

[illegible]



Monday	Tuesday	Wednesday	Thursday	Friday
9/14/2026	9/15/2026	9/16/2026	9/17/2026	9/18/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	7:30a-7p SE239 - History in D.C. Tour
10a-12p AD338 - Intermediate Oil Painting	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a LE382 - Ecosystem Landscaping	9a-10:30a EL149 - The Iron John Fairy Tale	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-10:30a PR112 - Ethics
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a HW540 - Muscles, Macros, and Mindset	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a HW406 - Low Back Pain	10a-12p LE315 - Scrapbooking Made Easy	9:45a-10:45a FI017 - Fun Fitness	10a-11:30a LS247 - Higher Education Access	10a-12p WG007 - Canasta Variations
10:30a-12p LE276 - Balloonology 101	11a-12p HW477 - Building Caregiver Foundations	10:30a-12:30p CO265 - Sleep and the Renewing Brain A	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Artists' Workshop
11a-12:30p AD231 - Ukulele Jam	11a-12p HW543 - Advanced Cardiac Imaging	11a-12p AD183 - Beginning Guitar	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p HW550 - Walking Through Grief
11a-12p EL127 - Virginia Military Veterans (Online)	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12p LS084 - The Art of the Apology	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11:30a-1p PR118 - Exploring the World of Dreams	11a-11:45a FI018 - Sit and Be Fit	11a-12p HS801 - Popular Culture of the 1950s	11a-12p PR121 - Contemporary Moral Issues
11a-12:30p HS761 - WWII via Documentary	11:30a-1:30p WG013 - Spades	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-12p LS145 - Transportation Services	12:30p-1p IA100 - Birthday Celebration	11:30a-1p HS799 - Great Palaces	11:30a-1p LS147 - Crafts for Community	12:30p-3:30p WG010 - Bridge for Experienced Players
12:15p-1:15p FI015 - Pilates	1p-3p AD149 - Watercolor Florals	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
12:15p-1:30p HS783 - The World's Sacred Sites	1p-2p FI006 - Chair Yoga	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-2p LS198 - Discussing Polarizing Issues	1:30p-2:30p HW343 - Intermediate Tai Chi
12:30p-3:30p LE147 - Beaded Lanyard B	1p-3p WG001 - Social Bingo	12:30p-1:30p LS202 - Chesterfield Mobile Health	1p-2p FI010 - Chair Yoga	2p-3p HW428 - AFib and Stroke Prevention
1p-3p WG004 - Cards and Games	1p-2p HS815 - Sara Allen of Deerfield, MA	1p-3p AD234 - Artist Open Studio	1p-2:30p CO261 - Fusion Power in Chesterfield (Online)	
1p-2p EF192 - The College Cost Divide	1:30p-3p EL143 - Writing a Novel	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	2p-3:30p EF167 - Financial Stability	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p HS803 - The Mayan World	2p-3:30p WG014 - Mah Jongg	1:30p-3p EF184 - Fraud and Scam Prevention	2p-3:30p CO209 - Understanding AI A	
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p HW436 - Senior Living Continuum	2p-3:30p PR002 - Bible Discussion	
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B		1:30p-3p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3:30p DE012 - The Faith Club	2:30p-3:30p HW547 - Getting Better with Age	
		2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p HW375 - Joint Replacements	
		2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C		

Monday	Tuesday	Wednesday	Thursday	Friday
9/21/2026	9/22/2026	9/23/2026	9/24/2026	9/25/2026
LLI Closed	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-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a EF188 - Investing in AI	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
	9:30a-11a LS086 - Chesterfield Public Library	9:45a-10:45a FI017 - Fun Fitness	10a-12p AD192 - Super Senior Storytelling Slam	10:30a-12:30p AD278 - Artists' Workshop
	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12:30p CO265 - Sleep and the Renewing Brain A	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p DE019 - A Week in Billy's Life
	10:30a-1:30p SE224 - CIS Volunteer Mentoring	11a-12p AD183 - Beginning Guitar	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p LS085 - The Power of Listening
	10:30a-12p AD337 - Lifelong Voices Choir	11a-12p EL043 - Enjoy Poetry	11a-12p EF183 - New Medicare Birthday Rule	11a-12p HW352 - Beginning Tai Chi Review
	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11a-12p HS801 - Popular Culture of the 1950s	11a-12p PR121 - Contemporary Moral Issues
	11:30a-12:30p HS804 - The Life of Osceola	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
	11:30a-1p PR118 - Exploring the World of Dreams	11:30a-1p HS799 - Great Palaces	12p-1:30p AD141 - Lifelong Musicians	12:30p-3:30p WG010 - Bridge for Experienced Players
	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p Curriculum Committee Meeting	1p-3p EL015 - Aspiring Writers' Critique
	11:30a-1p HW502 - Medication Safety	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-2p LS198 - Discussing Polarizing Issues	1p-3p WG002 - Social Bingo
	1p-3p AD149 - Watercolor Florals	12:30p-1:30p LS217 - Critical Thinking A	1p-2p FI010 - Chair Yoga	1:30p-3:30p DE007 - Understanding Gender Identity
	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-3:30p HS807 - Virginia Sentencing Options
	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	2p-3:30p AD111 - Intermediate Watercolor	1:30p-2:30p HW343 - Intermediate Tai Chi
	1p-2p HS813 - Abraham Lincoln A	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p CO209 - Understanding AI A	
	1:30p-3p EF168 - Financial Stability (Online)	1:30p-3p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	
	1:30p-3p EL143 - Writing a Novel	1:30p-3p HW504 - Lifespan Reflection	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS089 - Great Decisions	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p HW547 - Getting Better with Age	
	2p-3:30p WG014 - Mah Jongg	2p-3:30p DE012 - The Faith Club		
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p HW467 - Low Back Pain Solutions	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C		



Monday	Tuesday	Wednesday	Thursday	Friday
9/28/2026	9/29/2026	9/30/2026	10/1/2026	10/2/2026
9a-10a FI001 - Low Impact	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
10a-12p AD338 - Intermediate Oil Painting	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
10a-11a Diversity Committee Meeting	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE279 - Introduction to Disc Golf	9a-10:30a LE317 - Learn American Mah Jongg	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a AD218 - The Works of Salvador Dali	10a-12p SE241 - Chesterfield County Jail Tour	10:30a-12:30p AD278 - Artists' Workshop
10a-11:30a PR087 - The Roman Catholic Mass	9:30a-11a LS097 - Senior Living Options	9:45a-10:45a FI017 - Fun Fitness	10a-11:30a LS247 - Higher Education Access	10:30a-12p EF190 - Medicare Essentials
10a-11:30a HW407 - Knee Conditions	10a-11a AD021 - Intermediate Tap Dancing	10a-12p LE314 - Cardmaking by Numbers	10:15a-11:15a AD075 - Line Dance Practice	10:30a-11:30a HS802 - Tour of Ireland
11a-12p FI028 - Gentle Yoga	10:30a-11:30a SE126 - Agecroft Hall Folktales Tour A	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p LS085 - The Power of Listening
11a-12:30p HS761 - WWII via Documentary	10:30a-12p AD337 - Lifelong Voices Choir	11a-12p EL043 - Enjoy Poetry	10:30a-12p HW548 - Guided Medical Discussion	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p LS221 - Aging in Place Explored (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p HW552 - From Screen Time to Green Time (Online)	11a-12p PR121 - Contemporary Moral Issues
11:30a-12:30p InterAge Committee Meeting	10:30a-12p HW557 - Tips for Injury Prevention	11a-12:30p LE348 - Logic and Reasoning Puzzles A	11a-12p HS801 - Popular Culture of the 1950s	12:15p-1:15p AD022 - Ballroom Dance for Partners
12p-1:30p AD220 - Improv for Brain Health	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	12:30p-3:30p WG010 - Bridge for Experienced Players
12:15p-1:15p FI015 - Pilates	11:30a-12:30p HS804 - The Life of Osceola	11:30a-1p HS799 - Great Palaces	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
12:15p-1:30p HS783 - The World's Sacred Sites	11:30a-1p PR118 - Exploring the World of Dreams	12p-1p HW386 - Intermediate Tai Chi 24 Form	12:30p-2p LS198 - Discussing Polarizing Issues	1p-3p CO243 - Apple Mail App
12:30p-2p CO263 - Working with AI A	11:30a-1:30p WG013 - Spades	12:30p-1:30p AD182 - Explore Ventriloquism	1p-2p FI010 - Chair Yoga	1:30p-3:30p HS617 - No Time to Grieve
1p-2:30p PR100 - The Chosen	1p-3p AD149 - Watercolor Florals	12:30p-1:30p LS217 - Critical Thinking A	1p-2p Fundraising Committee Meeting	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1:30p-3:30p LS178 - Chesterfield Fire and EMS	
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-3p HW394 - Be the Help Until Help Arrives	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p LA015 - Conversational German	1:30p-2:30p CO271 - Wi-Fi Network Health	1:30p-3p LE032 - Needleworkers United	2p-3:30p HS805 - WWI Letters of Private Lamb	
2:15p-3:15p IA022 - LLI Committee Fair	2p-3:30p LS203 - Improving Self-Esteem	1:30p-3:30p LE335 - Needle Felting Dryer Balls	2p-3:30p PR002 - Bible Discussion	
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form A	2p-3:30p WG014 - Mah Jongg	2p-3:30p DE012 - The Faith Club	2:30p-3:30p FI007 - Gentle Yoga	
3:30p-4:30p LLI Board of Directors Meeting	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p HW547 - Getting Better	
		2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C		
		2:30p-3:30p HS809 - Stonewall Jackson		



Monday	Tuesday	Wednesday	Thursday	Friday
10/5/2026	10/6/2026	10/7/2026	10/8/2026	10/9/2026
9a-10a FI001 - Low Impact	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
9:30a-11:30a LS090 - Increasing Grandparent Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
10a-12p AD338 - Intermediate Oil Painting	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10a LS244 - Organized for Life	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE279 - Introduction to Disc Golf	9a-10:30a LE317 - Learn American Mah Jongg	9:30a-11a PR099 - Science, Theology, and Beyond	10a-11a CO258 - Zoom Practice (Online)
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-11:30a PR087 - The Roman Catholic Mass	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Artists' Workshop
10a-11:30a HW408 - Shoulder Conditions	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-11:30a HS802 - Tour of Ireland
11a-12p FI028 - Gentle Yoga	10:30a-12p SE911 - Chesterfield 911 Center Tour A	10:30a-12p LE233 - Wire Jewelry Workshop	10:30a-12p HW548 - Guided Medical Discussion	10:30a-12p LE007 - Basic Quilting
11a-12:30p HS761 - WWII via Documentary	10:30a-12p AD337 - Lifelong Voices Choir	11a-12p AD183 - Beginning Guitar	11a-12p HS801 - Popular Culture of the 1950s	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p LS221 - Aging in Place Explored (Online)	10:30a-11:30a HW478 - Support Dementia Independence	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p LS245 - Protecting Home Equity
12p-1:30p AD220 - Improv for Brain Health	10:30a-12p HW549 - Understanding Emotions (Online)	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	11a-12p PR121 - Contemporary Moral Issues
12:15p-1:15p FI015 - Pilates	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	12:30p-2p LS198 - Discussing Polarizing Issues	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:15p-1:30p HS783 - The World's Sacred Sites	11:30a-1p PR118 - Exploring the World of Dreams	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	12:30p-3:30p WG010 - Bridge for Experienced Players
12:30p-2p CO263 - Working with AI A	11:30a-1:30p WG013 - Spades	12:30p-1:30p AD182 - Explore Ventriloquism	1p-2p HS662 - Vietnam (Online)	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p PR100 - The Chosen	11:30a-12:30p HS808 - The Story of the Hindenburg	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	12p-1:30p PR113 - Mental Health and Faith	1p-3p WG006 - Cards and Games	2p-3:30p AD111 - Intermediate Watercolor	1p-2p HS690 - Midlothian Matters
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-3p AD149 - Watercolor Florals	1p-2:30p EF150 - Virginia Long Term Care	2p-3:30p HS724 - American Corrections	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	1:30p-3p LE265 - Modern Floral Designs
2p-3:30p HS803 - The Mayan World	1p-3p WG001 - Social Bingo	1:30p-3p EL150 - Freedom to Read	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p LA015 - Conversational German	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3p HS003 - Current Events	2:30p-3:30p HW547 - Getting Better with Age	
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p CO260 - Fusion Power in Chesterfield	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p HW376 - Vertigo and Dizziness	
2:30p-3:30p LS243 - Preparing for Care and Crisis	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p LE252 - Genealogy Discussions		
	2p-3:30p WG014 - Mah Jongg	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C		
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
10/12/2026	10/13/2026	10/14/2026	10/15/2026	10/16/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold	8:30a-9:30a FI003 - Low Impact
10a-12p AD338 - Intermediate Oil Painting	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
10a-10:45a FI004 - Sit and Be Fit	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10:30a LS152 - Human Trafficking	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a LE279 - Introduction to Disc Golf	9a-10:30a LE317 - Learn American Mah Jongg	9a-10a LS244 - Organized for Life	10a-12p WG007 - Canasta Variations
10a-11:30a LS091 - Thirteen Life-Changing Habits	9:30a-11:30a EF136 - Long Term Care Insurance	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11a PR099 - Science, Theology, and Beyond	10a-12p DE005 - LGBTQ+ Basics
10:30a-11:30a EF113 - Medicare Part D	9:30a-11a HS060 - America, Land of Immigrants	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Artists' Workshop
11a-12p FI028 - Gentle Yoga	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:15a-11:15a AD075 - Line Dance Practice	10:30a-11:30a HS802 - Tour of Ireland
11a-12:30p HS761 - WWII via Documentary	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p LE233 - Wire Jewelry Workshop	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p LE007 - Basic Quilting
11a-12p HW551 - Today's Cannabis	10:30a-12p HW549 - Understanding Emotions (Online)	11a-12p AD183 - Beginning Guitar	10:30a-12p HW548 - Guided Medical Discussion	11a-12p HW352 - Beginning Tai Chi Review
11a-12p LS171 - Transportation Services (Online)	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	11a-12:30p DE006 - Coping with Blindness	11a-12p PR121 - Contemporary Moral Issues
12p-1:30p AD220 - Improv for Brain Health	11:30a-12:30p AD248 - Readers Theater	11a-11:45a FI018 - Sit and Be Fit	11a-12p HS801 - Popular Culture of the 1950s	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:15p-1:15p FI015 - Pilates	11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12:30p-3:30p WG010 - Bridge for Experienced Players
12:15p-1:30p HS783 - The World's Sacred Sites	12p-1:30p PR113 - Mental Health and Faith	11:30a-12:30p EF147 - Outsmart the Scammers	11:30a-1p LS147 - Crafts for Community	1p-2p PR122 - Subconscious Awareness
12:30p-2p CO263 - Working with AI A	12:30p-1p IA100 - Birthday Celebration	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p HW498 - Bone Health Basics	1p-2p LS196 - Navigating Senior Housing
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1p-2:30p SE220 - VCU's Cabell Library Tour	12:30p-2p LS198 - Discussing Polarizing Issues	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-3:30p AD110 - Advanced Colored Pencil	1:30p-3:30p EL148 - Developing Fiction Writing (RC)	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1:30p-3p LE265 - Modern Floral Designs
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	2p-3:30p HS089 - Great Decisions	1p-3p WG006 - Cards and Games	1:30p-3p AD334 - InterAge Storytelling	2p-3:30p HW239 - Guided Meditation (Online)
2p-3p CO272 - Wi-Fi Network Health	2p-3:30p HW239 - Guided Meditation (Online)	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	2p-3p HW544 - Renal Denervation
2p-3:30p LA015 - Conversational German	2p-3:30p PR107 - Biblical End Times Prophecies	1:30p-3:30p HW437 - Dementia Stages and Strategies	2p-3:30p AD111 - Intermediate Watercolor	
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p WG014 - Mah Jongg	1:30p-3p LE032 - Needleworkers United	2p-3:30p CO264 - Working with AI B	
2:30p-3:30p LS243 - Preparing for Care and Crisis	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p HS796 - Airwomen in Flight	2p-3:30p HS724 - American Corrections	
	2:30p-3:30p HW468 - The Importance of...	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p HW239 - Guided Meditation	
		2:30p-3:15p HW356 - Beginning Tai Chi	2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HW547 - Getting Better	



Monday	Tuesday	Wednesday	Thursday	Friday
10/19/2026	10/20/2026	10/21/2026	10/22/2026	10/23/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	7a-7p SE240 - Blue Ridge Adventure Tour	8:30a-9:30a FI003 - Low Impact
9:30a-11a IA016 - Annual State of the LLI	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	9:30a-10:30a PR112 - Ethics
10a-12p AD338 - Intermediate Oil Painting	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10a AD036 - Intro to Line Dancing	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE279 - Introduction to Disc Golf	9a-10:30a LE317 - Learn American Mah Jongg	9a-10:30a HS771 - Sir Ernest Shackleton	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11:30a EF104 - Estates and Probate	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11a PR099 - Science, Theology, and Beyond	10:30a-12:30p AD278 - Artists' Workshop
10a-11:30a LS091 - Thirteen Life-Changing Habits	9:30a-11a HS060 - America, Land of Immigrants	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p CO276 - Sleep and the Renewing Brain C
10:30a-12p SE912 - Chesterfield 911 Center Tour B	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p LE233 - Wire Jewelry Workshop	10a-12p AD192 - Super Senior Storytelling Slam	10:30a-11:30a HS802 - Tour of Ireland
11a-12p FI028 - Gentle Yoga	10a-12p LE371 - Wine Bottle Wind Chimes A	11a-12p AD183 - Beginning Guitar	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p LE007 - Basic Quilting
11a-12:30p HS761 - WWII via Documentary	10:30a-1:30p SE224 - CIS Volunteer Mentoring	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p LS246 - Firearms Basics	10:30a-12p AD337 - Lifelong Voices Choir	11a-11:45a FI018 - Sit and Be Fit	11a-12p HS801 - Popular Culture of the 1950s	11a-12p PR121 - Contemporary Moral Issues
12p-1:30p AD220 - Improv for Brain Health	11a-12p EF138 - Medicare Part D (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p HW188 - Shoulder Pain
12:15p-1:15p FI015 - Pilates	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:15p-1:30p HS783 - The World's Sacred Sites	11:30a-12:30p AD248 - Readers Theater	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-2p LS198 - Discussing Polarizing Issues	12:30p-3:30p WG010 - Bridge for Experienced Players
1p-2:30p PR100 - The Chosen	11:30a-1:30p WG013 - Spades	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writers' Critique
1p-3p WG004 - Cards and Games	11:30a-1p EF100 - Investor Alert	1p-3p WG006 - Cards and Games	1p-2p HW486 - Hearing Loss Apps (Online)	1p-3p WG002 - Social Bingo
1:30p-3:30p AD110 - Advanced Colored Pencil	12p-1:30p PR113 - Mental Health and Faith	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-3p DE009 - Crazy Stories About Racism	1:30p-2:30p CO274 - Origins of Human Elements
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p CO235 - Podcasts for All	1p-3p WG001 - Social Bingo	1:30p-3p HW504 - Lifespan Reflection	2p-3:30p AD111 - Intermediate Watercolor	1:30p-3p LE265 - Modern Floral Designs
2p-3:30p LA015 - Conversational German	1p-2p HS810 - Stonewall Jackson (Online)	1:30p-3p HW504 - Lifespan Reflection	2p-3:30p CO264 - Working with AI B	
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3p LE032 - Needleworkers United	2p-3p LS172 - Mercy Mall Emergency Food	
2:30p-3:30p LS243 - Preparing for Care and Crisis	1:30p-3:30p LE376 - Wine Bottle Wind Chimes B	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p HS806 - Hampden-Sydney Goes to War	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p PR107 - Biblical End Times Prophecies		2:30p-3:30p HW547 - Getting Better with Age	
	2p-3:30p WG014 - Mah Jongg			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026
9a-10a FI001 - Low Impact	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
9:30a-10:30a HS811 - The Art of the Fan	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
10a-12p AD338 - Intermediate Oil Painting	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9:30a-11:30a LE241 - Basic Pine Needle Baskets	9:45a-10:45a FI029 - Chair Yoga
10a-11a Diversity Committee Meeting	10a-11a AD021 - Intermediate Tap Dancing	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11a PR099 - Science, Theology, and Beyond	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	10a-11:30a EF115 - Estate Planning	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Artists' Workshop
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-11:30a SE170 - Agcroft Hall Folktales Tour B	10:30a-12p LE233 - Wire Jewelry Workshop	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p CO276 - Sleep and the Renewing Brain C
11a-12p FI028 - Gentle Yoga	10:30a-12p AD337 - Lifelong Voices Choir	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p HS750 - Echoes of the Past	10:30a-12p LE007 - Basic Quilting
11a-12:30p HS761 - WWII via Documentary	11a-12p HS814 - Abraham Lincoln B	11:30a-12:30p FI031 - Chair Yoga (Online)	11a-12p HS801 - Popular Culture of the 1950s	10:30a-12p LE364 - Dahlia Flowers 101
11a-12p HW545 - Heart Rhythm Solutions	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	11a-12p HW352 - Beginning Tai Chi Review
11:30a-12:30p InterAge Committee Meeting	11:30a-12:30p AD248 - Readers Theater	12:30p-1:30p AD182 - Explore Ventriloquism	12p-1:30p AD141 - Lifelong Musicians	11a-12p PR121 - Contemporary Moral Issues
12p-1:30p AD220 - Improv for Brain Health	11:30a-1:30p WG013 - Spades	1p-3p AD234 - Artist Open Studio	12p-1p Curriculum Committee Meeting	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:15p-1:15p FI015 - Pilates	12p-1:30p PR113 - Mental Health and Faith	1p-3p WG006 - Cards and Games	12:30p-2p LS198 - Discussing Polarizing Issues	12:30p-3:30p WG010 - Bridge for Experienced Players
12:15p-1:30p HS783 - The World's Sacred Sites	12:30p-1:30p EF195 - Understanding Medicare's AEP	1p-3p HS381 - Adventures of the Caminos	1p-2p FI010 - Chair Yoga	1p-2p PR122 - Subconscious Awareness
1p-2:30p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	1p-2p SE238 - The Cruise Performance	1p-2p AD329 - Creativity and Wellness	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2:30p HS541 - History of Ventriloquism	1p-2:30p AD314 - The Book of Amazement
1:30p-3:30p AD110 - Advanced Colored Pencil	1:30p-2:30p EL114 - Literary Society Book Swap	1:30p-3p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p EL108 - The Boy, Mole, Fox and Horse
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1:30p-3:30p EL148 - Developing Fiction Writing	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p CO264 - Working with AI B	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p HS803 - The Mayan World	2p-3:30p HS806 - Hampden-Sydney Goes to War	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2p-3:30p EL147 - International Animation	2p-3p HW510 - Post-Menopausal Women's Health
2p-3:30p LA015 - Conversational German	2p-3p HW553 - Medical Breakthroughs (Online)		2p-3:30p PR002 - Bible Discussion	
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p PR107 - Biblical End Times Prophecies		2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p LS243 - Preparing for Care and Crisis	2p-3:30p WG014 - Mah Jongg		2:30p-3:30p HW547 - Getting Better with Age	
3:30p-4:30p LLI Board of Directors Meeting	2:30p-3:30p FI009 - Gentle Yoga			

Monday	Tuesday	Wednesday	Thursday	Friday
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
LLI Closed	LLI Closed	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
		9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
		9a-10:30a EL149 - The Iron John Fairy Tale	9:30a-11a CO230 - What is Modern Science?	9:45a-10:45a FI029 - Chair Yoga
		9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11:30a LE241 - Basic Pine Needle Baskets	10a-12p WG007 - Canasta Variations
		9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science, Theology, and Beyond	10:30a-12:30p AD278 - Artists' Workshop
		11a-12p AD183 - Beginning Guitar	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p CO276 - Sleep and the Renewing Brain C
		11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p LE007 - Basic Quilting
		11a-11:45a FI018 - Sit and Be Fit	10:30a-12p LS094 - Befriending the Subconscious	10:30a-12p SE233 - Brightpoint Sneak Peek
		11:30a-12:30p FI031 - Chair Yoga (Online)	11a-12p HS801 - Popular Culture of the 1950s	11a-12p HW352 - Beginning Tai Chi Review
		12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR121 - Contemporary Moral Issues
		12:30p-1:30p AD182 - Explore Ventriloquism	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners
		1p-3p AD234 - Artist Open Studio	12p-1p HW476 - Pelvic Floor Health	12:30p-3:30p WG010 - Bridge for Experienced Players
		1p-3p WG006 - Cards and Games	12:30p-2p LS198 - Discussing Polarizing Issues	1p-2:30p AD326 - Art Journaling
		1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writers' Critique
		1:30p-3:30p EL151 - Librarians for Democracy	1:30p-3:30p EF132 - Financial Preparedness	1p-3p WG002 - Social Bingo
		1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
		1:30p-3p LE032 - Needleworkers United	1:30p-2:30p PR059 - The History of the Bible	1:30p-2:30p HW495 - Radiation for Arthritis
		2p-3:30p LS208 - Medical Aid in Dying	2p-3:30p EL147 - International Animation	2p-3p EF189 - New Medicare Birthday Rule (Online)
		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	2p-3:30p CO269 - Digital Payment Tools
		2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HW547 - Getting Better with Age	

Monday	Tuesday	Wednesday	Thursday	Friday
11/9/2026	11/10/2026	11/11/2026	11/12/2026	11/13/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing		8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-11a HS800 - History of Brazil	9a-11a EL048 - Memoir Writing		9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French		9:30a-11a CO230 - What is Modern Science?	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11:30a HW530 - Remembering Decades Past		9:30a-11:30a LE241 - Basic Pine Needle Baskets	10a-11a CO258 - Zoom Practice (Online)
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing		9:30a-11a PR099 - Science, Theology, and Beyond	10a-12p DE011 - LGBTQ+ History
10:30a-12p DE015 - Aging and Ageism	10:30a-1:30p SE224 - CIS Volunteer Mentoring		9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10:30a-11:30a HW554 - Meditation Practices	10:30a-12p AD337 - Lifelong Voices Choir		10a-12p EF193 - Financial Literacy (Online)	10:30a-12:30p AD278 - Artists' Workshop
10:30a-12p LE253 - Easy Cooking with Judith (Online)	10:30a-12p CO275 - The Neglected Sense of Smell		10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p LE007 - Basic Quilting
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing		10:30a-12p LS094 - Befriending the Subconscious	10:30a-12p LE298 - Honeybee 101
12p-1:30p AD220 - Improv for Brain Health	11:30a-12:30p AD248 - Readers Theater		11a-12p HS801 - Popular Culture of the 1950s	11a-12p HW352 - Beginning Tai Chi Review
12:15p-1:15p FI015 - Pilates	11:30a-1:30p WG013 - Spades		11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR121 - Contemporary Moral Issues
1p-2:30p PR100 - The Chosen	12:30p-2p LS157 - Planning Final Arrangements		12p-1:30p AD141 - Lifelong Musicians	11:30a-12:30p EL128 - Setting in Mysteries (Online)
1p-3p WG004 - Cards and Games	12:30p-1p IA100 - Birthday Celebration		12:30p-2p LS198 - Discussing Polarizing Issues	12:15p-1:15p AD022 - Ballroom Dance for Partners
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-2p SE195 - VMHC Women's History Tour A		1p-2p FI010 - Chair Yoga	12:30p-3:30p WG010 - Bridge for Experienced Players
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga		1p-2p LE379 - Travel Tips and Strategies	1p-2p PR122 - Subconscious Awareness
2p-3:30p CO210 - Understanding AI B	1p-3p WG001 - Social Bingo		1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p WG002 - Social Bingo
2p-3:30p LA015 - Conversational German	1:30p-3:30p EL146 - Workshopping Fiction		1:30p-2:30p PR059 - The History of the Bible	1:30p-2:30p HW343 - Intermediate Tai Chi
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p LE200 - Advanced Card Making		2p-3:30p EL147 - International Animation	2p-3:15p SE164 - Company's Coming Concert
	2p-3:30p HS089 - Great Decisions		2p-3:30p PR002 - Bible Discussion	2p-3:30p CO269 - Digital Payment Tools
	2p-3:30p WG014 - Mah Jongg		2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p HW377 - Chronic Pain	
	2:30p-3:30p HW469 - Fall Prevention Tips		2:30p-3:30p HW547 - Getting Better with Age	



Monday	Tuesday	Wednesday	Thursday	Friday
11/16/2026	11/17/2026	11/18/2026	11/19/2026	11/20/2026
9a-10a FI001 - Low Impact	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
9:30a-11a HS800 - History of Brazil	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French	9a-10:30a LE377 - American Mah Jongg Boot Camp	9:30a-11a CO230 - What is Modern Science?	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11:30a HW530 - Remembering Decades Past	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a LE241 - Basic Pine Needle Baskets	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a LE349 - Logic and Reasoning Puzzles B	10a-12p LE308 - Live Evergreen Wreaths	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Artists' Workshop
10a-11:30a LS095 - Enhancing Focus and Joy	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p EF178 - Preparing a Home for Sale	10a-12p AD192 - Super Senior Storytelling Slam	10:30a-12p HS753 - A Quest for Family Ties
10:30a-12p CO200 - Nearpeer Tutorial and Tips B	10a-11:30a LE381 - Composting	11a-12p AD183 - Beginning Guitar	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
10:30a-12p DE015 - Aging and Ageism	10:30a-1:30p SE224 - CIS Volunteer Mentoring	11a-12p EL043 - Enjoy Poetry	11a-12p HS801 - Popular Culture of the 1950s	11a-12p PR121 - Contemporary Moral Issues
10:30a-12p LE253 - Easy Cooking with Judith (Online)	10:30a-12p AD337 - Lifelong Voices Choir	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
11a-12p FI028 - Gentle Yoga	10:30a-12p HW479 - Caregiver Communication	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-1p LS147 - Crafts for Community	12:30p-3:30p WG010 - Bridge for Experienced Players
12:15p-1:15p FI015 - Pilates	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p CO240 - Apple App Store App
1p-2:30p PR100 - The Chosen	11:30a-12:30p AD248 - Readers Theater	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-2p LS198 - Discussing Polarizing Issues	1p-3p EL015 - Aspiring Writers' Critique
1p-3p WG004 - Cards and Games	11:30a-1:30p WG013 - Spades	1p-3p AD234 - Artist Open Studio	1p-2p SE196 - VMHC Women's History Tour B	1p-3p WG002 - Social Bingo
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p LS218 - Critical Thinking B	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-3p AD334 - InterAge Storytelling	
2p-3:30p CO210 - Understanding AI B	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2p-3:30p LA015 - Conversational German	1:30p-3:30p HW445 - Staying Safe at Home	1:30p-3p LE032 - Needleworkers United	1:30p-2:30p PR059 - The History of the Bible	
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p EF006 - Unlocking an IRA	2p-3:30p LS177 - Emergency Preparedness	2p-3:30p EL147 - International Animation	
	2p-3:30p WG014 - Mah Jongg	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p DE020 - Sharing Life Experiences	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p HW547 - Getting Better with Age	

Monday	Tuesday	Wednesday	Thursday	Friday
11/23/2026	11/24/2026	11/25/2026	11/26/2026	11/27/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	LLI Closed		
9:30a-11a HS800 - History of Brazil	9a-11a EL048 - Memoir Writing			
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French			
10a-11a Diversity Committee Meeting	10a-11a AD021 - Intermediate Tap Dancing			
10a-10:45a FI004 - Sit and Be Fit	10:30a-12p AD337 - Lifelong Voices Choir			
10a-10:45a FI030 - Strength and Stretch (Online)	11:30a-12:30p AD058 - Country Line Dancing			
10a-11:30a LS095 - Enhancing Focus and Joy	11:30a-12:30p AD248 - Readers Theater			
10:30a-12p DE015 - Aging and Ageism	11:30a-1:30p WG013 - Spades			
10:30a-12p LE253 - Easy Cooking with Judith (Online)	1p-2p FI006 - Chair Yoga			
11a-12p FI028 - Gentle Yoga	1p-2p LS218 - Critical Thinking B			
11:30a-12:30p InterAge Committee Meeting	1p-3p WG001 - Social Bingo			
12:15p-1:15p FI015 - Pilates	2p-3:30p HW462 - Cultivating Gratitude			
1p-3p WG004 - Cards and Games	2p-3:30p WG014 - Mah Jongg			
1:30p-3:30p AD110 - Advanced Colored Pencil	2:30p-3:30p FI009 - Gentle Yoga			
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A				
2p-3:30p CO210 - Understanding AI B				
2p-3:30p LA015 - Conversational German				
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B				
3:30p-4:30p LLI Board of Directors Meeting				



Monday	Tuesday	Wednesday	Thursday	Friday
11/30/2026	12/1/2026	12/2/2026	12/3/2026	12/4/2026
9a-10a FI001 - Low Impact	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
10a-12p AD338 - Intermediate Oil Painting	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-2:30p AD119 - Watercolor Problem Solving
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9a-10:30a LE377 - American Mah Jongg Boot Camp	9a-2:30p AD119 - Watercolor Problem Solving	9:30a-10:30a PR112 - Ethics
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a HW536 - Self-Compassion	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a LS095 - Enhancing Focus and Joy	10a-11a AD021 - Intermediate Tap Dancing	11a-12p HW546 - Understanding PAD	10a-11:30a HS791 - Mementos and Memories A	10a-11a SE073 - Feed More Tour A
10:30a-12p LE253 - Easy Cooking with Judith (Online)	10:30a-1:30p SE224 - CIS Volunteer Mentoring	11a-12p AD183 - Beginning Guitar	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
11a-12:30p AD252 - Ukulele Holiday Playalong	10:30a-12p AD288 - History of the Cello	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p AD337 - Lifelong Voices Choir	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	11a-12p PR121 - Contemporary Moral Issues
12:15p-1:15p FI015 - Pilates	10:30a-12p LS050 - EMS Passport Program	11:30a-12:30p FI031 - Chair Yoga (Online)	12:30p-2p LS198 - Discussing Polarizing Issues	12:15p-1:15p AD022 - Ballroom Dance for Partners
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	12:30p-3:30p WG010 - Bridge for Experienced Players
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD248 - Readers Theater	12p-1:30p HW535 - Social Wellness	1p-2:30p HS754 - A Quest for Family Ties (Online)	1p-3p EL015 - Aspiring Writers' Critique
2p-3:30p LA015 - Conversational German	11:30a-1:30p WG013 - Spades	12:30p-1:30p AD182 - Explore Ventriloquism	1p-2p HW528 - Women's Urology Wellness	1p-3p WG002 - Social Bingo
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
	1p-3p LE378 - U.S. Coins and Postage Stamps	1p-3p WG006 - Cards and Games	2p-3:30p EL147 - International Animation	
	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
	1:30p-3p HS812 - George Gay	1:30p-3p HS003 - Current Events	2:30p-3:30p FI007 - Gentle Yoga	
	1:30p-2:30p HW555 - Meditation Practices (Online)	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p HW409 - Dry Needling	
	1:30p-3p LE363 - Beginning Quilling	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p HW547 - Getting Better with Age	
	2p-3:30p CO268 - Working with AI C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:30p PR123 - What Is Heaven Like?	
	2p-3:30p WG014 - Mah Jongg			
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
12/7/2026	12/8/2026	12/9/2026	12/10/2026	12/11/2026
9a-10a FI001 - Low Impact	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
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a HW536 - Self-Compassion	9a-10:30a LE377 - American Mah Jongg Boot Camp	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a DE016 - Bridging Generations	9:45a-10:45a FI017 - Fun Fitness	10a-11:30a HS792 - Mementos and Memories B	10a-11a SE168 - Feed More Tour C
10a-11:30a LS099 - Boundaries with Children	10a-11a SE167 - Feed More Tour B	10a-12p LE130 - Extra Easy Greeting Cards	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
11a-12:30p AD252 - Ukulele Holiday Playalong	10a-11a AD021 - Intermediate Tap Dancing	11a-12p AD183 - Beginning Guitar	10:30a-12p EF194 - Life Insurance Then and Now	10:30a-12:30p AD278 - Artists' Workshop
11a-12p FI028 - Gentle Yoga	10:30a-12p AD315 - The Book of Amazement (Online)	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
12:15p-1:15p FI015 - Pilates	10:30a-12p AD337 - Lifelong Voices Choir	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	11a-12p PR121 - Contemporary Moral Issues
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	12:30p-2p LS198 - Discussing Polarizing Issues	12:15p-1:15p AD022 - Ballroom Dance for Partners
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD248 - Readers Theater	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	12:30p-3:30p WG010 - Bridge for Experienced Players
1:30p-2:30p HW556 - Laughing Yoga	11:30a-1:30p WG013 - Spades	12p-1:30p HW535 - Social Wellness	1:30p-3p AD334 - InterAge Storytelling	1p-3p WG002 - Social Bingo
2p-3:30p LA015 - Conversational German	12:30p-1p IA100 - Birthday Celebration	12:30p-1:30p AD182 - Explore Ventriloquism	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	2p-3:30p EL147 - International Animation	
	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
	1:30p-3p LE363 - Beginning Quilling	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p CO268 - Working with AI C	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p HW547 - Getting Better with Age	
	2p-3:30p HS089 - Great Decisions	2p-3:30p LS213 - Setting Goals	2:30p-3:30p PR123 - What Is Heaven Like?	
	2p-3:30p WG014 - Mah Jongg	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C		



Monday	Tuesday	Wednesday	Thursday	Friday
12/14/2026	12/15/2026	12/16/2026	12/17/2026	12/19/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	LLI Closed for the Holidays Dec 18 - Jan 1 Spring Catalog Available on Jan 7, 2027
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9a-10:30a LE377 - American Mah Jongg Boot Camp	9:30a-11:30a WG009 - Mah Jongg	
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-12p AD328 - Art Journaling (Online)	9:45a-10:45a FI017 - Fun Fitness	10a-12p AD192 - Super Senior Storytelling Slam	
10a-11:30a LS099 - Boundaries with Children	10:30a-12p AD337 - Lifelong Voices Choir	11a-12p SE154 - Holiday Music and Sing-Along	10:15a-11:15a AD075 - Line Dance Practice	
11a-12:30p AD252 - Ukulele Holiday Playalong	11a-12p HW480 - Exploring Dementia Services	11a-12p AD183 - Beginning Guitar	11:30a-12:15p FI005 - Sit and Be Fit	
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	
12:15p-1:15p FI015 - Pilates	11:30a-12:30p AD248 - Readers Theater	11a-11:45a FI018 - Sit and Be Fit	12:30p-2p LS198 - Discussing Polarizing Issues	
1p-2:30p SE171 - Literary Society Celebration	11:30a-12:30p HW238 - Tai Chi Demonstration	11:30a-12:30p FI031 - Chair Yoga (Online)	1p-2p FI010 - Chair Yoga	
1p-3p WG004 - Cards and Games	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	12p-1:30p HW535 - Social Wellness	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	12:30p-1:30p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p PR104 - God's Grace	1p-3p AD234 - Artist Open Studio	2:30p-3:30p HW547 - Getting Better with Age	
3:30p-4:30p LLI Board of Directors Meeting	2p-3:30p CO268 - Working with AI C	1p-3p WG006 - Cards and Games		
	2p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion		
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events		
		1:30p-3p LE032 - Needleworkers United		
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C		