

Join Virginia Opera's Resident Scholar, Joshua Borths, to delve into the wide and wonderful world of opera. These courses are designed to help students enjoy opera and better listen to the world around them. Based on the Virginia Opera's fall production of Richard Wagner's "Siegfried," these sessions will introduce students to the epic--and controversial--"Der Ring des Nibelungen." This monumental opera is one of the largest works ever created in Western culture as it tells a story of Norse mythology, taking audiences on a mythic quest.

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**Lifelong Musicians Vocalists****Course: AD233240****Thursday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****12:00-1:30****Instructor(s): Randall Kaker**

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

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**Lifelong Musicians Instrumentalists****Course: AD233141****Thursday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****12:00-1:30****Instructor(s): Randall Kaker**

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

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**Advanced Readers Theater****Course: AD233015****Thursday****Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****1:30-3:00****Instructor(s): Sandy Phillips**

Advanced Readers Theater is a performing group that works on skits, short plays, poetry, and other material, primarily of a humorous nature. In class, laughter is abundant with the fun approaches, and performances are both at LLI and at various community gatherings. It is very helpful if students have experience in performing.

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**Open Oil Painting for All Levels****Course: AD233167****Friday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 17, Dec 1, 8, 15****10:30-12:30****Instructor(s): Wanda Cutchins**

This is an opportunity to join with other fun artists to oil paint. Students decide what they would like to paint and bring their own supplies. Odorless thinner is required as well as a drop cloth to protect the table. All levels are welcome, and the instructor will be available to support students as needed.

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**Waltz and Rumba Dance for Partners****Course: AD233031****Friday Sept 8, 15, 22, 29, Oct 6****12:00-1:00****Instructor(s): Phyllis Harris**

Students will learn the beautiful and classic Waltz, which is a traveling ballroom dance, backed up by Rumba, which is a rhythmic "spot dance" that has similarities with Waltz on a basic level. The course will include simple step patterns, learning the timing in both dances, the importance of proper dance frame, and the necessary leading and following skills that make it all flow. Please note that students must pre-arrange a dance partner who is also an LLI member in order to register and participate. If students are looking for a dance partner, they should see the signup sheet on the shelf in the hallway outside the LLI office.

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**Creative Thinking: Increase Awareness and See Life Differently****Course: AD233253****Monday Sept 11, 18****9:00-10:30****Instructor(s): Gordon Russell, MVA**

What is creativity? Who has it? Where does it come from? How do you get it? This course is intended to open the mind...period. It will center on increasing awareness of all aspects of life and methods of thinking. Various forms of creativity will be explored as well as its application not only in the Arts but also in science, business, writing, music, and more. Exercises in awareness and visualization will also be presented. Shapes, colors, lighting, music, and abstract thinking will all be studied. The end goal of the course is to increase awareness of surroundings, manner of thinking, and seeing life through a different lens. As Leonardo da Vinci said, "All things are connected."

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**Funtastics Choral Group****Course: AD233105 \$5****Monday Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4****1:30-2:30****Instructor(s): Sandy Phillips**

This course provides an opportunity for students to sing a variety of music and learn about the elements of choral singing with a variety of music, including popular pieces, classics, and poetry set to music. All are welcome! Reading music isn't required, but it helps. Singing has a way of lifting the spirits of the singers and listeners. Many studies have confirmed this, and spending some time with the Funtastics will confirm it as well! The course fee will cover the cost of new music materials.

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**Intermediate Watercolor Painting****Course: AD233249****Tuesday Sept 12, 19, 26, Oct 3, 10, 17****1:00-3:00****Instructor(s): Poly Cline**

This course is geared toward those artists that know the basics of watercolor techniques and are ready to branch out a bit; however, newer students are not discouraged as all projects will be presented in a step-by-step format. All lessons are original — not repeated from previous courses. No drawing skill is needed. Projects may include a portrait, flowers, still life, and landscape. Students will also paint some seasonal cards. A supply list will be available at registration and outside the office before class.

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**Ukulele Jam****Course: AD233252****Wednesday Sept 13, 20, 27, Oct 4****10:30-12:00****Instructor(s): Rick Kaerwer**

The ukulele is an easy instrument to learn, and this course will prove it! New ukulele students should come to the first 30 minutes each week for a mini-lesson. After the first 30 minutes, those who have played before can join in for 60 minutes of guided jamming together. The songs will lean toward being simpler songs, but embellishments can be added to get fancier. Students should bring a ukulele and tuner, but the instructor will bring several ukuleles that may be borrowed. Come join the fun in this experimental approach!

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**Advanced Color Pencil Drawing****Course: AD233110****Tuesday****Sept 19, 26, Oct 3, 10, 17, 31, Nov 14, 21****10:00-12:00****Instructor(s): Brian Austin, PhD**

Students will learn to use more advanced color pencil drawing techniques and how to use wax pencils in creating more complex and larger drawings. Landscapes and floral studies will be examined. Over the course of the session, students will complete three drawing projects. This course is appropriate for students with some experience with wax color pencils. Students should have experience with color blending, shading, burnishing, and similar color pencil techniques. Students will need their own supplies for the initial and all subsequent classes. A supply list will be available at registration and outside the office before class.

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**Woodcarving with Merv: A Christmas Stocking and a Seahorse****Course: AD233035 \$10****Wednesday****Sept 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15****9:00-11:00****Instructor(s): Merv Warner**

Students will be carving a Christmas stocking and a seahorse. The Christmas stocking is a great project for new carvers. Stockings will be decorated off-site by the student and later displayed during the holiday season. The seahorse will be carved following the stocking and also decorated offsite. New students are welcome to learn the art of woodcarving. Students should have basic carving tools: a knife and small palm gouges. New students will need to have a carving knife. Students are welcome to contact the instructor with any questions: 804-310-7018 or mervinbwa@gmail.com. The course fee will provide carving blanks.

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**Senior Storytelling Slam: Real Stories Truly Told****Course: AD233192****Thursday****Sept 21, Oct 26, Nov 30****10:30-12:30****Instructor(s): Judith Onesty and Les Schaffer**

Story Slams have rapidly grown in popularity. Similar to popular NPR radio shows like "The Moth" or "This American Life," a storytelling slam is a festival for the spoken word. LLI story-slamers 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-slamers 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 "Hair: Hair-raising, Hair-brained, Good Hair, Bad Hair, Hairdressing, Hair in your Soup." You get the idea. Slammers 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 are 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. Veteran Storytellers Judith Onesty and Les Schaffer will serve as the Slam MCs and be available for phone or electronic consultation and coaching as students develop and polish their stories. Students who plan to slam and students who just want to listen to a good story should both register.

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**The World of the Bel Canto Opera: Understanding Opera****Course: AD233238****Thursday****Oct 5, 12, 19****10:30-12:00****Instructor(s): Joshua Borths**

Join Virginia Opera's Resident Scholar, Joshua Borths, to delve into the wide and wonderful world of opera. These courses are designed to help students enjoy opera and better listen to the world around them. Based on the Virginia Opera's fall production of Rossini's effervescent comedy "The Barber of Seville," these sessions will introduce students to the wild and wacky world of the bel canto--Italian opera of the early nineteenth century. Comprising the works of Rossini, Donizetti, and Bellini, the bel canto is one of the most famous musical and dramatic styles in opera history. Students will learn about the culture, composers, and singers that created these works while listening to some fantastic music along the way.

**Life and Selected Works of Bernini****Course: AD233207****Wednesday****Oct 11, 18, 25, Nov 1, 8, 15****9:30-11:00****Instructor(s): Juana Levi**

A child prodigy, Bernini was touted as 'the next Michelangelo.' Meet the man who is credited with creating the Baroque style of sculpture, was the last architect of Saint Peter's Basilica, and who some modern scholars say could run circles around Michelangelo.

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**Beginning Guitar I: Basic Guitar Chords****Course: AD233183 \*\$10****Wednesday****Oct 11, 18, 25, Nov 1, 8, 15****11:00-12:00****Instructor(s): Randall Kaker**

This is the complementary course to Beginning Guitar II. This course focuses on basic chords for the guitar and a bit of music theory. This course is open to all beginner guitarists. It is not necessary to have taken Beginning Guitar II (which focused on melodies) to take this course. Students should have a copy of "Hal Leonard Guitar Method Book 1." 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).

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**East Coast Swing Dance for Partners****Course: AD233022****Friday****Oct 13, 20, 27, Nov 3, 10, 17****12:00-1:00****Instructor(s): Doug McRae and Teresa Day**

Students will learn the East Coast Swing. This is a very popular dance seen everywhere from formal ballroom dances to wedding receptions to local band concerts. This is another partner dance, where one partner leads and the other follows. Students will learn either the leader or follower role. Please note that students must pre-arrange a dance partner who is also an LLI member in order to register and participate. If students are looking for a dance partner, they should see the sign up sheet on the shelf in the hallway outside the LLI office.

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**Oil Painting Techniques****Course: AD233250****Monday****Oct 16, 23, 30****10:00-11:30****Instructor(s): Wanda Cutchins**

This is a course for intermediate painters. Students will explore color, brush strokes, and techniques that are applicable to oil paints. Students should bring a notebook, oils, an 8"x10" canvas, a drop cloth, and odorless thinner only.

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**The Art of the Sketch B****Course: AD233172****Wednesday****Oct 18, Nov 1, 8, 15, Dec 6, 13****10:00-11:30****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 sketchbook as if on a trip – in Europe perhaps. In the course, students will discuss the process, e.g. the value of making several preliminary "thumbnail" sketches to work out not only the composition but also the placements of the "values", i.e. the lights and darks. Then, using smaller value sketches as a guide, students will lay out their chosen composition which will then be finished with inked lines and then color washes. Students should come to the first class prepared to start work on the first project. A supply list will be available at registration and outside the office before class.

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**Advanced Watercolor****Course: AD233012****Thursday****Oct 19, 26, Nov 2, 9, 16, 30****10:30-12:30****Instructor(s): Marti Franks**

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

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**Intermediate Watercolor with Marti****Course: AD233111****Thursday****Oct 19, 26, Nov 2, 9, 16, 30****2:00-3:45****Instructor(s): Marti Franks**

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

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**Beginning Art for Fun: It's Elementary, My Dear****Course: AD233254****Friday****Oct 20, 27, Nov 10****1:00-3:00****Instructor(s): Sarah Matthews**

This course will cover a wide range of media and techniques for the absolute beginner. Students who can't draw a straight line and don't know how to mix colors will benefit from these classes. Each class will focus on one medium and include some art history in a very elementary, playful style. All supplies will be provided.

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**Watercolor and Acrylic Problem Solving Workshop****Course: AD233119****Tuesday, Wednesday****Oct 24, 25****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](mailto:bevperdueartist@aol.com). A supply list will be available at registration and outside the office before class.

**Basic Watercolor Techniques****Course: AD233016****Tuesday****Nov 14, 21, Dec 5, 12****1:00-3:00****Instructor(s): Poly Cline**

In this course, students will acquire techniques needed to successfully move forward with watercolor. This course is for budding artists who have not taken a watercolor course in the past or aren't quite ready for an intermediate-level course. No drawing skills are necessary. Students will be amazed at their newly discovered talent. A supply list will be available at registration and outside the office before class.

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**YUPO and Watermedia Workshop****Course: AD233151****Tuesday, Wednesday****Nov 28, 29****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 in any watermedia. 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.

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**Ballroom Dance Practice for Partners****Course: AD233197****Friday****Dec 1, 8, 15****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 that students must pre-arrange a dance partner who is also an LLI member in order to register and participate. If students are looking for a dance partner, they should see the signup sheet on the shelf in the hallway outside the LLI office.

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**Loose Watercolor: A Little More Loose Fun****Course: AD233241****Monday****Dec 4, 11, 18****10:00-12:00****Instructor(s): Darnell Hoose**

This course is a follow on to the summer's "Let's Get Loose" watercolor course. Beginners will find a fun, non-threatening atmosphere as the class continues its adventure into tips and tricks for loose watercolor. Students should bring their own supplies and an open mind that's willing to laugh and learn when the water makes mistakes. A supply list will be available at registration and outside the office.

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**Eye Magic: The Fun Tricks That Eyes and Brains Play****Course: AD233251****Tuesday****Dec 5, 12, 19****9:30-10:30****Instructor(s): John Partridge**

This course will study the anatomy, neurology, and psychology of seeing and perceiving. The many tricks and funny quirks that are encountered with the forces of color, shadow, and behavior will also be explored. Students should be prepared for a little magic as they see the colors in the world!

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**Engineering Concepts and Thermodynamic Fundamentals****Course: CO233202****Thursday****Sept 7, 14, 21, 28, Oct 5, 12, 19, Nov 2, 16, 30, Dec 7, 14****1:00-2:00****Instructor(s): John Bennett**

Engineering is appropriately linked with problem-solving, an often short-changed but very important skill for optimizing one's life. Thermodynamics is fundamental to understanding and interpreting the world while simultaneously believed confusing and difficult. The instructor was an engineering educator for thirty years, often facilitating thermodynamics. This course will explore engineering concepts and thermodynamics fundamentals that everyone can use in their lives. This course will NOT involve using mathematics or solving equations. The goal is to help students develop problem-solving skills, use them routinely, consider thermodynamics basics, and use those basics to understand the world.

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**Nearpeer Tutorial and Tips A****Course: CO233199****Thursday****Sept 7****1:30-3:00****Instructor(s): Rachel Ramirez**

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

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**Google Photos A: Managing Thousands of Photos in Your Phone****Course: CO233175****Friday****Sept 8, 15, 22****1:00-2:30****Instructor(s): Danny Arkin**

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

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**Pesticides in Food A: What to Know****Course: CO233197****Wednesday****Sept 13, 20****9:30-11:00****Instructor(s): Patricia Ryther**

Please register for only one session (A or B) to allow all students a chance to participate. The weed killer called Roundup was first marketed to US farmers in 1974. It was hailed as an ideal herbicide—effective, versatile, and yet as safe as table salt. More recently, genetically modified seeds have allowed herbicides like Roundup to be sprayed not just on weeds, but also directly on food crops. Roundup and its imitators are the most-used herbicides on the globe. Scientists around the world are concerned, but the EPA states that Roundup residues in food are safe. So safe, in fact, that in 2012 the allowed limits for residues in food were increased. This course will explore several sides of the ongoing controversy, with opinions from government, industry, science, and ecological groups.

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**Introduction to the Internet****Course: CO233057****Thursday****Sept 14, 21****10:00-11:30****Instructor(s): Lewis Levi**

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



**Pesticides in Food B: What to Know****Course: CO233198****Friday Sept 15, 22****9:30-11:00****Instructor(s): Patricia Ryther**

Please register for only one session (A or B) to allow all students a chance to participate. The weed killer called Roundup was first marketed to US farmers in 1974. It was hailed as an ideal herbicide—effective, versatile, and yet as safe as table salt. More recently, genetically modified seeds have allowed herbicides like Roundup to be sprayed not just on weeds, but also directly on food crops. Roundup and its imitators are the most-used herbicides on the globe. Scientists around the world are concerned, but the EPA states that Roundup residues in food are safe. So safe, in fact, that in 2012 the allowed limits for residues in food were increased. This course will explore several sides of the ongoing controversy, with opinions from government, industry, science, and ecological groups.

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**Automotive Basics****Course: CO233169****Tuesday Sept 19, 26****9:30-11:30****Instructor(s): B. Ellen Johnson, PhD**

This course will help students learn about their cars. Topics include helpful information about tires, how both internal combustion engines and electric engines operate, the many different computers that keep a car performing well, and the safety components of the car. There will be plenty of time for questions. This is the last chance for an in-person course with Dr. Johnson since she is moving out of the area very soon!

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**Renewable Energy in Our World****Course: CO233144****Tuesday Sept 19, 26****1:00-3:00****Instructor(s): B. Ellen Johnson, PhD**

This course will present how fossil fuels affect global warming and what renewable energy sources are available for utility-scale energy production. The energy sources that will be covered include solar, wind, hydroelectric, geothermal, and tidal. Fusion will also be briefly introduced, as will the concept of the life cycle of an energy source. This is the last chance for an in-person course with Dr. Johnson since she is moving out of the area very soon!

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**Computer Security A****Course: CO233090****Thursday Sept 28, Oct 5****10:00-11:30****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. This course will provide students with specific tips to maintain security on personal computers. Students will learn techniques to protect their online identities, avoid phishing and safeguard against viruses, adware, worms, and other forms of malware.

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**Find My Phone, Find My Device, Find Me****Course: CO233151****Thursday Sept 28****2:00-3:30****Instructor(s): Danny Arkin**

Everyone is tied to their digital devices, but are you able to locate them if you accidentally get separated from each other? What about tracking your family member locations, pets, and selected objects? This course will delve into the available “find my” tools for iOS and Android devices. Students will learn how the use of these tools provides a safety net for important items and loved ones.

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**Lies and Statistics****Course: CO233201****Monday Oct 2, 9, 16, 23, 30****10:00-11:00****Instructor(s): John Fisher**

Statistics are present in every element of modern life. From economics to medicine, education, marketing, social media, weather forecasting, demographics, sports, and beyond, statistics have become part of the daily conversation. But what do they mean? Margin of error, Randomized Control Trial, Six Sigma, and many other buzzwords float through popular media without explanation. This course will explore the meaning of the statistics used in these areas of our lives and look at how they can inform, mislead, or do both at the same time. This is NOT a course on statistical theory or on “doing” statistics. Math will be kept to an absolute minimum!

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**Tips and Tricks in Google Apps: Calendar, Mail, Contacts, Lists****Course: CO233203****Monday Oct 2, 9, 16, 23****2:00-3:30****Instructor(s): Danny Arkin**

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

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**Nearpeer Tutorial and Tips B****Course: CO233200****Tuesday Oct 3****9:30-11:00****Instructor(s): Rachel Ramirez**

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

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**Introduction to iPhone Technology Tricks and Tips A****Course: CO233188****Thursday Oct 5, 12, 26****2:00-3:30****Instructor(s): Danny Arkin**

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

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**iPhone Basics: Part 1 of 2****Course: CO233058****Friday Oct 6, 13, 20****1:00-2:30****Instructor(s): Mark Grubbs**

This is the first of a five-part series of iPhone courses (two Basic and three Intermediate). iPhone Basics: Part 2 of 2 is also being offered this session. This course is an interactive opportunity for students to learn the basic setup and use of an iPhone (7, 8, X, 11, SE, 12, 13, 14, 15) using the latest operating system (iOS 17). First, learning how the iPhone functions and how it uses the Cloud (iCloud) will be covered followed by how to make Contacts, send text messages, use the Speakerphone, and find a lost iPhone using the Find My app. If time permits, Email and other App Store apps will be explored. Come with eagerness to ask a lot of questions!

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**Password Management: An Introduction to Browser Built-In Password Tools****Course: CO233204****Thursday****Nov 2, 9****12:30-2:00****Instructor(s): Danny Arkin**

This course will focus on the built-in password tools within web browsers like Chrome, Edge, and Safari. Students will learn where and what they are, how they operate, how to manage them, as well as strategies for success. Food-for-thought will be served, and suggestions shared could make online life easier.

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**iPhone Basics: Part 2 of 2****Course: CO233059****Friday****Nov 3, 10, 17****1:00-2:30****Instructor(s): Mark Grubbs**

This course follows iPhone Basics: Part 1 of 2. It is the second of a five-part series of iPhone courses (two Basic and three Intermediate). Students who attended iPhone Basics: Part 1 of 2 will be especially ready for this course, but all are welcome. This course will be an interactive opportunity to learn some basic setup and use of an iPhone (7, 8, X, 11, SE, 12, 13, 14, 15) using the latest operating system (iOS 17). Use of the Mail, App Store, and FaceTime apps will be covered. If time permits, the Safari app will be explored. Come with eagerness to learn and ask a lot of questions!

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**Introduction to iPhone Technology Tricks and Tips B****Course: CO233189****Thursday****Nov 16, 30, Dec 7****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.

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**Computer Security B****Course: CO233091****Friday****Dec 1, 8****10:00-11:30****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. This course will provide students with specific tips to maintain security on personal computers. Students will learn techniques to protect their online identities, avoid phishing and safeguard against viruses, adware, worms, and other forms of malware.

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**iPad Basics****Course: CO233046****Friday****Dec 1, 8, 15****1:00-2:30****Instructor(s): Mark Grubbs**

Students will need a fully charged Apple iPad (no more than six years old) for this interactive course to learn about the iPad machine, the Cloud, and some basic setup for an iPad. In addition, students will practice making a contact, texting, and writing and sending an email. The basic use of the Contacts, Messages, and Mail apps (as time allows) will be covered. How to find a lost iPad will come in handy too. Students are encouraged to bring lots of questions and curiosity!

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**Google Photos B: Managing Thousands of Photos in Your Phone****Course: CO233176****Monday****Dec 4, 11, 18****2:00-3:30****Instructor(s): Danny Arkin**

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

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**DE****Diversity, Equity, and Inclusion**

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**Diversity Committee Listening Session****Course: DE233001****Thursday****Oct 12, 19****1:00-2:00****Instructor(s): Donna Blackwell**

The LLI Diversity Committee invites LLI members to attend this insightful event in the new Diversity, Equity, and Inclusion category (DE). When members come from a wide array of backgrounds, they bring unique perspectives that influence how LLI approaches its mission in more inclusive and innovative ways. The purpose of this listening session is to build relationships and create space for members to share advice, stories, and challenges relating to Diversity, Equity, and Inclusion at LLI. Students will be asked questions about their personal definitions of diversity, equity, and inclusion as well as the challenges and barriers they have seen or experienced within the organizational or community context at LLI. A second day has been added to keep the conversation going per feedback from the summer session.

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**Creating Belonging: High-Quality Connections****Course: DE233002****Wednesday****Nov 1****1:30-3:00****Instructor(s): Amy J. Armstrong, PhD**

During this course, students will explore a worldview and practices associated with Appreciative Inquiry. Appreciative Inquiry is a process that can be used for positive and sustainable change. Elements of positive psychology and well-being will also be explored. The focus will be fostering belonging with others in relationships.

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**Cultivating Community and Belonging for Lifelong Learners****Course: DE233003****Monday****Nov 13****1:00-2:30****Instructor(s): Rachel Ramirez and Tom Deschenes**

To help improve community, connection, inclusion, and belonging among its members, LLI in Chesterfield has partnered with Nearpeer since October 2022 to empower members to find meaningful friendships, share resources and skills, network, and stay informed—all from a mobile app and website. In this course, the importance of belonging will be discussed, and students will also explore joint findings on how the collaborative pilot is improving learning, enriching community, and enhancing the overall LLI experience.

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**EF****Economics and Finance**

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**Identity Theft****Course: EF233117****Thursday****Sept 7****10:00-11:00****Instructor(s): Sabrina Guerin**

Identity protection is more important than ever. This course will show students how to protect themselves from identity theft and share options that are available if the worst happens.

**Women in Wealth****Course: EF233152****Thursday****Sept 14****2:00-3:30****Instructor(s): Liz Brown**

Women tend to invest 40% less than men but typically live longer and have a greater need for post-retirement income. During this course, students will learn about the different factors that affect women throughout their investment years and the implications these have on how they should structure their financial plan.

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**Organizing Financial Records in Four Steps****Course: EF233118****Tuesday****Oct 3****10:00-11:00****Instructor(s): Sabrina Guerin**

With all the paperwork surrounding financial records, what should be kept? What should be thrown out? This course will share a method of getting organized. Students will learn a quick, clear path to figuring out what needs to be retained.

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**Estate Planning and Elder Law: What You Need to Know****Course: EF233115****Thursday****Oct 5****11:00-12:30****Instructor(s): Paula Peaden****Online**

This course will address the advantages of a living trust over a will, the importance of durable Powers of Attorney, and advance medical directives. Current Federal and state law will be explained. Questions will be welcome.

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**What Your Kids Need to Know****Course: EF233140****Monday****Oct 9****9:00-10:30****Instructor(s): James E. Davidson, Jr., CFP®**

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

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**Medicare Part D: How to Shop Around****Course: EF233113****Monday****Oct 9****11:30-12:30****Instructor(s): Kendalle Stock**

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

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**Virginia Long Term Care Options and How to Pay for Them****Course: EF233150****Wednesday****Oct 18****9:30-10:30****Instructor(s): Jeremy L. Pryor, Esq.**

This course will discuss the types of long term care available in Virginia—in-home care, assisted living care, and skilled nursing care—the typical costs of using each care option, and the payment options for each type of care, with a specific emphasis on using Medicaid as a payment source.

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**Women in Wealth****Course: EF233153****Thursday****Oct 19****11:00-12:30****Online****Instructor(s): Liz Brown**

Women tend to invest 40% less than men but typically live longer and have a greater need for post-retirement income. During this course, students will learn about the different factors that affect women throughout their investment years and the implications these have on how they should structure their financial plan.

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**The Markets Today****Course: EF233154****Thursday****Oct 19****11:30-12:30****Instructor(s): Shawn Doran**

This course will discuss current market conditions and how the political, economic, and cultural forces that are shaping our markets can affect investors.

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**Unlock Your IRA****Course: EF233006****Tuesday****Oct 24****9:00-10:30****Instructor(s): Ryan Poland**

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 this course to learn how to avoid the pitfalls and unlock the full potential of IRAs.

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**Reverse Mortgages 101: Mechanics, Costs and Considerations****Course: EF233122****Thursday****Nov 2****1:30-3:00****Instructor(s): Jim Warns**

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

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**Estate Settlement and the Probate Process****Course: EF233104****Thursday****Nov 9****11:30-1:30****Instructor(s): Mark Mikuta, CPA, CFP**

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

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**Your Credit Score****Course: EF233135****Thursday****Nov 16****2:30-3:30****Instructor(s): Sabrina Guerin**

This course will explore what goes into building, managing, and maintaining a desirable credit score.

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**Virginia Long Term Care Options and How to Pay for Them****Course: EF233151****Tuesday****Nov 28****10:00-11:00****Online****Instructor(s): Jeremy L. Pryor, Esq.**

This course will discuss the types of long term care available in Virginia—in-home care, assisted living care, and skilled nursing care—the typical costs of using each care option, and the payment options for each type of care, with a specific emphasis on using Medicaid as a payment source.

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**Surviving in Today's Economy****Course: EF233155****Wednesday****Dec 13****10:00-11:00****Instructor(s): Sabrina Guerin**

In times of economic uncertainty, it is important to focus on what can be controlled. This course will present tips on increasing value in the workplace, cutting expenses, boosting savings, and reducing debt.

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**EL****Literature, Poetry, and Film****LLI Literary Society Orientation****Course: EL233100****Wednesday****Sept 6****11:30-12:30****Online****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

Inspired by historic Chautauquas, the Literary Society will offer another themed selection of books for the fall session. Participants will select four of eight titles to read between September and December 2023. 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. A culminating meeting will be scheduled at the beginning of the Spring 2024 session to celebrate participation and commemorate the theme. The theme for this session is The Library of Virginia's 2023 People's Choice Awards Nominations. Selected titles and suggested opportunities for no- or low-cost ways to obtain copies of the books will be provided. This course will provide a brief orientation with information on participation and a review of this session's selected titles.

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**LLI Literary Society Orientation****Course: EL233101****Thursday****Sept 7****9:30-10:30****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

Inspired by historic Chautauquas, the Literary Society will offer another themed selection of books for the fall session. Participants will select four of eight titles to read between September and December 2023. 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. A culminating meeting will be scheduled at the beginning of the Spring 2024 session to celebrate participation and commemorate the theme. The theme for this session is The Library of Virginia's 2023 People's Choice Awards Nominations. Selected titles and suggested opportunities for no- or low-cost ways to obtain copies of the books will be provided. This course will provide a brief orientation with information on participation and a review of this session's selected titles.

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**Aspiring Writers' Workshop****Course: EL233015****Friday****Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15****1:00-3:00****Instructor(s): Dorothy Moses**

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

**Enjoy Poetry****Course: EL233043****Wednesday****Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13****11:00-12:00****Instructor(s): Bob Ferguson and Timothy Pace**

Bob and Tim are back again to continue the survey of traditional and modern poetry, song lyrics, and other forms of poetry. The class varies from week to week, with differing authors and subjects just to keep things interesting. The instructors take the course title seriously and like students to have fun and enjoy poetry too.

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**Poe and the Detective Story****Course: EL233028****Monday****Sept 18****10:30-11:30****Instructor(s): Chris Semtner**

Sherlock Holmes's creator Sir Arthur Conan Doyle famously asked, "Where was the detective story before Poe breathed the breath of life into it?" This course will uncover how Edgar Allan Poe became the first American author to invent a new literary genre. Students will look at the people and works that inspired him as well as the elements he combined and refined to invent something that would change the face of world literature and add its own section to local bookstores.

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**Funny and Happy Movies Showcase****Course: EL233112****Monday****Sept 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18****1:00-3:30****Instructor(s): Al Meyer**

Al Meyer was sold on the idea of having a regular movie time course as long as the movies are happy or funny. Popcorn may be provided, and tissues are recommended...for the happy tears. Students will enjoy happy showings of such movies as A Chorus Line, Oklahoma, Grease, and Showboat, as well as selections from DreamWorks, such as Turbo and Shark Tales. Additional ridiculously funny movies will be considered for the lineup. An intermission will be included in the middle, and a discussion will be encouraged at the end.

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**The Early History of the Movies****Course: EL233111****Wednesday****Sept 20, 27, Oct 4, 11****11:30-1:00****Instructor(s): Josh Pachter**

This course, which is a sequel to "The Prehistory of the Movies," will examine the lives and films of several of the movie industry's pioneers, including Georges Méliès, Edwin S. Porter, D.W. Griffith, and the silent comedians. Please note that students need not have taken "The Prehistory of the Movies" to enjoy "The Early History of the Movies."

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**Memoir Writing****Course: EL233048****Tuesday****Sept 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12****9:00-10:30****Instructor(s): Suzanne Kelly and Tom Seaborn**

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

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**Banned Books Discussion: Part II****Course: EL233098****Tuesday****Sept 26, Oct 31, Nov 28, Dec 19****2:00-3:30****Instructor(s): Linda Kerman and Deb Hood**

To Kill a Mockingbird, Of Mice and Men and the Harry Potter novels 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?”, and “Is it constitutional to ban books?”. The class will explore information about each author and the history of the novels, especially the reasons it was or still is banned. Students will then engage in a lively discussion about the work itself. For the first class, students should read The Hate U Give by Angie Thomas. Please note that all four books for the fall session are different from those in previous courses.

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**Children's Book Review****Course: EL233109****Tuesday****Oct 10****9:30-11:00****Instructor(s): Rachel and Lucas Ramirez**

There are countless books for kids to read these days. The Chesterfield County Public Libraries’ shelves are stocked full of options, and Lucas is an avid reader at the age of four. He loves books about dinosaurs, science, and comic-style books with fun characters. One of his favorite characters is a robot because the robot voice is fun to do. He also loves Mo Willems' Elephant and Piggie series. This course will give students an opportunity to share their favorite children’s books with Lucas and the class. Lucas will also bring his current favorites to recommend to members for their own enjoyment or to share with their grandkids or young neighbors.

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**Obituary Writing Workshop****Course: EL233090****Tuesday****Oct 17****1:30-2:30****Instructor(s): Jennifer S. Moss**

Obituaries are mini-biographies in the newspaper or online, and they are often thought of as dreary and solemn. But an obituary doesn’t have to be dull and unmemorable! By adding gratitude or a little humor to an obituary and straying away from tradition, readers can gain insights into the unique personality of the deceased. It can create an impression that won’t fade away. In this course, students will be using writing prompts to review their life's accomplishments as they would like printed in their obituary. The instructor makes this morbid topic fun and interactive!

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**Storytelling! It’s for you!****Course: EL233007****Tuesday****Oct 31, Nov 14, 28, Dec 5, 12****11:00-12:30****Instructor(s): Judith Onesty and Les Schaffer**

Family storytelling is a fun and important way to pass on family history. People tend to remember their grandparents, but what do their children know about them? Stories are a way to give them more than a black-and-white photograph. Sometimes it’s amazing what traits come down through the family. Judith’s great-grandfather was a tin smith, and she found out in middle age that she loved working with metal! Using fun games and prompts, this course will teach students quick and easy ways to remember those days and how to form those memories into a story that everyone can remember and enjoy sharing with others. Students will learn how to find a story, how to shape it, and discover tips and tricks on presenting. We can’t wait to hear your stories!

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**The Boy, the Mole, the Fox and the Horse****Course: EL233108 \*\$18****Friday Nov 3****9:30-11:30****Instructor(s): Rachel and Lucas Ramirez**

Charlie Mackesy began sharing conversations between the boy, the mole, the fox, and the horse on his social media channels in early 2018. He published *The Boy, the Mole, the Fox and the Horse* in late 2019, and the book has since brought comfort and joy to over seven million readers worldwide. After two years of collaborative work, in 2022, the short film adaptation of the book was released on AppleTV+ alongside a companion edition of the book: *"The Boy, the Mole, the Fox and the Horse: The Animated Story."* This course will offer an opportunity for students to view the short film and discuss the book about the character's journey together and the boy's search for home. This quote from the author says it all, "I hope this book gives you courage and makes you feel loved. Love, Charlie x" The inspirational book is available for students through an optional course fee at the time of registration.

**The Many Hats of a Writer****Course: EL233091****Friday Dec 1****11:00-12:00****Instructor(s): Heather Weidner**

This course is an overview of all the tasks and responsibilities of a writer (besides the writing and editing parts). Students will learn about social media sites, reviews, platforms, websites, and other elements of book marketing.

**FI****Fitness****Chair Yoga Tuesday****Course: FI233006 \$20****Tuesday Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19****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: FI233009 \$20****Tuesday Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19****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: FI233017	\$20
Wednesday	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13		
9:45-10:45			
Instructor(s): Nicole Thomas-Jackson			
Come and have fun while moving, strengthening and stretching. Learn WHY we do certain moves or stretches, as well as HOW to do them. This class is appropriate for anyone who wants to move, strengthen their bodies, protect their joints and HAVE FUN! We do a variety of cardio/strength work, as well as stretching, balance and core. Modifications for most of what we do are always shared with the class. Please wear loose, comfortable clothing, appropriate footwear (workout sneakers - walking, running or cross trainer shoes - sturdy and supportive!) and bring a water bottle and towel!			
Sit and Be Fit Wednesday		Course: FI233018	\$20
Wednesday	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13		
11:00-11:45			
Instructor(s): Nicole Thomas-Jackson			
This course 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!			
Chair Yoga Online		Course: FI233031	\$20
Wednesday	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13		
11:00-12:00		Online	
Instructor(s): Linda McDorman			
Rooted in the transformational power of this ancient eastern healing art, this gentle and supportive class guides students through a series of flowing postures to improve strength, flexibility, breath and posture, creating greater ease in both body and mind. Chair yoga is open to all. This is an online fitness course.			
Pilates, Core and More		Course: FI233015	\$20
Wednesday	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13		
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: FI233020	\$20
Thursday	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14		
8:30-9:30		Online	
Instructor(s): Tracey Brooks			
The design of this course introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. This course is perfect for active older adults who are new to Zumba or looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Be ready to sweat and prepare to feel empowered and strong by the end of each class. This course focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! Please wear loose, comfortable clothing, and appropriate shoes. Also, have a water bottle and towel handy! This is an online fitness course.			

**Sit and Be Fit Thursday** **Course: FI233005 \$20**  
**Thursday** **Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14**  
**11:30-12:15**  
**Instructor(s): Sherella Brown**

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

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**Fun Fitness Online** **Course: FI233034 \$20**  
**Thursday** **Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14**  
**1:30-2:30** **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.

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**Gentle Yoga Thursday** **Course: FI233007 \$20**  
**Thursday** **Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14**  
**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.

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**Low Impact Friday** **Course: FI233003 \$20**  
**Friday** **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**  
**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.

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**Chair Yoga Friday** **Course: FI233029 \$20**  
**Friday** **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**  
**9:45-10:45**  
**Instructor(s): Linda McDorman**

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

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Low Impact Monday		Course: FI233001	\$20
Monday	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18		
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!			
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Sit and Be Fit Monday		Course: FI233004	\$20
Monday	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18		
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!			
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Strengthen and Stretch Online		Course: FI233030	\$20
Monday	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18		
10:00-10:45		<u>Online</u>	
Instructor(s): Nicole Thomas-Jackson			
This course 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 and 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.			
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Gentle Yoga Monday		Course: FI233028	\$20
Monday	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18		
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.			
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Chair Yoga Thursday		Course: FI233010	\$20
Thursday	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14		
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.			

**Selected First Ladies****Course: HS233602****Tuesday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24****11:00-12:00****Instructor(s): Shep Smith**

The role of first lady is an unelected and unpaid role. It calls for personal sacrifices by the wife to pay for the husband's political ambitions. One of the greatest complaints of many first ladies is the loss of privacy. Martha Washington called herself a "state prisoner," and Michelle Obama said that living in the White House was like living in a "really nice prison." The eyes of the nation and the world are on the first lady, and everything eventually becomes public. Pat Nixon complained, "Being the first lady is the hardest unpaid job in the world." The term "first lady" was first used for Dolley Madison (First Lady 1809-1817) at her funeral in July of 1849. President Zachary Taylor spoke and said, "She will never be forgotten, because she was truly our first lady for a half-century." The term was not used for a living lady until 1860. James Buchanan was the only lifelong bachelor to be president. Harriet Lane, his young, pretty, popular niece served as his hostess and accompanied him to events. A newspaper published her picture with the caption: "The subject of our illustration...may be justly termed the first lady of the land." The term has been used regularly ever since.

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**Selected First Ladies****Course: HS233603****Tuesday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24****1:30-2:30****Online****Instructor(s): Shep Smith**

The role of first lady is an unelected and unpaid role. It calls for personal sacrifices by the wife to pay for the husband's political ambitions. One of the greatest complaints of many first ladies is the loss of privacy. Martha Washington called herself a "state prisoner," and Michelle Obama said that living in the White House was like living in a "really nice prison." The eyes of the nation and the world are on the first lady, and everything eventually becomes public. Pat Nixon complained, "Being the first lady is the hardest unpaid job in the world." The term "first lady" was first used for Dolley Madison (First Lady 1809-1817) at her funeral in July of 1849. President Zachary Taylor spoke and said, "She will never be forgotten, because she was truly our first lady for a half-century." The term was not used for a living lady until 1860. James Buchanan was the only lifelong bachelor to be president. Harriet Lane, his young, pretty, popular niece served as his hostess and accompanied him to events. A newspaper published her picture with the caption: "The subject of our illustration...may be justly termed the first lady of the land." The term has been used regularly ever since.

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**Introduction to US Air Force History****Course: HS233605****Tuesday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19****2:30-3:30****Instructor(s): Colonel Randall L. Lanning, USAF (Retired)**

This course will survey the history of the US Air Force from the earliest beginnings of flight, through the end of the Cold War, and (time-permitting) the First Gulf War. The course will progress chronologically and includes an overview of evolving technological aviation advancements, organizational changes, aircraft roles and missions, major air-related military operations, and famous personalities associated with Air Force history. Though not essential, a general knowledge of 20th Century world history would be helpful.

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**The American Experience****Course: HS233600****Wednesday****Sept 6, 13, 20, 27, Oct 4****9:30-11:00****Instructor(s): Dr. John Lemza and Juana Levi**

This is a co-taught course that offers a broad overview of American history as described by key events that shaped the identity of the nation. Beginning with the colonial era and following through to the present, students will study the narrative by investigating the context and events of five specific periods of time in the national development. Among the events are the American Revolution, Westward Expansion, the Civil War, New Global Territories, World War One and Two, the Cold War, the Counterculture, and the Space Race. To enhance the study, the course will introduce thought-provoking works of art from each period. These will complement the lecture by contributing unique cultural perspectives of the people and times, as well as the artists themselves. Together, by linking narrative lectures and the visual impact of art, the course will offer a greater holistic interpretation of the American experience.

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**WWII Civilian Prisoners of the Philippines: Freedom and Food****Course: HS233611****Wednesday****Sept 6****10:00-11:00****Online****Instructor(s): Jennifer Cottle**

Hours after the attack on Pearl Harbor in Hawaii, Allied civilians living in the Philippines witnessed the invasion of the country by the Japanese Empire. Thousands of men, women, and children were rounded up and forced into prison camps across the islands. Most thought they would only be there a few weeks, but imprisonment lasted over three years. In the face of growing hunger, internees created ways to live within the prison camps while waiting for the arrival of freedom and food.

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**The American Experience****Course: HS233601****Wednesday****Sept 6, 13, 20, 27, Oct 4****1:00-2:30****Online****Instructor(s): Dr. John Lemza and Juana Levi**

This is a co-taught course that offers a broad overview of American history as described by key events that shaped the identity of the nation. Beginning with the colonial era and following through to the present, students will study the narrative by investigating the context and events of five specific periods of time in the national development. Among the events are the American Revolution, Westward Expansion, the Civil War, New Global Territories, World War One and Two, the Cold War, the Counterculture, and the Space Race. To enhance the study, the course will introduce thought-provoking works of art from each period. These will complement the lecture by contributing unique cultural perspectives of the people and times, as well as the artists themselves. Together, by linking narrative lectures and the visual impact of art, the course will offer a greater holistic interpretation of the American experience.

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**Current Events Discussion****Course: HS233003****Wednesday****Sept 6, 20, Oct 4, 18, Nov 1, 15, 29, Dec 13****1:30-3:00****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 in 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 each class with a short introduction of topics and then step into the role of moderator, sometimes taking a contrary view in order to stimulate thought and discussion among students. Differing opinions during the discussions will be respected.

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**Remote Ancient Places****Course: HS233609****Thursday****Sept 7, 14, 21, Oct 5****12:30-2:00****Instructor(s): Rick Kinnaird**

This course will introduce students to some of the lesser-known and remote ancient places in the world. Locations in Guatemala, India, Indonesia, and Cambodia will include: Tikal, El Mirador, Boropadur, Petra, the Taj Mahal, Ellora Caves, Banteay Thom, Banteay Chumar and more!

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**Aerial America****Course: HS233599****Thursday****Sept 7, 14, 21, 28, Oct 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****2:30-3:30****Instructor(s): Timothy Pace**

In this course, students will visit each state in America by air or drone. This is part of the Smithsonian Aerial America series. Flyovers of important cities, towns, and places of historical interest will be viewed as each state is virtually visited. There will be time for questions and answers at the end of each class.

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**England, Scotland, and Wales Virtual Tour: Part II****Course: HS233579****Friday****Sept 8, 15, 22, 29, Oct 13, 20, 27****9:30-11:00****Instructor(s): Timothy Pace**

This course will present a continuation of another wonderful offering from the Great Courses lecture series, an in-depth study of Great Britain. The course will provide a virtual tour of more castles, hikes through the countryside, a visit to Oxford and Cambridge, and will finish up with a visit to the museums of London. There will be time for questions and answers during the class.

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**The American Civil War: States of Disbelief****Course: HS233506****Monday****Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27****11:00-12:30****Instructor(s): Edward Blackwell**

Many Americans were incredulous that war on a massive scale happened within their own nation. This course begins with a brief overview of slavery from the Middle Ages forward, looks at American regional differences, and proceeds with the premise that the Civil War really began in Kansas. Military and political careers will rise and fall; certain Virginians will thwart the Confederate attempt to control the Mississippi theater, while a Pennsylvanian will do his best to defend the river for the Rebels. Lifestyles in the U.S. will change forever, as will American society. Major trends and many important battles will be discussed, while certain stars will rise during the war, and others will crash, sometimes tragically, sometimes unfairly. Hopefully, every student will learn something new and interesting in this course.

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**Great Coastal Walks: Part II****Course: HS233581****Tuesday****Sept 12, 19, 26, Oct 3, 10, 17, 24, 31****9:30-10:30****Instructor(s): Bob Ferguson**

This course will present a new set of Great Coastal Walks. There are many interesting facts in these videos, as well as a bit of British history, scenic countryside views, and learning opportunities about people and places in Britain. The new English King, Charles III, has taken on the task of connecting these coastal paths so that a journey of about 2700 miles would be possible! The unique sections of about 10-15 miles will be viewed in each class. Much of this session is set in Wales and Scotland.

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**Twentieth Century Advertising: The Products that Made America****Course: HS233621****Tuesday****Sept 12****11:30-12:30****Online****Instructor(s): James Triesler**

This course will use magazine advertisements to discuss products from the 1910s through the 1970s. Students are invited to take a walk down memory lane as they enjoy viewing the advertising artwork and discussing "The Products that Made America!"

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**Anthropology: The American Way****Course: HS233002****Wednesday****Sept 13, 27, Oct 11, 25, Nov 1, 15, Dec 6, 13****9:00-10:30****Instructor(s): Annebel Lewis**

Culture drives politics, law, and policy. It is amazingly durable, and it needs to be taken into account. The twelve regional cultures in America have their own ethnographic, religious, and political characteristics, distinct ideas about the balance between individual liberty and the common good, and what the United States should become. Recommended reading is American Character by Colin Woodward.

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**No Time to Grieve Documentary****Course: HS233617****Wednesday****Sept 13****1:00-3:30****Instructor(s): Peppy Jones**

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

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**Great Coastal Walks: Part II****Course: HS233580****Thursday****Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2****9:30-10:30****Online****Instructor(s): Bob Ferguson**

This course will present a new set of Great Coastal Walks. There are many interesting facts in these videos, as well as a bit of British history, scenic countryside views, and learning opportunities about people and places in Britain. The new English King, Charles III, has taken on the task of connecting these coastal paths so that a journey of about 2700 miles would be possible! The unique sections of about 10-15 miles will be viewed in each class. Much of this session is set in Wales and Scotland.

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**Great Decisions****Course: HS233089 \*\$40****Tuesday****Sept 19, Oct 17, Nov 14, Dec 5****2:00-3:30****Instructor(s): Bob Ferguson**

This course provides an ongoing discussion of foreign policy issues. Two of the discussion topics for this session (September and October) are described in the Foreign Policy Association book for 2023. They are Iran at a Crossroads and Migration Due to Climate Change. The November topic will be announced in September or October, and the December topic will be a year-end review of world events with an emphasis on the eight discussion topics for 2023. The 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 topics for discussion.

**Twentieth Century Advertising: The Products that Made America****Course: HS233622****Thursday****Sept 21****9:00-10:00****Instructor(s): James Triesler**

This course will use magazine advertisements to discuss products from the 1910s through the 1970s. Some of the actual items will be displayed. Students are invited to take a walk down memory lane as they enjoy viewing the advertising artwork and discussing "The Products that Made America!"

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**Myths of American History****Course: HS233616****Friday****Sept 22****11:30-12:30****Instructor(s): Paul Aron**

George Washington did not cut down his father's cherry tree. Betsy Ross did not design the Stars and Stripes. Davy Crockett did not die at the Alamo. Abner Doubleday did not invent baseball. But the goal of this course is not so much to debunk some tall tales but to show how and why the stories spread. In the process light will be shed on how Americans have seen themselves and their history.

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**Hitler's Realities and How Fiction Explains It****Course: HS233615****Wednesday****Sept 27****10:00-12:00****Instructor(s): Dr. Alan A. Winter****Online**

Historians can bring bias to their work. What if they selectively include or exclude material that is critical to know? For instance, historians make light that Hitler was in a mental institution at the end of World War I, or they virtually ignore the OSS interview of Hitler's intake doctor, available since 1972. Many discredit references to Hitler's hospital stay since his medical records were never found. When it comes to connecting events, linking them in an understandable way, have historians "accurately" presented the many decrees and steps that led to the Nazi Final Solution? Or have key events been trivialized to distort what actually led to the Holocaust? This course presents how Winter and Former Federal Judge Herbert J. Stern ("Wolf" Skyhorse Publishing 2020 and "Sins of the Fathers" Skyhorse Publishing 2022) went about discovering truths, in some cases hidden for one hundred years, as to how a country and a people lost their way. The course will uncover how the world knew there would be mass exterminations and did little to avoid them. Students will come to understand the lessons the authors learned from using original source material in their scintillating novels that alter the historiography of events leading up to World War II and the Holocaust.

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**Cemetery Stories: Listening to the Voices****Course: HS233630****Monday****Oct 2****9:00-10:30****Instructor(s): Audrey M. Ross**

This course will provide a review of the cemetery at The Historic First Baptist Church of Midlothian (across the street from LLI). This cemetery has existed for more than 145 years, and students will hear stories about several persons who are buried there.

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**The Berlin Airlift: To Save a City****Course: HS233627****Friday****Oct 6****10:30-11:30****Instructor(s): Christopher L. Kolakowski****Online**

The Berlin Airlift started in June 1948 and lasted for over a year. During this time, it sustained the city and helped win what may have been the first battle of the Cold War. This course will explore the airlift and how it was done.

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**The Huguenots: From France to Virginia****Course: HS233607****Friday Oct 20, 27, Nov 3, 10, 17, Dec 1****1:30-2:30****Instructor(s): Mary Jo Dailey**

This course will trace the Huguenot movement from its beginnings in France through its migration to the United States and settlement in Virginia and South Carolina.

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**Holocaust Heroes and Villains: Stories Not Generally Known****Course: HS233606****Tuesday Oct 24, 31, Nov 14, 21, 28, Dec 5, 12, 19****12:30-2:00****Instructor(s): Paul Glancy**

In this course, through presentation and class discussion, light will be shed on some of the lesser-known heroes of the Holocaust. Students will come to an understanding of how, what, and why they acted courageously. The lesser-known villains will also be explored beyond the Nazis and Third Reich officials, those who were complicit per generally accepted historical agreement and helped perpetrate the Holocaust. An optional reading and movie list will be provided. Students will hopefully come away with a better understanding of the causes and history of the Holocaust exemplified by stories of heroic behavior and the opposite, those who aided in the perpetration. Please note that this course involves information, descriptions, and discussions of horrific events.

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**CCC History in Shenandoah National Park****Course: HS233614****Wednesday Oct 25****2:00-3:00****Online****Instructor(s): Shenandoah National Park Education Ranger**

This course will tell the story of the boys in green, those of the Civilian Conservation Corps that helped to build the wonders we know today as Shenandoah National Park.

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**Von Steuben: Brilliant Military Strategist That Loved His Fellow Man****Course: HS233628****Friday Oct 27****11:30-1:00****Instructor(s): John Musgrove**

George Washington did not have much military acumen, and his troops, although loyal, were woefully unprepared for battle. Friedrich Baron von Steuben, with his years of experience, trained the troops, won the war, and retired as a hero. Washington, Ben Franklin, and others knew about his past, and his current interests in younger men, but chose to overlook it as his expertise was direly needed to salvage the war effort.

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**Adventures in Australia****Course: HS233613****Wednesday Nov 1****11:30-12:30****Instructor(s): James Hodge**

This course will introduce students to the continent of Australia through pictures taken during the 1990s and commentary based on numerous trips to all parts of Australia. The geography of the continent will be the focus in cities such as Sydney and Melbourne, but the wildlife and the unique small towns with some of the friendliest people in the world will also be explored.

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**The WWI Monument of Byrd Park****Course: HS233623****Wednesday****Nov 1****1:00-2:30****Online****Instructor(s): James Triesler**

Most of their homes are now gone and only a few cobblestones remain where they once walked, but their names are on a brass plaque in Byrd Park. Many people pass the WWI Monument on a daily basis, but few realize that it is there or what it represents. This course will tell the stories of the men from Richmond, Virginia who died in World War I to honor their service and their memory.

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**Global Cultural Geography: British America****Course: HS233087****Thursday****Nov 2, 16****9:00-10:30****Instructor(s): William Seay**

This course will provide a 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.

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**Rachel Carson's America: Two Revolutions****Course: HS233610****Friday****Nov 3, 10, 17****10:30-12:00****Instructor(s): Patricia Ryther**

In 1962, Rachel Carson published *Silent Spring*, alerting the American public to the twin dangers of radiation and pesticides. The book called for reducing the use of pesticides, especially DDT, and advocated a nuclear test ban. The Earth, Carson explained, was an interconnected balance of life forms. Powerful manufacturers and government officials attacked her work. Carson, struggling with her health, managed to rally support among the public and in the Kennedy White House. This course will focus on Rachel Carson's life and world, a time of nuclear threats amid Cold War tensions, a rush toward global industrial agriculture, and the beginnings of ecology.

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**The Monuments Men****Course: HS233620****Wednesday****Nov 8****10:00-11:00****Online****Instructor(s): Amanda Williams**

World War II presented an enormous threat to the cultural heritage of Europe and Asia. It also marked the first conflict in which there was a concerted effort by the U.S. military to protect cultural objects and historic buildings. This became known as the Monuments, Fine Arts, and Archives section (MFAA). This project unfolded in different ways in the European and Pacific theaters, but at the forefront of this titanic effort was a handful of dedicated service members known today as the "Monuments Men." Throughout the war, and against tremendous odds, this small group was remarkably successful in their efforts to preserve thousands of years of cultural heritage.

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**The Living New Deal: What Can and Cannot Be Seen and Its Impact****Course: HS233612****Wednesday****Nov 8, 15****11:30-1:00****Instructor(s): Nelson Calisch**

When Franklin Delano Roosevelt was inaugurated as the thirty-second U.S. president in 1933, the country was in the worst financial crisis in the nation's history. Unemployment had reached 25 percent, and a series of emergency measures were quickly implemented to meet the challenge. Roosevelt named his program "The New Deal," and he promised to restore prosperity to everyday Americans. While the "New Deal" was intended to be a temporary intervention for a nagging crisis, it nevertheless remains a part of the everyday American life in ways that most people never consider. There are abundant examples of projects that still exist throughout the country, and many are in Virginia and in Richmond as well. The instructor will share his photographs of public artwork from this period as well as identify other physical evidence of this administration's effort to tame "The Great Depression"; all within driving range of LLI. Lastly, students will discuss the intangibles, programs that still exist in one form or another and how they apply to life today. Personal photographs, short documentary clips, and downloaded photos will enhance the lecture and, hopefully, generate discussion.

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**The WWI Monument of Byrd Park****Course: HS233624****Wednesday****Nov 8****2:00-3:30****Instructor(s): James Triesler**

Most of their homes are now gone and only a few cobblestones remain where they once walked, but their names are on a brass plaque in Byrd Park. Many people pass the WWI Monument on a daily basis, but few realize that it is there or what it represents. This course will tell the stories of the men from Richmond, Virginia who died in World War I to honor their service and their memory.

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**Greece by Air****Course: HS233604****Friday****Nov 10, 17, Dec 1, 8****9:30-10:30****Instructor(s): Timothy Pace**

From ancient ruins to trendy towns to the Aegean islands and mythical gods, students will witness Greece as it has never been seen before. This is part of the Smithsonian series, where Greece is toured from above. There will be time for questions at the end.

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**Final Farewells to the First Four Virginia-Born Presidents****Course: HS233608****Monday****Nov 13, 20, 27, Dec 4****9:30-10:30****Instructor(s): Bernie Henderson**

The significance of the first four U. S. Presidents from Virginia is well-known, but even their most extensive biographies tell little about their deaths and how a grateful nation mourned and observed their passing. This course will delve into the fascinating and little-known facts associated with the end of Washington, Jefferson, Madison, and Monroe's lives and their funerals.

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**Venice at Carnival Time****Course: HS233625****Tuesday****Nov 14****9:30-10:30****Instructor(s): Bob Ferguson**

This course will show a film by Bob Krist about a special time of year in Venice. In 2023, it went from Feb 4 to Feb 21, ending just before the start of Lent. The history of the celebration and costume designs go back hundreds of years, as early as the 13th century. Students will see what it is like in the city during Carnival time including the people and their costumes. Anyone could be behind the exotic masks, a prince or a peasant. That was the whole idea of disrupting the strict social order of the Middle Ages.

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**Pittsburgh: It Was the Best of Times, It Was the Worst of Times****Course: HS233618****Tuesday Nov 14****11:00-12:00****Instructor(s): Cindy Graunke**

This course will present how Pittsburgh was central to the industrial revolution through its natural resources, geography, and the industrial giants. Students will learn what Pittsburgh has contributed to America, both in the past and present.

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**Venice at Carnival Time****Course: HS233626****Tuesday Nov 14****11:30-12:30****Instructor(s): Bob Ferguson****Online**

This course will show a film by Bob Krist about a special time of year in Venice. In 2023, it went from Feb 4 to Feb 21, ending just before the start of Lent. The history of the celebration and costume designs go back hundreds of years, as early as the 13th century. Students will see what it is like in the city during Carnival time including the people and their costumes. Anyone could be behind the exotic masks, a prince or a peasant. That was the whole idea of disrupting the strict social order of the Middle Ages.

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**Von Steuben: Brilliant Military Strategist That Loved His Fellow Man****Course: HS233629****Friday Nov 17****11:00-12:30****Instructor(s): John Musgrove****Online**

George Washington did not have much military acumen, and his troops, although loyal, were woefully unprepared for battle. Friedrich Baron von Steuben, with his years of experience, trained the troops, won the war, and retired as a hero. Washington, Ben Franklin, and others knew about his past, and his current interests in younger men, but chose to overlook it as his expertise was direly needed to salvage the war effort.

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**The Life, Art, and Legacy of Norman Rockwell****Course: HS233619****Tuesday Dec 5****9:30-11:30****Instructor(s): Dr. John Kirn**

This course will present an overview of Norman Rockwell's life and career as a visual storyteller and illustrator. Rockwell (1894-1978) painted "Saturday Evening Post" covers for over five decades, but he also produced commercial artwork and, later in life, overtly political images. This course is presented from an historian's point of view, but Rockwell's artwork and his method of constructing images using models and photographs will also be explored. Rockwell's complex personal life has also been the subject of scholarly study, so students will also survey his three marriages, his family life, and the treatment he has received by biographers and art critics since his death. Why was Rockwell so popular and what does this say about American society and culture?

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**Coastal Maine: Off the Beaten Path****Course: HS233586****Thursday Dec 7****10:00-11:15****Instructor(s): Bob Ferguson**

This is one of a series of "Off the Beaten Path" videos. The author, who retired to Maine, loves the rugged coast and shows off his favorite spots in this film. Bob Krist retired from National Geographic, so the photography is excellent. It's almost as good as a visit and certainly a lot easier. Previous courses in this series were on the Azores and on Mexico.

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**Intermediate Tai Chi 24 Form****Course: HW233386****Wednesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13****12:00-12:45****Instructor(s): Mary E. Gutberlet, M.Ed.**

This course is for students who have previously received instruction in the entire 24 Form and possess at least some level of independence with the Form. It is for students who are ready to further challenge themselves in their Tai Chi Journey. The focus of this course is to explore the nuances of graceful, fluid, coordinated, and seamless movement through Tai Chi play. 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 this continued Tai Chi Journey.

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**Suicide Prevention: Raise Your Voice****Course: HW233392****Thursday****Sept 7****2:00-3:30****Instructor(s): Melissa Ackley and Kevin Skellett**

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

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**Beginning Tai Chi Review and Practice****Course: HW233352****Friday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****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.

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**Intermediate Tai Chi 42 Form****Course: HW233343****Friday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15****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.

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**Hearing Health and Hearing Aids****Course: HW233389****Monday****Sept 11****11:00-12:00****Instructor(s): Kimberly Felder**

This course will explore hearing testing and provide hearing education. Students will learn the truth about hearing aids as well as over-the-counter devices.

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**Beginning Tai Chi A****Course: HW233342****Monday****Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18****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.

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**Beginning Tai Chi B****Course: HW233355****Monday****Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18****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.

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**Vibrant Aging****Course: HW233425****Tuesday****Sept 12****1:30-3:30****Instructor(s): Shelby Kinnaird**

What influences how healthy you are and how good you feel as you age? This course will dive into five possible answers: purpose, diet, movement, intellectual stimulation, and social life.

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**Chronic Back Pain: Could It Be Spinal Stenosis?****Course: HW233410****Friday****Sept 15****12:00-1:00****Instructor(s): Charles Miller, MD**

Dr. Miller is passionate about his patients. In this course, he will talk about the symptoms, causes, and treatment of spinal stenosis as well as some ways to avoid back injuries.

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**Basic Qigong****Course: HW233426****Monday****Sept 18, Oct 23, 30, Nov 13, Dec 11****2:30-3:30****Instructor(s): Walter Jackson**

This course will provide an introductory program to the art of Chinese Qigong (Chi Kung). A sister art of Tai Chi, this art is very much like yoga. Students will learn to perform very relaxed, low-impact calisthenics to mobilize and cultivate the healing and energizing power of natural body energy. The word calisthenic is used loosely since these exercises are very light and more like dance than exercise. Like Tai Chi, they are practiced in a very slow, low-impact, and mindful way. Qigong closely resembles Tai Chi, but it is non-martial and more like self-massage. Students will find a very relaxed atmosphere with the option to sit, time for breaks, plenty of laughter, and a seated meditation at the end.

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**Joint Replacements: What to Know Before and After Surgery****Course: HW233375****Thursday****Sept 21****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

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

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**The Caregiving Years: Navigating the Caregiving Stages and Systems****Course: HW233420****Tuesday****Sept 26****9:00-10:30****Instructor(s): Jenny Morris**

A caregiving journey poses tough questions and can bring up difficult emotions. During this workshop, the caregiving experience will be broken down into six stages, and the 17 Caregiving Systems will be presented. These tools will help caregivers to plan, prepare, and navigate this journey, and to advocate for themselves and their loved ones. Gaining insight into the stages, systems, and emotions of caregiving will offer guidance and help caregivers find the answers they seek.

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**Joint Injuries: My Aching Shoulder! My Aching Elbow! Is It Arthritis, or Something Else?****Course: HW233411****Wednesday****Sept 27****12:00-1:00****Instructor(s): Doug Boardman, MD**

Please join Dr. Boardman while he entertains the audience with humor and knowledge of his specialty, shoulder and elbow reconstruction. Dr. Boardman loves questions, so students are welcome to bring their aches and pains (or not) and learn all about joint injuries.

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**Love Your Longevity and How Gerontology Can Help****Course: HW233418****Wednesday****Sept 27****1:30-3:00****Instructor(s): E. Ayn Welleford, PhD**

This course will present a brief introduction to the field of gerontology, the study of aging, followed by an exploration of how an evidence-based understanding of later life and the aging process disrupts ageism and enables students to embrace their own aging. The course will also discuss age oppression and how internalized ageism interferes with the anticipation of elderhood and fulfilling intended paths into elderhood. Reframing can be helpful in embracing the whole-person lifespan approach to aging and longevity while exploring the tasks of elderhood. Guided by evidence-based gerontological practice, students will explore how to co-create an elderhood worth anticipating. As the factors that contribute to longevity are discovered, unique and intentional courses into and through elderhood can be plotted.

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**Aging and Ageism in Society and Self****Course: HW233393****Monday****Oct 2, 9****1:00-2:30****Instructor(s): Wayne Swatlowski**

How is the process of aging going? This course will make space for that discussion. Though growing older is not always a walk in the park, there are wonderful benefits unique to this time in life if one keeps an open mind. Students will explore some of these. The course will be divided into two parts: Part A will focus on these positives of aging; and Part B on the negative influence of ageism in society and self. 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 have an emphasis on listening to each other and sharing personal wisdom and insight as aging persons. Students will be guided based on information contained in the book, "The Inside Story" by Susan Sands, PhD, along with multiple other sources. The instructor will send out a handout summarizing some of the key points for the class discussion.

**Breast Cancer and Reconstruction****Course: HW233412****Tuesday Oct 3****12:00-1:00****Instructor(s): Sasa Espino, MD**

October is breast cancer awareness month. Dr. Espino is teaching this course to spread awareness not only about breast cancer but about other breast conditions and the importance of regular mammograms. Students will appreciate her contagious personality along with her wide-open honesty and are welcome to bring any and all questions!

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**All About Aphasia****Course: HW233424****Friday Oct 6****10:30-11:30****Instructor(s): Sabrina Cohen**

Aphasia is an acquired language disorder resulting from brain injury or damage. This course is from a medical speech therapist's perspective. This course includes a discussion of types of aphasia, language processes impacted, how language impairment impacts an individual's independence and quality of life, therapy approaches and interventions that work, and how care partners, friends, and family can help. In addition, there will be a special guest who will share his experience of living with aphasia.

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**Probiotics A: What You Need to Know****Course: HW233421****Friday Oct 6****1:30-3:00****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. In this interactive course, students will learn the definition and the roles of probiotics in maintaining gut health, understand the differences between prebiotic foods and probiotic foods, as well as review some evidence-based best practices for including probiotics in food consumption every day.

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**EveryDay Strong: Supporting a Child's Mental Health****Course: HW233403****Monday Oct 9****9:30-11:00****Instructor(s): Emily Watkins**

EveryDay Strong is a simple, research-based framework that any caring adult can use to help build a sense of emotional safety, connection, and confidence in young people. The presence of a caring and committed grandparent, or other trusted adult, can make the difference for a child; however, 30% of Virginia teens report not having an adult to talk to about their problems (2019 Virginia Youth Risk Behavior Survey). Through a facilitated conversation, students will learn practical strategies to build emotional safety, connection, and confidence that their grandchildren need to thrive.

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**Trauma and Resilience****Course: HW233419****Tuesday Oct 10****1:30-3:30****Instructor(s): Jennifer Kell, LCSW and Tanya Jones, MSW**

This course will introduce the concepts of trauma and resilience. Students will learn the definition of trauma, how to help someone who has experienced trauma, and how the human body responds to trauma. What resilience is, how to build resilience, and how to encourage resilient communities will also be covered.

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**A Matter of Balance****Course: HW233312****Thursday****Oct 12, 19, 26, Nov 2, 9, 16, 30, Dec 7****10:30-12:30****Instructor(s): Brie Dixon, RN, BSN, CCRN, TCRN**

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a nationally recognized evidence-based program designed to reduce the fear of falling and increase activity levels among older adults. This 8-week program emphasizes practical strategies to manage falls. Students should make a good effort to attend each week to learn all the helpful strategies.

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**Music and Dementia: Power of Communication****Course: HW233382****Tuesday****Oct 17****9:30-10:30****Instructor(s): Rachel Lawson**

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

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**Grief Three Ways****Course: HW233413****Tuesday****Oct 17****11:00-12:00****Instructor(s): Angie Morriss**

This course will share how grief presents itself through normal feelings, behaviors, and physical responses. Students will discuss ways to identify and process these responses to help with healing.

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**Vertigo and Dizziness: Common Causes and How to Treat It****Course: HW233376****Thursday****Oct 19****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 symptoms.

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**Low Back Pain****Course: HW233406 \*\$15****Monday****Oct 23****9:00-10:30****Instructor(s): Thomas Neviasser, MD**

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

**Entitled to Grieve****Course: HW233414****Tuesday Oct 24****11:00-12:00****Instructor(s): Angie Morriss**

Students will learn about self-compassion as it relates to grief, and why it is a necessary path toward healing.

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**Burn and Wound Care: New Technological Advancements****Course: HW233427****Wednesday Oct 25****12:00-1:00****Instructor(s): Mack Drake, DO**

Dr. Mack Drake will discuss any burn and wound questions students may have. He is quite personable and is passionate about the treatment of burns in any age group. Dr. Drake and Dr. Litt head up the level one Burn and Wound program at Chippenham Hospital, and they and their team are excited to spread the word about the latest advancements in burn prevention and treatment.

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**The Domino Effect of Grief****Course: HW233415****Wednesday Nov 1****12:00-1:00****Instructor(s): Angie Morriss**

Students will learn about secondary grief as well as how it affects everyday life and relationships throughout the grief experience.

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**Probiotics B: What You Need to Know****Course: HW233422****Friday Nov 3****1:30-3:00****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. In this interactive course, students will learn the definition and the roles of probiotics in maintaining gut health, understand the differences between prebiotic foods and probiotic foods, as well as review some evidence-based best practices for including probiotics in food consumption every day.

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**How Friends Can and Cannot Help with Grief****Course: HW233416****Thursday Nov 9****2:00-3:00****Instructor(s): Angie Morriss**

Students will explore adjusting expectations and creating boundaries with friends and family while grieving.

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**Chronic Pain: How Do I Get Rid of It?****Course: HW233377****Thursday Nov 9****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

Have you ever had imaging done and been told everything looks fine, but the pain remains? 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 can be done to improve quality of life with chronic pain will also be explored.

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**Grief Is Lonely****Course: HW233417****Monday****Nov 13****11:00-12:00****Instructor(s): Angie Morriss**

Students will discuss why grief is such a lonely experience and explore how to find meaning outside of their grief.

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**Dementia Conversations****Course: HW233423****Tuesday****Nov 14****10:30-11:30****Instructor(s): Rachel Lawson**

This course will introduce tips for breaking the ice to address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

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**EveryDay Strong: Supporting a Child's Mental Health****Course: HW233404****Tuesday****Nov 14****1:30-3:00****Instructor(s): Emily Watkins****Online**

EveryDay Strong is a simple, research-based framework that any caring adult can use to help build a sense of emotional safety, connection, and confidence in young people. The presence of a caring and committed grandparent, or other trusted adult, can make the difference for a child; however, 30% of Virginia teens report not having an adult to talk to about their problems (2019 Virginia Youth Risk Behavior Survey). Through a facilitated conversation, students will learn practical strategies to build emotional safety, connection, and confidence that their grandchildren need to thrive.

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**Leaky Bladder: Women's Urinary Incontinence****Course: HW233315****Thursday****Nov 16****9:00-10:00****Instructor(s): Ramzi Aboujaoude, MD**

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

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**Knee Conditions****Course: HW233407 \*\$15****Monday****Nov 27****10:30-12:00****Instructor(s): Thomas Neviasser, MD**

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

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**What Comes After Menopause?****Course: HW233380****Tuesday****Dec 5****1:00-2:00****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 do not often come up in conversation.

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**Shoulder Conditions****Course: HW233408 \*\$15****Monday Dec 11****10:30-12:00****Instructor(s): Thomas Neviaser, MD**

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

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**Knowing the Signs of Dementia: What's Going on with My Loved One?****Course: HW233367****Tuesday Dec 12****10:30-11:30****Instructor(s): Rachel Lawson**

During the holidays, people may start noticing a loved one acting differently or not being able to carry on a conversation like they used to. As families gather for the holiday season, it's important to know what the warning signs of dementia are so helpful conversations can happen with loved ones. Knowing the signs and recognizing them early could lead to an early diagnosis and give the family more time to get plans in place. Students will learn all about the warning signs and what steps can be taken if any changes are noticed.

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**Dry Needling: What It Is and How It Works****Course: HW233409****Thursday Dec 14****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

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

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**Guided Meditation to Reduce Overwhelm****Course: HW233381****Friday Dec 15****10:00-11:00****Instructor(s): Pamela Biasca Losada****Online**

The focus of this guided meditation is alleviating overwhelm. After a brief introduction to the topic, students will be guided through meditation to help decrease overwhelm, find peace, and discover a sense of calmness. Students should be sure to have a quiet environment with no distractions. A journal and pen as well as the use of headphones or earphones are highly recommended. Beginners and experienced meditators are welcome.

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**IA****Inside LLI Activities****Orientation for New Members****Course: IA233999****Tuesday Sept 5****9:00-10:30****Instructor(s): Rachel Ramirez**

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



**Workshop for LLI Instructors****Course: IA233077****Tuesday Sept 5****12:30-2:00****Instructor(s): Rachel Ramirez**

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

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**Q&A for Current Members****Course: IA233997****Friday Sept 8****11:00-12:00****Instructor(s): Rachel Ramirez**

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

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**Monthly Member Birthday Celebration****Course: IA233100****Tuesday Sept 12, Oct 10, Nov 14, Dec 12****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!

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**September Luncheon****Course: IA233009 \$5****Thursday Sept 28****12:00-1:30****Instructor(s): LLI Social Committee**

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

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**Annual State of the LLI Meeting****Course: IA233016****Monday Oct 16****9:00-10:30****Instructor(s): Dr. John Lemza and the LLI Board of Directors**

All members are invited to join the LLI Board of Directors at the Annual State of the LLI Meeting where the past year will be reviewed and goals for the next year will be introduced. Presentations will be given by several board members, accomplishments will be celebrated and feedback will be welcomed. The meeting will conclude with a meet and greet with the Board of Directors. Register early and invite a friend who is a member!

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**October Luncheon****Course: IA233010 \$5****Thursday Oct 26****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a little bit spooky! Stay tuned for more details to be released and sign-up in the office to participate. Sponsored by Brookdale Midlothian.

**November Luncheon****Course: IA233011 \$5****Thursday****Nov 16****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a special Thanksgiving celebration! Stay tuned for more details to be released and sign-up in the office to participate. Sponsored by Amada Senior Care.

**December Luncheon****Course: IA233012 \$5****Thursday****Dec 14****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a special winter holiday celebration! Entertainment will be provided by the Nat Tuck and the Tomahawk Creek Middle School Choral Group. Be sure to sign-up in the office to participate. Sponsored by Watercrest Senior Living.

**LA****Languages****Arabic Script: Transliteration and Reading****Course: LA233022 \*\$6****Tuesday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19****11:00-12:00****Instructor(s): Charles Barron**

Starting with a review of the basics of reading and pronouncing Arabic script letters, words, and sentences, this course will progress toward students being able to correctly pronounce Modern Standard Arabic words and sentences. Although not required, students are encouraged to prepare for this course by downloading the free version of Duolingo, Arabic. The course fee will provide each student with a small dry-erase board for practice.

**Beginning Sign Language****Course: LA233003****Wednesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13****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: LA233015****Monday****Sept 11, 18, Oct 9, 16, 23, 30, Nov 13, 27, Dec 4, 11, 18****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.

**Spanish Online Community Launch****Course: LA233027****Tuesday****Sept 12****12:30-1:30****Instructor(s): Nena Woods**

This course will present an opportunity for students to engage in an online Spanish-learning community through Nearpeer. The instructor will set expectations and share ideas for the session. Students will have an opportunity to participate in a group chat throughout the session and beyond, participate in assignments from the instructor, and even plan opportunities to meet up in person to practice. All levels of Spanish students are welcome to join for this new and exciting experience!

**Conversational French Review****Course: LA233019****Tuesday****Oct 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12****9:00-10:00****Instructor(s): Carol Pritchard**

Parlons français ensemble! Students will have the opportunity to brush up on the French that was studied in high school, college, or at LLI while making new friends and having fun! A different planned topic will be discussed each week, such as family, leisure activities, or current events. Students will not be giving oral reports but chatting with a neighbor or in small groups. Vocabulary and grammar will be supplied as needed.

**LE****Leisure Activities and Nature****Simple Stamping Greeting Cards****Course: LE233130 \$23****Wednesday****Sept 6****10:00-12:00****Instructor(s): LaVae Hoffman**

Students will make easy and fun cards at a relaxed pace. The course fee will provide all supplies including ink and a stamping block to make eight or nine cards (either four cards each of two card designs for eight cards total, or three cards each of three card designs for nine cards total). This course requires no sharing of materials or tools, and students will take home all materials and supplies to finish any cards at home. Every time this course is offered, different card designs are presented.

**Reta's Homegrown Potato Earrings A****Course: LE233290****Wednesday****Sept 6****12:00-1:30****Instructor(s): Bev Davidson and Bill Good**

Please register for only one session (A or B) to allow all students a chance to participate. Students will hear Reta Good's story as told by her husband, Bill, and join in the fun of making fashionable earrings from potatoes. This will be another take-one-and-leave-one opportunity. Students will make two pairs of earrings but leave one pair to be sold at a future fundraiser for LLI. All materials will be provided. If available, students can bring their jewelry pliers (round nose, flat nose, and side cutters), but there will be some to share. It's not necessary to buy them just for this class.

**Needleworkers United****Course: LE233032****Wednesday****Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13****1:30-3:30****Instructor(s): Shelvey Smith**

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

**Genealogy Discussions****Course: LE233252****Wednesday****Sept 6, 13, 27, Oct 4, 11, 25, Nov 1, 8, 29, Dec 6****2:00-3:30****Instructor(s): Steve Kunnmann**

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

**Beginning Genealogy****Course: LE233045****Thursday****Sept 7, 14, 21, 28, Oct 5, 12, 19, Nov 2, 9, 16, 30, Dec 7, 14****10:30-12:00****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 is needed to take this course.

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**Beaded Lanyard for LLI Name Tag A****Course: LE233143 \$5****Monday****Sept 11****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. This course will present the basics of stringing a necklace while making a beaded lanyard for an LLI name tag. Each student should bring their name tag to this class (and all other classes). The course fee will cover all materials, including a wide variety of bead color options. Detailed instructions will be given at the beginning, so punctuality is preferred.

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**Intermediate Genealogy****Course: LE233178****Monday****Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18****10:30-12:00****Instructor(s): Bette Kot**

This course will consist of round table discussions for the intermediate genealogist. Students should bring a pedigree chart containing a problem. Everyone will have the opportunity to review old sources and learn new ones to add biographical material and additional ancestors.

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**Mah Jongg 101: Learning to Play Mah Jongg****Course: LE233010****Tuesday****Sept 12, 19, 26, Oct 3****1:30-3:00****Instructor(s): Marilyn Mare and Mary Jane Murphy**

This course is for anyone who has never played Mah Jongg and wants to learn. Those who haven't played Mah Jongg for many years and need a refresher course are also welcome. Mah Jongg is a game for four players and involves strategy, skill and a certain degree of chance. It is a wonderful way to spend time with friends and keep the mind active too. Students must be available for all four sessions as the lessons are progressive and build on each other. For additional practice, students are encouraged to register for Mah Jongg 201: Practice for Beginners (LE286).

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**Principles of Floral Design and a Demonstration****Course: LE233272****Wednesday****Sept 13****12:00-1:30****Instructor(s): Annette Alabaster**

This course is for people new to making flower arrangements 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 design using real flowers. The instructor hopes that students will enjoy more and more God's eternal gift in the beauty of His creation!

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**Learn to Play Cribbage****Course: LE233149****Wednesday****Sept 13, 20, 27, Oct 4, 11, 18****2:00-3:00****Instructor(s): Linda Kerman**

Sir John Suckling, an English poet, gambler and soldier, created cribbage in the 17th century. Players have been entertaining themselves with this game of skill and luck ever since. This course will help students learn how to play cribbage from an experienced instructor who will divide the game into two parts: choosing a hand and then playing it. Students will also explore the history of cribbage as well as the world of cribbage boards.

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**Beaded Lanyard for LLI Name Tag B****Course: LE233147 \$5****Monday****Sept 18****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. This course will present the basics of stringing a necklace while making a beaded lanyard for an LLI name tag. Each student should bring their name tag to this class (and all other classes). The course fee will cover all materials, including a wide variety of bead color options. Detailed instructions will be given at the beginning, so punctuality is preferred.

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**Balloon Twisting 101****Course: LE233276 \$8****Monday****Sept 18****1:00-2:30****Instructor(s): Wayne Swatowski (a.k.a Basa the clown)**

In this fun, hands-on course, students will learn how to twist balloons into dogs, cats, 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 schools! Please note, Basa the clown will be the instructor, and students are encouraged to choose a clown name to be used in class. Balloons and foam clown noses will be provided. The course fee will provide a dual-action balloon hand pump. Students should bring a bag to transport home their newly twisted creatures!

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**Travel Writing as Memoir****Course: LE233270****Thursday****Sept 21****12:30-2:00****Instructor(s): Martha Steger**

This course will present ways to capture an upcoming destination in a memoir. Whether passing along a record of travels to loved ones or querying a media outlet for potential publication, the personal connections found in traveling are important. Students should bring travel notes if they would like to recapture a recent trip.

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**Travel Writing as Memoir****Course: LE233293****Thursday****Sept 28****2:00-3:30****Instructor(s): Martha Steger****Online**

This course will present ways to capture an upcoming destination in a memoir. Whether passing along a record of travels to loved ones or querying a media outlet for potential publication, the personal connections found in traveling are important. Students should bring travel notes if they would like to recapture a recent trip.

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**Cooking with Judith****Course: LE233253****Monday****Oct 2, 9, 16, 23****10:30-12:00****Instructor(s): Judith Onesty****Online**

Tasty! Healthy! Done in 30 minutes or less! Join this course for some new and interesting recipes to perk up any meal. All recipes are for two to three servings. Students will learn lots of tricks and tips to make cooking easier.

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**Introduction to Disc Golf****Course: LE233279 \$12****Tuesday****Oct 3, 10, 17****9:30-10:45****Instructor(s): Stone Wahl**

Disc Golf is the fastest-growing sport in the world and is accessible to nearly everyone. This is an individual sport that is often a social outlet and can be played casually or competitively. This course will be comprised of clinics in basic techniques, an introduction to the rules of the game, and throwing on a fun course. The course is open to all physical abilities, with the caveat that students must be able to walk or wheel on the grass field behind LLI. The course is scheduled for three weeks, but it cannot be held during inclement weather. Any changes will be communicated to registered students. Although skills will be built up every week, basic skills will be covered in each clinic session. A take-home, PDGA-approved, easy-to-throw disc will be provided with the materials fee. Students should wear sneakers, bring a small towel to dry the disc, and meet on the field each week.

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**Macrame for All****Course: LE233284 \$12****Wednesday****Oct 4, 11, 18****9:00-11:00****Instructor(s): Shawn Hicks**

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

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**Dollhouses and Miniatures****Course: LE233287****Wednesday****Oct 4, 11, 18, 25****1:30-2:30****Instructor(s): Mike Pagel**

This course is for anyone who wants to build a self-designed, multiroom dollhouse or by using a kit, a single-room toy house, or a shadowbox room to hang on a wall. Students who maybe want to renovate that old dollhouse in the attic are also welcome. This course will present basic design, exteriors, interiors, lighting, and how to personalize a creation with miniatures of one's own hobbies, paintings, family portraits, books, cereal boxes, etc. Beginner and seasoned miniaturists can come to learn and share creative ideas.

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**Road Scholar Education Travel: University of the World****Course: LE233207****Friday****Oct 6****10:00-11:00****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. Students will hear about the myriad of learning opportunities and how these learning opportunities can change their view of the world.

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**Ancient Principals of Vedic Architecture****Course: LE233288****Friday****Oct 6, 13, 20, 27****1:30-2:30****Instructor(s): Aparna Patil**

Vedic Architecture is the ancient science of creating habitable spaces that follow the laws of nature. The principles of Vedic Architecture are based on five elements of nature: Earth, Water, Fire, Air, and Akaash. These design principles are time-tested and Universal in nature. They can be applied to any building, be it a home, office, factory, retail, or hotel. This will be a fun and interactive course, where students will sketch their house plans on graph papers and analyze for themselves the Vastu energy of their homes.



**Exploring Shenandoah National Park****Course: LE233275****Friday Oct 6****2:30-3:30****Online****Instructor(s): Shenandoah Education Ranger**

Have you ever wondered what Shenandoah National Park (SNP) has to offer? This course will help students discover the opportunities of what to do and where to go to experience the flora, fauna, geology, and history that can come to life right before your very eyes in Virginia's only National Park. Did you know that Shenandoah is home to over 70 mountain peaks, over 300 animal species, and overflowing with streams and rivers? The diversity and excitement found there do not stop there. A National Park Service Ranger will help students discover the magic and wonder of what lies within SNP.

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**Cyanotype Printing****Course: LE233285****Monday Oct 9****10:00-11:30****Instructor(s): Abbie Ertel**

This course will present the historical photographic process of cyanotype printing. Students will learn how to capture images of the beautiful flora and fauna in Virginia using light from the sun. All materials will be provided.

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**Mah Jongg 201: Practice for Beginners****Course: LE233286****Tuesday Oct 10, 17, 24, Nov 14, 21****1:30-3:30****Instructor(s): Linda Kerman**

A gap exists between conquering the basics of Mah Jongg and fully participating in a game with experienced players. This course is designed to be a bridge between Mah Jongg 101: Introduction to Mah Jongg (LE010) and the Thursday morning Mah Jongg group (WG009). Designed for graduates of Mah Jongg 101, those returning to Mah Jongg after a break, and those desiring a refresher course, Mah Jongg 201 will provide the opportunity to improve both skills and speed in a game situation. In this learn-while-you-play setting, an experienced player will advise each table of beginners about which hands to play, which tiles to pass in the Charleston, and how to maneuver during the game itself. Those who register for Mah Jongg 101: Introduction to Mah Jongg are strongly encouraged to also register for this course.

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**Basic Pine Needle Baskets****Course: LE233241 \$15****Tuesday Oct 24, 31, Nov 14, 21****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 them 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 baskets at home to finish in time. Each student will need to bring sturdy scissors and a jar or glass to the class.

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**Reta's Homegrown Potato Earrings B****Course: LE233291****Wednesday Oct 25****12:00-1:30****Instructor(s): Bev Davidson and Bill Good**

Please register for only one session (A or B) to allow all students a chance to participate. Students will hear Reta Good's story as told by her husband, Bill, and join in the fun of making fashionable earrings from potatoes. This will be another take-one-and-leave-one opportunity. Students will make two pairs of earrings but leave one pair to be sold at a future fundraiser for LLI. All materials will be provided. If available, students can bring their jewelry pliers (round nose, flat nose, and side cutters), but there will be some to share. It's not necessary to buy them just for this class.

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**Paper Crafting for the Holidays****Course: LE233289 \$5****Wednesday****Nov 8, 15****1:00-2:30****Instructor(s): Bev Davidson**

Students will create two traditional woven star ornaments from printed cardstock and two different styles of angels made from hymnal pages. The course fee will provide all supplies needed including paper, glue and ribbon; however, students should bring a pair of scissors.

**Holiday Table Arrangement****Course: LE233292 \$10****Friday****Nov 17****1:30-3:00****Instructor(s): Evelyn Klumb**

Students will learn how to make a holiday table arrangement. The course fee will provide the container, floral foam, flowers, and greens. Students should bring their own flower clippers.

**LS****Life Services****Basic Range Safety Officer for Scout Support****Course: LS233186 \$20****Tuesday****Sept 5, 12, 19, 26****9:00-10:30****Instructor(s): John Allen**

The NRA Range Safety Officer (RSO) course is required to operate a shooting range on a Scout USA camp. An RSO is responsible for the minute-to-minute safety to those on a shooting range both shooters and spectators. Topics include the general and specific rules of the range, shooters gun handling practices, cartage malfunctions, and more. On a scout reservation, two instructor-level individuals are required to open a range. The RSO is one of these individuals. The RSO's responsibility is solely the safety of all on the range. Anyone needing instruction regarding shooting technique is the responsibility of the certified instructor for that range. This course fee will provide the required textbook. Successful completion of this course will result in certification. There will be an opportunity for students to visit the shooting range at the Cub Adventure Camp in Goochland County, and RSOs can choose to volunteer at upcoming Scout events.

**Awaken and Embody Greatness: The Top Three Mistakes That Prevent Fulfillment and Flow****Course: LS233185****Tuesday****Sept 5, 12, 19, 26, Oct 3****10:30-12:00****Online****Instructor(s): Emme Elaine Simon**

Students will learn the top three mistakes that can prevent fulfillment and flow. Healing on every level of life will be discussed which can create a powerful shift in reality. It is believed that becoming happier, healthier, and more successful is more easily achieved by living one's true path. Students will be encouraged to stop judging their own thoughts and emotions as they learn to ground and integrate their whole body to "awaken the inner healer within" and experience a life uncommon. The instructor will introduce the activity of rewriting the past and dissolving the story all together to inspire greater clarity and life purpose.

**Dementia 101: Raising Awareness, Promoting Prevention****Course: LS233165****Thursday****Sept 14, 21, 28, Oct 5****9:00-10:00****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 taught by Virginia's Dementia Services Coordinator, students will become a Dementia Friend and learn basic information about dementia and Alzheimer's disease including the 10 warning signs. The major types of dementia as well as resources and services available in the community and how to access them will also be covered. The instructor will share the latest research around brain health and dementia risk reduction that informs strategies that can potentially reduce the risk of developing dementia.

**VirginiaNavigator Family of Websites: A Guide to Aging Well****Course: LS233069****Thursday****Sept 14****11:30-12:30****Instructor(s): Bonnie Scimone**

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

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**Mercy Mall Emergency Food Bags****Course: LS233172****Thursday****Sept 14****2:30-3:30****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 lessens the burden on them when an emergency snack pack is provided. As a group, the students in this course will assemble non-perishable snack packs in gallon-size Ziploc bags. Those bags can include the following: a small water bottle, granola bars, flat tuna packs, raisins, cracker packs, individually wrapped fork and napkin sets, and a kind, encouraging note. Students are welcome, but not obligated, to bring any of the items that are listed here. LLI will have a collection drive leading up to the class.

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**Overcoming the Subtle Challenge of Behavioral Addiction****Course: LS233084****Tuesday****Sept 19, 26****11:00-12:30****Instructor(s): Dr. Michael J. Wriston**

This course will enable students to not only grasp the many ways in which it is easy to become behaviorally addicted without being aware of it but also how to break free.

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**Getting a Home Ready for Sale: Tricks of the Trade****Course: LS233160****Wednesday****Sept 20****9:00-10:30****Instructor(s): Diane Andrews**

You have one chance to make a great impression on potential homebuyers. There are many things that can be done to present a clutter-free, organized home. Begin early. Accomplish a little each day to help make the process easier and less stressful. These "tricks of the trade" ideas will help students keep track of what needs to be done in advance of the listing date.

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**Hospice Crafts****Course: LS233147****Wednesday****Sept 20, Oct 18, Nov 15, Dec 13****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 students can just register and attend to join in the fun of this enjoyable service opportunity.

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**Mercy Mall Making Powder Laundry Detergent****Course: LS233173****Thursday****Sept 21****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 obstacles to home and life stability. Students will be mixing and bottling up all of the ingredients needed to make a simple laundry detergent for Mercy Mall to distribute to families experiencing crisis situations. Anyone who is interested in learning a bit more about Mercy Mall's work in the community and anyone who would enjoy an active, hands-on project should join in the fun!

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**Chesterfield Fire and EMS: An Overview of Your Fire and EMS Department****Course: LS233178****Friday****Sept 22****11:00-12:30****Instructor(s): Keith Chambers**

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

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**Chesterfield Council on Aging****Course: LS233169****Thursday****Sept 28, Oct 26, Nov 9****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!

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**The Art of Friendship****Course: LS233085****Monday****Oct 2, 16****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with overviews of the critical importance of friendship and the habits and attributes of deeper friendships. Practical ways in which they can both attract and strengthen new or existing friendships will also be covered.

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**Mobility Services in Chesterfield County****Course: LS233145****Monday Oct 2****11:00-12:00****Instructor(s): Billie Darlington**

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

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**Nurse Experience A: Do You Still Have Your Nurses Cap?****Course: LS233187****Wednesday Oct 4, 11****12:00-1:30****Instructor(s): Betsy Shires**

Please register for only one session (A or B) to allow all students a chance to participate. This course is for retired or currently employed RNs. When nurses come together, they often share a sense of camaraderie that includes many rich, interesting experiences that are poignant and humorous as well. This course will focus on stories related to the decision to become a nurse, nursing school, and career choices. In addition, the focus will be on the paradox of being tough but tender and strong yet vulnerable. In later life, lessons learned as a nurse may help with wisdom and acceptance to face challenges that may arise.

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**Chesterfield County Public Library Common Questions****Course: LS233086****Thursday Oct 5****12:00-1:30****Instructor(s): Cindy Arnold**

This course will cover some of the most common questions librarians receive at the Chesterfield County Public Libraries (CCPL). How can I get a review from consumer reports? Where do I find a list of new books purchased by the library? Can you help me find a good book to read? Answers to these and other questions will be explained. Students can also bring their own questions to ask! Time will be spent addressing any library-related questions.

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**Planning Final Arrangements: Pre-Plan to Make It Right****Course: LS233157****Tuesday Oct 10****2:00-3:30****Instructor(s): Susan Campbell**

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

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**Senior Living Community Options: Be Proactive Not Reactive!****Course: LS233097****Monday Oct 23****9:30-11:00****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.

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**Controlling Internal Chatter****Course: LS233090****Monday Oct 23, 30****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will enable students to understand the degree to which the chatter in their heads is incessant and tends to determine or control both what they see and hear as well as how they respond and react. Practical ways in which they can learn to control it, improve it, and gain more control over their lives will also be introduced.

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**Senior Connections: The Capital Area Agency on Aging****Course: LS233189****Monday Oct 23****12:30-1:30****Instructor(s): Lee Owens**

This course will introduce the services of Senior Connections, the Capital Area Agency on Aging (CAAA), and share how the organization is poised to meet the needs of older adults in the community.

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**Senior Housing Options: Replacing Chaos with Clarity****Course: LS233168****Thursday Oct 26****2:00-3:30****Instructor(s): Kevin Parks**

Navigating senior housing options can be overwhelming, to put it mildly. Kevin Parks, a formerly licensed assisted living administrator, will unpack all things senior housing to include information about the following settings: independent living (IL), assisted living (AL), memory care (MC), skilled nursing facility (SNF), and continuing care retirement community (CCRC). Kevin will also briefly discuss adult day care, as well as how home care, home health, and hospice work in the settings above, as well as in a person's private home. Students will leave with a clearer understanding of senior housing and the resources they need to confidently make decisions as to which option(s) might make the most sense for them or their loved one(s).

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**Planning Final Arrangements: Pre-Plan to Make It Right****Course: LS233158****Thursday Nov 2****1:00-2:30****Instructor(s): Susan Campbell****Online**

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

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**Life-Changing Habits****Course: LS233091****Wednesday Nov 8, 15****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with an overview of the ubiquitous nature and power of habits (i.e., change your habits and change your life). At least 13 examples of potentially life-changing habits and practical strategies for developing good habits and getting rid of bad ones will be discussed.

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**Human Trafficking Is Here and It's Real****Course: LS233152****Monday Nov 13****10:00-11:30****Instructor(s): Rabah Penn**

This course will introduce the basics of Human Trafficking, what to look for, what to do about it, and how everyone in the community can help. Students will also learn statistics from the Chesterfield County Police Department.

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**Nurse Experience B: Do You Still Have Your Nurses Cap?****Course: LS233188****Monday Nov 13, 20****1:00-2:30****Instructor(s): Betsy Shires**

Please register for only one session (A or B) to allow all students a chance to participate. This course is for retired or currently employed RNs. When nurses come together, they often share a sense of camaraderie that includes many rich, interesting experiences that are poignant and humorous as well. This course will focus on stories related to the decision to become a nurse, nursing school, and career choices. In addition, the focus will be on the paradox of being tough but tender and strong yet vulnerable. In later life, lessons learned as a nurse may help with wisdom and acceptance to face challenges that may arise.

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**Mobility Services in Chesterfield County****Course: LS233171****Tuesday Nov 14****9:30-10:30****Online****Instructor(s): Billie Darlington**

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

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**Discovering Life's Purpose****Course: LS233094****Monday Nov 20, 27, Dec 4****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course is designed to enable students to discover and be able to articulate both their life's purpose and their life's story.

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**Taking Care of Business****Course: LS233095****Monday Dec 11, 18****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course is designed to enable students to assert themselves more effectively in order to protect their boundaries and maintain their independence. Ways to resolve issues and conflicts will also be presented.

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**PR****Philosophy and Religious Studies**

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**Bible Discussion****Course: PR233002****Thursday Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****2:00-3:30****Instructor(s): Mike Pagel and Mark Grubbs**

This non-denominational Bible course will include a verse-by-verse discussion of the New Testament book of Hebrews. The book of Hebrews is probably the best book of the Bible to discover Jesus as the ultimate Prophet, Sacrifice, and Priest. Students will also discover how to experience a better sabbath-rest here on earth and enjoy a better country after this life. Newcomers are always welcome. No prior knowledge of the Bible is required. Students should bring a Bible in printed or digital form to each class.

**Misconceptions About Islam and Muslims****Course: PR233080****Tuesday Sept 12, 19, 26, Oct 3, 10****12:30-2:00****Instructor(s): Malik Khan**

There are many misconceptions about Islam and Muslims. This course will address more than thirty of them. The course will begin with a short orientation presentation on Islam and Muslims before each misconception is addressed, answered, and then debunked through authentic Islamic texts.

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**Science and Theology****Course: PR233099****Thursday Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, Dec 7, 14****9:30-11:00****Instructor(s): Bryan McChesney**

This course will include discussions about science and theology including religion. Topics will include fact or faith, brain or heart, reason or passion, objectiveness or subjectiveness, meditation or prayer. Consciousness, human souls, divine particle, and reality will be covered. Is theology the mother of science? Is there a conflict between science and religion? Can mysticism and spirituality fit into a scientific paradigm? This course will provide a look at some answers to those questions and more. Jokes are always included!

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**The History of the Bible: Not a Bible Study****Course: PR233059****Tuesday Oct 3, 10, 17, 24****12:30-1:30****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.

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**Power of Myth Through the Ages and the Importance of the Aesthetics****Course: PR233096****Monday Oct 9, 16, 23, 30, Nov 13, 20****10:30-12:00****Instructor(s): Jim Knego**

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

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**A Look at Jesus: The Way, the Truth, and the Life****Course: PR233075****Monday Nov 13, 20, 27****10:30-12:00****Instructor(s): Joanna Lurie**

This course will provide a summary of the Bible study by Marcellino D'Ambrosio, Jeff Cavins, and Edward Sri: Jesus, The Way, The Truth, and the Life. The book is not required. Students will learn a new and fresh way to look at Jesus and can come to know and love him in a deeper and more intimate way.

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SE		Special Events
Literary Society Celebration		Course: SE233171
Friday	Sept 8	
1:00-2:30		
Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince		
This will be the culminating event and celebration of the Summer 2023 LLI Literary Society. The event is planned to both recognize Literary Society participants as well as to include other LLI members by showcasing Jeff Barnes, author of Mingo, who will be interviewed on stage about his book. Those planning to participate in the fall session of the Literary Society are also welcome. Light refreshments will be provided.		
Agecroft Hall and Gardens Guided Tour and Curator's Favorites		Course: SE233126 \$18
Wednesday	Sept 20	
10:30-11:30		
Instructor(s): Katie Reynolds		
This is an opportunity to experience Agecroft Hall and Gardens. The majestic Tudor mansion was brought to Virginia piece by piece from Manchester, England. The home, now a museum, is on 23 beautifully landscaped acres overlooking the James River in the neighborhood of Windsor Farms. Students will experience guided tours of the first floor of the historic home by the Manager of Tour Services followed by a special presentation by the Curator of Collections, Libby Howlett. The trip fee will cover a guided tour and presentation and must be paid at the time of registration. Members who wish to carpool should meet inside LLI at 9:45AM. Members can choose to drive directly to 4305 Sulgrave Road, Richmond, VA 23221. The tour will start promptly at 10:30AM in the museum lobby and last approximately one hour. After the presentation, there will be plenty of time to explore the museum exhibit, gardens, and gift shop independently. Carpools could arrive back at LLI by 12:30PM.		
Company's Coming Band Concert		Course: SE233164
Friday	Sept 22	
2:00-3:00		
Instructor(s): Kate Conn		
This event will be a special concert of Old Time Appalachian and Americana music and songs from the Company's Coming Band. This trio of musicians are sure to entertain with banjo, mandolin, guitar, autoharp, banjo uke, and harmonica. A wooden "Limberjack" will even make an appearance and dance to the music. All three band members sing, and two- and three-part harmonies are their joy! They'll put a smile on every face and get every foot tapping!		

**Skyline Drive, Dine, and Hike Tour****Course: SE233181 \$140****Friday****Sept 29****7:30-7:00****Instructor(s): SignaTours**

Shenandoah National Park's Skyline Drive is the National Scenic Byway that runs 105 miles along the crest of the Blue Ridge Mountains starting in the north at Front Royal to Waynesboro on the south end where it meets the Blue Ridge Parkway. This is a "must-do" for sure! This tour will experience approximately 40 miles of the Drive (from the Swift Run Entrance traveling north to the Thornton Gap Entrance). What makes this tour extra special is there will be an experienced local guide on the bus, pointing out beautiful vistas and providing educational facts along the way. Stops will be made at several popular overlooks such as The Oaks and Mary's Rock Tunnel. There will be time spent at the Harry F. Byrd Visitor Center where exhibits, information about the area, historic film screenings, and a bookstore are available. It is named after Harry Flood Byrd Sr., a prolific politician and newspaper publisher, who served as Virginia's governor and a United States senator. Nothing beats lunch with a view, and Big Meadows Lodge offers just that! It sits just off Skyline Drive with beautiful views of the valley below. Lunch options will be sent out to those who register, but their signature Blackberry Ice-cream is a guarantee for dessert. After lunch, there will be three options: hiking the Limberlost Trail (Easiest and Accessible), the Stony Man Trail (Moderate), or a visit to the Skyland Patio and Shop. There's truly something for everyone in Shenandoah National Park. Come find out for yourself! The trip fee will provide: round-trip motorcoach transportation, Skyline Drive entrance fee, guide service, lunch at Big Meadows Lodge, tax and gratuity on inclusions, refreshments served on board the coach en route home, and driver gratuity.

**Trifles Performance by the YAHA Players****Course: SE233178****Wednesday****Oct 11****1:30-2:30****Instructor(s): Bob Ferguson**

This will be another wonderful performance by the YAHA Players but with a different kind of play. It is a drama set in North Dakota in 1916. Life is hard on the farm, especially for the wives. A sheriff and his friend are investigating the murder of a farmer, but the real crime-solving is being done by three women. Is the wife guilty? What was her life like? The play, based on real life, was written by Susan Glaspell. Vic Thompson reworked and updated the story. He offers his version as a tribute to the strong women of yesteryear and today.

**National D-Day Memorial and Peaks of Otter Lodge Tour****Course: SE233127 \$150****Friday****Oct 20****7:30-6:30****Instructor(s): SignaTours**

Come join your LLI friends on another amazing adventure! Not only does this tour include a great lunch but you will have a private, guided tour through the impressive National D-Day Memorial, beautifully situated at the base of the Blue Ridge Mountains. You can't visit this part of Virginia without a stop at a local Orchard Farm for freshly picked "Grown in Virginia" apples. You will also have a chance to purchase homemade cider, apple butter, jams and jellies, and other farm-fresh products. Groups from all over the state come to Peaks of Otter Lodge for lunch during the fall season. Located on the scenic Blue Ridge Parkway, the Peaks of Otter's hospitality and delicious food have beckoned travelers for years. Enjoy their special "Octoberfeast" Buffet - featuring several hot entrees, vegetables, and desserts. In the afternoon, enjoy a guided tour through the National D-Day Memorial in Bedford, VA. Bedford was selected for this honor because it sustained the highest, per capita, loss of lives during the D-Day invasion. The Virginia Unit from Bedford was the only National Guard contingent to land in the first wave on D-Day; all others were regular Army units comprised of recruits from across the United States. The centerpiece of the 88-acre site is the massive Overlord arch rising above Victory Plaza. The memorial is laid out to show the progression of this historic event - from the reflecting pool that represents the crossing of the channel to the Victory Plaza (which contains a wall and sculptures of soldiers) that represents the landing on the beaches of Normandy and climbing the cliffs to victory. This memorial is designed to help you remember their valor, fidelity, and sacrifice - a truly moving experience. The Trip Fee Includes: round-trip motorcoach transportation, buffet lunch at Peaks of Otter,, admission and tour at National D-Day Memorial, refreshments served aboard the motorcoach, tax and gratuity on inclusions, and driver gratuity.

**The Cruise Performance by the YAHA Players****Course: SE233179****Wednesday****Oct 25****1:30-2:30****Instructor(s): Bob Ferguson**

Everyone loves a cruise. Or do they? In this one-act play, Fran Jensen wants to celebrate her anniversary with a cruise to the Western Caribbean, but her husband Fred would rather have dinner at the Golden Corral and see a Knicks game. Of course, Fran wins the argument, so she and a very disgruntled Fred set sail for the Caribbean on the ill-fated cruise ship, the Albatross. To become a part of this ill-fated cruise, and to see how everything is resolved in the end, please book your passage for a cabin on the Albatross.

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**A Bit of This, and a Bit of That Performance****Course: SE233145****Friday****Nov 3****12:00-1:00****Instructor(s): Sandy Phillips**

This special event will include vocal groups, theater performances, dances, and instrumentalists...a potpourri of entertainment! Performers will be primarily friends you know from LLI. What an astounding amount of talent in the arts that our school can showcase!

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**"A Flea in Her Ear" Sneak Peek and Behind the Scenes with Brightpoint****Course: SE233180****Friday****Nov 10****11:00-12:30****Instructor(s): Kerrigan Sullivan**

This course is designed to give participants a behind-the-scenes look at "A Flea in Her Ear" in The Lynn Theatre at Brightpoint Community College. A Flea in Her Ear is a famous French farce by Georges Feydeau written in 1907, at the height of the Belle Époque and adapted by comic genius David Ives for this production. It is a hilarious romp and a perfect example of farce. 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 scenes and characters. Students will also have the opportunity to see the show and go on a backstage tour as a group on Sunday, November 12 at 2PM (ticket purchase required) at The Lynn Theatre on the Midlothian campus of Brightpoint Community College.

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**Meet the Ion Robot Lunch and Learn at Chippenham Hospital****Course: SE233177****Tuesday****Nov 14****12:00-1:00****Instructor(s): Dan Woolley, MD**

LLI Members are invited to Chippenham Hospital to see and learn all about the Ion robot. Dr. Dan Woolley will share the latest robotic advancements in lung nodule surgery while demonstrating the actual robot! Many patients currently require multiple biopsies prior to lung cancer diagnosis, which can add months to a patient's journey to care. One goal of using the Ion is to help shorten the patient journey by making it possible to reach and biopsy difficult-to-reach nodules in the peripheral lung, where more than seventy percent of cancerous lung nodules may be located. Ion's ultrathin catheter allows clinicians to reach small lesions in all 18 segments of the lung. After the presentation, students will have an opportunity to ask questions and meet the robot. The lunch and lecture will begin at 12:00 PM in the Kraus Auditorium and will conclude by 1:00 PM. Members are encouraged to arrive by 11:45 AM to choose a boxed lunch. Members who wish to carpool should meet inside LLI at 11:15 AM, but members can also choose to meet at Chippenham Hospital, 7101 Jahnke Rd, Richmond, VA 23225. There is a parking deck and are also multiple parking lots available near the Main Entrance. The Kraus Auditorium is located on the second floor, accessible by the elevators in the Levinson Heart Lobby (Main Entrance).

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**Love Songs from Op to Pop****Course: SE233160****Thursday****Nov 30****1:00-2:00****Instructor(s): Leslie Matthews**

Leslie Matthews, soprano, will join Roshan Chakane, accompanist, to bring this special concert to LLI. This concert of arias and songs will cover the range of vocal music from opera to Broadway to film and more.

**Holiday Celebration Performance and Tea Party****Course: SE233155****Monday Dec 11****1:30-3:00****Instructor(s): Sandy Phillips**

This is the Advanced Readers Theater's second annual holiday program and tea party. The theater will include poetry, skits, and music and will be followed by a tea party in the lounge. Everyone had a wonderful time last year! Theater followed by a party will surely create a great holiday spirit!

**Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet****Course: SE233154****Wednesday Dec 13****10:30-11:30****Instructor(s): Ken Carlson**

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

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**WG****Weekly Group Activities**

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**Spades****Course: WG233013****Tuesday Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19****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: WG233001****Tuesday Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19****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: WG233006****Wednesday Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13****1:00-3:00****Instructor(s): Carolyn Goble and Virginia Maloney**

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

**Mah Jongg****Course: WG233009****Thursday Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14****9:30-11:30****Instructor(s): Marilyn Mare and Mary Jane Murphy**

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

**Bridge** **Course: WG233010**

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

**9:00-12:00**

**Instructor(s): Diane Carter and Randall Kaker**

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

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**Hand and Foot and Triple Play** **Course: WG233007**

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

**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!

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**Social Bingo Friday** **Course: WG233002**

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

**1:00-3:00**

**Instructor(s): Donna Whitfield**

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!

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**Cards and Games Monday** **Course: WG233004**

**Monday** **Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18**

**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!

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## Instructors

<b>Aboujaoude, Ramzi</b>	is an award-winning, board-certified urogynecologist and OB/GYN, specializing in urinary incontinence and pelvic floor disorders at the Urogynecology Center at Virginia Physicians for Women. Dr. Aboujaoude is passionate about improving women's quality of life and helping guide them toward individualized treatment options. He is highly regarded in the Richmond community.
<b>Ackley, Melissa</b>	LCSW, is Prevention Services Manager at Chesterfield Mental Health Support Services and co-chair of the Chesterfield Suicide Awareness and Prevention Coalition.
<b>Alabaster, Annette</b>	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.
<b>Allen, John</b>	is a retired high school teacher who has been working with the boy scouts since 2009. He began teaching shooting sports to youth in 2015 and became the Shooting Sports Summer Camp Area Head in 2017. Shortly after that, John was named the Heart of Virginia Shooting Sports Committee Chairman. In an effort to expand shooting sports activities at the Council reservation in Goochland County, John started teaching range safety officer and basic firearm safety classes to adults to increase the qualified instructors needed for running a year-round shooting sports program.
<b>Andrews, Diane</b>	is a licensed Real Estate Agent who specializes in working with senior adults looking to downsize and make a lifestyle change. She is a designated Senior Real Estate Specialist (SRES,) and focuses on how to "age in place" by making your home safe and accessible. Diane is also a certified stager who assists in decluttering and setting up homes in preparation for sale. She has been an LLI member since 2021.
<b>Arkin, Daniel</b>	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.
<b>Armstrong, Amy</b>	PhD, is an associate professor with the VCU College of Health Professions in Rehabilitation Counseling. She received an MA in Rehabilitation Counseling from Michigan State University and a PhD in Education from VCU. Amy provides training related to well-being, positive psychology, appreciative inquiry, and leadership. She enjoys traveling, the water, her dog Callie, and her family and friends. She also loves to laugh.
<b>Arnold, Cindy</b>	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.
<b>Aron, Paul</b>	is an editor and writer for The Colonial Williamsburg Foundation. Formerly an editor at Doubleday and an executive editor at Simon and Schuster, he is the author of, among other books, "American Stories."

<b>Austin, Brian</b>	PhD, is a retired professor of psychology who, earlier in his career, practiced as a clinical psychologist. His passion for studio art blossomed when he became a member of LLI. In whichever medium he uses, Brian finds that the joy of painting and drawing is contagious and he looks forward to sharing his passion for creative expression with others in the classroom.
<b>Barron, Charles</b>	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.
<b>Bennett, John</b>	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.
<b>Berry, Mary</b>	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!
<b>Biasca Losada, Pamela</b>	MS, PCC-ICF has worked directly with clients for over 20 years, and has been a psychologist, business owner, coach, speaker, author, and immersive 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.
<b>Blackwell, Donna</b>	was raised in Northern Virginia and has lived her life advocating for civil and human rights. She was a co-founder of Black Women United for Action, a NAACP Youth leader, and a board member for the Human Rights Commission, the Human Relations Council, and the Fairfax History Commission. Before moving to Chesterfield, Donna was the administrative assistant and research analyst for Fairfax Legal Aid and Bar Association. An LLI member since 2016, she has been the instructor of Black Lives Matter course and is serving as Chair of Diversity, Equity and Inclusion Committee.
<b>Blackwell, Edward</b>	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.
<b>Boardman, N. Douglas</b>	is a VCU Orthopedic Surgeon who specializes in elbow and shoulder reconstruction (including total joint replacement, trauma and post-trauma reconstruction, arthritis, arthroscopy, tendon injuries, sports injuries, and arthroscopic knee surgery. Dr. Boardman operates at Chippenham Hospital and was recently elected to the Shoulder/Elbow Program Subcommittee of the American Academy of Orthopaedic Surgeons. He serves on the board of directors of the Virginia Orthopaedic Society and is a board representative to the Medical Society of Virginia.

<b>Borths, Joshua</b>	is the Resident Scholar of Virginia Opera, charged with educating audiences of all ages. With over a decade of experience, Joshua has worked as a stage director, arts administrator, and dramaturg with companies such as Arizona Opera, Des Moines Metro Opera, Opera Columbus, and Pensacola Opera. An experienced educator, he has served as the Director of Opera & Musical Theatre and professor of Music History at Capital University, and as a visiting professor at SUNY Potsdam (Crane School of Music) and the University of Maryland. This season, he will be lecturing for the Metropolitan Opera in New York. His work has been featured in Opera News and TED-Ed, and his operas and programming can be licensed on OperaClassroom.com.
<b>Bradstock, Mary</b>	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.
<b>Brooks, Tracey</b>	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.
<b>Brown, Liz</b>	has a passion for analytics, wealth management, and financial education. Liz earned her BS in commerce from the University of Virginia and her MBA with honors from the University of Chicago. In January of 2022, after spending seven years at Altria, where she served in brand management roles and gained valuable knowledge of finance, business strategy, and communication plan development, she joined Davenport & Company. Using her experience with customer behavior studies and analyzing data, Liz offers her clients a detailed analytical approach to investment and financial planning, working with them to develop personalized plans that help them to meet their goals and needs. In her free time, Liz is a member of the Junior League and St. Stephen's Episcopal Church, and she and her husband, Patrick, stay active with their son, David.
<b>Brown, Sherella</b>	is a certified Jazzercise fitness instructor who specializes in combining dance and exercise in her work with active adults.
<b>Calisch, Nelson</b>	is a former mental health clinician for the Henrico County Community Services Board who retired in 2017 after 30 years of service. Since his first week in retirement, he has attended history and political science classes at VCU. Quite accidentally, he developed an interest in FDR's New Deal, when he purchased a book on New Deal art, while visiting Frank Lloyd Wright's "Falling Waters" in Mill Run Pennsylvania. Nelson has photographed several New Deal murals throughout the mid-Atlantic and has read about many intangibles from that period that are in existence today and continue to impact our lives.
<b>Campbell, Susan</b>	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.
<b>Carlson, Ken</b>	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.
<b>Carpenter, Karyn</b>	learned tap dancing, through classes at LLI and elsewhere. During that time, she discovered a love for helping new tappers learn the steps. Karyn has been an LLI member since 2019.
<b>Carter, J. Diane</b>	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.

<b>Cauthen, Hal</b>	retired from the Navy and then from 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 and filled numerous sketch pads with line drawings, most often of horses and cowboys. Later, Hal took lessons from Ellie Cox. He has since led classes at LLI and at Stonebridge. He has been a member of LLI since 2016.
<b>Cauthen, Marlene</b>	enjoys traveling, drawing, sketching, painting, writing, dancing and interacting with others to share ideas and techniques. Marlene and her husband joined LLI in 2016.
<b>Chambers, Keith</b>	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.
<b>Clendenin, Anne</b>	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!
<b>Cline, Poly</b>	renewed her interest in painting in 2019. She took it up for stress relief and loved it! Since Poly recently learned the techniques for successfully accomplishing watercolors, she can break down the steps to help others enjoy painting as much as she does. Poly became an LLI member in 2019.
<b>Cohen, Sabrina</b>	is a medical Speech-Language Pathologist who provides skilled treatment for individuals living with acquired cognitive, language, voice, and swallowing disorders. Sabrina started her own private practice in 2021, and is able to provide virtual and in-person services to those in need. Sabrina enjoys seeing her patients meet their personal goals, communicate better and with more ease, and feel more confident in completing their daily tasks. In her leisure time, Sabrina enjoys spending time with her family, going thrift shopping, baking, and listening to music and podcasts.
<b>Conn, Kate</b>	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.
<b>Cook, Lauren</b>	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!
<b>Cottle, Jennifer</b>	has proudly worked at the MacArthur Memorial since 2019. In 2014, she graduated from Appalachian State University with a bachelor's in Anthropology and worked as an archaeologist for several years before joining the MacArthur Memorial team, first as a museum attendant and then as Education Manager. She will receive master's in Public History in December 2023. Jennifer is currently working on her capstone project, which focuses on the experiences of the civilian prisoners of war in the Philippines during WWII.
<b>Cutchins, Wanda</b>	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.

<b>Dahlquist, Roy</b>	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.
<b>Dailey, Mary Jo</b>	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.
<b>Darlington, Billie</b>	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!
<b>Davidson, Beverly</b>	is a retired elementary school teacher and an avid crafter who has dabbled in many different mediums over the years. While continuing to take classes herself, Bev has taught crafts to other adults and children and has participated in craft shows as a vendor. She has been an LLI member since 2019.
<b>Davidson, James</b>	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.
<b>Day, Teresa</b>	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.
<b>DeRusha, Jennifer</b>	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.



<b>Deschenes, Tom</b>	is the Director of Partnerships at Nearpeer, the leading platform for helping people find friends and develop a sense of belonging in their community. Tom has helped Nearpeer spread quickly across college campuses and has helped forge partnerships with schools large and small, public and private, on-campus and online. Some of Nearpeer's partners include California State University, the University of Oklahoma, the University of Utah, CU Boulder, and more. Tom is also helping Nearpeer expand beyond universities and is excited to be introducing Nearpeer in corporate environments, mental health settings, and lifelong learning institutes. Prior to joining Nearpeer, Tom worked for 13 years in college admissions. He earned his bachelor's degree from Stonehill College and his master's degree from Harvard University. In his spare time, Tom enjoys reading, writing, board games, and Shakespeare.
<b>Dixon, Brie</b>	knew she wanted to be an ICU nurse from the minute she started nursing school and she worked in this role at Chippenham Hospital from 2008 to 2022. Brie found the teamwork to be rewarding and enjoyed watching the hospital grow from a level three to a level one trauma and burn center. Her passion for the program at Chippenham grew out of witnessing the outstanding care and many victories that she and her colleagues were able to achieve for their patients. In 2022, she accepted the position of Trauma and Burn Injury Prevention and Outreach Coordinator where she is able to have a positive impact on the public while building relationships with the EMS community.
<b>Doran, Shawn</b>	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.
<b>Drake, Mack</b>	MD, has 10 years of experience in burn surgery, trauma surgery, and surgical critical care, as well as in medical education and research. He is a board-certified surgeon with a Doctor of Osteopathic Medicine degree and is a fellow of the American College of Surgeons (FACS). Before joining BRCA in June 2023, Dr. Drake held faculty positions at VCU Health and East Carolina University, where he taught, mentored, and supervised medical students, residents, and fellows, conducted clinical trials, and published multiple articles on burn and trauma topics. He completed fellowships in burn surgery at Emory Healthcare and in Trauma and Surgical Critical Care at the University of Kentucky. He is passionate about advancing the field of burn and trauma care and improving patient outcomes through evidence-based practice, innovation, and collaboration.
<b>Drummond, Diane</b>	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.
<b>Ertel, Abbie</b>	is the CCC Museum Curator and Educator at Pocahontas State Park. She has studied the fine arts, specifically painting and printmaking, and is interested in Virginia history, ecology, and historical art processes. Abbie especially enjoys finding places where these subjects overlap.
<b>Espino, Sasa</b>	MD, FACS, is a breast surgeon with Richmond Breast Center in Richmond and Fredericksburg, Virginia. She earned her Medical Doctorate at Virginia Commonwealth University School of Medicine, and remained at VCU to complete her General Surgery Residency. She went on to complete a Breast and Reconstructive Surgery Fellowship at Northwestern University in Chicago. Dr. Espino is board-certified in General Surgery by the American Board of Surgery and is an active member of the American College of Surgeons, the American Society of Breast Surgeons, and the Richmond Academy of Medicine, among others. In addition, she has performed extensive breast cancer research, and has published and presented her work in several medical journals and symposiums. Her practice specializes in diagnosing and treating breast-related concerns, such as malignant and benign diseases, as well as identifying and managing patients with a family history of breast cancer, dense breasts, and those who are at high risk for breast cancer. Prior to her medical studies, Dr. Espino graduated magna cum laude with a Bachelor of Arts in Economics from New York University.

<b>Felder, Kimberly</b>	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.
<b>Ferguson, Bob</b>	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).
<b>Fisher, John</b>	graduated from VA Tech in 1975 and received his MBA in 1984. During his 44-year career as an electrical engineer at a defense contractor, he worked on the manufacturing, testing, and design for radar systems including the F-16, F-22, and F35. As part of his manufacturing experience, he completed Six Sigma Black Belt training in 1998. He is a Senior Member of the Institute of Electrical and Electronic Engineers. John retired to Midlothian from Ellicott City, MD in 2019 and his retirement interests include golf, history, and the intersection of technology with the larger world. John and his wife, Harriet, have been members of LLI since 2022.
<b>Franks, Marti</b>	loves Watercolors! She has been painting since 1997, starting out with Ellie Cox and continuing with Sarah Hoyle, Chris Wynn, and Susan Stuller. She has participated in many workshops with nationally known artists, including John Salamien, Mary Whyte, Ted Andrews, Alvaro Cassinett, Tony Van Hassett, Frank Webb, and Jean Spicer. Marti is a past president of the Bon Air Artists Association and has served as a co-chair of its events, Art Affair and Artful Healing. She exhibits at Crossroads Art Center and at various venues with the Bon Air Artist Association.
<b>Frickert, Martha</b>	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.
<b>Friedlander, Marc</b>	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.
<b>Glancy, Paul</b>	is a former high school and college instructor who earned his BA in history and MS in education with a focus on broad field social studies from the University of Wisconsin. Paul spent 14 years in the newspaper business, including as part of the USA TODAY start-up team, and he drew from his experience to develop newspaper-in-education curricula. He has been the VP of Marketing and Business Development for the Martin Agency and the Call Center Services Director of Sales for WebsiteAlive/Alive5. A current substitute teacher for Chesterfield County schools, Paul is interested in German history and the Third Reich, including books, movies, and other sources on the Holocaust. Paul has been an LLI member since 2022.
<b>Goble, Carolyn</b>	has been an LLI member since 2019 and enjoys playing games and cycling.



<b>Good, Bill</b>	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.
<b>Graunke, Cynthia</b>	has been a member of LLI since she moved to Midlothian in 2014. She serves as a Road Scholar Ambassador and an officer in a local chapter of the National Active and Retired Federal Employees (NARFE.)
<b>Grubbs, Mark</b>	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.
<b>Guerin, Sabrina</b>	thinks being financially confident starts with having the right skills and tools to make smart financial decisions. With almost seven years of financial education experience, Sabrina is passionate about enriching lives in her community by giving people the support they need to reach their financial goals. Sabrina is a certified financial counselor and holds her MBA from the College of William and Mary.
<b>Gutberlet, Mary</b>	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.
<b>Harris, Phyllis</b>	is a social ballroom dance instructor in the American Style. Throughout her 30+ year career, Phyllis has taught in Richmond, Colonial Heights, Williamsburg, and Virginia Beach. Working with people of all ages, from middle school children and teens, to seniors who are "young at heart," and every age in between, she truly enjoys helping folks discover the many benefits of social dancing.
<b>Henderson, Bernard</b>	is a President Emeritus of Woody and Nelsen Funeral Homes and a former executive in Virginia government. His avocation is researching and presenting programs focusing on the deaths and funerals of U.S. Presidents. He has presented on this subject to several groups, including the Osher Institutes at the University of Richmond and the College of William and Mary, the Shepherd's Centers of Richmond and Chesterfield, and numerous civic, community, and church organizations.
<b>Hicks, Shawn</b>	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.
<b>Hodge, James</b>	PhD, is a retired research scientist who worked for DuPont for 35 years. As part of his work assignments, he traveled to the Asia/Pacific region on numerous occasions, including ten trips to Australia during the 1990s.
<b>Hoffman, LaVae</b>	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.

<b>Hood, Deb</b>	is a retired professor from John Tyler Community College where she taught Information Technology and mathematics classes in person and online for 22 years. She has an MA in Counseling and Guidance from Western Kentucky University and an MS in Computer Technology in Education from Nova Southeastern University. Deb's favorite pastimes are reading banned books and ballroom dancing with her husband, Mike Recant.
<b>Hoose, Darnell</b>	spent her career working in graduate business programs, but was always interested in art. She took courses at the Torpedo Factory in Alexandria, VA, the Workhouse in Lorton, the Art Haus Visual Arts Studio in Midlothian, the VMFA in Richmond, the Lifelong Learning Institute in Chesterfield, through Fairfax and Chesterfield County recreation programs, and online. She has studied figure drawing, pastels, colored pencils, oil, and watercolor, but her favorite mediums are colored pencil and watercolor. Darnell is a member of Bon Air Artists Association and has been a member of LLI since 2013.
<b>Jackson, Walter</b>	began practicing martial arts in 1964, and in 1998, he was awarded a sixth-degree black belt in karate by Master E.C. MacGilvery. A student of Tai Chi instructors Abraham Lu, Mike Brown, William Funchin, and Robert Chuckrow, Walter founded "The Walking Tiger Tai Chi Club" in San Diego in 2005 and was certified in acupuncture in 2015. After retiring from a career as an electrical engineer, Walter and his wife moved to Richmond to help raise their grandchildren.
<b>Johnson, B. Ellen</b>	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.
<b>Jones, Peppy</b>	was born and raised in Midlothian, Virginia and graduated from Midlothian High School. Peppy is a graduate of University of Richmond and worked in the construction industry for 40 years. Since 2011, he has been the Director of Mid-Lothian Mines and Railroads Foundation and is a member of the Chesterfield Historical Society of Virginia.
<b>Jones, Stacey</b>	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!
<b>Jones, Tanya</b>	MS is a Supervisee in Social Work working for the Jeremiah Foundation. She has experience working with adults and seniors and advocating for those with any type of disability.
<b>Judd, Frances</b>	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.
<b>Kaerwer, Rick</b>	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.
<b>Kaker, Randall</b>	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.

<b>Kauffman, Mel</b>	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.
<b>Kawka, Dorota</b>	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.
<b>Kell, Jennifer</b>	LCSW, is the Executive Director of the Jeremiah Foundation, Inc., a nonprofit that provides trauma recovery for adults through Robin's Hope, and provides outpatient counseling through Inner Touch. With over 20 years of experience treating trauma survivors, Jennifer has a passion for helping those of all ages heal.
<b>Kelly, Suzanne</b>	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. Suzanne began her teaching career in Chesterfield in the LLI building in 1969 and returned as a member in 2015.
<b>Kerman, Linda</b>	earned her master's degree in education from the University of Massachusetts. She taught literature courses in high school and community college, frequently moderating class discussions, and now assists students who are composing essays as they apply for college and specialty programs. Linda has one adult son and three grandchildren, all of whom are bookworms. An LLI member since 2016, she enjoys reading and playing with her two pet birds.
<b>Khan, Malik</b>	is a Pakistani American who came to the States in 1973. He worked for Philip Morris USA (now Altria) as a Process Engineer until his retirement in 2010. Since September 11, 2001, Malik has been actively involved in presenting Islam and the role of Muslims in our pluralistic society in Churches and educational institutions in the Greater Richmond Metropolitan area.
<b>Kinnaird, Rick</b>	has been interested in ancient places since the fourth grade, maybe earlier. He has travelled the world investigating ancient places and sometimes flying kites (another passion.) He follows oftentimes in the footsteps of his childhood hero, Richard Halliburton, who along with Amelia Earhardt and Charles Lindburgh, were the most famous people in America in the 1930s. Halliburton called his travels and adventures "Romance." Fascinated by ancient places and cultures, Mr. Kinnaird has gone to see for himself and to learn what has been discovered since Halliburton ventured out into the world.
<b>Kinnaird, Shelby</b>	is an author, teacher, cook, and diabetes advocate who is passionate about health and wellness, especially as she gets older. Thriving with type 2 diabetes since 1999, she runs a diabetes support group in Chesterfield.
<b>Kirn, John</b>	is a Professor Emeritus of American History at Brightpoint Community College in Midlothian, VA. He received his B.A. from Cornell University and his M.A. and PH.D. from the University of Virginia. His research specialty is the Civil War era, but he enjoys teaching and learning about all aspects of American history. Dr. Kirn has always been fascinated with Norman Rockwell, the humor and poignancy of his artwork, and what his popularity tells us about twentieth-century American society and culture.
<b>Klumb, Evelyn</b>	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.

<b>Knego, James</b>	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.
<b>Kolakowski, Christopher</b>	is the Director of the Wisconsin Veterans Museum and former Director of the MacArthur Memorial. He has written and spoken extensively on military history.
<b>Kot, Bette</b>	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.
<b>Kunmann, Steve</b>	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.
<b>Lanning, Randall</b>	has a passion for aviation history, and enjoys sharing that passion with others. He was commissioned through the Air Force ROTC program at the University of Nebraska at Omaha, where he earned a BA in History in 1973. Subsequently, he earned a MA in History from Central Missouri State University in 1977. His 30-year Air Force career encompassed 12 assignments, which included 9 years in Europe, a tour at the Pentagon, and a residency at Air War College. His assignments were divided in to four broad areas: guided missile operations; political-military affairs; academia; and command. He retired from active duty in 2003, and began work with the Air Force Junior ROTC program, teaching at high schools in NJ and IL. He completed this "second career" with full retirement in 2017. Randy is both a docent at the National Museum of the US Air Force, and a volunteer at the Virginia War Memorial.
<b>Lawson, Rachel</b>	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.
<b>Lemza, John</b>	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).
<b>Levi, Juana</b>	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.
<b>Levi, Lewis</b>	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.
<b>Lewis, Annebel</b>	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.

<b>Lurie, Joanna</b>	has a master's degree in health administration, a Bachelor of Science 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.
<b>Macauley, Sharon</b>	joined the LLI in 2009 when she took her first line dance class. It's been a passion ever since then. Now she enjoys sharing this fun and social activity with newcomers.
<b>Maloney, Virginia</b>	has been an LLI member since 2021 and enjoys playing games.
<b>Mare, Marilyn</b>	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!
<b>Matthews, Leslie</b>	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.
<b>Matthews, Sarah</b>	taught elementary art for 34 years in Chesterfield County. She won numerous local, state, and national awards, including Art Educator of the Year for the State of Virginia. Sarah published magazine articles and taught dozens of workshops. She loved teaching others how to teach and mentored over 25 student teachers and currently supervises student teachers for VCU. Sarah appreciates how they keep her on her toes and teach her new things all the time. She was a mural painter for 20 years and has worked in schools, daycare centers, and private homes. Since retiring, she has begun selling smaller-scale work at art shows and boutiques, working in mixed media, mainly acrylics. Sarah is passionate about bringing the joy of art to all and believes anyone can learn the basics and find joy in the process.
<b>McChesney, Bryan</b>	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.
<b>McCrea, Alan</b>	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.
<b>McDorman, Linda</b>	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.



<b>McRae, Douglas</b>	completed the ballroom teacher training course at Simply Ballroom Dance Studio and has been ballroom dancing for over 25 years. He has taught for USA Dance chapters in Richmond and the Tri-Cities, The Dance Space, and has helped with beginner classes at Rigby's Jig. In addition, Doug DJs dances several times a month. He and his co-instructor, Teresa Day, have been dancing together for several years. Doug has been an LLI member since 2023.
<b>Mercer, Beth</b>	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.
<b>Meyer, Albert</b>	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.
<b>Mikuta, Mark</b>	is a principal with Estate Settlement Solutions, LLC. He has worked in internal audit, corporate finance and real estate management and development. Mark received his BS in accounting from the University of Richmond. He is a member of many professional organizations and is also a Certified Financial Planner.
<b>Miller, Charles</b>	was raised in Detroit, Michigan. He received his BA from Kalamazoo College in 1982 and his Doctor of Medicine from Loyola University of Chicago in 1986. Dr. Miller completed a surgical internship in San Antonio at Wilford Hall USAF Medical Center in 1987 and a residency in Neurosurgery at Loyola in Chicago in 1993 where he received the Congress of Neurological Surgeons' Annual Resident Award in 1991. During his residency, he served on active duty and continued to serve as an Air Force neurosurgeon from 1993 to 1998 in Biloxi, Mississippi, and Landstuhl, Germany, having been commissioned in the Air Force Reserve in 1982. Dr. Miller practiced neurosurgery in South Dakota from 1999 to 2014 and retired from the South Dakota Air National Guard in 2002. He joined Neurosurgical Associates in 2015 and operates at both Chippenham and Johnston Willis Hospitals. His areas of expertise include surgical and non-surgical management of disorders of the cervical, thoracic, and lumbar spine; surgical management of primary and metastatic tumors of the brain and spine; minimally invasive procedures for lumbar herniated disk, spinal stenosis, and instability, including true minimally invasive fusion; minimally invasive and complex cervical spine surgeries; peripheral nerve surgery, including minimally invasive carpal tunnel release; and traumatic brain and spine injury.
<b>Morris, Jenny</b>	is a member of Genworth's Care and Wellness Team, working with policy-holders pre-claim to help them plan how to live safely and independently on their own terms. Before her current role, Jenny spent over 20 years in Senior Living Sales.
<b>Morriss, Angie</b>	is a Certified Bereavement Counselor with Crater Community Hospice, where she works part-time as an Outreach Assistant, educating the community about the non-profit's services and programs. Angie 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.
<b>Moses, Dorothy</b>	has been an LLI member since 2008. She's an aspiring writer and has participated in several critique groups.
<b>Moss, Jennifer</b>	has served since 2016 as the Outreach and Education Director for Bliley's Funeral Home in Richmond Virginia, providing End of Life Care education to groups around the Commonwealth. Moss serves as leadership for the Central Virginia Bereavement Coalition and the RVA Better Aging Forum and has served as President of the Richmond Senior Network for six years.

<b>Moyer, Wayne</b>	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.
<b>Murphy, Mary Jane</b>	has a BS 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.
<b>Musgrove, John</b>	works as an Information Security specialist at the Federal Reserve Bank of Richmond. Although he has five university degrees, none of them are in history. He is a baker, an award-winning photographer, and a published author. Married since 2014, he found the love of his life in 1986 and has been happy ever since. They have traveled to 52 countries on six continents. John has documented it all in travelogues and photos. His first novel, Ginter's Pope, was released in June 2022.
<b>Nelson, Fred</b>	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.
<b>Neviaser, Thomas</b>	is a retired orthopedic surgeon of 33 years who specialized in knee and shoulder conditions. He has written or co-written over 40 peer review articles, presented many papers and instruction courses, and developed surgical procedures for the knee, elbow, and shoulder. He is an emeritus member of the American Association of Orthopedic Surgeons and a founding member of the American Shoulder and Elbow Surgeons. Tom has been an LLI member since 2023.
<b>Ofosu-Benefo, Nana Ataa</b>	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.
<b>Onesty, Judith</b>	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.
<b>Owens, Leycester</b>	has worked for Senior Connections, The Capital Area Agency on Aging, since December 2018 and has a passion for helping older adults lead fulfilling lives. Originally from Sioux Falls, SD, Lee received his bachelor's degree from Luther College in Decorah, IA. He went on to receive his Master of Public Administration from the University of South Dakota and his Master of Business Administration from Strayer University. Lee lives in Midlothian, VA with his wife, Christine, their two sons, Lee IV and Cooper, and their poodle, Annie. He enjoys skateboarding, karate, playing the guitar, and spending time with his family.



<b>Pace, Timothy</b>	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.
<b>Pachter, Josh</b>	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.
<b>Pagel, Mike</b>	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. Since becoming an LLI member in 2017, he has been involved in the leadership of the Bible discussion class. Mike also enjoys working with his hands and the challenges of designing and constructing wooden items, such as mountain banjos, hammered dulcimers, and dollhouses.
<b>Parks, Kevin</b>	is a formerly licensed Assisted Living Facility (ALF) Administrator. He has been working in the senior housing industry since 2001 and has served older adults in various capacities from Community Relations to Executive Director. As an advocate for older adults and active member of several organizations focused on improving quality of life for elders, Kevin champions quality of life issues in senior housing and recognizes the importance of offering choice and involving seniors in the decision-making process when a more supportive environment is being considered. Kevin provides a comprehensive, personalized service that helps his clients identify supportive housing options that best fit their unique situation, thus eliminating the chaos often accompanying a search for the best option. "Replacing chaos with clarity in your search for senior housing options" is what he strives for.
<b>Partridge, John</b>	retired from a 43-year practice as an OB-GYN in Central Virginia and a position as an adjunct clinical professor with MCV/VCU, and began pursuing his lifelong interests in history, archeology, and art. In 2019, Dr. Partridge served as expedition artist and photographer for a National Geographic expedition excavating a royal tomb under a pyramid in Sudan. He has continued to build his knowledge and skills in watercolor, acrylic, and oil painting through self-study and the great courses at LLI. Passionate about teaching, he has taught courses at LLI highlighting ancient civilizations and the archeologists who brought them to light. Through his teaching, Dr. Partridge hopes to spark in others enthusiasm and joy in learning.
<b>Patil, Aparna</b>	is a sought-after architect-builder in the Richmond region. She is well known for integrating the ancient principles of Vedic architecture in her designs without compromising the lifestyle of 21st century. The principal owner of Mansara Architecture, she is a licensed architect with 18 years of experience. Aparna holds a bachelor's degree in architecture from University of Pune, India and a master's degree in urban planning from School of Planning and Architecture in New Delhi, India.

<b>Peaden, Paula</b>	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 Antonin Scalia Law School. Currently, she is a member of the National Academy of Elder Law Attorneys and the Special Needs Alliance and Estate Planning Council of Richmond. Paula practices law in Trust and Estate Planning, Trust and Estate Administration, Elder Law, Long Term Care & Disability Planning, Special Needs Trusts, and Guardianships. She was named the best Elder Lawyer in Richmond in the Best Lawyers in America® and was voted by Peer Recognition as 2022 Virginia Lawyer of the Year as published by Best Lawyers®. Her knowledge and professionalism are evidenced by other accolades, including her appointment to the Virginia Business Legal Elite and the 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 by Martindale Hubbell Preeminent Women Lawyers.
<b>Penn, Rabah</b>	is a mother to four beautiful children, a budding audiobook narrator and studio recording engineer, an up-and-coming IT professional, and part-time event security personnel. After working for several years in healthcare and legal administration, Rabah now gives her time to her local school on the board of the PTSA, her community as an Officer of Election, and her church as a member of the Prayer Team and a leader of two eGroups (one of which is a recovery group). She currently serves on the education committee and as the secretary for the Board of Directors for Recover Hope. After experiencing and overcoming trauma, Rabah finds great joy in giving back and helping others find peace, hope, healing, and victory in their own lives.
<b>Perdue, Beverly</b>	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.
<b>Phillips, Sandy</b>	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.
<b>Poland, Ryan</b>	is a Certified Financial Planner® and Associate Vice President of Investments at Davenport & Company. He specializes in wholistic financial planning and wealth management.
<b>Powers, Barbara</b>	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.
<b>Prince, Anita</b>	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.
<b>Pritchard, Carol</b>	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.

<b>Pryor, Jeremy</b>	Esq., is a Principal attorney at the law firm Carrell Blanton Ferris & Associates, PLC. His areas of practice include elder law, estate planning, and incapacity-related litigation. As an empathetic and fierce advocate for his clients' rights, Mr. Pryor concentrates on securing Medicaid coverage for nursing home care needs and safeguarding assets from the costs of long-term care. In addition, he helps clients become guardians and conservators through court proceedings. Mr. Pryor received his undergraduate degree, cum laude, from James Madison University and his Juris Doctor cum laude in 2007 from Regent University's School of Law. Actively affiliated with the legal community, Mr. Pryor has memberships in the National Academy of Elder Law Attorneys, the Virginia Academy of Elder Law Attorneys, and ElderCounsel.
<b>Ramirez, Lucas</b>	is the son of Rachel Ramirez, Executive Director at LLI in Chesterfield. He is an avid reader, loves dinosaurs, puzzles, playing on playgrounds, riding his scooter, and playing with his little brother, Levi. Since he was born in 2018, Lucas has spent countless hours at LLI and loves seeing members and making them laugh with stories and jokes.
<b>Ramirez, Rachel</b>	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!
<b>Reynolds, David</b>	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.
<b>Reynolds, Katie</b>	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.
<b>Rose, Misi</b>	is a wife and mom to two adult children and the Director of Operations for the Mercy Mall of Virginia.
<b>Ross, Audrey</b>	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).
<b>Russell, Gordon</b>	has experience in both graphic design and corporate America. After graduating from VCU (RPI of the College of William & Mary) with majors in graphic design and advertising, he entered the fast-paced advertising industry in Richmond and then, in Atlanta, Georgia where he ran his own agency. Next, Gordon made major career shifts to work for Bell South and In-flight Publishing. He was the Senior Vice President of an international computer company, the Dean of a School of Design, and a Campus Director of Academic Affairs. No matter what he pursued, creativity always played an integral role.

<b>Ryther, Patricia</b>	is retired from a career in banking and insurance. In retirement, she's enjoyed studying 19th century American History, and teaching classes on notable environmental figures from that era. She has a degree in English Literature and has taught at the community college level. Pat has been an LLI member since 2018.
<b>Schaffer, Les</b>	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.
<b>Scimone, Bonnie</b>	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.
<b>Seaborn, Tom</b>	is a native of Newport News, Virginia and holds a BS 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. Tom has been a member of LLI since 2018 and has been active in the genealogy and memoir writing classes.
<b>Seay, William</b>	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.
<b>Semtner, Chris</b>	is the curator of the Edgar Allan Poe Museum in Richmond, Virginia, and has published several books, chapters, and articles about Poe, visual art, dark history, and cryptography. He has been interviewed for PBS American Masters, BB4, TruTV, Travel Channel, Discovery, CSPAN, and other networks. Speaking on strange and mysterious topics, he has been invited to a wide variety of venues from the Library of Congress to the Steampunk World's Fair, and as far away as Japan.
<b>Shires, Betsy</b>	has been an RN more than 50 years and is a Clinical Nurse Specialist with a Master's Degree in Psychiatric Nursing. She is retired from VCU where she last worked in an outpatient mental health setting and served as an assistant professor in the VCU Department of Psychiatry.
<b>Simon, Emme</b>	is an Energy Intuitive, an Energy Codes Facilitator, and an Integrative Love Life Coach. Emme empowers women to transform their lives from the inside-out by changing their energy and restoring their true nature of radiant health, wholeness, love, and happiness. Her intention is to see the entire planetary family living in health, wholeness, and a consciousness of life more abundant.
<b>Skellett, Kevin</b>	is a pastor at Southside Church, founder of Love Never Ends ministry, and a member of the Chesterfield Suicide Awareness and Prevention Coalition.

<b>Smith, Shelvey</b>	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 she hopes others will come join the Needleworkers United group. Shelvey has been an LLI member since 2019.
<b>Smith, Shep</b>	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.
<b>Steger, Martha</b>	is a Midlothian freelance writer who writes travel articles and other non-fiction for several different publications. In addition to the essays, poetry, and fiction she's had published, her travel article on Colombia will be in the September issue of the Beacon Newspaper (Northern Virginia). Readers can find her past travel articles in Richmond Magazine and at BoomerMagazine.com.
<b>Stock, Kendalle</b>	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
<b>Strmel, Damir</b>	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 knowledge of all four of the major styles of Tai Chi. Damir has been playing Brazilian, Cuban, and African percussion instruments for 40 years. He was on the founding board of the Empire Loisaída Samba School in New York City. 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.
<b>Sullivan, Kerrigan</b>	(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. Some of her favorite professional credits include "A Christmas Carol" at Madison Square Garden and "The Batman Forever Stunt Show" at Six Flags Great Adventure. Locally, her favorite roles include Becky in "Becky's New Car" at CAT Theatre and Dinah in "The Quality of Life" at HATTheatre. 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.
<b>Swatlowski, Wayne</b>	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.
<b>Thomas-Jackson, Nicole</b>	EdD, has been in the fitness industry for over 20 years. A certified fitness instructor since 2001, Nicole has taught group fitness classes in a variety of settings, including high and low impact aerobics, lite physical fitness, and senior fitness. Nicole has also taught elementary physical fitness and currently holds an elementary teaching certificate and administrative endorsement.




<b>Triesler, James</b>	has been educating and entertaining students of all ages for over thirty years. He currently serves as the Director of Education at the Virginia War Memorial and as Historian for the National Battle of the Bulge Association. Jim has a BA in political science from East Carolina University and a MEd from Virginia Commonwealth University. For twenty years he taught social studies at Clover Hill High School in Chesterfield County. He and his students were the recipients of a Save Our History Award, from the History Channel, for their class project on WWII. Jim has been the Chesterfield County Teacher of the Year and the Virginia Region One Teacher of the Year. He loves learning and teaching about history!
<b>Van Buskirk, Julia</b>	enjoys dancing, cooking, sewing, knitting, and spending time with her family. She is happy to have been an LLI member since 2018.
<b>Wahl, Stone</b>	has a PhD in Quantum Physics; was published in Aerodynamics, in Physics, and in Finance; was lead investigator for a patent in DVR processes; and was on an Emmy-winning team. After working as a software development analyst and project manager in various industries, he made a career change in 2018 to full-time grandpa and professional disc golfer (PDGA #68590). Stone is active in his church choir, Bible studies, and children's ministry, and serves as the treasurer for the River City Disc Golf Club, which he led through 501(c)3 certification and through which he runs youth clinics and tournaments. He has been an LLI member since 2019.
<b>Warner, Mervin</b>	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.
<b>Warns, Jim</b>	is a Reverse Mortgage Specialist with Mutual of Omaha Mortgage. He originates federally insured Home Equity Conversion Mortgage (HECM) as well as several proprietary loan programs, focusing on the proactive use of those programs in retirement planning. Jim has been in the mortgage industry for more than 25 years, and has focused on reverse mortgages exclusively since 2008. He gives CE presentations to financial advisors, realtors, and attorneys. In addition to classes at LLI, he has taught about reverse mortgages at the OSHER Institute at the University of Richmond. He is a past board member of the Central Virginia Financial Planning Association, a founding board member and past Education Director of the RVA Better Aging Forum, a past Chair of the Chesterfield Council on Aging, and active in several other senior service-oriented organizations. Jim graduated from the College of William & Mary and lives in Richmond.
<b>Watkins, Emily</b>	joined United Way of Greater Richmond & Petersburg in 2015 and is currently a Community Impact Director. She earned a Bachelor of Arts from Tufts University and a Master of Arts from George Washington University. After graduating, she received a Fulbright Grant to live in Rach Gia, Vietnam. She previously worked at the Council on Foundations and United Way Worldwide, supporting community-based philanthropic organizations. Committed to youth mental health and development, Emily currently leads United Way's Kindergarten Countdown Camp, EveryDay Strong, and Ready4K initiatives.
<b>Weidner, Heather</b>	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.

<b>Welleford, E. Ayn</b>	PhD, has taught extensively in the areas of Lifespan Development, Developmental Gerontology, Geropsychology, and Ethical Decision Making and Human Values. An associate professor and the gerontologist for Community Voice, she works to make our community a great place for all people to GROW older by bridging classroom and community. Currently, Dr. Welleford serves as co-lead of the Longevity Project for a greater Richmond with Senior Connections Executive Director, Amy Strite. She has been known to say, "Let's do something that does something."
<b>Whitfield, Donna</b>	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.
<b>Williams, Amanda</b>	is the Director of the MacArthur Memorial. Amanda graduated from Randolph-Macon Woman's College with bachelor's degrees in history and art history, and later earned her MA in History from Old Dominion University. She began her career as an archaeologist at Historic Jamestowne before joining the MacArthur Memorial as Education Manager. She specializes in military history and women's history and is the host of the MacArthur Memorial and the World War I podcasts.
<b>Winter, Alan</b>	graduated with honors in history from Rutgers, studied creative writing at Columbia's Graduate School of General Studies, and earned advanced degrees from NYU and Columbia. Winter has authored six novels including "Wolf" and "Sins of the Fathers," which he co-authored with Herbert J. Stern. Both of these books challenge the historiography of Hitler's early years and the Nazi rise to power by incorporating primary resources into historical novels. His novel "Savior's Day" was selected as a Kirkus Best Book Selection of 2013 and of which Kirkus said, "Winter's command of his historical material is impressive, as is his skill at shaping his characters."
<b>Woods, Nena</b>	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.
<b>Woolley, Dan</b>	MD, FACS, is a cardiothoracic surgeon with Cardiothoracic Surgical Associates in Richmond, Virginia. Dr. Woolley has specialized expertise in minimally-invasive robotic surgery. He also has expertise in esophageal surgery and endoscopic thoracic procedures. He earned his medical doctorate at Temple University School of Medicine in Philadelphia, Pennsylvania. Dr. Woolley then completed both a general surgical residency and surgical research fellowship at Robert Wood Johnson Medical School at Cooper Hospital University Medical Center in Camden, New Jersey, before moving to Richmond to finish a cardiothoracic surgery residency at VCU's Medical College of Virginia. Dr. Woolley is board-certified by the American Board of Surgery and the American Board of Thoracic Surgery.
<b>Worthington, George</b>	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.
<b>Wriston, Michael</b>	has been an adjunct member of the faculty at the University of Richmond for over 25 years and is the founder and president of The Reinvention Factory and The Competitive Edge. An established and published expert on leadership development and the creation of high-performance teams and cultures, Dr. Wriston has most recently developed broad and practical expertise on the development of talent, nurturing personal resiliency and enabling people to discover their gifts, their story and their life's purpose to ensure that they're able to fulfill their destiny. A native Vermonter and guardian of the environment, Dr. Wriston is a long-time soccer coach and the proud father of four remarkable sons.





Monday	Tuesday	Wednesday	Thursday	Friday
9/4/2023	9/5/2023	9/6/2023	9/7/2023	9/8/2023
LLI Closed	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
 HAPPY LABOR DAY	9a-10:30a IA999 - Orientation for New Members	9:30a-11a HS600 - The American Experience	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	9a-10:30a LS186 - Basic Range Safety Officer	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-10:30a EL101 - Literary Society Orientation	9:30a-11a HS579 - England, Scotland, and Wales
	9:30a-10:30a AD248 - Readers Theater	10a-11a HS611 - WWII Civilian Prisoners (Online)	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
	10a-11a AD021 - Intermediate Tap Dancing	10a-12p LE130 - Simple Stamping Greeting Cards	10a-11a EF117 - Identity Theft	10a-12p WG007 - Hand and Foot and Triple Play
	10:30a-12p LS185 - Awaken and Embody Greatness (Online)	10:30a-12p AD171 - The Art of the Sketch A	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD167 - Open Oil Painting
	11a-12p HS602 - Selected First Ladies	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p AD020 - Ring 101 Understanding Opera	11a-11:45a HW352 - Beginning Tai Chi Review
	11a-12p LA022 - Arabic Script	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p LE045 - Beginning Genealogy	11a-12p IA997 - Q&A for Current Members
	11a-1p WG013 - Spades	11:30a-12:45p LA003 - Beginning Sign Language	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD031 - Waltz and Rumba Dance
	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p EL100 - Literary Society Orientation (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-2:30p CO175 - Google Photos A
	12:30p-2p IA077 - Workshop for Instructors	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p EL015 - Aspiring Writers' Workshop
	1p-2p FI006 - Chair Yoga	12p-1:30p LE290 - Reta's Potato Earrings A	12:30p-2p HS609 - Remote Ancient Places	1p-3p WG002 - Social Bingo
	1p-3p WG001 - Social Bingo	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p CO202 - Engineering Concepts	1p-2:30p SE171 - Literary Society Celebration
	1:30p-2:30p HS603 - Selected First Ladies (Online)	1p-2:30p HS601 - The American Experience (Online)	1:30p-3p AD015 - Advanced Readers Theater	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
	2:30p-3:30p FI009 - Gentle Yoga	1p-3p WG006 - Cards and Games	1:30p-3p CO199 - Nearpeer Tutorial and Tips A	
	2:30p-3:30p HS605 - Intro to US Air Force History	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Fun Fitness (Online)	
		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p HW392 - Suicide Prevention	
		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
		2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga (Sub Sandi Phillips)	
			2:30p-3:30p HS599 - Aerial America	




Monday	Tuesday	Wednesday	Thursday	Friday
9/11/2023	9/12/2023	9/13/2023	9/14/2023	9/15/2023
9a-10:30a AD253 - Creative Thinking	9a-9:45a AD045 - Beginner Tap	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-10:30a LS186 - Basic Range Safety Officer	9a-10:30a HS002 - Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-12:30p LE143 - Beaded Lanyard A	9:30a-10:30a AD248 - Readers Theater	9:30a-11a CO197 - Pesticides in Food A	9a-10a LS165 - Dementia 101	9:30a-11a CO198 - Pesticides in Food B
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a HS581 - Great Coastal Walks	9:30a-11a HS600 - The American Experience	9:30a-10:30a HS580 - Great Coastal Walks (Online)	9:30a-11a HS579 - England, Scotland, and Wales
10a-10:45a FI030 - Strengthen and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p LE178 - Intermediate Genealogy	10:30a-12p LS185 - Awaken and Embody Greatness (Online)	10:30a-12p AD171 - The Art of the Sketch A	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	11a-12p HS602 - Selected First Ladies	10:30a-12p AD252 - Ukulele Jam	10a-11:30a CO057 - Intro to the Internet	10:30a-12:30p AD167 - Open Oil Painting
11a-12:30p HS506 - The American Civil War	11a-12p LA022 - Arabic Script	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p HW389 - Hearing Health	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p AD020 - Ring 101 Understanding Opera	12p-1p AD031 - Waltz and Rumba Dance
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p LE045 - Beginning Genealogy	12p-1p HW410 - Chronic Back Pain
1p-3p WG004 - Cards and Games	11:30a-12:30p HS621 - Twentieth Century Advertising (Online)	11:30a-12:45p LA003 - Beginning Sign Language	11:30a-12:15p FI005 - Sit and Be Fit	1p-2:30p CO175 - Google Photos A
1:30p-2:30p AD105 - Funtastics Choral Group	12p-12:30p IA100 - Birthday Celebration	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:30p LS069 - VirginiaNavigator	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai	12:30p-1:30p LA027 - Spanish Online	12p-1:30p LE272 - Principles of Floral	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate
2p-3:30p LA015 - Conversational	12:30p-2p PR080 - Misconceptions	1p-2p AD210 - Intro to Brazilian	12p-1:30p AD240 - Lifelong Musicians	
	1p-3p AD249 - Intermediate Watercolor Paint	1p-2:30p HS601 - The American Experience (Online)	12:30p-2p HS609 - Remote Ancient Places	
	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1p-2p CO202 - Engineering Concepts	
	1p-3p WG001 - Social Bingo	1p-3:30p HS617 - No Time to Grieve	1p-2p FI010 - Chair Yoga	
	1:30p-2:30p HS603 - Selected First Ladies (Online)	1:30p-3:30p LE032 - Needleworkers United	1:30p-3p AD015 - Advanced Readers Theater	
	1:30p-3:30p HW425 - Vibrant Aging	2p-3p Fundraising Committee Meeting	1:30p-2:30p FI034 - Fun Fitness (Online)	
	1:30p-3p LE010 - Mah Jongg 101	2p-3p LE149 - Learn to Play Cribbage	2p-3:30p EF152 - Women in Wealth	
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p HS605 - Intro to US Air	2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HS599 - Aerial America	
			2:30p-3:30p LS172 - Mercy Mall	



Monday	Tuesday	Wednesday	Thursday	Friday
9/18/2023	9/19/2023	9/20/2023	9/21/2023	9/22/2023
9a-10:30a AD253 - Creative Thinking	9a-9:45a AD045 - Beginner Tap	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-10:30a LS186 - Basic Range Safety Officer	9a-10:30a LS160 - Getting a Home Ready for Sale	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-11a CO197 - Pesticides in Food A	9a-10a HS622 - Twentieth Century Advertising	9:30a-11a CO198 - Pesticides in Food B
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-11:30a CO169 - Automotive Basics	9:30a-11a HS600 - The American Experience	9a-10a LS165 - Dementia 101	9:30a-11a HS579 - England, Scotland, and Wales
10:30a-11:30a EL028 - Poe and the Detective Story	9:30a-10:30a HS581 - Great Coastal Walks	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-10:30a HS580 - Great Coastal Walks (Online)	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p LE178 - Intermediate Genealogy	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p AD171 - The Art of the Sketch A	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	10a-12p AD110 - Advanced Colored	10:30a-12p AD252 - Ukulele Jam	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD167 - Open Oil
11a-12:30p HS506 - The American Civil War	10:30a-12p LS185 - Awaken and Embody Greatness (Online)	10:30a-11:30a SE126 - Agcroft Hall and Gardens Tour	10a-11:30a CO057 - Intro to the Internet	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12p HS602 - Selected First Ladies	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	11a-12:30p LS178 - Chesterfield Fire and EMS
12:30p-3:30p LE147 - Beaded Lanyard B	11a-12p LA022 - Arabic Script	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p AD020 - Ring 101 Understanding Opera	11:30a-12:30p HS616 - Myths of American History
1p-3:30p EL112 - Funny and Happy Movies	11a-12:30p LS084 - Overcome Behavioral Addiction	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Senior Storytelling Slam	12p-1p AD031 - Waltz and Rumba Dance
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11:30a-1p EL111 - The Early History of Movies	10:30a-12p LE045 - Beginning Genealogy (RC)	1p-2:30p CO175 - Google Photos A
1p-2:30p LE276 - Balloon Twisting 101	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:45p LA003 - Beginning Sign Language	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writers' Workshop
1:30p-2:30p AD105 - Funtastics Choral Group	12:30p-2p PR080 - Misconceptions About Islam	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p AD249 - Intermediate Watercolor Paint	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German	1p-3p CO144 - Renewable Energy in Our World	1p-2:30p HS601 - The American Experience (Online)	12:30p-2p HS609 - Remote Ancient Places	2p-3p SE164 - Company's Coming Concert
2:30p-3:30p HW426 - Basic Qigong	1p-2p FI006 - Chair Yoga	1p-2:30p LS147 - Hospice Crafts	12:30p-2p LE270 - Travel Writing as Memoir	
	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1p-2p CO202 - Engineering Concepts	
	1:30p-2:30p HS603 - Selected First Ladies (Online)	1:30p-3p HS003 - Current Events	1p-2p FI010 - Chair Yoga	
	1:30p-3p LE010 - Mah Jongg 101	1:30p-3:30p LE032 - Needleworkers	1:30p-3p AD015 - Advanced Readers	
	2p-3:30p HS089 - Great Decisions	2p-3p LE149 - Learn to Play Cribbage	1:30p-2:30p FI034 - Fun Fitness	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p HS605 - Intro to US Air		2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HS599 - Aerial America	
			2:30p-3:30p HW375 - Joint Replacements	
			2:30p-3:30p LS173 - Mercy Mall	



Monday	Tuesday	Wednesday	Thursday	Friday
9/25/2023	9/26/2023	9/27/2023	9/28/2023	9/29/2023
LLI Closed	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold (Online)	7:30a-7p SE181 - Skyline Drive Tour
	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Anthropology	9a-10a AD036 - Intro to Line Dancing	8:30a-9:30a FI003 - Low Impact
	9a-10:30a HW420 - The Caregiving Years	9:30a-11a HS600 - The American Experience	9a-10a LS165 - Dementia 101	9a-12p WG010 - Bridge
	9a-10:30a LS186 - Basic Range Safety Officer	9:45a-10:45a FI017 - Wednesday Fun Fitness	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS579 - England, Scotland, and Wales
	9:30a-11:30a CO169 - Automotive Basics	10a-12p HS615 - Hitler's Realities (Online)	9:30a-10:30a HS580 - Great Coastal Walks (Online)	9:45a-10:45a FI029 - Chair Yoga
	9:30a-10:30a HS581 - Great Coastal Walks	10:30a-12p AD171 - The Art of the Sketch A	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p AD252 - Ukulele Jam	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD167 - Open Oil Painting
	10a-12p AD110 - Advanced Colored	11a-12p EL043 - Enjoy Poetry	10a-11:30a CO090 - Computer Security	11a-11:45a HW352 - Beginning Tai
	10:30a-12p LS185 - Awaken and Embody Greatness (Online)	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	12p-1p AD031 - Waltz and Rumba Dance
	11a-12p HS602 - Selected First Ladies	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p LE045 - Beginning Genealogy	1p-3p WG002 - Social Bingo
	11a-12p LA022 - Arabic Script	11:30a-1p EL111 - The Early History of	11:30a-12:15p FI005 - Sit and Be Fit	1:30p-2:30p HW343 - Intermediate
	11a-12:30p LS084 - Overcome Behavioral Addiction	11:30a-12:45p LA003 - Beginning Sign Language (RC)	12p-1:30p AD141 - Lifelong Musicians	
	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai	12p-1:30p AD240 - Lifelong Musicians	
	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW411 - Joint Injuries	12p-1:30p IA009 - September Luncheon	
	12:30p-2p PR080 - Misconceptions About Islam	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p CO202 - Engineering Concepts	
	1p-3p AD249 - Intermediate Watercolor Paint	1p-2:30p HS601 - The American Experience (Online)	1p-2p FI010 - Chair Yoga	
	1p-3p CO144 - Renewable Energy in Our World	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	
	1p-2p FI006 - Chair Yoga	1:30p-3p HW418 - Love Your Longevity	1:30p-2:30p FI034 - Fun Fitness (Online)	
	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p CO151 - Find My Phone and Device	
	1:30p-2:30p HS603 - Selected First Ladies (Online)	2p-3p LE149 - Learn to Play Cribbage	2p-3:30p LE293 - Travel Writing as Memoir (Online)	
	1:30p-3p LE010 - Mah Jongg 101	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p EL098 - Banned Books Discussion	2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p HS599 - Aerial America	
	2:30p-3:30p HS605 - Intro to US Air			
	3:30p-4:30p LLI Board of Directors			



Monday	Tuesday	Wednesday	Thursday	Friday
10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10:30a HS630 - Cemetery Stories	9a-10:30a EL048 - Memoir Writing	9a-11a LE284 - Macrame for All	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-11a CO201 - Lies and Statistics	9:30a-11a CO200 - Nearpeer Tutorial and Tips B	9:30a-11a HS600 - The American Experience	9a-10a LS165 - Dementia 101	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a HS581 - Great Coastal Walks	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-10:30a HS580 - Great Coastal Walks (Online)	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:45a LE279 - Introduction to Disc Golf	10:30a-12p AD171 - The Art of the Sketch A	9:30a-11a PR099 - Science and Theology	10a-11a LE207 - Road Scholar Education Travel
10a-12p LS085 - The Art of Friendship	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p AD252 - Ukulele Jam	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p LE178 - Intermediate Genealogy	10a-12p AD110 - Advanced Colored Pencil	11a-12p EL043 - Enjoy Poetry	10a-11:30a CO090 - Computer Security A	10:30a-11:30a HS627 - The Berlin Airlift (Online)
10:30a-12p LE253 - Cooking with Judith (Online)	10a-11a EF118 - Organizing Financial Records	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	10:30a-11:30a HW424 - All About Aphasia
11a-12p FI028 - Gentle Yoga	10:30a-12p LS185 - Awaken and Embody Greatness (Online)	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p AD238 - World of the Bel Canto Opera	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12:30p HS506 - The American Civil War	11a-12p HS602 - Selected First Ladies	11:30a-1p EL111 - The Early History of Movies	10:30a-12p LE045 - Beginning Genealogy	12p-1p AD031 - Waltz and Rumba Dance
11a-12p LS145 - Mobility Services	11a-12p LA022 - Arabic Script (RC)	11:30a-12:45p LA003 - Beginning Sign Language	11a-12:30p EF115 - Estate Planning (Online)	1p-2:30p CO058 - iPhone Basics Part 1
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writers' Workshop
1p-3:30p EL112 - Funny and Happy Movies	11:30a-12:30p AD058 - Country Line Dancing	12p-1:30p LS187 - Nurse Experience A	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1p-2:30p HW393 - Aging and Ageism	12p-1p HW412 - Breast Cancer	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p WG004 - Cards and Games	12:30p-1:30p PR059 - The History of the Bible	1p-2:30p HS601 - The American Experience (Online)	12p-1:30p LS086 - CCPL Common Questions	1:30p-3p HW421 - Probiotics A
1:30p-2:30p AD105 - Funtastics Choral Group	12:30p-2p PR080 - Misconceptions About Islam	1p-3p WG006 - Cards and Games	12:30p-2p HS609 - Remote Ancient Places	1:30p-2:30p LE288 - Ancient Vedic Architecture
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p AD249 - Intermediate Watercolor Paint	1:30p-3p HS003 - Current Events	1p-2p CO202 - Engineering Concepts	2:30p-3:30p LE275 - Shenandoah National Park (Online)
2p-3:30p CO203 - Tips and Tricks in Google Apps	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1p-2p FI010 - Chair Yoga	
	1p-3p WG001 - Social Bingo	1:30p-2:30p LE287 - Dollhouses and Miniatures	1:30p-3p AD015 - Advanced Readers Theater	
	1:30p-2:30p HS603 - Selected First	2p-3p LE149 - Learn to Play Cribbage	1:30p-2:30p FI034 - Fun Fitness	
	1:30p-3p LE010 - Mah Jongg 101	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p CO188 - Intro to iPhone A	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p HS605 - Intro to US Air		2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
9a-10:30a EF140 - What Your Kids Need to Know	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-11a HW403 - EveryDay Strong	9a-10a LA019 - Conversational French	9a-11a LE284 - Macrame for All	9:30a-10:30a HS580 - Great Coastal Walks (Online)	9:30a-11a HS579 - England, Scotland, and Wales
10a-11a CO201 - Lies and Statistics	9:30a-11a EL109 - Children's Book Review	9:30a-11a AD207 - Life and Works of Bernini	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a HS581 - Great Coastal	9:45a-10:45a FI017 - Wednesday Fun	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:45a LE279 - Introduction to Disc Golf	10:30a-12p AD171 - The Art of the Sketch A	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD167 - Open Oil Painting
10a-11:30a LE285 - Cyanotype Printing	10a-11a AD021 - Intermediate Tap Dancing	11a-12p AD183 - Beginning Guitar I	10:30a-12p AD238 - World of the Bel Canto Opera	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p LE178 - Intermediate Genealogy	10a-12p AD110 - Advanced Colored Pencil	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p HW312 - A Matter of Balance	12p-1p AD022 - East Coast Swing Dance
10:30a-12p LE253 - Cooking with Judith (Online)	11a-12p HS602 - Selected First Ladies	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p LE045 - Beginning Genealogy	1p-2:30p CO058 - iPhone Basics Part 1
10:30a-12p PR096 - Power of Myth	11a-12p LA022 - Arabic Script	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11:30a-1p EL111 - The Early History of Movies	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
11a-12:30p HS506 - The American Civil War	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-2:30p LE288 - Ancient Vedic Architecture
11:30a-12:30p EF113 - Medicare Part D	12p-12:30p IA100 - Birthday Celebration	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	1p-2p CO202 - Engineering Concepts	
12:30p-1:15p HW342 - Beginning Tai Chi A	12:30p-1:30p PR059 - The History of the Bible	12p-1:30p LS187 - Nurse Experience A	1p-2p DE001 - Diversity Listening Session	
1p-3:30p EL112 - Funny and Happy Movies	12:30p-2p PR080 - Misconceptions About Islam	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
1p-2:30p HW393 - Aging and Ageism	1p-3p AD249 - Intermediate Watercolor Paint	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Fun Fitness (Online)	
1:30p-2:30p AD105 - Funtastics Choral Group	1p-3p WG001 - Social Bingo	1:30p-2:30p LE287 - Dollhouses and Miniatures	2p-3:30p CO188 - Intro to iPhone A	
1:30p-2:15p HW355 - Beginning Tai Chi B	1:30p-2:30p HS603 - Selected First Ladies (Online)	1:30p-2:30p SE178 - Trifles Performance	2p-3:30p PR002 - Bible Discussion	
2p-3:30p CO203 - Tips and Tricks in Google Apps	1:30p-3:30p HW419 - Trauma and Resilience	2p-3p LE149 - Learn to Play Cribbage	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p LA015 - Conversational German	1:30p-3:30p LE286 - Mah Jongg 201	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p HS599 - Aerial America	
	2p-3:30p LS157 - Planning Final	2:30p-3:30p FI015 - Pilates		
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HS605 - Intro to US Air			





Monday	Tuesday	Wednesday	Thursday	Friday
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10:30a IA016 - Annual State of the LLI	9a-10:30a EL048 - Memoir Writing	9a-11a LE284 - Macrame for All	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-11:30a AD250 - Oil Painting Techniques	9a-10a LA019 - Conversational French	9:30a-11a AD207 - Life and Works of Bernini	9:30a-10:30a HS580 - Great Coastal Walks (Online)	9:30a-11a HS579 - England, Scotland, and Wales
10a-11a CO201 - Lies and Statistics	9:30a-10:30a HS581 - Great Coastal Walks	9:30a-10:30a EF150 - Virginia Long Term Care	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a HW382 - Music and Dementia	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-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:45a LE279 - Introduction to Disc Golf	10a-11:30a AD172 - The Art of the Sketch B	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD167 - Open Oil Painting
10a-12p LS085 - The Art of Friendship	10a-2p Bake Sale Fundraiser	11a-12p AD183 - Beginning Guitar I	10:30a-12:30p AD012 - Advanced Watercolor	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p LE178 - Intermediate Genealogy	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12p AD238 - World of the Bel Canto Opera	12p-1p AD022 - East Coast Swing Dance
10:30a-12p LE253 - Cooking with Judith (Online)	10a-12p AD110 - Advanced Colored Pencil	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p HW312 - A Matter of Balance	1p-3p AD254 - Beginning Art for Fun
10:30a-12p PR096 - Power of Myth	11a-12p HS602 - Selected First Ladies	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p LE045 - Beginning Genealogy	1p-2:30p CO058 - iPhone Basics Part 1
11a-12p FI028 - Gentle Yoga	11a-12p HW413 - Grief Three Ways	11:30a-12:45p LA003 - Beginning Sign Language	11a-12:30p EF153 - Women in Wealth (Online)	1p-3p EL015 - Aspiring Writers' Workshop
11a-12:30p HS506 - The American Civil War	11a-12p LA022 - Arabic Script	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	1p-2p AD210 - Intro to Brazilian Percussion	11:30a-12:30p EF154 - The Markets Today	1:30p-2:30p HS607 - The Huguenots
1p-3:30p EL112 - Funny and Happy Movies	11:30a-12:30p AD058 - Country Line Dancing	1p-2:30p LS147 - Hospice Crafts	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p WG004 - Cards and Games	12:30p-1:30p PR059 - The History of the Bible	1p-3p WG006 - Cards and Games	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-2:30p LE288 - Ancient Vedic Architecture
1:30p-2:30p AD105 - Funtastics	1p-3p AD249 - Intermediate	1:30p-3p HS003 - Current Events	1p-2p CO202 - Engineering Concepts	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1p-2p DE001 - Diversity Listening Session	
2p-3:30p CO203 - Tips and Tricks in	1p-3p WG001 - Social Bingo	1:30p-2:30p LE287 - Dollhouses and	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational German	1:30p-2:30p EL090 - Obituary Writing Workshop	2p-3p LE149 - Learn to Play Cribbage	1:30p-3p AD015 - Advanced Readers Theater	
	1:30p-2:30p HS603 - Selected First Ladies (Online)	2:30p-3:30p FI015 - Pilates	1:30p-2:30p FI034 - Fun Fitness (Online)	
	1:30p-3:30p LE286 - Mah Jongg 201		2p-3:45p AD111 - Intermediate	
	2p-3:30p HS089 - Great Decisions		2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p HS605 - Intro to US Air		2:30p-3:30p HS599 - Aerial America	
			2:30p-3:30p HW376 - Vertigo and	






Monday	Tuesday	Wednesday	Thursday	Friday
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold (Online)	7:30a-6:30p SE127 - National D-Day Memorial Tour
9a-10:30a HW406 - Low Back Pain	9a-2:30p AD119 - Watercolor Problem Solving	9a-2:30p AD119 - Watercolor Problem Solving	9a-10a AD036 - Intro to Line Dancing	8:30a-9:30a FI003 - Low Impact
9:30a-11a LS097 - Senior Living Options (Online)	9a-10:30a EF006 - Unlock Your IRA	9a-10:30a HS002 - Anthropology	9a-10:30a LS169 - Chesterfield Council on Aging	9a-12p WG010 - Bridge
10a-11:30a AD250 - Oil Painting Techniques	9a-10:30a EL048 - Memoir Writing	9:30a-11a AD207 - Life and Works of Bernini	9:30a-10:30a HS580 - Great Coastal Walks (Online)	9:30a-11a HS579 - England, Scotland, and Wales
10a-11a CO201 - Lies and Statistics	9a-10a LA019 - Conversational French	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	10a-2p Bake Sale Fundraiser	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a HS581 - Great Coastal Walks	11a-12p AD183 - Beginning Guitar I	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD167 - Open Oil Painting
10a-12p LS090 - Controlling Internal Chatter	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p LE178 - Intermediate Genealogy	11a-12p HS602 - Selected First Ladies	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Senior Storytelling Slam	11:30a-1p HS628 - Von Steuben
10:30a-12p LE253 - Cooking with Judith (Online)	11a-12p HW414 - Entitled to Grieve	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p HW312 - A Matter of Balance	12p-1p AD022 - East Coast Swing Dance
10:30a-12p PR096 - Power of Myth	11a-12p LA022 - Arabic Script	11:30a-12:45p LA003 - Beginning Sign Language	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p AD254 - Beginning Art for Fun
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
11a-12:30p HS506 - The American Civil War	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW427 - Burn and Wound Care	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-2:30p HS607 - The Huguenots
12:30p-1:15p HW342 - Beginning Tai Chi A	12:30p-2p HS606 - Holocaust Heroes and Villains	12p-1:30p LE291 - Reta's Potato Earrings B	12p-1:30p IA010 - October Luncheon	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
12:30p-1:30p LS189 - Senior	12:30p-1:30p PR059 - The History of	1p-2p AD210 - Intro to Brazilian	1p-2p FI010 - Chair Yoga	1:30p-2:30p LE288 - Ancient Vedic
1p-3:30p EL112 - Funny and Happy Movies	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Needleworkers	1:30p-2:30p FI034 - Fun Fitness	
1:30p-2:30p AD105 - Funtastics Choral Group	1:30p-2:30p HS603 - Selected First Ladies (Online)	1:30p-2:30p LE287 - Dollhouses and Miniatures	2p-3:45p AD111 - Intermediate Watercolor	
1:30p-2:15p HW355 - Beginning Tai Chi B	1:30p-3:30p LE241 - Basic Pine Needle Baskets	1:30p-2:30p SE179 - The Cruise Performance	2p-3:30p CO188 - Intro to iPhone A	
2p-3:30p CO203 - Tips and Tricks in Google Apps	1:30p-3:30p LE286 - Mah Jongg 201	2p-3p HS614 - CCC History in Shenandoah (Online)	2p-3:30p LS168 - Senior Housing Options	
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p HW426 - Basic Qigong	2:30p-3:30p HS605 - Intro to US Air	2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga	
3:30p-4:30p LLI Board of Directors			2:30p-3:30p HS599 - Aerial America	



Monday	Tuesday	Wednesday	Thursday	Friday
10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
10a-11:30a AD250 - Oil Painting	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-11a CO201 - Lies and Statistics	9a-10a LA019 - Conversational French	9:30a-11a AD207 - Life and Works of Bernini	9a-10:30a HS087 - Global Cultural Geography	9:30a-11:30a EL108 - The Boy, Mole, Fox and Horse
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-10:30a HS580 - Great Coastal Walks (Online)	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a HS581 - Great Coastal Walks	10a-11:30a AD172 - The Art of the Sketch B	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
10a-12p LS090 - Controlling Internal Chatter	10a-11a AD021 - Intermediate Tap Dancing	11a-12p AD183 - Beginning Guitar I	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p LE178 - Intermediate Genealogy	10a-12p AD110 - Advanced Colored Pencil	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p HS610 - Rachel Carson's America
10:30a-12p PR096 - Power of Myth	11a-12:30p EL007 - Storytelling Is for You	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12p LA022 - Arabic Script	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p HW312 - A Matter of Balance	12p-1p AD022 - East Coast Swing Dance
11a-12:30p HS506 - The American Civil War	11a-1p WG013 - Spades	11:30a-12:45p LA003 - Beginning Sign Language	10:30a-12p LE045 - Beginning Genealogy	12p-1p SE145 - A Bit of This and That
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p HS613 - Adventures in Australia	11:30a-12:15p FI005 - Sit and Be Fit	1p-2:30p CO059 - iPhone Basics Part 2
1p-3:30p EL112 - Funny and Happy Movies	12:30p-2p HS606 - Holocaust Heroes and Villains	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Workshop
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	12p-1p HW415 - The Domino Effect of Grief	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p WG002 - Social Bingo
1:30p-2:30p AD105 - Funtastics Choral Group	1p-3p WG001 - Social Bingo	1p-2p AD210 - Intro to Brazilian Percussion	12:30p-2p CO204 - Password Management	1:30p-2:30p HS607 - The Huguenots
1:30p-2:15p HW355 - Beginning Tai Chi B	1:30p-3:30p LE241 - Basic Pine Needle Baskets	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German	2p-3:30p EL098 - Banned Books Discussion	1p-2:30p HS623 - The WWI Monument of Byrd Park (Online)	1p-2p CO202 - Engineering Concepts	1:30p-3p HW422 - Probiotics B
2:30p-3:30p HW426 - Basic Qigong	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p DE002 - Creating Belonging	1p-2:30p LS158 - Planning Final Arrangements (Online)	
	2:30p-3:30p HS605 - Intro to US Air Force History	1:30p-3p HS003 - Current Events	1:30p-3p AD015 - Advanced Readers Theater	
		1:30p-3:30p LE032 - Needleworkers	1:30p-3p EF122 - Reverse Mortgages	
		2p-3:30p LE252 - Genealogy Discussions	1:30p-2:30p FI034 - Fun Fitness (Online)	
		2:30p-3:30p FI015 - Pilates	2p-3:45p AD111 - Intermediate Watercolor	
			2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HS599 - Aerial America	



Monday	Tuesday	Wednesday	Thursday	Friday
11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
LLI Closed		9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
		9a-11a LS091 - Life-Changing Habits	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
		9:30a-11a AD207 - Life and Works of Bernini	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-10:30a HS604 - Greece by Air
		9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
		10a-11:30a AD172 - The Art of the Sketch B	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
		10a-11a HS620 - The Monuments Men (Online)	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p HS610 - Rachel Carson's America
		11a-12p AD183 - Beginning Guitar I	10:30a-12:30p AD012 - Advanced Watercolor	11a-12:30p SE180 - A Flea in Her Ear Sneak Peek
		11a-12p EL043 - Enjoy Poetry	10:30a-12:30p HW312 - A Matter of Balance	11a-11:45a HW352 - Beginning Tai Chi Review
		11a-11:45a FI018 - Sit and Be Fit	10:30a-12p LE045 - Beginning Genealogy	12p-1p AD022 - East Coast Swing Dance
		11a-12p FI031 - Chair Yoga (Online)	11:30a-1:30p EF104 - Estates and Probate	1p-3p AD254 - Beginning Art for Fun
		11:30a-1p HS612 - The Living New Deal	11:30a-12:15p FI005 - Sit and Be Fit	1p-2:30p CO059 - iPhone Basics Part 2
		11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
		12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-2:30p HS607 - The Huguenots
		1p-2p AD210 - Intro to Brazilian Percussion	12:30p-2p CO204 - Password Management	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
		1p-2:30p LE289 - Paper Crafting the Holidays	1p-2p FI010 - Chair Yoga	
		1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	
		1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Fun Fitness (Online)	
		2p-3:30p HS624 - The WWI Monument of Byrd Park	2p-3p HW416 - Friends Can Help with Grief	
		2p-3:30p LE252 - Genealogy Discussions	2p-3:45p AD111 - Intermediate Watercolor	
		2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HS599 - Aerial America	
			2:30p-3:30p HW377 - Chronic Pain	



Monday	Tuesday	Wednesday	Thursday	Friday
11/13/2023	11/14/2023	11/15/2023	11/16/2023	11/17/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9:30a-10:30a HS608 - Final Farewells to Presidents	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9a-11a LS091 - Life-Changing Habits	9a-10:30a HS087 - Global Cultural	9:30a-10:30a HS604 - Greece by Air
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a HS625 - Venice at Carnival Time	9:30a-11a AD207 - Life and Works of Bernini	9a-10a HW315 - Leaky Bladder	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a LS152 - Human Trafficking	9:30a-10:30a LS171 - Mobility Services (Online)	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE178 - Intermediate Genealogy	9:30a-10:30a AD248 - Readers Theater	10a-11:30a AD172 - The Art of the Sketch B	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p PR075 - A Look at Jesus	10a-11a AD021 - Intermediate Tap	11a-12p AD183 - Beginning Guitar I	10:15a-11:15a AD075 - Line Dance	10:30a-12p HS610 - Rachel Carson's
10:30a-12p PR096 - Power of Myth	10a-12p AD110 - Advanced Colored Pencil	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	11a-12:30p HS629 - Von Steuben (Online)
11a-12p HW417 - Grief Is Lonely	10:30a-11:30a HW423 - Dementia	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p HW312 - A Matter of	11a-11:45a HW352 - Beginning Tai
11a-12p FI028 - Gentle Yoga	11a-12p HS618 - Pittsburgh	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p LE045 - Beginning Genealogy	12p-1p AD022 - East Coast Swing Dance
11a-12:30p HS506 - The American Civil War	11a-12:30p EL007 - Storytelling Is for You	11:30a-1p HS612 - The Living New Deal	11:30a-12:15p FI005 - Sit and Be Fit	1p-2:30p CO059 - iPhone Basics Part 2
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12p LA022 - Arabic Script	11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Workshop
1p-2:30p DE003 - Cultivating Community	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p WG002 - Social Bingo
1p-3:30p EL112 - Funny and Happy Movies	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p IA011 - November Luncheon	1:30p-2:30p HS607 - The Huguenots
1p-2:30p LS188 - Nurse Experience B	11:30a-12:30p HS626 - Venice at Carnival Time (Online)	1p-2:30p LE289 - Paper Crafting the Holidays	1p-2p CO202 - Engineering Concepts	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p WG004 - Cards and Games	12p-12:30p IA100 - Birthday Celebration	1p-2:30p LS147 - Hospice Crafts	1p-2p FI010 - Chair Yoga	1:30p-3p LE292 - Holiday Table Arrangement
1:30p-2:30p AD105 - Funtastics	12p-1p SE177 - Meet the Ion Robot	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers	
1:30p-2:15p HW355 - Beginning Tai Chi B	12:30p-2p HS606 - Holocaust Heroes and Villains	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Fun Fitness (Online)	
2p-3:30p LA015 - Conversational German	1p-3p AD016 - Basic Watercolor	1:30p-3:30p LE032 - Needleworkers United	2p-3:45p AD111 - Intermediate Watercolor	
2:30p-3:30p HW426 - Basic Qigong	1p-2p FI006 - Chair Yoga	2:30p-3:30p FI015 - Pilates	2p-3:30p CO189 - Intro to iPhone B	
	1p-3p WG001 - Social Bingo		2p-3:30p PR002 - Bible Discussion	
	1:30p-3p HW404 - EveryDay Strong			
	1:30p-3:30p LE241 - Basic Pine Needle Baskets		2:30p-3:30p EF135 - Your Credit Score	
	1:30p-3:30p LE286 - Mah Jongg 201		2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS089 - Great Decisions		2:30p-3:30p HS599 - Aerial America	
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HS605 - Intro to US Air			



Monday	Tuesday	Wednesday	Thursday	Friday
11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	<div data-bbox="840 503 2037 893"> <h1>Happy Thanksgiving</h1> </div>		
9:30a-10:30a HS608 - Final Farewells to Presidents	9a-10:30a EL048 - Memoir Writing			
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French			
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater			
10a-12p LS094 - Discovering Life's Purpose	10a-11a AD021 - Intermediate Tap Dancing			
10:30a-12p LE178 - Intermediate Genealogy	10a-12p AD110 - Advanced Colored Pencil			
10:30a-12p PR075 - A Look at Jesus	11a-12p LA022 - Arabic Script			
10:30a-12p PR096 - Power of Myth	11a-1p WG013 - Spades			
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing			
11a-12:30p HS506 - The American Civil War	12:30p-2p HS606 - Holocaust Heroes and Villains			
12:30p-1:15p HW342 - Beginning Tai Chi A	1p-3p AD016 - Basic Watercolor			
1p-3:30p EL112 - Funny and Happy Movies	1p-2p FI006 - Chair Yoga			
1p-2:30p LS188 - Nurse Experience B	1p-3p WG001 - Social Bingo			
1p-3p WG004 - Cards and Games	1:30p-3:30p LE241 - Basic Pine Needle Baskets			
1:30p-2:30p AD105 - Funtastics Choral Group	1:30p-3:30p LE286 - Mah Jongg 201			
1:30p-2:15p HW355 - Beginning Tai Chi B	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HS605 - Intro to US Air Force History			



Monday	Tuesday	Wednesday	Thursday	Friday
11/27/2023	11/28/2023	11/29/2023	11/30/2023	12/1/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-10:30a HS608 - Final Farewells to Presidents	9a-2:30p AD151 - YUPO and Watermedia	9a-2:30p AD151 - YUPO and Watermedia	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:30a-10:30a HS604 - Greece by Air
10a-10:45a FI030 - Strengthen and Stretch (Online)	9a-10a LA019 - Conversational French	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	9:45a-10:45a FI029 - Chair Yoga
10a-12p LS094 - Discovering Life's Purpose	9:30a-10:30a AD248 - Readers Theater	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	10a-11:30a CO091 - Computer Security B
10:30a-12p HW407 - Knee Conditions	10a-11a AD021 - Intermediate Tap Dancing	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Senior Storytelling Slam	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE178 - Intermediate Genealogy	10a-11a EF151 - Virginia Long Term Care (Online)	11:30a-12:45p LA003 - Beginning Sign Language	10:30a-12:30p HW312 - A Matter of Balance	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p PR075 - A Look at Jesus	11a-12:30p EL007 - Storytelling Is for You	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	10:30a-12p LE045 - Beginning Genealogy (RC)	11a-12p EL091 - The Many Hats of a Writer
11a-12p FI028 - Gentle Yoga	11a-12p LA022 - Arabic Script	1p-2p AD210 - Intro to Brazilian Percussion	11:30a-12:15p FI005 - Sit and Be Fit	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12:30p HS506 - The American Civil War	11a-1p WG013 - Spades	1p-3p WG006 - Cards and Games	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	1:30p-3p HS003 - Current Events	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-2:30p CO046 - iPad Basics
1p-3:30p EL112 - Funny and Happy Movies	12:30p-2p HS606 - Holocaust Heroes and Villains	1:30p-3:30p LE032 - Needleworkers United	1p-2p CO202 - Engineering Concepts	1p-3p EL015 - Aspiring Writers' Workshop
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	2p-3:30p LE252 - Genealogy Discussions	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
1:30p-2:30p AD105 - Funtastics Choral Group	1p-3p WG001 - Social Bingo	2:30p-3:30p FI015 - Pilates	1p-2p SE160 - Love Songs from Op to Pop	1:30p-2:30p HS607 - The Huguenots
1:30p-2:15p HW355 - Beginning Tai Chi B	2p-3:30p EL098 - Banned Books Discussion		1:30p-3p AD015 - Advanced Readers Theater	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga		1:30p-2:30p FI034 - Fun Fitness (Online)	
3:30p-4:30p LLI Board of Directors Meeting	2:30p-3:30p HS605 - Intro to US Air Force History		2p-3:45p AD111 - Intermediate Watercolor	
			2p-3:30p CO189 - Intro to iPhone B	
			2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HS599 - Aerial America	





Monday	Tuesday	Wednesday	Thursday	Friday
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-10:30a HS608 - Final Farewells to Presidents	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-12p AD241 - Loose Watercolor	9a-10a LA019 - Conversational French	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a PR099 - Science and Theology	9:30a-10:30a HS604 - Greece by Air
10a-10:45a FI004 - Sit and Be Fit	9:30a-11:30a HS619 - The Life of Norman Rockwell	10a-11:30a AD172 - The Art of the Sketch B	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	11a-12p EL043 - Enjoy Poetry	10a-11:15a HS586 - Coastal Maine	10a-11:30a CO091 - Computer Security B
10a-12p LS094 - Discovering Life's Purpose	9:30a-10:30a AD251 - Eye Magic	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE178 - Intermediate Genealogy	10a-11a AD021 - Intermediate Tap Dancing	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p HW312 - A Matter of Balance	10:30a-12:30p AD167 - Open Oil Painting
11a-12p FI028 - Gentle Yoga	11a-12:30p EL007 - Storytelling Is for You	11:30a-12:45p LA003 - Beginning Sign Language	10:30a-12p LE045 - Beginning Genealogy	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12p LA022 - Arabic Script	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD197 - Ballroom Dance Practice
1p-3:30p EL112 - Funny and Happy Movies	11a-1p WG013 - Spades	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD141 - Lifelong Musicians	1p-2:30p CO046 - iPad Basics
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	1p-3p WG006 - Cards and Games	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p WG002 - Social Bingo
1:30p-2:30p AD105 - Funtastics Choral Group	12:30p-2p HS606 - Holocaust Heroes and Villains	1:30p-3:30p LE032 - Needleworkers United	1p-2p CO202 - Engineering Concepts	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p AD016 - Basic Watercolor	2p-3:30p LE252 - Genealogy Discussions	1p-2p FI010 - Chair Yoga	
2p-3:30p CO176 - Google Photos B	1p-2p FI006 - Chair Yoga	2:30p-3:30p FI015 - Pilates	1:30p-3p AD015 - Advanced Readers Theater	
2p-3:30p LA015 - Conversational German	1p-2p HW380 - What Comes After Menopause		1:30p-2:30p FI034 - Fun Fitness (Online)	
	1p-3p WG001 - Social Bingo		2p-3:30p CO189 - Intro to iPhone B	
	2p-3:30p HS089 - Great Decisions		2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p HS605 - Intro to US Air Force History		2:30p-3:30p HS599 - Aerial America	



Monday	Tuesday	Wednesday	Thursday	Friday
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
10a-12p AD241 - Loose Watercolor	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	10a-11:30a AD172 - The Art of the Sketch B	9:30a-11:30a WG009 - Mah Jongg	10a-11a HW381 - Guided Meditation (Online)
10a-12p LS095 - Taking Care of Business	9:30a-10:30a AD251 - Eye Magic	10a-11a EF155 - Surviving in Today's Economy	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p HW408 - Shoulder Conditions	10a-11a AD021 - Intermediate Tap Dancing	10:30a-11:30a SE154 - Holiday Music and Sing-Along	10:30a-12p LE045 - Beginning Genealogy	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p LE178 - Intermediate Genealogy	10:30a-11:30a HW367 - Knowing the Signs of Dementia	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12:30p EL007 - Storytelling Is for You	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12p LA022 - Arabic Script	11a-12p FI031 - Chair Yoga (Online)	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-2:30p CO046 - iPad Basics
1p-3:30p EL112 - Funny and Happy Movies	11a-1p WG013 - Spades	11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p IA012 - December Luncheon	1p-3p EL015 - Aspiring Writers' Workshop
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	1p-2p CO202 - Engineering Concepts	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	12p-12:30p IA100 - Birthday Celebration	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-3p SE155 - Holiday Celebration	12:30p-2p HS606 - Holocaust Heroes and Villains	1p-2:30p LS147 - Hospice Crafts	1:30p-3p AD015 - Advanced Readers Theater	
2p-3:30p CO176 - Google Photos B	1p-3p AD016 - Basic Watercolor	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Fun Fitness (Online)	
2p-3:30p LA015 - Conversational German	1p-2p FI006 - Chair Yoga	1:30p-3p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p HW426 - Basic Qigong	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI015 - Pilates	2:30p-3:30p HS599 - Aerial America	
	2:30p-3:30p HS605 - Intro to US Air Force History		2:30p-3:30p HW409 - Dry Needling	



Monday	Tuesday	Wednesday	Thursday	Friday
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	<div>LLI Closed for the Holidays Dec 20 - Jan 3  Spring Catalog Available on Jan 4, 2024</div>		
10a-12p AD241 - Loose Watercolor	9:30a-10:30a AD248 - Readers Theater			
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD251 - Eye Magic			
10a-10:45a FI030 - Strengthen and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing			
10a-12p LS095 - Taking Care of Business	11a-12p LA022 - Arabic Script			
10:30a-12p LE178 - Intermediate Genealogy	11a-1p WG013 - Spades			
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing			
12:30p-1:15p HW342 - Beginning Tai Chi A	12:30p-2p HS606 - Holocaust Heroes and Villains			
1p-3:30p EL112 - Funny and Happy Movies	1p-2p FI006 - Chair Yoga			
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo			
1:30p-2:15p HW355 - Beginning Tai Chi B	2p-3:30p EL098 - Banned Books Discussion			
2p-3:30p CO176 - Google Photos B	2:30p-3:30p FI009 - Gentle Yoga			
2p-3:30p LA015 - Conversational German	2:30p-3:30p HS605 - Intro to US Air Force History			

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Member ID#: \_\_\_\_\_

# LLI in Chesterfield

## Fall 2023 Registration Form

Sequence # (Office Use): \_\_\_\_\_

Paid \$: \_\_\_\_\_

Paid by: \_\_\_\_\_

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Art, Music, Drama, and Dance</b>						
	AD012	Advanced Watercolor		Thu	Oct 19, 26, Nov 2, 9, 16, 30	10:30-12:30		Marti Franks
	AD015	Advanced Readers Theater		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	1:30-3:00		Sandy Phillips
	AD016	Basic Watercolor Techniques		Tue	Nov 14, 21, Dec 5, 12	1:00-3:00		Poly Cline
	AD020	Ring 101: Understanding Opera		Thu	Sept 7, 14, 21	10:30-12:00		Joshua Borths
	AD021	Intermediate Tap Dancing		Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	10:00-11:00		Mary, Jennifer & Beth
	AD022	East Coast Swing Dance for Partners		Fri	Oct 13, 20, 27, Nov 3, 10, 17	12:00-1:00		Doug and Teresa
	AD031	Waltz and Rumba Dance for Partners		Fri	Sept 8, 15, 22, 29, Oct 6	12:00-1:00		Phyllis Harris
	AD035	Woodcarving with Merv: A Christmas Stocking and a Seahorse	\$10	Wed	Sept 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15	9:00-11:00		Merv Warner
	AD036	Introduction to Line Dancing		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	9:00-9:45		Karyn and Julie
	AD058	Country Line Dancing		Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve Sessions		Wed	Sept 6, 13, Nov 29, Dec 6, 13	9:00-11:00		Bill Good
	AD105	Funtastics Choral Group	\$5	Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4	1:30-2:30		Sandy Phillips
	AD110	Advanced Color Pencil Drawing		Tue	Sept 19, 26, Oct 3, 10, 17, 31, Nov 14, 21	10:00-12:00		Brian Austin, PhD
	AD111	Intermediate Watercolor with Marti		Thu	Oct 19, 26, Nov 2, 9, 16, 30	2:00-3:45		Marti Franks
	AD119	Watercolor and Acrylic Problem Solving Workshop		T/W	Oct 24, 25	9:00-2:30		Beverly Perdue
	AD141	Lifelong Musicians Instrumentalists		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	12:00-1:30		Randall Kaker
	AD151	YUPO and Watermedia Workshop		T/W	Nov 28, 29	9:00-2:30		Beverly Perdue
	AD167	Open Oil Painting for All Levels		Fri	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 17, Dec 1, 8, 15	10:30-12:30		Wanda Cutchins
	AD171	The Art of the Sketch A		Wed	Sept 6, 13, 20, 27, Oct 4, 11	10:30-12:00		Hal Cauthen
	AD172	The Art of the Sketch B		Wed	Oct 18, Nov 1, 8, 15, Dec 6, 13	10:00-11:30		Hal Cauthen
	AD183	Beginning Guitar I: Basic Guitar Chords	*\$10	Wed	Oct 11, 18, 25, Nov 1, 8, 15	11:00-12:00		Randall Kaker
	AD192	Senior Storytelling Slam: Real Stories Truly Told		Thu	Sept 21, Oct 26, Nov 30	10:30-12:30		Judith and Les
	AD197	Ballroom Dance Practice for Partners		Fri	Dec 1, 8, 15	12:00-1:00		Hal and Marlene
	AD207	Life and Selected Works of Bernini		Wed	Oct 11, 18, 25, Nov 1, 8, 15	9:30-11:00		Juana Levi
	AD210	Introduction to Brazilian and Afro-Cuban Percussion		Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	1:00-2:00		Damir Strmel
	AD238	The World of the Bel Canto Opera: Understanding Opera		Thu	Oct 5, 12, 19	10:30-12:00		Joshua Borths
	AD240	Lifelong Musicians Vocalists		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	12:00-1:30		Randall Kaker
	AD241	Loose Watercolor: A Little More Loose Fun		Mon	Dec 4, 11, 18	10:00-12:00		Darnell Hoose
	AD248	Readers Theater		Tue	Sept 5, 12, 19, Oct 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	9:30-10:30		Ken Carlson
	AD249	Intermediate Watercolor Painting		Tue	Sept 12, 19, 26, Oct 3, 10, 17	1:00-3:00		Poly Cline
	AD250	Oil Painting Techniques		Mon	Oct 16, 23, 30	10:00-11:30		Wanda Cutchins
	AD251	Eye Magic: The Fun Tricks That Eyes and Brains Play		Tue	Dec 5, 12, 19	9:30-10:30		John Partridge
	AD252	Ukulele Jam		Wed	Sept 13, 20, 27, Oct 4	10:30-12:00		Rick Kaerwer
	AD253	Creative Thinking: Increase Awareness and See Life Differently		Mon	Sept 11, 18	9:00-10:30		Gordon Russell, MVA
	AD254	Beginning Art for Fun: It's Elementary, My Dear		Fri	Oct 20, 27, Nov 10	1:00-3:00		Sarah Matthews

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

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First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Member ID#: \_\_\_\_\_

# LLI in Chesterfield

## Fall 2023 Registration Form

Sequence # (Office Use): \_\_\_\_\_

Paid \$: \_\_\_\_\_

Paid by: \_\_\_\_\_

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Computers, Technology, Math, and Science</b>						
	CO046	iPad Basics		Fri	Dec 1, 8, 15	1:00-2:30		Mark Grubbs
	CO057	Introduction to the Internet		Thu	Sept 14, 21	10:00-11:30		Lewis Levi
	CO058	iPhone Basics: Part 1 of 2		Fri	Oct 6, 13, 20	1:00-2:30		Mark Grubbs
	CO059	iPhone Basics: Part 2 of 2		Fri	Nov 3, 10, 17	1:00-2:30		Mark Grubbs
	CO090	Computer Security A		Thu	Sept 28, Oct 5	10:00-11:30		Mel Kauffman
	CO091	Computer Security B		Fri	Dec 1, 8	10:00-11:30		Mel Kauffman
	CO144	Renewable Energy in Our World		Tue	Sept 19, 26	1:00-3:00		B. Ellen Johnson, PhD
	CO151	Find My Phone, Find My Device, Find Me		Thu	Sept 28	2:00-3:30		Danny Arkin
	CO169	Automotive Basics		Tue	Sept 19, 26	9:30-11:30		B. Ellen Johnson, PhD
	CO175	Google Photos A: Managing Thousands of Photos in Your Phone		Fri	Sept 8, 15, 22	1:00-2:30		Danny Arkin
	CO176	Google Photos B: Managing Thousands of Photos in Your Phone		Mon	Dec 4, 11, 18	2:00-3:30		Danny Arkin
	CO188	Introduction to iPhone Technology Tricks and Tips A		Thu	Oct 5, 12, 26	2:00-3:30		Danny Arkin
	CO189	Introduction to iPhone Technology Tricks and Tips B		Thu	Nov 16, 30, Dec 7	2:00-3:30		Danny Arkin
	CO197	Pesticides in Food A: What to Know		Wed	Sept 13, 20	9:30-11:00		Patricia Ryther
	CO198	Pesticides in Food B: What to Know		Fri	Sept 15, 22	9:30-11:00		Patricia Ryther
	CO199	Nearpeer Tutorial and Tips A		Thu	Sept 7	1:30-3:00		Rachel Ramirez
	CO200	Nearpeer Tutorial and Tips B		Tue	Oct 3	9:30-11:00		Rachel Ramirez
	CO201	Lies and Statistics		Mon	Oct 2, 9, 16, 23, 30	10:00-11:00		John Fisher
	CO202	Engineering Concepts and Thermodynamic Fundamentals		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, Nov 2, 16, 30, Dec 7, 14	1:00-2:00		John Bennett
	CO203	Tips and Tricks in Google Apps: Calendar, Mail, Contacts, Lists		Mon	Oct 2, 9, 16, 23	2:00-3:30		Danny Arkin
	CO204	Tools		Thu	Nov 2, 9	12:30-2:00		Danny Arkin
		<b>Diversity, Equity, and Incusion</b>						
	DE001	Diversity Committee Listening Session		Thu	Oct 12, 19	1:00-2:00		Donna Blackwell
	DE002	Creating Belonging: High-Quality Connections		Wed	Nov 1	1:30-3:00		Amy J. Armstrong, PhD
	DE003	Cultivating Community and Belonging for Lifelong Learners		Mon	Nov 13	1:00-2:30		Rachel and Tom
		<b>Economics and Finance</b>						
	EF006	Unlock Your IRA		Tue	Oct 24	9:00-10:30		Ryan Poland
	EF104	Estate Settlement and the Probate Process		Thu	Nov 9	11:30-1:30		Mark Mikuta, CPA, CFP
	EF113	Medicare Part D: How to Shop Around		Mon	Oct 9	11:30-12:30		Kendalle Stock
	EF115	Estate Planning and Elder Law: What You Need to Know		Thu	Oct 5	11:00-12:30	Online	Paula Peaden
	EF117	Identity Theft		Thu	Sept 7	10:00-11:00		Sabrina Guerin
	EF118	Organizing Financial Records in Four Steps		Tue	Oct 3	10:00-11:00		Sabrina Guerin
	EF122	Reverse Mortgages 101: Mechanics, Costs and Considerations		Thu	Nov 2	1:30-3:00		Jim Warns
	EF135	Your Credit Score		Thu	Nov 16	2:30-3:30		Sabrina Guerin
	EF140	What Your Kids Need to Know		Mon	Oct 9	9:00-10:30		Jamey Davidson
	EF150	Virginia Long Term Care Options and How to Pay for Them		Wed	Oct 18	9:30-10:30		Jeremy L. Pryor, Esq.
	EF151	Virginia Long Term Care Options and How to Pay for Them		Tue	Nov 28	10:00-11:00	Online	Jeremy L. Pryor, Esq.
	EF152	Women in Wealth		Thu	Sept 14	2:00-3:30		Liz Brown
	EF153	Women in Wealth		Thu	Oct 19	11:00-12:30	Online	Liz Brown
	EF154	The Markets Today		Thu	Oct 19	11:30-12:30		Shawn Doran
	EF155	Surviving in Today's Economy		Wed	Dec 13	10:00-11:00		Sabrina Guerin

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First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Member ID#: \_\_\_\_\_

# LLI in Chesterfield

## Fall 2023 Registration Form

Sequence # (Office Use): \_\_\_\_\_

Paid \$: \_\_\_\_\_

Paid by: \_\_\_\_\_

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Literature, Poetry, and Film</b>						
	EL007	Storytelling! It's for you!		Tue	Oct 31, Nov 14, 28, Dec 5, 12	11:00-12:30		Judith and Les
	EL015	Aspiring Writers' Workshop		Fri	Sept 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15	1:00-3:00		Dorothy Moses
	EL028	Poe and the Detective Story		Mon	Sept 18	10:30-11:30		Chris Semtner
	EL043	Enjoy Poetry		Wed	Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	Sept 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12	9:00-10:30		Suzanne and Tom
	EL090	Obituary Writing Workshop		Tue	Oct 17	1:30-2:30		Jennifer S. Moss
	EL091	The Many Hats of a Writer		Fri	Dec 1	11:00-12:00		Heather Weidner
	EL098	Banned Books Discussion: Part II		Tue	Sept 26, Oct 31, Nov 28, Dec 19	2:00-3:30		Linda and Deb
	EL100	LLI Literary Society Orientation		Wed	Sept 6	11:30-12:30	Online	Bob, Martha and Anita
	EL101	LLI Literary Society Orientation		Thu	Sept 7	9:30-10:30		Bob, Martha and Anita
	EL108	The Boy, the Mole, the Fox and the Horse	*\$18	Fri	Nov 3	9:30-11:30		Rachel and Lucas
	EL109	Children's Book Review		Tue	Oct 10	9:30-11:00		Rachel and Lucas
	EL111	The Early History of the Movies		Wed	Sept 20, 27, Oct 4, 11	11:30-1:00		Josh Pachter
	EL112	Funny and Happy Movies Showcase		Mon	Sept 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	1:00-3:30		Al Meyer
		<b>Fitness</b>						
	FI001	Low Impact Monday	\$20	Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$20	Fri	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$20	Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$20	Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$20	Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$20	Thu	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	1:00-2:00		Dorota Kawka
	FI015	Pilates, Core and More	\$20	Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	2:30-3:30		Linda McDorman
	FI017	Wednesday Fun Fitness	\$20	Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	8:30-9:30	Online	Tracey Brooks
	FI028	Gentle Yoga Monday	\$20	Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$20	Fri	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	9:45-10:45		Linda McDorman
	FI030	Strengthen and Stretch Online	\$20	Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	11:00-12:00	Online	Linda McDorman
	FI034	Fun Fitness Online	\$20	Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	1:30-2:30	Online	Nicole Thomas-Jackson

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

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First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Member ID#: \_\_\_\_\_

# LLI in Chesterfield

## Fall 2023 Registration Form

Sequence # (Office Use): \_\_\_\_\_

Paid \$: \_\_\_\_\_

Paid by: \_\_\_\_\_

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>History, Humanities, and International Studies</b>						
	HS002	Anthropology: The American Way		Wed	Sept 13, 27, Oct 11, 25, Nov 1, 15, Dec 6, 13	9:00-10:30		Annebel Lewis
	HS003	Current Events Discussion		Wed	Sept 6, 20, Oct 4, 18, Nov 1, 15, 29, Dec 13	1:30-3:00		Roy and Fred
	HS087	Global Cultural Geography: British America		Thu	Nov 2, 16	9:00-10:30		William Seay
	HS089	Great Decisions	*\$40	Tue	Sept 19, Oct 17, Nov 14, Dec 5	2:00-3:30		Bob Ferguson
	HS506	The American Civil War: States of Disbelief		Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27	11:00-12:30		Edward Blackwell
	HS579	England, Scotland, and Wales Virtual Tour: Part II		Fri	Sept 8, 15, 22, 29, Oct 13, 20, 27	9:30-11:00		Timothy Pace
	HS580	Great Coastal Walks: Part II		Thu	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2	9:30-10:30	Online	Bob Ferguson
	HS581	Great Coastal Walks: Part II		Tue	Sept 12, 19, 26, Oct 3, 10, 17, 24, 31	9:30-10:30		Bob Ferguson
	HS586	Coastal Maine: Off the Beaten Path		Thu	Dec 7	10:00-11:15		Bob Ferguson
	HS599	Aerial America		Thu	Sept 7, 14, 21, 28, Oct 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	2:30-3:30		Timothy Pace
	HS600	The American Experience		Wed	Sept 6, 13, 20, 27, Oct 4	9:30-11:00		John and Juana
	HS601	The American Experience		Wed	Sept 6, 13, 20, 27, Oct 4	1:00-2:30	Online	John and Juana
	HS602	Selected First Ladies		Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24	11:00-12:00		Shep Smith
	HS603	Selected First Ladies		Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24	1:30-2:30	Online	Shep Smith
	HS604	Greece by Air		Fri	Nov 10, 17, Dec 1, 8	9:30-10:30		Timothy Pace
	HS605	Introduction to US Air Force History		Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	2:30-3:30		Col. Randall Lanning
	HS606	Holocaust Heroes and Villains: Stories Not Generally Known		Tue	Oct 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	12:30-2:00		Paul Glancy
	HS607	The Huguenots: From France to Virginia		Fri	Oct 20, 27, Nov 3, 10, 17, Dec 1	1:30-2:30		Mary Jo Dailey
	HS608	Final Farewells to the First Four Virginia-Born Presidents		Mon	Nov 13, 20, 27, Dec 4	9:30-10:30		Bernie Henderson
	HS609	Remote Ancient Places		Thu	Sept 7, 14, 21, Oct 5	12:30-2:00		Rick Kinnaird
	HS610	Rachel Carson's America: Two Revolutions		Fri	Nov 3, 10, 17	10:30-12:00		Patricia Ryther
	HS611	WWII Civilian Prisoners of the Philippines: Freedom and Food		Wed	Sept 6	10:00-11:00	Online	Jennifer Cottle
	HS612	The Living New Deal: What Can and Cannot Be Seen and Its Impact		Wed	Nov 8, 15	11:30-1:00		Nelson Calisch
	HS613	Adventures in Australia		Wed	Nov 1	11:30-12:30		James Hodge
	HS614	CCC History in Shenandoah National Park		Wed	Oct 25	2:00-3:00	Online	Park Education Ranger
	HS615	Hitler's Realities and How Fiction Explains It		Wed	Sept 27	10:00-12:00	Online	Dr. Alan A. Winter
	HS616	Myths of American History		Fri	Sept 22	11:30-12:30		Paul Aron
	HS617	No Time to Grieve Documentary		Wed	Sept 13	1:00-3:30		Peppy Jones
	HS618	Pittsburgh: It Was the Best of Times, It Was the Worst of Times		Tue	Nov 14	11:00-12:00		Cindy Graunke
	HS619	The Life, Art, and Legacy of Norman Rockwell		Tue	Dec 5	9:30-11:30		Dr. John Kirn
	HS620	The Monuments Men		Wed	Nov 8	10:00-11:00	Online	Amanda Williams
	HS621	Twentieth Century Advertising: The Products that Made America		Tue	Sept 12	11:30-12:30	Online	James Triesler
	HS622	Twentieth Century Advertising: The Products that Made America		Thu	Sept 21	9:00-10:00		James Triesler
	HS623	The WWI Monument of Byrd Park		Wed	Nov 1	1:00-2:30	Online	James Triesler
	HS624	The WWI Monument of Byrd Park		Wed	Nov 8	2:00-3:30		James Triesler
	HS625	Venice at Carnival Time		Tue	Nov 14	9:30-10:30		Bob Ferguson
	HS626	Venice at Carnival Time		Tue	Nov 14	11:30-12:30	Online	Bob Ferguson
	HS627	The Berlin Airlift: To Save a City		Fri	Oct 6	10:30-11:30	Online	Chris L. Kolakowski
	HS628	Von Steuben: Brilliant Military Strategist That Loved His Fellow Man		Fri	Oct 27	11:30-1:00		John Musgrove
	HS629	Von Steuben: Brilliant Military Strategist That Loved His Fellow Man		Fri	Nov 17	11:00-12:30	Online	John Musgrove
	HS630	Cemetery Stories: Listening to the Voices		Mon	Oct 2	9:00-10:30		Audrey M. Ross

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# LLI in Chesterfield

## Fall 2023 Registration Form

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Last Name: \_\_\_\_\_

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Member ID#: \_\_\_\_\_

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Health and Wellness</b>						
	HW312	A Matter of Balance		Thu	Oct 12, 19, 26, Nov 2, 9, 16, 30, Dec 7	10:30-12:30		Brie Dixon
	HW315	Leaky Bladder: Women's Urinary Incontinence		Thu	Nov 16	9:00-10:00		Ramzi Aboujaoude, MD
	HW342	Beginning Tai Chi A		Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	12:30-1:15		Damir Strmel
	HW343	Intermediate Tai Chi 42 Form		Fri	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi Review and Practice		Fri	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	11:00-11:45		Mary E. Gutberlet
	HW355	Beginning Tai Chi B		Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	1:30-2:15		Mary E. Gutberlet
	HW367	Knowing the Signs of Dementia: What's Going on with My Loved One?		Tue	Dec 12	10:30-11:30		Rachel Lawson
	HW375	Joint Replacements: What to Know Before and After Surgery		Thu	Sept 21	2:30-3:30		David Reynolds
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Thu	Oct 19	2:30-3:30		David Reynolds
	HW377	Chronic Pain: How Do I Get Rid of It?		Thu	Nov 9	2:30-3:30		David Reynolds
	HW380	What Comes After Menopause?		Tue	Dec 5	1:00-2:00		Lauren Cook, NP
	HW381	Guided Meditation to Reduce Overwhelm		Fri	Dec 15	10:00-11:00	Online	Pamela Biasca Losada
	HW382	Music and Dementia: Power of Communication		Tue	Oct 17	9:30-10:30		Rachel Lawson
	HW386	Intermediate Tai Chi 24 Form		Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	12:00-12:45		Mary E. Gutberlet
	HW389	Hearing Health and Hearing Aids		Mon	Sept 11	11:00-12:00		Kimberly Felder
	HW392	Suicide Prevention: Raise Your Voice		Thu	Sept 7	2:00-3:30		Melissa and Kevin
	HW393	Aging and Ageism in Society and Self		Mon	Oct 2, 9	1:00-2:30		Wayne Swatlowksi
	HW403	EveryDay Strong: Supporting a Child's Mental Health		Mon	Oct 9	9:30-11:00		Emily Watkins
	HW404	EveryDay Strong: Supporting a Child's Mental Health		Tue	Nov 14	1:30-3:00	Online	Emily Watkins
	HW406	Low Back Pain	*\$15	Mon	Oct 23	9:00-10:30		Thomas Neviasser, MD
	HW407	Knee Conditions	*\$15	Mon	Nov 27	10:30-12:00		Thomas Neviasser, MD
	HW408	Shoulder Conditions	*\$15	Mon	Dec 11	10:30-12:00		Thomas Neviasser, MD
	HW409	Dry Needling: What It Is and How It Works		Thu	Dec 14	2:30-3:30		David Reynolds
	HW410	Chronic Back Pain: Could It Be Spinal Stenosis?		Fri	Sept 15	12:00-1:00		Charles Miller, MD
	HW411	Joint Injuries: My Aching Shoulder! Is It Arthritis, or Something Else?		Wed	Sept 27	12:00-1:00		Doug Boardman, MD
	HW412	Breast Cancer and Reconstruction		Tue	Oct 3	12:00-1:00		Sasa Espino, MD
	HW413	Grief Three Ways		Tue	Oct 17	11:00-12:00		Angie Morriss
	HW414	Entitled to Grieve		Tue	Oct 24	11:00-12:00		Angie Morriss
	HW415	The Domino Effect of Grief		Wed	Nov 1	12:00-1:00		Angie Morriss
	HW416	How Friends Can and Cannot Help with Grief		Thu	Nov 9	2:00-3:00		Angie Morriss
	HW417	Grief Is Lonely		Mon	Nov 13	11:00-12:00		Angie Morriss
	HW418	Love Your Longevity and How Gerontology Can Help		Wed	Sept 27	1:30-3:00		E. Ayn Welleford, PhD
	HW419	Trauma and Resilience		Tue	Oct 10	1:30-3:30		Jennifer and Tanya
	HW420	The Caregiving Years: Navigating the Caregiving Stages and Systems		Tue	Sept 26	9:00-10:30		Jenny Morris
	HW421	Probiotics A: What You Need to Know		Fri	Oct 6	1:30-3:00		Nana Ataa Ofosu-Benefo
	HW422	Probiotics B: What You Need to Know		Fri	Nov 3	1:30-3:00		Nana Ataa Ofosu-Benefo
	HW423	Dementia Conversations		Tue	Nov 14	10:30-11:30		Rachel Lawson
	HW424	All About Aphasia		Fri	Oct 6	10:30-11:30		Sabrina Cohen
	HW425	Vibrant Aging		Tue	Sept 12	1:30-3:30		Shelby Kinnaird
	HW426	Basic Qigong		Mon	Sept 18, Oct 23, 30, Nov 13, Dec 11	2:30-3:30		Walter Jackson
	HW427	Burn and Wound Care: New Technological Advancements		Wed	Oct 25	12:00-1:00		Mack Drake, DO

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Inside LLI Activities</b>						
	IA016	Annual State of the LLI Meeting		Mon	Oct 16	9:00-10:30		Dr. Lemza & LLI Board
	IA077	Workshop for LLI Instructors		Tue	Sept 5	12:30-2:00		Rachel Ramirez
	IA997	Q&A for Current Members		Fri	Sept 8	11:00-12:00		Rachel Ramirez
	IA999	Orientation for New Members		Tue	Sept 5	9:00-10:30		Rachel Ramirez
		<b>Languages</b>						
	LA003	Beginning Sign Language		Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	11:30-12:45		Barbara Powers
	LA015	Conversational German		Mon	Sept 11, 18, Oct 9, 16, 23, 30, Nov 13, 27, Dec 4, 11, 18	2:00-3:30		Alan McCrea
	LA019	Conversational French Review		Tue	Oct 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12	9:00-10:00		Carol Pritchard
	LA022	Arabic Script: Transliteration and Reading	*\$6	Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	11:00-12:00		Charles Barron
	LA027	Spanish Online Community Launch		Tue	Sept 12	12:30-1:30		Nena Woods
		<b>Leisure Activities</b>						
	LE010	Mah Jongg 101: Learning to Play Mah Jongg		Tue	Sept 12, 19, 26, Oct 3	1:30-3:00		Marilyn and Mary Jane
	LE032	Needleworkers United		Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	1:30-3:30		Shelvey Smith
	LE045	Beginning Genealogy		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, Nov 2, 9, 16, 30, Dec 7, 14	10:30-12:00		Bette Kot
	LE130	Simple Stamping Greeting Cards	\$23	Wed	Sept 6	10:00-12:00		LaVae Hoffman
	LE143	Beaded Lanyard for LLI Name Tag A	\$5	Mon	Sept 11	9:30-12:30		Donna Whitfield
	LE147	Beaded Lanyard for LLI Name Tag B	\$5	Mon	Sept 18	12:30-3:30		Donna Whitfield
	LE149	Learn to Play Cribbage		Wed	Sept 13, 20, 27, Oct 4, 11, 18	2:00-3:00		Linda Kerman
	LE178	Intermediate Genealogy		Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	10:30-12:00		Bette Kot
	LE207	Road Scholar Education Travel: University of the World		Fri	Oct 6	10:00-11:00		Cindy Graunke
	LE241	Basic Pine Needle Baskets	\$15	Tue	Oct 24, 31, Nov 14, 21	1:30-3:30		Diane and Jennifer
	LE252	Genealogy Discussions		Wed	Sept 6, 13, 27, Oct 4, 11, 25, Nov 1, 8, 29, Dec 6	2:00-3:30		Steve Kunnmann
	LE253	Cooking with Judith		Mon	Oct 2, 9, 16, 23	10:30-12:00	Online	Judith Onesty
	LE270	Travel Writing as Memoir		Thu	Sept 21	12:30-2:00		Martha Steger
	LE272	Principles of Floral Design and a Demonstration		Wed	Sept 13	12:00-1:30		Annette Alabaster
	LE275	Exploring Shenandoah National Park		Fri	Oct 6	2:30-3:30	Online	Park Education Ranger
	LE276	Balloon Twisting 101	\$8	Mon	Sept 18	1:00-2:30		Wayne (a.k.a Basa)
	LE279	Introduction to Disc Golf	\$12	Tue	Oct 3, 10, 17	9:30-10:45		Stone Wahl
	LE284	Macrame for All	\$12	Wed	Oct 4, 11, 18	9:00-11:00		Shawn Hicks
	LE285	Cyanotype Printing		Mon	Oct 9	10:00-11:30		Abbie Ertel
	LE286	Mah Jongg 201: Practice for Beginners		Tue	Oct 10, 17, 24, Nov 14, 21	1:30-3:30		Linda Kerman
	LE287	Dollhouses and Miniatures		Wed	Oct 4, 11, 18, 25	1:30-2:30		Mike Pagel
	LE288	Ancient Principals of Vedic Architecture		Fri	Oct 6, 13, 20, 27	1:30-2:30		Aparna Patil
	LE289	Paper Crafting for the Holidays	\$5	Wed	Nov 8, 15	1:00-2:30		Bev Davidson
	LE290	Reta's Homegrown Potato Earrings A		Wed	Sept 6	12:00-1:30		Bev and Bill
	LE291	Reta's Homegrown Potato Earrings B		Wed	Oct 25	12:00-1:30		Bev and Bill
	LE292	Holiday Table Arrangement	\$10	Fri	Nov 17	1:30-3:00		Evelyn Klumb
	LE293	Travel Writing as Memoir		Thu	Sept 28	2:00-3:30	Online	Martha Steger

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Life Services</b>						
	LS069	VirginiaNavigator Family of Websites: A Guide to Aging Well		Thu	Sept 14	11:30-12:30		Bonnie Scimone
	LS084	Overcoming the Subtle Challenge of Behavioral Addiction		Tue	Sept 19, 26	11:00-12:30		Dr. Michael J. Wriston
	LS085	The Art of Friendship		Mon	Oct 2, 16	10:00-12:00		Dr. Michael J. Wriston
	LS086	Chesterfield County Public Library Common Questions		Thu	Oct 5	12:00-1:30		Cindy Arnold
	LS090	Controlling Internal Chatter		Mon	Oct 23, 30	10:00-12:00		Dr. Michael J. Wriston
	LS091	Life-Changing Habits		Wed	Nov 8, 15	10:00-12:00		Dr. Michael J. Wriston
	LS094	Discovering Life's Purpose		Mon	Nov 20, 27, Dec 4	10:00-12:00		Dr. Michael J. Wriston
	LS095	Taking Care of Business		Mon	Dec 11, 18	10:00-12:00		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive Not Reactive!		Mon	Oct 23	9:30-11:00	Online	Marc Friedlander
	LS145	Mobility Services in Chesterfield County		Mon	Oct 2	11:00-12:00		Billie Darlington
	LS147	Hospice Crafts		Wed	Sept 20, Oct 18, Nov 15, Dec 13	1:00-2:30		Mary Jane Murphy
	LS152	Human Trafficking Is Here and It's Real		Mon	Nov 13	10:00-11:30		Rabah Penn
	LS157	Planning Final Arrangements: Pre-Plan to Make It Right		Tue	Oct 10	2:00-3:30		Susan Campbell
	LS158	Planning Final Arrangements: Pre-Plan to Make It Right		Thu	Nov 2	1:00-2:30	Online	Susan Campbell
	LS160	Getting a Home Ready for Sale: Tricks of the Trade		Wed	Sept 20	9:00-10:30		Diane Andrews
	LS165	Dementia 101: Raising Awareness, Promoting Prevention		Thu	Sept 14, 21, 28, Oct 5	9:00-10:00		George Worthington
	LS168	Senior Housing Options: Replacing Chaos with Clarity		Thu	Oct 26	2:00-3:30		Kevin Parks
	LS169	Chesterfield Council on Aging		Thu	Sept 28, Oct 26, Nov 9	9:00-10:30		CCA Leadership Team
	LS171	Mobility Services in Chesterfield County		Tue	Nov 14	9:30-10:30	Online	Billie Darlington
	LS172	Mercy Mall Emergency Food Bags		Thu	Sept 14	2:30-3:30		Stacey and Misi
	LS173	Mercy Mall Making Powder Laundry Detergent		Thu	Sept 21	2:30-3:30		Stacey and Misi
	LS178	Chesterfield Fire and EMS: An Overview of Your Fire and EMS Department		Fri	Sept 22	11:00-12:30		Keith Chambers
	LS185	Awaken and Embody Greatness		Tue	Sept 5, 12, 19, 26, Oct 3	10:30-12:00	Online	Emme Elaine Simon
	LS186	Basic Range Safety Officer for Scout Support	\$20	Tue	Sept 5, 12, 19, 26	9:00-10:30		John Allen
	LS187	Nurse Experience A: Do You Still Have Your Nurses Cap?		Wed	Oct 4, 11	12:00-1:30		Betsy Shires
	LS188	Nurse Experience B: Do You Still Have Your Nurses Cap?		Mon	Nov 13, 20	1:00-2:30		Betsy Shires
	LS189	Senior Connections: The Capital Area Agency on Aging		Mon	Oct 23	12:30-1:30		Lee Owens
		<b>Philosophy and Religious Studies</b>						
	PR002	Bible Discussion		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	2:00-3:30		Mike and Mark
	PR059	The History of the Bible: Not a Bible Study		Tue	Oct 3, 10, 17, 24	12:30-1:30		Wayne Moyer
	PR075	A Look at Jesus: The Way, the Truth, and the Life		Mon	Nov 13, 20, 27	10:30-12:00		Joanna Lurie
	PR080	Misconceptions About Islam and Muslims		Tue	Sept 12, 19, 26, Oct 3, 10	12:30-2:00		Malik Khan
	PR096	Power of Myth Through the Ages and the Importance of the Aesthetics		Mon	Oct 9, 16, 23, 30, Nov 13, 20	10:30-12:00		Jim Knego
	PR099	Science and Theology		Thu	Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, Dec 7, 14	9:30-11:00		Bryan McChesney

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Special Events</b>						
	SE126	Agecroft Hall and Gardens Guided Tour and Curator's Favorites	\$18	Wed	Sept 20	10:30-11:30		Katie Reynolds
	SE127	National D-Day Memorial and Peaks of Otter Lodge Tour	\$150	Fri	Oct 20	7:30-6:30		SignaTours
	SE145	A Bit of This, and a Bit of That Performance		Fri	Nov 3	12:00-1:00		Sandy Phillips
	SE154	Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet		Wed	Dec 13	10:30-11:30		Ken Carlson
	SE155	Holiday Celebration Performance and Tea Party		Mon	Dec 11	1:30-3:00		Sandy Phillips
	SE160	Love Songs from Op to Pop		Thu	Nov 30	1:00-2:00		Leslie Matthews
	SE164	Company's Coming Band Concert		Fri	Sept 22	2:00-3:00		Kate Conn
	SE171	Literary Society Celebration		Fri	Sept 8	1:00-2:30		Bob, Martha and Anita
	SE177	Meet the Ion Robot Lunch and Learn at Chippenham Hospital		Tue	Nov 14	12:00-1:00		Dan Woolley, MD
	SE178	Trifles Performance by the YAHA Players		Wed	Oct 11	1:30-2:30		Bob Ferguson
	SE179	The Cruise Performance by the YAHA Players		Wed	Oct 25	1:30-2:30		Bob Ferguson
	SE180	"A Flea in Her Ear" Sneak Peek and Behind the Scenes with Brightpoint		Fri	Nov 10	11:00-12:30		Kerrigan Sullivan
	SE181	Skyline Drive, Dine, and Hike Tour	\$140	Fri	Sept 29	7:30-7:00		SignaTours
		<b>Weekly Group Activities</b>						
	WG001	Social Bingo Tuesday		Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	1:00-3:00		Fran Judd
	WG002	Social Bingo Friday		Fri	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	1:00-3:00		Donna Whitfield
	WG004	Cards and Games Monday		Mon	Sept 11, 18, Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4, 11, 18	1:00-3:00		Fran Judd
	WG006	Cards and Games Wednesday		Wed	Sept 6, 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 29, Dec 6, 13	1:00-3:00		Carolyn and Virginia
	WG007	Hand and Foot and Triple Play		Fri	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg		Thu	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge		Fri	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15	9:00-12:00		Diane and Randall
	WG013	Spades		Tue	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 14, 21, 28, Dec 5, 12, 19	11:00-1:00		Anne Clendenin

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
**Participant's Signature**

**Print Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Please provide Emergency Contact Information Below:**

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

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



For office use only  
DB \_\_\_\_\_  
MD \_\_\_\_\_  
MC \_\_\_\_\_  
QB \_\_\_\_\_

Membership Application  
New Members or Members with Updates

Date: \_\_\_\_\_  
  
Dr. ☐ Mr. ☐ Ms. ☐ Mrs. ☐ Name: \_\_\_\_\_  
  
Name You Wish To Be Called: \_\_\_\_\_  
  
Street Address: \_\_\_\_\_  
  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
  
Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ (Other) \_\_\_\_\_  
  
Email: \*\* \_\_\_\_\_ Birth Date: (MM/DD/YY) \_\_\_\_\_

**\*\*Email address will be used instead of postal mail if provided.**  
☐ Phone numbers, addresses, and birthdays (day and month only) are printed in our Membership Directory.  
Please check this box if you DO NOT want to be listed in the Membership Directory.

Referral Information

How did you learn about the Lifelong Learning Institute? : \_\_\_\_\_  
  
Referring Member: Name \_\_\_\_\_ Member ID # \_\_\_\_\_

General Information

Would you consider teaching a class? Yes ☐ No ☐  
In what subject area? \_\_\_\_\_  
  
Do you have any special needs? : \_\_\_\_\_

Emergency Information

Contact Name: \_\_\_\_\_  
  
Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_  
  
Physician Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
  
Allergies/Important Medical Information: \_\_\_\_\_

Are you a Current Member? Yes ☐ No ☐  
New Member or Annual Renewal (include \$150 Membership Fee) \$ \_\_\_\_\_  
Additional (Tax Deductible) Contribution to Lifelong Learning Institute..... \$ \_\_\_\_\_  
Total Amount..... \$ \_\_\_\_\_

Please make check payable to: Lifelong Learning Institute  
Mail this form and payment to: Lifelong Learning Institute  
P. O. Box 1090  
Midlothian, VA 23113  
  
Gift Certificates are available by contacting the office.  
Questions? Call the Office at 378-2527.

For Office Use:  
Check Number \_\_\_\_\_  
Date Received \_\_\_\_\_  
Member Number \_\_\_\_\_