



# Lifelong Learning Institute in Chesterfield

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

Lifelong Learning Institute

*For adults age 50 and "better"*

**SPRING 2024 SESSION**

**JANUARY 16 – MAY 3, 2024**

### 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)  
Lewis Levi, Secretary (LLI Member, Faculty)  
Steve Kunnmann, Treasurer (LLI Member, Faculty)

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Melissa B. Jackson (Commonwealth of Virginia)	Judy Sweet (LLI Member)
Rev. Pernell J. Johnson (First Baptist Church of Midlothian)	Alexa van Aartrijk (Chesterfield County, Faculty)
Catherine Tompkins (Chesterfield County Public Schools)	

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 Spring Session is available online starting Thursday, January 4, 2024. Open Registration occurs onsite Monday, January 8 - Tuesday, January 9, 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 January 9 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 Spring 2024

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?**

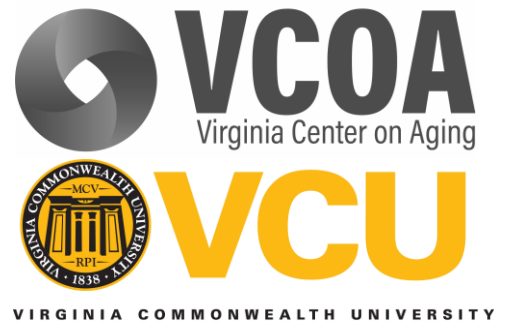
- You can make a donation directly to LLI of any amount at any time!
- You can request a Qualified Charitable Distribution be made to LLI!
- You can name LLI as a charitable beneficiary in your will or estate plan!

**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
- Office Volunteers
- Diversity Committee
- Policy Committee
- Grants Committee
- Library Committee
- Curriculum Committee
- Community Outreach Committee
- Instructors
- Public Relations Committee
- Safety Committee
- Social and Trip Committee
- Facilitators
- Fundraising Committee
- Finance Committee
- Facilities Committee



**Woodcarving: Open Carve****Course: AD241080****Wednesday****January 17, 24, 31, April 17, 24, May 1****9:00-11:00****Instructor(s): Bill Good**

LLI woodcarvers are invited to gather around the tables for open carving this session. The idea is to bring 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!

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**Introduction to Brazilian and Afro-Cuban Percussion****Course: AD241210****Wednesday****January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1****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: AD241036****Thursday****January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****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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**Open Oil Painting Studio****Course: AD241167****Friday****January 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22, April 12, 19, 26, May 3****10:30-12:30****Instructor(s): Jennifer DeRusha, Susan Davies, Susan Coffey, and Wanda Cutchins**

This course is for oil painters who would like to meet weekly to oil paint and enjoy each other's company. All levels are welcome, and fellow artists are happy to give input when they can. Students should bring their own supplies, including a plastic cover for the table and an odorless thinning solution.

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**Tango Dancing for Partners****Course: AD241031****Friday****January 19, 26, February 2****12:00-1:00****Instructor(s): Phyllis Harris**

Start the new year with a bang by learning how to TANGO, a romantic, dramatic dance that has captivated the world. Students will explore ballroom-style tango blended with embellishments from the Argentine Style. Step patterns, timing, as well as the lead and following skills to make it all work will be covered. 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. Who's ready to learn this wonderful dance?

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**Colorist Open Studio****Course: AD241234****Monday January 22, 29, February 5, 12, 26, March 4****1:00-3:00****Instructor(s): Diana Hinman and Karen Masley**

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

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**Funtastics Choral Group****Course: AD241105****Monday January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29****2:30-3:30****Instructor(s): Sandy Phillips**

This course provides an opportunity for students to sing 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!

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**Beginner Tap Dancing****Course: AD241045****Tuesday January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****9:00-9:45****Instructor(s): Karyn Carpenter and Julie Van Buskirk**

Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate. Students will learn basic tap dance steps and dance routines.

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**Readers Theater****Course: AD241248****Tuesday January 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****9:30-10:30****Instructor(s): Ken Carlson**

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

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**Intermediate Tap Dancing****Course: AD241021****Tuesday January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****10:00-11:00****Instructor(s): Beth Mercer and Jennifer DeRusha**

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.

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**Basic Watercolor Techniques****Course: AD241016 \$10****Tuesday January 23, 30, February 6, 13****10:30-12:30****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. The course fee will provide a kit of beginner watercolor supplies. A list of the kit contents and a supply list will be available at registration and outside the office before class.

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**Country Line Dancing****Course: AD241058****Tuesday January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****11:30-12:30****Instructor(s): Mary Bradstock**

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.

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**Watercolor Pencils and Sticks****Course: AD241110****Tuesday January 23, 30, February 6, 13, 20, 27, March 12, 19****2:00-3:45****Instructor(s): Brian Austin, PhD**

Water soluble colored pencils combine the transparent effects of watercolor painting and the control offered by the use of colored pencils. The application of color is more easily managed with watercolor pencils and watercolor sticks. This course will emphasize techniques of applying water to pencil drawings. Landscape, floral, and architectural subjects will be offered as examples of the use of the medium. Students will be encouraged to complete three projects, will be expected to attend all sessions, and should notify the instructor in advance when unable to attend. 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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**Beginning Guitar II: Notes and Melodies****Course: AD241235 \*\$10****Wednesday January 24, 31, February 7, 14, 21, 28****11:00-12:00****Instructor(s): Randall Kaker**

No previous guitar experience is necessary to take this course. This is a complementary course to Beginning Guitar I which was taught in Fall 2023. This course focuses on the notes on the individual strings, how to read music for the guitar, guitar tablature, and a bit of music theory. This course is open to all beginner guitarists. It is not necessary to have taken Beginning Guitar I (which focused on chording). 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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**Line Dance Practice****Course: AD241075****Thursday January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****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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**Super Senior Storytelling Slam: Real Stories Truly Told****Course: AD241192****Thursday****January 25, February 22, March 28, April 25****10:30-12:30****Instructor(s): Judith Onesty and Les Schaffer**

Story Slams continue to grow in worldwide popularity. Similar to popular radio shows like NPR's "The Moth" or "This American Life," story slams are festivals for the spoken word. LLI story-slammers can sign up to tell a short story on the month's theme. Stories should be no longer than eight minutes. In each class, up to seven story-slammers will be selected from those registered for each starting line-up. As time permits, procrastinators or late starters may put their names in a hat to be selected to tell. The themes for each session's Slams will be sent out in advance, and slammers may broadly define each topic with the caveat that it must be mostly true, at least in the teller's mind. No notes or cheat sheets are allowed during the live performance. The audience will be expecting to hear real-life stories, the best of which have a beginning, middle, and end. They have a point and should be clear about why it's important to be told. Slammers will have an opportunity to tell their story to a friendly audience of fellow LLI members. Les Schaffer and Judith Onesty serve as MC's and will be available for consultation or coaching as students develop and polish their stories. The January Theme is "How Would You Like to Be Remembered? Or Not Remembered?" Students who plan to slam and students who just want to listen to a good story should register and plan to attend.

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**Lifelong Musicians Instrumentalists****Course: AD241141****Thursday****January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****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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**Lifelong Musicians Vocalists****Course: AD241240****Thursday****January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****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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**Advanced Readers Theater****Course: AD241015****Thursday****January 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****1:30-3:00****Instructor(s): Sandy Phillips**

This course will provide an opportunity to participate in both serious and comedic readings. Readings come from poetry, skits, as well as excerpts from plays. No memorization is required, and the students always have a fun time. Performances are provided for LLI as well as for local clubs. This is a great course for anyone who feels they want to share their reading skills and develop some acting skills!

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**Laughing in a Foreign Language: Exploring Humor Around the World****Course: AD241263****Tuesday****January 30, February 6, 13, 20, 27, March 12****11:00-12:30****Instructor(s): Les Schaffer**

"Perhaps I know best why it is man alone who laughs; he alone suffers so deeply that he had to invent laughter" (F. Nietzsche). This course will look at humor from many different points of view from works that use strategies ranging from slapstick, verbal and visual jokes, irony, satire, and wordplay, to address the personal, the profane, the sacred, and the political. Though students will explore lots of gags, the course is not simply about jokes as humor often journeys in and out of the ambiguous areas around the funny, sad, and serious. Materials will be brought together from around the globe to explore the role of laughter and humor from ancient to contemporary life. Laughter is universal, and most humans are born with the capacity to laugh. But what it is that makes someone laugh is a different matter, depending on society and its language. And because it's culture-specific, humor tends to be what gets lost most easily in translation. In this time of increasing globalization and polarization, this course will question whether humor can be appreciated only by people with shared cultures or whether laughter can act as a catalyst for understanding the unfamiliar.

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**Watercolor and Acrylic Problem Solving Workshop****Course: AD241119****Wednesday, Thursday****January 31, February 1****9:00-2:30****Instructor(s): Beverly Perdue**

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

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**Woodcarving with Merv: Little Guys and a Relief Carving****Course: AD241035 \$10****Wednesday****February 7, 14, 21, 28, March 6, 13, 20, 27****9:00-11:00****Instructor(s): Merv Warner**

Students will carve "Little Guys" from 1x1x3 inch blocks of basswood and a small relief carving. Students should have basic carving tools: a knife, ruler, and pencil. Additional small gouges will be helpful. New students are welcome to learn the art of woodcarving. Students are welcome to contact the instructor with any questions: 804-310-7018 or mervinbwa@gmail.com. The course fee will cover the cost of the carving blanks.

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**Pencils, Stencils, and Pens A****Course: AD241259****Wednesday****February 7****9:30-12:30****Instructor(s): Sarah Matthews**

This course is for students who have little or no art training. Please register for only one session (A, B, or C) to allow all students a chance to participate. Inspired by the work of artist Jasper Johns, students will learn basic shading and blending techniques with markers, pens, and colored pencils and will use a variety of stencils to create an abstract design that can be filled in using the colors and techniques of their choice. Every student should bring two black fine-line permanent markers. Many supplies will be available for shared use or students may bring their own supplies, such as a regular pencil and a set of colored pencils (12 count or higher). The instructor recommends high-quality brands like Prismacolor and Derwent. Paper will be provided. Everyone will leave with a completed work and some new art skills!

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**Advanced Watercolor****Course: AD241012****Thursday****February 8, 15, 22, 29, March 7, 14****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: AD241111****Thursday****February 8, 15, 22, 29, March 7, 14****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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**Ballroom Dance: Hustle and Cha Cha****Course: AD241022****Friday****February 9, 16, 23, March 1, 8, 15, 22****12:00-1:00****Instructor(s): Doug McRae and Teresa Day**

Students will learn the Hustle and Cha Cha ballroom dances in this course. Each class will start with the basics of each dance and progress through many of the standard moves. The course is suitable for beginners and current dancers. Partners are recommended, and the instructors will do their best to accommodate dancers who arrive without a partner. 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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**Improvisation Games for Fun, Creativity and Brain Health****Course: AD241220****Monday****February 12, 26, March 4, 11, 18, 25****10:30-12:00****Instructor(s): GeGe Beall**

This course is for students who are ready to laugh and have fun while engaging their brains in healthy play. By playing the games that professional improvisational comedians play to loosen their brains up, students will learn how to be ready for anything. This is NOT a performance class, but it may feel like a playdate with friends. Failure is part of the process. Laughing a lot is expected. Trying again will be encouraged. Improvisation will help students tap into creativity and get out of standard ways of thinking. Researchers in a 2020 study found that improv "can increase creativity, decrease social anxiety, and increase our ability to tolerate uncertainty." Students are invited to come ready to laugh, say yes, and try new ways of playing.

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**Open Sketching Studio****Course: AD241265****Wednesday****February 14, 21, 28, March 6****10:00-11:30****Instructor(s): Hal Cauthen**

Artists and sketchers are invited to gather around the tables for an open sketching and drawing studio. The idea is to bring enthusiasts together for a fun, social opportunity to work on their own project. No formal instruction will be provided, but Hal will act as coordinator. Students should bring along a favorite reference to work on and all their own supplies. Happy sketching!

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**Interior Design Problem Solving****Course: AD241264****Monday****February 26****1:30-3:00****Instructor(s): Pat Meek**

This course will present some of the basics of what it takes to make an interior work well such as form, scale, texture, color, lighting, and style. Students will learn how to incorporate these techniques in searching for basic design solutions. Students are encouraged to bring some of their problem areas, and solutions will be recommended.

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**History of Music in Germany: A Nation of Music-Lovers****Course: AD241129****Wednesday****February 28, March 6, 13, 20, 27, April 17, 24, May 1****11:30-1:00****Instructor(s): Suzanne Levitas**

This course will be a classical music journey in Germany, from medieval chant and minnesingers to the rich tapestry of the 20th century. When one hears the phrase German music, they might immediately think of oom-pah folk music played during an Oktoberfest celebration, but German music is much more than that. In fact, Germany has produced some of the greatest musicians in history across a stunning variety of genres. German classical music has enjoyed a reign of several hundred years, but it was the composers of old – in particular, the Three Bs – who arguably put the country on the musical map. Johann Sebastian Bach was best known for his contributions to the Baroque Era. The Romantic Era gave birth to a handful of famous Germans, most notably Ludwig van Beethoven and Johannes Brahms. Germany has a rich and diverse history of music, and this vast and proud nation at the heart of Europe gave rise to innovators in opera (Richard Wagner) and many of the world's greatest classical composers (e.g., Hildegard von Bingen, Johann Pachelbel, Georg Philipp Telemann, George Frideric Händel, the Bach family, Giacomo Meyerbeer, Fanny and Felix Mendelssohn, Robert and Clara Schumann, Strauss's, Max Reger, etc.). Indeed, over the centuries, the best German musicians have created a body of work whose influences course through Western music. Germany has a higher per capita percentage of people who love classical music and regularly attend opera performances, orchestral concerts, solo recitals, and performances of chamber music. More people in Germany take their children to classical music performances, ensuring a larger audience for classical music through the generations. Prior knowledge of music is not required to enjoy this course.

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**Pencils, Stencils, and Pens B****Course: AD241260****Wednesday****February 28****12:30-3:30****Instructor(s): Sarah Matthews**

This course is for students who have little or no art training. Please register for only one session (A, B, or C) to allow all students a chance to participate. The class will be inspired by the work of artist Jasper Johns and learn basic shading and blending techniques with markers, pens, and colored pencils. Students will use a variety of stencils to create an abstract design that can be filled in using the colors and techniques of their choice. Every student should bring two black fine-line permanent markers. Many supplies will be available for shared use or students may bring their own supplies, such as a regular pencil and a set of colored pencils (12 count or higher). The instructor recommends high-quality brands like Prismacolor and Derwent. Paper will be provided. Everyone will leave with a completed work and some new art skills!

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**The Life and Selected Works of Caravaggio****Course: AD241257****Wednesday****March 6, 13, 20, 27****9:30-11:00****Instructor(s): Juana Levi**

Michelangelo Merisi da Caravaggio, known as Caravaggio, has been labeled pittore maledetto, the cursed painter. His early biographers said those who knew him personally called him “turbulent and quarrelsome” and “a madman.” His art, however, was unprecedented. Many modern scholars believe he almost single-handedly created the Baroque style of painting. Students will learn about this incredibly gifted yet self-destructive genius and the amazing art he created.

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**Ukulele Introduction and Jam****Course: AD241252****Wednesday****March 6, 13, 20, 27****10:30-12:00****Instructor(s): Rick Kaerwer**

The ukulele is one of the easiest stringed instruments to learn. With just four strings, chords are simpler, and the four sizes of ukuleles offer a very portable stringed instrument. Even the first chord played brings feelings of success. This course is for students who have never played the ukulele before or don't even own one. It's also for those who have been playing for 10 years and know every chord...and everyone in between! Students looking to learn will find help and students just looking to have fun are welcome too! No homework is required! Reading music is not required. Other instruments and singers are also welcome. The first 30 minutes will be for newer students to get started and learn some chords each week. The more experienced students may want to join 30 minutes after the start time when there will be music for all to play for the remaining hour. Intermediate skills will also be introduced. Students are encouraged to bring their own ukuleles to each class. Several student loaner ukuleles will be available for use during the class. The instructor can recommend fairly inexpensive instruments students can purchase on their own if desired.

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**Portraits in Watercolor****Course: AD241258****Tuesday****March 12, 19, 26, April 9, 16****10:30-12:30****Instructor(s): Poly Cline**

This exciting course is new to LLI! Nothing says love like a painted portrait of a special person in your life — to gift or as a keepsake. Students will choose the subject of the portrait. Step-by-step instructions will encourage success. No drawing skill is necessary. These techniques will also pave the way for painting future portraits — offering a new opportunity for artistic expression. A supply list will be available at registration and outside the office before class.

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**Fun With Paper Clay****Course: AD241262 \$15****Wednesday****March 13, 20, 27, April 17, 24, May 1****10:00-12:00****Instructor(s): Judith Onesty**

This course will introduce using paper clay to make picture frames and jewelry. The possibilities are endless! The clay is very lightweight, provides a way to create unique textures and designs, and is fun to wear. The colors will be up to the student! Everything from white and black to shiny pearl and metallic colors will be available. The course fee will provide the necessary materials. A supply list will be available at registration and outside the office.

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**Pencils, Stencils, and Pens C****Course: AD241261****Wednesday****March 20****12:30-3:30****Instructor(s): Sarah Matthews**

This course is for students who have little or no art training. Please register for only one session (A, B, or C) to allow all students a chance to participate. The class will be inspired by the work of artist Jasper Johns and learn basic shading and blending techniques with markers, pens, and colored pencils. Students will use a variety of stencils to create an abstract design that can be filled in using the colors and techniques of their choice. Every student should bring two black fine-line permanent markers. Many supplies will be available for shared use or students may bring their own supplies, such as a regular pencil and a set of colored pencils (12 count or higher). The instructor recommends high-quality brands like Prismacolor and Derwent. Paper will be provided. Everyone will leave with a completed work and some new art skills!

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**Ballroom Dance Practice for Partners****Course: AD241197****Friday****April 12, 19, 26, May 3****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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**Creative Thinking: Increase Awareness and See Life Differently****Course: AD241253****Monday****April 15, 22****9:30-11:00****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, "Learn how to see. Realize that everything connects to everything else."

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**YUPO and Watermedia Workshop****Course: AD241151****Monday, Tuesday****April 22, 23****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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**Nearpeer Tutorial and Tips A****Course: CO241199****Friday****January 19****10:30-12:00****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 chats, 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 Libby: The App for eBooks at the Library****Course: CO241216****Monday****January 22****10:00-11:30****Instructor(s): Cindy Arnold**

This is a hands-on course to get students started checking out eBooks from the Chesterfield County Public Library. Students should bring a tablet (preferable for reading) or smartphone (preferable for listening) and a library card to get set up. Libby is an app, so the device will need to have it already downloaded or be able to download apps. Devices such as eReaders cannot download apps, but help will be provided for those too. The course will be focused on the Libby app, and help with eReaders will be offered at the end of the class. Amazon account login information is necessary for anyone with a Kindle eReader.

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**Cyber Threats and Information Security Awareness A****Course: CO241207****Monday****January 22, 29****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 will discuss the importance of being able to spot and respond to fake package delivery notices, bogus voicemail notifications, and email and text message scams. Students will learn some ways to identify what is real and not real before sharing sensitive information or access to their online identity and accounts. Increasing awareness of cyber threats like phishing, compromised emails, SPAM, and false online communications can be a real safeguard. Students may feel better about being online after gaining this valuable knowledge.

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**More Artificial Intelligence: The Good, the Bad, and the Ugly****Course: CO241212****Tuesday****January 30****12:30-1:30****Instructor(s): Bob Ferguson**

Artificial Intelligence (AI) seems to be in the news constantly these days. It's not just for computer nerds to understand. Everyone can try to understand something about this technology, at least how it is developing and how it might impact life today and in the future. AI will eliminate some jobs, create others, as well as improve medical care and other technical fields, but what will happen to our privacy? How might it affect online media or democracy itself? Will it dramatically alter future wars? Lots of smart people have real concerns. This course will help students find out more about AI.

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**More Artificial Intelligence: The Good, the Bad, and the Ugly**

Course: CO241213

Thursday

February 1

9:30-10:30

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

Artificial Intelligence (AI) seems to be in the news constantly these days. It's not just for computer nerds to understand. Everyone can try to understand something about this technology, at least how it is developing and how it might impact life today and in the future. AI will eliminate some jobs, create others, as well as improve medical care and other technical fields, but what will happen to our privacy? How might it affect online media or democracy itself? Will it dramatically alter future wars? Lots of smart people have real concerns. This course will help students find out more about AI.

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**Google Photos B: Managing Thousands of Photos in Your Phone**

Course: CO241176

Thursday

February 1, 8, 15

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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**iPhone Basics: Part 1 of 2**

Course: CO241058

Friday

February 2, 9, 16

1:00-2:30

**Instructor(s): Mark Grubbs**

This is the first of a five-part series of iPhone and iPad courses (two Basics and three Intermediates). The two Basics courses are being offered this session. This will be an interactive course in which students will learn the basic setup and use of an iPhone (X, 11, SE, 12, 13, 14, 15) using the latest operating system (iOS 17). First, students will learn how an iPhone functions and how it uses the Cloud (iCloud). The course will also cover how to make contacts, send text messages, use the speakerphone, and find a lost iPhone using the Find My app. If time permits, Email or App Store apps will also be explored. There will be time for questions!

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**Artificial Intelligence A: History, Promises, Fears, and the Future**

Course: CO241209

Monday

February 5, 12

12:30-2:00

**Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. It is reported that half of all Artificial Intelligence (AI) researchers believe there is at least a 10 percent chance of AI causing human extinction, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions, or even playing God. In March 2023, major tech names including Elon Musk and Steve Wozniak, signed an open letter urging a halt to generative AI development over a profound risk to humanity. In this course, students will learn the definition of AI, along with its history, promises, fears, and futures. Each student will have the opportunity to form an opinion on the role this technology's future could play in their life.

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**Cable TV Alternatives A: Cutting the Cord**

Course: CO241076

Thursday

February 8, 15

11:00-12:30

**Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. Cable TV bills have a tendency to increase every year, and people often wonder what they're really paying for. This course will cover a cable bill in detail and explain all the charges. Additionally, alternatives to regular cable TV will be explored and explained. Students are encouraged to bring a copy of their cable bill to class along with a listing of the TV channels they normally view. The course will be casual with lots of time for questions.

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**Geological Wonders****Course: CO241128****Tuesday February 20, 27, March 12, 19, 26, April 9, 16, 23****12:15-1:30****Instructor(s): Bob Ferguson**

This course will present a series from the Great Courses and offer students an easy and enjoyable way to learn a bit about Geology. The Earth is a wonderful, mysterious planet and has many unusual places and behaviors to explore. Students will circle the globe to view scenic wonders and learn the forces that produce these sometimes dangerous but always interesting places.

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**Nearpeer Tutorial and Tips B****Course: CO241200****Wednesday February 28****2:00-3:30****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 chats, 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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**Geological Wonders****Course: CO241129****Thursday February 22, 29, March 7, 14, 21, 28, April 11, 18****9:15-10:30****Online****Instructor(s): Bob Ferguson**

This course will present a series from the Great Courses and offer students an easy and enjoyable way to learn a bit about Geology. The Earth is a wonderful, mysterious planet and has many unusual places and behaviors to explore. Students will circle the globe to view scenic wonders and learn the forces that produce these sometimes dangerous but always interesting places.

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**Password Management A: Browser-Stored Password Tools****Course: CO241204****Thursday February 22****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 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 the suggestions shared could make online life easier.

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**Lies and Statistics****Course: CO241201****Monday February 26, March 4, 11, 18, 25****11:00-12:00****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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**iPhone Basics: Part 2 of 2****Course: CO241059****Friday March 1, 8, 15****1:00-2:30****Instructor(s): Mark Grubbs**

This course is the second of a five-part series of iPhone and iPad courses (two Basics and three Intermediates). Anyone may attend this course, but those who attended iPhone Basics: Part 1 of 2 will be especially ready for this material. In this course, students will interactively learn some basic setup and use of an iPhone (X, 11, SE, 12, 13, 14, 15) using the latest operating system (iOS 17). Students will learn the basic setup and use of the Mail, App Store, and FaceTime apps. If time permits, the Safari app will also be explored. There will be time for questions!

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**Tips and Tricks in Google Apps A: Calendar, Mail, Chrome, Notes****Course: CO241203****Monday March 4, 11, 18, 25****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 will help students learn some basic skills along with tips and tricks involved with maximizing the use of four selected Google Apps: Google Calendar, Google Mail (Gmail), Google Chrome, 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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**Fun With Geology: It's Here, It's There...It's Everywhere!****Course: CO241211****Thursday March 7, 14****12:30-2:00****Instructor(s): Gary Dudley Nelson**

For the most part, a popular vision of Geology is not much more than one of a few well-worn scientists looking for fossils on a remote mountaintop. Conversely, best-selling author Simon Winchester wrote in his prologue to *The Map That Changed the World* that "Geology is a field of endeavor that underpins all knowledge, all understanding." The actual truth lies somewhere in between these viewpoints but may be a bit closer to Winchester's. In this course, students will take a very broad but shallow dive into the geologic domain and see to what extent it may underpin disciplines such as geography, history, economics, and politics. Don't worry! This course will not be Geology 101, nor a technical academic lecture. Rather, it will be a fun way to see the world and tie together multiple facets of current reality and past histories with geologic threads that are rarely ever considered. The instructor will present a short introduction, provide a mini tutorial on a few basic geologic concepts to set a foundation, and then go back to about 1500 AD to follow several strands of North American history. Geology played a role in the growth and development of this country. Finally, everyday life will be explored to surprisingly find numerous geologic connections. The instructor will consider this course successful if students say "I never thought of that!" several times during class.

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**Cyber Threats and Information Security Awareness B****Course: CO241208****Thursday March 7, 14****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 will discuss the importance of being able to spot and respond to fake package delivery notices, bogus voicemail notifications, and email and text message scams. Students will learn some ways to identify what is real and not real before sharing sensitive information or access to their online identity and accounts. Increasing awareness of cyber threats like phishing, compromised emails, SPAM, and false online communications can be a real safeguard. Students may feel better about being online after gaining this valuable knowledge.

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**Artificial Intelligence B: History, Promises, Fears, and the Future****Course: CO241210****Thursday****March 21, 28****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. It is reported that half of all Artificial Intelligence (AI) researchers believe there is at least a 10 percent chance of AI causing human extinction, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions, or even playing God. In March 2023, major tech names including Elon Musk and Steve Wozniak, signed an open letter urging a halt to generative AI development over a profound risk to humanity. In this course, students will learn the definition of AI, along with its history, promises, fears, and futures. Each student will have the opportunity to form an opinion on the role this technology's future could play in their life.

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**Google Photos A: Managing Thousands of Photos in Your Phone****Course: CO241175****Monday****April 8, 15, 22****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 is for anyone who is overwhelmed with the number of photos stored in their phone. Helpful tips for organizing and managing them with Google Photos will be shared as well as instructions on how to sync and access them in the Google Cloud. Everyone who takes photos on a mobile device could benefit from this course. It's possible to get the monster under control!

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**Tips and Tricks in Google Apps B: Calendar, Mail, Chrome, Notes****Course: CO241205****Thursday****April 11, 18, 25, May 2****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course will help students learn some basic skills along with tips and tricks involved with maximizing the use of four selected Google Apps: Google Calendar, Google Mail (Gmail), Google Chrome, 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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**Cable TV Alternatives B: Cutting the Cord****Course: CO241077****Friday****April 12, 19****10:30-12:00****Instructor(s): Mel Kauffman**

Please register for only one session (A or B) to allow all students a chance to participate. Cable TV bills have a tendency to increase every year, and people often wonder what they're really paying for. This course will cover a cable bill in detail and explain all the charges. Additionally, alternatives to regular cable TV will be explored and explained. Students are encouraged to bring a copy of their cable bill to class along with a listing of the TV channels they normally view. The course will be casual with lots of time for questions.

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**The Unknown Future of AI, It's Present, and It's Past****Course: CO241215****Tuesday****April 16****11:00-12:30****Instructor(s): Timothy Pace**

Through a series of videos, students and curious minds will learn about the origins and development of Artificial Intelligence (AI). Students will be encouraged to ask questions about this most intriguing subject matter. The unknown future of machines is starting now. Curious students only, and no scaredy cats allowed.

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**Intermediate iPhone and iPad: Part 1****Course: CO241092****Friday April 19, 26, May 3****1:00-2:30****Instructor(s): Mark Grubbs**

This course is the third of a five-part series of classes for iPhone and iPad (two Basics and three Intermediates). Students will need a fully charged iPhone (X, 11, 12, 13, 14, or 15) or iPad (no more than six years old). The Cloud and iCloud will be reviewed followed by the "to the max" use of the Contacts and Messages apps. If time allows, an additional app may be explored. There will be time for questions!

**Password Management B: Browser-Stored Password Tools****Course: CO241206****Monday April 29****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 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 the suggestions shared could make online life easier.

**DE****Diversity, Equity, and Inclusion****LGBTQ+ Basics****Course: DE241005****Tuesday January 30****1:30-3:30****Instructor(s): Michael Recant**

This course is designed to give students a basic understanding of the concepts and terminology associated with non-traditional sexuality in US society. There is a lot in the media about people who are lesbian, gay, bisexual, transgender, non-binary, intersex, etc., with little information about what any of that means. This course is intended to provide factual information in a non-judgmental fashion about the diverse approaches to sexuality in current society. Students will have the opportunity to discuss the discrimination that LGBTQ+ individuals experience and how they can be supported by their straight allies.

**Overcoming Blindness and Vision Impairments****Course: DE241006****Monday February 5****10:00-12:00****Instructor(s): Robin Hoerber**

This course will cover frequently asked questions regarding blindness and visual impairments. Hands-on equipment suggestions and resources for obtaining additional help will be provided. Problem-solving for everyday living with vision loss, recreational services, mobility, and managing social aspects of coping with vision impairments will also be discussed.

**The Upswing: A Book Review****Course: DE241004****Thursday February 15****11:00-12:30****Instructor(s): Bob Ferguson**

An unusual book by Robert Putnam and Shaylyn Garrett "The Upswing" was published in 2020. It attempts to understand the mood and behaviors of Americans over the last 125 years. It was written in a textbook style and is not very readable, but it has an abundance of information about how America started as an "I" society at the end of the 1800s, moved toward a "we" social structure by the middle of the last century, and have been moving back to an "I" society in recent years. The book posits that America is out of balance, and it is affecting the political system, civil rights, economic fairness, and much more. A video is available where the authors present their evidence and conclusions. There will be time for students to consider the authors' views and offer their own insights.

**Creating Belonging: High-Quality Connections****Course: DE241002****Tuesday March 12****2:00-3:30****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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**Diversity Committee Listening Session****Course: DE241001****Thursday March 21, 28****2:00-3:30****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.

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

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**Tax-Free Investing: It's Not What You Make It's What You Keep****Course: EF241162****Thursday January 18****10:00-11:00****Instructor(s): Shawn Doran**

Students will learn how certain investments can deliver tax-free income and possibly keep them in a lower tax bracket.

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**Identity Theft****Course: EF241117****Thursday January 25****10:30-11:30****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 they ever become a victim.

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**After the Last Paycheck: Will I Outlive My Money?****Course: EF241102****Tuesday January 30****1:00-2:00****Instructor(s): Ryan Poland**

This course is for students who have been impacted by the recent stock market decline. It's important to be aware of how long one's investment portfolio will sustain their current lifestyle. There is plenty of information about how to save for retirement but little information about how once retired to draw upon investments to provide the desired retirement income and maintain the desired lifestyle. This course will reveal the common financial pitfalls encountered by many retirees and learn techniques to avoid those mistakes.

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**Medicare 101: Making Sense of Medicare****Course: EF241113****Thursday****February 8****10:30-12:00****Instructor(s): Kendalle Stock**

This course will provide information on the following topics: a high-level overview of Medicare, how and when to enroll in Medicare, understanding the “lingo,” Medicare options, what Medigap (Medicare Supplement) policies cover, the gaps that exist in Medicare, and how to cover those gaps. Students who have been enrolled for only one day or for 40 years as well as students who haven’t yet received that lovely red, white, and blue card in the mail will all gain valuable information. Paper and a pen are suggested for taking notes!

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**Organizing Financial Records in Four Steps****Course: EF241118****Thursday****February 15****11:00-12:00****Instructor(s): Sabrina Guerin****Online**

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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**Common Retirement Pitfalls and How to Avoid Them****Course: EF241160****Tuesday****February 20****10:00-11:30****Instructor(s): Russell E. Lundeberg Jr. and Ryan D. Greenlee**

Making the right decisions about retirement can have a positive impact on an individual and their family for many years to come. During this course, students will learn how to avoid common retirement pitfalls and make decisions that will offer the best chance to retire successfully. The topics covered will include the nine most common mistakes retirees make and how to avoid them; how to protect hard-earned retirement savings from volatility; how to plan and prepare for unexpected health expenses; how to maximize Social Security; and tax-saving strategies for retirement.

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**Long Term Care Funding and Resource Options****Course: EF241158****Wednesday****February 21****9:00-11:00****Instructor(s): Linda Tsironis Caruthers, Jay Mann, and Dori Abell**

This course will help students make an informed and educated decision regarding the most tax-efficient way to pay for long term care and how long term care planning works in tandem with home care and assisted living communities. The discussion will center around long term care insurance plan design, core features of a policy, as well as various funding options available based on health, age, marital status, and financial circumstances. Claim-filing tips for long term care benefits will also be shared. All questions will be welcome.

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**Estate Planning****Course: EF241115****Tuesday****February 27****10:00-11:30****Instructor(s): Paula Peaden****Online**

Delving into future planning now ensures that preferences and directives concerning financial assets will be accurately executed in the future. This course will explore various legal options available to facilitate optimal decision-making. Questions will be encouraged and welcomed for the discussion!

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**What Kids Need to Know: Preparation and Legacy Preservation****Course: EF241140****Wednesday****February 28****9:30-11:00****Instructor(s): James E. Davidson, Jr., CFP®**

Many people fail to prepare adequately for life's major events, emergencies, and inevitable ending, creating chaos for loved ones and conflict among beneficiaries. This course will present best practices, action steps, and resources available to improve preparedness and legacy preservation. 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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**Social Security 101: Everything You Wanted to Know****Course: EF241144****Wednesday****February 28****1:30-3:00****Instructor(s): Jackie Weisgarber**

Social Security has provided financial protection for our nation's people for over 80 years. This course will cover the following topics: eligibility; early retirement; qualifying for disability, survivors, and spouse benefits; getting the most from Social Security; the future of Social Security; the best timing to file for Medicare; and how to use my Social Security online account and other online services.

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**Financial Modeling Using Artificial Intelligence (AI)****Course: EF241157****Thursday****February 29****1:30-3:30****Instructor(s): Damir Strmel**

This course will show students how to use a spreadsheet for various financial modeling applications. Topics to be covered may include: 1) Creating and maintaining a portfolio. Tracking performance using time-weighted methodology. 2) Creating tables that project the effects of portfolio growth, withdrawals, and additions over time to understand how long it may take to deplete the portfolio. 3) A demonstration of some simple AI techniques capable of modeling portfolio performance and recommending optimal times to adjust allocations across various asset classes. By the end of the workshop, students should have acquired enough knowledge to assess for themselves how their investments have worked for them, some available alternatives, and some ways to compare alternatives by building simple models/tables in a spreadsheet. Examples of the models presented in class will be available to students with a handout at the beginning of the course. There will be three 30-minute sections with 15-minute breaks between sections.

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**Demystifying the Bond Market****Course: EF241159****Wednesday****March 6****2:00-3:30****Instructor(s): Liz Brown**

As individuals approach retirement, fixed-income instruments tend to become a larger part of the portfolio. However, most retail investors do not understand the ins and outs of these investments. During this course, students will discuss the different aspects of fixed-income investments that investors should be aware of and the implications these aspects may have on their portfolio especially as they approach and enter retirement.

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**Estate Settlement and the Probate Process****Course: EF241104****Thursday****March 7****11:30-1:30****Instructor(s): Mark Mikuta, CPA, CFP**

Most folks are familiar with estate planning. While many have heard of the probate process, few 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 offer answers to these questions and more.

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**Surviving in Today's Economy****Course: EF241155****Thursday****March 14****11:30-12:30****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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**Virginia Long Term Care Options and How to Pay for Them****Course: EF241150****Monday****March 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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**Death and Taxes: The Only Certainties in Life?****Course: EF241012****Tuesday****April 9****10:30-11:30****Instructor(s): Ryan Poland**

This course is for students who are interested in paying less tax today and from their estates. What might be tax-efficient for an individual is not necessarily true for their heirs. Handling tax and estate planning becomes part of one's legacy. This course will present strategies that address these and other important tax and estate planning concerns.

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**Virginia Long Term Care Options and How to Pay for Them****Course: EF241151****Tuesday****April 16****1:30-2:30****Instructor(s): Jeremy L. Pryor, Esq.****Online**

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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**Medicare 101: Making Sense of Medicare****Course: EF241138****Wednesday****April 17****9:30-11:00****Instructor(s): Kendalle Stock****Online**

This course will provide information on the following topics: a high-level overview of Medicare, how and when to enroll in Medicare, understanding the "lingo," Medicare options, what Medigap (Medicare Supplement) policies cover, the gaps that exist in Medicare, and how to cover those gaps. Students who have been enrolled for only one day or for 40 years as well as students who haven't yet received that lovely red, white, and blue card in the mail will all gain valuable information. Paper and a pen are suggested for taking notes!

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**Financial Preparedness for Emergencies****Course: EF241132****Wednesday****April 17****1:30-3:00****Instructor(s): Chesterfield County Emergency Management Staff**

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

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**Common Retirement Pitfalls and How to Avoid Them****Course: EF241161****Thursday****April 18****11:00-12:30****Online****Instructor(s): Russell E. Lundeberg Jr. and Ryan D. Greenlee**

Making the right decisions about retirement can have a positive impact on an individual and their family for many years to come. During this course, students will learn how to avoid common retirement pitfalls and make decisions that will offer the best chance to retire successfully. The topics covered will include the nine most common mistakes retirees make and how to avoid them; how to protect hard-earned retirement savings from volatility; how to plan and prepare for unexpected health expenses; how to maximize Social Security; and tax-saving strategies for retirement.

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**Stock Market and Elections****Course: EF241114****Tuesday****April 23****2:00-3:30****Instructor(s): James E. Davidson, Jr., CFP®**

The current economic and political challenges may seem unprecedented, but a look back at presidential elections since 1934 shows controversy and uncertainty have surrounded every race. This course will discuss investing challenges and opportunities during an election year.

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**Outsmart the Scammers****Course: EF241147****Thursday****May 2****10:00-11:00****Instructor(s): Shawn Doran**

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

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**EL****Literature, Poetry, and Film**

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**Aspiring Writers' Critique****Course: EL241015****Friday****January 26, February 9, 23, March 8, 22, April 12, 26****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.

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**LLI Literary Society Orientation****Course: EL241100****Tuesday****January 16****12:30-1:30****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 spring session. Participants will select four of eight titles to read between January and April 2024. 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 celebration is scheduled at the end of the Spring 2024 session to recognize participation and commemorate the theme. The theme for this session is "The British Are Coming, The British Are Coming." Selected titles and suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided at this brief orientation with information on participation and a review of this session's selected titles. Attendance at orientation is not required but is strongly encouraged.

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**LLI Literary Society Orientation****Course: EL241101****Wednesday****January 17****10:00-11:00****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 spring session. Participants will select four of eight titles to read between January and April 2024. 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 celebration is scheduled at the end of the Spring 2024 session to recognize participation and commemorate the theme. The theme for this session is "The British Are Coming, The British Are Coming." Selected titles and suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided at this brief orientation with information on participation and a review of this session's selected titles. Attendance at orientation is not required but is strongly encouraged.

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**Enjoy Poetry****Course: EL241043****Wednesday****January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24****11:00-12:00****Instructor(s): Bob Ferguson and Timothy Pace**

Bob and Tim will continue doing their best to keep this course fresh and interesting for students by including many different poets, topics, videos, and even song lyrics. Students are encouraged to contribute original works or favorite poems on "bring your own poems" days. This course is for returning students as well as those who are not sure if they will really "enjoy poetry."

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**Funny and Happy Movies Showcase****Course: EL241112****Monday****January 22, 29, February 5, 12, March 11, 18, April 22****1:00-3:00****Instructor(s): Al and Lil Meyer**

Team Meyer will scour local sources of DVDs and students' suggestions for the movies showcased in this popular course. Sources will include obvious places like the library, the internet, and friends' collections, but also a good bit of oldies and goodies will make an appearance. Suggestions with a DVD accompaniment are the best. Favorable considerations will be given for good Google ratings, happy songs, singing pieces, and universal humor. Movies will be shown with subtitles when available. Popcorn will be provided, and cheering encouraged! See you at the movies! An intermission will be included in the middle, and a discussion will be encouraged at the end.

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**Film 101: The Silent Comedians****Course: EL241113****Tuesday****January 23, 30, February 6, 13, April 23, 30****9:00-10:30****Instructor(s): Josh Pachter**

In previous courses, Josh Pachter introduced the prehistory and then the early history of the movies. In this new course, he will take the next logical step and focus on the most popular category of film's silent era: the comedy. Students will focus in on the four most important silent comedians: Charlie Chaplin, Buster Keaton, Harold Lloyd, and Harry Langdon. Some of their contemporaries will also be covered including Mack Sennett, Roscoe "Fatty" Arbuckle, and Mabel Normand.

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**Memoir Writing****Course: EL241048****Tuesday****February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****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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**Should These Books Be Banned?****Course: EL241116****Wednesday****February 7, March 6, 27, May 1****2:00-3:30****Instructor(s): Linda Kerman and Deb Hood**

Anne Frank: The Diary of a Young Girl, The Color Purple, and The Kite Runner are books that have all been challenged and/or banned. This new course will begin by examining the differences between challenging and banning a book. Students will explore questions such as, "Who has the power to challenge or ban a book?" and "Can a challenge or ban be reversed?" In later classes, current, real-life situations related to challenging and banning books will be shared. Students will discuss a controversial novel that could be a candidate for challenging and/or banning. The course will explore information about each author, the history of each novel, and the possible reasons for challenging and/or banning it. Please note that all the books differ from those covered in previous courses. Students should plan to read each novel in advance, so they can actively participate in each lively discussion. The first book is Mad Honey by Jodi Picoult and Jennifer Finney Boylan.

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**LLI Literary Society Feedback and Book Swap****Course: EL241114****Wednesday****March 6****12:30-1:30****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 spring session. The theme for this session is "The British Are Coming, The British Are Coming." This course is an opportunity for participants to share feedback and swap books if they so choose.

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**Children's Book Review****Course: EL241109****Thursday****March 14****10:30-12:00****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 five. He loves books about dinosaurs, science, and comic-style books with fun characters. He loves the Elephant and Piggie series, Investigators, and DinoMighties. This course will give students an opportunity to share their favorite children's books with Lucas. 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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**Baby X Discussion: Combining Thriller Writing and Cutting-Edge Science****Course: EL241115****Friday****March 15****11:00-12:00****Instructor(s): Kira Peikoff****Online**

Science journalist and author Kira Peikoff is known for her incredible thrillers that incorporate mind-blowing high-tech, cutting-edge science related to DNA, life sciences, and bioethics. She has authored books including Mother Knows Best and No Time to Die. This course will be an author-led discussion of her new book: Baby X: A Thriller! When any biological matter can be used to create life, stolen celebrity DNA sells to the highest bidder—or the craziest stalker—in this propulsive thriller. In the near-future United States, where advanced technology can create egg or sperm from any person's cells, celebrities face the alarming potential of meeting biological children they never conceived. Brilliantly plotted and terrifyingly prescient, Baby X is an unpredictable and relentless speculative thriller.

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**The Boy, the Mole, the Fox and the Horse**

Course: EL241108 \*\$18

Tuesday March 26

1:30-3:30

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.

**Obituary Writing Workshop**

Course: EL241090

Monday April 8

1:30-2:30

Instructor(s): Jennifer S. Moss

Transforming a solemn topic into an engaging experience, this course will focus on personal storytelling. Students will craft narratives about their lives, exploring life legacies and techniques to present these details effectively. Discussions will cover the significance and origins of obituaries, emphasizing what holds personal importance to each individual.

**Author Platforms: The Starting Line**

Course: EL241091

Friday April 19

11:00-12:00

Online

Instructor(s): Heather Weidner

Traditionally and independently published authors are expected to do a lot of book marketing and promotion. This course is an introduction to how to build an author platform.

**FI****Fitness****Chair Yoga Tuesday**

Course: FI241006 \$20

Tuesday January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30

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: FI241009 \$20****Tuesday****January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****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.

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**Wednesday Fun Fitness****Course: FI241017 \$20****Wednesday****January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1****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!

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**Sit and Be Fit Wednesday****Course: FI241018 \$20****Wednesday****January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1****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!

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**Chair Yoga Online****Course: FI241031 \$20****Wednesday****January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1****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.

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**Pilates, Sculpt, and Barre****Course: FI241015 \$20****Wednesday****January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1****2:30-3:30****Instructor(s): Linda McDorman**

This course combines several fitness components to help condition the body, build flexibility, muscle strength, endurance, and balance. Pilates emphasizes correct spinal alignment and breathing as well as strengthening the core muscle groups. Barre focuses on the lower body and core, developing strength and flexibility from the ankles up through the calves, knees, thighs, glutes, and abdominals. The Sculpting portion will address any muscle groups not covered by Pilates and Barre. Students should be prepared for moderate to occasionally intense exercise utilizing a small ball, hand weights, and exercise bands. Some time will be spent down on the mat and some standing. Students will need to bring their own yoga or Pilates mat to each class.

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**Zumba Gold Online**

Course: FI241020 \$20

Thursday

January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2

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.

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**Sit and Be Fit Thursday**

Course: FI241005 \$20

Thursday

January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2

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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**Chair Yoga Thursday**

Course: FI241010 \$20

Thursday

January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2

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.

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**Cardio and Strength Online**

Course: FI241034 \$20

Thursday

January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2

1:30-2:30

Online**Instructor(s): Nicole Thomas-Jackson**

This online fitness course is a fun and convenient way to move, strengthen, and stretch. Students will get their heart rates up while moving to music. It includes a mix of cardio and strength work, as well as stretching, balance, and core work towards the end of class. Modifications will be shared with the class. Please wear loose, comfortable clothing, and appropriate footwear (workout sneakers - walking, running, or cross trainer shoes - sturdy and supportive!) and have hand weights, a resistance band, a chair, water, and a towel handy! This is an online fitness course. It's appropriate for anyone who wants to move, strengthen their bodies, and protect their joints.

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**Gentle Yoga Thursday****Course: FI241007 \$20****Thursday****January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****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.

**Low Impact Friday****Course: FI241003 \$20****Friday****January 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22, April 12, 19, 26, May 3****8:30-9:30****Instructor(s): Linda McDorman**

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

**Chair Yoga Friday****Course: FI241029 \$20****Friday****January 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22, April 12, 19, 26, May 3****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.

**Low Impact Monday****Course: FI241001 \$20****Monday****January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29****9:00-10:00****Instructor(s): Sherella Brown**

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

**Strengthen and Stretch Online****Course: FI241030 \$20****Monday****January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29****10:00-10:45****Online****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.

**Sit and Be Fit Monday**

Course: FI241004 \$20

Monday

January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29

10:00-10:45

Instructor(s): Sherella Brown

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

**Gentle Yoga Monday**

Course: FI241028 \$20

Monday

January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29

11:00-12:00

Instructor(s): Linda McDorman

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

**HS****History, Humanities, and International Studies****Founding Brothers and Cousins**

Course: HS241633

Tuesday

January 16, 23, 30, February 6, 13, 20, 27, March 12

11:00-12:00

Instructor(s): Shep Smith

Americans are familiar with the major leaders of the Revolution who are called the Founding Fathers: George Washington, Benjamin Franklin, Alexander Hamilton, and more; however, there were many other leaders in the Revolution as well. Americans might know their names but very little about them or their contributions. There was Nathaneal Greene, the "Fighting Quaker," whom Washington picked to be his successor. Henry Knox, a young bookseller, became the commander of the artillery. Michel-Louis-Christophe-Roch-Gilbert du Motier, Marquis de La Fayette was a French teenager (19) who illegally left France and came to America and was made a general in the Continental Army. Finally, there was Daniel Morgan, a semi-literate frontier Indian fighter from Virginia, who rose to the rank of general in the Continental Army. This course will explore the lives and contributions of these Founding Brothers and Cousins.

**Founding Brothers and Cousins**

Course: HS241634

Tuesday

January 16, 23, 30, February 6, 13, 20, 27, March 12

1:30-2:30

Online

Instructor(s): Shep Smith

Americans are familiar with the major leaders of the Revolution who are called the Founding Fathers: George Washington, Benjamin Franklin, Alexander Hamilton, and more; however, there were many other leaders in the Revolution as well. Americans might know their names but very little about them or their contributions. There was Nathaneal Greene, the "Fighting Quaker," who Washington picked to be his successor. Henry Knox, a young bookseller, became the commander of the artillery. Michel-Louis-Christophe-Roch-Gilbert du Motier, Marquis de La Fayette was a French teenager (19) who illegally left France and came to America and was made a general in the Continental Army. Finally, there was Daniel Morgan, a semi-literate frontier Indian fighter from Virginia, who rose to the rank of general in the Continental Army. This course will explore the lives and contributions of these Founding Brothers and Cousins.

**Archaeological Mysteries**

Course: HS241640

Tuesday

January 16, 30, February 13, 27

2:30-3:30

Instructor(s): Rick Kinnaird

This course will present answers to four archaeological mysteries from around the world. Where is the Snake Kingdom? Has Nefertiti been found? Has Tomb KV5 been re-discovered? What are the new discoveries and theories about Khufu's Pyramid? Students are invited to join this exciting expedition!



**Cultural Anthropology: Indigenous American Spirituals****Course: HS241002****Wednesday****January 17, 31, February 14, 28, March 13, 27, April 17, 24, May 1****9:00-10:30****Instructor(s): Annebel Lewis**

Each Indigenous nation has a distinctly unique identity, history, and language that informs its practices and beliefs. In the United States alone there are 567 federally recognized Nations. This course will explore eight of them including their oral traditions, key value systems, ceremonies, and everyday life. Indigenous American cultures and religious practices are very often deeply rooted in their geographic locations. This is an opportunity to unlearn the colonialist perspective of Indigenous cultures and understand their traditional knowledge and spiritualism. Recommended reading is "Native American Spiritualism" by L. M. Arroyo.

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**Current Events Discussion****Course: HS241003****Wednesday****January 17, 31, February 14, 28, March 13, 27, April 17, May 1****1:30-3:00****Instructor(s): Roy Dahlquist and Lee Winne**

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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**Aerial America and Beyond****Course: HS241599****Thursday****January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****2:00-3:00****Instructor(s): Timothy Pace**

In this course, students will continue visiting states by air through the Smithsonian Aerial America series. Class discussion of where students have visited or lived will be encouraged. The countries of Zambia and Botswana in Africa and a detailed tour of New Zealand are also on the itinerary. Buckle up!

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**The Guide to Essential Italy****Course: HS241641****Friday****January 19, 26, February 2, 9, 16, 23, March 8, 15, 22****9:30-11:00****Instructor(s): Timothy Pace**

This course will feature the epic travel adventure from The Great Courses and Smithsonian's travel arm, Smithsonian Journeys, which will deliver a feast of cultural and historical riches. Students will explore Rome, visiting the Colosseum and the Roman Forum, before moving on to Vatican City. Florence and the Etruscan countryside will also be on the itinerary.

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**Colonial Beginnings: Lost and Founded****Course: HS241482****Monday****January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8****10:30-12:00****Instructor(s): Edward Blackwell**

From Roanoke Island to Georgia, for religious freedom, for capitalist venture, for nationalism--and for other reasons--the areas now known as the original thirteen colonies were formed. Some were started by the English, while others were absorbed by them. Conflicts sometimes occurred within, with other colonies, with the mother countries, or with the original inhabitants. Through the mist, the thirteen emerged. Some were similar, while others were unique. Join this course to explore their founding. Log cabins, industry, religious tolerance, religious persecution, and cash crops all came to the New World!

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**Powhatan Indians of Virginia****Course: HS241653****Monday January 22****1:00-2:00****Instructor(s): Joshua LeHuray**

This course will be presented by Henricus Historical Park's Education Supervisor Josh LeHuray, and students will learn about the lives of the Powhatan Indians of Virginia in the 17th century by exploring the food, hunting, transportation, social dynamics, and tribal structure of the group known as The People of the River. Historic paintings and images from Henricus will be displayed.

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**Hanover Tavern: Development and History****Course: HS241348****Tuesday January 23****12:30-1:30****Instructor(s): David Deal**

The current Hanover Tavern was built to replace an earlier building and was constructed in phases: 1791, 1822, and 1832. This course will address the development of this historic structure and its important architectural features. This will include the discovery and interpretation of the cage bar and a current exhibit featuring a piece of furniture owned by a founding father and Hanover County native, Patrick Henry. This course is designed as an introduction to the Tavern in preparation for the onsite tour scheduled in February.

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**Great Decisions****Course: HS241089 \*\$40****Tuesday January 23, February 20, March 19, April 16****2:00-3:30****Instructor(s): Bob Ferguson**

This course is an ongoing discussion of foreign policy issues. Eight topics are provided by the Foreign Policy Association which are included in the newest edition of their Great Decisions book. The 2024 book may be optionally purchased through the office, and payment is due at the time of registration. The book is not required, and the instructor will supply each student with information on the topic for discussion. There is usually a video presentation followed by a group discussion of the topic. The topics for this term are as follows: January – TBD, February - Mideast Realignment, March - Climate Technology and Competition, and April - Science Across Borders.

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**Heroes of History****Course: HS241639****Tuesday January 23, 30, February 6, 13, 20, 27, March 12, 19****2:00-3:30****Instructor(s): Paul Glancy**

This course will explore the biographies of some of history's greatest heroes, from George Washington to Nelson Mandela, from TE Lawrence to Martin Luther King, from Aung San Su Kyi to Winston Churchill, and more. Students will examine common attributes and behaviors of such heroes and also shortcomings that made them all too human.

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**Cornelius Mimms: A Legend and Legacy (1857-1932)****Course: HS241646****Wednesday January 24****9:30-11:00****Instructor(s): Audrey M. Ross**

This course will explore the contributions and accomplishments of an African-American Chesterfield County resident: Cornelius Mimms. Students will learn about his roles as a trailblazer, a teacher, an attorney, a Dean of the Richmond Bar, a Supervisor of Roads, a Supervisor of the Poor, a church leader, and the First Black to serve on the Chesterfield Board of Supervisors.

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**A Teenager Goes to Congress**

Course: HS241635

Monday

January 29, February 5, 12

9:00-10:00

Instructor(s): Bernie Henderson

Bernie Henderson served as an Assistant Tally Clerk in the U. S. House of Representatives from late 1968 until late summer of 1971, while attending college. In this course, he will provide an insider's look from the perspective of a teenage college student of the "workings" of Congress. Topics will include: Anecdotes and vignettes of daily (and nightly) activities of the House; planning for the beginning of the 91st Congress and its first two days, including the election of the Speaker, the attempted refusal to seat a Member, and a dispute over Electoral College ballots resulting in the election of the Nixon-Agnew Administration; and the super-secret role of being a courier between Members of Congress and former President Lyndon B. Johnson, including stories about the LBJ Ranch and President Johnson.

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**Stabilizing Democracy: Women's Suffrage in the US and Japan**

Course: HS241645

Wednesday

January 31

10:00-11:00

Online

Instructor(s): Amanda Williams

In the United States and Japan, women's suffrage came in the aftermath of world wars. For American women, their contributions to World War I created an irrefutable argument in favor of the 19th Amendment. For Japanese women, Japan's defeat in World War II brought them a powerful new ally – General Douglas MacArthur. Join MacArthur Memorial historian Amanda Williams for an overview of how these periods of crisis and change resulted in women's suffrage in the US and in Japan.

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**Music and Culture of the 1960s: The Times They Were A-Changin'**

Course: HS241643

Thursday

February 1, 8, 15, 29, March 7, 14, 21, April 11

9:30-10:30

Instructor(s): Vic Thompson

In his song, "The Times They Are A-Changin'," Bob Dylan summarized the hopes and dreams of the 60s. The decade began with the election of John F. Kennedy and ended with the stalemate of Vietnam. In 1961, Kennedy promised the country that "the torch has been passed to a new generation," and by the end of the decade, some of that promise had begun. In this course, students will explore the music, history, and culture of the people who tried to carry that torch for a new and changed America. This will be a lecture and discussion course with many songs and videos.

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**Lessons from the Holocaust**

Course: HS241656

Thursday

February 1

11:00-12:00

Instructor(s): Dr. Roger M. Loria

Dr. Loria was born in Antwerp to a large and loving family in 1940, but the war left him and his mother the sole survivors. In 1949, they immigrated to Israel with the Jewish orphanage and began a new life there. Though his life began in the Holocaust, his story is not defined by it. This course will present Dr. Loria's lessons from the Holocaust, how he was declared a deserter, and how he has carried these lessons throughout his academic career.

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**Adventures of the Camino**

Course: HS241381

Tuesday

February 6

2:00-3:30

Instructor(s): Robert Abbott

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

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**No Time to Grieve Documentary****Course: HS241617****Friday February 9****12:30-2:30****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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**The Jewish Community in the Confederacy****Course: HS241655****Tuesday February 20****9:30-10:30****Instructor(s): Waite Rawls**

Most people don't realize that there were more Jewish people in the South than in the North at the time of the Civil War or that they were more prominent in their communities. Who were they? Where were they? What roles did they play?

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**Nazi Millionaires****Course: HS241286****Wednesday February 21****10:00-12:00****Instructor(s): Kenneth D. Alford**

During the final days of World War II, German SS officers crammed trains, cars, and trucks full of gold, currency, and jewels and headed for the mountains of Austria. Fearful of arrest and determined to keep the stolen loot out of Allied hands they concealed their treasures and fled. Although most of the men were eventually apprehended, many managed to evade capture making their way into South America. The intensive postwar Allied investigation that followed recovered but a sliver of this mountain of gold. This course is based on thousands of pages of unpublished and recently declassified intelligence memorandums, police reports, letters, diaries, journals, and related documents. Adolf Eichmann made a last-ditch effort to hide millions in gold in a small Austrian pasture before fleeing to Argentina. The real story behind SS Officer Kurt Becher and Zionist Rudolf Kastner, who traded their souls for gold in Budapest, will be revealed. Also, the enigmatic Frederick Schwend with his fortune along with Klaus Barbie and their getaway into South America will be detailed. The personal items belonging to Adolf Hitler, Eva Braun, and other Nazis were of interest to the Allies. What happened to these valuables and what fate befell these people?

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**Chesterfield County's 275th Anniversary: Celebrating the Past, Looking to the Future****Course: HS241647****Thursday February 29****11:00-12:00****Instructor(s): Bryan Truzzie**

To celebrate the upcoming 275th anniversary in 2024, Chesterfield County will organize a calendar of special events throughout the year to celebrate its historic roots and illustrious past. This course will highlight significant accomplishments from the past and share the vision for the future. To recognize and honor this monumental anniversary of the creation of the County, a special celebration will be organized in May. Students will discover some of the unique accomplishments that were made in 1999 for the 250th anniversary and what specifically is planned for the upcoming year.

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**A Teenager Goes to Congress****Course: HS241636****Monday****March 4, 11, 18****9:30-10:30****Online****Instructor(s): Bernie Henderson**

Bernie Henderson served as an Assistant Tally Clerk in the U. S. House of Representatives from late 1968 until late summer of 1971, while attending college. In this course, he will provide an insider's look from the perspective of a teenage college student of the "workings" of Congress. Topics will include: Anecdotes and vignettes of daily (and nightly) activities of the House; planning for the beginning of the 91st Congress and its first two days, including the election of the Speaker, the attempted refusal to seat a Member, and a dispute over Electoral College ballots resulting in the election of the Nixon-Agnew Administration; and the super-secret role of being a courier between Members of Congress and former President Lyndon B. Johnson, including stories about the LBJ Ranch and President Johnson.

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**Intro to the United States Constitution****Course: HS241657****Monday****March 4****9:30-10:30****Instructor(s): Dr. John Lemza**

This course will focus on the structure of the Constitution and highlights of the content of the founding document and amendments. This will be a unique intergenerational and interactive opportunity, as elementary-age students from the Classical Conversations Charter Colony community will be invited to attend and participate.

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**Rachel Carson's America A: Green Revolutions****Course: HS241610****Wednesday****March 6, 13, 20, 27****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. 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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**Votes for Women: Changing the Constitution****Course: HS241654****Wednesday****March 6****1:30-2:30****Instructor(s): Miller Bowe**

How are amendments added to the U.S. Constitution and why are they important? How does the passage of new amendments demonstrate the relationship between the three branches of government? One of the most significant amendments was passed in 1920 with the 19th Amendment which granted American women the right to vote. This exploration of the women's suffrage movement in the United States will be presented by Miller Bowe, Museum Educator for Preservation Virginia's John Marshall House—the 1790 home of the Father of the Supreme Court and champion of the Constitution. How did the 19th Amendment impact American law and society? What shortcomings did the 19th Amendment have and how did American women overcome them?

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**History of the United States Constitution****Course: HS241632****Tuesday****March 12, 19, 26, April 9, 16****9:00-10:30****Instructor(s): Dr. John Lemza**

Considered by many to be the foundational document of our nation, the origin and structure of the Constitution, as well as its influence on our society, are largely unfamiliar to most Americans. This course will unpack that living document, study its controversial history, and explore the ways that it shapes and informs the lives and identity of Americans. Included will be a discussion of the Electoral College, the amendment process, and landmark court cases.

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**Ancient Near East Prosperity, Destruction, and Excavation: Tell Lachish****Course: HS241644****Monday****March 18, 25, April 8, 15, 22****12:30-2:00****Instructor(s): Jon Waybright**

This course will seek to explore the vibrant and culturally rich past of ancient Lachish through its material artifacts, amazing inscriptional finds, and references from its Near Eastern neighbors, left behind by her occupants and unearthed from nearly a century of archaeological investigation. This material culturally reflects periods of both stability and instability as one would expect, and this allows a glimpse into the welfare of a city-state in the southern Levant as it rose and fell over the millennium, as did so many others that were caught between the major political empires of the ancient Near East: Egypt, Babylonia, Assyria, and Persia. Ideally located on the land bridge of ancient Israel, at the crossroads of major trading networks and in some of the region's most fertile land, Lachish took advantage of its geography in terms of both commerce and localized agriculture, ushering in several periods of great prosperity. The nearly rectangular tell ("mound" or "ruin" in Hebrew/Arabic) extends over 22 acres on the summit. Nearby wells provided abundant water for drinking and vegetation. Surrounded by deep ravines on all sides, except at the vulnerable southwest corner, Lachish was easily defended. Yet paradoxically, that same location would in turn cause Lachish to succumb to the power plays and political challenges of its neighbors' seemingly unending expansion attempts and changing political alliances. The rich tell has attracted over a half dozen major and minor expeditions from the 1930s to the present. British, Israeli, American, Australian, and most recently Korean teams have made exceptional discoveries and distinguished seven main occupation levels of the site.

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**The Life, Art, and Historical Significance of Norman Rockwell****Course: HS241619****Tuesday****March 19****11:00-1:00****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 almost 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 been the subject of recent scholarly study, so students will also survey his three marriages, his family life, and the treatment he has received from 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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**President Grover Cleveland's "Boring" Life****Course: HS241651****Wednesday****March 20****2:00-3:30****Instructor(s): James Triesler**

A prospective teacher once asked a college professor, "How do we teach about someone as boring as Grover Cleveland?" The only president to serve two non-consecutive terms and the only president to be married in the White House was anything but boring! Learn about the "boring" life of the 22nd and 24th President of the United States during the week of the 187th anniversary of his birth.

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**Archaeology of Magnolia Grange****Course: HS241471****Thursday****March 21****11:00-12:00****Instructor(s): Bryan Truzzie**

This course will address the history of Magnolia Grange and the archaeological evidence recovered from previous studies and research conducted.

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**Hitler's Realities and How Fiction Explains It**

Course: HS241615

Thursday

March 21

1:00-3:00

Online

Instructor(s): Dr. Alan A. Winter

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, 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 will present how the instructor 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 altered the historiography of events that led up to World War II and the Holocaust. The course will also explore if Putin's realities were Hitler's.

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**The Road to War: 1919-1939**

Course: HS241648

Monday

March 25

10:30-11:30

Online

Instructor(s): Christopher L. Kolakowski

The 20-year interwar period was highly active in Europe, as the continent grappled with the aftermath of World War I. This course will survey the period and its major events, exploring how Europe went to war in 1939.

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**The Orient Express**

Course: HS241649

Monday

April 8

9:00-10:00

Instructor(s): George Saunders

The Orient Express conjures up images of intrigue, suspense, romance, danger, and extreme luxury all at the same time. The most beautiful train in the world delivers passengers to some of the most desirable destinations like Vienna, Austria, and Paris, France. Students in this course will experience the most exotic trip on rails. All Aboard!!!

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**Chesterfield Courthouse Green Architecture**

Course: HS241587

Thursday

April 11

11:00-12:00

Instructor(s): Bryan Truzzie

This course will cover the numerous historic structures on the Chesterfield Courthouse Green and discuss the existing various architectural styles.

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**Rachel Carson's America B: Green Revolutions**

Course: HS241642

Friday

April 12, 19, 26, May 3

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. 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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**FDR and the Gold Confiscation of 1933****Course: HS241652****Friday April 12****2:00-3:30****Instructor(s): James Triesler**

On April 5, 1933, Franklin Roosevelt signed Executive Order 6102 just weeks into his first term as President. Americans had almost a month to hand over their gold coins, bullion, and gold certificates. Failure to comply could lead to ten years imprisonment or a fine of \$10,000, or both. This course will take a historical look at the events leading up to confiscation and how the backing of money changed during the 20th century.

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**The Living New Deal: What Can and Cannot Be Seen and Its Impact****Course: HS241612****Wednesday April 17, 24, May 1****9:00-10:30****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 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 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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**Fort Sumter****Course: HS241650****Thursday April 18****9:30-11:00****Instructor(s): Gerry Germond**

"And at last there was a quick flash, like heat lightning, off beyond the unseen marshland, and a sullen red spark climbed up the black sky, seemed to hang motionless for a final instant directly overhead, and then came plunging down, to explode in great light and rocking sound that would reverberate across the land and mark an end and a beginning" (Bruce Catton, This Hallowed Ground).

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**History of Castlewood****Course: HS241469****Wednesday April 24****2:30-3:30****Instructor(s): Bryan Truzzie**

This course will cover the history of Castlewood, its architecture, family history, and uses.

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**Hungarian Gold Train****Course: HS241467****Monday April 29****10:00-12:00****Instructor(s): Kenneth D. Alford**

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

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**History of Ventriloquism****Course: HS241541****Tuesday April 30****1:00-2:30****Instructor(s): John Byrd**

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

**WWII Civilian Prisoners of the Philippines: Freedom and Food****Course: HS241611****Tuesday April 30****1:30-2:30****Instructor(s): Jennifer Cottle****Online**

Within hours of the attack on Pearl Harbor, Hawaii on December 7th, 1945, the Japanese Empire began its attack and subsequent occupation of the US territory of the Philippines. During its occupation, an estimated 8,000 civilians from Allied countries across the islands were forced into internment camps for the majority of the war. Despite increasingly desperate conditions which included starvation and sickness, the internees formed their own communities within the prison camps and adopted methods of coping with their captivity as they waited for liberation.

**HW****Health and Wellness****Caregiver's New Year Resolutions****Course: HW241360****Wednesday January 17****11:30-12:30****Instructor(s): Angie Morriss**

This course will focus on the importance of self-care and self-compassion. Students will also discuss how various coping skills can improve the caregiving experience.

**Beginning Tai Chi Review and Practice****Course: HW241352****Friday January 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22, April 12, 19, 26, May 3****11:00-11:45****Instructor(s): Mary E. Gutberlet, M.Ed.**

This course is a supplement to Beginning Tai Chi A or B. It is an opportunity to work with Sifu Mary Gutberlet to review and practice the teaching of the beginner's class. Particular attention will be paid to proper footwork and hand/arm coordination that adds flow, grace, and seamless movement to the execution of the Yang Style Simplified 24 Form.

**Intermediate Tai Chi 42 Form****Course: HW241343****Friday January 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22, April 12, 19, 26, May 3****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.

**Hands Only CPR A****Course: HW241340****Monday****January 22****9:00-10:30****Instructor(s): Kimberly Rideout**

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

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**Aging and Ageism in Society and Self****Course: HW241393****Monday****January 22, 29****10:30-12:00****Instructor(s): Wayne Swatlowksi**

This discussion-based course will involve students listening to and sharing personal wisdom and insights as aging persons. The first class will focus on the importance and benefits of a positive attitude toward aging. The second class will highlight the presence of ageism in society and the negative effects this 'ism' can have on our aging process. The content presented will be taken from the writings of experts in the field and based on scientific studies conducted with older persons. Students who have access to Netflix are encouraged to watch the documentary series, "Live to 100: Secrets from the Blue Zones."

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**Hands Only CPR B****Course: HW241341****Monday****January 22****11:00-12:30****Instructor(s): Kimberly Rideout**

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

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**Beginning Tai Chi A****Course: HW241342****Monday****January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29****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: HW241355****Monday****January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29****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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**Basic Qigong****Course: HW241426****Monday****January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29****2:30-3:30****Instructor(s): Walter and Patricia Jackson**

This course will provide an introductory program to the art of Chinese Qigong (Chi Kung). A sister art of Tai Chi, the movements resemble yoga. Qigong is a method of acquiring improved overall health and well-being through low-impact movements. 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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**Healthcare Continuum Navigation****Course: HW241436****Tuesday****January 23****1:00-2:00****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will examine options for health services and senior living. Types of services available at different healthcare and senior living communities will be reviewed. This information will then be connected to insurance and payment options. By the end of the course, students will have a better understanding of the options that are available in the greater Richmond area as well as be prepared with questions to ask providers as they navigate the healthcare continuum.

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**Healthy Living for the Brain and Body in the New Year****Course: HW241365****Wednesday****January 24****10:00-11:00****Instructor(s): Rachel Lawson**

As a new year unfolds, embracing new goals and resolutions often centers around achieving a healthier lifestyle. Across generations, the link between brain and body health has been acknowledged. Presently, scientific advancements offer insights into lifestyle choices potentially supporting healthy aging. This course will explore diverse research areas such as diet, exercise, cognitive activity, and social engagement. Students will learn how to utilize practical tools to craft a personalized plan for fostering healthy aging and prioritizing health in the new year.

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**Music as Medicine****Course: HW241431 \*\$15****Wednesday****January 24, February 7, 21, March 6, 20, April 17, May 1****11:30-12:30****Instructor(s): Carol Colacurcio**

This course will provide students with practical breathing techniques, toning, and experiential listening with the results of helping to relieve stress, pain, and depression. Sound, with Tibetan Singing Bowls, will be used to stabilize body rhythms and improve concentration, focus, and motivation. The instructor, who is a sound practitioner and classically trained musician, has certifications in "The Use of Cross-Cultural Sacred Music for Therapeutic Applications" and "Music in Hospice" which have been applied in hospice care, as well as bereavement, abuse, and suicide support groups. The instructor's book, "When There Are No Words: Sound Therapy and Music as Medicine" is optionally available for purchase, and payment is due at the time of registration.

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**Intermediate Tai Chi 24 Form****Course: HW241386****Wednesday****January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1****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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**Joint Replacements: What to Know Before and After Surgery****Course: HW241375****Thursday****January 25****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.). Is pre-hab before surgery a good idea? Indications for surgery, differences in expectations post-surgery, and how physical therapy can help reach the best outcomes before and after surgery will all be covered. Students will leave ready to go under the knife.

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**Understanding Hearing Health and Hearing Aids****Course: HW241389****Monday****January 29****9:30-11:00****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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**Low Back Pain****Course: HW241406 \*\$15****Wednesday****January 31****9:30-11:00****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.

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**Aging and Dementia****Course: HW241440****Tuesday****February 6****10:30-11:30****Instructor(s): Sabrina Cohen**

This course will cover cognitive and language changes normal for aging vs. changes with the onset of dementia. Students will also learn dementia prevention tips, types of dementia, dementia stages, how to deal with dementia behaviors, improving functional independence and quality of life for persons with dementia, tips to reduce caregiver burden and burnout, and an introduction to the Montessori Method for Dementia Care.

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**Being Mortal Documentary****Course: HW241303****Wednesday****February 7****9:30-11:00****Instructor(s): Angie Morriss**

This course will feature the FrontLine Documentary "Being Mortal" following Dr. Atul Gawande's work with patients and families facing serious illness and end-of-life decisions. Students will discuss improving communication regarding end-of-life care preferences and discovering advanced care planning resources.

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**Strength Training Significance in Aging****Course: HW241435****Wednesday****February 7****1:00-2:00****Instructor(s): Eric Levitan and Dr. Katie Starr****Online**

Muscle mass begins declining from age 30, accelerating after 60. This reduction in muscle and strength contributes to issues like falls, age-related ailments such as type 2 diabetes and osteoporosis, diminished quality of life, and independence loss. Nevertheless, solutions exist! Involvement in strength training can enhance balance, mobility, and bone density, counteracting the progression of diseases. It also boosts mood, sleep, and brain health. Research shows that strength training is one of the most significant factors in maintaining a high quality of life and independence. In this course, students will discover ways to foster behavioral change and make exercise a habit, even in a virtual world.

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**Vertigo and Dizziness: Common Causes and How to Treat It****Course: HW241376****Tuesday****February 13****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

This course is for anyone who has ever turned over in bed, looked up or down, or stood up too fast and then felt lightheaded or like the world was spinning. Students will learn the common causes of vertigo and dizziness and how physical therapy can help alleviate the symptoms.

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**Loving Longevity Part 1: How Gerontology Can Help****Course: HW241418****Wednesday****February 14****10:00-11:00****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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**Engaging Together: Activities for Those Living with Dementia****Course: HW241439****Wednesday****February 14****11:30-12:30****Instructor(s): Rachel Lawson**

Keeping someone living with dementia engaged in activities is very important. There are many activities that a caregiver can do with their loved one to keep them engaged. Activities help decrease difficult behaviors, limit opportunities for wandering, and allow the opportunity to create memories. This course will cover different activities that can be done with a loved one throughout all the stages of dementia.

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**Stop the Bleed****Course: HW241286****Wednesday****February 21****1:00-2:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will teach students how to correctly identify and stop life-threatening bleeds through the use of tourniquets and wound packing. This course will provide hands-on practice.

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**Cervical Spinal Issues: Neck Pain, Arm Pain, and More****Course: HW241441****Friday****February 23****10:00-11:00****Instructor(s): Charles Miller, MD**

This course will provide an overview of cervical spinal anatomy and conditions. Dr. Miller will also discuss treatment options including surgery.

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**Guided Meditation: Finding Calm Within****Course: HW241381****Friday****February 23****10:30-11:15****Instructor(s): Pamela Biasca Losada****Online**

The focus of this guided meditation is finding a sense of calm and peace. After a brief introduction of the topic, students will be guided through a guided meditation to help find peace and a sense of calm. 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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**Diverticular Disease, Diverticulitis, and Hemorrhoids...Oh My!****Course: HW241430****Tuesday****February 27****10:00-11:00****Instructor(s): Matthew Huk, MD**

It is believed that 75% of people develop hemorrhoids at some stage in their life and that by the age of fifty, 50% of people have had a hemorrhoid at least once. Although hemorrhoids are rarely dangerous, find out more about them from an expert colorectal surgeon. Fortunately, there's a lot that can be done about hemorrhoids, and Dr. Huk will go over what causes hemorrhoids and simple ways to treat them.

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**Knee Conditions****Course: HW241407 \*\$15****Thursday****February 29****10:00-11:30****Instructor(s): Thomas Neviaser, 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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**Leaky Bladder: Women's Urinary Incontinence****Course: HW241315****Thursday****February 29****12:00-1:00****Instructor(s): Ramzi Aboujaoude, MD**

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

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**End of Life Decision Making****Course: HW241429****Thursday****March 7****10:00-11:00****Instructor(s): Jeffrey Litt, DO**

Dr. Litt will outline decision-making processes that often arise during end-of-life circumstances, as well as ethical issues when more than one party is involved. Ethical dilemmas approaching the end of life commonly revolve around decisions to withhold or withdraw interventions or treatment. By exploring the dilemmas surrounding these conditions, one may come to a better understanding of the conflicting issues.

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**Shoulder Arthritis: Contemporary Management****Course: HW241188****Wednesday****March 13****12:00-1:00****Instructor(s): Doug Boardman, MD**

This course will provide an overview of the types of shoulder arthritis with a discussion of evaluation and management strategies both non-operative and operative. Dr. Boardman loves questions, so students are welcome to bring their aches and pains (or not) and learn all about shoulder arthritis.

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**Dementia Stages and Practical Strategies****Course: HW241437****Tuesday****March 19****2:00-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

Navigating dementia is difficult. The intricacies of such a complex diagnosis may seem overwhelming. This course will examine the stages of dementia, explore the clinical features of each stage, and identify practical strategies that families and caregivers can use to continue to connect with loved ones.

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**Suicide Prevention: Raise Your Voice****Course: HW241392****Thursday****March 21****11:30-1:00****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. 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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**Probiotics A: Essential Information****Course: HW241421****Friday****March 22****10:30-12:00****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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**Brain Power Hour: All Things Spring****Course: HW241251****Tuesday****March 26****10:30-11:30****Instructor(s): Rachel Lawson**

Exploring the significance of challenging the brain and its potential to lower the risk of dementia is important. This course will provide students with the opportunity to play interactive brain games that will revolve around the theme of Springtime, offering both enjoyment and mental stimulation.

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**Trauma and Resilience**

Course: HW241419

Tuesday March 26

1:30-3:30

Online

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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**Chronic Pain: How Do I Get Rid of It?**

Course: HW241377

Tuesday March 26

2:30-3:30

Instructor(s): David Reynolds, PT, DPT

This course is for anyone who has had imaging done and has been told everything looks fine, but the pain remains. Back pain, neck pain, or any pain that lasts for years can be difficult. Everyone wants 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 the quality of life with chronic pain will also be explored.

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**Finding Meaning After Loss**

Course: HW241434

Wednesday March 27

11:30-12:30

Instructor(s): Angie Morriss

In this course, students will explore the concept of growing their lives around their grief. Group discussion will include how to move forward with grief.

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**Be the Help Until Help Arrives**

Course: HW241394

Wednesday March 27

1:30-3:30

Instructor(s): Chesterfield County Emergency Management Staff

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

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**Introduction to Anatomy**

Course: HW241442

Monday April 15

9:30-10:30

Instructor(s): Thomas Neviaser, MD

This course will present the basics of knee, shoulder, and back anatomy. This will be a unique intergenerational and interactive opportunity, as elementary-age students from the Classical Conversations Charter Colony community will be invited to attend and participate.

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**Shoulder Conditions**

Course: HW241408 \*\$15

Tuesday April 16

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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**Meditation for Health and Happiness****Course: HW241264****Wednesday****April 17, 24, May 1****9:30-11:00****Instructor(s): Trupti Kulkarni**

Research has confirmed that meditation can give peace, calm, joy, tranquility, and focus for better sleep. Doing it together as a group gets it done and can be fun. This course invites students to come together at LLI to do silent centering prayer on love and light in their hearts. It's simple but effective, which will leave students with tremendous energy for the rest of the day. Free one-on-one and group coaching are also available. Please contact the instructor with any questions: [Truptikulk@yahoo.com](mailto:Truptikulk@yahoo.com).

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**Loving Longevity Part 2: Creating the Right Conditions****Course: HW241432****Wednesday****April 17, 24****10:30-12:00****Instructor(s): E. Ayn Welleford, PhD**

Communities need elders. There are some roles that only elders can fulfill. This course is Part Two in a series of courses, and attendance in Part One is strongly preferred before students attend Part Two. This course will pick up where Part One left off exploring age oppression and how internalized ageism interferes with the anticipation of elderhood. Students will be invited to reframe thinking to embrace the whole person lifespan approach to aging and longevity and explore the roles and tasks of elderhood. Guided by the current evidence-based understanding of promoting positive longevity, students will learn how to plan their next chapters by co-creating their own personal paths and plotting their own unique and intentional course into and through elderhood.

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**What Comes After Menopause?****Course: HW241380****Thursday****April 18****12:30-1:30****Instructor(s): Lauren Cook, NP**

Health concerns among senior women commonly include osteoporosis, breast cancer, diabetes, and hypertension, 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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**Meditation Chakras Workshop****Course: HW241433****Thursday****April 18, May 2****9:30-11:30****Instructor(s): Trupti Kulkarni**

Chakras are believed to be the centers of spiritual energy that comprise spiritual anatomy and lead one back to their heart, themselves, and the sustainable happiness and meaning they crave. This workshop will cover the role and importance of the chakras, what blocks chakras, how to clean them, meditation techniques, and how connecting deeply with one's chakras can open their heart, mind, and soul.

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**Understanding Hearing Health and Hearing Aids****Course: HW241438****Tuesday****April 23****10:00-11:30****Instructor(s): Kimberly Felder****Online**

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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**Dry Needling: What It Is and How It Works****Course: HW241409****Tuesday April 23****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 in reducing pain and improving overall function in some individuals.

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**Management of Stroke Risk with Atrial Fibrillation: Save Your Brain!****Course: HW241428****Wednesday April 24****1:00-2:00****Instructor(s): Guru Mohanty, MD**

Dr. Mohanty will inform the students on ways to avoid Atrial Fibrillation (AFib), signs and symptoms of AFib, as well as the use of anticoagulation and left atrial appendage occlusion devices.

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**Spring Holidays and Grief****Course: HW241302****Wednesday May 1****11:00-12:00****Instructor(s): Angie Morriss**

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

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**Probiotics B: Essential Information****Course: HW241422****Friday May 3****1:30-3:00****Instructor(s): Nana Ataa Ofofu-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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**IA****Inside LLI Activities**

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**20th Anniversary Celebration****Course: IA241020****Friday March 1****10:00-11:30****Instructor(s): Dr. John Lemza and the LLI Board of Directors**

All members are invited to join the LLI Board of Directors for the 20th Anniversary Celebration to commemorate the first 20 years of LLI Chesterfield fulfilling its mission to provide lifelong learning opportunities to midlife and older adults. Presentations will be given by several board members and special guests. Let's celebrate our past, present, and future together!

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**Orientation for New Members****Course: IA241999****Tuesday January 16****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!

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**Workshop for LLI Instructors****Course: IA241077****Tuesday January 16****2:00-3:30****Instructor(s): Rachel Ramirez**

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

**Q&A for Current Members****Course: IA241997****Thursday January 18****11:30-12:30****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!

**Monthly Member Birthday Celebration****Course: IA241100****Tuesday January 23, February 13, March 12, April 16****12:00-12:30****Instructor(s): LLI Social Committee**

The monthly member birthday celebration 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!

**January Luncheon****Course: IA241001 \$5****Thursday January 25****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will help kick off our Spring session! Entertainment will be a performance provided by our very own Wayne Swatlowksi and The Healing Pan Project, featuring the Handpan and several other nontraditional instruments. Be sure to sign up in the office to participate. Sponsored by El Patron in Chester.

**February Luncheon****Course: IA241002 \$5****Thursday February 22****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a special heart-filling time together! Entertainment will be provided by our very own YAHA Players with a performance of County General Hospital. Stay tuned for more details, and be sure to sign up in the office to participate.

**March Luncheon****Course: IA241003 \$5****Thursday March 28****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will celebrate St. Patrick's Day, so don't forget to wear green! Stay tuned for more details, and be sure to sign up in the office to participate.

**April Luncheon**

Course: IA241004 \$5

Thursday

April 25

12:00-1:30

Instructor(s): LLI Social Committee

This month's luncheon will be a special spring celebration! Stay tuned for more details, and be sure to sign up in the office to participate. Sponsored by Benchmark Senior Solutions.

**LA****Languages****Arabic Script: An EZ Way to Translate**

Course: LA241022

Tuesday

January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30

11:00-12:30

Online

Instructor(s): Charles Barron

This course is designed for students who do not speak or understand Arabic. It is also for students who already have introductory Arabic listening skills. The goal for students will be to translate Arabic Script words and sentences into English. Please note that this process will enhance learning Arabic if/when students use applications such as Duolingo.

**Beginning Sign Language**

Course: LA241003

Wednesday

January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1

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 French Review**

Course: LA241019

Tuesday

January 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16

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.

**Conversational German**

Course: LA241015

Monday

January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29

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 first few classes, 15-30 minutes will be devoted to beginning concepts as necessary. No textbook is required.

**Un Poco de Todo: Gramático, Conversación, y Cocinando**

Course: LA241021

Tuesday

February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23

12:30-1:30

Instructor(s): Nena Woods

For students who have already participated in former Spanish classes, this session of Un Poco de Todo will cover grammar, conversation, and two Spanish cooking classes which will take place on February 27 and April 9. Students should bring a notebook, folder, and a Spanish dictionary to each class.

**Brain Aerobics: Preventing Memory Loss**

Course: LE241197

Tuesday January 16, 23, 30

10:30-12:00

Instructor(s): Howard Wynn

This course is designed to provide students with thought-provoking experiences. A variety of cognitive activities will be presented to encourage students to think more creatively. This is an all-natural method for memory improvement, brain health, and a mood boost.

**Needleworkers United**

Course: LE241032

Wednesday January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1

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.

**Virginia Travel: Stepping Out into Virginia This Spring!**

Course: LE241160

Thursday January 18

1:00-2:30

Instructor(s): Martha Steger

Whether it's a spring foliage tour of the mountains (think 'mountain laurel') or staying overnight with grandkids at the youth hostel in Virginia Beach, students will learn all about some of the less-thought-of Virginia activities, attractions, and destinations. Chesterfield County and Richmond will not be covered.

**Genealogy for All**

Course: LE241156

Monday January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29

10:30-12:00

Instructor(s): Bette Kot

This course will consist of round table discussions for genealogists of all levels. Students are encouraged to bring a pedigree chart; however, blanks will be available at each class. Everyone will have the opportunity to review old sources and learn new ones to add additional ancestors and biographical material to their charts.

**For the Beauty of It All: West**

Course: LE241256

Tuesday January 23, 30, February 6, 13

10:00-12:00

Instructor(s): Dennis Cogswell

This course will include a video, audio, and pictorial visit to National Parks west of the Mississippi and other special places of beauty. Students will be invited to participate through discussion, and the instructor plans to teach a similar course in the summer on the National Parks in the East. Much of the information is available at: [www.ForTheBeautyOfItAll.com](http://www.ForTheBeautyOfItAll.com).

**Genealogy Discussions**

Course: LE241252

Wednesday January 24, 31, February 7, 14, 28, March 6, 13, 27, April 24, May 1

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.

**Easy Cooking with Judith**

Course: LE241253

Monday

February 5, 12, 26, March 4

11:00-12:30

**Online****Instructor(s): Judith Onesty**

This course will feature three recipes each week that are tasty, nutritious, and easy to make. All recipes will make two to three servings and be low-fat, low-sugar, and low-salt. Students will learn lots of tips and tricks to make cooking easier.

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**Exploring Shenandoah National Park**

Course: LE241275

Friday

February 16

10:00-11:00

**Online****Instructor(s): Shenandoah Education Ranger**

This course is all about what Shenandoah National Park (SNP) has to offer. Students will discover what to do and where to go to experience the flora, fauna, geology, and history in Virginia's only National Park. Shenandoah is home to over 70 mountain peaks, over 300 animal species, and overflowing with streams and rivers. The diversity and excitement do not stop there. A National Park Service Ranger will help students discover the magic and wonder of what lies within SNP during this virtual exploration.

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**Modern Floral Design with an Asian Influence A**

Course: LE241265 \$12

Friday

March 8, 15, 22

1:30-3:30

**Instructor(s): Evelyn Klumb**

Please register for only one session (A or B) to allow all students a chance to participate. This is an introduction to modern floral design inspired by principles of Asian floral arrangements. The course will concentrate on color, form, and line and will follow the concept of "Less is Best" when using plant material and flowers. Students should bring flower clippers, a medium-sized bowl or low container about 8" wide, as well as a flower frog (kenzan). Students will work on using alternatives to Oasis foam. Conditioning of flowers and plant material will be discussed. The course fee will cover the cost of the flowers and plant material for all three classes.

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**Balloon Twisting 101**

Course: LE241276 \$8

Thursday

March 21

10:30-12:00

**Instructor(s): Wayne Swatlowski (a.k.a Basa the clown)**

This fun, hands-on course, is a must to round out lifelong learning! Students will learn from Basa, a Summa cum Laude graduate from Clown College, how to twist balloons into funny hats, dogs, cats, swords, flowers, bunnies, and much more. This new talent will surely dazzle grandchildren, family, and friends. It is a skill that is not even taught in Ivy League schools. The balloons and foam clown noses will be provided. The course fee will provide the pump. Students are asked to choose a clown name to be used in the class. Come, twist and shout, and have some fun!

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**Introduction to Disc Golf**

Course: LE241279 \$12

Tuesday

April 9, 16, 23, 30

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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**Pine Needle Baskets****Course: LE241241 \$22****Tuesday April 9, 16, 23, 30****2:00-3:45****Instructor(s): Diane Drummond and Jennifer DeRusha**

Students will be learning step-by-step how to make a pine needle basket starting with a semi-precious stone-in-resin center. All students are required to be at the first class and watch assigned YouTube videos which will be emailed prior to the first class. The course fee will cover the cost of all the materials needed to create this treasure, and a handout will be given to each student. Students will need to bring a glass or jar, a pair of strong scissors, and a pair of needle nose pliers to each class. It will be fun!

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**Modern Floral Design with an Asian Influence B****Course: LE241266 \$12****Friday April 12, 19, 26****1:30-3:30****Instructor(s): Evelyn Klumb**

Please register for only one session (A or B) to allow all students a chance to participate. This is an introduction to modern floral design inspired by principles of Asian floral arrangements. The course will concentrate on color, form, and line and will follow the concept of "Less is Best" when using plant material and flowers. Students should bring flower clippers, a medium-sized bowl or low container about 8" wide, as well as a flower frog (kenzan). Students will work on using alternatives to Oasis foam. Conditioning of flowers and plant material will be discussed. The course fee will cover the cost of the flowers and plant material for all three classes.

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**LS****Life Services**

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**Introduction to Public Speaking****Course: LS241190****Tuesday January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****2:00-3:00****Instructor(s): Randall Lanning**

This will be an interactive public speaking course to help students gain practical experience in public speaking in a supportive, non-threatening environment. Following initial instruction on public speaking basics, students will be asked to participate in a variety of public speaking opportunities including impromptu speaking, prepared speaking, use of visual aids, oral speech evaluations, and meeting management. The goal of the instructor is to have every student participate in some way in every class. Towards that end, students should be willing to speak in front of the class in a variety of roles, present their speeches on the date scheduled, and honor the commitments they make to attend and participate in scheduled classes. Public speaking is much like driving a car; one can read all about how to do it, but the only way to really learn is by doing.

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**Crafts for Community****Course: LS241147****Wednesday January 17, February 21, March 20, April 17****1:00-2:30****Instructor(s): Mary Jane Murphy**

Join other LLI members in making craft items to be given to the local community. All craft supplies are provided by LLI members, and the finished products will be donated to various local organizations and communities. 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. Making people smile and feel loved is always the goal!

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**Emergency Preparedness for a Household****Course: LS241177****Wednesday January 24****1:30-3:00****Instructor(s): Chesterfield County Emergency Management Staff**

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

**Chesterfield Council on Aging****Course: LS241169****Thursday****January 25, February 22, March 28, April 25****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 contact information and websites of Chesterfield County Human Service Departments, agencies, and 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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**Mobility Services in Chesterfield County****Course: LS241145****Monday****January 29****11:30-12:30****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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**Resolving Regrets: What Causes Regrets and How to Avoid or Resolve Them****Course: LS241084****Thursday****February 1****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with both an overview of the etiology of human regrets as well as some practical strategies for living a more regret-free life and putting them to rest.

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**Nurturing Friendships: How to Nurture, Develop, Strengthen, and Deepen Them****Course: LS241085****Thursday****February 8, 15****9:00-10:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide both an overview of the key principles of virtually all firmly established friendships and relationships as well as practical strategies for significantly improving one's ability to nurture and deepen them.

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**Mercy Mall Emergency Food Bags****Course: LS241172****Thursday****February 8****12:00-1:00****Instructor(s): Stacey Jones and Misi Rose**

Mercy Mall serves individuals and families who are experiencing crisis situations. Most often, these clients are transitioning in and out of homelessness due to the nature of their situation. Emergency snack bags are helpful to assist in a situation where a crisis case manager is working through intake with the client in their vehicle. It's a practical way to help the clients feel seen and loved! Students will learn a bit about Mercy Mall and serve right in the classroom! Students are welcome, but not obligated, to bring any of these items: small water bottles, protein/granola bars, trail mix, nuts, beef jerky, raisins/fruit snacks, etc. Repeat students who have an interest in serving with Mercy Mall by helping lead an LLI on-site service project can email [info@mercymallva.org](mailto:info@mercymallva.org) for more information.

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**Mobility Services in Chesterfield County****Course: LS241171****Tuesday February 20****10:30-11:30****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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**Chesterfield Fire and EMS: An Overview of Your Fire and EMS Department****Course: LS241178****Friday February 23****10:00-12:00****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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**Overcoming Impatience: What Causes Impatience and How to Overcome It****Course: LS241090****Thursday February 29****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide both an overview of what drives a lack of patience and practical strategies for learning to become a much more patient person.

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**Mercy Mall Making Powder Laundry Detergent****Course: LS241173****Thursday February 29****12:00-1:00****Instructor(s): Stacey Jones and Misi Rose**

Mercy Mall serves individuals and families who are experiencing crisis situations. Providing laundry detergent is a practical cleaning item, and it is actually a luxury item for most clients. The powdered laundry detergent can be made right in the classroom! Students will help make enough detergent to provide for several families who are trying to overcome the many obstacles to home and life stability. An overview of Mercy Mall will be provided while having lots of hands-on fun serving together! Students are welcome, but not obligated, to bring any of these items: Fels Naptha bars and super washing soda. Repeat students who have an interest in serving with Mercy Mall by helping lead an LLI on-site service project can email [info@mercymallva.org](mailto:info@mercymallva.org) for more information.

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**Compassion and Choices: Care and Choice at the End of Life****Course: LS241191****Monday March 4****11:00-12:30****Instructor(s): Wayne Swatlowksi, Cryst'l Scheer, Fred Soltow, and Dr. Robert Perkins, MD**

Compassion and Choices is the nation's oldest, largest, and most active nonprofit working to improve the healthcare system so as to avoid needless pain and suffering by expanding options and empowering people to be in charge of their own end-of-life care which reflects their values, priorities, and beliefs. This course will explore the current end-of-life options available for terminally ill patients and focus on defining Medical Aid in Dying (M.A.I.D.) and the status of this compassionate option in Virginia.

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**Dispelling Hospice Myths****Course: LS241150****Wednesday****March 6****9:30-10:30****Instructor(s): Angie Morriss**

This course will explain Hospice care, from how it originated to how hospice provides care for the patient and the entire family. Students will discuss when the time is right for hospice, how to make a referral, the team approach, and misconceptions of hospice care.

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**CCPD Citizen's Police Academy****Course: LS241176****Thursday****March 7, 14, 21, 28, April 11, 18, 25****8:30-12:30****Instructor(s): Chesterfield County Police Department**

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

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**Introduction to End-of-Life Planning****Course: LS241192****Tuesday****March 12, 19, 26****9:30-11:30****Instructor(s): Cryst'I Scheer**

This course will be an introductory conversation on a range of topics related to adequately preparing for the final stage of life. Students will engage in meaningful discussions and practical exercises to address key components of end-of-life planning. Topics include legal considerations such as estate planning, wills, advance directives, and power of attorney. Additionally, students will explore legacy projects, funeral planning, home funeral planning, green burial, and grief support. These discussions can empower individuals to create a unique plan that resonates with their values. The goal is that everyone will emerge better prepared to face the inevitable with grace, ensuring their preferences, instructions, and legacy endure in a manner reflective of their unique life's journey.

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**VirginiaNavigator Family of Websites: A Guide to Aging Well****Course: LS241069****Tuesday****March 12****2:00-3:00****Instructor(s): Bonnie Scimone**

Finding local support services for seniors and caregivers is as simple as the click of a mouse! Bonnie Scimone, Lead Community Specialist and Marketing Assistant at VirginiaNavigator, will share information and demonstrate how to use SeniorNavigator, an online directory that lists 26,000+ resources that help older adults remain independent and support 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 Chesterfield County's partnership with SeniorNavigator will be shared. The history of the website and the newly launched "look and feel" will also be reviewed.

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**Selling a Home: How to Present a Clean and Organized Home****Course: LS241160****Wednesday****March 13****1:00-2:30****Instructor(s): Diane Andrews**

Home sellers usually only have one chance to make a great impression with potential buyers. A few easy ideas, in advance, can make the process much smoother and relieve the stress of last-minute changes. These "tricks of the trade" ideas will help students keep track of what can be done in advance of selling a home.

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**Senior Living Community Options: Be Proactive Not Reactive!****Course: LS241097****Monday March 18****10:00-11:30****Instructor(s): Marc Friedlander, MBA CSA**

Roughly 44 million Americans (one out of six) provide unpaid informal care each year to the older U.S. population. Using a proactive approach, this course will discuss the many benefits an assisted living community can provide, how an assisted living community can be a positive influence as an individual embarks on a new stage in his or her life, and when is the right time to explore assisted living options. So much can change in six months in the senior living world. This is an interactive discussion with plenty of time for questions throughout the presentation.

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**Senior Connections: The Capital Area Agency on Aging****Course: LS241189****Monday March 18****1:30-2:30****Instructor(s): Lee Owens****Online**

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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**Awaken and Embody Greatness: The Top Three Mistakes That Prevent Fulfillment and Flow** **Course: LS241185****Tuesday March 19, 26, April 9, 16, 23, 30****11:00-12:30****Instructor(s): Emme 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.

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**Profound Questions****Course: LS241091****Monday April 8, 15****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with the opportunity to deepen their understanding of themselves and the story of their lives through a series of profound questions.

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**CarFit: Car Safety for Senior Drivers****Course: LS241193****Thursday April 18****9:00-12:00****Instructor(s): Brie Dixon**

This course is designed to help senior drivers discover how well they currently fit their personal vehicles and will highlight actions they can take to improve their fit. The goal is to promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others. The course will take place in its entirety outside in the parking lot. Students will be notified with their appointment time and additional details prior to the class.

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**The Subconscious Mind****Course: LS241095****Monday April 22, 29****10:00-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide an overview of the role and nature of the subconscious mind as well as practical strategies for reducing or eliminating negative chatter and effectively partnering with the subconscious mind.

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**Senior Housing Options: Replacing Chaos with Clarity****Course: LS241168****Thursday****April 25****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).

**Farm to Table: How to Shop Smarter at Local Farmers Markets****Course: LS241166****Monday****April 29****12:30-2:00****Instructor(s): Dr. Kim Hutchinson**

Feeling the wind on one's face and the sun on one's skin, conversing with a local farmer about this year's peach harvest while trying a slice, and choosing a favorite among different varieties are all possible at local farmer's markets. The experiences can leave a lasting impression. Many find shopping at the local farmer's market more appealing than visiting big chain grocery stores. In this course, students will explore local food access and the advantages of supporting nearby farmers' markets that go beyond aesthetic factors.

**PR****Philosophy and Religious Studies****Bible Discussion****Course: PR241002****Thursday****January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****2:00-3:30****Instructor(s): Mike Pagel and Mark Grubbs**

This non-denominational Bible course will continue a verse-by-verse discussion of the New Testament book of Hebrews. The Epistle to the Hebrews is probably the best book of the Bible to discover Jesus as the ultimate Prophet, Sacrifice, and High Priest. It is a book of better things. The Greek words for better, greater, or superior occur 24 times. 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.

**Power of Myth and Aesthetics****Course: PR241096****Monday****January 22, 29, February 5, 12, 26, March 11****10:00-11:30****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.

**Science and Theology****Course: PR241099****Thursday****January 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25****9:30-11:00****Instructor(s): Timothy Pace**

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 particles, 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!

**Time: Always There, Always Changing****Course: PR241101****Thursday****February 15, 22, 29****11:30-1:30****Instructor(s): Dennis Cogswell**

Time is a major variable in all lives. Humans seek answers and when they get them, they are outdated or another question pops up. Scientific-based and practical-based ideas will be shared. Optional readings will include materials on the web and these books: Rovelli, Carlo (2017), *The Order of Time*; Sussman, Janet (2005), *The Reality of Time*; and Davis, Paul (1995), *About Time: Einstein's Unfinished Business*.

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**The Chosen****Course: PR241100****Wednesday****February 21****1:30-3:00****Instructor(s): Rachel and Lucas Ramirez**

*The Chosen* is a groundbreaking historical drama based on the life of Jesus Christ, seen through the eyes of those who knew him. Set against the backdrop of Roman oppression in first-century Israel, the seven-season show shares an authentic and intimate look at Jesus' revolutionary life and teachings. The first three seasons have been released and are available to watch for free at <https://watch.thechosen.tv/>. This course will introduce students to *The Chosen* by watching and discussing the first episode of season one.

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**Remote Viewing: Intelligence Unavailable from Other Sources****Course: PR241102****Wednesday****March 20****1:00-3:00****Instructor(s): Joseph W. McMoneagle**

Remote Viewing is an innate ability to sense a target beyond physical barriers of the five senses with some kind of ESP (extra sensory perception). Joe McMoneagle became one of the best remote viewers during the Cold War. He is a Vietnam Veteran who later was trained by the army's Stargate program in remote viewing. After retiring from the army in 1984, he created his own company Intuitive Intelligence Applications and aided police in locating missing persons. Joe has written a number of books including *Memoirs of a Psychic Spy* and *Mind Trek* on the subject of remote viewing. This course will give students a chance to hear from Joe about his experiences as well as ask questions.

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**Walk Through the Old Testament****Course: PR241091****Monday****April 8, 15, 22****10:30-12:00****Instructor(s): Joanna Lurie**

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

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**VA Holocaust Museum Tour****Course: SE241113****Friday****January 26****10:00-12:00****Instructor(s): Matthew Simpson**

A trained docent will take participants on a guided tour of the Virginia Holocaust Museum's permanent exhibits. Located on the first floor of the museum, the core exhibits narrate the complex and sobering history of the Holocaust. As visitors progress through these exhibits—and chronologically through the events of the Holocaust—they are presented with a glimpse into the systematic destruction of European Jewry and the dangers of intolerance. Three hundred artifacts and the testimonies of local Holocaust survivors expand upon this history, representing the tangible and personal realities of this tragic event. At the center of the Virginia Holocaust Museum's core exhibits is the story of a single family: the Ipsons. The Ipson Saga exhibition shares the experience of a family of local Holocaust survivors whose confinement in the Kovno ghetto and hurried escape to a farm in the Lithuanian countryside highlights the constant dangers Jews faced during the Holocaust. Benches are available throughout the tour. Walking shoes are suggested. The Museum is handicap accessible. Members who wish to carpool should meet inside LLI at 9:00AM. Members can choose to drive directly to 2000 East Cary Street, Richmond, VA 23223. Tour will start promptly at 10:00AM and will last approximately two hours. Carpools could arrive back to LLI by 1:00PM unless they choose to have lunch downtown. The museum does not charge admission but welcomes donations.

**Company's Coming Band Concert****Course: SE241164****Wednesday****February 7****2:30-3:30****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 is 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!

**Historic Hanover Tavern Tour****Course: SE241185 \$10****Friday****February 16****10:30-11:30****Instructor(s): David Deal**

During this guided tour of the historic Hanover Tavern, the development of the building, architecture, history, people, and occurrences will be discussed and experienced. The circa 1735 Hanover Courthouse will also be visited, discussing the Parson's Cause Trial, Patrick Henry's first great court case. Members who wish to carpool should meet inside LLI at 9:30AM. Members can choose to drive directly to 13181 Hanover Courthouse Rd, Hanover, VA 23069. The tour will start promptly at 10:30AM and last approximately one hour. Lunch will be available for purchase onsite in the Hanover Tavern Restaurant for anyone who wants to stick around after the tour. Carpools could arrive back at LLI by 12:30PM unless they choose to stay for lunch. The trip fee will cover the cost of admission and must be paid at the time of registration.

**Virginia Museum of Fine Arts' (VMFA) American Galleries Tour****Course: SE241186 \$10****Friday February 23****10:00-11:00****Instructor(s): Kathy Parrish**

This guided tour of the Virginia Museum of Fine Arts' (VMFA) American Galleries will be a real treat. VMFA holds one of the finest collections of American art in the nation. These galleries include works from such artists as George Inness, John Singer Sargent, and Georgia O'Keefe. Members who wish to carpool should meet inside LLI at 9:15AM. Members can choose to drive directly to 200 N. Arthur Ashe Boulevard, Richmond, VA 23220. The tour will start promptly at 10:00AM and last approximately one hour. Lunch will not be included in the trip fee but will be available for purchase in the VMFA Best Café for anyone who wants to stick around for lunch after the tour. Carpools could arrive back at LLI by 12:00PM unless they choose to stay for lunch. The trip fee will cover the cost of the guided tour and must be paid at the time of registration.

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**Titanic Exhibition in the National Harbor Tour****Course: SE241183 \$175****Friday March 8****9:00-6:30****Instructor(s): SignaTours**

This will be a rare and unique opportunity to see and learn about the most famous wreck in history, that of the Titanic. Titanic: The Exhibition has arrived in National Harbor, MD (just across the Potomac River from Alexandria, VA) after sold-out runs in London and New York, bringing with it a selection of personal artifacts never before seen in America that will tell touching stories of the ship's passengers and crew. It is far more than a display of historic items; it is a unique narrative experience, a tale of the people aboard history's most legendary ship on its maiden and final journey. Travel back to 1912 through photographs, handwritten letters, wayward keepsakes, and other personal belongings that will tell countless stories about fates and heroic deeds on board. Experiences will include listening to survivor testimonies with the audio guide, observing recreated interiors of natural size, and witnessing the stark contrast between a lavish first-class suite and a humble third-class cabin. Past and present will come together in this emotional journey, a trip through time that will bring the myths, stories, and glamor of the historic Titanic closer than ever. Lunch will be included in the heart of the National Harbor at Fiorella Italian Kitchen. Choices will include Fettucine Alfredo, Margherita Pizza, and Chicken Caesar Salad, but it may be the dessert that will be remembered: New York Style Cheesecake or Warm Caramel Bread Pudding! The trip fee will include roundtrip motorcoach transportation, lunch at Fiorella Italian Kitchen, admission to Titanic: The Exhibition, refreshments served aboard the motorcoach, tax and gratuity on inclusions, and driver gratuity.

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**The Marshall's Wife Performance by the YAHA Players****Course: SE241184****Monday March 11****1:00-2:00****Instructor(s): Bob Ferguson**

After twenty years and 635 episodes, Marshall Dillon and Miss Kitty remained single! They never even dated. The Marshall's wife is an attempt to rectify this sad situation. In 2050 it is too late for the Marshall and Miss Kitty to get hitched, but not for their descendants, Marshall Goody and Miss Catty. Marshall Goody is the Marshall of Dodge City, and Miss Catty runs the Short Branch Bed and Breakfast. Marshall Goody is shy around the women he knows but not around women he meets on the Internet. Does he find his future wife? This is the latest YAHA show written by Vic Thompson.

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**Poe Museum Tour****Course: SE241067 \$10****Friday****March 15****10:00-11:00****Instructor(s): Emma Clark**

The Poe Museum began over a century ago when an Edgar Allan Poe collector and researcher named James Howard Whitty and a group of literary enthusiasts met in Poe's hometown of Richmond, Virginia to create the state's first monument to a writer. The Poe Museum is located in the oldest residential building that is still standing in Richmond, and this will be a guided tour of the exhibits. Members who wish to carpool should meet inside LLI at 9:15AM. Members can choose to drive directly to 1914 E Main St, Richmond, VA 23223. The tour will start promptly at 10:00AM and last approximately one hour. Lunch is not included in the trip fee but will be available for purchase downtown for anyone who wants to walk down Main Street a block to Station 2 after the tour. Carpools could arrive back at LLI by 12:00PM unless they choose to stay for lunch. The trip fee will cover the cost of admission and must be paid at the time of registration.

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**"The Phantom Tollbooth" Sneak Peek and Behind the Scenes with Brightpoint****Course: SE241182****Friday****March 22****1:00-2:30****Instructor(s): Kerrigan Sullivan and Students**

This course is designed to give participants a behind-the-scenes look at "The Phantom Tollbooth." The Phantom Tollbooth is a new musical based on the fantasy adventure book written by Norton Juster in 1961. In it, Milo is bored with everything until a mysterious tollbooth appears in his room and he goes through it to the Lands Beyond. 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 as a group on Sunday, March 24 at 2PM (ticket purchase required) at The Lynn Theatre on the Midlothian campus of Brightpoint Community College and go on a backstage tour.

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**Midlothian Fire Station No. 5 Tour****Course: SE241166****Friday****April 19****10:00-12:00****Instructor(s): Lt. Jeff Deveney**

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

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**Norfolk Presents the Virginia International Military Tattoo Tour****Course: SE241120 \$165****Sunday****April 21****9:00-7:30****Instructor(s): SignaTours**

Each year's show is different with new performers from across the globe, a new theme of honor and patriotism, and state-of-the-art technical effects. Massed pipes and drums, a profound sense of patriotism, and an amazingly inspirational finale are always included. Tattoos are ceremonial performances of military music that have evolved from a European tradition dating to the 17th century. The word "tattoo" is derived from the Dutch word "tap-toe" which quite literally means "turn off the taps." The signal was transmitted by drum beats each evening which indicated that soldiers should return to their barracks and that the beer in the taverns should be turned off. This eventually developed into a ceremonial performance of military music by massed bands. First on the itinerary this year will be to travel to Smithfield, Virginia, for a plated lunch at the Smithfield Station Waterfront Inn, Restaurant, and Marina. Located in Smithfield's Historic District and built to resemble a lifeguard station, this restaurant, marina, and 44-room waterfront inn lies along the Pagan River. Everyone will enjoy lunch overlooking the water. Long regarded as the most patriotic of the world's great military tattoos, the Virginia International Tattoo is truly a unique event. The soul of the 2024 Tattoo will be an emotional and grateful Celebration of Freedom, 80 years after the D-Day landings and 75 years after the founding of NATO. This Tattoo will tell the story of Americans having helped write some of the greatest chapters in the story of human freedom. With stirring music, historic photos and videos, tributes from U.S. military bands, and appearances by special guests, everyone will remember and celebrate the men and women who have safeguarded freedom not only for the United States but also for the world. This level of pageantry and patriotism, spirit and spectacle, talent and teamwork, precision personified must be seen to be believed. Hundreds of performers will join forces, filling the Scope Arena with music, majesty, and might! The trip fee will include roundtrip motorcoach transportation, lunch at Smithfield Station, excellent seats for the performance, refreshments aboard the motorcoach, driver Gratuity, and tax and gratuity on inclusions.

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**Pamplin Historical Park and The National Museum of the Civil War Soldier****Course: SE241099 \$30****Friday****April 26****10:00-3:00****Instructor(s): Zachary Pittard**

This is an opportunity to journey back into the 19th Century at Pamplin Historical Park and The National Museum of the Civil War Soldier. Participants will learn the shared experience of the American Civil War soldiers, Northern, Southern, White, and African American. An in-depth look will be given into the Virginia plantation system and how it affected the lives of not only white masters but also enslaved African Americans. As this was the site for the April 2, 1865 "breakthrough" that ended the grueling nine-and-a-half-month Siege of Petersburg, a guided battlefield tour will be offered to the students. Benches are available throughout the tour, scooters are available for rent, and wheelchairs are available onsite for free (upon request). Walking shoes and a water bottle are encouraged! Members who wish to carpool should meet inside LLI at 9:00AM. Members can choose to drive directly to 6125 Boydton Plank Road, Petersburg, VA 23803. Tour will start promptly at 10:00AM and will conclude by 3:00PM. Carpools should arrive back to LLI by 4:00PM. The trip fee will cover admission, guided tours, and a boxed lunch and must be paid at the time of registration.

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**Literary Society Celebration****Course: SE241171****Thursday****May 2****10:30-12:00****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

This will be the culminating event and celebration of the Spring 2024 LLI Literary Society. The event is planned to both recognize Literary Society participants as well as to include other LLI members by showcasing this session's theme: "The British Are Coming, The British Are Coming." Current participants, future participants, and anyone with an interest in the theme are all welcome to register and attend. Light refreshments will be provided.

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**Springtime Songs, Sillies, and Such Performance****Course: SE241145****Thursday May 2****1:30-2:30****Instructor(s): Sandy Phillips**

The Advanced Readers Theater and some musicians will perform a fun and festive celebration of Spring! There will be readings and music reflecting springtime and all the merriment and fun that are part of it. Look for music by Irving Berlin among others!

**WG****Weekly Group Activities****Spades****Course: WG241013****Tuesday January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****11:00-1:00****Instructor(s): Anne Clendenin and Bev Davidson**

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: WG241001****Tuesday January 16, 23, 30, February 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30****1:00-3:00****Instructor(s): Fran Judd and Arthur Goldberg**

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: WG241006****Wednesday January 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 17, 24, May 1****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: WG241009****Thursday January 18, 25, February 1, 8, 15, 22, 29, March 7, 14, 21, 28, April 11, 18, 25, May 2****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: WG241010****Friday January 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22, April 12, 19, 26, May 3****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.

**Hand and Foot and Triple Play****Course: WG241007****Friday January 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22, April 12, 19, 26, May 3****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: WG241002****Friday January 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 22, April 12, 19, 26, May 3****1:00-3:00****Instructor(s): Donna Whitfield and Arthur Goldberg**

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: WG241004****Monday January 22, 29, February 5, 12, 26, March 4, 11, 18, 25, April 8, 15, 22, 29****1:00-3:00****Instructor(s): Fran Judd and Carolyn Goble**

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

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Monday	Tuesday	Wednesday	Thursday	Friday
1/15/2024	1/16/2024	1/17/2024	1/18/2024	1/19/2024
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
	9a-10:30a IA999 - Orientation for New Members	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:30a-11a HS641 - The Guide to Essential Italy
	10:30a-12p LE197 - Brain Aerobics	10a-11a EL101 - Literary Society Orientation (Online)	10a-11a EF162 - Tax-Free Investing	9:45a-10:45a FI029 - Chair Yoga
	11a-12p HS633 - Founding Brothers and Cousins	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
	11a-12:30p LA022 - Arabic Script (Online)	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	10:30a-12:30p AD167 - Open Oil Painting
	11a-1p WG013 - Spades	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:30p IA997 - Q&A for Current Members	10:30a-12p CO199 - Nearpeer Tutorial and Tips A
	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p HW360 - Caregiver's Resolutions	12p-1:30p AD141 - Lifelong Musicians	11a-11:45a HW352 - Beginning Tai Chi Review
	12:30p-1:30p EL100 - Literary Society Orientation	11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p AD240 - Lifelong Musicians Vocalists	12p-1p AD031 - Tango Dancing
	1p-2p FI006 - Chair Yoga	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
	1p-3p WG001 - Social Bingo	1p-2p AD210 - Intro to Brazilian Percussion	1p-2:30p LE160 - Virginia Travel	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
	1:30p-2:30p HS634 - Founding Brothers and Cousins (Online)	1p-2:30p LS147 - Crafts for Community	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
	2p-3:30p IA077 - Workshop for Instructors	1p-3p WG006 - Cards and Games	2p-3p HS599 - Aerial America	
	2p-3p LS190 - Intro to Public Speaking	1:30p-3p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p HS640 - Archaeological Mysteries	2p-3p Fundraising Committee Meeting		
		2:30p-3:30p FI015 - Pilates		



Monday	Tuesday	Wednesday	Thursday	Friday
1/22/2024	1/23/2024	1/24/2024	1/25/2024	1/26/2024
9a-10a FI001 - Low Impact	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-10:30a HW340 - Hands Only CPR A	9a-10:30a EL113 - Film 101	9:30a-11a HS646 - Cornelius Mimms	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-11:30a CO216 - Introduction to Libby	9a-10a LA019 - Conversational French	9:45a-10:45a FI017 - Wednesday Fun Fitness	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	10a-11a HW365 - Healthy Living for the Brain	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	11a-12p AD235 - Beginning Guitar II	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-11:30a PR096 - Power of Myth and Aesthetics	10a-12p LE256 - For the Beauty of It All	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10a-12p SE113 - VA Holocaust Museum Tour
10:30a-12p HS482 - Colonial Beginnings	10:30a-12:30p AD016 - Basic Watercolor	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p HW393 - Aging and Ageism	10:30a-12p LE197 - Brain Aerobics	11a-12p FI031 - Chair Yoga (Online)	10:30a-11:30a EF117 - Identity Theft	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p LE156 - Genealogy for All	11a-12p HS633 - Founding Brothers and Cousins	11:30a-12:30p HW431 - Music as Medicine	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD031 - Tango Dancing
11a-12:30p HW341 - Hands Only CPR B	11a-12:30p LA022 - Arabic Script (Online)	11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
11a-12p FI028 - Gentle Yoga	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
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p IA001 - January Luncheon	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p AD234 - Colorist Open Studio	12p-12:30p IA100 - Birthday Celebration	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	
1p-3p EL112 - Funny and Happy Movies	12:30p-1:30p HS348 - Hanover Tavern	1:30p-3:30p LE032 - Needleworkers United	1:30p-3p AD015 - Advanced Readers Theater	
1p-2p HS653 - Powhatan Indians of Virginia	1p-2p FI006 - Chair Yoga	1:30p-3p LS177 - Emergency Preparedness	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
1p-3p WG004 - Cards and Games	1p-2p HW436 - Healthcare Continuum	2p-3:30p LE252 - Genealogy Discussions	2p-3p HS599 - Aerial America	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-3p WG001 - Social Bingo	2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion	
2p-3:30p CO207 - Cyber Threats A	1:30p-2:30p HS634 - Founding Brothers and Cousins (Online)		2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p LA015 - Conversational German	2p-3:45p AD110 - Watercolor Pencils and Sticks		2:30p-3:30p HW375 - Joint Replacements	
2:30p-3:30p AD105 - Funtastics Choral Group	2p-3:30p HS089 - Great Decisions			
2:30p-3:30p HW426 - Basic Qigong	2p-3:30p HS639 - Heroes of History			
3:30p-4:30p LLI Board of Directors Meeting	2p-3p LS190 - Intro to Public Speaking			
	2:30p-3:30p Diversity Committee			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
1/29/2024	1/30/2024	1/31/2024	2/1/2024	2/2/2024
9a-10a FI001 - Low Impact	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 HS635 - A Teenager Goes to Congress	9a-10:30a EL113 - Film 101	9a-2:30p AD119 - Watercolor Problem Solving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-11a HW389 - Understanding Hearing	9a-10a LA019 - Conversational French	9a-10:30a HS002 - Cultural Anthropology	9a-2:30p AD119 - Watercolor Problem Solving	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-11a HW406 - Low Back Pain	9:30a-10:30a CO213 - More Artificial Intelligence (Online)	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-10:30a HS643 - Music and Culture of the 1960s	10a-12p WG007 - Hand and Foot and Triple Play
10a-11:30a PR096 - Power of Myth and Aesthetics	10a-12p LE256 - For the Beauty of It All	10a-11a HS645 - Stabilizing Democracy (Online)	9:30a-11a PR099 - Science and Theology	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p HS482 - Colonial Beginnings	10:30a-12:30p AD016 - Basic Watercolor	11a-12p AD235 - Beginning Guitar II	9:30a-11:30a WG009 - Mah Jongg	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p HW393 - Aging and Ageism	10:30a-12p LE197 - Brain Aerobics	11a-12p EL043 - Enjoy Poetry	10a-12p LS084 - Resolving Regrets	12p-1p AD031 - Tango Dancing
10:30a-12p LE156 - Genealogy for All	11a-12:30p AD263 - Laughing in a Foreign Language	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	1p-2:30p CO058 - iPhone Basics Part 1
11a-12p FI028 - Gentle Yoga	11a-12p HS633 - Founding Brothers and Cousins	11a-12p FI031 - Chair Yoga (Online)	11a-12p HS656 - Lessons from the Holocaust	1p-3p WG002 - Social Bingo
11:30a-12:30p LS145 - Mobility Services	11a-12:30p LA022 - Arabic Script (Online)	11:30a-12:45p LA003 - Beginning Sign Language	11:30a-12:15p FI005 - Sit and Be Fit	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	
1p-3p AD234 - Colorist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD240 - Lifelong Musicians Vocalists	
1p-3p EL112 - Funny and Happy Movies	12:30p-1:30p CO212 - More Artificial Intelligence	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	
1p-3p WG004 - Cards and Games	1p-2p EF102 - After the Last Paycheck	1:30p-3p HS003 - Current Events	1:30p-3p AD015 - Advanced Readers Theater	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
2p-3:30p CO207 - Cyber Threats A	1p-3p WG001 - Social Bingo	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p CO176 - Google Photos B	
2p-3:30p LA015 - Conversational German	1:30p-3:30p DE005 - LGBTQ+ Basics	2:30p-3:30p FI015 - Pilates	2p-3p HS599 - Aerial America	
2:30p-3:30p AD105 - Funtastics Choral Group	1:30p-2:30p HS634 - Founding Brothers and Cousins (Online)		2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p HW426 - Basic Qigong	2p-3:45p AD110 - Watercolor Pencils and Sticks		2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS639 - Heroes of History			
	2p-3p LS190 - Intro to Public Speaking			
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HS640 - Archaeological Mysteries			




Monday	Tuesday	Wednesday	Thursday	Friday
2/5/2024	2/6/2024	2/7/2024	2/8/2024	2/9/2024
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-10a HS635 - A Teenager Goes to Congress	9a-10:30a EL048 - Memoir Writing	9:30a-12:30p AD259 - Pencils, Stencils, and Pens A	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-12p DE006 - Overcoming Blindness	9a-10:30a EL113 - Film 101	9:30a-11a HW303 - Being Mortal Documentary	9a-10:30a LS085 - Nurturing Friendships	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-10:30a HS643 - Music and Culture of the 1960s	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	11a-12p AD235 - Beginning Guitar II	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
10a-11:30a PR096 - Power of Myth and Aesthetics	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p HS482 - Colonial Beginnings	10a-12p LE256 - For the Beauty of It All	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p LE156 - Genealogy for All	10:30a-12:30p AD016 - Basic Watercolor	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD012 - Advanced Watercolor	12p-1p AD022 - Ballroom Dance
11a-12p FI028 - Gentle Yoga	10:30a-11:30a HW440 - Aging and Dementia	11:30a-12:30p HW431 - Music as Medicine	10:30a-12p EF113 - Medicare 101	12:30p-2:30p HS617 - No Time to Grieve
11a-12:30p LE253 - Easy Cooking with Judith (Online)	11a-12:30p AD263 - Laughing in a Foreign Language	11:30a-12:45p LA003 - Beginning Sign Language	11a-12:30p CO076 - Cable TV Alternatives A	1p-2:30p CO058 - iPhone Basics Part 1
12:30p-2p CO209 - Artificial Intelligence A	11a-12p HS633 - Founding Brothers and Cousins	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LA022 - Arabic Script (Online)	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1p-3p AD234 - Colorist Open Studio	11a-1p WG013 - Spades	1p-2p HW435 - Strength Training Significance (Online)	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p EL112 - Funny and Happy Movies	11:30a-12:30p AD058 - Country Line Dancing	1p-3p WG006 - Cards and Games	12p-1p LS172 - Mercy Mall Emergency Food	
1p-3p WG004 - Cards and Games	12:30p-1:30p LA021 - Un Poco de Todo	1:30p-3:30p LE032 - Needleworkers	1p-2p FI010 - Chair Yoga	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	2p-3:30p EL116 - Should These Books Be Banned	1:30p-3p AD015 - Advanced Readers Theater	
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	2p-3:30p LE252 - Genealogy Discussions	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
2:30p-3:30p AD105 - Funtastics Choral Group	1:30p-2:30p HS634 - Founding Brothers and Cousins (Online)	2:30p-3:30p FI015 - Pilates	2p-3:45p AD111 - Intermediate Watercolor	
2:30p-3:30p HW426 - Basic Qigong	2p-3:30p HS381 - Adventures of the Camino	2:30p-3:30p SE164 - Company's Coming Concert	2p-3:30p CO176 - Google Photos B	
	2p-3:45p AD110 - Watercolor Pencils and Sticks		2p-3p HS599 - Aerial America	
	2p-3:30p HS639 - Heroes of History		2p-3:30p PR002 - Bible Discussion	
	2p-3p LS190 - Intro to Public Speaking		2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga			





Monday	Tuesday	Wednesday	Thursday	Friday
2/12/2024	2/13/2024	2/14/2024	2/15/2024	2/16/2024
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-10a HS635 - A Teenager Goes to Congress	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL113 - Film 101	9:45a-10:45a FI017 - Wednesday Fun Fitness	9a-10:30a LS085 - Nurturing Friendships	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI030 - Strengthen and Stretch (Online)	9a-10a LA019 - Conversational French	10a-11:30a AD265 - Open Sketching Studio	9:30a-10:30a HS643 - Music and Culture of the 1960s	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a PR096 - Power of Myth and Aesthetics	9:30a-10:30a AD248 - Readers Theater	10a-11a HW418 - Loving Longevity Part 1	9:30a-11a PR099 - Science and Theology	10a-11a LE275 - Shenandoah National Park (Online)
10:30a-12p AD220 - Improvisation Games	10a-11a AD021 - Intermediate Tap Dancing	11a-12p AD235 - Beginning Guitar II	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p HS482 - Colonial Beginnings	10a-12p LE256 - For the Beauty of It All	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p LE156 - Genealogy for All	10:30a-12:30p AD016 - Basic Watercolor	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-11:30a SE185 - Hanover Tavern Tour
11a-12p FI028 - Gentle Yoga	11a-12:30p AD263 - Laughing in a Foreign Language	11a-12p FI031 - Chair Yoga (Online)	11a-12:30p DE004 - The Upswing	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12:30p LE253 - Easy Cooking with Judith (Online)	11a-12p HS633 - Founding Brothers and Cousins	11:30a-12:30p HW439 - Engaging Together	11a-12p EF118 - Organizing Financial Records (Online)	12p-1p AD022 - Ballroom Dance
12:30p-2p CO209 - Artificial Intelligence A	11a-12:30p LA022 - Arabic Script (Online)	11:30a-12:45p LA003 - Beginning Sign Language	11a-12:30p CO076 - Cable TV Alternatives A	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 WG002 - Social Bingo
1p-3p AD234 - Colorist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	11:30a-1:30p PR101 - Time	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p EL112 - Funny and Happy Movies	12p-12:30p IA100 - Birthday Celebration	1p-3p WG006 - Cards and Games	12p-1:30p AD141 - Lifelong Musicians	
1p-3p WG004 - Cards and Games	12:30p-1:30p LA021 - Un Poco de Todo	1:30p-3p HS003 - Current Events	12p-1:30p AD240 - Lifelong Musicians Vocalists	
1:30p-2:15p HW355 - Beginning Tai	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational	1p-3p WG001 - Social Bingo	2p-3:30p LE252 - Genealogy Discussions	1:30p-3p AD015 - Advanced Readers	
2:30p-3:30p AD105 - Funtastics Choral Group	1:30p-2:30p HS634 - Founding Brothers and Cousins (Online)	2:30p-3:30p FI015 - Pilates	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
2:30p-3:30p HW426 - Basic Qigong	2p-3:45p AD110 - Watercolor Pencils and Sticks		2p-3:45p AD111 - Intermediate Watercolor	
	2p-3:30p HS639 - Heroes of History		2p-3:30p CO176 - Google Photos B	
	2p-3p LS190 - Intro to Public Speaking		2p-3p HS599 - Aerial America	
	2:30p-3:30p FI009 - Gentle Yoga		2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p HS640 - Archaeological		2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p HW376 - Vertigo and			




Monday	Tuesday	Wednesday	Thursday	Friday
2/19/2024	2/20/2024	2/21/2024	2/22/2024	2/23/2024
LLI Closed	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-10:30a EL048 - Memoir Writing	9a-11a EF158 - Long Term Care Funding	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	9a-10a LA019 - Conversational French	9:45a-10:45a FI017 - Wednesday Fun Fitness	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS641 - The Guide to Essential Italy
	9:30a-10:30a HS655 - The Jewish in the Confederacy	10a-11:30a AD265 - Open Sketching Studio	9:15a-10:30a CO129 - Geological Wonders (Online)	9:45a-10:45a FI029 - Chair Yoga
	9:30a-10:30a AD248 - Readers Theater	10a-12p HS286 - Nazi Millionaires	9:30a-11a PR099 - Science and Theology	10a-11a HW441 - Cervical Spinal Issues
	10a-11a AD021 - Intermediate Tap Dancing	11a-12p AD235 - Beginning Guitar II	9:30a-11:30a WG009 - Mah Jongg	10a-12p LS178 - Chesterfield Fire and EMS
	10a-11:30a EF160 - Common Retirement Pitfalls	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Hand and Foot and Triple Play
	10:30a-11:30a LS171 - Mobility Services (Online)	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	10a-11a SE186 - VMFA American Galleries Tour
	11a-12:30p AD263 - Laughing in a Foreign Language	11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10:30a-12:30p AD167 - Open Oil Painting
	11a-12p HS633 - Founding Brothers and Cousins	11:30a-12:30p HW431 - Music as Medicine	11:30a-12:15p FI005 - Sit and Be Fit	10:30a-11:15a HW381 - Guided Meditation (Online)
	11a-12:30p LA022 - Arabic Script (Online)	11:30a-12:45p LA003 - Beginning Sign Language	11:30a-1:30p PR101 - Time	11a-11:45a HW352 - Beginning Tai Chi Review
	11a-1p WG013 - Spades	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	12p-1p AD022 - Ballroom Dance
	11:30a-12:30p AD058 - Country Line Dancing	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p EL015 - Aspiring Writers' Critique
	12:15p-1:30p CO128 - Geological Wonders	1p-2:30p HW286 - Stop the Bleed	12p-1:30p IA002 - February Luncheon	1p-3p WG002 - Social Bingo
	12:30p-1:30p LA021 - Un Poco de Todo	1p-2:30p LS147 - Crafts for Community	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	
	1p-3p WG001 - Social Bingo	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
	1:30p-2:30p HS634 - Founding Brothers and Cousins (Online)	1:30p-3p PR100 - The Chosen	2p-3:30p CO204 - Password Management A	
	2p-3:45p AD110 - Watercolor Pencils	2:30p-3:30p FI015 - Pilates	2p-3:45p AD111 - Intermediate	
	2p-3:30p HS089 - Great Decisions		2p-3p HS599 - Aerial America	
	2p-3:30p HS639 - Heroes of History		2p-3:30p PR002 - Bible Discussion	
2p-3p LS190 - Intro to Public Speaking		2:30p-3:30p FI007 - Gentle Yoga		
2:30p-3:30p FI009 - Gentle Yoga				



Monday	Tuesday	Wednesday	Thursday	Friday
2/26/2024	2/27/2024	2/28/2024	2/29/2024	3/1/2024
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-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strengthen and Stretch (Online)	9a-10a LA019 - Conversational French	9:30a-11a EF140 - What Kids Need to Know	9:15a-10:30a CO129 - Geological Wonders (Online)	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a PR096 - Power of Myth and Aesthetics	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11:30a LS090 - Overcoming Impatience	10a-11:30a IA020 - 20th Anniversary Celebration
10:30a-12p AD220 - Improvisation Games	10a-11a AD021 - Intermediate Tap Dancing	10a-11:30a AD265 - Open Sketching Studio	9:30a-10:30a HS643 - Music and Culture of the 1960s	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p HS482 - Colonial Beginnings	10a-11a HW430 - Diverticular Disease	11a-12p AD235 - Beginning Guitar II	9:30a-11a PR099 - Science and Theology	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p LE156 - Genealogy for All	10a-11:30a EF115 - Estate Planning (Online)	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p CO201 - Lies and Statistics	11a-12:30p AD263 - Laughing in a Foreign Language	11a-11:45a FI018 - Sit and Be Fit	10a-11:30a HW407 - Knee Conditions	12p-1p AD022 - Ballroom Dance
11a-12p FI028 - Gentle Yoga	11a-12p HS633 - Founding Brothers and Cousins	11a-12p FI031 - Chair Yoga (Online)	10:15a-11:15a AD075 - Line Dance Practice	1p-2:30p CO059 - iPhone Basics Part 2
11a-12:30p LE253 - Easy Cooking with Judith (Online)	11a-12:30p LA022 - Arabic Script (Online)	11:30a-1p AD129 - History of Music in Germany	10:30a-12:30p AD012 - Advanced Watercolor	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	11:30a-12:45p LA003 - Beginning Sign Language	11a-12p HS647 - Chesterfield 275th Anniversary	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p AD234 - Colorist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	<div style="border: 2px solid black; padding: 10px; background-color: #ffff00;"> <p><b>Don't Miss...</b></p> <p><b>20-Year Anniversary Celebration</b></p> <p><b>March 1</b></p> <p><b>10-11:30AM</b></p> </div>
1p-3p WG004 - Cards and Games	12:15p-1:30p CO128 - Geological Wonders	12:30p-3:30p AD260 - Pencils, Stencils, and Pens B	11:30a-1:30p PR101 - Time	
1:30p-3p AD264 - Interior Design Problems	12:30p-1:30p LA021 - Un Poco de Todo	1p-2p AD210 - Intro to Brazilian Percussion	12p-1:30p AD141 - Lifelong Musicians	
1:30p-2:15p HW355 - Beginning Tai	12:30p-1:30p LA021 - Un Poco de Todo	1p-3p WG006 - Cards and Games	12p-1:30p AD240 - Lifelong Musicians	
2p-3:30p LA015 - Conversational	1p-2p FI006 - Chair Yoga	1:30p-3p EF144 - Social Security 101	12p-1p HW315 - Leaky Bladder	
2:30p-3:30p AD105 - Funtastics Choral Group	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	12p-1p LS173 - Mercy Mall Laundry Detergent	
2:30p-3:30p HW426 - Basic Qigong	1:30p-2:30p HS634 - Founding Brothers and Cousins (Online)	1:30p-3:30p LE032 - Needleworkers United	1p-2p FI010 - Chair Yoga	
3:30p-4:30p LLI Board of Directors Meeting	2p-3:45p AD110 - Watercolor Pencils and Sticks	2p-3:30p CO200 - Nearpeer Tutorial and Tips B	1:30p-3p AD015 - Advanced Readers Theater	
	2p-3:30p HS639 - Heroes of History	2p-3:30p LE252 - Genealogy Discussions	1:30p-3:30p EF157 - Financial Modeling	
	2p-3p LS190 - Intro to Public Speaking	2:30p-3:30p FI015 - Pilates	1:30p-2:30p FI034 - Cardio and Strength	
	2:30p-3:30p FI009 - Gentle Yoga		2p-3:45p AD111 - Intermediate	
	2:30p-3:30p HS640 - Archaeological		2p-3p HS599 - Aerial America	
			2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
3/4/2024	3/5/2024	3/6/2024	3/7/2024	3/8/2024
9a-10a FI001 - Low Impact	 <p><b>Election Day</b></p>	9a-11a AD035 - Woodcarving with Merv	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-10:30a HS657 - Intro to the US Constitution		9:30a-10:30a LS150 - Dispelling Hospice Myths	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
9:30a-10:30a HS636 - A Teenager Goes to Congress (Online)		9:30a-11a AD257 - Life and Works of Caravaggio	9a-10a AD036 - Intro to Line Dancing	9a-6:30p SE183 - Titanic Exhibition Tour
10a-10:45a FI004 - Sit and Be Fit		9:30a-11a HS610 - Rachel Carson's America A	9:15a-10:30a CO129 - Geological Wonders (Online)	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI030 - Strengthen and Stretch (Online)		9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-10:30a HS643 - Music and Culture of the 1960s	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p AD220 - Improvisation Games		10a-11:30a AD265 - Open Sketching Studio	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p HS482 - Colonial Beginnings		10:30a-12p AD252 - Ukulele Intro and Jam	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p LE156 - Genealogy for All		11a-12p EL043 - Enjoy Poetry	10a-11a HW429 - End of Life Decision Making	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12:30p LS191 - Compassion and Choices		11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	12p-1p AD022 - Ballroom Dance
11a-12p CO201 - Lies and Statistics		11a-12p FI031 - Chair Yoga (Online)	10:30a-12:30p AD012 - Advanced Watercolor	1p-2:30p CO059 - iPhone Basics Part 2
11a-12p FI028 - Gentle Yoga		11:30a-1p AD129 - History of Music in Germany	11:30a-1:30p EF104 - Estates and Probate	1p-3p EL015 - Aspiring Writers' Critique
11a-12:30p LE253 - Easy Cooking with Judith (Online)		11:30a-12:30p HW431 - Music as Medicine	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi A		11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p AD234 - Colorist Open Studio		12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-3:30p LE265 - Modern Floral Designs A
1p-3p WG004 - Cards and Games		12:30p-1:30p EL114 - Literary Society Book Swap	12:30p-2p CO211 - Fun With Geology	
1:30p-2:15p HW355 - Beginning Tai Chi B		1p-2p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
2p-3:30p CO203 - Tips in Google Apps		1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers	
2p-3:30p LA015 - Conversational German		1:30p-2:30p HS654 - Votes for Women	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
2:30p-3:30p AD105 - Funtastics Choral Group		1:30p-3:30p LE032 - Needleworkers United	2p-3:45p AD111 - Intermediate Watercolor	
2:30p-3:30p HW426 - Basic Qigong		2p-3:30p EF159 - Demystifying the Bond Market	2p-3:30p CO208 - Cyber Threats B	
	2p-3:30p EL116 - Should These Books Be	2p-3p HS599 - Aerial America		
	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		




Monday	Tuesday	Wednesday	Thursday	Friday
3/11/2024	3/12/2024	3/13/2024	3/14/2024	3/15/2024
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 HS636 - A Teenager Goes to Congress (Online)	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a HS632 - History of the US Constitution	9:30a-11a AD257 - Life and Works of Caravaggio	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI030 - Strengthen and Stretch (Online)	9a-10a LA019 - Conversational French	9:30a-11a HS610 - Rachel Carson's America A	9:15a-10:30a CO129 - Geological Wonders (Online)	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a PR096 - Power of Myth and Aesthetics	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-10:30a HS643 - Music and Culture of the 1960s	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p AD220 - Improvisation Games	9:30a-11:30a LS192 - Intro to End-of-Life Planning	10a-12p AD262 - Fun With Paper Clay	9:30a-11a PR099 - Science and Theology	10a-11a SE067 - Poe Museum Tour
10:30a-12p HS482 - Colonial Beginnings	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p AD252 - Ukulele Intro and Jam	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p LE156 - Genealogy for All	10:30a-12:30p AD258 - Portraits in Watercolor	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	11a-12p EL115 - Baby X Discussion (Online)
11a-12p CO201 - Lies and Statistics	11a-12:30p AD263 - Laughing in a Foreign Language	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 HS633 - Founding Brothers and Cousins	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p EL109 - Children's Book Review	12p-1p AD022 - Ballroom Dance
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LA022 - Arabic Script (Online)	11:30a-1p AD129 - History of Music in Germany	11:30a-12:15p FI005 - Sit and Be Fit	1p-2:30p CO059 - iPhone Basics Part 2
1p-3p EL112 - Funny and Happy Movies	11a-1p WG013 - Spades	11:30a-12:45p LA003 - Beginning Sign Language	11:30a-12:30p EF155 - Surviving in Today's Economy	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW188 - Shoulder Arthritis	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-2p SE184 - Marshall's Wife Performance	12p-12:30p IA100 - Birthday Celebration	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-3:30p LE265 - Modern Floral Designs A
1:30p-2:15p HW355 - Beginning Tai Chi B	12:15p-1:30p CO128 - Geological Wonders	1p-2p AD210 - Intro to Brazilian Percussion	12:30p-2p CO211 - Fun With Geology	
2p-3:30p CO203 - Tips in Google Apps	12:30p-1:30p LA021 - Un Poco de Todo	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational	1p-2p FI006 - Chair Yoga	1p-2:30p LS160 - Selling a Home	1:30p-3p AD015 - Advanced Readers	
2:30p-3:30p AD105 - Funtastics Choral Group	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
2:30p-3:30p HW426 - Basic Qigong	1:30p-2:30p HS634 - Founding Brothers and Cousins (Online)	1:30p-3:30p LE032 - Needleworkers United	2p-3:45p AD111 - Intermediate Watercolor	
	2p-3:45p AD110 - Watercolor Pencils	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p CO208 - Cyber Threats B	
	2p-3:30p DE002 - Creating Belonging	2:30p-3:30p FI015 - Pilates	2p-3p HS599 - Aerial America	
	2p-3:30p HS639 - Heroes of History		2p-3:30p PR002 - Bible Discussion	
	2p-3p LS069 - VirginiaNavigator		2:30p-3:30p FI007 - Gentle Yoga	
	2p-3p LS190 - Intro to Public Speaking			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
3/18/2024	3/19/2024	3/20/2024	3/21/2024	3/22/2024
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 EF150 - Virginia Long Term Care	9a-10:30a EL048 - Memoir Writing	9:30a-11a AD257 - Life and Works of Caravaggio	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
9:30a-10:30a HS636 - A Teenager Goes to Congress (Online)	9a-10:30a HS632 - History of the US Constitution	9:30a-11a HS610 - Rachel Carson's America A	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS641 - The Guide to Essential Italy
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:15a-10:30a CO129 - Geological Wonders (Online)	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	10a-12p AD262 - Fun With Paper Clay	9:30a-10:30a HS643 - Music and Culture of the 1960s	10a-12p WG007 - Hand and Foot and Triple Play
10a-11:30a LS097 - Senior Living Options	9:30a-11:30a LS192 - Intro to End-of-Life Planning	10:30a-12p AD252 - Ukulele Intro and Jam	9:30a-11a PR099 - Science and Theology	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p AD220 - Improvisation Games	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	10:30a-12p HW421 - Probiotics A
10:30a-12p HS482 - Colonial Beginnings	10:30a-12:30p AD258 - Portraits in Watercolor	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
10:30a-12p LE156 - Genealogy for All	11a-1p HS619 - The Life of Norman Rockwell	11a-12p FI031 - Chair Yoga (Online)	10:30a-12p LE276 - Balloon Twisting 101	12p-1p AD022 - Ballroom Dance
11a-12p CO201 - Lies and Statistics	11a-12:30p LA022 - Arabic Script (Online)	11:30a-1p AD129 - History of Music in Germany	11a-12p HS471 - Archaeology of Magnolia Grange	1p-3p EL015 - Aspiring Writers' Critique
11a-12p FI028 - Gentle Yoga	11a-12:30p LS185 - Awaken and Embody Greatness	11:30a-12:30p HW431 - Music as Medicine	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
12:30p-2p HS644 - Ancient Near East Excavation	11a-1p WG013 - Spades	11:30a-12:45p LA003 - Beginning Sign Language	11:30a-1p HW392 - Suicide Prevention	1p-2:30p SE182 - The Phantom Tollbooth Peek
12:30p-1:15p HW342 - Beginning Tai Chi A	11:30a-12:30p AD058 - Country Line Dancing	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p EL112 - Funny and Happy Movies	12:15p-1:30p CO128 - Geological Wonders	12:30p-3:30p AD261 - Pencils, Stencils, and Pens C	12p-1:30p AD240 - Lifelong Musicians Vocalists	1:30p-3:30p LE265 - Modern Floral Designs A
1p-3p WG004 - Cards and Games	12:30p-1:30p LA021 - Un Poco de Todo	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	1p-2:30p LS147 - Crafts for Community	1p-3p HS615 - Hitler's Realities (Online)	
1:30p-2:30p LS189 - Senior Connections (Online)	1p-3p WG001 - Social Bingo	1p-3p PR102 - Remote Viewing	1:30p-3p AD015 - Advanced Readers Theater	
2p-3:30p CO203 - Tips in Google Apps A	2p-3:45p AD110 - Watercolor Pencils and Sticks	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
2p-3:30p LA015 - Conversational	2p-3:30p HS089 - Great Decisions	1:30p-3:30p LE032 - Needleworkers	2p-3:30p CO210 - Artificial Intelligence B	
2:30p-3:30p AD105 - Funtastics Choral Group	2p-3:30p HS639 - Heroes of History	2p-3:30p HS651 - President Grover Cleveland	2p-3:30p DE001 - Diversity Listening Session	
2:30p-3:30p HW426 - Basic Qigong	2p-3:30p HW437 - Dementia Stages	2:30p-3:30p FI015 - Pilates	2p-3p HS599 - Aerial America	
	2p-3p LS190 - Intro to Public Speaking		2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p FI007 - Gentle Yoga	





Monday	Tuesday	Wednesday	Thursday	Friday
3/25/2024	3/26/2024	3/27/2024	3/28/2024	3/29/2024
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)	<p style="text-align: center; font-size: 2em; font-weight: bold;">LLI Closed</p>  <div style="border: 1px solid black; padding: 10px; text-align: center; margin-top: 20px;"> <p style="color: purple; font-weight: bold; font-size: 1.2em;">LLI Closed for Spring Break March 29 - April 5</p> </div>
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	
10a-10:45a FI030 - Strengthen and Stretch (Online)	9a-10:30a HS632 - History of the US Constitution	9:30a-11a AD257 - Life and Works of Caravaggio	9a-10a AD036 - Intro to Line Dancing	
10:30a-12p AD220 - Improvisation Games	9a-10a LA019 - Conversational French	9:30a-11a HS610 - Rachel Carson's America A	9a-10:30a LS169 - Chesterfield Council on Aging	
10:30a-12p HS482 - Colonial Beginnings	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:15a-10:30a CO129 - Geological Wonders (Online)	
10:30a-11:30a HS648 - The Road to War (Online)	9:30a-11:30a LS192 - Intro to End-of-Life Planning	10a-12p AD262 - Fun With Paper Clay	9:30a-11a PR099 - Science and Theology	
10:30a-12p LE156 - Genealogy for All	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p AD252 - Ukulele Intro and Jam	9:30a-11:30a WG009 - Mah Jongg	
11a-12p CO201 - Lies and Statistics	10:30a-12:30p AD258 - Portraits in Watercolor	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	
11a-12p FI028 - Gentle Yoga	10:30a-11:30a HW251 - Brain Power Hour	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	
12:30p-2p HS644 - Ancient Near East Excavation	11a-12:30p LA022 - Arabic Script (Online)	11a-12p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LS185 - Awaken and Embody Greatness	11:30a-1p AD129 - History of Music in Germany	12p-1:30p AD141 - Lifelong Musicians	
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p AD240 - Lifelong Musicians Vocalists	
1:30p-2:15p HW355 - Beginning Tai Chi B	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p HW434 - Finding Meaning After Loss	12p-1:30p IA003 - March Luncheon	
2p-3:30p CO203 - Tips in Google Apps A	12:15p-1:30p CO128 - Geological Wonders	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational German	12:30p-1:30p LA021 - Un Poco de Todo	1p-2p AD210 - Intro to Brazilian Percussion	1:30p-3p AD015 - Advanced Readers Theater	
2:30p-3:30p AD105 - Funtastics Choral Group	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
2:30p-3:30p HW426 - Basic Qigong	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	2p-3:30p CO210 - Artificial Intelligence B	
3:30p-4:30p LLI Board of Directors Meeting	1:30p-3:30p EL108 - The Boy, Mole, Fox and Horse	1:30p-3:30p HW394 - Be the Help Until Help Arrives	2p-3:30p DE001 - Diversity Listening Session	
	1:30p-3:30p HW419 - Trauma and Resilience (Online)	1:30p-3:30p LE032 - Needleworkers United	2p-3p HS599 - Aerial America	
	2p-3p LS190 - Intro to Public Speaking	2p-3:30p EL116 - Should These Books Be Banned	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p HW377 - Chronic Pain	2:30p-3:30p FI015 - Pilates		



Monday		Tuesday		Wednesday		Thursday		Friday	
4/8/2024		4/9/2024		4/10/2024		4/11/2024		4/12/2024	
9a-10a FI001 - Low Impact		9a-9:45a AD045 - Beginner Tap Dancing		<div data-bbox="856 435 1230 781" data-label="Image"> </div>		8:30a-9:30a FI020 - Zumba Gold (Online)		8:30a-9:30a FI003 - Low Impact	
9a-10a HS649 - The Orient Express		9a-10:30a EL048 - Memoir Writing				8:30a-12:30p LS176 - CCPD Citizen's Police Academy		9a-12p WG010 - Bridge	
10a-10:45a FI004 - Sit and Be Fit		9a-10:30a HS632 - History of the US Constitution				9a-10a AD036 - Intro to Line Dancing		9:30a-11a HS642 - Rachel Carson's America B	
10a-10:45a FI030 - Strengthen and Stretch (Online)		9a-10a LA019 - Conversational French				9:15a-10:30a CO129 - Geological Wonders (Online)		9:45a-10:45a FI029 - Chair Yoga	
10a-12p LS091 - Profound Questions		9:30a-10:30a AD248 - Readers Theater				9:30a-10:30a HS643 - Music and Culture of the 1960s		10a-12p WG007 - Hand and Foot and Triple Play	
10:30a-12p HS482 - Colonial Beginnings		9:30a-10:45a LE279 - Introduction to Disc Golf				9:30a-11a PR099 - Science and Theology		10:30a-12:30p AD167 - Open Oil Painting	
10:30a-12p LE156 - Genealogy for All		10a-11a AD021 - Intermediate Tap Dancing				9:30a-11:30a WG009 - Mah Jongg		10:30a-12p CO077 - Cable TV Alternatives B	
10:30a-12p PR091 - Walk Through the Old Testament		10:30a-12:30p AD258 - Portraits in Watercolor				10:15a-11:15a AD075 - Line Dance Practice		11a-11:45a HW352 - Beginning Tai Chi Review	
11a-12p FI028 - Gentle Yoga		10:30a-11:30a EF012 - Death and Taxes				11a-12p HS587 - Chesterfield Courthouse Green		12p-1p AD197 - Ballroom Dance Practice	
12:30p-2p HS644 - Ancient Near East Excavation		11a-12:30p LA022 - Arabic Script (Online)				11:30a-12:15p FI005 - Sit and Be Fit		1p-3p EL015 - Aspiring Writers' Critique	
12:30p-1:15p HW342 - Beginning Tai Chi A		11a-12:30p LS185 - Awaken and Embody Greatness				12p-1:30p AD141 - Lifelong Musicians		1p-3p WG002 - Social Bingo	
1p-3p WG004 - Cards and Games		11a-1p WG013 - Spades				12p-1:30p AD240 - Lifelong Musicians Vocalists		1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form	
1:30p-2:30p EL090 - Obituary Writing Workshop		11:30a-12:30p AD058 - Country Line Dancing				1p-2p FI010 - Chair Yoga		1:30p-3:30p LE266 - Modern Floral Designs B	
1:30p-2:15p HW355 - Beginning Tai Chi B		12:15p-1:30p CO128 - Geological Wonders				1:30p-3p AD015 - Advanced Readers Theater		2p-3:30p HS652 - FDR and the Gold Confiscation	
2p-3:30p CO175 - Google Photos A		12:30p-1:30p LA021 - Un Poco de Todo				1:30p-2:30p FI034 - Cardio and Strength Online (Online)			
2p-3:30p LA015 - Conversational German		12:30p-1:30p LA021 - Un Poco de Todo				2p-3:30p CO205 - Tips in Google Apps B			
2:30p-3:30p AD105 - Funtastics Choral Group		1p-2p FI006 - Chair Yoga				2p-3p HS599 - Aerial America			
2:30p-3:30p HW426 - Basic Qigong		1p-3p WG001 - Social Bingo				2p-3:30p PR002 - Bible Discussion			
		2p-3:45p LE241 - Pine Needle Baskets				2:30p-3:30p FI007 - Gentle Yoga			
		2p-3p LS190 - Intro to Public Speaking							
		2:30p-3:30p FI009 - Gentle Yoga							





Monday	Tuesday	Wednesday	Thursday	Friday
4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9:30a-11a AD253 - Creative Thinking	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
9:30a-10:30a HW442 - Introduction to Anatomy	9a-10:30a HS632 - History of the US Constitution	9a-10:30a HS612 - The Living New Deal	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS642 - Rachel Carson's America B
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9:30a-11a EF138 - Medicare 101 (Online)	9a-12p LS193 - CarFit Car Safety	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:30a-11a HW264 - Meditation	9:15a-10:30a CO129 - Geological Wonders (Online)	10a-12p WG007 - Hand and Foot and Triple Play
10a-12p LS091 - Profound Questions	9:30a-10:45a LE279 - Introduction to Disc Golf	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a HS650 - Fort Sumter	10a-12p SE166 - Fire Station No. 5 Tour
10:30a-12p LE156 - Genealogy for All	10a-11a AD021 - Intermediate Tap Dancing	10a-12p AD262 - Fun With Paper Clay	9:30a-11:30a HW433 - Meditation Chakras Workshop	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p PR091 - Walk Through the Old Testament	10:30a-12:30p AD258 - Portraits in Watercolor	10:30a-12p HW432 - Loving Longevity Part 2	9:30a-11a PR099 - Science and Theology	10:30a-12p CO077 - Cable TV Alternatives B
11a-12p FI028 - Gentle Yoga	10:30a-12p HW408 - Shoulder Conditions	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	11a-12p EL091 - Author Platforms (Online)
12:30p-2p HS644 - Ancient Near East Excavation	11a-12:30p CO215 - The Unknown Future of AI	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LA022 - Arabic Script (Online)	11a-12p FI031 - Chair Yoga (Online)	11a-12:30p EF161 - Common Retirement Pitfalls (Online)	12p-1p AD197 - Ballroom Dance Practice
1p-3p WG004 - Cards and Games	11a-12:30p LS185 - Awaken and Embody Greatness	11:30a-1p AD129 - History of Music in Germany	11:30a-12:15p FI005 - Sit and Be Fit	1p-2:30p CO092 - Intermediate iPhone and iPad
1:30p-2:15p HW355 - Beginning Tai Chi B	11a-1p WG013 - Spades	11:30a-12:30p HW431 - Music as Medicine	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
2p-3:30p CO175 - Google Photos A	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 HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German	12p-12:30p IA100 - Birthday Celebration	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12:30p-1:30p HW380 - What Comes After Menopause	1:30p-3:30p LE266 - Modern Floral Designs B
2:30p-3:30p AD105 - Funtastics	12:15p-1:30p CO128 - Geological	1p-2p AD210 - Intro to Brazilian	1p-2p FI010 - Chair Yoga	<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p><b>Sunday   April 21</b></p> <p><b>9AM-7:30PM</b></p> <p><b>SE120</b></p> <p><b>Norfolk Military</b></p> <p><b>Tattoo Tour</b></p> </div>
2:30p-3:30p HW426 - Basic Qigong	12:30p-1:30p LA021 - Un Poco de Todo	1p-2:30p LS147 - Crafts for Community	1:30p-3p AD015 - Advanced Readers Theater	
	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
	1p-3p WG001 - Social Bingo	1:30p-3p EF132 - Financial Preparedness	2p-3:30p CO205 - Tips in Google Apps B	
	1:30p-2:30p EF151 - Virginia Long Term Care (Online)	1:30p-3p HS003 - Current Events	2p-3p HS599 - Aerial America	
	2p-3:30p HS089 - Great Decisions	1:30p-3:30p LE032 - Needleworkers	2p-3:30p PR002 - Bible Discussion	
	2p-3:45p LE241 - Pine Needle Baskets	2:30p-3:30p FI015 - Pilates	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3p LS190 - Intro to Public Speaking			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
9a-2:30p AD151 - YUPO and Watermedia	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
9a-10a FI001 - Low Impact	9a-2:30p AD151 - YUPO and Watermedia	9a-10:30a HS002 - Cultural Anthropology	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge
9:30a-11a AD253 - Creative Thinking	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS612 - The Living New Deal	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS642 - Rachel Carson's America B
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL113 - Film 101	9:30a-11a HW264 - Meditation	9a-10:30a LS169 - Chesterfield Council on Aging	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strengthen and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Wednesday Fun Fitness	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Hand and Foot and Triple Play
10a-12p LS095 - The Subconscious Mind	9:30a-10:45a LE279 - Introduction to Disc Golf	10a-12p AD262 - Fun With Paper Clay	9:30a-11:30a WG009 - Mah Jongg	10a-3p SE099 - Pamplin Historical Park Tour
10:30a-12p LE156 - Genealogy for All	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p HW432 - Loving Longevity Part 2	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD167 - Open Oil Painting
10:30a-12p PR091 - Walk Through the Old Testament	10a-11:30a HW438 - Understanding Hearing (Online)	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-11:45a HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12:30p LA022 - Arabic Script (Online)	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p AD197 - Ballroom Dance Practice
12:30p-2p HS644 - Ancient Near East Excavation	11a-12:30p LS185 - Awaken and Embody Greatness	11a-12p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-2:30p CO092 - Intermediate iPhone and iPad
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-1p WG013 - Spades	11:30a-1p AD129 - History of Music in Germany	12p-1:30p AD240 - Lifelong Musicians Vocalists	1p-3p EL015 - Aspiring Writers' Critique
1p-3p EL112 - Funny and Happy Movies	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p IA004 - April Luncheon	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	12:15p-1:30p CO128 - Geological Wonders	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-2:15p HW355 - Beginning Tai Chi B	12:30p-1:30p LA021 - Un Poco de Todo	1p-2p AD210 - Intro to Brazilian Percussion	1:30p-3p AD015 - Advanced Readers Theater	1:30p-3:30p LE266 - Modern Floral Designs B
2p-3:30p CO175 - Google Photos A	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1p-2p HW428 - Management of Stroke Risk	2p-3:30p CO205 - Tips in Google Apps B	
2:30p-3:30p AD105 - Funtastics Choral Group	2p-3:30p EF114 - Stock Market and Elections	1:30p-3:30p LE032 - Needleworkers United	2p-3p HS599 - Aerial America	
2:30p-3:30p HW426 - Basic Qigong	2p-3:45p LE241 - Pine Needle Baskets	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LS168 - Senior Housing Options	
3:30p-4:30p LLI Board of Directors Meeting	2p-3p LS190 - Intro to Public Speaking	2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p HS469 - History of Castlewood	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p HW409 - Dry Needling			



Monday	Tuesday	Wednesday	Thursday	Friday
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a AD080 - Woodcarving	<b>Summer Catalog Available</b>	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-10:30a HS002 - Cultural Anthropology		9a-12p WG010 - Bridge
10a-10:45a FI030 - Strengthen and Stretch (Online)	9a-10:30a EL113 - Film 101	9a-10:30a HS612 - The Living New Deal		9:30a-11a HS642 - Rachel Carson's America B
10a-12p LS095 - The Subconscious Mind	9:30a-10:30a AD248 - Readers Theater	9:30a-11a HW264 - Meditation	8:30a-9:30a FI020 - Zumba Gold (Online)	9:45a-10:45a FI029 - Chair Yoga
10a-12p HS467 - Hungarian Gold Train	9:30a-10:45a LE279 - Introduction to Disc Golf	9:45a-10:45a FI017 - Wednesday Fun Fitness	9a-10a AD036 - Intro to Line Dancing	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p LE156 - Genealogy for All	10a-11a AD021 - Intermediate Tap Dancing	10a-12p AD262 - Fun With Paper Clay	9:30a-11:30a HW433 - Meditation Chakras Workshop	10:30a-12:30p AD167 - Open Oil Painting
11a-12p FI028 - Gentle Yoga	11a-12:30p LA022 - Arabic Script (Online)	11a-11:45a FI018 - Sit and Be Fit	9:30a-11:30a WG009 - Mah Jongg	11a-11:45a HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi A	11a-12:30p LS185 - Awaken and Embody Greatness	11a-12p FI031 - Chair Yoga (Online)	10a-11a EF147 - Outsmart the Scammers	12p-1p AD197 - Ballroom Dance Practice
12:30p-2p LS166 - Farm to Table	11a-1p WG013 - Spades	11a-12p HW302 - Spring Holidays and Grief	10:15a-11:15a AD075 - Line Dance Practice	1p-2:30p CO092 - Intermediate iPhone and iPad
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	11:30a-1p AD129 - History of Music in Germany	10:30a-12p SE171 - Literary Society Celebration	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi B	1p-2p FI006 - Chair Yoga	11:30a-12:30p HW431 - Music as Medicine	11:30a-12:15p FI005 - Sit and Be Fit	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p CO206 - Password Management B	1p-3p WG001 - Social Bingo	11:30a-12:45p LA003 - Beginning Sign Language	12p-1:30p AD141 - Lifelong Musicians	1:30p-3p HW422 - Probiotics B
2p-3:30p LA015 - Conversational German	1p-2:30p HS541 - History of Ventriloquism	12p-12:45p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD240 - Lifelong Musicians Vocalists	
2:30p-3:30p AD105 - Funtastics Choral Group	1:30p-2:30p HS611 - WWII Civilian Prisoners (Online)	1p-2p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
2:30p-3:30p HW426 - Basic Qigong	2p-3:45p LE241 - Pine Needle Baskets	1p-3p WG006 - Cards and Games	1:30p-3p AD015 - Advanced Readers Theater	
	2p-3p LS190 - Intro to Public Speaking	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Cardio and Strength Online (Online)	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p SE145 - Springtime Performance	
		2p-3:30p EL116 - Should These Books Be Banned	2p-3:30p CO205 - Tips in Google Apps B	
		2p-3:30p LE252 - Genealogy Discussions	2p-3p HS599 - Aerial America	
		2:30p-3:30p FI015 - Pilates	2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	



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

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

## LLI in Chesterfield Spring 2024 Registration Form

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

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

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Art, Music, Drama, and Dance</b>						
	AD012	Advanced Watercolor		Thu	Feb 8, 15, 22, 29, March 7, 14	10:30-12:30		Marti Franks
	AD015	Advanced Readers Theater		Thu	Jan 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	1:30-3:00		Sandy Phillips
	AD016	Basic Watercolor Techniques	\$10	Tue	Jan 23, 30, Feb 6, 13	10:30-12:30		Poly Cline
	AD021	Intermediate Tap Dancing		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	10:00-11:00		Beth and Jennifer
	AD022	Ballroom Dance: Hustle and Cha Cha		Fri	Feb 9, 16, 23, March 1, 8, 15, 22	12:00-1:00		Doug and Teresa
	AD031	Tango Dancing for Partners		Fri	Jan 19, 26, Feb 2	12:00-1:00		Phyllis Harris
	AD035	Woodcarving with Merv: Little Guys and a Relief Carving	\$10	Wed	Feb 7, 14, 21, 28, March 6, 13, 20, 27	9:00-11:00		Merv Warner
	AD036	Introduction to Line Dancing		Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	9:00-9:45		Karyn and Julie
	AD058	Country Line Dancing		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	Jan 17, 24, 31, April 17, 24, May 1	9:00-11:00		Bill Good
	AD105	Funtastics Choral Group		Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	2:30-3:30		Sandy Phillips
	AD110	Watercolor Pencils and Sticks		Tue	Jan 23, 30, Feb 6, 13, 20, 27, March 12, 19	2:00-3:45		Brian Austin
	AD111	Intermediate Watercolor with Marti		Thu	Feb 8, 15, 22, 29, March 7, 14	2:00-3:45		Marti Franks
	AD119	Watercolor and Acrylic Problem Solving Workshop		W/Th	Jan 31, Feb 1	9:00-2:30		Beverly Perdue
	AD129	History of Music in Germany: A Nation of Music-Lovers		Wed	Feb 28, March 6, 13, 20, 27, April 17, 24, May 1	11:30-1:00		Suzanne Levitas
	AD141	Lifelong Musicians Instrumentalists		Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	12:00-1:30		Randall Kaker
	AD151	YUPO and Watermedia Workshop		M/Tu	April 22, 23	9:00-2:30		Beverly Perdue
	AD167	Open Oil Painting Studio		Fri	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8, 15, 22, Apr 12, 19, 26, May 3	10:30-12:30		Jennifer et al.
	AD192	Super Senior Storytelling Slam: Real Stories Truly Told		Thu	Jan 25, Feb 22, March 28, April 25	10:30-12:30		Judith and Les
	AD197	Ballroom Dance Practice for Partners		Fri	April 12, 19, 26, May 3	12:00-1:00		Hal and Marlene
	AD210	Introduction to Brazilian and Afro-Cuban Percussion		Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	1:00-2:00		Damir Strmel
	AD220	Improvisation Games for Fun, Creativity and Brain Health		Mon	Feb 12, 26, March 4, 11, 18, 25	10:30-12:00		GeGe Beall
	AD234	Colorist Open Studio		Mon	Jan 22, 29, Feb 5, 12, 26, March 4	1:00-3:00		Diana and Karen
	AD235	Beginning Guitar II: Notes and Melodies	*\$10	Wed	Jan 24, 31, Feb 7, 14, 21, 28	11:00-12:00		Randall Kaker
	AD240	Lifelong Musicians Vocalists		Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	12:00-1:30		Randall Kaker
	AD248	Readers Theater		Tue	Jan 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	9:30-10:30		Ken Carlson
	AD252	Ukulele Introduction and Jam		Wed	March 6, 13, 20, 27	10:30-12:00		Rick Kaerwer
	AD253	Creative Thinking: Increase Awareness and See Life Differently		Mon	April 15, 22	9:30-11:00		Gordon Russell
	AD257	The Life and Selected Works of Caravaggio		Wed	March 6, 13, 20, 27	9:30-11:00		Juana Levi
	AD258	Portraits in Watercolor		Tue	March 12, 19, 26, April 9, 16	10:30-12:30		Poly Cline
	AD259	Pencils, Stencils, and Pens A		Wed	February 7	9:30-12:30		Sarah Matthews
	AD260	Pencils, Stencils, and Pens B		Wed	February 28	12:30-3:30		Sarah Matthews
	AD261	Pencils, Stencils, and Pens C		Wed	March 20	12:30-3:30		Sarah Matthews
	AD262	Fun With Paper Clay	\$15	Wed	March 13, 20, 27, April 17, 24, May 1	10:00-12:00		Judith Onesty
	AD263	Laughing in a Foreign Language: Exploring Humor Around the World		Tue	Jan 30, Feb 6, 13, 20, 27, March 12	11:00-12:30		Les Schaffer
	AD264	Interior Design Problem Solving		Mon	February 26	1:30-3:00		Pat Meek
	AD265	Open Sketching Studio		Wed	Feb 14, 21, 28, March 6	10:00-11:30		Hal Cauthen

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

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Computers, Technology, Math, and Science</b>						
	CO058	iPhone Basics: Part 1 of 2		Fri	Feb 2, 9, 16	1:00-2:30		Mark Grubbs
	CO059	iPhone Basics: Part 2 of 2		Fri	March 1, 8, 15	1:00-2:30		Mark Grubbs
	CO076	Cable TV Alternatives A: Cutting the Cord		Thu	February 8, 15	11:00-12:30		Mel Kauffman
	CO077	Cable TV Alternatives B: Cutting the Cord		Fri	April 12, 19	10:30-12:00		Mel Kauffman
	CO092	Intermediate iPhone and iPad: Part 1		Fri	April 19, 26, May 3	1:00-2:30		Mark Grubbs
	CO128	Geological Wonders		Tue	Feb 20, 27, March 12, 19, 26, April 9, 16, 23	12:15-1:30		Bob Ferguson
	CO129	Geological Wonders		Thu	Feb 22, 29, March 7, 14, 21, 28, April 11, 18	9:15-10:30	Online	Bob Ferguson
	CO175	Google Photos A: Managing Thousands of Photos in Your Phone		Mon	April 8, 15, 22	2:00-3:30		Danny Arkin
	CO176	Google Photos B: Managing Thousands of Photos in Your Phone		Thu	Feb 1, 8, 15	2:00-3:30		Danny Arkin
	CO199	Nearpeer Tutorial and Tips A		Fri	January 19	10:30-12:00		Rachel Ramirez
	CO200	Nearpeer Tutorial and Tips B		Wed	February 28	2:00-3:30		Rachel Ramirez
	CO201	Lies and Statistics		Mon	Feb 26, March 4, 11, 18, 25	11:00-12:00		John Fisher
	CO203	Tips and Tricks in Google Apps A: Calendar, Mail, Chrome, Notes		Mon	March 4, 11, 18, 25	2:00-3:30		Danny Arkin
	CO204	Password Management A: Browser-Stored Password Tools		Thu	February 22	2:00-3:30		Danny Arkin
	CO205	Tips and Tricks in Google Apps B: Calendar, Mail, Chrome, Notes		Thu	April 11, 18, 25, May 2	2:00-3:30		Danny Arkin
	CO206	Password Management B: Browser-Stored Password Tools		Mon	April 29	2:00-3:30		Danny Arkin
	CO207	Cyber Threats and Information Security Awareness A		Mon	January 22, 29	2:00-3:30		Danny Arkin
	CO208	Cyber Threats and Information Security Awareness B		Thu	March 7, 14	2:00-3:30		Danny Arkin
	CO209	Artificial Intelligence A: History, Promises, Fears, and the Future		Mon	February 5, 12	12:30-2:00		Danny Arkin
	CO210	Artificial Intelligence B: History, Promises, Fears, and the Future		Thu	March 21, 28	2:00-3:30		Danny Arkin
	CO211	Fun With Geology: It's Here, It's There...It's Everywhere!		Thu	March 7, 14	12:30-2:00		Gary Nelson
	CO212	More Artificial Intelligence: The Good, the Bad, and the Ugly		Tue	January 30	12:30-1:30		Bob Ferguson
	CO213	More Artificial Intelligence: The Good, the Bad, and the Ugly		Thu	February 1	9:30-10:30	Online	Bob Ferguson
	CO215	The Unknown Future of AI, It's Present, and It's Past		Tue	April 16	11:00-12:30		Timothy Pace
	CO216	Introduction to Libby: The App for eBooks at the Library		Mon	January 22	10:00-11:30		Cindy Arnold
		<b>Diversity, Equity, and Incusion</b>						
	DE001	Diversity Committee Listening Session		Thu	March 21, 28	2:00-3:30		Donna Blackwell
	DE002	Creating Belonging: High-Quality Connections		Tue	March 12	2:00-3:30		Amy J. Armstrong
	DE004	The Upswing: A Book Review		Thu	February 15	11:00-12:30		Bob Ferguson
	DE005	LGBTQ+ Basics		Tue	January 30	1:30-3:30		Michael Recant
	DE006	Overcoming Blindness and Vision Impairments		Mon	February 5	10:00-12:00		Robin Hoerber

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Economics and Finance</b>						
	EF012	Death and Taxes: The Only Certainties in Life?		Tue	April 9	10:30-11:30		Ryan Poland
	EF102	After the Last Paycheck: Will I Outlive My Money?		Tue	January 30	1:00-2:00		Ryan Poland
	EF104	Estate Settlement and the Probate Process		Thu	March 7	11:30-1:30		Mark Mikuta
	EF113	Medicare 101: Making Sense of Medicare		Thu	February 8	10:30-12:00		Kendalle Stock
	EF114	Stock Market and Elections		Tue	April 23	2:00-3:30		Jamey Davidson
	EF115	Estate Planning		Tue	February 27	10:00-11:30	Online	Paula Peaden
	EF117	Identity Theft		Thu	January 25	10:30-11:30		Sabrina Guerin
	EF118	Organizing Financial Records in Four Steps		Thu	February 15	11:00-12:00	Online	Sabrina Guerin
	EF132	Financial Preparedness for Emergencies		Wed	April 17	1:30-3:00		Emergency Mgmt Staff
	EF138	Medicare 101: Making Sense of Medicare		Wed	April 17	9:30-11:00	Online	Kendalle Stock
	EF140	What Kids Need to Know: Preparation and Legacy Preservation		Wed	February 28	9:30-11:00		Jamey Davidson
	EF144	Social Security 101: Everything You Wanted to Know		Wed	February 28	1:30-3:00		Jackie Weisgarber
	EF147	Outsmart the Scammers		Thu	May 2	10:00-11:00		Shawn Doran
	EF150	Virginia Long Term Care Options and How to Pay for Them		Mon	March 18	9:30-10:30		Jeremy L. Pryor
	EF151	Virginia Long Term Care Options and How to Pay for Them		Tue	April 16	1:30-2:30	Online	Jeremy L. Pryor
	EF155	Surviving in Today's Economy		Thu	March 14	11:30-12:30		Sabrina Guerin
	EF157	Financial Modeling Using Artificial Intelligence (AI)		Thu	February 29	1:30-3:30		Damir Strmel
	EF158	Long Term Care Funding and Resource Options		Wed	February 21	9:00-11:00		Linda, Jay, and Dori
	EF159	Demystifying the Bond Market		Wed	March 6	2:00-3:30		Liz Brown
	EF160	Common Retirement Pitfalls and How to Avoid Them		Tue	February 20	10:00-11:30		Russell and Ryan
	EF161	Common Retirement Pitfalls and How to Avoid Them		Thu	April 18	11:00-12:30	Online	Russell and Ryan
	EF162	Tax-Free Investing: It's Not What You Make It's What You Keep		Thu	January 18	10:00-11:00		Shawn Doran
		<b>Literature, Poetry, and Film</b>						
	EL015	Aspiring Writers' Critique		Fri	Jan 26, Feb 9, 23, March 8, 22, April 12, 26	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	Feb 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23, 30	9:00-10:30		Suzanne and Tom
	EL090	Obituary Writing Workshop		Mon	April 8	1:30-2:30		Jennifer S. Moss
	EL091	Author Platforms: The Starting Line		Fri	April 19	11:00-12:00	Online	Heather Weidner
	EL100	LLI Literary Society Orientation		Tue	January 16	12:30-1:30		Bob, Martha, and Anita
	EL101	LLI Literary Society Orientation		Wed	January 17	10:00-11:00	Online	Bob, Martha, and Anita
	EL108	The Boy, the Mole, the Fox and the Horse	*\$18	Tue	March 26	1:30-3:30		Rachel and Lucas
	EL109	Children's Book Review		Thu	March 14	10:30-12:00		Rachel and Lucas
	EL112	Funny and Happy Movies Showcase		Mon	Jan 22, 29, Feb 5, 12, March 11, 18, April 22	1:00-3:00		Al and Lil Meyer
	EL113	Film 101: The Silent Comedians		Tue	Jan 23, 30, Feb 6, 13, April 23, 30	9:00-10:30		Josh Pachter
	EL114	LLI Literary Society Feedback and Book Swap		Wed	March 6	12:30-1:30		Bob, Martha, and Anita
	EL115	Baby X Discussion: Combining Thriller Writing and Cutting-Edge Science		Fri	March 15	11:00-12:00	Online	Kira Peikoff
	EL116	Should These Books Be Banned?		Wed	Feb 7, March 6, 27, May 1	2:00-3:30		Linda and Deb

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Fitness</b>						
	FI001	Low Impact Monday	\$20	Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$20	Fri	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8, 15, 22, Apr 12, 19, 26, May 3	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$20	Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$20	Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$20	Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$20	Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	1:00-2:00		Dorota Kawka
	FI015	Pilates, Sculpt, and Barre	\$20	Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	2:30-3:30		Linda McDorman
	FI017	Wednesday Fun Fitness	\$20	Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	8:30-9:30	Online	Tracey Brooks
	FI028	Gentle Yoga Monday	\$20	Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$20	Fri	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8, 15, 22, Apr 12, 19, 26, May 3	9:45-10:45		Linda McDorman
	FI030	Strengthen and Stretch Online	\$20	Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	11:00-12:00	Online	Linda McDorman
	FI034	Cardio and Strength Online	\$20	Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	1:30-2:30	Online	Nicole Thomas-Jackson
		<b>History, Humanities, and International Studies</b>						
	HS002	Cultural Anthropology: Indigenous American Spirituals		Wed	Jan 17, 31, Feb 14, 28, March 13, 27, April 17, 24, May 1	9:00-10:30		Annebel Lewis
	HS003	Current Events Discussion		Wed	Jan 17, 31, Feb 14, 28, March 13, 27, April 17, May 1	1:30-3:00		Roy and Lee
	HS089	Great Decisions	*\$40	Tue	Jan 23, Feb 20, March 19, April 16	2:00-3:30		Bob Ferguson
	HS286	Nazi Millionaires		Wed	February 21	10:00-12:00		Kenneth D. Alford
	HS348	Hanover Tavern: Development and History		Tue	January 23	12:30-1:30		David Deal
	HS381	Adventures of the Camino		Tue	February 6	2:00-3:30		Robert Abbott
	HS467	Hungarian Gold Train		Mon	April 29	10:00-12:00		Kenneth D. Alford
	HS469	History of Castlewood		Wed	April 24	2:30-3:30		Bryan Truzzie
	HS471	Archaeology of Magnolia Grange		Thu	March 21	11:00-12:00		Bryan Truzzie
	HS482	Colonial Beginnings: Lost and Founded		Mon	Jan 22, 29, Feb 5, 12, 26, March 4, 11, 18, 25, April 8	10:30-12:00		Edward Blackwell
	HS541	History of Ventriloquism		Tue	April 30	1:00-2:30		John Byrd
	HS587	Chesterfield Courthouse Green Architecture		Thu	April 11	11:00-12:00		Bryan Truzzie
	HS599	Aerial America and Beyond		Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	2:00-3:00		Timothy Pace
	HS610	Rachel Carson's America A: Green Revolutions		Wed	March 6, 13, 20, 27	9:30-11:00		Patricia Ryther
	HS611	WWII Civilian Prisoners of the Philippines: Freedom and Food		Tue	April 30	1:30-2:30	Online	Jennifer Cottle
	HS612	The Living New Deal: What Can and Cannot Be Seen and Its Impact		Wed	April 17, 24, May 1	9:00-10:30		Nelson Calisch
	HS615	Hitler's Realities and How Fiction Explains It		Thu	March 21	1:00-3:00	Online	Dr. Alan A. Winter
	HS617	No Time to Grieve Documentary		Fri	February 9	12:30-2:30		Peppy Jones
	HS619	The Life, Art, and Historical Significance of Norman Rockwell		Tue	March 19	11:00-1:00		Dr. John Kirn
	HS632	History of the United States Constitution		Tue	March 12, 19, 26, April 9, 16	9:00-10:30		Dr. John Lemza
	HS633	Founding Brothers and Cousins		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, March 12	11:00-12:00		Shep Smith
	HS634	Founding Brothers and Cousins		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, March 12	1:30-2:30	Online	Shep Smith

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>History, Humanities, and International Studies</b>						
	HS635	A Teenager Goes to Congress		Mon	Jan 29, Feb 5, 12	9:00-10:00		Bernie Henderson
	HS636	A Teenager Goes to Congress		Mon	March 4, 11, 18	9:30-10:30	Online	Bernie Henderson
	HS639	Heroes of History		Tue	Jan 23, 30, Feb 6, 13, 20, 27, March 12, 19	2:00-3:30		Paul Glancy
	HS640	Archaeological Mysteries		Tue	Jan 16, 30, Feb 13, 27	2:30-3:30		Rick Kinnaird
	HS641	The Guide to Essential Italy		Fri	Jan 19, 26, Feb 2, 9, 16, 23, March 8, 15, 22	9:30-11:00		Timothy Pace
	HS642	Rachel Carson's America B: Green Revolutions		Fri	April 12, 19, 26, May 3	9:30-11:00		Patricia Ryther
	HS643	Music and Culture of the 1960s: The Times They Were A-Changin'		Thu	Feb 1, 8, 15, 29, March 7, 14, 21, April 11	9:30-10:30		Vic Thompson
	HS644	Ancient Near East Prosperity, Destruction, and Excavation: Tell Lachish		Mon	March 18, 25, April 8, 15, 22	12:30-2:00		Jon Waybright
	HS645	Stabilizing Democracy: Women's Suffrage in the US and Japan		Wed	January 31	10:00-11:00	Online	Amanda Williams
	HS646	Cornelius Mimms: A Legend and Legacy (1857-1932)		Wed	January 24	9:30-11:00		Audrey M. Ross
	HS647	Chesterfield County's 275th Anniversary		Thu	February 29	11:00-12:00		Bryan Truzzie
	HS648	The Road to War: 1919-1939		Mon	March 25	10:30-11:30	Online	Chris L. Kolakowski
	HS649	The Orient Express		Mon	April 8	9:00-10:00		George Saunders
	HS650	Fort Sumter		Thu	April 18	9:30-11:00		Gerry Germond
	HS651	President Grover Cleveland's "Boring" Life		Wed	March 20	2:00-3:30		James Triesler
	HS652	FDR and the Gold Confiscation of 1933		Fri	April 12	2:00-3:30		James Triesler
	HS653	Powhatan Indians of Virginia		Mon	January 22	1:00-2:00		Joshua LeHuray
	HS654	Votes for Women: Changing the Constitution		Wed	March 6	1:30-2:30		Miller Bowe
	HS655	The Jewish Community in the Confederacy		Tue	February 20	9:30-10:30		Waite Rawls
	HS656	Lessons from the Holocaust		Thu	February 1	11:00-12:00		Dr. Roger M. Loria
	HS657	Intro to the United States Constitution		Mon	March 4	9:30-10:30		Dr. John Lemza
		<b>Health and Wellness</b>						
	HW188	Shoulder Arthritis: Contemporary Management		Wed	March 13	12:00-1:00		Dr. Doug Boardman
	HW251	Brain Power Hour: All Things Spring		Tue	March 26	10:30-11:30		Rachel Lawson
	HW264	Meditation for Health and Happiness		Wed	April 17, 24, May 1	9:30-11:00		Trupti Kulkarni
	HW286	Stop the Bleed		Wed	February 21	1:00-2:30		Emergency Mgmt Staff
	HW302	Spring Holidays and Grief		Wed	May 1	11:00-12:00		Angie Morriss
	HW303	Being Mortal Documentary		Wed	February 7	9:30-11:00		Angie Morriss
	HW315	Leaky Bladder: Women's Urinary Incontinence		Thu	February 29	12:00-1:00		Dr. Ramzi Aboujaoude
	HW340	Hands Only CPR A		Mon	January 22	9:00-10:30		Kimberly Rideout
	HW341	Hands Only CPR B		Mon	January 22	11:00-12:30		Kimberly Rideout
	HW342	Beginning Tai Chi A		Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	12:30-1:15		Damir Strmel
	HW343	Intermediate Tai Chi 42 Form		Fri	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8, 15, 22, Apr 12, 19, 26, May 3	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi Review and Practice		Fri	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8, 15, 22, Apr 12, 19, 26, May 3	11:00-11:45		Mary E. Gutberlet
	HW355	Beginning Tai Chi B		Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	1:30-2:15		Mary E. Gutberlet
	HW360	Caregiver's New Year Resolutions		Wed	January 17	11:30-12:30		Angie Morriss
	HW365	Healthy Living for the Brain and Body in the New Year		Wed	January 24	10:00-11:00		Rachel Lawson
	HW375	Joint Replacements: What to Know Before and After Surgery		Thu	January 25	2:30-3:30		David Reynolds
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Tue	February 13	2:30-3:30		David Reynolds
	HW377	Chronic Pain: How Do I Get Rid of It?		Tue	March 26	2:30-3:30		David Reynolds

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		<b>Health and Wellness</b>						
	HW380	What Comes After Menopause?		Thu	April 18	12:30-1:30		Lauren Cook
	HW381	Guided Meditation: Finding Calm Within		Fri	February 23	10:30-11:15	Online	Pamela Losada
	HW386	Intermediate Tai Chi 24 Form		Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	12:00-12:45		Mary E. Gutberlet
	HW389	Understanding Hearing Health and Hearing Aids		Mon	January 29	9:30-11:00		Kimberly Felder
	HW392	Suicide Prevention: Raise Your Voice		Thu	March 21	11:30-1:00		Melissa and Kevin
	HW393	Aging and Ageism in Society and Self		Mon	January 22, 29	10:30-12:00		Wayne Swatlowski
	HW394	Be the Help Until Help Arrives		Wed	March 27	1:30-3:30		Emergency Mgmt Staff
	HW406	Low Back Pain	*\$15	Wed	January 31	9:30-11:00		Dr. Thomas Neviaser
	HW407	Knee Conditions	*\$15	Thu	February 29	10:00-11:30		Dr. Thomas Neviaser
	HW408	Shoulder Conditions	*\$15	Tue	April 16	10:30-12:00		Dr. Thomas Neviaser
	HW409	Dry Needling: What It Is and How It Works		Tue	April 23	2:30-3:30		David Reynolds
	HW418	Loving Longevity Part 1: How Gerontology Can Help		Wed	February 14	10:00-11:00		E. Ayn Welleford, PhD
	HW419	Trauma and Resilience		Tue	March 26	1:30-3:30	Online	Jennifer and Tanya
	HW421	Probiotics A: Essential Information		Fri	March 22	10:30-12:00		Nana Ataa Ofosu-Benefo
	HW422	Probiotics B: Essential Information		Fri	May 3	1:30-3:00		Nana Ataa Ofosu-Benefo
	HW426	Basic Qigong		Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	2:30-3:30		Walter and Patricia
	HW428	Management of Stroke Risk with Atrial Fibrillation: Save Your Brain!		Wed	April 24	1:00-2:00		Guru Mohanty, MD
	HW429	End of Life Decision Making		Thu	March 7	10:00-11:00		Jeffrey Litt, DO
	HW430	Diverticular Disease, Diverticulitis, and Hemorrhoids...Oh My!		Tue	February 27	10:00-11:00		Matthew Huk, MD
	HW431	Music as Medicine	*\$15	Wed	Jan 24, Feb 7, 21, March 6, 20, April 17, May 1	11:30-12:30		Carol Colacurcio
	HW432	Loving Longevity Part 2: Creating the Right Conditions		Wed	April 17, 24	10:30-12:00		E. Ayn Welleford, PhD
	HW433	Meditation Chakras Workshop		Thu	April 18, May 2	9:30-11:30		Trupti Kulkarni
	HW434	Finding Meaning After Loss		Wed	March 27	11:30-12:30		Angie Morriss
	HW435	Strength Training Significance in Aging		Wed	February 7	1:00-2:00	Online	Eric and Dr. Starr
	HW436	Healthcare Continuum Navigation		Tue	January 23	1:00-2:00		Jaime Smiley
	HW437	Dementia Stages and Practical Strategies		Tue	March 19	2:00-3:30		Jaime Smiley
	HW438	Understanding Hearing Health and Hearing Aids		Tue	April 23	10:00-11:30	Online	Kimberly Felder
	HW439	Engaging Together: Activities for Those Living with Dementia		Wed	February 14	11:30-12:30		Rachel Lawson
	HW440	Aging and Dementia		Tue	February 6	10:30-11:30		Sabrina Cohen
	HW441	Cervical Spinal Issues: Neck Pain, Arm Pain, and More		Fri	February 23	10:00-11:00		Charles Miller, MD
	HW442	Introduction to Anatomy		Mon	April 15	9:30-10:30		Dr. Thomas Neviaser

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		<b>Inside LLI Activities</b>						
	IA020	20th Anniversary Celebration		Fri	March 1	10:00-11:30		Dr. Lemza and LLI Board
	IA077	Workshop for LLI Instructors		Tue	January 16	2:00-3:30		Rachel Ramirez
	IA997	Q&A for Current Members		Thu	January 18	11:30-12:30		Rachel Ramirez
	IA999	Orientation for New Members		Tue	January 16	9:00-10:30		Rachel Ramirez
		<b>Languages</b>						
	LA003	Beginning Sign Language		Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	11:30-12:45		Barbara Powers
	LA015	Conversational German		Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	2:00-3:30		Alan McCrea
	LA019	Conversational French Review		Tue	Jan 23, 30, Feb 6, 13, 20, 27, March 12, 19, 26, April 9, 16	9:00-10:00		Carol Pritchard
	LA021	Un Poco de Todo: Gramático, Conversación, y Cocinando		Tue	Feb 6, 13, 20, 27, March 12, 19, 26, April 9, 16, 23	12:30-1:30		Nena Woods
	LA022	Arabic Script: An EZ Way to Translate		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	11:00-12:30	Online	Charles Barron
		<b>Leisure Activities</b>						
	LE032	Needleworkers United		Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	1:30-3:30		Shelvey Smith
	LE156	Genealogy for All		Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	10:30-12:00		Bette Kot
	LE160	Virginia Travel: Stepping Out into Virginia This Spring!		Thu	January 18	1:00-2:30		Martha Steger
	LE197	Brain Aerobics: Preventing Memory Loss		Tue	Jan 16, 23, 30	10:30-12:00		Howard Wynn
	LE241	Pine Needle Baskets	\$22	Tue	April 9, 16, 23, 30	2:00-3:45		Diane and Jennifer
	LE252	Genealogy Discussions		Wed	Jan 24, 31, Feb 7, 14, 28, March 6, 13, 27, April 24, May 1	2:00-3:30		Steve Kunnmann
	LE253	Easy Cooking with Judith		Mon	Feb 5, 12, 26, March 4	11:00-12:30	Online	Judith Onesty
	LE256	For the Beauty of It All: West		Tue	Jan 23, 30, Feb 6, 13	10:00-12:00		Dennis Cogswell
	LE265	Modern Floral Design with an Asian Influence A	\$12	Fri	March 8, 15, 22	1:30-3:30		Evelyn Klumb
	LE266	Modern Floral Design with an Asian Influence B	\$12	Fri	April 12, 19, 26	1:30-3:30		Evelyn Klumb
	LE275	Exploring Shenandoah National Park		Fri	February 16	10:00-11:00	Online	Shen. Ranger
	LE276	Balloon Twisting 101	\$8	Thu	March 21	10:30-12:00		Wayne (a.k.a Basa)
	LE279	Introduction to Disc Golf	\$12	Tue	April 9, 16, 23, 30	9:30-10:45		Stone Wahl

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		<b>Life Services</b>						
	LS069	VirginiaNavigator Family of Websites: A Guide to Aging Well		Tue	March 12	2:00-3:00		Bonnie Scimone
	LS084	Resolving Regrets: What Causes Regrets and How to Avoid or Resolve Them		Thu	February 1	10:00-12:00		Dr. Michael J. Wriston
	LS085	Nurturing Friendships		Thu	February 8, 15	9:00-10:30		Dr. Michael J. Wriston
	LS090	Overcoming Impatience: What Causes Impatience and How to Overcome It		Thu	February 29	9:30-11:30		Dr. Michael J. Wriston
	LS091	Profound Questions		Mon	April 8, 15	10:00-12:00		Dr. Michael J. Wriston
	LS095	The Subconscious Mind		Mon	April 22, 29	10:00-12:00		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive Not Reactive!		Mon	March 18	10:00-11:30		Marc Friedlander
	LS145	Mobility Services in Chesterfield County		Mon	January 29	11:30-12:30		Billie Darlington
	LS147	Crafts for Community		Wed	Jan 17, Feb 21, March 20, April 17	1:00-2:30		Mary Jane Murphy
	LS150	Dispelling Hospice Myths		Wed	March 6	9:30-10:30		Angie Morriss
	LS160	Selling a Home: How to Present a Clean and Organized Home		Wed	March 13	1:00-2:30		Diane Andrews
	LS166	Farm to Table: How to Shop Smarter at Local Farmers Markets		Mon	April 29	12:30-2:00		Dr. Kim Hutchinson
	LS168	Senior Housing Options: Replacing Chaos with Clarity		Thu	April 25	2:00-3:30		Kevin Parks
	LS169	Chesterfield Council on Aging		Thu	Jan 25, Feb 22, March 28, April 25	9:00-10:30		CCA Leadership Team
	LS171	Mobility Services in Chesterfield County		Tue	February 20	10:30-11:30	Online	Billie Darlington
	LS172	Mercy Mall Emergency Food Bags		Thu	February 8	12:00-1:00		Stacey and Misi
	LS173	Mercy Mall Making Powder Laundry Detergent		Thu	February 29	12:00-1:00		Stacey and Misi
	LS176	CCPD Citizen's Police Academy		Thu	March 7, 14, 21, 28, April 11, 18, 25	8:30-12:30		CCPD
	LS177	Emergency Preparedness for a Household		Wed	January 24	1:30-3:00		Emergency Mgmt Staff
	LS178	Chesterfield Fire and EMS: An Overview of Your Fire and EMS Department		Fri	February 23	10:00-12:00		Keith Chambers
	LS185	Awaken and Embody Greatness		Tue	March 19, 26, April 9, 16, 23, 30	11:00-12:30		Emme Simon
	LS189	Senior Connections: The Capital Area Agency on Aging		Mon	March 18	1:30-2:30	Online	Lee Owens
	LS190	Introduction to Public Speaking		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	2:00-3:00		Randall Lanning
	LS191	Compassion and Choices: Care and Choice at the End of Life		Mon	March 4	11:00-12:30		Wayne et al.
	LS192	Introduction to End-of-Life Planning		Tue	March 12, 19, 26	9:30-11:30		Cryst'l Scheer
	LS193	CarFit: Car Safety for Senior Drivers		Thu	April 18	9:00-12:00		Brie Dixon
		<b>Philosophy and Religious Studies</b>						
	PR002	Bible Discussion		Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	2:00-3:30		Mike and Mark
	PR091	Walk Through the Old Testament		Mon	April 8, 15, 22	10:30-12:00		Joanna Lurie
	PR096	Power of Myth and Aesthetics		Mon	Jan 22, 29, Feb 5, 12, 26, March 11	10:00-11:30		Jim Knego
	PR099	Science and Theology		Thu	Jan 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25	9:30-11:00		Timothy Pace
	PR100	The Chosen		Wed	February 21	1:30-3:00		Rachel and Lucas
	PR101	Time: Always There, Always Changing		Thu	Feb 15, 22, 29	11:30-1:30		Dennis Cogswell
	PR102	Remote Viewing: Intelligence Unavailable from Other Sources		Wed	March 20	1:00-3:00		Joseph W. McMoneagle

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		<b>Special Events</b>						
	SE067	Poe Museum Tour	\$10	Fri	March 15	10:00-11:00		Emma Clark
	SE099	Pamplin Historical Park and The National Museum of the Civil War Soldier	\$30	Fri	April 26	10:00-3:00		Zachary Pittard
	SE113	VA Holocaust Museum Tour		Fri	January 26	10:00-12:00		Matthew Simpson
	SE120	Norfolk Presents the Virginia International Military Tattoo Tour	\$165	Sunday	April 21	9:00-7:30		SignaTours
	SE145	Springtime Songs, Sillies, and Such Performance		Thu	May 2	1:30-2:30		Sandy Phillips
	SE164	Company's Coming Band Concert		Wed	February 7	2:30-3:30		Kate Conn
	SE166	Midlothian Fire Station No. 5 Tour		Fri	April 19	10:00-12:00		Lt. Jeff Deveney
	SE171	Literary Society Celebration		Thu	May 2	10:30-12:00		Bob, Martha, and Anita
	SE182	"The Phantom Tollbooth" Sneak Peek and Behind the Scenes with Brightpoint		Fri	March 22	1:00-2:30		Kerrigan and Students
	SE183	Titanic Exhibition in the National Harbor Tour	\$175	Fri	March 8	9:00-6:30		SignaTours
	SE184	The Marshall's Wife Performance by the YAHA Players		Mon	March 11	1:00-2:00		Bob Ferguson
	SE185	Historic Hanover Tavern Tour	\$10	Fri	February 16	10:30-11:30		David Deal
	SE186	Virginia Museum of Fine Arts' (VMFA) American Galleries Tour	\$10	Fri	February 23	10:00-11:00		Kathy Parrish
		<b>Weekly Group Activities</b>						
	WG001	Social Bingo Tuesday		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8, 15, 22, Apr 12, 19, 26, May 3	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	Jan 22, 29, Feb 5, 12, 26, Mar 4, 11, 18, 25, Apr 8, 15, 22, 29	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6, 13, 20, 27, Apr 17, 24, May 1	1:00-3:00		Carolyn and Virginia
	WG007	Hand and Foot and Triple Play		Fri	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8, 15, 22, Apr 12, 19, 26, May 3	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg		Thu	Jan 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28, Apr 11, 18, 25, May 2	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge		Fri	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8, 15, 22, Apr 12, 19, 26, May 3	9:00-12:00		Diane and Randall
	WG013	Spades		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 12, 19, 26, Apr 9, 16, 23, 30	11:00-1:00		Anne and Bev

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

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An \* indicates the fee is OPTIONAL.



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

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

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

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

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

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

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

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

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

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

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

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

**Please provide Emergency Contact Information Below:**

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

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

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

## Membership Application

### *New Members or Members with Updates*

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

Dr.  Mr.  Ms.  Mrs.  Name: \_\_\_\_\_

Name You Wish To Be Called: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ (Other) \_\_\_\_\_

Email: \*\* \_\_\_\_\_ Birth Date: (MM/DD/YY) \_\_\_\_\_

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

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

### Referral Information

How did you learn about the Lifelong Learning Institute? : \_\_\_\_\_

Referring Member: Name \_\_\_\_\_ Member ID # \_\_\_\_\_

### General Information

Would you consider teaching a class? Yes  No

In what subject area? \_\_\_\_\_

Do you have any special needs? : \_\_\_\_\_

### Emergency Information

Contact Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Physician Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Allergies/Important Medical Information: \_\_\_\_\_

Are you a Current Member? Yes  No

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

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

Total Amount..... \$ \_\_\_\_\_

**Please make check payable to: Lifelong Learning Institute**

Mail this form and payment to: Lifelong Learning Institute  
 P. O. Box 1090  
 Midlothian, VA 23113

**Gift Certificates are available by contacting the office.**

**Questions? Call the Office at 378-2527.**

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