

Monday 1/19/2026	Tuesday 1/20/2026	Wednesday 1/21/2026	Thursday 1/22/2026	Friday 1/23/2026
LLI Closed	9a-9:45a AD045 - Beginner Tap 9a-11a EL048 - Memoir Writing 9a-10a LA019 - Conversational French 9:30a-11a IA999 - Orientation for New Members 9:30a-10:30a AD248 - Readers Theater 10a-11a AD021 - Intermediate Tap Dancing 11:30a-12:30p AD058 - Country Line Dancing 11:30a-1p HS768 - History of The Maya 11:30a-1:30p WG013 - Spades 12:30p-3:30p LE143 - Beaded Lanyard A 1p-2p FI006 - Chair Yoga 1p-3p WG001 - Social Bingo	8:30a-9:30a AD292 - Moving to 9a-11a AD080 - Woodcarving 9a-10:30a CO199 - Nearpeer Tutorial and Tips A 9:30a-10:30a AD183 - Beginning Guitar 9:30a-10:30a AD320 - Richmond's Architectural Gems 9:45a-10:45a FI017 - Fun Fitness 10a-12p LE130 - Extra Easy Greeting Cards A 10:30a-12p EF182 - Economic Fundamentals 11a-1p LE303 - Virginia Native Plants 11a-12:30p AD252 - Ukulele Instruction and Jam 11a-12p EL043 - Enjoy Poetry 11a-11:45a FI018 - Sit and Be Fit	8:30a-9:30a FI020 - Zumba Gold 9a-10a AD036 - Intro to Line Dancing 9a-2:30p AD119 - Watercolor Problem Solving 9a-11a LS084 - Becoming an Optimist 9a-10a LS169 - Chesterfield Council on Aging 9:30a-11a PR099 - Science and Theology 9:30a-11:30a WG009 - Mah Jongg 10:15a-11:15a AD075 - Line Dance Practice 10:30a-11:30a HS690 - Midlothian Matters A 11a-12p EF183 - New Medicare Birthday Rule 11:30a-12:15p FI005 - Sit and Be Fit 11:30a-12:30p LA006 - Basic Spanish for Beginners 11:30a-1:30p LE295 - Crafting PhD 12p-1:30p AD141 - Lifelong Musicians 12:30p-2p IA078 - Workshop for Instructors (Online) 1p-2p FI010 - Chair Yoga 1p-2:30p LS198 - Discussing Polarizing Issues 1:30p-2:30p FI034 - Cardio and 2p-3:30p PR002 - Bible Discussion 2:30p-3:30p FI007 - Gentle Yoga 2:30p-3:30p HS766 - Home Front Culture in the 1940s 2:30p-3:30p IA997 - Discussion with the Director	8:30a-9:30a FI003 - Low Impact 9a-2:30p AD119 - Watercolor Problem Solving 9a-12p WG010 - Bridge for Experienced Players 9:30a-10:45a IA998 - Orientation for New Members (Online) 9:30a-10:30a EL106 - Pathways to Publication 9:30a-11a HS762 - An Italian Tour of Adventure 9:30a-11:30a HW312 - Matter of Balance 9:45a-10:45a FI029 - Chair Yoga 10a-12p WG007 - Canasta Variations 11a-12p HW352 - Beginning Tai Chi Review 11a-12p PR112 - Thinking and Doing Ethics 11:30a-12:30p HW435 - Strength Training Benefits (Online) 12:15p-1:15p AD022 - Ballroom Dance for Partners 1p-3p CO243 - Apple Mail 1p-3p EL015 - Aspiring Writers' Critique 1p-3p WG002 - Social Bingo 1:30p-2:30p HW343 - Exploring Tai Chi
		11:30a-1p DE016 - Bridging Generations 11:30a-12:30p FI031 - Chair Yoga (Online) 12p-1p HW386 - Intermediate Tai Chi 24 Form 12:30p-1:30p HW511 - Tea, Health, and Harmony 1p-3p AD234 - Artist Open Studio 1p-3p WG006 - Cards and Games 1:15p-2:15p AD210 - Intro to Brazilian Percussion 1:30p-3:30p LE032 - Needleworkers United 2p-3:30p IA077 - Workshop for Instructors 2p-3:30p EL132 - Read Along Short Stories 2p-3:30p LE252 - Genealogy 2:30p-3:30p EL101 - Literary Society Orientation 2:30p-3:30p HW505 - Tai Chi		



Monday	Tuesday	Wednesday	Thursday	Friday
1/26/2026	1/27/2026	1/28/2026	1/29/2026	1/30/2026
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge for Experienced Players
9a-10a FI015 - Pilates (Online)	9a-10a LA019 - Conversational French	9a-10:30a EF178 - Preparing a Home for Sale	9a-10:30a CO216 - Introduction to Libby	9:30a-11a HS762 - An Italian Tour of Adventure
9:30a-11a LS085 - Art of the Apology	9:30a-11a LE337 - Alaska, Then and Now A	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	9:30a-11:30a HW312 - Matter of Balance
9:30a-11a PR060 - The Great Myths	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD320 - Richmond's Architectural Gems	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a EF187 - Charitable Gifting	11a-12:30p AD252 - Ukulele Instruction and Jam	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10:30a-12p CO169 - Automotive Basics (Online)
11a-12p HW389 - Understanding Hearing	10:30a-12p LE348 - Logic and Reasoning Puzzles A	11a-12p EL043 - Enjoy Poetry	11a-12p EF183 - New Medicare Birthday Rule	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p FI028 - Gentle Yoga	11a-12p CO253 - Home Electrical Repairs A	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p HS761 - WWII via Documentary	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:30p LA006 - Basic Spanish for Beginners	11a-12p PR112 - Thinking and Doing Ethics
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-1p HS768 - History of The Maya	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:30p-1:30p InterAge Committee Meeting	11:30a-1:30p WG013 - Spades	12p-1:30p PR104 - God's Grace	12p-1:30p IA001 - January Luncheon	1p-2:30p HS772 - The Court Process
1p-3p HW394 - Be the Help Until Help Arrives	12p-12:30p IA100 - Birthday Celebration	12:30p-1:30p HW511 - Tea, Health, and Harmony	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1p-2:30p LE349 - Logic and Reasoning Puzzles B	1:30p-2:30p HW343 - Exploring Tai Chi
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1p-2:30p HW526 - Lifelong Mental Health	1p-2:30p LS198 - Discussing Polarizing Issues	
1:30p-3:30p AD110 - Advanced Colored Pencil	2p-3:30p HW517 - Play for Child Development	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:30p EL139 - History of Science Fiction (Online)	2p-3:30p HS089 - Great Decisions	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3p LS217 - Critical Thinking A	
1:30p-3:30p HS617 - No Time to Grieve	2p-3:30p WG014 - Mah Jongg	1:30p-3p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p LA015 - Conversational German		2p-3:30p EL132 - Read Along Short Stories	2:30p-3:30p HS766 - Home Front Culture in the 1940s	
2:30p-3:30p HW426 - Basic Taiji		2p-3:30p LE252 - Genealogy		
3:30p-4:30p LLI Board of Directors Meeting		2:30p-3:30p HW505 - Tai Chi Refinement		



Monday	Tuesday	Wednesday	Thursday	Friday
2/2/2026	2/3/2026	2/4/2026	2/5/2026	2/6/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's	9a-12p WG010 - Bridge for
9:30a-11a LS085 - Art of the Apology	9a-10a LA019 - Conversational French	9a-10:30a DE018 - Caring for Diverse Needs	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS762 - An Italian Tour of Adventure
9:30a-11a PR060 - The Great Myths	9:30a-11a EF184 - Fraud and Scam Prevention	9:30a-3p IA017 - Souper Bowl Fundraiser	9:30a-11a PR099 - Science and Theology	9:30a-11:30a HW312 - Matter of Balance
10a-12p CO252 - The Mystery of Superposition	9:30a-3p IA017 - Souper Bowl Fundraiser	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE337 - Alaska, Then and Now A	9:30a-10:30a AD320 - Richmond's Architectural Gems	10a-11:30a HW474 - Common Nerve Conditions	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10:30a-11:30a SE227 - Agecroft Ming Porcelain Tour
10:30a-12p AD322 - Treasure Tiles	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p EF182 - Economic Fundamentals	10:30a-11:30a AD329 - Creativity and Wellness A	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p FI028 - Gentle Yoga	10:30a-12:30p CO218 - News from the Microbiome	10:30a-12p LE233 - Easy Wire Jewelry	11:30a-12:15p FI005 - Sit and Be Fit	10:30a-12p CO169 - Automotive Basics (Online)
11a-12:30p HS761 - WWII via Documentary	11a-12:30p EL138 - Story of American Folktales	11a-2p SE224 - CIS Volunteer Mentoring	11:30a-12:30p LA006 - Basic Spanish for Beginners	11a-12p HW352 - Beginning Tai Chi Review
11:30a-1p AD253 - Creative Thinking	11:30a-12:30p AD058 - Country Line Dancing	11a-1p LE364 - Dahlias 101	11:30a-12:30p LS236 - Living Better Every Day	11a-12p PR112 - Thinking and Doing Ethics
11:30a-12:30p LS145 - Transportation Services	11:30a-1:30p WG013 - Spades	11a-12:30p AD252 - Ukulele Instruction and Jam	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	11a-12p EL043 - Enjoy Poetry	12p-1p HW476 - Women's Incontinence	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p PR100 - The Chosen	1p-3p WG001 - Social Bingo	11a-11:45a FI018 - Sit and Be Fit	12:30p-1:30p AD330 - Creativity and	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	2p-3:30p HW513 - Understanding Anemia	11:30a-12:30p FI031 - Chair Yoga (Online)	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Exploring Tai Chi
1:30p-3:30p AD110 - Advanced Colored Pencil	2p-3:30p CO209 - Artificial Intelligence	12p-1:30p AD314 - The Book of Amazement A	1p-2:30p LS198 - Discussing Polarizing Issues	2:30p-3:30p SE164 - Company's Coming Concert
1:30p-2:30p EL139 - History of Science Fiction (Online)	2p-3:30p WG014 - Mah Jongg	12p-1p HW386 - Intermediate Tai Chi 24 Form	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2:30p-3:30p FI009 - Gentle Yoga	12:30p-1:30p HW511 - Tea, Health, and Harmony	2p-3p LS172 - Mercy Mall Emergency Food	
2p-3:30p LA015 - Conversational		1p-3p AD234 - Artist Open Studio	2p-3p LS217 - Critical Thinking A	
2:30p-3:30p HW426 - Basic Taiji		1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
		1:15p-2:15p AD210 - Intro to Brazilian Percussion	2:30p-3:30p FI007 - Gentle Yoga	
		1:30p-3:30p LE032 - Needleworkers United (RC)	2:30p-3:30p HS766 - Home Front Culture in the 1940s	
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p HW467 - Low Back Pain		
		2:30p-3:30p HW505 - Tai Chi		



Monday	Tuesday	Wednesday	Thursday	Friday
2/9/2026	2/10/2026	2/11/2026	2/12/2026	2/13/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9a-12p WG010 - Bridge for Experienced Players
9:30a-10:30a HW472 - Understanding BPP Vertigo	9a-10a LA019 - Conversational French	9a-10:30a PR107 - The End Times	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS762 - An Italian Tour of Adventure
9:30a-11a PR060 - The Great Myths	9:30a-10:30a HS780 - Confederate Flags A	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a LS090 - Controlling Inner Chatter	9:30a-11:30a HW312 - Matter of Balance
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE337 - Alaska, Then and Now A	9:30a-10:30a AD320 - Richmond's Architectural Gems	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10:30a-12p EL127 - Print a U.S. Military Story (Online)	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p LE233 - Easy Wire Jewelry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
10:30a-12p AD322 - Treasure Tiles	10:30a-12:30p CO218 - News from the Microbiome	11a-12:30p AD252 - Ukulele Instruction and Jam	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p EF150 - Virginia Long Term Care	10:30a-12p LS097 - Senior Living Options	11a-12p EL043 - Enjoy Poetry	10:30a-12p HS771 - Sir Ernest Shackleton	11a-12p PR112 - Thinking and Doing Ethics
11a-12p FI028 - Gentle Yoga	11a-1p LE365 - Microgreens 101	11a-11:45a FI018 - Sit and Be Fit	11a-1p SE220 - VCU's Library Archives Tour A	12:15p-1:15p AD022 - Ballroom Dance for Partners
11a-12:30p HS761 - WWII via Documentary	11a-12:30p EL138 - Story of American Folktales	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12:30p-2p HW506 - Caregiver Conversations
11:30a-1p AD253 - Creative Thinking	11:30a-12:30p AD058 - Country Line Dancing	12p-1:30p HS750 - Echoes of the Past	11:30a-12:30p LA006 - Basic Spanish for Beginners	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p HW365 - Healthy Habits for the Brain	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:30p LS236 - Living Better Every Day	1:30p-2:30p HW343 - Exploring Tai Chi
1p-3p HS381 - Adventures of the Caminos	11:30a-1:30p WG013 - Spades	12:30p-3:30p LE147 - Beaded Lanyard B	12p-1:30p AD141 - Lifelong Musicians	1:30p-3:30p LE362 - Wet Felted Soap Making
1p-2:30p PR100 - The Chosen	12p-12:30p IA100 - Birthday Celebration	12:30p-1:30p HW511 - Tea, Health, and Harmony	1p-2p AD324 - Chicago's Iconic Competition	2p-3:30p EF140 - What Kids Need to Know
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1p-2:30p LS198 - Discussing Polarizing Issues	
1:30p-2:30p EL139 - History of Science Fiction (Online)	2p-3:30p HW514 - Personal Medical Charts	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p CO209 - Artificial Intelligence	1:30p-3p HS003 - Current Events	1:30p-2:30p HW446 - Stress Management Bingo	
2p-3:30p CO227 - Apple iPhone Tips and Tricks	2p-3:30p WG014 - Mah Jongg	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p HW426 - Basic Taiji		2:30p-3:30p HW505 - Tai Chi	2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HS766 - Home Front Culture in the 1940s	



Monday	Tuesday	Wednesday	Thursday	Friday
2/16/2026	2/17/2026	2/18/2026	2/19/2026	2/20/2026
LLI Closed	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to	8:30a-9:30a FI020 - Zumba Gold	8a-6:30p SE100 - Marine Corps
	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	8:30a-9:30a FI003 - Low Impact
	9a-10a LA019 - Conversational French	9a-10:30a AD321 - Life and Works of Sargent	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge for Experienced Players
	9:30a-10:30a AD248 - Readers Theater	9a-10:30a PR107 - The End Times	9a-10:30a HS774 - The Gustav Peckmann Letters	9:30a-11a HS762 - An Italian Tour of Adventure
	9:30a-11:30a CO246 - Microplastics	9:30a-11a LE353 - Alaska, Then and Now B	9:30a-11a LS090 - Controlling Inner Chatter	9:30a-11:30a HW312 - Matter of Balance
	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
	10:30a-12:30p EF136 - Long Term Care Insurance	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
	11a-12:30p EL138 - Story of American Folktales	10:30a-12p LE233 - Easy Wire Jewelry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
	11:30a-12:30p AD058 - Country Line Dancing	11a-2p SE224 - CIS Volunteer Mentoring	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review
	11:30a-1:30p WG013 - Spades	11a-12p EF147 - Outsmart the Scammers	11a-12:30p CO235 - Podcasts for All	11a-12p PR112 - Thinking and Doing Ethics
	12p-1p SE214 - Advertising Antics Performance	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD022 - Ballroom Dance for Partners
	12:30p-1:30p LS237 - OMA in	11a-11:45a FI018 - Sit and Be Fit	11:30a-1:30p LE295 - Crafting PhD	1p-2:30p CO256 - Introduction to
	1p-2p FI006 - Chair Yoga	11:30a-12:30p FI031 - Chair Yoga	12p-1:30p AD141 - Lifelong	1p-3p EL015 - Aspiring Writers'
	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p AD324 - Chicago's Iconic Competition	1p-3p WG002 - Social Bingo
	2p-3:30p HW515 - How the Body Is Built	12p-1:30p LS203 - Improving Self-Esteem	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Exploring Tai Chi
	2p-3:30p CO209 - Artificial Intelligence	12:30p-1:30p HW511 - Tea, Health, and Harmony	1p-2:30p LS198 - Discussing Polarizing Issues	
	2p-3:30p WG014 - Mah Jongg	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	2:30p-3:30p FI009 - Gentle Yoga	1p-3p WG006 - Cards and Games	1:30p-3:30p HW437 - Dementia	
		1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
		1:30p-3:30p LE032 - Needleworkers	2p-3:30p PR002 - Bible Discussion	
		2p-3:30p LS177 - Emergency Preparedness	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3:30p EL141 - Banned Books	2:30p-3:30p HS766 - Home Front	
		2p-3:30p LE252 - Genealogy		
		2:30p-3:30p HW468 - The		
		2:30p-3:30p HW505 - Tai Chi		



Monday	Tuesday	Wednesday	Thursday	Friday
2/23/2026	2/24/2026	2/25/2026	2/26/2026	2/27/2026
8:30a-12:15p HW503 - Memory 9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap 9a-11a EL048 - Memoir Writing	8:30a-9:30a AD292 - Moving to 9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold 8:30a-12:30p LS176 - CCPD Citizen's Police Academy	8:30a-9:30a FI003 - Low Impact 9a-12p WG010 - Bridge for Experienced Players
9a-10a FI015 - Pilates (Online)	9a-10a LA019 - Conversational French	9a-10:30a AD321 - Life and Works of Sargent	9a-10a AD036 - Intro to Line Dancing	9:30a-11:30a HW312 - Matter of Balance
9:30a-11:30a LS091 - Life- Changing Habits	9:30a-2:30p AD331 - Art Statement Workshop	9a-10:30a PR107 - The End Times	9a-10a CO254 - Home Electrical Repairs B	9:45a-10:45a FI029 - Chair Yoga
9:30a-11a PR060 - The Great Myths	9:30a-11:30a LE366 - Ecological Gardening 101	9:30a-11a LE353 - Alaska, Then and Now B	9a-10a LS169 - Chesterfield Council on Aging	10a-11a HS764 - Reflections A
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11:30a CO246 - Microplastics	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-11:30a SE170 - Agecroft Gardens Daffodil Tour
10a-12p LE131 - Extra Easy Greeting Cards B	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p LE233 - Easy Wire Jewelry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p FI028 - Gentle Yoga	11a-12:30p EL138 - Story of American Folktales	11a-12:30p HW519 - Intergenerational Relationships	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p HS761 - WWII via Documentary	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-12p PR112 - Thinking and Doing Ethics
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-1:30p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:30p-1:30p InterAge Committee Meeting	12p-1:30p PR117 - The Art of Haiku	11a-12:30p HS632 - History of the US Constitution	11:30a-12:30p LA006 - Basic Spanish for Beginners	1p-2:30p AD319 - The Book of Amazement B
1p-3p DE011 - LGBTQ+ History	12:30p-1:30p LS069 - SeniorNavigator	11:30a-1p DE016 - Bridging Generations	12p-1:30p AD141 - Lifelong Musicians	1p-2p HS765 - Reflections B
1p-2:30p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p IA002 - February Luncheon	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Exploring Tai Chi
1:30p-3:30p AD110 - Advanced Colored Pencil	2p-3:30p HS753 - A Quest for Family Ties	12:30p-1:30p HW511 - Tea, Health, and Harmony	1p-2:30p LS198 - Discussing Polarizing Issues	1:30p-3:30p LE200 - Advanced Card Making
1:30p-2:30p EL139 - History of Science Fiction (Online)	2p-3:30p HW516 - Understanding Cancer	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	2p-3p HW510 - Post-Menopausal Women's Health
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p HS089 - Great Decisions	1p-3p WG006 - Cards and Games	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p HW523 - Humor in Medicine	2p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p HW426 - Basic Taiji Qigong		1:30p-3:30p LE032 - Needleworkers United	2:30p-3:30p HS766 - Home Front Culture in the 1940s	
3:30p-4:30p LLI Board of Directors Meeting		2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p LS218 - Critical Thinking B	
		2:30p-3:30p HW505 - Tai Chi		



Monday	Tuesday	Wednesday	Thursday	Friday
3/2/2026	3/3/2026	3/4/2026	3/5/2026	3/6/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's	9a-12p WG010 - Bridge for
9:30a-11a LS094 - Discovering Gifts and Purpose	9a-10a LA019 - Conversational French	9a-10:30a AD321 - Life and Works of Sargent	8:30a-12:30p LS176 - CCPD Citizen's Police Academy	9:30a-11a HS763 - Mankind
9:30a-11a PR060 - The Great Myths	9:30a-10:30a AD248 - Readers Theater	9a-11a LS222 - Calling 911	9a-10a AD036 - Intro to Line Dancing	9:30a-11:30a HW312 - Matter of Balance
10a-10:45a FI004 - Sit and Be Fit	9:30a-11:30a CO246 - Microplastics	9a-10:30a PR107 - The End Times	9:30a-10:30a EF188 - Investing in AI	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a CO251 - Even More Fun with Geology	9:30a-11a LE353 - Alaska, Then and Now B	9:30a-11a PR099 - Science and Theology	10a-11a SE228 - VMFA Fabergé Tour A
10a-12p LE361 - Braided Rag Rug Container	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-11a PR116 - Women of the Old Testament	10a-12p LE314 - Cardmaking by Numbers	9:45a-10:45a FI017 - Fun Fitness	10a-11:30a SE230 - History of VCU Tour	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p FI028 - Gentle Yoga	11a-12:30p EL138 - Story of American Folktales	11a-2p SE224 - CIS Volunteer Mentoring	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p HS761 - WWII via Documentary	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p PR112 - Thinking and Doing Ethics
11:30a-1p DE015 - Aging and Ageism	11:30a-1:30p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	11a-12p HW520 - Auditory Training	12:15p-1:15p AD022 - Ballroom Dance for Partners
11:30a-1p HW406 - Low Back Pain	12p-1:30p PR117 - The Art of Haiku	11a-12:30p HS632 - History of the US Constitution	11:30a-12:15p FI005 - Sit and Be Fit	1p-2p SE229 - VMFA Fabergé Tour B
11:30a-1:30p LE367 - Mushrooms 101	12:30p-2p HS769 - Ancient Civilizations	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:30p LA006 - Basic Spanish for Beginners	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning	1p-3p AD149 - Watercolor Florals	12p-1:30p AD326 - Art Journaling A	12p-1:30p AD141 - Lifelong	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	12p-1p HW386 - Intermediate Tai Chi 24 Form	12:30p-2p HS775 - Ernie Pyle	1:30p-2:30p HW343 - Exploring Tai Chi
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	12:30p-1:30p HW511 - Tea, Health,	1p-2p FI010 - Chair Yoga	1:30p-3p LE265 - Modern Floral
1:30p-3:30p AD110 - Advanced Colored Pencil	1:30p-3:30p LE241 - Basic Pine Needle Baskets	1p-3p AD234 - Artist Open Studio	1p-2:30p LS198 - Discussing Polarizing Issues	
1:30p-3p AD323 - Watercolor Techniques (Online)	2p-3:30p WG014 - Mah Jongg	1p-3p WG006 - Cards and Games	1p-2p PR059 - The History of the Bible	
1:30p-3p CO257 - Introduction to Zoom B	2:30p-3:30p FI009 - Gentle Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:30p EL139 - History of Science Fiction (Online)	2:30p-3:30p HW507 - Nasal Nerve Ablation	1:30p-3p HS724 - American Corrections	2p-3:30p AD111 - Intermediate Watercolor	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
2p-3:30p CO227 - Apple iPhone Tips and Tricks		2p-3:30p EL114 - Literary Society Book Swap	2p-3:30p PR118 - Exploring the World of Dreams	
2p-3:30p LA015 - Conversational		2p-3:30p LE252 - Genealogy	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p HW426 - Basic Taiji		2:30p-3:30p HW505 - Tai Chi	2:30p-3:30p HS766 - Home Front	
			2:30p-3:30p LS218 - Critical Thinking	



Monday	Tuesday	Wednesday	Thursday	Friday
3/9/2026	3/10/2026	3/11/2026	3/12/2026	3/13/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-12:30p LS176 - CCPD Citizen's	9a-12p WG010 - Bridge for
9:30a-10:30a CO258 - Zoom Practice A (Online)	9a-10a LA019 - Conversational French	9a-10:30a AD321 - Life and Works of Sargent	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS763 - Mankind
9:30a-12p IA019 - Spring-Cleaning Fundraiser	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD183 - Beginning Guitar	9:30a-10:30a HS692 - Midlothian Matters B	9:30a-11:30a HW312 - Matter of Balance
9:30a-11a LS094 - Discovering Gifts and Purpose	9:30a-11:30a CO232 - Forever Chemicals and Health	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a LS095 - Deepening Self-Awareness	9:45a-10:45a FI029 - Chair Yoga
9:30a-11a PR060 - The Great Myths	9:30a-11a CO251 - Even More Fun with Geology	11a-12p EL043 - Enjoy Poetry	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	9:30a-12p IA019 - Spring-Cleaning Fundraiser	11a-11:45a FI018 - Sit and Be Fit	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Open Artists' Studio
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	11a-12:30p HS632 - History of the US Constitution	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
10a-11a PR116 - Women of the Old Testament	11a-12:30p EL138 - Story of American Folktales	11a-12p HW366 - Understanding Alzheimer's	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p PR112 - Thinking and Doing Ethics
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD022 - Ballroom Dance for Partners
11a-12:30p HS761 - WWII via Documentary	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:30p LA006 - Basic Spanish for Beginners	1p-3p WG002 - Social Bingo
11:30a-1p DE015 - Aging and Ageism	11:30a-12:30p HS781 - Confederate Flags B	12p-1:30p LS213 - Setting Goals	11:30a-12:30p SE225 - Truly Modern Lucy Performance	1p-2:30p AD327 - Art Journaling B
11:30a-12:30p HS698 - African American Inventors	12p-12:30p IA100 - Birthday Celebration	12:30p-1:30p HW498 - Bone Health Basics	12p-1:30p AD141 - Lifelong Musicians	1p-2p HW524 - Benefits of Dry Needling
11:30a-1p HW407 - Knee Conditions	1p-3p AD149 - Watercolor Florals	1p-3p AD234 - Artist Open Studio	1p-2p AD325 - Paintings in Disguise	1:30p-2:30p HW343 - Exploring Tai Chi
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	1:30p-3p LE265 - Modern Floral Designs
1p-2:30p PR100 - The Chosen	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to	1p-2:30p LS198 - Discussing	
1p-3p WG004 - Cards and Games	1:30p-3:30p LE241 - Basic Pine	1:30p-3p HS003 - Current Events	1p-2p PR059 - The History of the	
1:30p-3:30p AD110 - Advanced Colored Pencil	2p-3:30p LE360 - Travel the World	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-3p AD323 - Watercolor Techniques (Online)	2p-3:30p WG014 - Mah Jongg	1:30p-3:30p LS178 - Chesterfield Fire and EMS	2p-3:30p AD111 - Intermediate Watercolor	
1:30p-3:30p EF132 - Financial Preparedness	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
1:30p-2:30p EL139 - History of Science Fiction (Online)		2:30p-3:30p HW505 - Tai Chi Refinement	2p-3:30p PR118 - Exploring the World of Dreams	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B			2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p CO227 - Apple iPhone			2:30p-3:30p HS766 - Home Front	
2p-3:30p LA015 - Conversational			2:30p-3:30p LS196 - Navigating	
2:30p-3:30p HW426 - Basic Taiji				



Monday	Tuesday	Wednesday	Thursday	Friday
3/16/2026	3/17/2026	3/18/2026	3/19/2026	3/20/2026
9a-10a FI001 - Low Impact 9a-10a FI015 - Pilates (Online)	9a-9:45a AD045 - Beginner Tap 9a-11a EL048 - Memoir Writing	8:30a-9:30a AD292 - Moving to 9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold 8:30a-12:30p LS176 - CCPD Citizen's Police Academy	8:30a-9:30a FI003 - Low Impact 9a-12p WG010 - Bridge for Experienced Players
9:30a-11a LS094 - Discovering Gifts and Purpose 9:30a-11a PR060 - The Great Myths 10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French 9a-10:30a LE369 - Garden for Health 9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD183 - Beginning Guitar 9:45a-10:45a FI017 - Fun Fitness 11a-2p SE224 - CIS Volunteer Mentoring	9a-10a AD036 - Intro to Line Dancing 9:30a-11a LS095 - Deepening Self-Awareness 9:30a-11a PR099 - Science and Theology	9:30a-11a HS763 - Mankind 9:45a-10:45a FI029 - Chair Yoga 10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online) 10a-11a HW508 - Hearing Loss	9:30a-11:30a CO232 - Forever Chemicals and Health 10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry 11a-11:45a FI018 - Sit and Be Fit	9:30a-11:30a WG009 - Mah Jongg 10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio 11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p LE363 - Beginning Quilling	11a-12:30p HS632 - History of the US Constitution	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p PR112 - Thinking and Doing Ethics
11a-12:30p HS761 - WWII via Documentary 11:30a-1p DE015 - Aging and Ageism 11:30a-12:30p HS698 - African American Inventors	11a-12p LS171 - Transportation Services (Online) 11a-12:30p EL138 - Story of American Folktales 11a-12p HS767 - Viktor Frankl's Life	11a-12p LE368 - Capital Trail 101 11:30a-12:30p FI031 - Chair Yoga (Online) 12p-1p HW386 - Intermediate Tai Chi 24 Form	10:30a-12p AD204 - Zoltan Szabo 11:30a-12:15p FI005 - Sit and Be Fit 11:30a-12:30p LA006 - Basic Spanish for Beginners	12:15p-1:15p AD022 - Ballroom Dance for Partners 12:30p-1:30p HW522 - Pain Starts in the Brain 1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A 1p-2:30p PR100 - The Chosen	11:30a-12:30p AD058 - Country Line Dancing 11:30a-1:30p WG013 - Spades	12:30p-1:30p DE017 - Connecting Paths to Belonging 12:30p-1:30p HW511 - Tea, Health, and Harmony	11:30a-1:30p LE295 - Crafting PhD 12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo 1:30p-2:30p HW343 - Exploring Tai Chi
1p-3p WG004 - Cards and Games 1p-2:30p CO200 - Nearpeer Tutorial and Tips B 1:30p-3:30p AD110 - Advanced Colored Pencil	12p-1:30p PR117 - The Art of Haiku 12:30p-1:30p HS779 - The Black Watch and Spy-Planes 1p-3p AD149 - Watercolor Florals	1p-3p AD234 - Artist Open Studio 1p-3p WG006 - Cards and Games 1p-2:30p HW525 - Chesterfield Mobile Health	1p-2p AD325 - Paintings in Disguise 1p-2p FI010 - Chair Yoga 1p-2:30p LS198 - Discussing Polarizing Issues	1:30p-3p LE265 - Modern Floral 2p-3:30p SE226 - Brightpoint Sneak Peek
1:30p-3p AD323 - Watercolor Techniques (Online) 1:30p-2:30p EL139 - History of Science Fiction (Online) 1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga 1p-3p WG001 - Social Bingo 1:30p-3:30p LE241 - Basic Pine Needle Baskets	1:15p-2:15p AD210 - Intro to Brazilian Percussion 1:30p-3p HS724 - American Corrections 1:30p-3:30p LE032 - Needleworkers United	1p-2p PR059 - The History of the Bible 1:30p-2:30p FI034 - Cardio and Strength Training (Online) 2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p CO227 - Apple iPhone Tips and Tricks 2p-3:30p LA015 - Conversational German 2:30p-3:30p HW426 - Basic Taiji	2p-3:30p HS089 - Great Decisions 2p-3:30p LE360 - Travel the World 2p-3:30p WG014 - Mah Jongg 2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p EL141 - Banned Books Discussion 2p-3:30p LE252 - Genealogy Discussions 2:30p-3:30p HW505 - Tai Chi	2p-3:30p PR002 - Bible Discussion 2p-3:30p PR118 - Exploring the World of Dreams 2:30p-3:30p FI007 - Gentle Yoga 2:30p-3:30p HS766 - Home Front	

Monday	Tuesday	Wednesday	Thursday	Friday
3/23/2026	3/24/2026	3/25/2026	3/26/2026	3/27/2026
8:30a-12:15p HW503 - Memory 9a-10a FI001 - Low Impact 9a-10a FI015 - Pilates (Online)	9a-9:45a AD045 - Beginner Tap 9a-11a EL048 - Memoir Writing 9a-10a LA019 - Conversational French	8:30a-9:30a AD292 - Moving to 9a-11a AD080 - Woodcarving 9:30a-10:30a AD183 - Beginning Guitar	8:30a-9:30a FI020 - Zumba Gold 9a-10a AD036 - Intro to Line Dancing 9a-2:30p AD151 - YUPO and Watermedia	8:30a-9:30a FI003 - Low Impact 9a-2:30p AD151 - YUPO and 9a-12p WG010 - Bridge for Experienced Players
9:30a-11a PR060 - The Great Myths 10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater 9:30a-10:30a HS773 - Church Hill Tunnel Collapse	9:45a-10:45a FI017 - Fun Fitness 10:30a-12p EF182 - Economic Fundamentals	9a-10a LS169 - Chesterfield Council on Aging 9:30a-11a PR099 - Science and Theology	9:30a-11a HS763 - Mankind 9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online) 10a-12p EF104 - Estates and Probate 11a-12p FI028 - Gentle Yoga	10a-11a AD021 - Intermediate Tap Dancing 10:30a-12p LE363 - Beginning Quilling 11a-12:30p EL138 - Story of American Folktales	11a-11:45a FI018 - Sit and Be Fit 11a-12:30p HS632 - History of the US Constitution 11:30a-1p DE016 - Bridging Generations	9:30a-11:30a WG009 - Mah Jongg 10:15a-11:15a AD075 - Line Dance Practice 10:30a-12:30p AD192 - Super Senior Storytelling Slam	10a-12p WG007 - Canasta Variations 11a-12p HW352 - Beginning Tai Chi Review 11a-12p PR112 - Thinking and Doing Ethics
11a-12:30p HS761 - WWII via Documentary 11:30a-1p LE253 - Cooking with Judith (Online) 12p-1p HW509 - Back Pain	11a-12p HS767 - Viktor Frankl's Life 11:30a-12:30p AD058 - Country Line Dancing 11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online) 12p-1p HW386 - Intermediate Tai Chi 24 Form 12:30p-1:30p HW511 - Tea, Health, and Harmony	11a-1p SE221 - VCU's Library Archives Tour B 11:30a-12:15p FI005 - Sit and Be Fit 11:30a-12:30p LA006 - Basic Spanish for Beginners	12:15p-1:15p AD022 - Ballroom Dance for Partners 1p-3p WG002 - Social Bingo 1p-3p EL108 - The Boy, Mole, Fox and Horse
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A 12:30p-1:30p InterAge Committee Meeting 1p-2:30p PR100 - The Chosen 1p-3p WG004 - Cards and Games	11:30a-12:30p EF186 - Consumer Scam Awareness 12p-1:30p PR117 - The Art of Haiku 12:30p-1:30p HS777 - Pirates in the Revolution 1p-3p AD149 - Watercolor Florals	1p-3p AD234 - Artist Open Studio 1p-3p WG006 - Cards and Games 1:15p-2:15p AD210 - Intro to Brazilian Percussion 1:30p-3p HS003 - Current Events	12p-1:30p AD141 - Lifelong Musicians 12p-1:30p IA003 - March Luncheon 1p-2p FI010 - Chair Yoga 1p-2:30p LS198 - Discussing Polarizing Issues	 <div> LLI Closed for Spring Break March 30 - April 3 </div>
1:30p-3:30p AD110 - Advanced Colored Pencil 1:30p-3p AD323 - Watercolor Techniques (Online) 1:30p-2:30p EL139 - History of Science Fiction (Online) 1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B 2p-3:30p CO227 - Apple iPhone Tips and Tricks 2p-3:30p LA015 - Conversational German 2:30p-3:30p HW426 - Basic Taiji 3:30p-4:30p LLI Board of Directors	1p-2p FI006 - Chair Yoga 1p-3p WG001 - Social Bingo 1:30p-3:30p LE241 - Basic Pine Needle Baskets 2p-3:30p LE360 - Travel the World 2p-3:30p WG014 - Mah Jongg 2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United 2p-3p CO259 - Zoom Practice B (Online) 2p-3:30p LE252 - Genealogy Discussions 2:30p-3:30p HW505 - Tai Chi Refinement	1p-3p HW445 - Staying Safe at Home 1:30p-2:30p FI034 - Cardio and Strength Training (Online) 2p-3:30p PR002 - Bible Discussion 2p-3:30p PR118 - Exploring the World of Dreams 2:30p-3:30p FI007 - Gentle Yoga 2:30p-3:30p HS766 - Home Front Culture in the 1940s	



Monday	Tuesday	Wednesday	Thursday	Friday
4/6/2026	4/7/2026	4/8/2026	4/9/2026	4/10/2026
9a-10a FI015 - Pilates (Online)	9:30a-10:30a EF115 - Estate Planning (Online)	9:45a-10:45a FI043 - Fun Fitness Online	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI048 - Low Impact Online
9a-10a FI038 - Low Impact Online	1p-2p FI041 - Chair Yoga Online	11a-11:45a FI044 - Sit and Be Fit Online	10a-12p SE231 - Chesterfield Courthouse Tour	9:45a-10:45a FI050 - Chair Yoga Online
9:30a-11a PR115 - The Great Myths (Online)	1p-2:15p HS734 - A Tour of Germany and Austria (Online)	11a-2p SE224 - CIS Volunteer Mentoring	11:30a-12:15p FI045 - Sit and Be Fit Online	11a-12p HW518 - Caregiver Burnout Strategies (Online)
10a-10:45a FI039 - Sit and Be Fit Monday Online	2:30p-3:30p FI042 - Gentle Yoga Online	11:30a-12:30p FI031 - Chair Yoga (Online)	1p-2p FI046 - Chair Yoga Online	1p-3p EL140 - Aspiring Writers' Critique (Online)
10a-10:45a FI030 - Strength and Stretch (Online)		1p-2:15p HS734 - A Tour of Germany and Austria (Online)	1p-2:30p HS770 - Admiral Nimitz in WWII (Online)	1:30p-3p AD315 - The Book of Amazement (Online)
11a-12p FI040 - Gentle Yoga Online			1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
11:30a-1p LE253 - Cooking with Judith (Online)			2:30p-3:30p FI047 - Gentle Yoga Online	
1:30p-3p AD323 - Watercolor Techniques (Online)				
1:30p-2:30p EL139 - History of Science Fiction (Online)				
2p-3:30p LA028 - Conversational German (Online)				



Monday 4/13/2026	Tuesday 4/14/2026	Wednesday 4/15/2026	Thursday 4/16/2026	Friday 4/17/2026
9a-10a FI015 - Pilates (Online)	11a-12p SE195 - VMHC We the People Tour A	9:45a-10:45a FI043 - Fun Fitness Online	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI048 - Low Impact Online
9a-10a FI038 - Low Impact Online	11a-12p HW367 - Warning Signs of Alzheimer's (Online)	11a-11:45a FI044 - Sit and Be Fit Online	10:30a-12p EF185 - Fraud and Scam Prevention (Online)	9:45a-10:45a FI050 - Chair Yoga Online
9:30a-11a PR115 - The Great Myths (Online)	1p-2:30p HS754 - A Quest for Family Ties (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI045 - Sit and Be Fit Online	1p-3p SE113 - VA Holocaust Museum Tour
10a-10:45a FI039 - Sit and Be Fit Monday Online	1p-2p FI041 - Chair Yoga Online	1p-2:15p HS734 - A Tour of Germany and Austria (Online)	1p-2p FI046 - Chair Yoga Online	<div> Sunday April 19 9:30a-6:30p SE120 Norfolk Military Tattoo Tour </div>
10a-10:45a FI030 - Strength and Stretch (Online)	1p-2:15p HS734 - A Tour of Germany and Austria (Online)		1p-2p HS776 - The April 1942 Doolittle Raid (Online)	
11a-12p FI040 - Gentle Yoga Online	2:30p-3:30p FI042 - Gentle Yoga Online		1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
11:30a-1p LE253 - Cooking with Judith (Online)			2:30p-3:30p FI047 - Gentle Yoga Online	
1:30p-3p AD323 - Watercolor Techniques (Online)				
1:30p-2:30p EL139 - History of Science Fiction (Online)				
2p-3:30p LA028 - Conversational German (Online)				



Monday	Tuesday	Wednesday	Thursday	Friday
4/20/2026	4/21/2026	4/22/2026	4/23/2026	4/24/2026
9a-10a FI015 - Pilates (Online)	11a-12p HS778 - Pirates in the Revolution (Online)	9:45a-10:45a FI043 - Fun Fitness Online	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI048 - Low Impact Online
9a-10a FI038 - Low Impact Online	1p-2p FI041 - Chair Yoga Online	11a-11:45a FI044 - Sit and Be Fit Online	11:30a-12:15p FI045 - Sit and Be Fit Online	9:45a-10:45a FI050 - Chair Yoga Online
9:30a-11a PR115 - The Great Myths (Online)	1p-2:15p HS734 - A Tour of Germany and Austria (Online)	11a-12p SE196 - VMHC We the People Tour B	1p-2p FI046 - Chair Yoga Online	1p-3p EL140 - Aspiring Writers' Critique (Online)
10a-10:45a FI039 - Sit and Be Fit Monday Online	2:30p-3:30p FI042 - Gentle Yoga Online	11a-2p SE224 - CIS Volunteer Mentoring	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-3p AD328 - Art Journaling (Online)
10a-10:45a FI030 - Strength and Stretch (Online)		11:30a-12:30p FI031 - Chair Yoga (Online)	2:30p-3:30p FI047 - Gentle Yoga Online	
11a-12p FI040 - Gentle Yoga Online		1p-2:15p HS734 - A Tour of Germany and Austria (Online)		
11:30a-1p LE253 - Cooking with Judith (Online)				
1:30p-3p AD323 - Watercolor Techniques (Online)				
1:30p-2:30p EL139 - History of Science Fiction (Online)				
2p-3:30p LA028 - Conversational German (Online)				

**Summer
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