



Lifelong Learning Institute in Chesterfield

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

Lifelong Learning Institute

For midlife and older adults

SPRING 2026 SESSION

JANUARY 20 – APRIL 24, 2026

What We Are

The Lifelong Learning Institute in Chesterfield is a member-supported organization designed to meet the educational and social enrichment needs of midlife and older adults. 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, and some members also 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)

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Ken Carlson (LLI Member, Faculty) Rev. Pernell J. Johnson (First Baptist Church of Midlothian)

Kim Conley (Chesterfield County) Annebel Lewis, Emerita (LLI Member, Faculty)

James E. Davidson, Jr., CFP® (Davenport & Company, LLC) Christopher M. McCarthy, CELA (McCarthy Elder Law, PLC)

Angie Dempsey (Bon Secours, LLI Member) Lillie Stratton (LLI Member, Faculty)

Bob Ferguson, PhD (LLI Member, 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

Program Administrator: Debby Hoskin

Office Manager: Stacey Kalbach

Monday - Friday, 8AM-4PM

13801 Westfield Road, Midlothian, VA 23113

Mailing Address: P.O. Box 1090, Midlothian, VA 23113

Call: 804-378-2527 Text: 804-347-5096

Email: info@LLIChesterfield.org Website: www.LLIChesterfield.org

Membership

Membership is required in order to register for courses. The annual membership fee of \$150 per person allows individuals to participate in all of the courses, lectures, and planned social events available during their 12 months of membership. A membership application is attached to the back of this packet. Make checks payable to the Lifelong Learning Institute. Payment may also be made online with a service fee.

The Institute also has a limited number of scholarships available to those with a financial need. Scholarships are distributed on a first-come, first-served need basis. Please contact the office at 804-378-2527 for details. The Lifelong Learning Institute in Chesterfield reserves the right to refuse or revoke membership. See below for our Referral Program to help save on the membership renewal fee!

Transportation Program

LLI Chesterfield provides free round-trip transportation for members to attend LLI courses through grant funding donated by Genworth Financial 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 required to wear their name badges when they are in the building. It is useful for meeting new friends, as well as for safety and security reasons. Members may choose to add a card to their 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. Thank you for helping us to 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. LLI members will have priority through Open Registration. All payments must be received at the time of registration. Requests for a refund must be made in writing. Refunds may not be available within 30 days of the trip.

Registration

Members may register online at 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 will be available online starting Thursday, January 8, 2026. Open Registration will occur onsite Monday, January 12 - Tuesday, January 13, 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 13 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.

Safety Guidelines for Spring 2026

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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Instructor Biographies...

- Are available separately in print at LLI.
- Can be found online by using this QR Code:
 - www.LLIChesterfield.org/instructors



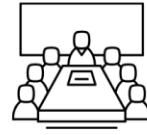
Renovation Plans and Learning Cottages...

Welcome to a new chapter at LLI! In April 2026, LLI will temporarily move out of the building to allow space for the county to renovate. The upgrades will include new windows, external doors, and a brand-new ducted HVAC system! The great news is, we don't have to go far! The county will be providing two Learning Cottages on the soccer field behind LLI, which will provide comparable classrooms, office, and lounge space. During the renovation of our beloved building, we're excited to offer this convenient, comfortable, and close alternative space. Our commitment to engaging courses, welcoming community, and lifelong learning will remain unchanged. Thank you in advance for your flexibility, confidence, and continued enthusiasm as we make this transition together.



The Spring 2026 session will run January 20 – April 24, with spring break the week of March 30. In-person and online courses will be offered January 20 – March 27. The courses will all be online from April 6-24 to allow ample time to physically move into the Learning Cottages. We'll have open house opportunities the week of April 27 and release the Summer 2026 catalog on April 30. We'll continue to communicate through our newsletter and in-person announcements to keep everyone informed and connected. Scan the QR Code anytime to read the latest news and Renovation FAQ at www.LLIChesterfield.org/renovations.

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:

 Art Committee	Community Outreach Committee	 Curriculum Committee
Diversity Committee	 Facilities Committee	Finance Committee
 Fundraising Committee	Grants Committee	 Instructors
Library Committee	 Office Volunteers	Policy Committee
 Publicity Committee	Safety Committee	 Social Committee
Sunshine Committee	 Board of Directors	Technology Committee



VCU College of Health Professions

Gerontology and the
Virginia Center on Aging





Nearpeer is the free online directory and connection platform for LLI Chesterfield members and instructors.

**Nearpeer is private and safe
with no ads!**

Scan the QR Code below or go to
Nearpeer.net/lli to get started or login with the
email address you use for LLI communications.



Join now to stay in the know!

Nearpeer is amazing because it is:

- An online photo directory
- A mobile app and a website
- A way to connect with instructors and members through 1-to-1 messages and group chats
- Access to time-sensitive news and updates

Beginner Tap Dancing**Course: AD261045****Tuesday****January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24****9:00-9:45****Instructor(s): 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 easy dance routines. Tap dance is fun and great exercise.

Readers Theater**Course: AD261248****Tuesday****January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24****9:30-10:30****Instructor(s): Ken Carlson**

This introductory-level course will introduce students to Readers Theater, a performance style that gained popularity during World War II. Students will explore various forms of Readers Theater and practice acting techniques such as voice inflection, facial expression, and active listening. All reading levels are welcome, and standing is not required. Typical readings may include old radio shows, one-act plays, and other short programs, all designed to be read aloud and completed within a single class session. The subject matter will remain flexible, and student suggestions will be welcomed. On the final class session of each month, students may bring a short piece (approximately 3–5 minutes) to share—such as a poem, essay, magazine column, or song lyrics. All participation will take place in the classroom; there will be no outside performances. Readers Theater offers a fun and engaging way to strengthen reading, comprehension, vocabulary, language, creativity, and teamwork skills.

Intermediate Tap Dancing**Course: AD261021****Tuesday****January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24****10:00-11:00****Instructor(s): Beth Mercer and Julie Van Buskirk**

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

Country Line Dancing**Course: AD261058****Tuesday****January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24****11:30-12:30****Instructor(s): Mary Bradstock**

This course will use line dancing for fun and exercise. Knowledge of basic line dance steps is preferable. New dances will be taught and older ones will be reviewed.

Moving to Music**Course: AD261292****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****8:30-9:30****Instructor(s): Diane Childress**

This course will share an hour of movement with all types of music, allowing students to move their muscles from head to toe. It can be a lot of fun to move to the music. Students should wear loose, comfortable clothing and appropriate footwear. There will be sit-down and stand-up movements that will make students feel like dancing.

Woodcarving: Open Carve**Course: AD261080****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****9:00-11:00****Instructor(s): Mary Jane Murphy and Bev Davidson**

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. Carvers are invited to bring along a favorite carving or tool of choice to share, an album of work or a book to inspire, a hunk of wood to whittle, and an encouraging word. Happy carving!

Richmond's Architectural Gems**Course: AD261320****Wednesday****January 21, 28, February 4, 11****9:30-10:30****Instructor(s): Karen Steele**

Richmond is filled with extraordinary buildings that represent the best of American architecture. This course will explore such buildings as the internationally famous Virginia State Capitol, the Westhampton Campus of the University of Richmond, Sacred Heart Cathedral, the Egyptian Building, Monumental Church, and the Old City Hall. Starting with the Court End Neighborhood and Monument Avenue, students will explore streetcar neighborhoods such as Woodland Heights, and finally, automobile suburbs such as Windsor Farms.

Beginning Guitar**Course: AD261183****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****9:30-10:30****Instructor(s): Randall Kaker**

Students will discover the joy of making music as they begin their journey with the guitar. They will explore the instrument step by step, learning its parts, how to tune it, and how to hold the pick with confidence. The course will guide students through playing simple melodies using both tablature and standard notation, while also introducing a dozen or more common chords with strum patterns. Students will learn the notes on each string and gain a foundation in basic music theory to support their progress. Each student must bring their own guitar and an electronic tuner (a Snark ST-2 or similar model will work well). Because each class will build on the skills introduced previously, consistent attendance will be encouraged to support steady growth.

Ukulele Instruction and Jam**Course: AD261252****Wednesday****January 21, 28, February 4, 11****11:00-12:30****Instructor(s): Rick Kaerwer**

Whether students are picking up a ukulele for the first time or have been strumming for years, this course will offer a welcoming space for all skill levels. The ukulele is one of the friendliest stringed instruments—easy to learn, fun to play, and perfect for group music-making. No music reading is required, and there will be no homework or pressure—just good company and four cheerful strings. Beginners will receive extra support during the first 30 minutes of the first class, while experienced players are welcome to assist or join in later. As the weeks progress, intermediate skills and faster songs will be introduced for those seeking a challenge. Students may bring their own ukulele, but are encouraged to wait on purchasing one until trying out different sizes provided by the instructor. Loaner instruments will be available during class, and recommendations for affordable options will be offered.

Artist Open Studio**Course: AD261234****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****1:00-3:00****Instructor(s): Diana Hinman, Diane Barbour, Mary Cox, and LuGay Lanier**

This weekly studio welcomes both seasoned and beginner artists working in any visual medium, including watercolor, colored pencil, acrylics, oils, pastels, sketching, collage, and mixed media. Students will work on projects of their own choosing and share ideas, techniques, and inspiration with mentors and fellow artists. Informal, individualized instruction will be offered based on each participant's interests and needs. Students must bring their own supplies and be prepared to work independently. A library of reference photos and tips will be available for use.

Introduction to Afro-Brazilian Percussion**Course: AD261210****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****1:15-2:15****Instructor(s): Damir Strmel**

Drumming and Percussion are fun! Students are invited to experience the hip-shakin' rhythms of Brazil and Cuba. No experience is necessary, and the instruments will be provided by the instructor for the first session. Students are encouraged to choose and purchase an instrument for continued participation. Learning to play the music provides an opportunity to learn about the cultures, both secular and religious, that created the music.

Introduction to Line Dancing**Course: AD261036****Thursday****January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26****9:00-10:00****Instructor(s): Sharon Macauley**

This course will provide students with an opportunity 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!

Watercolor and Acrylic Problem Solving Workshop**Course: AD261119****Thursday, Friday****January 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 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.

Line Dance Practice**Course: AD261075****Thursday****January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26****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.

Lifelong Musicians**Course: AD261141****Thursday****January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26****12:00-1:30****Instructor(s): Brad Bryan, Ken Carlson, and Rick Kaerwer**

Students will play and sing a wide variety of popular songs from the 1920s through the 1980s—examples include Down on the Corner, Proud Mary, Sweet Caroline, Crazy, Love Potion #9, and Brown Eyed Girl. This course is designed for students who enjoy these classics and can play a chording instrument (guitar, mandolin, ukulele, keyboard), bass, percussion, or any instrument that fits the group. Lyrics and chords will be provided, and all songs will be played together as a group. Everyone who registers should play an instrument—even a pair of egg shakers counts! While there is little formal instruction, students will learn from each other and have fun. Good attendance is encouraged.

Ballroom Dance for Partners**Course: AD261022****Friday****January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27****12:15-1:15****Instructor(s): Doug McRae and Teresa Day**

This course will be an opportunity to learn, review, and practice the steps and patterns of popular ballroom dances. The dances covered will depend on class interest and may include Rumba, Cha Cha, Swing, Night Club Two Step, Bachata, Foxtrot, Waltz, and Tango. Each dance will be covered in a three-week series with a fourth week for review and practice. Please note that students should pre-arrange a dance partner who is also an LLI member in order to register and participate. Students looking for a dance partner may use the signup sheet on the shelf in the hallway outside the LLI office.

Advanced Colored Pencil Techniques**Course: AD261110****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23****1:30-3:30****Instructor(s): Brian Austin, PhD**

This course is for students who can demonstrate proficiency in basic drawing skills and colored pencil techniques, such as shading objects from light to dark, blending of colors, and burnishing objects. Artists will expand their skills in colored pencil artistry while gaining practice in advanced rubbing methods with wax pencils. Students will complete three drawing projects designed to strengthen these advanced techniques. The instructor will demonstrate the use of wax pencils, water-soluble pencils, inktense pencils, and oil pastel pencils, allowing artists to explore a range of materials. While most students may prefer wax pencils for their personal projects, all will be encouraged to experiment with different tools. Artists must bring artist-quality colored pencils and good-quality paper, along with their own supplies, to each class. Students will need to arrive at the first class prepared to begin a project of their choice. A supply list will be available at registration and outside the office before class.

Super Senior Storytelling Slam**Course: AD261192****Thursday****January 29, February 26, March 26****10:30-12:30****Instructor(s): Judith Onesty and Les Schaffer**

Story Slams have gained worldwide popularity. Akin to NPR's "The Moth" or "This American Life," slams are festivals for the spoken word. LLI story-slammers can tell up to an eight-minute story each month. At each session, up to eight participants will be selected from those registered. Other students can put their names in a hat for a chance to tell, as time permits. Themes will be announced in advance, and stories must be mostly true and told without notes. The audience will be expecting real-life stories with a clear beginning, middle, and end, and it needs to be clear why the story matters. Students will share their tales with fellow LLI members in a supportive setting. MCs Les Schaffer and Judith Onesty will offer coaching. Each class will kick off with a fun warm-up or storytelling exercise. The first month's theme is "Silver Linings," stories about the bright side, when bad luck or experiences result in one door closing and another opening. Both storytellers and listeners should register.

Open Artists' Studio**Course: AD261278****Friday****January 30, February 6, 13, 20, 27, March 6, 13, 20****10:30-12:30****Instructor(s): Dr. Susan Coffey, Susan Davies, and Yvonne Ricciardelli**

Students will create art independently in a supportive, open studio environment. Artists will be encouraged to share ideas, favorite reference photos, and more with the class. A ten-minute tips-and-tricks art video will be shown at the beginning of each class. The other artists and coordinators will give ideas and make suggestions when requested. All levels will be welcome. Students must bring their own supplies, and all mediums used must be odorless. Happy creating!

Treasure Tiles: Creating a Personal Memento**Course: AD261322 \$5****Monday****February 2, 9****10:30-12:00****Instructor(s): Sandhi Schimmel Gold**

Students will transform old jewelry, buttons, souvenirs, greeting cards, toys, trinkets, and other keepsakes into a small assemblage artwork. The result will be a one-of-a-kind "treasure tile" that preserves memories while recycling items into lasting art. The course fee will provide the surface to work on and a variety of materials that students will need to create a basic "treasure tile." The students should provide one color of acrylic paint, their own personal small treasures, and a small container of tacky glue, or a glue gun and glue stick.

Creative Thinking: Increase Awareness and See Life Differently**Course: AD261253****Monday****February 2, 9****11:30-1:00****Instructor(s): Gordon Russell, MVA**

What is creativity? Who has it? Where does it come from? How does one 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 will be 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."

The Book of Amazement Art Journal A**Course: AD261314****Wednesday****February 4****12:00-1:30****Instructor(s): Janet Abel**

Please register for only one session (A or B) to allow all students a chance to participate. Students will learn how to transform an ordinary composition book into a personal "holy book." Inspired by a dream of artistic awakening, the instructor will guide students in using intention and attention to create journals filled with dreams, prayers, poems, and reflections. Students will explore how art journaling can be a transformative tool for self-expression and healing. Students will need to bring a composition book (no spiral notebooks, please), a brown paper grocery bag, scissors, writing utensils, and a glue stick. Basic supplies will be discussed, but the project will not be completed during the class. Students are encouraged to register for one of the "Art Journaling in the Book of Amazement: Art in Three Inches" courses to continue their journaling journey.

Creativity and Wellness A: How Creating Combats Loneliness**Course: AD261329****Thursday****February 5****10:30-11:30****Instructor(s): Kate Powell, MPA, CFRE**

Please register for only one session (A or B) to allow all students a chance to participate. This lecture-workshop will introduce a creative arts outreach model designed to reach isolated individuals in the community. Students will learn the history and science behind creative arts-in-health and the importance of creative experiences in healthcare and congregate-care settings. The course will also highlight volunteer and artistic opportunities available through Kate's organization. To demonstrate the program's impact, students will participate in a guided visual arts project with supplies provided by Tidewater Arts Outreach.

Creativity and Wellness B: How Creating Combats Loneliness**Course: AD261330****Thursday****February 5****12:30-1:30****Instructor(s): Kate Powell, MPA, CFRE**

Please register for only one session (A or B) to allow all students a chance to participate. This lecture-workshop will introduce a creative arts outreach model designed to reach isolated individuals in the community. Students will learn the history and science behind creative arts-in-health and the importance of creative experiences in healthcare and congregate-care settings. The course will also highlight volunteer and artistic opportunities available through Kate's organization. To demonstrate the program's impact, students will participate in a guided visual arts project with supplies provided by Tidewater Arts Outreach.

Advanced Watercolor**Course: AD261012****Thursday****February 12, 19, 26, March 5, 12, 19****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. A basic understanding of composition and value is also very helpful. This course will 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 paint, three brushes, a pallet, a board, a 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 and outside the office before class.

Chicago's Iconic Competition: Gothic Dreams and Modern Visions**Course: AD261324****Thursday****February 12, 19****1:00-2:00****Instructor(s): Tara Semtner, AIA**

This course will examine the 1922 Chicago Tribune Tower Competition, a defining moment in architectural history. Students will explore the contrasting visions of architects from around the world who competed to design what was intended to be the "world's most beautiful office building." It also highlights how the competition helped shape Chicago's skyline and influenced the evolution of the modern skyscraper.

Intermediate Watercolor with Marti**Course: AD261111****Thursday****February 12, 19, 26, March 5, 12, 19****2:00-3:30****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. A basic understanding of composition and value is also very helpful. This course will 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 paint, three brushes, a pallet, a board, a 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 and outside the office before class.

Life and Works of John Singer Sargent**Course: AD261321****Wednesday****February 18, 25, March 4, 11****9:00-10:30****Instructor(s): Juana Levi**

John Singer Sargent was one of the most sought-after portraitists of his time. Of Sargent's early work, the novelist/art critic, Henry James, wrote that the artist offered "the slightly 'uncanny' spectacle of a talent which on the very threshold of its career has nothing more to learn." Sargent would go on to create roughly 900 oil paintings, more than 2,000 watercolors, countless sketches and charcoal drawings, excel in a variety of genres, including landscapes and murals, and become one of the greatest realist painters in the history of art.

Art Statement Writing Workshop: An Artwork Elevator**Course: AD261331****Tuesday****February 24****9:30-2:30****Instructor(s): Sally Guynn**

This experiential course will guide students in crafting a brief Art Statement of about 200-300 words that will elevate their artwork. Students will bring two to three framed or unframed paintings in any medium and, after a presentation by the instructor, will work individually and in pairs to refine their statements. The process will emphasize creating compelling back stories that connect viewers to each painting, drawing them in for a closer look. Students will discover how effective Art Statements reveal the essence of a painting, uncover insights into their own work, and provide surprising benefits as layers of meaning are explored.

The Book of Amazement Art Journal B**Course: AD261319****Friday****February 27****1:00-2:30****Instructor(s): Janet Abel**

Please register for only one session (A or B) to allow all students a chance to participate. Students will learn how to transform an ordinary composition book into a personal "holy book." Inspired by a dream of artistic awakening, the instructor will guide students in using intention and attention to create journals filled with dreams, prayers, poems, and reflections. Students will explore how art journaling can be a transformative tool for self-expression and healing. Students will need to bring a composition book (no spiral notebooks, please), a brown paper grocery bag, scissors, writing utensils, and a glue stick. Basic supplies will be discussed, but the project will not be completed during the class. Students are encouraged to register for one of the "Art Journaling in the Book of Amazement: Art in Three Inches" courses to continue their journaling journey.

Watercolor Techniques**Course: AD261323****Monday****March 2, 9, 16, 23, April 6, 13, 20****1:30-3:00****Online****Instructor(s): Linda Szabo**

This course will introduce students to a wide variety of watercolor subjects and methods. Students will learn how to transform a two-dimensional surface into a three-dimensional experience while enjoying the creative process. Instruction will emphasize mixing colors and understanding composition, skills that become second nature with practice. The goal of the course will be to help students feel comfortable painting in this medium and to inspire growth in their knowledge of watercolor. A supply list will be available at registration and outside the office before class.

Watercolor Florals**Course: AD261149****Tuesday****March 3, 10, 17, 24****1:00-3:00****Instructor(s): Poly Cline**

Students will explore endless possibilities for painting flowers in this creative watercolor course. Each of the four classes will feature a unique approach to floral painting, with opportunities to create both artwork and cards. No drawing skills will be required. This course is suitable for students who have mastered basic watercolor techniques and are ready to expand their skills. A supply list will be available at registration and outside the office before class.

Art Journaling in the Book of Amazement A: Art in Three Inches**Course: AD261326****Wednesday****March 4****12:00-1:30****Instructor(s): Janet Abel**

Please register for only one session (A or B) to allow all students a chance to participate. Students are encouraged to register for one of "The Book of Amazement Art Journal" courses to start their journaling journey. This course will continue the practice shared in that course by guiding students through the daily discipline of "Art in Three Inches." Students will learn how to break a journal of blank pages into manageable pieces that honor words and images drawn from dreams and daily life. The process will encourage reflection, conversation, and relationship building with the self, while providing the right conditions for insight to emerge. Students will discover how small, consistent acts of creativity can have a lasting impact. Students should bring their Art Journals and art supplies back to play together.

Paintings in Disguise: Beneath the Surface**Course: AD261325****Thursday****March 12, 19****1:00-2:00****Instructor(s): Tara Semtner, AIA**

This course will explore how misattribution has transformed the understanding of European paintings. Students will examine how changing identifications have reshaped the stories behind familiar works and how modern scholarship and technology uncover what lies beneath the surface. Through compelling examples and visual investigation, the course will reveal the evolving histories of these paintings and show how each discovery changes the perception of style, technique, and artistic vision.

Art Journaling in the Book of Amazement B: Art in Three Inches**Course: AD261327****Friday****March 13****1:00-2:30****Instructor(s): Janet Abel**

Please register for only one session (A or B) to allow all students a chance to participate. Students are encouraged to register for one of "The Book of Amazement Art Journal" courses to start their journaling journey. This course will continue the practice shared in that course by guiding students through the daily discipline of "Art in Three Inches." Students will learn how to break a journal of blank pages into manageable pieces that honor words and images drawn from dreams and daily life. The process will encourage reflection, conversation, and relationship building with the self, while providing the right conditions for insight to emerge. Students will discover how small, consistent acts of creativity can have a lasting impact. Students should bring their Art Journals and art supplies back to play together.

Zoltan Szabo: A Watercolour Artist in Retrospective**Course: AD261204****Thursday****March 19****10:30-12:00****Instructor(s): Carri Pandolfe and Linda Szabo**

This course will provide a visual journey through the extensive work of artist, watercolour painter, and author Zoltan Szabo, while also sharing insights into his fascinating life. Students will explore selected pieces that highlight his distinctive style and contributions to the art world, gaining appreciation for both his creative achievements and personal story.

YUPO and Watermedia Workshop**Course: AD261151****Thursday, Friday****March 26, 27****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.

The Book of Amazement Art Journal**Course: AD261315****Friday****April 10****1:30-3:00****Online****Instructor(s): Janet Abel**

Students will learn how to transform an ordinary composition book into a personal "holy book." Inspired by a dream of artistic awakening, the instructor will guide students in using intention and attention to create journals filled with dreams, prayers, poems, and reflections. Students will explore how art journaling can be a transformative tool for self-expression and healing. Students will need to bring a composition book (no spiral notebooks, please), a brown paper grocery bag, scissors, writing utensils, and a glue stick. Basic supplies will be discussed, but the project will not be completed during the class. Students are encouraged to register for one of the "Art Journaling in the Book of Amazement: Art in Three Inches" courses to continue their journaling journey.

Art Journaling in the Book of Amazement: Art in Three Inches**Course: AD261328****Friday****April 24****1:30-3:00****Online****Instructor(s): Janet Abel**

Students are encouraged to register for one of "The Book of Amazement Art Journal" courses to start their journaling journey. This course will continue the practice shared in that course by guiding students through the daily discipline of "Art in Three Inches." Students will learn how to break a journal of blank pages into manageable pieces that honor words and images drawn from dreams and daily life. The process will encourage reflection, conversation, and relationship building with the self, while providing the right conditions for insight to emerge. Students will discover how small, consistent acts of creativity can have a lasting impact. Students should bring their Art Journals and art supplies back to play together.

Nearpeer Tutorial and Tips A**Course: CO261199****Wednesday****January 21****9:00-10:30****Instructor(s): Debby Hoskin**

Nearpeer is the online platform for LLI Chesterfield members and instructors. Nearpeer gives members and instructors 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 and instructors 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!

Apple Mail**Course: CO261243****Friday****January 23****1:00-3:00****Instructor(s): Mark Grubbs**

This course will cover all the parts of the Apple Mail app. Students will be guided through email management and the importance of having at least two email addresses. Some things about passwords will be discussed as well, and there will be time for questions.

Home Electrical Repairs A**Course: CO261253****Tuesday****January 27****11:00-12:00****Instructor(s): Ken Carlson**

Please register for only one session (A or B) to allow all students a chance to participate. This course is being offered in response to comments provided by students who attended the Basic Electricity course during the Summer and Fall sessions. This course will teach methods to resolve typical electrical issues in the home and demonstrate how to safely repair or replace electrical equipment and small household appliances. Students will learn how to replace or install circuit breakers, switches, and outlets, as well as lamp sockets, cords, and plugs. Students will be invited to bring in a non-working or erratic lamp or small appliance for assessment and will be encouraged to ask questions related to individual electrical problems, with solutions explored together.

Introduction to Libby: The eBook App from Chesterfield Public Library**Course: CO261216****Thursday****January 29****9:00-10:30****Instructor(s): Cindy Arnold**

This hands-on course will help students get started checking out eBooks from Chesterfield Public Library. Students will need to bring a tablet or smartphone and a library card to download the Libby app. The course will primarily cover devices that can download apps, with additional guidance offered at the end for Kindle eReaders that cannot use Libby. Amazon account login information will be required for anyone using a Kindle eReader.

Automotive Basics**Course: CO261169****Friday****January 30, February 6****10:30-12:00****Online****Instructor(s): B. Ellen Johnson, PhD**

This course will help students learn about their automobiles with the intent of being more informed consumers when buying vehicles and getting them serviced. Electric and hybrid vehicles will be discussed, as well as internal combustion engines. Information on tires, fuel, and oil will also be presented. Students will learn where to get information on the safety of a vehicle, which can affect insurance costs. There will be plenty of time for questions.

The Mystery of Superposition: Quantum Weirdness**Course: CO261252****Monday****February 2****10:00-12:00****Instructor(s): Allen Cohen**

A person cannot be both old and young. A person cannot be both tall and short. And NO, absolutely NO, a cat cannot be both dead and alive. Fundamental to understanding quantum mechanics is the idea of superposition. But one does not have to understand quantum mechanics in order to understand superposition. This course will explain superposition without the use of any mathematics. Nevertheless, students should expect to be challenged.

News from the Microbiome**Course: CO261218****Tuesday****February 3, 10****10:30-12:30****Instructor(s): Patricia Ryther**

The Centers for Disease Control and Prevention estimates that about half of adult Americans have at least one chronic disease, and those numbers are rising. Does the modern way of life affect health by changing the microbiome? Can simple measures provide protection? Scientists are researching the human gut in new ways and making some important discoveries. Microbes may carry powerful weapons that fight chronic disease, and they can be allies in the search for better health. This course will explore how the microbiome works and cover a few recent research developments. Students will discuss the use of probiotics and other ways to protect the microbiome and improve well-being.

Artificial Intelligence: History, Promises, Fears, and the Future**Course: CO261209****Tuesday****February 3, 10, 17****2:00-3:30****Instructor(s): Danny Arkin**

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.

Apple iPhone Tips and Tricks**Course: CO261227****Monday****February 9, March 2, 9, 16, 23****2:00-3:30****Instructor(s): Danny Arkin**

This course will help students learn essential skills along with practical tips and tricks for using Apple's iPhone. Each week, students will explore new features and functions, focusing on those everyday tasks they wish they knew how to do. Instruction will emphasize the phone's core settings rather than individual apps, ensuring students gain confidence in managing their devices. The newest iPhones with up-to-date operating systems are preferred but not required. Both experienced and new iPhone users will leave with greater understanding and fresh ideas for making the most of their phones.

Microplastics: A Global Problem Gets Personal**Course: CO261246****Tuesday****February 17, 24, March 3****9:30-11:30****Instructor(s): Patricia Ryther**

This course will explore the widespread presence of plastics in daily life—from food storage and clothing to vehicles and medical equipment—and examine the environmental and health concerns associated with microplastics and nanoplastics. Recent studies suggest that people may inhale or ingest tens of thousands of plastic particles daily, which can contribute to inflammation, oxidative stress, and other health risks. This course will outline the problems of living in a plastic-dependent world and introduce strategies for reducing plastic consumption and exposure to the chemicals used in manufacturing. Students will discuss current scientific findings and share ideas for practical, health-conscious changes.

Podcasts for All**Course: CO261235****Thursday****February 19****11:00-12:30****Instructor(s): Rachel and Lucas Ramirez**

There are countless entertainment sources these days. While screentime is the most popular, research shows that it is not the most beneficial. Enter podcasts. Podcasts are an excellent alternative to screentime and have become more popular in recent years with wonderful options from bedtime stories to news, science- and nature-themed shows to hobbies and everything in between. This course will give students insight into the benefits of podcasts for children and adults as well as provide a list of recommendations. Lucas will share his favorite podcasts for kids, such as The Cat in the Hat Cast, Silly Stories for Kids, Gardenkeeper Gus, and Nature Nerds. A few all-age podcasts will be shared with discretion recommended, such as History Daily and Real Survival Stories. This course will also give students an opportunity to share their favorite podcasts. This will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Introduction to Zoom A**Course: CO261256****Friday****February 20****1:00-2:30****Instructor(s): Carri Pandolfe**

This course will introduce students to Zoom and prepare them for taking online courses. Students will learn how to download Zoom, set up a free account (optional), and navigate basic features such as joining meetings, using audio and video controls, and accessing chat. The course will provide step-by-step guidance and hands-on support so students feel confident using Zoom for online learning. Students may bring their mobile devices to class or take home a handout to get connected. Students will be encouraged to register for one of the Zoom Practice sessions to build additional confidence.

Home Electrical Repairs B**Course: CO261254****Thursday****February 26****9:00-10:00****Instructor(s): Ken Carlson**

Please register for only one session (A or B) to allow all students a chance to participate. This course is being offered in response to comments provided by students who attended the Basic Electricity course during the Summer and Fall sessions. This course will teach methods to resolve typical electrical issues in the home and demonstrate how to safely repair or replace electrical equipment and small household appliances. Students will learn how to replace or install circuit breakers, switches, and outlets, as well as lamp sockets, cords, and plugs. Students will be invited to bring in a non-working or erratic lamp or small appliance for assessment and will be encouraged to ask questions related to individual electrical problems, with solutions explored together.

Introduction to Zoom B**Course: CO261257****Monday****March 2****1:30-3:00****Instructor(s): Carri Pandolfe**

This course will introduce students to Zoom and prepare them for taking online courses. Students will learn how to download Zoom, set up a free account (optional), and navigate basic features such as joining meetings, using audio and video controls, and accessing chat. The course will provide step-by-step guidance and hands-on support so students feel confident using Zoom for online learning. Students may bring their mobile devices to class or take home a handout to get connected. Students will be encouraged to register for one of the Zoom Practice sessions to build additional confidence.

Even More Fun with Geology: Natural Resources from Mesopotamia to the Moon**Course: CO261251****Tuesday****March 3, 10****9:30-11:00****Instructor(s): Gary Nelson**

This course will provide students with an engaging overview of how natural resources have shaped civilization from ancient Mesopotamia to the modern era of space exploration. Beginning with the 1969 Moon landing, the course will trace the development of six essential raw materials, drawing inspiration from Ed Conway's "The Material World: The Six Raw Materials That Shape Modern Civilization". Students will examine how resources were discovered, transformed, and exploited across history, compare ancient uses with modern applications such as the NASA Space Program, and consider how these materials continue to influence global affairs today. Through visuals, historical examples, and contemporary perspectives, the course will highlight the connections between geology, technology, and human progress.

Zoom Practice A**Course: CO261258****Monday****March 9****9:30-10:30****Online****Instructor(s): Carri Pandolfe**

This course will give students the opportunity to practice using Zoom in a supportive environment. Students will join a live session to rehearse common tasks, such as muting and unmuting, adjusting video, sharing screens, and using breakout rooms. The course will emphasize building comfort and confidence with Zoom so students are ready to participate fully in online courses. Students who are brand new to Zoom are encouraged to register and attend an Introduction to Zoom as well!

Forever Chemicals and Health**Course: CO261232****Tuesday****March 10, 17****9:30-11:30****Instructor(s): Patricia Ryther**

This course will explore PFAS, also known as "forever chemicals," which are a large group of industrial chemicals used in many consumer products. Because they do not break down in the environment, they are now common in the air, water, food, blood, and even brains. They're mostly unregulated. Scientists say they may cause cancer, neurological diseases like Alzheimer's, and many other health issues. This course will discuss the risks, benefits, and challenges of PFAS. How did the chemicals become such a problem? What can be done to reduce exposure and improve personal health and the health of the environment?

Nearpeer Tutorial and Tips B**Course: CO261200****Monday****March 16****1:00-2:30****Instructor(s): Rachel Ramirez**

Nearpeer is the online platform for LLI Chesterfield members and instructors. Nearpeer gives members and instructors 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 and instructors 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!

Zoom Practice B**Course: CO261259****Wednesday****March 25****2:00-3:00****Online****Instructor(s): Carri Pandolfe**

This course will give students the opportunity to practice using Zoom in a supportive environment. Students will join a live session to rehearse common tasks, such as muting and unmuting, adjusting video, sharing screens, and using breakout rooms. The course will emphasize building comfort and confidence with Zoom so students are ready to participate fully in online courses. Students who are brand new to Zoom are encouraged to register and attend an Introduction to Zoom as well!

DE**Diversity, Equity, and Inclusion****Bridging Generations: Mentors Make a Difference****Course: DE261016****Wednesday****January 21, February 25, March 25****11:30-1:00****Instructor(s): Christopher Lee and Wendy Lively**

In partnership with Communities in Schools (CIS), students will explore the fundamentals of effective mentoring and apply those lessons by supporting young learners at Ettrick Elementary School. This hands-on experience will offer opportunities for students to grow as mentors, collaborate with peers, and make a meaningful difference in the lives of children. The class will meet once per month for group learning and reflection on topics such as relationship building, communication, and goal setting. LLI students are invited to register for the special CIS Volunteer Mentoring (SE261224) to mentor a child at Ettrick Elementary School twice per month on Wednesdays from 11:00 AM–2:00 PM. The encouragement and social-emotional support will go a long way to inspire children in our community. Transportation will be available from LLI for the volunteer opportunity.

Caring for Children with Diverse Needs**Course: DE261018****Wednesday****February 4****9:00-10:30****Instructor(s): Nikida Cromartie-James, Misti Pollaro, and Gena Gruber**

This course will provide an overview of child development, the importance of inclusion, and strategies for addressing specific needs such as communication, sensory, health-related, and behavioral challenges. Students will learn how to build strong relationships and gain practical tools to create supportive environments for all children. The course will incorporate real-life examples, time for questions, and resources for further learning.

LGBTQ+ History**Course: DE261011****Monday****February 23****1:00-3:00****Instructor(s): Michael Recant**

This course will explore the lived experiences of LGBTQ+ people across different historical periods in the United States. Students will examine how societal attitudes, laws, and government policies have evolved over time, with attention to the impact of the AIDS epidemic and the federal response. The course will provide opportunities to reflect on both progress and ongoing challenges in the fight for equality, helping students understand how LGBTQ+ history shapes community identity and resilience. Students will discuss the origins and meaning of PRIDE events and analyze recent changes in government policy affecting LGBTQ+ rights, including healthcare access, education, and legal protections.

Aging and Ageism in Society and Self**Course: DE261015****Monday****March 2, 9, 16****11:30-1:00****Instructor(s): Wayne Swatlowski**

In this discussion-based course, students will reflect on the aging process by sharing personal insights and exploring the challenges and rewards of later life. The first two classes will focus on aging with a positive attitude and the tools that support wellbeing into elderhood. The third class will examine ageism as a systemic issue and its impact on how individuals experience aging. Course content draws from the writings of gerontologists and other experts, as well as research studies with older adults. Students with access to Netflix may wish to view the documentary series Live to 100: Secrets of the Blue Zones to enrich class discussion.

Connecting Paths to Belonging**Course: DE261017****Wednesday****March 18****12:30-1:30****Instructor(s): Kate Ayers and Antoinette Murekatete**

This course will explore the challenges faced by newcomers and the ways connections can foster confidence and belonging. Students will learn about communities that have resettled in Richmond and the organizations working to support them. The course will feature a conversation facilitated by Kate Ayers, Executive Director of ReEstablish Richmond, with Antoinette Murekatete, who will share her journey from newcomer to advocate for others.

EF**Economics and Finance**

Economic Fundamentals in the News**Course: EF261182****Wednesday****January 21, February 4, March 25****10:30-12:00****Instructor(s): Tim Schilling**

This course will examine current events and news stories to understand essential economic principles. Students may explore concepts such as scarcity, choice, opportunity cost, supply, demand, prices, and economic systems. The course will connect real-world headlines to foundational theory, inspiring students to see how economics shapes daily decisions and global trends.

New Medicare Birthday Rule and Healthcare Expense Savings**Course: EF261183****Thursday****January 22, 29****11:00-12:00****Instructor(s): Beckey Huddleston**

This course will explain Virginia's newly enacted Medicare Birthday Rule, effective July 1, 2025. Students will learn how this law allows individuals enrolled in a Medigap policy to purchase the same plan type with identical benefits during an annual 60-day open enrollment period beginning on their birthday, without being denied coverage or charged higher rates due to health conditions or claims history. The course will highlight how this legislation, adopted by only nine states, enables seniors to compare premiums and potentially reduce healthcare expenses. Program details will be presented as outlined by the State Corporation Commission, offering clear guidance on how the rule can benefit students.

Charitable Gifting: Leaving a Financial Legacy**Course: EF261187****Tuesday****January 27****10:00-11:00****Instructor(s): James E. Davidson, Jr., CFP®**

This course will explore how charitable donations to 501©(3) non-profit organizations can lower taxes while supporting important community efforts. Students will learn how the method of giving can make a substantial difference, examining types of gifts, documentation requirements, and strategic timing. Practical tips will be shared to help maximize the impact of donations. No prior experience will be required.

Preparing a Home for Sale**Course: EF261178****Wednesday****January 28****9:00-10:30****Instructor(s): Marianne Raymond and Dawn Boehm**

This course will provide an overview of the key steps involved in preparing a home for sale. Various options for selling will be explored, including their respective advantages and disadvantages. Topics will include strategies for achieving the best possible sale price, organizing and managing belongings, assessing the need for repairs, and enhancing a home's appeal to potential buyers. Additional questions related to the process of selling a home will also be addressed, offering a comprehensive understanding of how to successfully navigate the journey from preparation to sale.

Fraud and Scam Prevention**Course: EF261184****Tuesday****February 3****9:30-11:00****Instructor(s): Kathy Boykin**

This course will help students feel confident and secure in today's world by learning how to spot scams, protect personal information, and keep money safe. Students will discover how to recognize common fraud attempts—from phone calls and emails to online shopping tricks—while practicing simple steps to safeguard identity and finances without complicated technology. The course will also explore safe habits for using phones, computers, and social media. Students will learn what to do if something feels suspicious and gain confidence-building tips that make everyday life safer and less stressful.

Virginia Long Term Care Options and How to Pay for Them**Course: EF261150****Monday****February 9****11:00-12:30****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.

What Kids Need to Know: Preparation and Legacy Preservation**Course: EF261140****Friday****February 13****2:00-3:30****Instructor(s): James E. Davidson, Jr., CFP®**

Many people fail to prepare adequately for life's major events, emergencies, and inevitable ending, creating chaos for loved ones and conflict among beneficiaries. 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. This course will also give students an opportunity to share their favorite podcasts. This will be a unique interAge opportunity, as students will be encouraged to invite their adult children to attend. Students of all ages from the community will also be invited to attend and participate.

Long Term Care Insurance**Course: EF261136****Tuesday****February 17****10:30-12:30****Instructor(s): Linda Tsironis Caruthers and Kurt Burcume**

This course is for students who are considering long term care insurance and for those who already own a long term care insurance policy. This course will help students understand what long term care is, what the most tax efficient way to fund long term care costs is, and how a policy can help. Students should come with all of their questions and be prepared to take notes.

Outsmart the Scammers**Course: EF261147****Wednesday****February 18****11:00-12:00****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.

Investing in Artificial Intelligence: Beyond the Hype**Course: EF261188****Thursday****March 5****9:30-10:30****Instructor(s): James E. Davidson, Jr., CFP®**

This course will cover an introduction to investing in artificial intelligence (AI). Topics will include how to get started, opportunities and risks, practical insights to proceed responsibly and effectively, and more!

Financial Preparedness for Disasters**Course: EF261132****Monday****March 9****1:30-3:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will be based on FEMA's Emergency Financial First Aid toolkit and will educate students on the financial impacts of disasters. Students will learn practical strategies for preparing financially for emergencies, including how to safeguard important documents, protect assets, and plan for recovery. The course will provide guidance on using available resources to strengthen financial resilience and ensure readiness for unexpected events.

Estate Settlement and the Probate Process**Course: EF261104****Monday****March 23****10:00-12:00****Instructor(s): Mark Mikuta, CPA, CFP**

Most people 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.

Consumer Scam Awareness**Course: EF261186****Tuesday****March 24****11:30-12:30****Instructor(s): Shawn L. Smith**

This course will address the growing number of scams that target consumers through phones, emails, and text messages. Students will learn how to distinguish between legitimate and fraudulent activity, gaining practical strategies to stay safe when using everyday technologies. The course will also introduce the role of artificial intelligence in both enabling and preventing fraud, offering guidance on how to protect against scams in an era of advancing technology.

Estate Planning and Elder Law**Course: EF261115****Tuesday****April 7****9:30-10:30****Online****Instructor(s): Paula Peaden**

This course will explore asset protection strategies such as trusts, powers of attorney, and estate planning tools. Students will learn how to ensure financial preferences and directives are honored through informed legal planning, as well as how to safeguard their financial future. The course will provide insight into minimizing risk and guiding confident decisions about wealth preservation and legacy planning.

Fraud and Scam Prevention**Course: EF261185****Thursday****April 16****10:30-12:00****Online****Instructor(s): Kathy Boykin**

This course will help students feel confident and secure in today's world by learning how to spot scams, protect personal information, and keep money safe. Students will discover how to recognize common fraud attempts—from phone calls and emails to online shopping tricks—while practicing simple steps to safeguard identity and finances without complicated technology. The course will also explore safe habits for using phones, computers, and social media. Students will learn what to do if something feels suspicious and gain confidence-building tips that make everyday life safer and less stressful.

EL**Literature, Poetry, and Film****Memoir Writing****Course: EL261048****Tuesday****January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24****9:00-11:00****Instructor(s): Suzanne Kelly and Tom Seaborn**

This course will invite students to revisit meaningful moments from their lives and record personal memories for future generations or private reflection. Whether writing for children, grandchildren, friends, or for oneself, students will discover how engaging with the past can offer comfort, perspective, and connection. Through guided prompts and shared inspiration, the course will foster a sense of camaraderie among students who will enjoy exploring and celebrating the stories that shaped their lives.

LLI Literary Society Orientation**Course: EL261100****Tuesday****January 20****1:30-2:30****Online****Instructor(s): Martha Frickert and Bob Ferguson**

Inspired by the historic Chautauquas, the Literary Society will offer another themed selection of books for the Spring 2026 session. Participants will select four books to read between January and April 2025. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure will allow independent reading of the selected titles with a mid-semester feedback and book swap session, and a semester-end celebration to recognize participation and commemorate the theme. The theme for this session is "Historical Fiction Set at a Turning Point in History; 1910-1930." A list of 10 titles with descriptions will be shared, and participants will be asked to select four books. Books of more than 700 pages will be counted as two books. Suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided during the orientation, along with a brief description of suggested titles. Attendance at orientation is not required but is strongly encouraged. The book list can be requested from the office anytime during the session, and the session-end celebration will be planned for May 2026 at the beginning of the Summer 2026 session.

Enjoy Poetry**Course: EL261043****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18****11:00-12:00****Instructor(s): Bob Ferguson and Timothy Pace**

This course will invite students to enjoy poetry in its many forms, with content varied by type, time period, subject, and author. Each class will highlight both classic and contemporary works and occasionally incorporate ballads, popular songs, or folk songs to add variety and spark lively discussion. Students will find that the emphasis on enjoyment fosters engaging conversations and fresh perspectives, making the exploration of poetry both accessible and rewarding.

Read Along Short Stories**Course: EL261132****Wednesday****January 21, 28****2:00-3:30****Instructor(s): Linda Kerman**

This course will introduce students to short stories designed to be read in one sitting. Short stories typically develop only a few characters, one plot twist, and one important setting. During each class, volunteers will take turns reading aloud a story provided by the instructor, pausing for comments and observations as they read. At the conclusion of each story, students will engage in a lively discussion to analyze its themes, characters, and structure.

LLI Literary Society Orientation**Course: EL261101****Wednesday****January 21****2:30-3:30****Instructor(s): Martha Frickert and Bob Ferguson**

Inspired by the historic Chautauquas, the Literary Society will offer another themed selection of books for the Spring 2026 session. Participants will select four books to read between January and April 2025. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure will allow independent reading of the selected titles with a mid-semester feedback and book swap session, and a semester-end celebration to recognize participation and commemorate the theme. The theme for this session is "Historical Fiction Set at a Turning Point in History; 1910-1930." A list of 10 titles with descriptions will be shared, and participants will be asked to select four books. Books of more than 700 pages will be counted as two books. Suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided during the orientation, along with a brief description of suggested titles. Attendance at orientation is not required but is strongly encouraged. The book list can be requested from the office anytime during the session, and the session-end celebration will be planned for May 2026 at the beginning of the Summer 2026 session.

Pathways to Publication and What it Entails**Course: EL261106****Friday****January 23****9:30-10:30****Instructor(s): Heather Weidner**

This course will provide students with a short overview of publication opportunities and the marketing responsibilities expected of authors. Students will learn about different avenues for publishing and gain insight into how writers can prepare for the promotional aspects of their work.

Aspiring Writers' Critique**Course: EL261015****Friday****January 23, February 6, 20, March 6, 20****1:00-3:00****Instructor(s): Dorothy Moses**

This course will be for students who are writing short stories, novels, memoirs, 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 all registered students for review during the week. Students can learn to be better writers by giving and receiving constructive feedback.

History of Science Fiction**Course: EL261139****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20****1:30-2:30****Online****Instructor(s): Drew Herman**

This course will take students on a weekly journey to the future—and to the past, other planets, different realities, and fantastic possibilities—through 200 years of literature. Students will survey classic stories and novels to analyze the genre's stylistic phases, tropes, and themes, with subjects including aliens, dystopias, mad scientists, galactic empires, and other ways authors use imaginative settings to mirror, critique, and anticipate scientific, philosophical, and social issues of life on earth. Reading the referenced works will be optional, with selections such as "Frankenstein"; "20,000 Leagues Under the Sea"; "The Invisible Man"; "Galactic Patrol"; "Foundation"; "Stranger in a Strange Land"; and "Dune." Students may also choose to share a novel or story of their own for analysis and discussion.

The Story of American Folktales: Lazy Jack and His Children**Course: EL261138****Tuesday****February 3, 10, 17, 24, March 3, 10, 17, 24****11:00-12:30****Instructor(s): Les Schaffer**

This course will invite students to explore and perform the living traditions of North American folk tales—stories shaped by Indigenous, European, African, and Asian roots—and will uncover how these tales travel across generations, adapt to new voices, and continue to reflect the values and experiences of diverse communities. Students will examine how folk tales carry cultural identity, communal wisdom, and moral insight, discovering why they endure and what makes them so memorable. Through both scholarship and performance, they will learn how stories preserve heritage, inspire empathy, and renew meaning across time, culminating in a Folk Tale Showcase featuring student storytellers. Along the way, students will develop the art of oral storytelling—finding a tale's rhythm, embodying its characters, and engaging an audience—while exploring traditional techniques and modern approaches that make old tales resonate with today's listeners. Each class will combine cultural study with practice, analyzing story forms, motifs, and morals, then experimenting with expressive delivery, improvisation, and adaptation. By the end of the course, students will understand the origins and evolution of North American folk tales and will gain confidence as storytellers, able to bring traditional stories to life in authentic and creative ways while helping preserve and pass on this cultural treasure.

Print a U.S. Military Story: Help Veterans Keep Their Stories Alive**Course: EL261127****Monday****February 9****10:30-12:00****Online****Instructor(s): Alex Sebby**

This course will introduce an online tool developed to help U.S. Veterans write and publish a print-on-demand book of their military story, using resources from the Veterans History Project at the Library of Congress. Students will learn how to capture and preserve their experiences while gaining access to a grant-funded voucher program from the Virginia Department of Veterans Services. Each student will receive a voucher to have a book printed and shipped for free. A brief video can be found at: <https://youtu.be/FLkEYYvcKZg?si=YA5FMeILMfPPICKP>.

Banned Books Discussion: Should These Books Be Banned?**Course: EL261141****Wednesday****February 18, March 18****2:00-3:30****Instructor(s): Linda Kerman and Deb Hood**

This course will examine and analyze two controversial novels. In addition to learning about the authors and backgrounds of these works, students will explore possible reasons for challenging and banning them. The course will also review current, real-life situations related to book challenges and censorship. A banned picture book will be read aloud for discussion. Both novels will differ from those in previous courses, and students should plan to read each in advance to actively participate. The first book will be "Our Missing Hearts" by Celeste Ng.

LLI Literary Society Feedback and Book Swap**Course: EL261114****Wednesday****March 4****2:00-3:30****Instructor(s): Martha Frickert and Bob Ferguson**

Each session, at the suggestion of participants, the Literary Society will convene to discuss what participants are reading, their feedback on the process, and the theme. This will help to inform and improve the experience for future sessions. It will also provide an opportunity to swap books where possible.

The Boy, the Mole, the Fox and the Horse**Course: EL261108 *\$19****Friday****March 27****1:00-3:00****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. 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 characters' 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 author's brand new book, "Always Remember: The Boy, the Mole, the Fox, the Horse and the Storm" is available through an optional course fee at the time of registration. This course will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Aspiring Writers' Critique**Course: EL261140****Friday****April 10, 24****1:00-3:00****Online****Instructor(s): Dorothy Moses**

This course will be for students who are writing short stories, novels, memoirs, 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 all registered students for review during the week. Students can learn to be better writers by giving and receiving constructive feedback.

Vivo Online Strength Training: One Time per Week	Course: FI261035 \$200
One Class per Week	January 20 - April 24

Online**Instructor(s): Team Vivo**

Muscle strength and balance are critical to maintaining health and independence throughout life. Without additional strength training, most older adults will suffer a loss of muscle mass and strength that can negatively impact their balance and mobility. Vivo, a live, online, interactive small group fitness program is customized to each individual's fitness level and helps build strength and community. Vivo exercise sessions will consist of cognitive, balance, and strength exercises informed by the latest science and research on exercise for older adults. Vivo is the recipient of a National Institutes of Health (NIH) grant to study its science-based training strategy and personalized online small-group format for older adults. Classes are small, and instruction is individualized. Certified personal trainers skilled in working with older adults provide modified exercises to meet each student's fitness needs. Classes meet online one to three times per week for 45 minutes. Students will receive personal one-on-one assessments before exercise classes begin to establish a baseline for their abilities. Following the conclusion of the exercise classes, a final assessment will be provided to measure results. Students who are new to exercise and those who exercise regularly will find that Vivo helps build strength while improving fitness and mobility. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides one online exercise session per week as well as pre- and post-assessments to track progress.

Chair Yoga Tuesday	Course: FI261006 \$15
Tuesday	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24
1:00-2:00	

Instructor(s): Linda McDorman

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the 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 will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Gentle Yoga Tuesday	Course: FI261009 \$15
Tuesday	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24
2:30-3:30	

Instructor(s): Linda McDorman

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the 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 will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring their own yoga mat to each class. Gentle yoga requires the ability to get down on the floor.

Vivo Online Strength Training: Two Times per Week
Two Classes per Week **January 20 - April 24**

Course: FI261036 \$320

Online

Instructor(s): Team Vivo

See FI261035 for a full description. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides two online exercise sessions per week as well as pre- and post-assessments to track progress.

Wednesday Fun Fitness

Course: FI261017 \$15

Wednesday

January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25

9:45-10:45

Instructor(s): Nicole Thomas-Jackson

This course will be fun as students strengthen and stretch while getting their heart rate up and moving to music. This course will be appropriate for anyone who wants to move, strengthen their bodies, protect their joints, and HAVE FUN! A variety of cardio and strength work will be included as well as stretching, balance, and core. Weights, balls, and bands may be incorporated into the strength work. Modifications are always shared in class. Students should wear loose, comfortable clothing, and appropriate footwear (workout sneakers - walking, running or cross trainer shoes - sturdy and supportive!), and bring a water bottle!

Sit and Be Fit Wednesday

Course: FI261018 \$15

Wednesday

January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25

11:00-11:45

Instructor(s): Nicole Thomas-Jackson

This course will be 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. Students will exercise from a seated position. The first 30 minutes are devoted to increasing the heart rate and developing cardiovascular endurance by moving to music. Weights, balls, or resistance bands will be used to build and maintain muscle strength. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle!

Chair Yoga Online

Course: FI261031 \$20

Wednesday

January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25, April 8, 15, 22

11:30-12:30

Online

Instructor(s): Linda McDorman

Rooted in the transformational power of this ancient Eastern healing art, this gentle and supportive online course will guide 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.

Zumba Gold Online

Course: FI261020 \$20

Thursday

January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23

8:30-9:30

Online

Instructor(s): Tracey Williams

This online fitness course will introduce easy-to-follow Zumba choreography focused on balance, range of motion, and coordination. Active students new to Zumba and those looking for a modified Zumba course will find what they are looking for as the original moves will be recreated at a lower intensity. Students should be ready to sweat and prepare to feel empowered and strong by the end of each class. This course will focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance. Students should wear loose, comfortable clothing, and appropriate shoes, and have a water bottle and towel handy! This is an online fitness course.

Vivo Online Strength Training: Three Times per Week
Three Classes per Week **January 20 - April 24**

Course: FI261037 \$512

Online

Instructor(s): Team Vivo

See FI261035 for a full description. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides three online exercise sessions per week as well as pre- and post-assessments to track progress.

Sit and Be Fit Thursday

Course: FI261005 \$15

Thursday

January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26

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. Students will exercise from a seated position, using weights and playground balls to help build strength and increase cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle and towel!

Chair Yoga Thursday

Course: FI261010 \$15

Thursday

January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26

1:00-2:00

Instructor(s): Dorota Kawka

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the 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 will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Cardio and Strength Training Online

Course: FI261034 \$20

Thursday

January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23

1:30-2:30

Online

Instructor(s): Nicole Thomas-Jackson

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

Gentle Yoga Thursday Course: FI261007 \$15
Thursday January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26

2:30-3:30

Instructor(s): Dorota Kawka

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the 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 will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. 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: FI261003 \$15

Friday January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27

8:30-9:30

Instructor(s): Linda McDorman

This course will be 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 students into the rest of the day feeling refreshed, energized, and renewed. Students should wear loose, comfortable clothing, and 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: FI261029 \$15

Friday January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27

9:45-10:45

Instructor(s): Linda McDorman

Rooted in the transformational power of this ancient Eastern healing art, this gentle and supportive course will guide 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.

Pilates Online Course: FI261015 \$20

Monday January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20

9:00-10:00

Online

Instructor(s): Linda McDorman

This online fitness course will provide a Pilates workout performed on a mat using small, controlled movements to strengthen and lengthen muscles, improve flexibility, and enhance posture. The key components are core stability, attention to muscle control, body awareness, and breath. Students should be prepared for moderate to occasionally intense exercise utilizing a small ball (8-9" diameter) and hand weights (3-5 pounds). Some time will be spent down on the mat, and some time will be spent standing. Students will have their own yoga or Pilates mat and equipment for each class. This is an online fitness course.

Low Impact Monday Course: FI261001 \$15

Monday January 26, February 2, 9, 23, March 2, 9, 16, 23

9:00-10:00

Instructor(s): Sherella Brown

Fitness that's not intimidating...just invigorating! This course will pair moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements. Seated exercises will use weights to increase muscle strength and be combined with stylized walking patterns to boost cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle and towel!

Sit and Be Fit Monday		Course: FI261004 \$15
Monday	January 26, February 2, 9, 23, March 2, 9, 16, 23	
10:00-10:45		
Instructor(s): Sherella Brown		
<p>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. Students will exercise from a seated position, using weights and playground balls to help build strength and increase cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle and towel!</p>		
Strength and Stretch Online		Course: FI261030 \$20
Monday	January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	
10:00-10:45		<u>Online</u>
Instructor(s): Nicole Thomas-Jackson		
<p>This online fitness course will focus on strengthening muscles using hand weights, bands, and body weight. Over the course of 45 minutes, students will work their arms and legs and strengthen their core. Exercises will be both standing and sitting, so an available chair is necessary. Each class will end with an overall stretch to relax those hard-worked muscles. Students should wear loose, comfortable clothing, and appropriate shoes, have a water bottle and towel handy, and be ready to strengthen and stretch in 45! This is an online fitness course.</p>		
Gentle Yoga Monday		Course: FI261028 \$15
Monday	January 26, February 2, 9, 23, March 2, 9, 16, 23	
11:00-12:00		
Instructor(s): Linda McDorman		
<p>Stretch, strengthen, enliven, relax! This gentle yoga class will offer students the opportunity to experience all of these. Focusing on gentle movement and breathwork, a greater sense of ease for body, mind, and spirit will be the intention. This course requires the ability to get up and down on the floor. Students will need to bring their own yoga mat to each class.</p>		
Low Impact Monday Online		Course: FI261038 \$5
Monday	April 6, 13, 20	
9:00-10:00		<u>Online</u>
Instructor(s): Sherella Brown		
<p>Fitness that's not intimidating...just invigorating! This online fitness course will pair moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements. Seated exercises will use weights to increase muscle strength and be combined with stylized walking patterns to boost cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and have a water bottle and towel handy! This is an online fitness course.</p>		
Sit and Be Fit Monday Online		Course: FI261039 \$5
Monday	April 6, 13, 20	
10:00-10:45		<u>Online</u>
Instructor(s): Sherella Brown		
<p>This online fitness course is designed for individuals with restricted movement, difficulty standing, breathing, or other health issues but who still need to or want to exercise. Students will exercise from a seated position, using weights and playground balls to help build strength and increase cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and have a water bottle and towel handy. This is an online fitness course.</p>		

Gentle Yoga Monday Online**Course: FI261040 \$5****Monday****April 6, 13, 20****11:00-12:00****Online****Instructor(s): Linda McDorman**

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

Chair Yoga Tuesday Online**Course: FI261041 \$5****Tuesday****April 7, 14, 21****1:00-2:00****Online****Instructor(s): Linda McDorman**

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the 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 will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to have a yoga mat for each class. Chair yoga is open to all. This is an online fitness course.

Gentle Yoga Tuesday Online**Course: FI261042 \$5****Tuesday****April 7, 14, 21****2:30-3:30****Online****Instructor(s): Linda McDorman**

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the 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 will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to have a yoga mat for each class. Gentle yoga requires the ability to get down on the floor. This is an online fitness course.

Wednesday Fun Fitness Online**Course: FI261043 \$5****Wednesday****April 8, 15, 22****9:45-10:45****Online****Instructor(s): Nicole Thomas-Jackson**

This online fitness course will be fun as students strengthen and stretch while getting their heart rate up and moving to music. This course will be appropriate for anyone who wants to move, strengthen their bodies, protect their joints, and HAVE FUN! A variety of cardio and strength work will be included as well as stretching, balance, and core. Weights, balls, and bands may be incorporated into the strength work. Modifications are always shared in class. Students should wear loose, comfortable clothing, and appropriate footwear (workout sneakers - walking, running or cross trainer shoes - sturdy and supportive!), and have a water bottle handy. This is an online fitness course.

Sit and Be Fit Wednesday Online

Course: FI261044 \$5

Wednesday**April 8, 15, 22****11:00-11:45****Online****Instructor(s): Nicole Thomas-Jackson**

This online fitness course will be 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. Students will exercise from a seated position. The first 30 minutes are devoted to increasing the heart rate and developing cardiovascular endurance by moving to music. Weights, balls, or resistance bands will be used to build and maintain muscle strength. Students should wear loose, comfortable clothing, and sturdy footwear, and have a water bottle handy! This is an online fitness course.

Sit and Be Fit Thursday Online

Course: FI261045 \$5

Thursday**April 9, 16, 23****11:30-12:15****Online****Instructor(s): Sherella Brown**

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

Chair Yoga Thursday Online

Course: FI261046 \$5

Thursday**April 9, 16, 23****1:00-2:00****Online****Instructor(s): Dorota Kawka**

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the 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 will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring have a yoga mat for each class. Chair yoga is open to all. This is an online fitness course.

Gentle Yoga Thursday Online

Course: FI261047 \$5

Thursday**April 9, 16, 23****2:30-3:30****Online****Instructor(s): Dorota Kawka**

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the 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 will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to have a yoga mat for each class. Gentle yoga requires the ability to get down on the floor. This is an online fitness course.

Low Impact Friday Online**Course: FI261048 \$5****Friday****April 10, 17, 24****8:30-9:30****Online****Instructor(s): Linda McDorman**

This online fitness course will provide 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 students into the rest of the day feeling refreshed, energized, and renewed. Students should wear loose, comfortable clothing, and appropriate footwear (workout sneakers – walking, running, or cross trainer shoes – that are sturdy and supportive!), and have a water bottle and towel nearby. This is an online fitness course.

Chair Yoga Friday Online**Course: FI261050 \$5****Friday****April 10, 17, 24****9:45-10:45****Online****Instructor(s): Linda McDorman**

Rooted in the transformational power of this ancient Eastern healing art, this gentle and supportive course will guide 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. This is an online fitness course.

HS**History, Humanities, and International Studies****History of The Maya****Course: HS261768****Tuesday****January 20, 27****11:30-1:00****Instructor(s): Rick Kinnaird**

This course will introduce students to the fascinating and complex story of the Maya, a history that continues to unfold. Scholars began piecing together the narrative in the 1980s, and new discoveries are still being made today. Students will gain a basic understanding of Maya civilization and its enduring significance.

Midlothian Matters A**Course: HS261690****Thursday****January 22****10:30-11:30****Instructor(s): Mark S. Miller, Ph.D., LPC, CSAC**

Over half of LLI Chesterfield members live in Midlothian. The Honorable Mark Miller, Midlothian District Supervisor, will be sharing about the past, present, and future of Midlothian and will invite input from members on what matters most. Members who do not live in Midlothian are also welcome since LLI Chesterfield calls Midlothian home. Midlothian matters.

Home Front Culture in the 1940s**Course: HS261766****Thursday****January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26****2:30-3:30****Instructor(s): Vic Thompson**

This course will examine how Americans on the home front adapted to the rapid transition from a peacetime to a wartime economy after the attack on Pearl Harbor. Students will explore how factories shifted production, how women entered the workforce in new roles, and how everyday life was reshaped by music, dancing, movies, books, and advertisements. The course will focus on the changing world of the people at home and the cultural resilience that sustained them during the 1940s.

An Italian Tour of Adventure: Italy, Italy, Nothing but Italy!**Course: HS261762****Friday****January 23, 30, February 6, 13, 20****9:30-11:00****Instructor(s): Timothy Pace**

Students will embark on an exciting adventure through enchanting Italy. Highlights will include Rome, the Amalfi Coast, Bologna, Milan, Naples, Tuscany, and Sicily. Class time will also provide opportunities for students to share personal experiences, adding richness and variety to the exploration.

WWII via Documentary: Victory at Sea**Course: HS261761****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23****11:00-12:30****Instructor(s): Edward Blackwell**

This course will explore NBC's Victory at Sea, now in the public domain. Each episode will present original wartime footage—sometimes captured by other nations, often by the United States—offering a vivid look at the challenges and strategies of the Allies. Students will examine the primary objectives and obstacles depicted in each episode, consider how these themes resonate in 2026, and reflect on memories or stories connected to the battles. This course will provide both historical insight and opportunities for personal connection, linking past events to present-day perspectives.

No Time to Grieve Documentary**Course: HS261617****Monday****January 26****1:30-3:30****Instructor(s): Peppy Jones**

This course will present "No Time to Grieve", a 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 the 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. The documentary will be viewed and discussed together.

Great Decisions**Course: HS261089 *\$40****Tuesday****January 27, February 24, March 17****2:00-3:30****Instructor(s): Bob Ferguson**

This monthly discussion-based course will provide students with opportunities to learn about and discuss topics related to important issues in America's relations with other countries worldwide. Eight topics have been selected by the Foreign Policy Association for 2026, and a few more topics will be added to cover one topic per month. The newest edition of the Great Decisions book may be purchased optionally through the office, and payment is due at the time of registration; however, the book is not required. The course can be taken without it since a summary of each topic will be provided by the instructor. There will be a video to watch for each class, followed by a discussion. The topics for this term will include: American Foreign Policy changes, the Impact of Tariffs, and US-China Relations.

Current Events Discussion**Course: HS261003****Wednesday****January 28, February 11, 25, March 11, 25****1:30-3:00****Instructor(s): Hugh Ames**

This course will encourage discussions of current events of international, national, state, and local importance. The instructor will provide an agenda of suggested topics that will be emailed to students by noon on Tuesday prior to class, or it may be picked up in the office. Students will be encouraged to introduce topics in class that they would like to add to the discussions. The instructor will conduct the course as a moderator, rather than in the traditional role of an instructor, and 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.

The Court Process: Part II**Course: HS261772****Friday****January 30****1:00-2:30****Instructor(s): Erin Barr and Frank LaRuffa**

This course will examine how a case proceeds through the criminal justice system from arrest to final order. Students will explore key decision points, processes, and procedures that influence the outcome of a case, as well as the Constitutional rights that apply at each stage. This course will serve as a continuation of the Fall 2025 course, building on foundational concepts and expanding students' understanding of the justice system, but attendance at Part I is not required to register and enjoy this course.

The Adventures of Hiking the Caminos**Course: HS261381****Monday****February 9****1:00-3:00****Instructor(s): Robert Abbott**

The Caminos are 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 Caminos to cleanse their souls. In more recent times, the hike has changed from purely religious motivation to more spiritual and social inspiration. This course will be great for students who are interested in hiking the Caminos, as well as those just interested in learning more about the history and background of the Caminos. There will be time for questions and discussion.

Confederate Flags A**Course: HS261780****Tuesday****February 10****9:30-10:30****Instructor(s): Waite Rawls**

Please register for only one session (A or B) to allow all students a chance to participate. This course will examine the creation and multiple designs of national, militia, local, and battle flags of the Confederacy. Students will explore the historical context behind these flags, learn about significant examples, and discuss their symbolism and use during the Civil War. This course will provide insight into how these flags were designed, adopted, and remembered.

Echoes of the Past: Reminiscing Together**Course: HS261750****Wednesday****February 11****12:00-1:30****Instructor(s): Richard Commander**

This interactive course will invite students to reflect on everyday experiences from the past—customs, fashions, and cultural moments that have faded from view. Each topic will be drawn from The Last List, an article highlighting things once common but now rare. Students will be encouraged to share personal memories and stories related to each theme, creating a lively and nostalgic group dialogue.

Sir Ernest Shackleton: A Leadership Discussion**Course: HS261771****Thursday****February 12****10:30-12:00****Instructor(s): Dan Riegel**

In 1914, during the Age of Exploration, Sir Ernest Shackleton led a journey with the objective of crossing the Antarctic continent on foot. While the expedition failed in its original goal, it offers tremendous insights into Shackleton's leadership as he shifted focus to returning his crew safely to civilization. This course will feature a captivating 50-minute DVD presentation of the journey, followed by a 30–40 minute group discussion centered on Shackleton's leadership. Students will gain an appreciation for his resilience, decision-making, and ability to inspire others in the face of adversity.

The Gustav Peckmann Letters**Course: HS261774****Thursday****February 19****9:00-10:30****Instructor(s): James Triesler**

Gustav Peckmann was born in Germany in 1916. By 1941, he was a soldier, son, and fiancé who found himself on the front lines in the Soviet Union. This course will feature Gustav's letters to his girlfriend, Margarete, telling the story of a young soldier who felt trapped on the Russian Front. Students will gain insight into the personal struggles and human dimension of war through his words.

A Quest for Family Ties: This is America's Story**Course: HS261753****Tuesday****February 24****2:00-3:30****Instructor(s): Samuel Hayes III**

Students will follow the 48-year genealogical journey of Samuel Hayes III, whose family history spans from Jamestown through today. This course will explore Hayes's discovery of ancestors who were both enslaved and white, including connections to every Virginian signer of the Declaration of Independence, John Hartwell Cocke, Frank and Jesse James, John Mercer Langston, and Langston Hughes. Students will learn how DNA transformed Hayes's search, revealing ties to Presidents George W. Bush and Bill Clinton through a shared 10th great-grandfather. They will also receive guidance on using DNA results and historical records to support personal family research, with time for questions and discussion.

History of the US Constitution**Course: HS261632****Wednesday****February 25, March 4, 11, 18, 25****11:00-12:30****Instructor(s): Dr. John Lemza**

Students will explore the origin and structure of the United States Constitution, considered by many to be the nation's foundational document. They will examine its controversial history and investigate the ways it continues to shape American society, identity, and governance. The course will unpack the Constitution as a living document, highlighting its enduring influence and evolving interpretation. Students will also gain insight into the Electoral College, the amendment process, and landmark court cases that have defined constitutional law.

Reflections: A Time for Recognition A**Course: HS261764****Friday****February 27****10:00-11:00****Instructor(s): Audrey M. Ross**

Please register for only one session (A or B) to allow all students a chance to participate. Join historian and community leader Audrey Ross for a thoughtful exploration of African American heritage in Chesterfield and Midlothian. Drawing on her lifelong dedication to public health, education, and local history, Audrey will highlight stories of resilience, achievement, and recognition that continue to shape our community. This course will invite students to reflect on the past while honoring contributions that deserve acknowledgment today. This will be a unique Black History Month and interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Reflections: A Time for Recognition B**Course: HS261765****Friday****February 27****1:00-2:00****Instructor(s): Audrey M. Ross**

Please register for only one session (A or B) to allow all students a chance to participate. Join historian and community leader Audrey Ross for a thoughtful exploration of African American heritage in Chesterfield and Midlothian. Drawing on her lifelong dedication to public health, education, and local history, Audrey will highlight stories of resilience, achievement, and recognition that continue to shape our community. This course will invite students to reflect on the past while honoring contributions that deserve acknowledgment today. This will be a unique Black History Month and interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Ancient Civilizations: Discovery and Decipherment**Course: HS261769****Tuesday****March 3****12:30-2:00****Instructor(s): Rick Kinnaird**

This course will examine three ancient civilizations: Angkor, Egypt, and the Maya. Students will learn how scholars misunderstood these cultures for centuries and what breakthroughs finally led to their decipherment. While each civilization is unique, they share patterns in their discovery that will be explored. Students will engage with a fascinating set of tales that highlight the process of uncovering ancient worlds.

American Corrections: Behind the Walls and Bars**Course: HS261724****Wednesday****March 4, 18****1:30-3:00****Instructor(s): Charles J. Kehoe**

Jails, prisons, and juvenile facilities are often portrayed in television dramas, movies like "Sing Sing" or "The Shawshank Redemption," and stories in newspapers and television news; however, the reality of these institutions is far more complex and multifaceted. At the end of 2023, the U.S. prison population was 1,254,200, and according to the Bureau of Economic Analysis, state and local governments have consistently spent between \$50–70 billion annually on prison-related expenditures over the past decade. This course will provide an in-depth overview of the third pillar of the criminal justice system: corrections. It will examine correctional systems in the United States and explore the history of punishment, incarceration, and rehabilitation.

Ernie Pyle: The Eternal Reporter**Course: HS261775****Thursday****March 5****12:30-2:00****Instructor(s): James Triesler**

Ernie Pyle's writing captured the experiences of the common soldier during World War II. He reported from North Africa, Europe, and the South Pacific, where his life was cut short in April 1945. This course will explore the life and work of this beloved war correspondent, examining how his reporting brought the realities of war to the American public.

Mankind: The Story of All of Us**Course: HS261763****Friday****March 6, 13, 20, 27****9:30-11:00****Instructor(s): Timothy Pace**

This course will explore the nuances of human history across the centuries. Students will examine the warriors, inventors, entrepreneurs, and others who shaped the direction of civilization. The course will highlight the forces and individuals that influenced progress, offering students a deeper appreciation of humanity's shared story.

African American Inventors: Who Knew?**Course: HS261698****Monday****March 9, 16****11:30-12:30****Instructor(s): Myron Johnson**

Many everyday tools, utensils, and technologies were created by enslaved and free African Americans, though their contributions often remain unrecognized. Despite laws prohibiting the enslaved from reading and writing, many still invented items that made daily life easier, from the dry-cleaning solution to the Murphy bed. Both enslaved and free men and women shaped America's history through their inventions, including automated elevator doors, ice cream scoops, signal lights, and airplane call buttons. Students will explore this remarkable history, learning how innovations from blood banks to 3-D movies continue to impact and improve the world today.

Confederate Flags B**Course: HS261781****Tuesday****March 10****11:30-12:30****Instructor(s): Waite Rawls**

Please register for only one session (A or B) to allow all students a chance to participate. This course will examine the creation and multiple designs of national, militia, local, and battle flags of the Confederacy. Students will explore the historical context behind these flags, learn about significant examples, and discuss their symbolism and use during the Civil War. This course will provide insight into how these flags were designed, adopted, and remembered.

Midlothian Matters B**Course: HS261692****Thursday****March 12****9:30-10:30****Instructor(s): Mark S. Miller, Ph.D., LPC, CSAC**

Over half of LLI Chesterfield members live in Midlothian. The Honorable Mark Miller, Midlothian District Supervisor, will be sharing about the past, present, and future of Midlothian and will invite input from members on what matters most. Members who do not live in Midlothian are also welcome since LLI Chesterfield calls Midlothian home. Midlothian matters.

Viktor Frankl's Life and Man's Search for Meaning**Course: HS261767****Tuesday****March 17, 24****11:00-12:00****Instructor(s): Ed Barbour**

Viktor Frankl, a physician and psychiatrist from Vienna, was imprisoned in Auschwitz in 1942 and endured three years of forced labor. He reflected, "They can take everything from me except my attitude of how I respond to the inflicted suffering." His survival became a race between death and liberation, and his experiences shaped the foundation of his psychiatric practice known as Logotherapy. This course will examine Frankl's life, his philosophy, and the enduring impact of his work on understanding resilience, meaning, and human response to suffering.

The Black Watch and Spy-Planes: Cold War Missions**Course: HS261779****Tuesday****March 17****12:30-1:30****Instructor(s): Tim Kisner**

This course will explore the clandestine world of spy planes and the men who flew them, focusing on the high-stakes era when altitude, speed, and silence were their only defenses. These were aerial phantoms with whispered nicknames like "Shady Lady" and "Lead Sled." Stories will be shared of these "Top Guns without guns" who ventured into forbidden skies on missions so secret that presidents denied their very existence. Students will learn about daring predecessors such as the beloved children's author who vanished during a perilous WWII mission, leaving behind stories for the world—and a mystery for the ages.

Church Hill Tunnel Collapse: 100th Anniversary**Course: HS261773****Tuesday March 24****9:30-10:30****Instructor(s): George Saunders**

Hour by hour, day by day, the biggest news story in America in 1925 was the Church Hill tunnel collapse. Newspapers from New York to Sacramento printed updates on the desperate efforts in Richmond, Virginia, to rescue the men trapped inside the C&O tunnel. This course will examine the events that led up to the collapse as well as the aftermath of this historic disaster 100 years ago. Students will gain insight into the human stories, engineering challenges, and lasting impact of one of Richmond's most dramatic events.

Pirates and Privateers in the American Revolution**Course: HS261777****Tuesday March 24****12:30-1:30****Instructor(s): John Partridge**

This course will examine the actions and impacts of nautical adventurers during the American Revolution. Students will learn about especially important and colorful figures, while gaining an overview of key facts about their ships, equipment, strategies, and organization. The course will highlight how these privateers and pirates influenced the outcome of the war and shaped maritime history.

A Tour of Germany and Austria**Course: HS261734****Tuesday, Wednesday April 7, 8, 14, 15, 21, 22****1:00-2:15****Online****Instructor(s): Bob Ferguson**

This course will continue a video tour from The Great Courses, highlighting cities in Germany and Austria. Students will learn about the area's rich history while enjoying scenic views, many of which are located further up the Rhine and several cities on the Elbe River. The speaker, an experienced group leader in the region, maintains a lively pace throughout the video series, of which this course will present the second half. This online course can be enjoyed whether or not the student experienced the first course in Fall 2025.

Admiral Nimitz in World War II**Course: HS261770****Thursday April 9****1:00-2:30****Online****Instructor(s): Christopher L. Kolakowski**

Admiral Chester Nimitz was one of the most important figures in the Pacific War, and his leadership made key contributions to victory over Imperial Japan. This course will provide an overview of Nimitz's life, with an emphasis on his leadership in the Pacific theater. Students will gain insight into his strategic decisions and the lasting impact of his command during World War II.

A Quest for Family Ties: This is America's Story**Course: HS261754****Tuesday April 14****1:00-2:30****Online****Instructor(s): Samuel Hayes III**

Students will follow the 48-year genealogical journey of Samuel Hayes III, whose family history spans from Jamestown through today. This course will explore Hayes's discovery of ancestors who were both enslaved and white, including connections to every Virginian signer of the Declaration of Independence, John Hartwell Cocke, Frank and Jesse James, John Mercer Langston, and Langston Hughes. Students will learn how DNA transformed Hayes's search, revealing ties to Presidents George W. Bush and Bill Clinton through a shared 10th great-grandfather. They will also receive guidance on using DNA results and historical records to support personal family research, with time for questions and discussion.

The April 1942 Doolittle Raid: From Shangri-La to Tokyo**Course: HS261776****Thursday****April 16****1:00-2:00****Online****Instructor(s): James Triesler**

On April 18, 1942, Lieutenant Colonel James H. Doolittle led a historic bombing raid on Tokyo. The Doolittle Raid shattered the Japanese belief that their mainland was safe from American air attacks. The bombers departed from the USS Hornet, but President Roosevelt announced they had come from the mythical location of Shangri-La. This course will discuss the raid and highlight the men who made it possible.

Pirates and Privateers in the American Revolution**Course: HS261778****Tuesday****April 21****11:00-12:00****Online****Instructor(s): John Partridge**

This course will examine the actions and impacts of nautical adventurers during the American Revolution. Students will learn about especially important and colorful figures, while gaining an overview of key facts about their ships, equipment, strategies, and organization. The course will highlight how these privateers and pirates influenced the outcome of the war and shaped maritime history.

HW**Health and Wellness****Senior Living Continuum****Course: HW261436****Tuesday****January 20****2:00-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will examine options for health services and senior living. Students will review types of services available at different healthcare and senior living communities and connect this information to insurance and payment options. By the end of the course, students will understand the choices available in the greater Richmond area and be prepared with questions to ask providers as they navigate the healthcare continuum.

Play for Child Development with VCU OT**Course: HW261517****Tuesday****January 20, 27****2:00-3:30****Instructor(s): Audrey Kane, PhD, OTR/L, FAOTA, and E. Ayn Welleford, PhD**

This course will provide another opportunity for LLI students to engage with VCU Occupational Therapy (OT) students as they learn about child development. Science shows that 90% of brain growth happens by age five! Young brains develop like little muscles, and children are active learners. They use information gathered through their own observations and interactions with persons and objects to deepen their understanding of the world. This course will provide information and a playgroup for students with grandchildren or young friends, from birth to five years old. Adults and children will participate in fun activities designed to promote development. Each class will review basic development of a specific age and introduce play activities that can support the child's development at that age. Students can attend one or both of the sessions with or without a grandchild/child. Only adults need to register.

Intermediate Tai Chi: Yang Style 24 Form**Course: HW261386****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****12:00-1:00****Instructor(s): Mary E. Gutberlet, M.Ed. and Mark Stella**

This course is not for beginning Tai Chi students. It is for students who have previously received instruction in the entire Yang Style 24 Form either at LLI or elsewhere. It is for students who have mastered the basic body, foot, and hand/arm movements and are comfortable doing the 24 Form. The focus of this course will be to explore the nuances of graceful, fluid, coordinated, and seamless movement through Tai Chi play. Students will continue to focus on balance, range of motion, stress reduction, and breathing. Particular attention will be paid to mindfulness and expression of energy. Mark Stella will lead another type of moving meditation at the end of each class through Qigong.

Tea, Health, and Harmony: Slow Sips**Course: HW261511 \$15****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 18, 25****12:30-1:30****Instructor(s): Ana Xuan Zhang Stevens**

This course will invite students to discover how a single tea leaf can become six distinct types of tea—green, black, white, oolong, and more—each with its own flavor, aroma, and health benefits. Students will learn how teas are processed, how to brew them properly, and how to appreciate their qualities through guided tastings and sensory exploration. The course will also explore simple tea-based drinks to enjoy at home and the wellness properties of tea, from digestion and focus to calm and balance. Each session will offer a chance to slow down, connect, and bring more intention to daily life, leaving students with practical knowledge, a deeper appreciation for the leaf, and a renewed sense of calm. The course fee will provide all materials for the tea and treat tastings.

Tai Chi Refinement and Exploration**Course: HW261505****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****2:30-3:30****Instructor(s): Drew Herman**

Students will embark on a deeper journey into Tai Chi, discovering both the art and philosophy behind this ancient practice. They will refine their movements with focused form correction and expand their skills through push hands, sword form, and fencing. The course will also introduce zhan zhuang (standing meditation), offering students a chance to strengthen balance and inner awareness. Alongside physical practice, they will explore the history and philosophy of Tai Chi, gaining insight into its cultural roots and timeless wisdom. This course will provide a supportive environment where students can complement their current practice and embrace new dimensions of Tai Chi.

Matter of Balance: Falls Prevention Workshop**Course: HW261312****Friday****January 23, 30, February 6, 13, 20, 27, March 6, 13****9:30-11:30****Instructor(s): Stephanie Burris and Madison Costner**

This course will emphasize practical strategies to reduce the fear of falling and increase activity levels among older adults. Students will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to improve strength, flexibility, and balance. The program will be led by trained instructors and is designed for anyone concerned about falls, interested in enhancing mobility, or seeking greater confidence in daily life.

Beginning Tai Chi 24 Form Review and Practice**Course: HW261352****Friday****January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27****11:00-12:00****Instructor(s): Mary E. Gutberlet, M.Ed.**

This course is a supplement to Beginning Tai Chi A (taught by Damir Strmel) and Beginning Tai Chi B (taught by Mary Gutberlet). It is an opportunity to work with Mary Gutberlet to review and practice what is covered during the Beginning Tai Chi courses. The focus will be on basic body, foot, and hand/arm movements of the 24 Form. Breathing and flow of energy will also be emphasized. Continued review and practice will add to the flow, grace, and seamless movement of the execution of the 24 Form.

Strength Training Benefits for Life's Journey**Course: HW261435****Friday****January 23****11:30-12:30****Online****Instructor(s): Eric Levitan and Dr. Katie Starr**

Muscle mass begins declining from age 30 and accelerates 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 loss of independence. 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.

Exploring Tai Chi through the Traditional Yang Form**Course: HW261343****Friday****January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27****1:30-2:30****Instructor(s): Damir Strmel**

This course is for students who have completed at least one session of Beginning Tai Chi, or the equivalent, and wish to deepen their exploration of Chi (Qi), the bioelectrical energy that animates the human form. Students will expand their practice through the traditional Yang Form, with 45 minutes devoted to tai chi chuan (open hand). The final 15 minutes will be optional and focused on learning the Yang sword form.

Memory Screenings with VCU**Course: HW261503****Monday****January 26, February 23, March 23****8:30-12:15****Instructor(s): Brighton Payne**

This is an opportunity to schedule an individual cognitive assessment with Brighton Payne, a VCU clinical psychology doctoral student. During the 45-minute, one-time, private appointment, Brighton will administer the Montreal Cognitive Assessment (MoCA), a widely used screening tool that will take about 15–20 minutes. Students will receive their results to share with a physician and will explore dementia risk factors, prevention strategies, and ways to maintain a fulfilling life—even with a diagnosis. This will be a supportive space to ask questions and learn more about cognitive health. No need to register! Students are encouraged to sign up on the clipboard outside the office for a one-on-one appointment with Brighton.

Understanding Hearing Loss and Hearing Aids**Course: HW261389****Monday****January 26****11:00-12:00****Instructor(s): Kimberly Felder**

How are health and hearing related? This course will help students understand hearing loss, over-the-counter aids, and the connection to overall health. What will happen if hearing loss is left untreated? Why do some people hear but not understand? These questions will be discussed in this course.

Beginning Tai Chi 24 Form A**Course: HW261342****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23****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. This course is for any students who are having issues with balance, cognitive health, stress levels, chronic pain, elevated blood pressure, and/or the ability to fall asleep at night. Tai Chi may be right for their health, equilibrium, and vitality. Students will engage body and mind in this interactive and instructive course. Tai Chi can be many things. It is a walking meditation; a means to 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. Classes will explore all 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. All are invited to breathe, learn, and play while creating a personal journey through Tai Chi.

Be the Help Until Help Arrives**Course: HW261394****Monday****January 26****1:00-3:00****Instructor(s): Chesterfield County Emergency Management Staff**

This course will teach students how to address emergencies by understanding stress responses, effectively communicating with 911, evaluating scene safety, bleeding control, positioning patients for breathing, and providing comfort.

Beginning Tai Chi 24 Form B**Course: HW261355****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23****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. This course is for any students who are having issues with balance, cognitive health, stress levels, chronic pain, elevated blood pressure, and/or the ability to fall asleep at night. Tai Chi may be right for their health, equilibrium, and vitality. Students will engage body and mind in this interactive and instructive course. Tai Chi can be many things. It is a walking meditation; a means to 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. Classes will explore all 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. All are invited to breathe, learn, and play while creating a personal journey through Tai Chi.

Basic Taiji Qigong**Course: HW261426****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23****2:30-3:30****Instructor(s): Walter and Patricia Jackson**

Qigong, also known as "Chinese Yoga," is a system of coordinated postures, acupressure, breathing, and meditation used to cultivate and channel the body's natural energy to improve health and well-being. Most of the class will be in a seated position, and all of the classes can be done from a chair.

Lifelong Mental Health**Course: HW261526****Wednesday****January 28****1:00-2:30****Instructor(s): Melissa Ackley**

This course will emphasize the importance of mental health as a vital part of overall well-being. Students will learn how to maintain positive mental health throughout life, recognize and respond to signs of mental health concerns, and access local resources for support. The course will highlight practical strategies to foster resilience, balance, and emotional strength at every stage of life.

Understanding Anemia**Course: HW261513****Tuesday****February 3****2:00-3:30****Instructor(s): Brian Mitchell, MD**

This course will help students explore why anemia occurs, what causes it, and what can be done to manage or prevent it. Students will gain practical insight into symptoms, treatments, and lifestyle adjustments that support better health.

Low Back Pain Solutions**Course: HW261467****Wednesday****February 4****2:30-3:30****Instructor(s): Jordan Witt, DPT**

This course will cover common low back diagnoses, including lumbar stenosis, degenerative changes, and referred symptoms such as sciatica. Students will learn how directional preferences can be used to modify activities and create simple home exercise programs. The course will emphasize practical strategies to improve function, reduce discomfort, and support long-term spine health.

Common Nerve Conditions and Treatments**Course: HW261474****Thursday****February 5****10:00-11:30****Instructor(s): Douglas A. Wayne, MD**

The human body has an estimated seven trillion nerves transmitting signals between the brain, spinal cord, and the rest of the body. Though having a nerve dysfunction is something all humans experience at one time or another, there are many misconceptions. This course will cover many common nerve conditions and discuss common misconceptions about terms such as pinched nerves, sciatica, stenosis, foot drop, and more. Students will learn how nerve conditions can develop and be diagnosed, as well as some treatment options.

Women's Incontinence and Pelvic Floor Health: Hold It!**Course: HW261476****Thursday****February 5****12:00-1:00****Instructor(s): Ramzi Aboujaoude, MD**

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

Understanding BPP Vertigo and the Treatments**Course: HW261472****Monday****February 9****9:30-10:30****Instructor(s): Andrew Rothschild**

This course will explain what Benign Paroxysmal Positional Vertigo (BPPV) is, how it presents, who is most affected, and how it can be treated. Students will learn why BPPV is the most common type of vertigo, typically occurring in adults over 60 and more frequently in women, and how it is associated with bone density loss. The course will describe how angular head movements—such as bending forward, leaning back, or rolling in bed—can trigger symptoms, and how these cause the sensation that the world is spinning. Students will gain insight into why BPPV is highly treatable and how physical therapists provide effective evaluation and treatment.

Healthy Living for the Brain and Body in the New Year**Course: HW261365****Tuesday****February 10****11:30-12:30****Instructor(s): Rachel Lawson**

This course will highlight how everyday lifestyle choices influence overall health and brain function. Students will learn research-supported habits that can reduce the risk of dementia and other health conditions. The course will share findings from recent studies and provide practical strategies to support long-term brain health and well-being.

Personal Medical Charts**Course: HW261514****Tuesday****February 10****2:00-3:30****Instructor(s): Brian Mitchell, MD**

This course will teach students how and why to maintain a personal medical chart. Students will learn practical strategies for tracking health information, organizing records, and communicating more effectively with healthcare providers.

Stress Management Bingo: A Fun Way to Recharge**Course: HW261446****Thursday****February 12****1:30-2:30****Instructor(s): Valerie Fowlkes, M.Ed., RIC, ADS, and Eric Faw, LPC**

This course will offer a fun and engaging way to practice healthy relaxation and coping techniques through the game of BINGO. Students will learn to identify common stressors and explore stress-busting activities such as deep breathing, short walks, and connecting with friends. The course will encourage mindfulness and balance while challenging participants to complete rows—or even the entire card—for moments of calm and renewal.

Caregiver Conversations: What is Good Dementia Care?**Course: HW261506****Friday****February 13****12:30-2:00****Instructor(s): Dan Bluestein, MD, Jodi Teitelman, PhD, and Kim Ivey, MS**

This course will offer interactive conversations between family caregivers and a team of healthcare professionals. After listening to a brief presentation, caregivers will be able to ask questions, discuss issues presented, and share ideas. A resource “toolkit” will be shared with students by email.

How the Body Is Built**Course: HW261515****Tuesday****February 17****2:00-3:30****Instructor(s): Brian Mitchell, MD**

This course will introduce students to the structure of the human body. Students will learn about anatomy in clear, accessible terms, gaining a deeper appreciation for how the body’s systems work together.

The Importance of Posture: Safe and Simple Exercises to Help**Course: HW261468****Wednesday****February 18****2:30-3:30****Instructor(s): Jordan Witt, DPT**

This course will examine how poor posture can contribute to neck, shoulder, upper back, and arm pain. Students will learn safe and effective exercises designed to improve posture and reduce discomfort. The course will emphasize practical techniques that can be applied at home to support long-term health and well-being.

Dementia Stages and Strategies**Course: HW261437****Thursday****February 19****1:30-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will explore the stages of dementia, examine the clinical features of each stage, and identify practical strategies families and caregivers can use to remain connected with loved ones. Students will gain tools to better understand the progression of dementia and approaches to support meaningful interaction throughout the journey.

Humor in Medicine**Course: HW261523****Monday****February 23****2:00-3:30****Instructor(s): James Kenneth Schmitt, MD**

This course will explore the impact of humor on medical care and its role in patient outcomes. Students will hear true stories that illustrate how humor can ease tension, support healing, and even save lives. The course will highlight how humor helps providers manage stress, reduces physician burnout, and fosters stronger connections with patients. Students will also consider the cautions and boundaries of medical humor while gaining insight into its value in clinical practice.

Understanding Cancer**Course: HW261516****Tuesday****February 24****2:00-3:30****Instructor(s): Brian Mitchell, MD**

This course will help students understand what cancer is, why it develops, and why it remains difficult to cure. Students will gain insight into current research, treatment approaches, and the challenges of oncology explained in accessible language.

Intergenerational Relationships: Mental and Emotional Perspectives**Course: HW261519****Wednesday****February 25****11:00-12:30****Online****Instructor(s): Dale Atkins**

This course will explore how intergenerational relationships can strengthen mental health and emotional well-being. Students will learn from renowned psychologist Dale Atkins, who will discuss ways grandparents and parents can enhance connections across generations. The course will highlight how supportive bonds foster resilience, reduce stress, and promote inclusion. Students will also gain insight into the role of storytelling and shared experiences in building meaningful relationships that contribute to balanced, healthy lives. Dale is the author of eight books, and her latest is her first children's book, "The Turquoise Butterfly". The story focuses on how intergenerational relationships can offer a supportive role for mental health by following a grandmother and granddaughter bond. This course will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate in the conversation.

Post-Menopausal Women's Health**Course: HW261510****Friday****February 27****2:00-3:00****Instructor(s): Emily Stone, MD**

This course will help students understand the wide-ranging effects of menopause that linger as women age. Students will learn how declining hormone levels can contribute to symptoms such as brain fog, sleep disturbances, joint pain, bone loss, sexual discomfort, recurrent UTIs, weight gain, and thinning hair. Dr. Stone, a Menopause Society Certified Provider, will present common postmenopausal challenges, discuss treatment options including hormone therapy, and highlight ways to reduce health risks such as osteoporosis and cardiovascular disease.

Low Back Pain**Course: HW261406 *\$15****Monday****March 2****11:30-1:00****Instructor(s): Thomas Neviaser, 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 also to prepare them to speak to their doctors intelligently about their aches and pains. The book is completely optional and not required for students.

Nasal Nerve Ablation**Course: HW261507****Tuesday****March 3****2:30-3:30****Instructor(s): Rob Thomas, MD**

Students will learn about posterior nasal nerve (PNN) ablation, a minimally invasive procedure designed to alleviate chronic nasal symptoms such as congestion and runny nose. The course will explain how the procedure targets the posterior nasal nerve, which regulates mucus production and nasal congestion, and why it is particularly beneficial for individuals with chronic rhinitis.

Hearing Loss**Course: HW261508****Monday****March 16****10:00-11:00****Instructor(s): Michael Freeman, MD**

Students will examine the causes and severity of hearing loss and learn about treatment options ranging from medical interventions and hearing devices to advanced surgical procedures. The course will emphasize how individualized care can improve hearing outcomes.

Chesterfield Mobile Integrated Health Program: A Vital Role in the Community**Course: HW261525****Wednesday****March 18****1:00-2:30****Instructor(s): Lt. Mike Abbott**

This course will introduce students to the Chesterfield Fire and EMS Mobile Integrated Health Program and the vital role of community paramedics in the emergency response system. Students will learn about the wide range of services available to the community and how these programs enhance care, improve outcomes, and strengthen connections between emergency responders and residents.

Pain Starts in the Brain**Course: HW261522****Friday****March 20****12:30-1:30****Instructor(s): Kathleen Floyd, DPT**

This course will examine new developments in pain science and explain why not all pain is treated equally. Students will learn how the brain creates pain as a warning signal and explore practical tools to manage both acute and chronic pain. The course will highlight how understanding the brain's role in pain can empower individuals to reduce suffering and improve quality of life.

Back Pain and Non-Surgical Care**Course: HW261509****Monday****March 23****12:00-1:00****Instructor(s): William Kemp, MD**

Students will learn about recent advances in non-surgical treatments for spine pain and spine disorders. The course will review several approaches to managing spinal pain, emphasizing that each individual's needs are different. Students will discover how spine specialists can help identify the most effective option for each patient.

Staying Safe at Home**Course: HW261445****Thursday****March 26****1:00-3:00****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will review strategies and modifications to help seniors age in place safely and independently. Students will learn options ranging from simple, low-cost adjustments to more extensive modifications, gaining practical ideas to support long-term independence in the home.

Caregiver Burnout Strategies**Course: HW261518****Friday****April 10****11:00-12:00****Online****Instructor(s): Chris Nufer**

This course will address the challenges faced by family members caring for loved ones with dementia and will present five proven strategies to prevent caregiver burnout. Students will learn how the evidence-based F.A.M.I.L.I.E.S. program, developed at New York University, provides support, counseling, education, and advocacy for spousal caregivers. The course will emphasize how these approaches can reduce stress, depression, and anxiety, while helping caregivers postpone or avoid nursing home placement. Led by Chris Nufer, a certified caregiver counselor, the course will offer practical tools to improve coping skills and strengthen the ability to provide compassionate care for individuals living with Alzheimer's disease and other dementias.

Warning Signs of Alzheimer's**Course: HW261367****Tuesday****April 14****11:00-12:00****Online****Instructor(s): Rachel Lawson**

This course will provide an in-depth look at the warning signs of Alzheimer's Disease and related dementias. Students will learn to distinguish typical age-related changes from common warning signs and understand when a medical evaluation may be needed. The course will also address next steps and strategies for having difficult conversations with family members.

IA**Inside LLI Activities**

Orientation for New Members**Course: IA261999****Tuesday****January 20****9:30-11:00****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 either orientation should stop in the office anytime for a tour and answers to any questions!

Workshop for LLI Instructors**Course: IA261077****Wednesday****January 21****2:00-3:30****Instructor(s): Rachel Ramirez**

This workshop will increase the connectivity and collegiality among LLI faculty, encourage instructors to share ideas about ways to improve the LLI experience for both faculty and students, and share details on logistics and technology in the classroom. 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!

Workshop for LLI Instructors**Course: IA261078****Thursday****January 22****12:30-2:00****Online****Instructor(s): Rachel Ramirez**

This online workshop will increase the connectivity and collegiality among LLI faculty, encourage instructors to share ideas about ways to improve the LLI experience for both faculty and students, and share details on logistics and technology in the classroom. 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!

Discussion with the Director**Course: IA261997****Thursday****January 22****2:30-3:30****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 discussion with the Executive Director to get the latest update on the Lifelong Learning Institute in Chesterfield.

Orientation for New Members**Course: IA261998****Friday****January 23****9:30-10:45****Online****Instructor(s): Rachel Ramirez**

This online 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 online New Member Orientation will conclude with time for questions and answers. Any members who cannot make it to either orientation should stop in the office anytime for a tour and answers to any questions!

Monthly Member Birthday Celebration**Course: IA261100****Tuesday****January 27, February 10, March 10****12:00-12:30****Instructor(s): LLI Social Committee**

The monthly member birthday celebrations are designed to CELEBRATE the life of each member. Members are encouraged to attend during their birth month and invite family and friends to share in the birthday celebration. All members are welcome to celebrate each month with the LLI family! Cake and smiles will be provided. No need to register. Just put it on the calendar!

January Luncheon**Course: IA261001 \$5****Thursday****January 29****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will celebrate the new year and feliz año nuevo! Stay tuned for more details, and be sure to sign up in the office to participate. Sponsored by El Patron Mexican Cantina in Chester.

Souper Bowl Fundraiser**Course: IA261017****Tuesday, Wednesday****February 3, 4****9:30-3:00****Instructor(s): LLI Fundraising Committee**

All members are invited to participate in the Souper Bowl Soup, Bread, and Dessert Sale Fundraiser this year. The fundraiser will take place in the lounge on both days as long as the goodies last. Members who want to volunteer, make, or bake should register now to receive all the details as they become available. This fundraiser is open to the public, so friends and family are welcome!

February Luncheon**Course: IA261002 \$5****Thursday****February 26****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a special celebration of Black History Month! Entertainment will be poetry, music, and spoken word provided by Khalil R. Houstin, Kaisha McCrea, and Andrea Price. Be sure to sign up in the office to participate. Sponsored by Chesterfield Heights.

Spring-Cleaning Fundraiser**Monday, Tuesday****March 9, 10****9:30-12:00****Instructor(s): LLI Fundraising Committee**

All members are invited to participate in the Spring-Cleaning Fundraiser this March. As LLI prepares for its upcoming move, art supplies, games, tech, and more will be sold as a fundraiser for LLI during this exciting event. Members who wish to volunteer or donate art supplies should register now to receive all the details as they become available. The fundraiser is open to the public, so friends and family are welcome to shop and support LLI!

March Luncheon**Course: IA261003 \$5****Thursday****March 26****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. Sponsored by Encompass Health.

LA	Languages	
Conversational French Review		Course: LA261019
Tuesday	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	
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.		
Basic Spanish for Beginners		Course: LA261006
Thursday	January 22, 29, February 5, 12, 26, March 5, 12, 19, 26	
11:30-12:30		
Instructor(s): Nena Woods		
Students will be introduced to the fundamentals of Spanish grammar in a beginner-friendly setting. The course will focus on building a strong foundation through basic sentence structure, essential vocabulary, and practical usage. No prior experience will be necessary—just a willingness to learn and participate. Students should bring a Spanish/English dictionary and a notebook or folder for handouts.		
Conversational German		Course: LA261015
Monday	January 26, February 2, 9, 23, March 2, 9, 16, 23	
2:00-3:30		
Instructor(s): Alan McCrea		
Students will have the opportunity to read and converse in German in a supportive and engaging environment. While some prior knowledge of the language will be helpful, all levels of expertise will be welcome. Time will be devoted to pronunciation, vocabulary building, sentence formation, and practical grammar. During the early sessions, the first fifteen to thirty minutes will focus on foundational concepts as needed. No textbook will be required.		

Conversational German**Course: LA261028****Monday****April 6, 13, 20****2:00-3:30****Online****Instructor(s): Alan McCrea**

Students will have the opportunity to read and converse in German in a supportive and engaging environment. While some prior knowledge of the language will be helpful, all levels of expertise will be welcome. Time will be devoted to pronunciation, vocabulary building, sentence formation, and practical grammar. During the early sessions, the first fifteen to thirty minutes will focus on foundational concepts as needed. No textbook will be required.

LE**Leisure Activities and Nature****Beaded Lanyard for LLI Name Tag A****Course: LE261143 \$8****Tuesday****January 20****12:30-3:30****Instructor(s): Donna Whitfield**

Please register for only one session (A or B) to allow all students a chance to participate. This course will present the basics of stringing a necklace while making a beaded lanyard for an LLI name tag. Each student should bring their name tag to this class (and all other classes). The course fee will cover all materials, including a wide variety of bead color options. Detailed instructions will be given at the beginning, so punctuality is encouraged.

Extra Easy Greeting Cards A: No Stamps**Course: LE261130 \$15****Wednesday****January 21****10:00-12:00****Instructor(s): LaVae Hoffman**

Please register for only one session (A or B) to allow all students a chance to participate. Students will create a new set of greeting cards each time this class is offered. The course fee will provide all supplies, materials, and embellishments, allowing students to assemble approximately eight cards (for example, two designs with four cards each or three designs with three cards each). No stamping will be required, and students will not need to share tools or materials.

Virginia Native Plants: Benefits for Wildlife and People**Course: LE261303****Wednesday****January 21****11:00-1:00****Instructor(s): Sheryl Smith**

This course will answer key questions about native plants, their importance, and the impact of invasive species. Students will learn why native plants matter, how individual yards contribute to ecological health, and explore alternatives to commonly grown invasives. The course will also showcase examples of garden redesign and demonstrate how to incorporate native plants into existing landscapes to benefit both wildlife and people.

Needleworkers United**Course: LE261032****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****1:30-3:30****Instructor(s): Sandy Lohman and Ellen Rennels**

This will be 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 to join this enjoyable and close-knit group. Everyone should bring their own crochet hook or pair of knitting needles and yarn to each class.

Genealogy Discussions**Course: LE261252****Wednesday****January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25****2:00-3:30****Instructor(s): Janet Garzia and Kevin Gross**

This course will provide an open-forum setting for students to discuss all aspects of genealogy. Students will be encouraged to bring research questions, share expertise, and explore solutions to common challenges such as brick walls in family history. The group will celebrate research successes and exchange methods for building and verifying family trees. Students should have some prior experience with genealogy and family tree construction. Group leaders will review DNA testing, genealogy basics, and Ancestry.com tools during the first three classes.

Crafting PhD: Project Half Done**Course: LE261295****Thursday****January 22, February 19, March 19****11:30-1:30****Instructor(s): Mary Kay Anderson and Ethel-May Simonson**

This course will be an opportunity for students who enjoy making craft projects to work on something new or finish up those projects that are half done. Students are invited to bring their projects to each class and work on them together while making new friends.

Alaska, Then and Now A**Course: LE261337****Tuesday****January 27, February 3, 10****9:30-11:00****Instructor(s): Joe Lenzi**

Please register for only one session (A or B) to allow all students a chance to participate. Alaska is a vast and extraordinary place, rich with beauty and culture that will remain largely unchanged over time. This course will offer students a unique perspective shaped by 10 years of diverse, hands-on experience in all corners of the state. Through a combination of personal anecdotes, stunning photographs, and carefully documented notes, students will explore Alaska's geography, people, and traditions. Together, students will discover the lessons, stories, and insights from the instructor's time in the Land of the Midnight Sun—a journey of discovery that will continue to inspire lifelong learning.

Logic and Reasoning Puzzles A: Set 3**Course: LE261348****Tuesday****January 27****10:30-12:00****Instructor(s): Stone Wahl**

Please register for only one session (A or B) to allow all students a chance to participate. This course will challenge students with a variety of logic and reasoning puzzles that require no math skills beyond a third-grade level. Students will learn methods for solving these types of problems and be introduced to a logic puzzle available on most computing devices for continued enjoyment. The course will emphasize fun, mental engagement, and students may role-play scenarios to bring the puzzles to life. Set 3 topics will differ from those presented in Set 1 and Set 2, and both new and returning students are welcome.

Logic and Reasoning Puzzles B: Set 3**Course: LE261349****Thursday****January 29****1:00-2:30****Instructor(s): Stone Wahl**

Please register for only one session (A or B) to allow all students a chance to participate. This course will challenge students with a variety of logic and reasoning puzzles that require no math skills beyond a third-grade level. Students will learn methods for solving these types of problems and be introduced to a logic puzzle available on most computing devices for continued enjoyment. The course will emphasize fun, mental engagement, and students may role-play scenarios to bring the puzzles to life. Set 3 topics will differ from those presented in Set 1 and Set 2, and both new and returning students are welcome.

Easy Wire Jewelry Workshop**Course: LE261233 \$15****Wednesday****February 4, 11, 18, 25****10:30-12:00****Instructor(s): Judith Onesty**

In this hands-on workshop, students will learn how to shape and twist copper wire into rings, pendants, and bracelets. The instructor will demonstrate simple techniques that encourage students to design and create jewelry pieces that will be fun to make and enjoyable to wear. The course fee will provide most of the materials. A supply list will be available at registration and outside the office.

Dahlias 101**Course: LE261364****Wednesday****February 4****11:00-1:00****Instructor(s): Conner Parrish**

This course will introduce students to the art of growing organic dahlias from tuber to bloom. Students will learn soil preparation, planting techniques, feeding schedules, harvesting for long vase life, and how to lift, divide, and store tubers for continued growth. The course will include a live demonstration and practical tips for gardeners of all experience levels. Students are encouraged to bring paper and a pencil to take notes!

Microgreens 101**Course: LE261365****Tuesday****February 10****11:00-1:00****Instructor(s): Conner Parrish**

This course will teach students how to grow fresh, nutrient-dense microgreens at home. Students will learn seed selection, growing mediums, lighting, watering, harvest timing, and how to prevent common issues such as mold or legginess. The course will highlight ways to maximize flavor, nutrition, and yield for personal use or market sales. Students are encouraged to bring paper and a pencil to take notes!

Beaded Lanyard for LLI Name Tag B**Course: LE261147 \$8****Wednesday****February 11****12:30-3:30****Instructor(s): Donna Whitfield**

Please register for only one session (A or B) to allow all students a chance to participate. This course will present the basics of stringing a necklace while making a beaded lanyard for an LLI name tag. Each student should bring their name tag to this class (and all other classes). The course fee will cover all materials, including a wide variety of bead color options. Detailed instructions will be given at the beginning, so punctuality is encouraged.

Wet Felted Soap Making**Course: LE261362 \$10****Friday****February 13****1:30-3:30****Instructor(s): Marie Ireland**

Students will learn to combine a bar of soap with a wool-felted outer layer that acts as a built-in washcloth. The wool provides gentle exfoliation, creates a rich lather, and extends the life of the soap. Each student will wrap full-size bars with wool roving and wet felt two or three soaps, choosing from multiple colors for personalized designs. Students should bring a bath towel, a hand towel, and either old knee-highs or pantyhose. The course fee will provide all other materials.

Alaska, Then and Now B**Course: LE261353****Wednesday****February 18, 25, March 4****9:30-11:00****Instructor(s): Joe Lenzi**

Please register for only one session (A or B) to allow all students a chance to participate. Alaska is a vast and extraordinary place, rich with beauty and culture that will remain largely unchanged over time. This course will offer students a unique perspective shaped by 10 years of diverse, hands-on experience in all corners of the state. Through a combination of personal anecdotes, stunning photographs, and carefully documented notes, students will explore Alaska's geography, people, and traditions. Together, students will discover the lessons, stories, and insights from the instructor's time in the Land of the Midnight Sun—a journey of discovery that will continue to inspire lifelong learning.

Extra Easy Greeting Cards B: No Stamps**Course: LE261131 \$15****Monday****February 23****10:00-12:00****Instructor(s): LaVae Hoffman**

Please register for only one session (A or B) to allow all students a chance to participate. Students will create a new set of greeting cards each time this class is offered. The course fee will provide all supplies, materials, and embellishments, allowing students to assemble approximately eight cards (for example, two designs with four cards each or three designs with three cards each). No stamping will be required, and students will not need to share tools or materials.

Ecological Gardening 101**Course: LE261366****Tuesday****February 24****9:30-11:30****Instructor(s): Conner Parrish**

This course will explore how to create resilient gardens that work with nature. Students will learn design strategies that support pollinators, beneficial insects, birds, and soil life while producing abundant plantings. The course will cover companion planting, habitat layering, soil stewardship, water-wise practices, and methods to encourage natural balance for long-term sustainability. Students are encouraged to bring paper and a pencil to take notes!

Advanced Card Making: Spring Has Sprung**Course: LE261200 \$7****Friday****February 27****1:30-3:30****Instructor(s): Marie Ireland**

Students will create spring-themed cards using advanced embellishment techniques with inks, metal, and fabric. Instruction will include wet, dry, and heat embossing. Students should already be comfortable with basic papercrafting skills such as trimming, scoring, folding, and using a tape runner. These skills will not be taught in class. All cards will be different from previously offered classes. Students should bring scissors, a paper trimmer with $\frac{1}{4}$ -inch measurements, a tape runner, and a ruler. The course fee will provide all other materials.

Braided Rag Rug Container: Recycle It!**Course: LE261361****Monday****March 2****10:00-12:00****Instructor(s): Sandhi Schimmel Gold**

Students will upcycle fabric items that might otherwise be discarded to create a fun basket or container. No sewing will be required, though students will need enough hand dexterity to braid. Students should bring any used fabric, preferably T-shirt material, cotton, or cotton blends. It can be clothing or sheets, but not jeans or upholstery fabric. Students will also need to bring a hot glue gun and glue sticks, as well as a clean, empty container, such as a plastic or clay planter or even a 16-oz. coffee tin.

Mushrooms 101**Course: LE261367****Monday****March 2****11:30-1:30****Instructor(s): Conner Parrish**

This course will examine the role of fungi in human wellness and ecological balance. Students will learn about the healing properties of mushrooms such as Lion's Mane, Reishi, and Turkey Tail, including their effects on brain health, immunity, and stress resilience. The course will also highlight fungi's role in soil building, nutrient cycling, and plant communication. Students are encouraged to bring paper and a pencil to take notes!

Cardmaking by Numbers**Course: LE261314 \$28****Tuesday****March 3****10:00-12:00****Instructor(s): Stephanie Balarzs Douglas**

This course will provide students with a fun opportunity to create 12 unique cards for any occasion. Students will choose between Birthday, Thank You, or Thinking of You card kits. Each kit will include all materials needed to make the cards, as well as envelopes to send them. Adhesive will be provided for use during class, and the course fee will provide all materials.

Basic Pine Needle Baskets**Course: LE261241 \$24****Tuesday****March 3, 10, 17, 24****1:30-3:30****Instructor(s): Diane Drummond and Jennifer DeRusha**

Students will learn the basics of creating a pine needle basket from start to finish. The course fee will provide all materials and supplies needed to complete one basket, and students will receive a take-home handout. In the first class, students will weave the flat bottom. The second class will focus on shaping and raising the sides. By the third class, students will complete and decorate their baskets if desired. All baskets must be finished by the fourth class, so they can be sealed. Students may need to work on their baskets at home between classes. Each student should bring sturdy scissors, needle-nose pliers, a jar or glass, and a bag or tote to carry supplies to each class.

Modern Floral Design with an Asian Influence**Course: LE261265 \$12****Friday****March 6, 13, 20****1:30-3:00****Instructor(s): Evelyn Klumb**

This course will introduce modern floral designs inspired by principles of Asian Floral arrangements. It will follow the concept of "Less is Best" when using plant material and flowers. Students should bring a low bowl, at least 8" wide, as well as a flower frog (kenzan), and flower clippers. Alternatives to using Oasis foam will be covered, as well as conditioning flowers and plant material. The course fee will cover the cost of flowers and plant material for all three classes.

Travel the World: It's Not Too Late!**Course: LE261360****Tuesday****March 10, 17, 24****2:00-3:30****Instructor(s): Josh and Laurie Pachter**

This course will explore the logistics of international travel through the lens of group tours. Seasoned travelers Josh and Laurie Pachter will present an overview of the pros and cons of organized tours, comparing offerings from major companies in the industry. Students will learn what is and is not included, how physically demanding different tours may be, and whether tipping is expected. The course will provide practical guidance and candid insights to help students make informed choices about future travel.

Garden for Health**Course: LE261369****Tuesday****March 17****9:00-10:30****Instructor(s): Susan Atkins**

This course will show students how gardening can support overall health by growing fresh, nutrient-dense food while also building fitness, mental well-being, and friendships. Students will learn about tool selection, use, and care, along with safety tips, injury prevention, and adaptations designed for seniors. The course will highlight practical ways to make gardening both enjoyable and sustainable for long-term wellness.

Beginning Quilling**Course: LE261363 \$10****Tuesday****March 17, 24****10:30-12:00****Instructor(s): Karen Molzhon and Evelyn Klumb**

Quilling was popular in the 18th century and can be traced back to the 15th century, and it is now making a comeback. This course will introduce students to the basics of quilling, including the variety of tools that may be used and demonstrations of designs created by twisting and turning thin lengths of paper into different shapes. These shapes can then be used to produce ornaments, card embellishments, jewelry, and other decorative items. Students will just need to bring a small pair of scissors and will take home a finished product. The course fee will cover the materials.

Capital Trail 101: A Guide to the Trail**Course: LE261368****Wednesday****March 18****11:00-12:00****Instructor(s): Steph Coolbaugh**

This course will provide a formal introduction to the Virginia Capital Trail for students eager to explore but unsure where to begin. Students will learn about the early history of the Trail, its development into the present day, and the role of nonprofit programming in supporting its growth. The course will offer historical context, practical information, and inspiration to help students take their first steps on the Trail with confidence.

Cooking with Judith**Course: LE261253****Monday****March 23, April 6, 13, 20****11:30-1:00****Online****Instructor(s): Judith Onesty**

Each week, the instructor will demonstrate three quick and easy recipes designed to be healthy, flavorful, and prepared in small portions. This course will offer practical tips for simple meal preparation and encourage students to rediscover the joy of eating well.

LS**Life Services**

Chesterfield Council on Aging**Course: LS261169****Thursday****January 22, February 26, March 26****9:00-10:00****Instructor(s): Kim Graves and the 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. This session's topics will include: InnovAge Pace (January), Tax Relief (February), and Senior Housing (March). The April meeting will be on April 23 at the Chesterfield Central Library, and the topic will be Probate. Register for this course to attend the monthly meetings, learn more about the Resource Directory, and meet some amazing people!

Becoming an Optimist**Course: LS261084****Thursday****January 22****9:00-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will highlight the advantages of optimism and provide strategies for strengthening it. Students will practice techniques that encourage positive perspectives in daily life.

Discussing the Big and Often Polarizing Issues**Course: LS261198****Thursday****January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26****1:00-2:30****Instructor(s): John Bennett and Claude Cooper**

This course will continue the exploration of challenging and polarizing topics introduced in previous sessions. Students will engage in honest discussions of issues and individuals selected by registrants, with class time devoted to examining all sides of each topic. Each class will begin with sharing homework from the prior class, fostering continuity and deeper dialogue. The goal is to foster honest, respectful dialogue that allows all perspectives to be heard—an approach that encourages understanding rather than amplification of division.

Art of the Apology**Course: LS261085****Monday****January 26, February 2****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will explore the value of apologies and the art of creating effective ones. Students will learn how to craft apologies that foster understanding and strengthen relationships.

Critical Thinking A: Principles and Obstacles**Course: LS261217****Thursday****January 29, February 5****2:00-3:00****Instructor(s): Brian Plante**

Please register for only one session (A or B) to allow all students a chance to participate. This course will explore the fascinating tension between human biology and critical thinking, examining why critical thought is not as automatic as walking or blinking. Students will identify obstacles that interfere with thinking critically and consider how instinct, emotion, and cognitive bias can override rational analysis—and why the brain is built that way. The class will also discuss how those obstacles may be manipulated to improve decision-making. This hands-on workshop will demonstrate how critical thinking strategies can be applied to everyday choices.

Transportation Services in Chesterfield County**Course: LS261145****Monday****February 2****11:30-12:30****Instructor(s): Billie Darlington**

Mobility Services in the Community Engagement and Resources department 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.

CCPD Citizen's Police Academy**Course: LS261176****Thursday****February 5, 12, 19, 26, March 5, 12, 19****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.

Living Better Every Day**Course: LS261236****Thursday****February 5, 12****11:30-12:30****Instructor(s): John Bennett**

This course will encourage students to reflect on daily activities and explore ways to improve them. Students will consider adding new opportunities, revising current routines, and letting go of efforts that no longer serve them. Class discussions will focus on adopting a positive approach to aging, guided by the central question: "How are things going, and how can they go better?" The course will inspire students to embrace change with purpose and confidence.

Senior Living Community Options: Be Proactive, Not Reactive**Course: LS261097****Tuesday****February 10****10:30-12:00****Instructor(s): Marc Friedlander, MBA**

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 a senior living community can provide, how a senior 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 senior living options. So much can change in six months in the senior living world. This will be an interactive discussion with plenty of time for questions throughout the presentation.

Controlling Inner Chatter**Course: LS261090****Thursday****February 12, 19****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will examine the ubiquity of internal chatter and offer guidance for turning it into a helpful ally. Students will discover methods to quiet negative thoughts and redirect them productively.

OMA in Chesterfield: Dementia and Art**Course: LS261237****Tuesday****February 17****12:30-1:30****Instructor(s): Bonnie Cauthorn**

This course will introduce Opening Minds through Art (OMA), an award-winning, evidence-based, intergenerational program that uses art to build bridges across age and cognitive barriers. Students will explore how creativity, relationships, and artistic expression bring value to people living with dementia. The course will also highlight the impact of OMA in Chesterfield by fostering inclusion and connection.

Improving Self-Esteem**Course: LS261203****Wednesday****February 18****12:00-1:30****Instructor(s): Richard Commander**

This course will help students explore the connection between self-knowledge and self-esteem. Students will reflect on their unique gifts and talents, and learn how identifying these strengths can foster confidence and personal growth. This course will introduce several evaluation tools—including Myers-Briggs, Enneagram, Charisms, and StrengthsFinder—to support deeper self-understanding. Students will engage in discussion and reflection as they consider how these tools can illuminate their values, motivations, and potential.

Emergency Preparedness for Individuals and Households**Course: LS261177****Wednesday****February 18****2:00-3:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will cover the three steps of emergency preparedness: getting a kit, making a plan, and staying 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.

Life-Changing Habits**Course: LS261091****Monday****February 23****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will explore the power of habits, presenting a baker's dozen of transformative practices and ways to eliminate harmful ones. Students will gain practical tools for building habits that support long-term growth.

SeniorNavigator and the VirginiaNavigator Family of Websites**Course: LS261069****Tuesday****February 24****12:30-1:30****Instructor(s): Bonnie Scimone**

This course will guide students in using the VirginiaNavigator Family of Websites to find reliable information on health and aging topics, financial concerns, legal questions, caregiver support, housing, assisted living communities, and more. Students will learn how to access SeniorNavigator.org and related resources to connect with practical tools and support available in their community.

Critical Thinking B: Principles and Obstacles**Course: LS261218****Thursday****February 26, March 5****2:30-3:30****Instructor(s): Brian Plante**

Please register for only one session (A or B) to allow all students a chance to participate. This course will explore the fascinating tension between human biology and critical thinking, examining why critical thought is not as automatic as walking or blinking. Students will identify obstacles that interfere with thinking critically and consider how instinct, emotion, and cognitive bias can override rational analysis—and why the brain is built that way. The class will also discuss how those obstacles may be manipulated to improve decision-making. This hands-on workshop will demonstrate how critical thinking strategies can be applied to everyday choices.

Discovering Gifts and Purpose**Course: LS261094****Monday****March 2, 9, 16****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will emphasize the importance of uncovering personal gifts and life's purpose, with guidance for making those discoveries. Students will reflect on their strengths and explore ways to align them with meaningful goals.

Calling 911: What to Expect**Course: LS261222****Wednesday****March 4****9:00-11:00****Instructor(s): Shannon M. White**

Chesterfield County Emergency Communications are the first of the first responders. This course will offer an opportunity to gain a thorough understanding of what happens when 911 is called, the technology available, and why there are so many questions.

Setting Goals**Course: LS261213****Wednesday****March 11****12:00-1:30****Instructor(s): Richard Commander**

This interactive course will guide students through practical strategies for setting and achieving meaningful goals. Using the handout "How to Set a Goal You Will Achieve?" and insights from the instructor, students will explore two types of goal setting and reflect on their own experiences—whether successful or not—to support peer learning. The course will also introduce four self-assessment tools designed to help students better understand their strengths, motivations, and personal growth styles.

Chesterfield Fire and EMS: An Overview of the Fire and EMS Department**Course: LS261178****Wednesday****March 11****1:30-3:30****Instructor(s): Keith Chambers**

In this course, students will get an overview of the operations of Chesterfield Fire and EMS. Chesterfield Fire and EMS is not all about fires or EMS incidents. They are an "all hazards" organization that provides many facets of emergency response. Students will learn exactly what hazards the men and women of CFEMS are trained to perform, where fire stations are located, why they are there, and where in the future they may go. Learn how they use data, metrics, and history to view county call load growth and assist with future growth. See how a top-notch, professional fire and EMS department of over 600 employees and over 55,000 calls per year maintains a solid reputation and a respected culture throughout the region and state.

Deepening Self-Awareness**Course: LS261095****Thursday****March 12, 19****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide strategies and techniques for enhancing self-awareness and building stronger relationships. Students will develop skills to better understand themselves and connect more authentically with others.

Navigating Senior Living**Course: LS261196****Thursday****March 12****2:30-3:30****Instructor(s): John Krug**

This course will provide students with an in-depth overview of the senior living industry and equip them with knowledge and tools to guide older adults and their families through the complex landscape of housing and care options. Students will explore the full continuum of care—from independent living and assisted living to memory care, residential care homes, and skilled nursing communities. The course will emphasize how to assess an individual's physical, cognitive, financial, and social needs to ensure the best fit and quality of life.

Transportation Services in Chesterfield County**Course: LS261171****Tuesday****March 17****11:00-12:00****Online****Instructor(s): Billie Darlington**

Mobility Services in the Community Engagement and Resources department 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.

PR**Philosophy and Religious Studies****Science and Theology****Course: PR261099****Thursday****January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26****9:30-11:00****Instructor(s): Timothy Pace**

This course will explore the relationship between science and religious beliefs in contemporary society. Students will examine topics such as the paranormal, including near-death experiences and déjà vu, and will take a deeper look into areas of the subconscious. Class discussions will encourage questions and answers, fostering thoughtful dialogue across disciplines.

Bible Discussion of Philippians and Colossians**Course: PR261002****Thursday****January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26****2:00-3:30****Instructor(s): Mark Grubbs**

In this course, students will read and discuss two short letters written by the Apostle Paul while under house arrest in Rome around A.D. 60. The letter to the church in Philippi will be studied as a message of gratitude, encouragement, and joy, with repeated calls to humility and harmony. The letter to the church in Colosse will be examined for its emphasis on the adequacy of Christ contrasted with hollow philosophies, highlighted by Paul's prayer for growth in the knowledge of God. Students will discover how these letters, originally addressed to early churches, continue to offer personal application today. No prior knowledge of the Bible is required, and newcomers are welcome. Students should bring a Bible in printed or digital form.

Thinking and Doing Ethics**Course: PR261112****Friday****January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27****11:00-12:00****Instructor(s): James P. McDonough**

This course will introduce students to basic principles of logic and their application to ethical decision-making. Students will evaluate arguments for validity and soundness, identify common logical fallacies, and practice a seven-step rational decision-making process. The class will examine major normative ethical theories and apply these frameworks to hypothetical and historical dilemmas. The course will encourage students to think critically and act thoughtfully in addressing ethical challenges.

The Great Myths**Course: PR261060****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23****9:30-11:00****Instructor(s): Timothy Pace**

This course will present timeless lessons found in myths and legends across the ages. Subjects will include the myth of Troy, the epic of Gilgamesh, King Arthur, George Washington, George Armstrong Custer, and the adventures of Ulysses. Students will view a video presentation and then engage in discussion about the deeper meanings behind these stories.

The Chosen: The Life of Jesus and His Followers**Course: PR261100****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23****1:00-2:30****Instructor(s): Luke John Coukos**

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 five seasons have been released and are available to watch for free at <https://watch.thechosen.tv/> or through Amazon Prime Video. This course will introduce students to The Chosen by watching and discussing the first season together. Students are encouraged to bring questions and comments to share after each episode.

God's Grace: What Does It Look Like?**Course: PR261104****Wednesday****January 28****12:00-1:30****Instructor(s): Richard Commander**

Many people have heard of God's grace, and some have felt its presence in their lives—yet it often goes unnoticed. This course will help students explore how grace works, why it can remain unseen, and what it truly looks like. Through guided reflection and discussion, students will be able to recognize God's grace in everyday life and deepen their understanding of divine love and favor.

The End Times According to the Bible**Course: PR261107****Wednesday****February 11, 18, 25, March 4****9:00-10:30****Instructor(s): Wayne Moyer**

Most people have heard something about Jesus coming back a second time but may not totally understand what the Bible teaches on the topic. This course will be taught in four parts: 1) Past Old Testament and New Testament prophecy that has been fulfilled; 2) Current prophecy being fulfilled today; 3) Is there such a thing as the Rapture and a Tribulation Period mentioned in Scripture?; and 4) What is Heaven, the Millennial Reign, and the New Heaven and the New Earth? Students will be invited to participate in a discussion of each of the topics and may bring a Bible for reference. The entire presentation will be made available to each student. Please note that the instructor does not claim to have all of the answers, and a student will possibly have more questions about the "End Times" at the end of the course than they had at the beginning. A list of books used to create this course will be shared for further research on the students' part.

The Art of Haiku: The Maha Ichi-go Inchi-e Alpha Omega Experience**Course: PR261117****Tuesday****February 24, March 3, 17, 24****12:00-1:30****Instructor(s): Jon Waybright**

This course will provide students with a creative practice that increases awareness, nurtures well-being, and stimulates imagination in an informal classroom setting. Each class will begin with gentle Tai Chi and Chi Kung exercises to encourage relaxation and focus, followed by a brief presentation on the historical and philosophical aspects of haiku. Students will then engage in writing and sharing haiku, renga, and haibun, discovering how this brief poetic form can capture overlooked details, illuminate the present moment, and open a doorway into deeper meaning in daily life.

Women of the Old Testament**Course: PR261116****Monday****March 2, 9****10:00-11:00****Instructor(s): Joanna Lurie**

This course will examine eight women in the Old Testament, the decisions they made, and the ways those choices shaped the history of Israel.

The History of the Bible: Not a Bible Study**Course: PR261059****Thursday****March 5, 12, 19****1:00-2:00****Instructor(s): Wayne Moyer**

This course will aim to provide answers to questions people have about Biblical characters and events that the Bible doesn't expound on. For example, how and when did the Bible become a book, especially the New Testament letters? Why are there only four Gospel accounts? Didn't the other apostles write about Jesus? What happened to all of the apostles? Where did they go? How did they die? What happened during the 430 years of silence between the Old Testament book of Malachi and the New Testament book of Matthew? Why do some Bibles have Apocryphal Books and others do not? Are numbers representative of anything specific in the Old and New Testaments? Students will also examine other historical references to Biblical characters and events that are not found in the Bible.

Exploring the World of Dreams**Course: PR261118****Thursday****March 5, 12, 19, 26****2:00-3:30****Instructor(s): Mickie McGuill**

This course will help students examine the process of sleep and dreaming, uncovering the importance of dreams in both spiritual growth and daily life. Students will learn techniques to improve dream recall, keep dream journals, recognize different types of dreams, and interpret dream symbols. By opening the mind to deeper levels of the unconscious and subconscious, students will discover how the dream state can become a source of insight, learning, and personal meaning.

The Great Myths**Course: PR261115****Monday****April 6, 13, 20****9:30-11:00****Online****Instructor(s): Timothy Pace**

This course will present timeless lessons found in myths and legends across the ages. Subjects will include the myth of Troy, the epic of Gilgamesh, King Arthur, George Washington, George Armstrong Custer, and the adventures of Ulysses. Students will view a video presentation and then engage in discussion about the deeper meanings behind these stories.

SE	Special Events	
CIS Volunteer Mentoring: Ettrick Elementary School		Course: SE261224
Wednesday	February 4, 18, March 4, 18, April 8, 22	
11:00-2:00		
Instructor(s): Christopher Lee and Wendy Lively		
In partnership with Communities in Schools (CIS), students will explore the fundamentals of effective mentoring and apply those lessons by supporting young learners at Ettrick Elementary School. This hands-on experience will offer opportunities for students to grow as mentors, collaborate with peers, and make a meaningful difference in the lives of children. LLI students will need to register for the Bridging Generations course (DE261016) to participate in this mentorship opportunity at Ettrick Elementary School twice per month on Wednesdays from 11:00 AM-2:00 PM. The encouragement and social-emotional support will go a long way to support children in our community. Transportation will be available from LLI for the volunteer opportunity, or students can choose to drive directly to the school at 20910 Chesterfield Avenue, South Chesterfield, VA 23803. Students who wish to use the LLI-provided transportation will need to meet at LLI at 10:00 AM on each volunteer day and should arrive back to LLI by 3:00 PM.		

Agecroft Ming Porcelain Tour**Course: SE261227 \$12****Friday****February 6****10:30-11:30****Instructor(s): Katie Reynolds**

This tour will guide students through Agecroft Hall's collection of Ming-era porcelain, highlighting the artistry and symbolism of blue-and-white ceramics. Students will discover mythical beasts such as dragons and unicorns alongside intricate bird and floral motifs, learning how these designs reflected cultural exchange between the Ming and Tudor worlds. The tour will emphasize both the beauty of the porcelain and the stories behind the imagery, offering insight into why these objects were prized in late 16th-century England. Members who wish to carpool should meet inside LLI at 9:45AM. Members may also choose to drive directly to 4305 Sulgrave Road, Richmond, VA 23221. The tour will start promptly at 10:30AM in the museum lobby and last approximately one hour. After the guided portion, there will be time to explore the museum exhibits and gardens independently. Carpools could arrive back at LLI by 12:00PM. The trip fee will cover the cost of admission and the guided tour and must be paid at the time of registration.

Company's Coming Band Concert**Course: SE261164****Friday****February 6****2:30-3:30****Instructor(s): Kate Conn, Don Golladay, and John Morgan III**

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, and all are welcome to sing along. The Company's Coming Band has become a favorite among LLI members!

VCU Libraries Noteworthy Book Art Collection and Archives Tour A**Course: SE261220****Thursday****February 12****11:00-1:00****Instructor(s): Kelly Gotschalk and Sarah Scarr**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be an informal and informative tour of the largest collection of Book Art in the Mid-Atlantic at Cabell Library on VCU's Monroe Park Campus. The visit will begin in the reading room of Special Collections and Archives, followed by a tour of the secured storage stacks to get a glimpse into the many and varied holdings. The tour will conclude with refreshments in the Cabell Room: a nod to the library's namesake, James Branch Cabell, noted Richmond author and a grandfather of the fantasy fiction genre. VCU Libraries is open to the public daily and offers borrowing privileges and online journal access to alumni and friends. Members who wish to carpool should meet inside LLI at 10:00AM. Members can choose to drive directly to James Branch Cabell Library, 901 Park Ave, Richmond, VA 23284. Parking recommendations will be provided. The tour will start promptly at 11:00AM and will last approximately two hours. Carpools could arrive back at LLI by 2:00PM unless they want to enjoy lunch downtown together.

Advertising Antics: A YAHA Performance**Course: SE261214****Tuesday****February 17****12:00-1:00****Instructor(s): Bob Ferguson and Vic Thompson**

The YAHA Players will perform this show that was canceled in Fall 2025, and are hoping for a full house! This play is set in 1954. A small advertising agency needs help to develop an ad for TV. The TV medium is new for them, so they hire some outside talent. The "talent" is not very knowledgeable. The new hires need to figure out how to sell Maine potatoes to Virginians. They develop something with the help of some friends. Will the client go for dancing potatoes? The audience will find out and laugh at the fun!

Marine Corps Museum Tour: Celebrating the 250th Birthday of the Marines and America**Course: SE261100 \$155****Friday****February 20****8:00-6:30****Instructor(s): SignaTours**

This tour will take students to Quantico for a memorable visit to the National Museum of the Marine Corps, a striking 120,000-square-foot facility on a 135-acre site adjacent to Marine Corps Base Quantico, with a soaring design inspired by the iconic flag-raising at Iwo Jima. As part of the celebration of the 250th Birthday of the Marines and America's 250th Birthday, students will explore the museum's many galleries, including the new Global War on Terrorism wing, enjoy a catered buffet lunch with specialty hot sandwiches, salad, chips, and dessert, attend a classroom lecture on Marine Corps history with an in-depth look at the raising of the American flag at Iwo Jima, and view the signature film "We, the Marines" in the Medal of Honor Theatre, following the journey of Marines from boot camp through deployment and homecoming. By the end of this experience, students will gain a deeper appreciation for the honor, courage, and commitment of the U.S. Marine Corps. The trip fee will include motor coach transportation, buffet lunch with tax and gratuity, film presentation, driver gratuity, and snacks and bottled water for the return trip home.

Agecroft Gardens Daffodil Tour**Course: SE261170 \$10****Friday****February 27****10:30-11:30****Instructor(s): Katie Reynolds and Diana Damschroder**

A tour guide will lead students on a fun and informative garden walk while the daffodils are in bloom to learn about the history of the gardens and the transformation over the last 50 years. This tour will involve walking on different surfaces and stairs. Members who wish to carpool should meet inside LLI at 9:45AM. Members can choose to drive directly to 4305 Sulgrave Road, Richmond, VA 23221. The tour will start promptly at 10:30AM in the museum lobby and last approximately one hour. After the tour, there will be plenty of time to explore the museum exhibits and gardens independently. Carpools could arrive back at LLI by 12:30PM. The trip fee will cover admission and the guided tour and must be paid at the time of registration.

History of VCU Tour: The Birth of an Urban University**Course: SE261230****Thursday****March 5****10:00-11:30****Instructor(s): Ruth Cody and Margaret Turman Kidd**

This will be a tour at Cabell Library on VCU's Monroe Park Campus with VCU's University Archivist and Special Collections Staff. Students will explore the history of the Medical College of Virginia, Richmond Professional Institute, and Virginia Commonwealth University, and their place as an urban university in Richmond, Virginia. Facilitators will use select stories as well as archival documents and photographs from the VCU Special Collections and Archives to bring this history to life. Students will learn about the origins and vast differences of the Medical College of Virginia and the Richmond Professional Institute, their roles in Richmond, and how their unlikely union resulted in the UnCommon Virginia Commonwealth University. This tour will be of interest to alumni, retired staff, and anyone interested in Richmond history, medical history, women's history, and the history of higher education from pre-Civil War to the present. VCU Libraries is open to the public daily and offers borrowing privileges and online journal access to alumni and friends. Members who wish to carpool should meet inside LLI at 9:00AM. Members can choose to drive directly to James Branch Cabell Library, 901 Park Ave, Richmond, VA 23284. Parking recommendations will be provided. The tour will start promptly at 10:00AM and will last approximately one and a half hours. Carpools could arrive back at LLI by 1:30PM unless they want to grab lunch downtown.

Virginia Museum of Fine Arts (VMFA) Fabergé Tour A**Course: SE261228 \$10****Friday****March 6****10:00-11:00****Instructor(s): Kathy Parrish**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be a guided tour of the Virginia Museum of Fine Arts' (VMFA) Fabergé exhibit. Thanks to the generosity of Lillian Thomas Pratt, VMFA holds the largest public collection of Fabergé and Russian decorative arts in an American museum. The collection features nearly 200 works by or attributed to the Fabergé firm, along with silver and enamel objects in the Old Russian style by Feodor Rückert and other masters. Members who wish to carpool should meet inside LLI at 9:15AM. Members may also 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 stay 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.

Virginia Museum of Fine Arts (VMFA) Fabergé Tour B**Course: SE261229 \$10****Friday****March 6****1:00-2:00****Instructor(s): Kathy Parrish**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be a guided tour of the Virginia Museum of Fine Arts' (VMFA) Fabergé exhibit. Thanks to the generosity of Lillian Thomas Pratt, VMFA holds the largest public collection of Fabergé and Russian decorative arts in an American museum. The collection features nearly 200 works by or attributed to the Fabergé firm, along with silver and enamel objects in the Old Russian style by Feodor Rückert and other masters. Members who wish to carpool should meet inside LLI at 12:15PM. Members may also choose to drive directly to 200 N. Arthur Ashe Boulevard, Richmond, VA 23220. The tour will start promptly at 1:00PM 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 arrive early. Carpools could arrive back at LLI by 3:00PM. The trip fee will cover the cost of the guided tour and must be paid at the time of registration.

Truly Modern Lucy: A YAHA Performance**Course: SE261225****Thursday****March 12****11:30-12:30****Instructor(s): Bob Ferguson and Vic Thompson**

The 1960s marked a turning point for the modern woman. Technology had eased her housework, but life demanded more. With expanding opportunities in higher education—particularly in math and science—women began to test the boundaries of what they could achieve. In this play, Lucy Hardcastle, gifted in math and science like her mother before her, will push those limits and redefine possibility. The audience will be invited to witness her journey as she becomes the truly modern Lucy.

Behind the Scenes with Brightpoint: The Mystery of Edwin Drood Sneak Peek**Course: SE261226****Friday****March 20****2:00-3:30****Instructor(s): Kerrigan Sullivan**

This course will give students a behind-the-scenes look at Brightpoint's spring musical, "The Mystery of Edwin Drood," a hilarious musical whodunit! The audience will choose the murderer in this rollicking adaptation of Charles Dickens' unfinished novel. The tale will be presented as a show-within-a-show as the Music Hall Royale, a delightfully loony Victorian theatre company, presents Dickens' brooding mystery. 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 scenes and characters. Students will be encouraged to plan ahead to see the show as a group on Sunday, March 22 at 2PM (ticket purchase required) at The Lynn Theatre on the Midlothian campus of Brightpoint Community College and will have the opportunity to go on a special backstage tour. Ticketing information will be available on the website (www.brightpoint.edu/theatre) a few weeks prior to the opening of the show.

VCU Libraries Noteworthy Book Art Collection and Archives Tour B**Course: SE261221****Thursday****March 26****11:00-1:00****Instructor(s): Kelly Gotschalk and Sarah Scarr**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be an informal and informative tour of the largest collection of Book Art in the Mid-Atlantic at Cabell Library on VCU's Monroe Park Campus. The visit will begin in the reading room of Special Collections and Archives, followed by a tour of the secured storage stacks to get a glimpse into the many and varied holdings. The tour will conclude with refreshments in the Cabell Room: a nod to the library's namesake, James Branch Cabell, noted Richmond author and a grandfather of the fantasy fiction genre. VCU Libraries is open to the public daily and offers borrowing privileges and online journal access to alumni and friends. Members who wish to carpool should meet inside LLI at 10:00AM. Members can choose to drive directly to James Branch Cabell Library, 901 Park Ave, Richmond, VA 23284. Parking recommendations will be provided. The tour will start promptly at 11:00AM and will last approximately two hours. Carpools could arrive back at LLI by 2:00PM unless they want to enjoy lunch downtown together.

Chesterfield Circuit Courthouse Tour**Course: SE261231****Thursday****April 9****10:00-12:00****Instructor(s): Erin Barr**

Students will take part in a guided tour of the Chesterfield Circuit Courthouse, led by Erin Barr. They will observe how the courthouse functions today, exploring its role in local governance, justice, and community service. Erin Barr will provide insight into courtroom procedures, civic responsibilities, and the daily operations that keep the institution running. The visit will highlight how the courthouse connects citizens to the legal system and remains central to public life. Students will have opportunities for discussion and reflection, gaining firsthand understanding of how civic spaces operate and why they matter. Members who wish to carpool should meet outside LLI at 9:00AM. Members can choose to drive directly to 9500 Courthouse Road, Chesterfield, VA 23832. The tour will start promptly at 10:00AM and will last approximately two hours. Carpools could arrive back at LLI by 1:00PM unless they want to enjoy lunch in Chesterfield together.

VMHC We the People Tour A**Course: SE261195 \$14****Tuesday****April 14****11:00-12:00****Instructor(s): Grace Powers**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be a guided tour of the new temporary exhibit, "We the People: The World in Our Commonwealth" at the Virginia Museum of History & Culture. This exhibition explores the many people who, over centuries, have made Virginia the unique place it is in America and in the world, and the dramatic impact of the immigrant experience throughout Virginia's history as people arrived from the four corners of the globe. Members who wish to carpool should meet outside LLI at 10:00AM. Members may also choose to drive directly to 428 N. Arthur Ashe Boulevard, Richmond, VA 23220. Paid parking is available in the museum deck (not included), and there is ample free street parking nearby. The tour will start promptly at 11:00AM and last approximately one hour. Carpools could arrive back at LLI by 1:00PM unless they choose to stay downtown for lunch. The trip fee will cover museum admission and the guided tour and must be paid at the time of registration.

VA Holocaust Museum Dimensions in Testimony Tour**Course: SE261113****Friday****April 17****1:00-3:00****Instructor(s): Matthew Simpson**

A trained docent will take participants on a guided tour of the Virginia Holocaust Museum's (VHM) permanent exhibits. Located on the first floor of the museum, the core exhibits narrate the complex and sobering history of the Holocaust. The VHM tells the story of the Nazi genocide of Europe's Jews, with a focus on survivors who became Virginians in the aftermath of the Second World War. Students will be encouraged to participate by asking questions and offering their own personal stories and insights. Benches are available throughout the tour. Walking shoes are suggested. The museum is accessible. Members who wish to carpool should meet outside LLI at 12:00PM. Members can choose to drive directly to 2000 East Cary Street, Richmond, VA 23223. The tour will start promptly at 1:00PM and will last approximately two hours. Carpools could arrive back at LLI by 4:00PM.

Norfolk Military Tattoo Tour**Course: SE261120 \$175****Sunday****April 19****9:30-6:30****Instructor(s): SignaTours**

As the nation prepares to commemorate the 250th anniversary of the American Revolution and the founding of the United States, this tour will highlight Virginia's central role in our country's revolutionary legacy with a once-in-a-generation celebration at the Virginia Military International Tattoo show at the Norfolk Scope arena. Students will first travel to Smithfield, Virginia, for a plated lunch at the Smithfield Station Waterfront Inn, Restaurant and Marina, located in Smithfield's historic district along the Pagan River, where several menu options will be available. Following lunch, students will attend the Tattoo, featuring an international cast of more than 800 civilian and military performers in a dazzling display of military pageantry, precision, and passion. Massed pipes and drums, military bands, drill teams, dancers, choirs, stirring music, historic photos and videos, tributes from U.S. Military bands, and appearances by special guests will combine to create an unforgettable performance. This experience will be the perfect way to celebrate America's 250th Birthday while honoring the honor, courage, and commitment of the armed forces. The trip fee will include motor coach transportation, plated lunch with tax and gratuity, admission to the Tattoo performance, driver gratuity, and snacks and bottled water for the return trip home.

VMHC We the People Tour B**Course: SE261196 \$14****Wednesday****April 22****11:00-12:00****Instructor(s): Grace Powers**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be a guided tour of the new temporary exhibit, "We the People: The World in Our Commonwealth" at the Virginia Museum of History & Culture. This exhibition explores the many people who, over centuries, have made Virginia the unique place it is in America and in the world, and the dramatic impact of the immigrant experience throughout Virginia's history as people arrived from the four corners of the globe. Members who wish to carpool should meet outside LLI at 10:00AM. Members may also choose to drive directly to 428 N. Arthur Ashe Boulevard, Richmond, VA 23220. Paid parking is available in the museum deck (not included), and there is ample free street parking nearby. The tour will start promptly at 11:00AM and last approximately one hour. Carpools could arrive back at LLI by 1:00PM unless they choose to stay downtown for lunch. The trip fee will cover museum admission and the guided tour and must be paid at the time of registration.

Spades	Course: WG261013
Tuesday	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24
11:30-1:30	
Instructor(s): Anne Clendenin and Bev Davidson	
Spades is an enjoyable card game! 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 those who have never played before. Players are expected to be on time and to not leave early.	
Social Bingo Tuesday	Course: WG261001
Tuesday	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24
1:00-3:00	
Instructor(s): Fran Judd and Arthur Goldberg	
This is not 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! Students bring their own markers and dimes. Cards are provided.	
Mah Jongg Tuesday	Course: WG261014
Tuesday	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24
2:00-3:30	
Instructor(s): Julie Randolph	
This course is for students who are experienced in playing the American version of the ancient Chinese game of Mah Jongg. This is a game of skill, strategy, and calculation with a certain degree of chance. This course will offer a beginner pace of play, which will allow for slower games compared to the faster pace on Thursday mornings. Students can register for either or both days. The instructor will be available for questions. Students will need to bring a copy of the National Mah Jongg League 2025 Hands and Rules card each week since the 2026 cards will not be available until April.	
Cards and Games Wednesday	Course: WG261006
Wednesday	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25
1:00-3:00	
Instructor(s): Carolyn Goble and Fran Judd	
Students will keep their minds sharp and enjoy friendly camaraderie while playing a variety of games, including Rummikub, Triple Play, Skip-Bo, Five Crowns, and Mexican Train Dominoes. No prior experience will be necessary—new students will be warmly welcomed and taught the rules with ease.	
Mah Jongg Thursday	Course: WG261009
Thursday	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26
9:30-11:30	
Instructor(s): Marilyn Mare and Mary Jane Murphy	
This course is for students who are experienced in playing the American version of the ancient Chinese game of Mah Jongg. This is a game of skill, strategy, and calculation with a certain degree of chance. This course will offer a faster pace of play compared to the beginner pace offered on Tuesday afternoons. Students can register for either or both days and will need to bring a copy of the National Mah Jongg League 2025 Hands and Rules card each week since the 2026 cards will not be available until April.	

Bridge for Experienced Players**Course: WG261010****Friday****January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27****9:00-12:00****Instructor(s): J. Diane Carter and Randall Kaker**

Students should be experienced in basic contract Bridge. This course is open to any and all bridge players who have at least a basic knowledge of the game. Players should already know how to count high card points and evaluate distributional values. Players should know the difference between major and minor suits, the basics of scoring, the basics of bidding including suit rank, and how to play out a contract. Players should know the differences between opening, response, and overcall bids. Students are expected to be on time and not leave early.

Canasta Variations: Hand and Foot, Triple Play, and Samba**Course: WG261007****Friday****January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27****10:00-12:00****Instructor(s): Mary Jane Murphy**

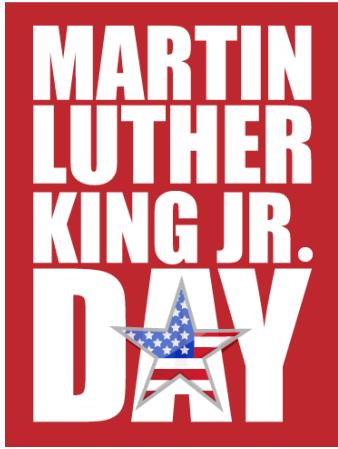
Hand and Foot, Triple Play, and Samba are all variations of Canasta. Hand and Foot is a card game for four players, two sets of partners to a table. A Hand is 11 cards, and a Foot is 11 cards. Each player must play their Hand before they can play their Foot. The game is won by the partners who have both played their foot and agree to go out. Triple Play and Samba are advanced forms of Hand and Foot where additional canastas are required. Like Hand and Foot, the card game has four players, with two sets of partners. All will be welcome to learn and play!

Social Bingo Friday**Course: WG261002****Friday****January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27****1:00-3:00****Instructor(s): Donna Whitfield and Arthur Goldberg**

This is not 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! Students bring their own markers and dimes. Cards are provided.

Cards and Games Monday**Course: WG261004****Monday****January 26, February 2, 9, 23, March 2, 9, 16, 23****1:00-3:00****Instructor(s): Fran Judd and Carolyn Goble**

Students will exercise their minds and build new friendships while enjoying a variety of games, including Rummikub, Triple Play, Skip-Bo, Five Crowns, and Mexican Train Dominoes. Those unfamiliar with a game will be warmly welcomed and guided through the rules.

Monday	Tuesday	Wednesday	Thursday	Friday
1/19/2026	1/20/2026	1/21/2026	1/22/2026	1/23/2026
LLI Closed	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to 9a-11a EL048 - Memoir Writing	8:30a-9:30a FI020 - Zumba Gold 9a-10a AD036 - Intro to Line Dancing	8:30a-9:30a FI003 - Low Impact 9a-2:30p AD119 - Watercolor Problem Solving
	9a-10a LA019 - Conversational French	9a-10:30a CO199 - Nearpeer Tutorial and Tips A	9a-2:30p AD119 - Watercolor Problem Solving	9a-12p WG010 - Bridge for Experienced Players
	9:30a-11a IA999 - Orientation for New Members	9:30a-10:30a AD183 - Beginning Guitar	9a-11a LS084 - Becoming an Optimist	9:30a-10:45a IA998 - Orientation for New Members (Online)
	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD320 - Richmond's Architectural Gems	9a-10a LS169 - Chesterfield Council on Aging	9:30a-10:30a EL106 - Pathways to Publication
	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	9:30a-11a HS762 - An Italian Tour of Adventure
	11:30a-12:30p AD058 - Country Line Dancing	10a-12p LE130 - Extra Easy Greeting Cards A	9:30a-11:30a WG009 - Mah Jongg	9:30a-11:30a HW312 - Matter of Balance
	11:30a-1p HS768 - History of The Maya	10:30a-12p EF182 - Economic Fundamentals	10:15a-11:15a AD075 - Line Dance Practice	9:45a-10:45a FI029 - Chair Yoga
	11:30a-1:30p WG013 - Spades	11a-1p LE303 - Virginia Native Plants	10:30a-11:30a HS690 - Midlothian Matters A	10a-12p WG007 - Canasta Variations
	12:30p-3:30p LE143 - Beaded Lanyard A	11a-12:30p AD252 - Ukulele Instruction and Jam	11a-12p EF183 - New Medicare Birthday Rule	11a-12p HW352 - Beginning Tai Chi Review
	1p-2p FI006 - Chair Yoga	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR112 - Thinking and Doing Ethics
	1p-3p WG001 - Social Bingo	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:30p LA006 - Basic Spanish for Beginners	11:30a-12:30p HW435 - Strength Training Benefits (Online)
	1:30p-2:30p EL100 - Literary Society Orientation (Online)	11:30a-1p DE016 - Bridging Generations	11:30a-1:30p LE295 - Crafting PhD	12:15p-1:15p AD022 - Ballroom Dance for Partners
	2p-3:30p HW436 - Senior Living Continuum	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-3p CO243 - Apple Mail
	2p-3:30p HW517 - Play for Child Development	12p-1p HW386 - Intermediate Tai Chi 24 Form	12:30p-2p IA078 - Workshop for Instructors (Online)	1p-3p EL015 - Aspiring Writers' Critique
	2p-3:30p WG014 - Mah Jongg	12:30p-1:30p HW511 - Tea, Health, and Harmony	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
	2:30p-3:30p FI009 - Gentle Yoga	1p-3p AD234 - Artist Open Studio	1p-2:30p LS198 - Discussing Polarizing Issues	1:30p-2:30p HW343 - Exploring Tai Chi
		1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and	
		1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
		1:30p-3:30p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3:30p IA077 - Workshop for Instructors	2:30p-3:30p HS766 - Home Front Culture in the 1940s	
		2p-3:30p EL132 - Read Along Short Stories	2:30p-3:30p IA997 - Discussion with the Director	
		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 9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold 8:30a-12:30p LS176 - CCPD Citizen's Police Academy	8a-6:30p SE100 - Marine Corps 8:30a-9:30a FI003 - Low Impact
	9a-11a EL048 - Memoir Writing	9a-10a LA019 - Conversational French	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 1p-2p FI006 - Chair Yoga	11a-11:45a FI018 - Sit and Be Fit	11:30a-1:30p LE295 - Crafting PhD	1p-2:30p CO256 - Introduction to 1p-3p EL015 - Aspiring Writers'
	1p-3p WG001 - Social Bingo	11:30a-12:30p FI031 - Chair Yoga	12p-1:30p AD141 - Lifelong	1p-3p WG002 - Social Bingo
	2p-3:30p HW515 - How the Body Is Built	12p-1:30p HW386 - Intermediate Tai Chi 24 Form	1p-2p AD324 - Chicago's Iconic Competition	
	2p-3:30p CO209 - Artificial Intelligence	12p-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	9:30a-11a HS763 - Mankind Police Academy
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-3p AD234 - Artist Open Studio	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 WG006 - Cards and Games	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-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-11a LS094 - Discovering Gifts and Purpose	9a-10a LA019 - Conversational French	9:30a-10:30a AD183 - Beginning Guitar	9a-10a AD036 - Intro to Line Dancing	9:30a-11a HS763 - Mankind
9:30a-11a PR060 - The Great Myths	9a-10:30a LE369 - Garden for Health	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a LS095 - Deepening Self-Awareness	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	11a-2p SE224 - CIS Volunteer Mentoring	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11:30a CO232 - Forever Chemicals and Health	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Open Artists' Studio
10a-11a HW508 - Hearing Loss	10a-11a AD021 - Intermediate Tap Dancing	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	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	11a-12p LS171 - Transportation Services (Online)	11a-12p LE368 - Capital Trail 101	10:30a-12p AD204 - Zoltan Szabo	12:15p-1:15p AD022 - Ballroom Dance for Partners
11:30a-1p DE015 - Aging and Ageism	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-1:30p HW522 - Pain Starts in the Brain
11:30a-12:30p HS698 - African American Inventors	11a-12p HS767 - Viktor Frankl's Life	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:30p LA006 - Basic Spanish for Beginners	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD058 - Country Line Dancing	12:30p-1:30p DE017 - Connecting Paths to Belonging	11:30a-1:30p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	11:30a-1:30p WG013 - Spades	12:30p-1:30p HW511 - Tea, Health, and Harmony	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Exploring Tai Chi
1p-3p WG004 - Cards and Games	12p-1:30p PR117 - The Art of Haiku	1p-3p AD234 - Artist Open Studio	1p-2p AD325 - Paintings in Disguise	1:30p-3p LE265 - Modern Floral
1p-2:30p CO200 - Nearpeer Tutorial and Tips B	12:30p-1:30p HS779 - The Black Watch and Spy-Planes	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	2p-3:30p SE226 - Brightpoint Sneak Peek
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-3p AD149 - Watercolor Florals	1p-2:30p HW525 - Chesterfield Mobile Health	1p-2:30p LS198 - Discussing Polarizing Issues	
1:30p-3p AD323 - Watercolor Techniques (Online)	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p PR059 - The History of the Bible	
1:30p-2:30p EL139 - History of Science Fiction (Online)	1p-3p WG001 - Social Bingo	1:30p-3p HS724 - American Corrections	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p LE241 - Basic Pine Needle Baskets	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p CO227 - Apple iPhone Tips and Tricks	2p-3:30p HS089 - Great Decisions	2p-3:30p EL141 - Banned Books Discussion	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational German	2p-3:30p LE360 - Travel the World	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR118 - Exploring the World of Dreams	
2:30p-3:30p HW426 - Basic Taiji	2p-3:30p WG014 - Mah Jongg	2:30p-3:30p HW505 - Tai Chi	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - 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-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 FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-2:30p AD151 - YUPO and
9a-10a FI015 - Pilates (Online)	9a-10a LA019 - Conversational French	9:30a-10:30a AD183 - Beginning Guitar	9a-2:30p AD151 - YUPO and Watermedia	9a-12p WG010 - Bridge for Experienced Players
9:30a-11a PR060 - The Great Myths	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9a-10a LS169 - Chesterfield Council on Aging	9:30a-11a HS763 - Mankind
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a HS773 - Church Hill Tunnel Collapse	10:30a-12p EF182 - Economic Fundamentals	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	11a-11:45a FI018 - Sit and Be Fit	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-12p EF104 - Estates and Probate	10:30a-12p LE363 - Beginning Quilling	11a-12:30p HS632 - History of the US Constitution	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12:30p EL138 - Story of American Folktales	11:30a-1p DE016 - Bridging Generations	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-12p PR112 - Thinking and Doing Ethics
11a-12:30p HS761 - WWII via Documentary	11a-12p HS767 - Viktor Frankl's Life	11:30a-12:30p FI031 - Chair Yoga (Online)	11a-1p SE221 - VCU's Library Archives Tour B	12:15p-1:15p AD022 - Ballroom Dance for Partners
11:30a-1p LE253 - Cooking with Judith (Online)	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
12p-1p HW509 - Back Pain	11:30a-1:30p WG013 - Spades	12:30p-1:30p HW511 - Tea, Health, and Harmony	11:30a-12:30p LA006 - Basic Spanish for Beginners	1p-3p EL108 - The Boy, Mole, Fox and Horse
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p EF186 - Consumer Scam Awareness	1p-3p AD234 - Artist Open Studio	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Exploring Tai Chi
12:30p-1:30p InterAge Committee Meeting	12p-1:30p PR117 - The Art of Haiku	1p-3p WG006 - Cards and Games	12p-1:30p IA003 - March Luncheon	
1p-2:30p PR100 - The Chosen	12:30p-1:30p HS777 - Pirates in the Revolution	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
1p-3p WG004 - Cards and Games	1p-3p AD149 - Watercolor Florals	1:30p-3p HS003 - Current Events	1p-2:30p LS198 - Discussing Polarizing Issues	
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United	1p-3p HW445 - Staying Safe at Home	
1:30p-3p AD323 - Watercolor Techniques (Online)	1p-3p WG001 - Social Bingo	2p-3p CO259 - Zoom Practice B (Online)	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:30p EL139 - History of Science Fiction (Online)	1:30p-3:30p LE241 - Basic Pine Needle Baskets	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p LE360 - Travel the World	2:30p-3:30p HW505 - Tai Chi Refinement	2p-3:30p PR118 - Exploring the World of Dreams	
2p-3:30p CO227 - Apple iPhone Tips and Tricks	2p-3:30p WG014 - Mah Jongg		2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p HS766 - Home Front Culture in the 1940s	
2:30p-3:30p HW426 - Basic Taiji				
3:30p-4:30p LLI Board of Directors				



LLI Closed for Spring Break March 30 - April 3

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	Tuesday	Wednesday	Thursday	Friday
4/13/2026	4/14/2026	4/15/2026	4/16/2026	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	
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)				

Sunday | April 19
9:30a-6:30p
SE120
Norfolk Military
Tattoo Tour

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
Catalog
Available
April 30**

First Name: _____

LLI in Chesterfield

Sequence # (Office Use): _____

Last Name: _____

Spring 2026 Registration Form

Paid \$: _____

Member ID#: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
Art, Music, Drama, and Dance								
AD012	Advanced Watercolor			Thu	February 12, 19, 26, March 5, 12, 19	10:30-12:30		Marti Franks
AD021	Intermediate Tap Dancing			Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	10:00-11:00		Beth and Julie
AD022	Ballroom Dance for Partners			Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	12:15-1:15		Doug and Teresa
AD036	Introduction to Line Dancing			Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	9:00-10:00		Sharon Macauley
AD045	Beginner Tap Dancing			Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	9:00-9:45		Julie Van Buskirk
AD058	Country Line Dancing			Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	11:30-12:30		Mary Bradstock
AD075	Line Dance Practice			Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	10:15-11:15		Mary Bradstock
AD080	Woodcarving: Open Carve			Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	9:00-11:00		Mary Jane and Bev
AD110	Advanced Colored Pencil Techniques			Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	1:30-3:30		Brian Austin, PhD
AD111	Intermediate Watercolor with Marti			Thu	February 12, 19, 26, March 5, 12, 19	2:00-3:30		Marti Franks
AD119	Watercolor and Acrylic Problem Solving Workshop			Th/F	January 22, 23	9:00-2:30		Beverly Perdue
AD141	Lifelong Musicians			Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	12:00-1:30		Brad Bryan, et. al.
AD149	Watercolor Florals			Tue	March 3, 10, 17, 24	1:00-3:00		Poly Cline
AD151	YUPO and Watermedia Workshop			Th/F	March 26, 27	9:00-2:30		Beverly Perdue
AD183	Beginning Guitar			Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	9:30-10:30		Randall Kaker
AD192	Super Senior Storytelling Slam			Thu	January 29, February 26, March 26	10:30-12:30		Judith and Les
AD204	Zoltan Szabo: A Watercolour Artist in Retrospective			Thu	March 19	10:30-12:00		Carri and Linda
AD210	Introduction to Afro-Brazilian Percussion			Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	1:15-2:15		Damir Strmel
AD234	Artist Open Studio			Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	1:00-3:00		Diana Hinman, et. al.
AD248	Readers Theater			Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	9:30-10:30		Ken Carlson
AD252	Ukulele Instruction and Jam			Wed	January 21, 28, February 4, 11	11:00-12:30		Rick Kaerwer
AD253	Creative Thinking: Increase Awareness and See Life Differently			Mon	February 2, 9	11:30-1:00		Gordon Russell, MVA
AD278	Open Artists' Studio			Fri	January 30, February 6, 13, 20, 27, March 6, 13, 20	10:30-12:30		Dr. Susan Coffey, et. al.
AD292	Moving to Music			Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	8:30-9:30		Diane Childress
AD314	The Book of Amazement Art Journal A			Wed	February 4	12:00-1:30		Janet Abel
AD315	The Book of Amazement Art Journal			Fri	April 10	1:30-3:00	Online	Janet Abel
AD319	The Book of Amazement Art Journal B			Fri	February 27	1:00-2:30		Janet Abel
AD320	Richmond's Architectural Gems			Wed	January 21, 28, February 4, 11	9:30-10:30		Karen Steele
AD321	Life and Works of John Singer Sargent			Wed	February 18, 25, March 4, 11	9:00-10:30		Juana Levi
AD322	Treasure Tiles: Creating a Personal Memento	\$5		Mon	February 2, 9	10:30-12:00		Sandhi Schimmel Gold
AD323	Watercolor Techniques			Mon	March 2, 9, 16, 23, April 6, 13, 20	1:30-3:00	Online	Linda Szabo
AD324	Chicago's Iconic Competition: Gothic Dreams and Modern Visions			Thu	February 12, 19	1:00-2:00		Tara Semtner, AIA
AD325	Paintings in Disguise: Beneath the Surface			Thu	March 12, 19	1:00-2:00		Tara Semtner, AIA
AD326	Art Journaling in the Book of Amazement A: Art in Three Inches			Wed	March 4	12:00-1:30		Janet Abel
AD327	Art Journaling in the Book of Amazement B: Art in Three Inches			Fri	March 13	1:00-2:30		Janet Abel
AD328	Art Journaling in the Book of Amazement: Art in Three Inches			Fri	April 24	1:30-3:00	Online	Janet Abel
AD329	Creativity and Wellness A: How Creating Combats Loneliness			Thu	February 5	10:30-11:30		Kate Powell, MPA, CFRE
AD330	Creativity and Wellness B: How Creating Combats Loneliness			Thu	February 5	12:30-1:30		Kate Powell, MPA, CFRE
AD331	Art Statement Writing Workshop: An Artwork Elevator			Tue	February 24	9:30-2:30		Sally Guynn

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
Computers, Technology, Math, and Science								
CO169	Automotive Basics			Fri	January 30, February 6	10:30-12:00	Online	B. Ellen Johnson, PhD
CO199	Nearpeer Tutorial and Tips A			Wed	January 21	9:00-10:30		Debby Hoskin
CO200	Nearpeer Tutorial and Tips B			Mon	March 16	1:00-2:30		Rachel Ramirez
CO209	Artificial Intelligence: History, Promises, Fears, and the Future			Tue	February 3, 10, 17	2:00-3:30		Danny Arkin
CO216	Introduction to Libby: The eBook App from Chesterfield Public Library			Thu	January 29	9:00-10:30		Cindy Arnold
CO218	News from the Microbiome			Tue	February 3, 10	10:30-12:30		Patricia Ryther
CO227	Apple iPhone Tips and Tricks			Mon	February 9, March 2, 9, 16, 23	2:00-3:30		Danny Arkin
CO232	Forever Chemicals and Health			Tue	March 10, 17	9:30-11:30		Patricia Ryther
CO235	Podcasts for All			Thu	February 19	11:00-12:30		Rachel and Lucas Ramirez
CO243	Apple Mail			Fri	January 23	1:00-3:00		Mark Grubbs
CO246	Microplastics: A Global Problem Gets Personal			Tue	February 17, 24, March 3	9:30-11:30		Patricia Ryther
CO251	Even More Fun with Geology: Natural Resources from Mesopotamia			Tue	March 3, 10	9:30-11:00		Gary Nelson
CO252	The Mystery of Superposition: Quantum Weirdness			Mon	February 2	10:00-12:00		Allen Cohen
CO253	Home Electrical Repairs A			Tue	January 27	11:00-12:00		Ken Carlson
CO254	Home Electrical Repairs B			Thu	February 26	9:00-10:00		Ken Carlson
CO256	Introduction to Zoom A			Fri	February 20	1:00-2:30		Carri Pandolfe
CO257	Introduction to Zoom B			Mon	March 2	1:30-3:00		Carri Pandolfe
CO258	Zoom Practice A			Mon	March 9	9:30-10:30	Online	Carri Pandolfe
CO259	Zoom Practice B			Wed	March 25	2:00-3:00	Online	Carri Pandolfe
Diversity, Equity, and Inclusion								
DE011	LGBTQ+ History			Mon	February 23	1:00-3:00		Michael Recant
DE015	Aging and Ageism in Society and Self			Mon	March 2, 9, 16	11:30-1:00		Wayne Swatlowski
DE016	Bridging Generations: Mentors Make a Difference			Wed	January 21, February 25, March 25	11:30-1:00		Christopher and Wendy
DE017	Connecting Paths to Belonging			Wed	March 18	12:30-1:30		Kate and Antoinette
DE018	Caring for Children with Diverse Needs			Wed	February 4	9:00-10:30		Nikida, et. al.
Economics and Finance								
EF104	Estate Settlement and the Probate Process			Mon	March 23	10:00-12:00		Mark Mikuta, CPA, CFP
EF115	Estate Planning and Elder Law			Tue	April 7	9:30-10:30	Online	Paula Peaden
EF132	Financial Preparedness for Disasters			Mon	March 9	1:30-3:30		CCEM Staff
EF136	Long Term Care Insurance			Tue	February 17	10:30-12:30		Linda and Kurt
EF140	What Kids Need to Know: Preparation and Legacy Preservation			Fri	February 13	2:00-3:30		Jamey Davidson
EF147	Outsmart the Scammers			Wed	February 18	11:00-12:00		Shawn Doran
EF150	Virginia Long Term Care Options and How to Pay for Them			Mon	February 9	11:00-12:30		Jeremy L. Pryor, Esq.
EF178	Preparing a Home for Sale			Wed	January 28	9:00-10:30		Marianne and Dawn
EF182	Economic Fundamentals in the News			Wed	January 21, February 4, March 25	10:30-12:00		Tim Schilling
EF183	New Medicare Birthday Rule and Healthcare Expense Savings			Thu	January 22, 29	11:00-12:00		Becky Huddleston
EF184	Fraud and Scam Prevention			Tue	February 3	9:30-11:00		Kathy Boykin
EF185	Fraud and Scam Prevention			Thu	April 16	10:30-12:00	Online	Kathy Boykin
EF186	Consumer Scam Awareness			Tue	March 24	11:30-12:30		Shawn L. Smith
EF187	Charitable Gifting: Leaving a Financial Legacy			Tue	January 27	10:00-11:00		Jamey Davidson
EF188	Investing in Artificial Intelligence: Beyond the Hype			Thu	March 5	9:30-10:30		Jamey Davidson

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Literature, Poetry, and Film								
EL015	Aspiring Writers' Critique			Fri	January 23, February 6, 20, March 6, 20	1:00-3:00		Dorothy Moses
EL043	Enjoy Poetry			Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18	11:00-12:00		Bob and Timothy
EL048	Memoir Writing			Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	9:00-11:00		Suzanne and Tom
EL100	LLI Literary Society Orientation			Tue	January 20	1:30-2:30	Online	Martha and Bob
EL101	LLI Literary Society Orientation			Wed	January 21	2:30-3:30		Martha and Bob
EL106	Pathways to Publication and What it Entails			Fri	January 23	9:30-10:30		Heather Weidner
EL108	The Boy, the Mole, the Fox and the Horse	*\$19		Fri	March 27	1:00-3:00		Rachel and Lucas Ramirez
EL114	LLI Literary Society Feedback and Book Swap			Wed	March 4	2:00-3:30		Martha and Bob
EL127	Print a U.S. Military Story: Help Veterans Keep Their Stories Alive			Mon	February 9	10:30-12:00	Online	Alex Sebby
EL132	Read Along Short Stories			Wed	January 21, 28	2:00-3:30		Linda Kerman
EL138	The Story of American Folktales: Lazy Jack and His Children			Tue	February 3, 10, 17, 24, March 3, 10, 17, 24	11:00-12:30		Les Schaffer
EL139	History of Science Fiction			Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	1:30-2:30	Online	Drew Herman
EL140	Aspiring Writers' Critique			Fri	April 10, 24	1:00-3:00	Online	Dorothy Moses
EL141	Banned Books Discussion: Should These Books Be Banned?			Wed	February 18, March 18	2:00-3:30		Linda and Deb
Fitness								
FI001	Low Impact Monday	\$15	Mon		January 26, February 2, 9, 23, March 2, 9, 16, 23	9:00-10:00		Sherella Brown
FI003	Low Impact Friday	\$15	Fri		January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	8:30-9:30		Linda McDorman
FI004	Sit and Be Fit Monday	\$15	Mon		January 26, February 2, 9, 23, March 2, 9, 16, 23	10:00-10:45		Sherella Brown
FI005	Sit and Be Fit Thursday	\$15	Thu		January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	11:30-12:15		Sherella Brown
FI006	Chair Yoga Tuesday	\$15	Tue		January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	1:00-2:00		Linda McDorman
FI007	Gentle Yoga Thursday	\$15	Thu		January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	2:30-3:30		Dorota Kawka
FI009	Gentle Yoga Tuesday	\$15	Tue		January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	2:30-3:30		Linda McDorman
FI010	Chair Yoga Thursday	\$15	Thu		January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	1:00-2:00		Dorota Kawka
FI015	Pilates Online	\$20	Mon		January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	9:00-10:00	Online	Linda McDorman
FI017	Wednesday Fun Fitness	\$15	Wed		January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	9:45-10:45		Nicole Thomas-Jackson
FI018	Sit and Be Fit Wednesday	\$15	Wed		January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	11:00-11:45		Nicole Thomas-Jackson
FI020	Zumba Gold Online	\$20	Thu		Jan 22, 29, Feb 5, 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23	8:30-9:30	Online	Tracey Williams
FI028	Gentle Yoga Monday	\$15	Mon		January 26, February 2, 9, 23, March 2, 9, 16, 23	11:00-12:00		Linda McDorman
FI029	Chair Yoga Friday	\$15	Fri		January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	9:45-10:45		Linda McDorman
FI030	Strength and Stretch Online	\$20	Mon		Jan 26, Feb 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	10:00-10:45	Online	Nicole Thomas-Jackson
FI031	Chair Yoga Online	\$20	Wed		Jan 21, 28, Feb 4, 11, 18, 25, March 4, 11, 18, 25, April 8, 15, 22	11:30-12:30	Online	Linda McDorman
FI034	Cardio and Strength Training Online	\$20	Thu		Jan 22, 29, Feb 5, 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23	1:30-2:30	Online	Nicole Thomas-Jackson
FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/wk		January 20 - April 24		Online	Team Vivo
FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/wk		January 20 - April 24		Online	Team Vivo
FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/wk		January 20 - April 24		Online	Team Vivo

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Fitness								
	FI038	Low Impact Monday Online	\$5	Mon	April 6, 13, 20	9:00-10:00	Online	Sherella Brown
	FI039	Sit and Be Fit Monday Online	\$5	Mon	April 6, 13, 20	10:00-10:45	Online	Sherella Brown
	FI040	Gentle Yoga Monday Online	\$5	Mon	April 6, 13, 20	11:00-12:00	Online	Linda McDorman
	FI041	Chair Yoga Tuesday Online	\$5	Tue	April 7, 14, 21	1:00-2:00	Online	Linda McDorman
	FI042	Gentle Yoga Tuesday Online	\$5	Tue	April 7, 14, 21	2:30-3:30	Online	Linda McDorman
	FI043	Wednesday Fun Fitness Online	\$5	Wed	April 8, 15, 22	9:45-10:45	Online	Nicole Thomas-Jackson
	FI044	Sit and Be Fit Wednesday Online	\$5	Wed	April 8, 15, 22	11:00-11:45	Online	Nicole Thomas-Jackson
	FI045	Sit and Be Fit Thursday Online	\$5	Thu	April 9, 16, 23	11:30-12:15	Online	Sherella Brown
	FI046	Chair Yoga Thursday Online	\$5	Thu	April 9, 16, 23	1:00-2:00	Online	Dorota Kawka
	FI047	Gentle Yoga Thursday Online	\$5	Thu	April 9, 16, 23	2:30-3:30	Online	Dorota Kawka
	FI048	Low Impact Friday Online	\$5	Fri	April 10, 17, 24	8:30-9:30	Online	Linda McDorman
	FI050	Chair Yoga Friday Online	\$5	Fri	April 10, 17, 24	9:45-10:45	Online	Linda McDorman
History, Humanities, and International Studies								
	HS003	Current Events Discussion		Wed	January 28, February 11, 25, March 11, 25	1:30-3:00		Hugh Ames
	HS089	Great Decisions	*\$40	Tue	January 27, February 24, March 17	2:00-3:30		Bob Ferguson
	HS381	The Adventures of Hiking the Caminos		Mon	February 9	1:00-3:00		Robert Abbott
	HS617	No Time to Grieve Documentary		Mon	January 26	1:30-3:30		Peppy Jones
	HS632	History of the US Constitution		Wed	February 25, March 4, 11, 18, 25	11:00-12:30		Dr. John Lemza
	HS690	Midlothian Matters A		Thu	January 22	10:30-11:30		Mark S. Miller, Ph.D.
	HS692	Midlothian Matters B		Thu	March 12	9:30-10:30		Mark S. Miller, Ph.D.
	HS698	African American Inventors: Who Knew?		Mon	March 9, 16	11:30-12:30		Myron Johnson
	HS724	American Corrections: Behind the Walls and Bars		Wed	March 4, 18	1:30-3:00		Charles J. Kehoe
	HS734	A Tour of Germany and Austria		Tu/W	April 7, 8, 14, 15, 21, 22	1:00-2:15	Online	Bob Ferguson
	HS750	Echoes of the Past: Reminiscing Together		Wed	February 11	12:00-1:30		Richard Commander
	HS753	A Quest for Family Ties: This is America's Story		Tue	February 24	2:00-3:30		Samuel Hayes III
	HS754	A Quest for Family Ties: This is America's Story		Tue	April 14	1:00-2:30	Online	Samuel Hayes III
	HS761	WWII via Documentary: Victory at Sea		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	11:00-12:30		Edward Blackwell
	HS762	An Italian Tour of Adventure: Italy, Italy, Nothing but Italy!		Fri	January 23, 30, February 6, 13, 20	9:30-11:00		Timothy Pace
	HS763	Mankind: The Story of All of Us		Fri	March 6, 13, 20, 27	9:30-11:00		Timothy Pace
	HS764	Reflections: A Time for Recognition A		Fri	February 27	10:00-11:00		Audrey M. Ross
	HS765	Reflections: A Time for Recognition B		Fri	February 27	1:00-2:00		Audrey M. Ross
	HS766	Home Front Culture in the 1940s		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	2:30-3:30		Vic Thompson
	HS767	Viktor Frankl's Life and Man's Search for Meaning		Tue	March 17, 24	11:00-12:00		Ed Barbour
	HS768	History of The Maya		Tue	January 20, 27	11:30-1:00		Rick Kinnaird
	HS769	Ancient Civilizations: Discovery and Decipherment		Tue	March 3	12:30-2:00		Rick Kinnaird
	HS770	Admiral Nimitz in World War II		Thu	April 9	1:00-2:30	Online	Chris Kolakowski
	HS771	Sir Ernest Shackleton: A Leadership Discussion		Thu	February 12	10:30-12:00		Dan Riegel

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History, Humanities, and International Studies								
	HS772	The Court Process: Part II		Fri	January 30	1:00-2:30		Erin and Frank
	HS773	Church Hill Tunnel Collapse: 100th Anniversary		Tue	March 24	9:30-10:30		George Saunders
	HS774	The Gustav Peckmann Letters		Thu	February 19	9:00-10:30		James Triesler
	HS775	Ernie Pyle: The Eternal Reporter		Thu	March 5	12:30-2:00		James Triesler
	HS776	The April 1942 Doolittle Raid: From Shangri-La to Tokyo		Thu	April 16	1:00-2:00	Online	James Triesler
	HS777	Pirates and Privateers in the American Revolution		Tue	March 24	12:30-1:30		John Partridge
	HS778	Pirates and Privateers in the American Revolution		Tue	April 21	11:00-12:00	Online	John Partridge
	HS779	The Black Watch and Spy-Planes: Cold War Missions		Tue	March 17	12:30-1:30		Tim Kisner
	HS780	Confederate Flags A		Tue	February 10	9:30-10:30		Waite Rawls
	HS781	Confederate Flags B		Tue	March 10	11:30-12:30		Waite Rawls
Health and Wellness								
	HW312	Matter of Balance: Falls Prevention Workshop		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13	9:30-11:30		Stephanie and Madison
	HW342	Beginning Tai Chi 24 Form A		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	12:30-1:15		Damir Strmel
	HW343	Exploring Tai Chi through the Traditional Yang Form		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	11:00-12:00		Mary E. Gutberlet, M.Ed.
	HW355	Beginning Tai Chi 24 Form B		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	1:30-2:15		Mary E. Gutberlet, M.Ed.
	HW365	Healthy Living for the Brain and Body in the New Year		Tue	February 10	11:30-12:30		Rachel Lawson
	HW366	Understanding Alzheimer's and Dementia		Wed	March 11	11:00-12:00		Rachel Lawson
	HW367	Warning Signs of Alzheimer's		Tue	April 14	11:00-12:00	Online	Rachel Lawson
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	12:00-1:00		Mary and Mark
	HW389	Understanding Hearing Loss and Hearing Aids		Mon	January 26	11:00-12:00		Kimberly Felder
	HW394	Be the Help Until Help Arrives		Mon	January 26	1:00-3:00		CCEM Staff
	HW406	Low Back Pain	*\$15	Mon	March 2	11:30-1:00		Thomas Neviaser, MD
	HW407	Knee Conditions	*\$15	Mon	March 9	11:30-1:00		Thomas Neviaser, MD
	HW426	Basic Taiji Qigong		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	2:30-3:30		Walter and Patricia
	HW435	Strength Training Benefits for Life's Journey		Fri	January 23	11:30-12:30	Online	Eric and Katie
	HW436	Senior Living Continuum		Tue	January 20	2:00-3:30		Jaime Smiley, MS
	HW437	Dementia Stages and Strategies		Thu	February 19	1:30-3:30		Jaime Smiley, MS
	HW445	Staying Safe at Home		Thu	March 26	1:00-3:00		Jaime Smiley, MS
	HW446	Stress Management Bingo: A Fun Way to Recharge		Thu	February 12	1:30-2:30		Valerie and Eric
	HW467	Low Back Pain Solutions		Wed	February 4	2:30-3:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Wed	February 18	2:30-3:30		Jordan Witt, DPT
	HW472	Understanding BPP Vertigo and the Treatments		Mon	February 9	9:30-10:30		Andrew Rothschild
	HW474	Common Nerve Conditions and Treatments		Thu	February 5	10:00-11:30		Douglas A. Wayne, MD
	HW476	Women's Incontinence and Pelvic Floor Health: Hold It!		Thu	February 5	12:00-1:00		Ramzi Aboujaoude, MD
	HW498	Bone Health Basics: Osteopenia and Compression Fractures		Wed	March 11	12:30-1:30		Joshua Herzog, MD
	HW505	Tai Chi Refinement and Exploration		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	2:30-3:30		Drew Herman
	HW506	Caregiver Conversations: What is Good Dementia Care?		Fri	February 13	12:30-2:00		Dan, Jodi, and Kim
	HW507	Nasal Nerve Ablation		Tue	March 3	2:30-3:30		Rob Thomas, MD
	HW508	Hearing Loss		Mon	March 16	10:00-11:00		Michael Freeman, MD

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Health and Wellness								
HW509	Back Pain and Non-Surgical Care			Mon	March 23	12:00-1:00		William Kemp, MD
HW510	Post-Menopausal Women's Health			Fri	February 27	2:00-3:00		Emily Stone, MD
HW511	Tea, Health, and Harmony: Slow Sips	\$15		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 18, 25	12:30-1:30		Ana Xuan Zhang Stevens
HW513	Understanding Anemia			Tue	February 3	2:00-3:30		Brian Mitchell, MD
HW514	Personal Medical Charts			Tue	February 10	2:00-3:30		Brian Mitchell, MD
HW515	How the Body Is Built			Tue	February 17	2:00-3:30		Brian Mitchell, MD
HW516	Understanding Cancer			Tue	February 24	2:00-3:30		Brian Mitchell, MD
HW517	Play for Child Development with VCU OT			Tue	January 20, 27	2:00-3:30		Audrey and Ayn
HW518	Caregiver Burnout Strategies			Fri	April 10	11:00-12:00	Online	Chris Nufer
HW519	Intergenerational Relationships: Mental and Emotional Perspectives			Wed	February 25	11:00-12:30	Online	Dale Atkins
HW520	Auditory Training: Train the Brain			Thu	March 5	11:00-12:00		Debra, Kim, and Tara
HW522	Pain Starts in the Brain			Fri	March 20	12:30-1:30		Kathleen Floyd, DPT
HW523	Humor in Medicine			Mon	February 23	2:00-3:30		James Schmitt, MD
HW524	Benefits of Trigger Point Dry Needling			Fri	March 13	1:00-2:00		Jordan Witt, DPT
HW525	Chesterfield Mobile Integrated Health Program			Wed	March 18	1:00-2:30		Lt. Mike Abbott
HW526	Lifelong Mental Health			Wed	January 28	1:00-2:30		Melissa Ackley
Inside LLI Activities								
IA017	Souper Bowl Fundraiser			Tu/W	February 3, 4	9:30-3:00		LLI Fundraising Committee
IA019	Spring-Cleaning Fundraiser			M/Tu	March 9, 10	9:30-12:00		LLI Fundraising Committee
IA077	Workshop for LLI Instructors			Wed	January 21	2:00-3:30		Rachel Ramirez
IA078	Workshop for LLI Instructors			Thu	January 22	12:30-2:00	Online	Rachel Ramirez
IA997	Discussion with the Director			Thu	January 22	2:30-3:30		Rachel Ramirez
IA998	Orientation for New Members			Fri	January 23	9:30-10:45	Online	Rachel Ramirez
IA999	Orientation for New Members			Tue	January 20	9:30-11:00		Rachel Ramirez
Languages								
LA006	Basic Spanish for Beginners			Thu	January 22, 29, February 5, 12, 26, March 5, 12, 19, 26	11:30-12:30		Nena Woods
LA015	Conversational German			Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	2:00-3:30		Alan McCrea
LA019	Conversational French Review			Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	9:00-10:00		Carol Pritchard
LA028	Conversational German			Mon	April 6, 13, 20	2:00-3:30	Online	Alan McCrea
Leisure Activities								
LE032	Needleworkers United			Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	1:30-3:30		Sandy and Ellen
LE130	Extra Easy Greeting Cards A: No Stamps	\$15		Wed	January 21	10:00-12:00		LaVae Hoffman
LE131	Extra Easy Greeting Cards B: No Stamps	\$15		Mon	February 23	10:00-12:00		LaVae Hoffman
LE143	Beaded Lanyard for LLI Name Tag A	\$8		Tue	January 20	12:30-3:30		Donna Whitfield
LE147	Beaded Lanyard for LLI Name Tag B	\$8		Wed	February 11	12:30-3:30		Donna Whitfield
LE200	Advanced Card Making: Spring Has Sprung	\$7		Fri	February 27	1:30-3:30		Marie Ireland
LE233	Easy Wire Jewelry Workshop	\$15		Wed	February 4, 11, 18, 25	10:30-12:00		Judith Onesty
LE241	Basic Pine Needle Baskets	\$24		Tue	March 3, 10, 17, 24	1:30-3:30		Diane and Jennifer
LE252	Genealogy Discussions			Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	2:00-3:30		Janet and Kevin
LE253	Cooking with Judith			Mon	March 23, April 6, 13, 20	11:30-1:00	Online	Judith Onesty
LE265	Modern Floral Design with an Asian Influence	\$12		Fri	March 6, 13, 20	1:30-3:00		Evelyn Klumb

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Spring 2026 Registration Form

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
Leisure Activities								
	LE295	Crafting PhD: Project Half Done		Thu	January 22, February 19, March 19	11:30-1:30		Mary Kay and Ethel-May
	LE303	Virginia Native Plants: Benefits for Wildlife and People		Wed	January 21	11:00-1:00		Sheryl Smith
	LE314	Cardmaking by Numbers	\$28	Tue	March 3	10:00-12:00		Stephanie Balarzs Douglas
	LE337	Alaska, Then and Now A		Tue	January 27, February 3, 10	9:30-11:00		Joe Lenzi
	LE348	Logic and Reasoning Puzzles A: Set 3		Tue	January 27	10:30-12:00		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 3		Thu	January 29	1:00-2:30		Stone Wahl
	LE353	Alaska, Then and Now B		Wed	February 18, 25, March 4	9:30-11:00		Joe Lenzi
	LE360	Travel the World: It's Not Too Late!		Tue	March 10, 17, 24	2:00-3:30		Josh and Laurie Pachter
	LE361	Braided Rag Rug Container: Recycle It!		Mon	March 2	10:00-12:00		Sandhi Schimmel Gold
	LE362	Wet Felted Soap Making	\$10	Fri	February 13	1:30-3:30		Marie Ireland
	LE363	Beginning Quilling	\$10	Tue	March 17, 24	10:30-12:00		Karen and Evelyn
	LE364	Dahlias 101		Wed	February 4	11:00-1:00		Conner Parrish
	LE365	Microgreens 101		Tue	February 10	11:00-1:00		Conner Parrish
	LE366	Ecological Gardening 101		Tue	February 24	9:30-11:30		Conner Parrish
	LE367	Mushrooms 101		Mon	March 2	11:30-1:30		Conner Parrish
	LE368	Capital Trail 101: A Guide to the Trail		Wed	March 18	11:00-12:00		Steph Coolbaugh
	LE369	Garden for Health		Tue	March 17	9:00-10:30		Susan Atkins
Life Services								
	LS069	SeniorNavigator and the VirginiaNavigator Family of Websites		Tue	February 24	12:30-1:30		Bonnie Scimone
	LS084	Becoming an Optimist		Thu	January 22	9:00-11:00		Dr. Michael J. Wriston
	LS085	Art of the Apology		Mon	January 26, February 2	9:30-11:00		Dr. Michael J. Wriston
	LS090	Controlling Inner Chatter		Thu	February 12, 19	9:30-11:00		Dr. Michael J. Wriston
	LS091	Life-Changing Habits		Mon	February 23	9:30-11:30		Dr. Michael J. Wriston
	LS094	Discovering Gifts and Purpose		Mon	March 2, 9, 16	9:30-11:00		Dr. Michael J. Wriston
	LS095	Deepening Self-Awareness		Thu	March 12, 19	9:30-11:00		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive, Not Reactive		Tue	February 10	10:30-12:00		Marc Friedlander, MBA
	LS145	Transportation Services in Chesterfield County		Mon	February 2	11:30-12:30		Billie Darlington
	LS169	Chesterfield Council on Aging		Thu	January 22, February 26, March 26	9:00-10:00		Kim and CCA
	LS171	Transportation Services in Chesterfield County		Tue	March 17	11:00-12:00	Online	Billie Darlington
	LS176	CCPD Citizen's Police Academy		Thu	February 5, 12, 19, 26, March 5, 12, 19	8:30-12:30		CCPD
	LS177	Emergency Preparedness for Individuals and Households		Wed	February 18	2:00-3:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Wed	March 11	1:30-3:30		Keith Chambers
	LS196	Navigating Senior Living		Thu	March 12	2:30-3:30		John Krug
	LS198	Discussing the Big and Often Polarizing Issues		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	1:00-2:30		John and Claude
	LS203	Improving Self-Esteem		Wed	February 18	12:00-1:30		Richard Commander
	LS213	Setting Goals		Wed	March 11	12:00-1:30		Richard Commander
	LS217	Critical Thinking A: Principles and Obstacles		Thu	January 29, February 5	2:00-3:00		Brian Plante
	LS218	Critical Thinking B: Principles and Obstacles		Thu	February 26, March 5	2:30-3:30		Brian Plante
	LS222	Calling 911: What to Expect		Wed	March 4	9:00-11:00		Shannon M. White
	LS236	Living Better Every Day		Thu	February 5, 12	11:30-12:30		John Bennett
	LS237	OMA in Chesterfield: Dementia and Art		Tue	February 17	12:30-1:30		Bonnie Cauthorn

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Philosophy and Religious Studies								
PR002	Bible Discussion of Philippians and Colossians			Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	2:00-3:30		Mark Grubbs
PR059	The History of the Bible: Not a Bible Study			Thu	March 5, 12, 19	1:00-2:00		Wayne Moyer
PR060	The Great Myths			Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	9:30-11:00		Timothy Pace
PR099	Science and Theology			Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	9:30-11:00		Timothy Pace
PR100	The Chosen: The Life of Jesus and His Followers			Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	1:00-2:30		Luke John Coukos
PR104	God's Grace: What Does It Look Like?			Wed	January 28	12:00-1:30		Richard Commander
PR107	The End Times According to the Bible			Wed	February 11, 18, 25, March 4	9:00-10:30		Wayne Moyer
PR112	Thinking and Doing Ethics			Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	11:00-12:00		James P. McDonough
PR115	The Great Myths			Mon	April 6, 13, 20	9:30-11:00	Online	Timothy Pace
PR116	Women of the Old Testament			Mon	March 2, 9	10:00-11:00		Joanna Lurie
PR117	The Art of Haiku: The Maha Ichi-go Inchi-e Alpha Omega Experience			Tue	February 24, March 3, 17, 24	12:00-1:30		Jon Waybright
PR118	Exploring the World of Dreams			Thu	March 5, 12, 19, 26	2:00-3:30		Mickie McGuill
Special Events								
SE100	Marine Corps Museum Tour: Celebrating the 250th Birthday of the Marines	\$155	Fri	February 20		8:00-6:30		SignaTours
SE113	VA Holocaust Museum Dimensions in Testimony Tour		Fri	April 17		1:00-3:00		Matthew Simpson
SE120	Norfolk Military Tattoo Tour	\$175	Sun	April 19		9:30-6:30		SignaTours
SE164	Company's Coming Band Concert		Fri	February 6		2:30-3:30		Kate Conn, et. al.
SE170	Agecroft Gardens Daffodil Tour	\$10	Fri	February 27		10:30-11:30		Katie and Diana
SE195	VMHC We the People Tour A	\$14	Tue	April 14		11:00-12:00		Grace Powers
SE196	VMHC We the People Tour B	\$14	Wed	April 22		11:00-12:00		Grace Powers
SE214	Advertising Antics: A YAHA Performance		Tue	February 17		12:00-1:00		Bob and Vic
SE220	VCU Libraries Noteworthy Book Art Collection and Archives Tour A		Thu	February 12		11:00-1:00		Kelly and Sarah
SE221	VCU Libraries Noteworthy Book Art Collection and Archives Tour B		Thu	March 26		11:00-1:00		Kelly and Sarah
SE224	CIS Volunteer Mentoring: Ettrick Elementary School		Wed	February 4, 18, March 4, 18, April 8, 22		11:00-2:00		Christopher and Wendy
SE225	Truly Modern Lucy: A YAHA Performance		Thu	March 12		11:30-12:30		Bob and Vic
SE226	Behind the Scenes with Brightpoint: The Mystery of Edwin Drood		Fri	March 20		2:00-3:30		Kerrigan Sullivan
SE227	Agecroft Ming Porcelain Tour	\$12	Fri	February 6		10:30-11:30		Katie Reynolds
SE228	Virginia Museum of Fine Arts (VMFA) Fabergé Tour A	\$10	Fri	March 6		10:00-11:00		Kathy Parrish
SE229	Virginia Museum of Fine Arts (VMFA) Fabergé Tour B	\$10	Fri	March 6		1:00-2:00		Kathy Parrish
SE230	History of VCU Tour: The Birth of an Urban University		Thu	March 5		10:00-11:30		Ruth and Margaret
SE231	Chesterfield Circuit Courthouse Tour		Thu	April 9		10:00-12:00		Erin Barr
Weekly Group Activities								
WG001	Social Bingo Tuesday		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	1:00-3:00			Fran and Arthur
WG002	Social Bingo Friday		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	1:00-3:00			Donna and Arthur
WG004	Cards and Games Monday		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	1:00-3:00			Fran and Carolyn
WG006	Cards and Games Wednesday		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	1:00-3:00			Carolyn and Fran
WG007	Canasta Variations: Hand and Foot, Triple Play, and Samba		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	10:00-12:00			Mary Jane Murphy
WG009	Mah Jongg Thursday		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	9:30-11:30			Marilyn and Mary Jane
WG010	Bridge for Experienced Players		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	9:00-12:00			Diane and Randall
WG013	Spades		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	11:30-1:30			Anne and Bev
WG014	Mah Jongg Tuesday		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	2:00-3:30			Julie Randolph

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

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

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

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

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

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

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

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

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

Participant's Signature

Print Name: _____

Date: _____

Please provide Emergency Contact Information Below:

Name: _____ **Relationship:** _____ **Phone:** _____

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

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

Would you like more information about our Transportation Program? 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

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Membership Refund Policy is available on our website and by request.

Questions? Call the Office at (804) 378-2527.

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Check Number _____
Date Received _____
Member Number _____