

**LLI in Chesterfield
Spring 2024 Online Courses**

Course	Class Name	Fee	Day	Dates	Time	Instructor
Computers, Technology, Math, and Science						
CO129	Geological Wonders		Thu	Feb 22, 29, March 7, 14, 21, 28, April 11, 18	9:15-10:30	Bob Ferguson
CO213	More Artificial Intelligence: The Good, the Bad, and the Ugly		Thu	February 1	9:30-10:30	Bob Ferguson
Economics and Finance						
EF115	Estate Planning		Tue	February 27	10:00-11:30	Paula Peaden
EF118	Organizing Financial Records in Four Steps		Thu	February 15	11:00-12:00	Sabrina Guerin
EF138	Medicare 101: Making Sense of Medicare		Wed	April 17	9:30-11:00	Kendalle Stock
EF151	Virginia Long Term Care Options and How to Pay for Them		Tue	April 16	1:30-2:30	Jeremy L. Pryor
EF161	Common Retirement Pitfalls and How to Avoid Them		Thu	April 18	11:00-12:30	Russell and Ryan
Literature, Poetry, and Film						
EL091	Author Platforms: The Starting Line		Fri	April 19	11:00-12:00	Heather Weidner
EL101	LLI Literary Society Orientation		Wed	January 17	10:00-11:00	Bob, Martha, and Anita
EL115	Baby X Discussion: Combining Thriller Writing and Cutting-Edge Science		Fri	March 15	11:00-12:00	Kira Peikoff
Fitness						
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	Tracey Brooks
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	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	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	Nicole Thomas-Jackson
History, Humanities, and International Studies						
HS611	WWII Civilian Prisoners of the Philippines: Freedom and Food		Tue	April 30	1:30-2:30	Jennifer Cottle
HS615	Hitler's Realities and How Fiction Explains It		Thu	March 21	1:00-3:00	Dr. Alan A. Winter
HS634	Founding Brothers and Cousins		Tue	Jan 16, 23, 30, Feb 6, 13, 20, 27, March 12	1:30-2:30	Shep Smith
HS636	A Teenager Goes to Congress		Mon	March 4, 11, 18	9:30-10:30	Bernie Henderson
HS645	Stabilizing Democracy: Women's Suffrage in the US and Japan		Wed	January 31	10:00-11:00	Amanda Williams
HS648	The Road to War: 1919-1939		Mon	March 25	10:30-11:30	Chris L. Kolakowski
Health and Wellness						
HW381	Guided Meditation: Finding Calm Within		Fri	February 23	10:30-11:15	Pamela Losada
HW419	Trauma and Resilience		Tue	March 26	1:30-3:30	Jennifer and Tanya
HW435	Strength Training Significance in Aging		Wed	February 7	1:00-2:00	Eric and Dr. Starr
HW438	Understanding Hearing Health and Hearing Aids		Tue	April 23	10:00-11:30	Kimberly Felder
Languages						
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	Charles Barron
Leisure Activities						
LE253	Easy Cooking with Judith		Mon	Feb 5, 12, 26, March 4	11:00-12:30	Judith Onesty
LE275	Exploring Shenandoah National Park		Fri	February 16	10:00-11:00	Shen. Ranger
Life Services						
LS171	Mobility Services in Chesterfield County		Tue	February 20	10:30-11:30	Billie Darlington
LS189	Senior Connections: The Capital Area Agency on Aging		Mon	March 18	1:30-2:30	Lee Owens