

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Fall 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Art, Music, Drama, and Dance						
	AD012	Advanced Watercolor		Thu	Sept 17, 24, Oct 1, 8, 15, 22	10:30-12:30		Marti Franks
	AD021	Intermediate Tap Dancing		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	10:00-11:00		Beth and Julie
	AD022	Ballroom Dance for Partners		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	12:15-1:15		Doug and Teresa
	AD036	Introduction to Line Dancing		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	9:00-9:45		Julie Van Buskirk
	AD058	Country Line Dancing		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	9:00-11:00		Mary Jane and Bev
	AD110	Advanced Colored Pencil Techniques		Mon	Sept 28, Oct 5, 12, 19, 26, Nov 9, 16, 23	1:30-3:30		Brian Austin, PhD
	AD111	Intermediate Watercolor with Marti		Thu	Sept 17, 24, Oct 1, 8, 15, 22	2:00-3:30		Marti Franks
	AD119	Watercolor and Acrylic Problem Solving Workshop		Th/F	Dec 3, 4	9:00-2:30		Beverly Perdue
	AD141	Lifelong Musicians		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	12:00-1:30		Brad Bryan, et. al.
	AD149	Watercolor Florals		Tue	Sept 15, 22, 29, Oct 6	1:00-3:00		Poly Cline
	AD182	Explore Ventriloquism		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	12:30-1:30		John Byrd
	AD183	Beginning Guitar: Basic Chords		Wed	Sept 9, 16, 23, Oct 7, 14, 21, Nov 4, 18, Dec 2, 9, 16	11:00-12:00		Randall Kaker
	AD192	Super Senior Storytelling Slam		Thu	Sept 24, Oct 29, Nov 19, Dec 17	10:00-12:00		Judith and Les
	AD210	Introduction to Brazilian Percussion		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:15-2:15		Damir Strmel
	AD218	The Life and Works of Salvador Dali		Wed	Sept 30, Oct 7, 14, 21, 28, Nov 4	9:30-11:00		Juana Levi
	AD220	Improv Games for Fun, Creativity and Brain Health		Mon	Sept 28, Oct 5, 12, 19, 26, Nov 9	12:00-1:30		GeGe Beall
	AD231	Ukulele Jam		Mon	Sept 14	11:00-12:30		Rick Kaerwer
	AD234	Artist Open Studio		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:00-3:00		Diana Hinman, et. al.
	AD248	Readers Theater		Tue	Oct 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	11:30-12:30		Ken Carlson
	AD252	Ukulele Instruction and Holiday Playalong		Mon	Nov 30, Dec 7, 14	11:00-12:30		Rick Kaerwer
	AD278	Artists' Workshop		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 11	10:30-12:30		Susan Davies, et. al.
	AD288	History of the Cello and Music with Holiday Tunes		Tue	Dec 1	10:30-12:00		Sheryl Smith
	AD292	Moving to Music		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	8:30-9:30		Diane and Marsha
	AD314	The Book of Amazement Art Journal: Making the Book		Fri	Oct 30	1:00-2:30		Janet Abel
	AD315	The Book of Amazement Art Journal: Making the Book		Tue	Dec 8	10:30-12:00	Online	Janet Abel
	AD326	Art Journaling in the Book of Amazement: Using the Book		Fri	Nov 6	1:00-2:30		Janet Abel
	AD328	Art Journaling in the Book of Amazement: Using the Book		Tue	Dec 15	10:30-12:00	Online	Janet Abel
	AD329	Creativity and Wellness: How Creating Combats Loneliness		Thu	Oct 29	1:00-2:00		Kate Powell, MPA, CFRE
	AD334	InterAge Storytelling and Listening for Elders, Middlers, and Youngers		Thu	Sept 24, Oct 15, Nov 19, Dec 10	1:30-3:00		Les and Judith
	AD337	Lifelong Voices Choir		Tue	Sept 8, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	10:30-12:00		John Aiello
	AD338	Intermediate Oil Painting		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:00-12:00		William and Susan

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Computers, Technology, Math, and Science						
	CO199	Nearpeer Tutorial and Tips A		Wed	Sept 9	2:00-3:30		Debby Hoskin
	CO200	Nearpeer Tutorial and Tips B		Mon	Nov 16	10:30-12:00		Rachel Ramirez
	CO209	Understanding Artificial Intelligence A: Introductions		Thu	Sept 10, 17, 24	2:00-3:30		Danny Arkin
	CO210	Understanding Artificial Intelligence B: Introductions		Mon	Nov 9, 16, 23	2:00-3:30		Danny Arkin
	CO230	What is Modern Science?		Thu	Nov 5, 12, 19	9:30-11:00		Alex Meredith
	CO235	Podcasts for All		Mon	Oct 19	2:00-3:30		Rachel and Lucas Ramirez
	CO240	Apple App Store App for iPhone and iPad		Fri	Nov 20	1:00-3:00		Mark Grubbs
	CO243	Apple Mail App for iPhone and iPad		Fri	Oct 2	1:00-3:00		Mark Grubbs
	CO256	Introduction to Zoom		Wed	Sept 9	10:00-11:30		Carri and Scarleth
	CO258	Zoom Practice		Fri	Sept 11, Oct 9, Nov 13	10:00-11:00	Online	Carri and Scarleth
	CO260	Fusion Power in Chesterfield		Tue	Oct 6	2:00-3:30		Jessica Strunkin
	CO261	Fusion Power in Chesterfield		Thu	Sept 17	1:00-2:30	Online	Jessica Strunkin
	CO263	Working with Artificial Intelligence A: Learning to Navigate		Mon	Sept 28, Oct 5, 12	12:30-2:00		Danny Arkin
	CO264	Working with Artificial Intelligence B: Learning to Navigate		Thu	Oct 15, 22, 29	2:00-3:30		Danny Arkin
	CO265	Sleep, Wake, and the Renewing Brain A		Wed	Sept 9, 16, 23	10:30-12:30		Patricia Ryther
	CO267	Sleep, Wake, and the Renewing Brain B		Wed	Sept 30, Oct 7, 14	10:30-12:30		Patricia Ryther
	CO268	Working with Artificial Intelligence C: Learning to Navigate		Tue	Dec 1, 8, 15	2:00-3:30		Danny Arkin
	CO269	Digital Payment Tools: Alternatives to Cash		Fri	Nov 6, 13	2:00-3:30		Danny Arkin
	CO271	Wi-Fi Network Health		Tue	Sept 29	1:30-2:30		Bob Fiero
	CO272	Wi-Fi Network Health		Mon	Oct 12	2:00-3:00	Online	Bob Fiero
	CO273	The Basics of Going Electric		Fri	Sept 11	12:30-1:30		Charles Gerena
	CO274	Origins of Human Elements		Fri	Oct 23	1:30-2:30		James K. Schmitt, MD
	CO275	The Neglected Sense of Smell		Tue	Nov 10	10:30-12:00		Ruth Clemo
	CO276	Sleep, Wake, and the Renewing Brain C		Fri	Oct 23, 30, Nov 6	10:30-12:30		Patricia Ryther
		Diversity, Equity, and Incusion						
	DE005	LGBTQ+ Basics		Fri	Oct 16	10:00-12:00		Michael Recant
	DE006	Coping with Blindness and Vision Loss		Thu	Oct 15	11:00-12:30		Robin Hoerber
	DE007	Understanding Gender Identity and Expression		Fri	Sept 25	1:30-3:30		Ted Heck
	DE009	Crazy Stories About Racism		Thu	Oct 22	1:30-3:00		Deb and Donna
	DE011	LGBTQ+ History		Fri	Nov 13	10:00-12:00		Michael Recant
	DE012	The Faith Club		Wed	Sept 16, 23, 30	2:00-3:30		Annette Khan, et. al.
	DE015	Aging and Ageism in Society and Self		Mon	Nov 9, 16, 23	10:30-12:00		Wayne Swatlowksi
	DE016	Bridging Generations: Mentors Make a Difference		Tue	Sept 8, Dec 8	9:30-11:00		Christopher and Wendy
	DE019	A Week in the Life of Billy Good		Fri	Sept 25	10:30-12:00		Wilbur and Carol
	DE020	Sharing Life Experiences: Conversation, Coffee, and Understanding		Tue	Nov 17	2:30-3:30		Rick and Myron

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		Economics and Finance						
	EF006	Unlocking an IRA		Tue	Nov 17	2:00-3:30		Jamey Davidson
	EF100	Investor Alert		Tue	Oct 20	11:30-1:00		Jamey Davidson
	EF104	Estate Settlement and Probate		Tue	Oct 20	9:30-11:30		Mark Mikuta, CPA, CFP
	EF113	Medicare Part D: Shopping Your Prescription Drug Plan		Mon	Oct 12	10:30-11:30		Tammy Akers
	EF115	Estate Planning, Elder Law, and IRA Basics		Tue	Oct 27	10:00-11:30		Paula Peaden
	EF132	Financial Preparedness for Disasters		Thu	Nov 5	1:30-3:30		CCEM Staff
	EF136	Long Term Care Insurance		Tue	Oct 13	9:30-11:30		Linda and Donald
	EF138	Medicare Part D: Shopping Your Prescription Drug Plan		Tue	Oct 20	11:00-12:00	Online	Tammy Akers
	EF147	Outsmart the Scammers		Wed	Oct 14	11:30-12:30		Shawn Doran
	EF150	Virginia Long Term Care Options and How to Pay for Them		Wed	Oct 7	1:00-2:30		Jeremy L. Pryor, Esq.
	EF167	Financial Stability		Tue	Sept 15	2:00-3:30		Richard Commander
	EF168	Financial Stability		Tue	Sept 22	1:30-3:00	Online	Richard Commander
	EF178	Preparing a Home for Sale		Wed	Nov 18	10:30-12:00		Marianne and Dawn
	EF183	New Medicare Birthday Rule and Healthcare Expense Savings		Thu	Sept 24	11:00-12:00		Becky Huddleston
	EF184	Fraud and Scam Prevention		Wed	Sept 16	1:30-3:00		Kathy Boykin
	EF188	Investing in Artificial Intelligence		Wed	Sept 23	9:30-11:00		Jamey Davidson
	EF189	New Medicare Birthday Rule and Healthcare Expense Savings		Fri	Nov 6	2:00-3:00	Online	Becky Huddleston
	EF190	Medicare Essentials: Understanding Healthcare		Fri	Oct 2	10:30-12:00		Becky Huddleston
	EF192	The College Cost Divide: Then, Now, and What It Means		Mon	Sept 14	1:00-2:00		Amy Pridemore
	EF193	Financial Literacy		Thu	Nov 12	10:00-12:00	Online	Trupti Kulkarni
	EF194	Life Insurance Then and Now: Today's Life Insurance Landscape		Thu	Dec 10	10:30-12:00		Becky Huddleston
	EF195	Understanding Medicare's Annual Enrollment Period		Tue	Oct 27	12:30-1:30		Tammy Akers
		Literature, Poetry, and Film						
	EL015	Aspiring Writers' Critique		Fri	Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	Sept 16, 23, 30, Oct 7, 14, 21, Nov 4, 18, Dec 2, 9, 16	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1	9:00-11:00		Suzanne and Tom
	EL100	LLI Literary Society Orientation: Banned Books		Tue	Sept 8	10:30-11:30	Online	Martha and Bob
	EL101	LLI Literary Society Orientation: Banned Books		Tue	Sept 8	1:30-2:30		Martha and Bob
	EL108	The Boy, the Mole, the Fox and the Horse	*\$15	Fri	Oct 30	1:00-3:00		Rachel and Lucas Ramirez
	EL114	LLI Literary Society Feedback and Book Swap		Tue	Oct 27	1:30-2:30		Martha and Bob
	EL127	Virginia Military Veterans: Some Stories Are Too Important to Lose		Mon	Sept 14	11:00-12:00	Online	Alex Sebby
	EL128	Setting in Mysteries: A Key Role		Fri	Nov 13	11:30-12:30	Online	Heather Weidner
	EL143	Writing a Novel to Completion		Tue	Sept 15, 22	1:30-3:00		Mike Jack Stoumbos
	EL146	Workshopping and Editing Fiction Workshop		Tue	Nov 10	1:30-3:30		Mike Jack Stoumbos
	EL147	International Animation		Thu	Oct 29, Nov 5, 12, 19, Dec 3, 10	2:00-3:30		Josh Pachter
	EL148	Developing Fiction Writing		Tue	Oct 6, 13, 20, 27	1:30-3:30		Mike Jack Stoumbos
	EL149	The Iron John Fairy Tale: Unlocking the Wild		Wed	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4	9:00-10:30		Les Schaffer
	EL150	Freedom to Read		Wed	Oct 7	1:30-3:00		Deb Hood
	EL151	Librarians Fighting for Democracy		Wed	Nov 4	1:30-3:30		Deb Hood

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		Fitness						
	FI001	Low Impact Monday	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$20	Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$20	Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:00-2:00		Dorota Kawka
	FI015	Pilates	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	12:15-1:15		Linda McDorman
	FI017	Wednesday Fun Fitness	\$20	Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	8:30-9:30	Online	Tracey Williams
	FI028	Gentle Yoga Monday	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$20	Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	11:30-12:30	Online	Linda McDorman
	FI034	Cardio and Strength Training Online	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:30-2:30	Online	Nicole Thomas-Jackson
	FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/wk	Sept 14 - Dec 18		Online	Team Vivo
	FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/wk	Sept 14 - Dec 18		Online	Team Vivo
	FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/wk	Sept 14 - Dec 18		Online	Team Vivo
		History, Humanities, and International Studies						
	HS003	Current Events Discussion		Wed	Sept 9, 23, Oct 7, 21, Nov 4, 18, Dec 2, 16	1:30-3:00		Hugh Ames, et. al.
	HS060	America, Land of Immigrants		Tue	Sept 22, 29, Oct 6, 13, 20	9:30-11:00		Dr. John Lemza
	HS089	Great Decisions	*\$40	Tue	Sept 22, Oct 13, Nov 10, Dec 8	2:00-3:30		Bob Ferguson
	HS381	The Adventures of Hiking the Caminos		Wed	Oct 28	1:00-3:00		Robert Abbott
	HS409	The Islands of Ireland		Tue	Sept 22, 29, Oct 6, 13, 20, 27	9:00-10:00		John Countryman
	HS541	History of Ventriloquism		Thu	Oct 29	1:00-2:30		John Byrd
	HS617	No Time to Grieve Documentary		Fri	Oct 2	1:30-3:30		Peppy Jones
	HS662	Vietnam: The Indochina Wars, 1945-75		Thu	Oct 8	1:00-2:00	Online	Chris Kolakowski
	HS690	Midlothian Matters		Fri	Oct 9	1:00-2:00		Mark S. Miller, Ph.D.
	HS724	American Corrections: Behind the Walls and Bars		Thu	Oct 8, 15	2:00-3:30		Charles J. Kehoe
	HS750	Echoes of the Past: Reminiscing Together		Thu	Oct 29	10:30-12:00		Richard Commander
	HS753	A Quest for Family Ties: This is America's Story		Fri	Nov 20	10:30-12:00		Samuel Hayes III
	HS754	A Quest for Family Ties: This is America's Story		Thu	Dec 3	1:00-2:30	Online	Samuel Hayes III
	HS761	WWII via Documentary: Victory at Sea (Part 2)		Mon	Sept 14, 28, Oct 5, 12, 19, 26	11:00-12:30		Edward Blackwell
	HS771	Sir Ernest Shackleton: A Leadership Discussion		Thu	Oct 22	9:00-10:30		Dan Riegel
	HS783	The World's Sacred Sites		Mon	Sept 14, 28, Oct 5, 12, 19, 26	12:15-1:30		Bob Ferguson
	HS791	Mementos and Memories A: Show and Tell		Thu	Dec 3	10:00-11:30		Karen Molzhon
	HS792	Mementos and Memories B: Show and Tell		Thu	Dec 10	10:00-11:30		Karen Molzhon
	HS796	Airwomen In Flight: A Century of Adventure and Achievement		Wed	Oct 14	2:00-3:30		Tim Kisner

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		History, Humanities, and International Studies						
	HS799	Great Palaces		Wed	Sept 9, 16, 23, 30	11:30-1:00		Karen Steele
	HS800	History of Brazil		Mon	Nov 9, 16, 23	9:30-11:00		John Whaley
	HS801	Popular Culture of the 1950s: Music, History, Literature, and Television		Thu	Sept 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19	11:00-12:00		Vic Thompson
	HS802	Tour of Ireland		Fri	Oct 2, 9, 16, 23	10:30-11:30		Timothy Pace
	HS803	The Mayan World: Yaxchilan, Palenque, and Bonampak		Mon	Sept 14, Oct 5, 26	2:00-3:30		Rick Kinnaird
	HS804	The Life of Osceola and the Great Seminole War		Tue	Sept 22, 29	11:30-12:30		Ed Barbour
	HS805	The WWI Letters of Private Ray Lamb		Thu	Oct 1	2:00-3:30		James Triesler
	HS806	Hampden-Sydney Goes to War		Tue	Oct 20, 27	2:00-3:30		James Triesler
	HS807	Virginia Court Sentencing Options		Fri	Sept 25	1:30-3:30		Erin and Frank
	HS808	The Story of the Hindenburg		Tue	Oct 6	11:30-12:30		George Saunders
	HS809	Stonewall Jackson: His Traits and Behavior in Leadership		Wed	Sept 30	2:30-3:30		Herbert Loveless
	HS810	Stonewall Jackson: His Traits and Behavior in Leadership		Tue	Oct 20	1:00-2:00	Online	Herbert Loveless
	HS811	The Art of the Fan: Fashion and Communication		Mon	Oct 26	9:30-10:30		Milbrey A. Bartholow
	HS812	George Gay: Sole Survivor of Torpedo Squadron 8 at Midway		Tue	Dec 1	1:30-3:00		Randall L. Lanning
	HS813	Abraham Lincoln A		Tue	Sept 22	1:00-2:00		Waite Rawls
	HS814	Abraham Lincoln B		Tue	Oct 27	11:00-12:00		Waite Rawls
	HS815	Sara Allen of Deerfield, Massachusetts		Tue	Sept 15	1:00-2:00		Wilbur Good
		Health and Wellness						
	HW188	Shoulder Pain: Rotator Cuff Repair and Shoulder Replacement		Fri	Oct 23	12:00-1:00		Michael Mariscalco, MD
	HW238	Tai Chi Demonstration and Overview		Tue	Dec 15	11:30-12:30		Damir and Mary
	HW239	Guided Meditation for Joy and Peace		T/Th/F	Oct 13, 15, 16	2:00-3:30	Online	Trupti (T) and Emme
	HW342	Beginning Tai Chi 24 Form A		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	1:30-2:15		Damir Strmel
	HW343	Intermediate Tai Chi: Learning the Traditional Yang Form		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	Sept 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	11:00-12:00		Mary E. Gutberlet, M.Ed.
	HW355	Beginning Tai Chi 24 Form B		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	2:30-3:15		Mary E. Gutberlet, M.Ed.
	HW356	Beginning Tai Chi 24 Form C		Wed	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	2:30-3:15		Mary E. Gutberlet, M.Ed.
	HW375	Joint Replacements: What to Know Before and After Surgery		Thu	Sept 17	2:30-3:30		David Reynolds, PT, DPT
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Thu	Oct 8	2:30-3:30		David Reynolds, PT, DPT
	HW377	Chronic Pain: How Do I Get Rid of It?		Thu	Nov 12	2:30-3:30		David Reynolds, PT, DPT
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	12:00-1:00		Mary and Mark
	HW394	Be the Help Until Help Arrives		Tue	Sept 29	1:00-3:00		CCEM Staff
	HW406	Low Back Pain	*\$15	Mon	Sept 14	10:00-11:30		Thomas Neviaser, MD
	HW407	Knee Conditions	*\$15	Mon	Sept 28	10:00-11:30		Thomas Neviaser, MD
	HW408	Shoulder Conditions	*\$15	Mon	Oct 5	10:00-11:30		Thomas Neviaser, MD
	HW409	Dry Needling: What It Is and How It Works		Thu	Dec 3	2:30-3:30		David Reynolds, PT, DPT
	HW428	AFib and Stroke Prevention		Fri	Sep 18	2:00-3:00		Juwairia Mulla, MD
	HW436	Senior Living Continuum		Wed	Sept 16	1:30-3:30		Jaime Smiley, MS
	HW437	Dementia Stages and Strategies		Wed	Oct 14	1:30-3:30		Jaime Smiley, MS
	HW445	Staying Safe at Home		Tue	Nov 17	1:30-3:30		Jaime Smiley, MS
	HW446	Stress Management Bingo: A Fun Way to Recharge		Fri	Sept 11	2:30-3:30		Rebecca and Eric

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		Health and Wellness						
	HW462	Cultivating an Attitude of Gratitude		Tue	Nov 24	2:00-3:30		Melissa and Maria
	HW467	Low Back Pain Solutions		Tue	Sept 22	2:30-3:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Tue	Oct 13	2:30-3:30		Jordan Witt, DPT
	HW469	Fall Prevention Tips and Exercises		Tue	Nov 10	2:30-3:30		Jordan Witt, DPT
	HW476	Pelvic Floor Health and Women's Incontinence: Hold It!		Thu	Nov 5	12:00-1:00		Ramzi Aboujaoude, MD
	HW477	Building Caregiver Foundations		Tue	Sept 15	11:00-12:00		Rachel Lawson
	HW478	Supporting Dementia Independence as a Caregiver		Tue	Oct 6	10:30-11:30		Rachel Lawson
	HW479	Caregiver Communication and Responding to Dementia-Related Behaviors		Tue	Nov 17	10:30-12:00		Rachel Lawson
	HW480	Exploring Dementia Care and Support Services		Tue	Dec 15	11:00-12:00		Rachel Lawson
	HW486	Hearing Loss Apps for Smartphones		Thu	Oct 22	1:00-2:00	Online	Debra Ogilvie, et. al.
	HW495	Radiation for Arthritis: A Fresh Look at Osteoarthritis Treatment		Fri	Nov 6	1:30-2:30		David Randolph II, MD
	HW498	Bone Health Basics		Thu	Oct 15	12:30-1:30		Joshua Herzog, MD
	HW502	Medication Safety		Tue	Sept 22	11:30-1:00		Eric and Allyson
	HW504	Lifespan Reflection with VCU OT: Rewind and Replay		Wed	Sept 23, Oct 21	1:30-3:00		Audrey and Ayn
	HW510	Post-Menopausal Women's Health: Challenges, Treatment, and Prevention		Fri	Oct 30	2:00-3:00		Emily Stone, MD
	HW528	Women's Urology Wellness		Thu	Dec 3	1:00-2:00		Annie Edwards, DNP
	HW530	Remembering Decades Past: Reminiscing and Reflection		Tue	Nov 10, 17	9:30-11:30		Jennifer and Eric
	HW535	Social Wellness		Wed	Dec 2, 9, 16	12:00-1:30		Rebecca and Jennifer
	HW536	Self-Compassion		Tue	Dec 1, 8	9:30-11:00		Rebecca and Eric
	HW540	Muscles, Macros, and Mindset		Wed	Sept 16	9:30-10:30		Siobhan Carlton
	HW543	Advanced Cardiac Imaging: Seeing Inside the Heart Without Surgery		Tue	Sept 15	11:00-12:00		Logan Bernhardt, DO
	HW544	Renal Denervation Therapy: Option for High Blood Pressure		Fri	Oct 16	2:00-3:00		Gouthami Chennu, MD
	HW545	Heart Rhythm Solutions: Pacemakers and Defibrillators		Mon	Oct 26	11:00-12:00		Sami Ibrahim, MD
	HW546	Understanding Peripheral Artery Disease		Wed	Dec 2	11:00-12:00		Raahat Basal, MD
	HW547	Getting Better with Age: Reflections and Insights		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:30-3:30		John Bennett
	HW548	Guided Medical Discussion		Thu	Oct 1, 8, 15	10:30-12:00		Brian Mitchell, MD
	HW549	Understanding Emotions and Feelings		Tue	Sept 29, Oct 6, 13	10:30-12:00	Online	Emme Anderson-Simon
	HW550	Walking Through Grief and Supporting Others Through Difficult Times		Fri	Sept 11, 18	10:30-12:00		Karen and Jen
	HW551	Today's Cannabis: A Practical, Safe, and Science-Based Guide		Mon	Oct 12	11:00-12:00		Donna D. Zampi, PhD
	HW552	From Screen Time to Green Time: Getting Children in Nature		Thu	Oct 1	10:30-12:00	Online	Dr. Dale Atkins
	HW553	From Medical Breakthroughs to the Genetic Negotiation of a Lifetime		Tue	Oct 27	2:00-3:00	Online	Dr. Marschall Runge
	HW554	Meditation Practices: A Sampler		Mon	Nov 9	10:30-11:30		Janet Abel
	HW555	Meditation Practices: A Sampler		Tue	Dec 1	1:30-2:30	Online	Janet Abel
	HW556	Laughing Yoga: HaHaHa Hatha		Mon	Dec 7	1:30-2:30		Janet Abel
	HW557	Tips for Injury and Poison Prevention: Safe and Sound		Tue	Sept 29	10:30-12:00		Amanda and Shelly
		Inside LLI Activities						
	IA016	Annual State of the LLI Meeting		Mon	Oct 19	9:30-11:00		Dr. John Lemza, et. al.
	IA022	LLI Committee Fair: A Behind the Scenes Look		Mon	Sept 28	2:15-3:15		LLI Committee Chairs
	IA077	Workshop for LLI Instructors		Tue	Sept 8	12:30-2:00		Rachel Ramirez
	IA078	Workshop for LLI Instructors		Thu	Sept 10	12:30-2:00	Online	Rachel Ramirez
	IA997	Discussion with the Director		Thu	Sept 10	2:30-3:30		Rachel Ramirez
	IA998	Orientation for New Members		Fri	Sept 11	1:00-2:15	Online	Rachel Ramirez
	IA999	Orientation for New Members		Tue	Sept 8	9:30-11:00		Rachel Ramirez

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		Languages						
	LA015	Conversational German		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	2:00-3:30		Alan McCrea
	LA019	Conversational French Review		Tue	Nov 10, 17, 24, Dec 1, 8, 15	9:00-10:00		Carol Pritchard
		Leisure Activities						
	LE007	Basic Quilting		Fri	Oct 9, 16, 23, 30, Nov 6, 13	10:30-12:00		Milbrey A. Bartholow
	LE032	Needleworkers United		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:30-3:00		Ellen Rennels
	LE130	Extra Easy Greeting Cards	\$15	Wed	Dec 9	10:00-12:00		LaVae Hoffman
	LE143	Beaded Lanyard for LLI Name Tag A	\$8	Tue	Sept 8	12:30-3:30		Donna Whitfield
	LE147	Beaded Lanyard for LLI Name Tag B	\$8	Mon	Sept 14	12:30-3:30		Donna Whitfield
	LE200	Advanced Card Making: Multi Media Fun	\$7	Tue	Nov 10	1:30-3:30		Marie Ireland
	LE233	Fun with Colorful Wire Jewelry Workshop	\$15	Wed	Oct 7, 14, 21, 28	10:30-12:00		Judith Onesty
	LE241	Basic Pine Needle Baskets	\$23	Thu	Oct 29, Nov 5, 12, 19	9:30-11:30		Diane and Jennifer
	LE252	Genealogy Discussions		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	2:00-3:30		Janet and Kevin
	LE253	Easy Cooking with Judith		Mon	Nov 9, 16, 23, 30	10:30-12:00	Online	Judith Onesty
	LE265	Modern Floral Design with an Asian Influence	\$12	Fri	Oct 9, 16, 23	1:30-3:00		Evelyn Klumb
	LE276	Balloonology 101	*\$8	Mon	Sept 14	10:30-12:00		Wayne Swatlowski
	LE279	Introduction to Disc Golf	*\$12	Tue	Sept 29, Oct 6, 13, 20	9:30-11:00		Stone Wahl
	LE298	Honeybee 101: The Fascinating World of the Honeybee		Fri	Nov 13	10:30-12:00		Conner Parrish
	LE308	Live Evergreen Wreaths	\$55	Wed	Nov 18	10:00-12:00		Conner Parrish
	LE314	Card Making by the Numbers	\$30	Wed	Sept 30	10:00-12:00		Stephanie Balarzs Douglas
	LE315	Scrapbooking Made Easy	\$20	Tue	Sept 15	10:00-12:00		Stephanie Balarzs Douglas
	LE317	Learn American Mah Jongg		Wed	Sept 30, Oct 7, 14, 21	9:00-10:30		Stone Wahl
	LE335	Needle Felting Dryer Balls	\$10	Wed	Sept 30	1:30-3:30		Marie Ireland
	LE348	Logic and Reasoning Puzzles A: Set 4		Wed	Sept 30	11:00-12:30		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 4		Tue	Nov 17	9:30-11:00		Stone Wahl
	LE363	Beginning Quilling	\$15	Tue	Dec 1, 8	1:30-3:00		Karen and Evelyn
	LE364	Dahlia Flowers 101		Fri	Oct 30	10:30-12:00		Conner Parrish
	LE366	Ecological Gardening 101		Thu	Sept 10	9:00-10:30		Conner Parrish
	LE371	Wine Bottle Wind Chimes A	\$15	Tue	Oct 20	10:00-12:00		Marie Ireland
	LE376	Wine Bottle Wind Chimes B	\$15	Tue	Oct 20	1:30-3:30		Marie Ireland
	LE377	American Mah Jongg Boot Camp		Wed	Nov 18, Dec 2, 9, 16	9:00-10:30		Stone Wahl
	LE378	U.S. Coins and Postage Stamps Collection		Tue	Dec 1	1:00-3:00		Richard Commander
	LE379	Travel Tips and Strategies: Wander Wisely		Thu	Nov 12	1:00-2:00		Cindy Graunke
	LE380	Traveling Turkey in the Footsteps of St. John the Apostle		Fri	Sept 11	2:00-3:30		Martha Steger
	LE381	Composting		Tue	Nov 17	10:00-11:30		Norman and Susan
	LE382	Ecosystem Landscaping		Tue	Sept 15	9:00-10:30		Conner Parrish

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		Life Services						
	LS050	EMS Passport Program		Tue	Dec 1	10:30-12:00		Millie Bishop
	LS069	VirginiaNavigator Overview: Navigating a Family of Websites		Wed	Sept 9	10:00-11:00		Bonnie Scimone
	LS084	The Art of the Apology		Thu	Sept 10, 17	10:30-12:00		Dr. Michael J. Wriston
	LS085	The Power of Listening		Fri	Sept 25, Oct 2	10:30-12:00		Dr. Michael J. Wriston
	LS086	Chesterfield Public Library Online Streaming and Reading Options		Tue	Sept 22	9:30-11:00		Cindy Arnold
	LS090	Increasing Grandparent Impact		Mon	Oct 5	9:30-11:30		Dr. Michael J. Wriston
	LS091	Thirteen Life-Changing Habits		Mon	Oct 12, 19	10:00-11:30		Dr. Michael J. Wriston
	LS094	Befriending the Subconscious		Thu	Nov 5, 12	10:30-12:00		Dr. Michael J. Wriston
	LS095	Enhancing Focus and Joy		Mon	Nov 16, 23, 30	10:00-11:30		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive, Not Reactive		Tue	Sept 29	9:30-11:00		Marc Friedlander, MBA
	LS099	Healthy Boundaries with Children		Mon	Dec 7, 14	10:00-11:30		Dr. Michael J. Wriston
	LS145	Transportation Services in Chesterfield County		Mon	Sept 14	11:00-12:00		Billie Darlington
	LS147	Crafts for Community		Thu	Sept 17, Oct 15, Nov 19	11:30-1:00		Milbrey A. Bartholow
	LS152	Human Trafficking: The Basics and the Law		Thu	Oct 15	9:00-10:30		Linda Hawkins, et. al.
	LS157	Planning Final Arrangements: Plan to Make It Right		Tue	Nov 10	12:30-2:00		Susan and Ben
	LS171	Transportation Services in Chesterfield County		Mon	Oct 12	11:00-12:00	Online	Billie Darlington
	LS172	Mercy Mall Emergency Food Bags		Thu	Oct 22	2:00-3:00		Phyllis Maples
	LS177	Emergency Preparedness for Individuals and Households		Wed	Nov 18	2:00-3:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Thu	Oct 1	1:30-3:30		Keith Chambers
	LS196	Navigating Senior Housing 101		Fri	Oct 16	1:00-2:00		John Krug
	LS198	Discussing the Big and Often Polarizing Issues		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	12:30-2:00		John and Claude
	LS202	Chesterfield Mobile Integrated Healthcare Provider		Wed	Sept 16	12:30-1:30		Lt. Bersch and Dan
	LS203	Improving Self-Esteem		Tue	Sept 29	2:00-3:30		Richard Commander
	LS208	Medical Aid in Dying: An End-of-Life Option		Wed	Nov 4	2:00-3:30		Wayne Swatlowksi
	LS213	Setting Goals		Wed	Dec 9	2:00-3:30		Richard Commander
	LS217	Critical Thinking A: Principles and Obstacles		Wed	Sept 23, 30	12:30-1:30		Brian Plante
	LS218	Critical Thinking B: Principles and Obstacles		Tue	Nov 17, 24	1:00-2:00		Brian Plante
	LS221	Aging in Place Explored: Proactive Aging		Mon	Sept 28, Oct 5	11:00-12:30	Online	Ann-Marie and Kristi
	LS229	From Farm to Front Door: How Food Gets to Those in Need		Thu	Sept 10	1:00-2:00		Brooke and Diana
	LS243	Preparing for Care and Crisis		Mon	Oct 5, 12, 19, 26	2:30-3:30		Jodie Musgrove
	LS244	Organized for Life		Thu	Oct 8, 15	9:00-10:00		Cara Kinning
	LS245	Protecting Home Equity and Spotting Scams: The Home Wealth Shield		Fri	Oct 9	11:00-12:00		Brian O'Laughlin
	LS246	Firearms Basics		Mon	Oct 19	11:00-12:30		Donna and Scott
	LS247	Higher Education Access: Understanding Virginia's Senior Tuition Waiver		Thu	Sept 17, Oct 1	10:00-11:30		Ayn and Rachel
	LS248	VCU Senior Mentoring Program: Connecting Medical Students and Older Adults		Fri	Sept 11	11:00-12:30		Shannon and Maddie

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		Philosophy and Religious Studies						
	PR002	Bible Discussion of Esther and Ruth: Providence and Faithfulness		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:00-3:30		Mark and Julius
	PR059	The History of the Bible: Not a Bible Study		Thu	Nov 5, 12, 19	1:30-2:30		Wayne Moyer
	PR087	The Roman Catholic Mass and Scripture		Mon	Sept 28, Oct 5	10:00-11:30		Joanna Lurie
	PR099	Science, Theology, and Beyond		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12	9:30-11:00		Timothy Pace
	PR100	The Chosen: The Life of Jesus and His Followers		Mon	Sept 28, Oct 5, 12, 19, 26, Nov 9, 16	1:00-2:30		Luke John Coukos
	PR104	God's Grace: What Does It Look Like?		Tue	Dec 15	2:00-3:30		Richard Commander
	PR107	Biblical End Times Prophecies		Tue	Oct 6, 13, 20, 27	2:00-3:30		Wayne Moyer
	PR112	Ethics		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	9:30-10:30		James P. McDonough
	PR113	Mental Health and Faith: The Ins and Outs of Anxiety and Depression		Tue	Oct 6, 13, 20, 27	12:00-1:30		Annette G. Alabaster
	PR118	Exploring the World of Dreams		Tue	Sept 15, 22, 29, Oct 6	11:30-1:00		Mickie McGuill
	PR121	Contemporary Moral Issues		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	11:00-12:00		James P. McDonough
	PR122	Subconscious Awareness and Manifesting		Fri	Oct 16, 30, Nov 13	1:00-2:00		Mickie McGuill
	PR123	What Is Heaven Like?		Thu	Dec 3, 10	2:30-3:30		Wayne Moyer
		Special Events						
	SE073	Feed More Tour and Presentation A		Fri	Dec 4	10:00-11:00		Brooke Rogers
	SE126	Agecroft Hall Folktales Tour A	\$12	Tue	Sept 29	10:30-11:30		Katie and Matt
	SE154	Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet		Wed	Dec 16	11:00-12:00		Ken Carlson
	SE164	Company's Coming Band Concert		Fri	Nov 13	2:00-3:15		Kate Conn, et. al.
	SE167	Feed More Tour and Presentation B		Tue	Dec 8	10:00-11:00		Brooke Rogers
	SE168	Feed More Tour and Presentation C		Fri	Dec 11	10:00-11:00		Brooke Rogers
	SE170	Agecroft Hall Folktales Tour B	\$12	Tue	Oct 27	10:30-11:30		Katie and Matt
	SE171	Literary Society Celebration		Mon	Dec 14	1:00-2:30		Martha and Bob
	SE195	VMHC Women's History Tour A	\$17	Tue	Nov 10	1:00-2:00		Grace Powers
	SE196	VMHC Women's History Tour B	\$17	Thu	Nov 19	1:00-2:00		Grace Powers
	SE220	VCU's Cabell Library Behind the Scenes Tour		Wed	Oct 14	1:00-2:30		Kelly Gotschalk
	SE224	CIS Volunteer Mentoring: Ettrick Elementary School		Tue	Sept 22, Oct 6, 20, Nov 10, 17, Dec 1	10:30-1:30		Christopher Lee
	SE233	Behind the Scenes with Brightpoint: Witness for the Prosecution Sneak Peek		Fri	Nov 6	10:30-12:00		Kerrigan Sullivan
	SE238	The Cruise Without an End: A YAHA Performance		Wed	Oct 28	1:00-2:00		Bob and Vic
	SE239	History Museums in Washington, D.C. Tour	\$140	Fri	Sept 18	7:30-7:00		SignaTours
	SE240	Blue Ridge Adventure Tour: Virginia Safari Park and Natural Bridge	\$195	Thu	Oct 22	7:00-7:00		SignaTours
	SE241	Chesterfield County Jail and HARP Tour		Thu	Oct 1	10:00-12:00		Bailey and Sherriff Leonard
	SE911	Chesterfield 911 Center Tour A		Tue	Oct 6	10:30-12:00		Shannon M. White
	SE912	Chesterfield 911 Center Tour B		Mon	Oct 19	10:30-12:00		Shannon M. White
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:00-3:00		Carolyn and Fran
	WG007	Canasta Variations: Hand and Foot, Triple Play, and Samba		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg Thursday		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:30-11:30		Mary Jane and Marilyn
	WG010	Bridge for Experienced Players		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	12:30-3:30		Jane Polivka
	WG013	Spades		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	11:30-1:30		Anne and Bev
	WG014	Mah Jongg Tuesday		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	2:00-3:30		Julie Randolph

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