

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Fall 2025 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	Oct 9, 16, 23, Nov 6, 13, 20	10:30-12:30		Marti Franks
	AD016	Watercolor Basics	*\$8	Tue	Sept 9, 16, 23, 30	1:00-3:00		Poly Cline
	AD021	Intermediate Tap Dancing		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	10:00-11:00		Beth and Julie
	AD022	Ballroom Dance for Partners		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	12:15-1:15		Doug, Teresa, and Phyllis
	AD036	Introduction to Line Dancing		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	9:00-9:45		Julie Van Buskirk
	AD058	Country Line Dancing		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	Sept 4, 18, 25, Oct 16, 23, 30, Nov 6, 20, Dec 4, 11, 18	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:00-11:00		Mary Jane and Bev
	AD111	Intermediate Watercolor with Marti		Thu	Oct 9, 16, 23, Nov 6, 13, 20	2:00-3:30		Marti Franks
	AD119	Watercolor and Acrylic Problem Solving Workshop		Th/F	Oct 30, 31	9:00-2:30		Beverly Perdue
	AD141	Lifelong Musicians		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	12:00-1:30		Brad, Ken, and Rick
	AD149	Watercolor Florals		Tue	Oct 7, 14, 21, 28	10:00-12:00		Poly Cline
	AD151	YUPO and Watermedia Workshop		M/Tu	Nov 17, 18	9:00-2:30		Beverly Perdue
	AD182	Explore Ventriloquism		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:00-3:00		John Byrd
	AD183	Beginning Guitar		Wed	Sept 3, 10, 17, Oct 1, 8, 15, Nov 5, 12, 19, Dec 3, 10, 17	9:30-10:30		Randall Kaker
	AD186	Life and Works of Raphael		Wed	Oct 15, 22, 29, Nov 5, 12, 19	9:30-11:00		Juana Levi
	AD192	Super Senior Storytelling Slam		Thu	Sept 25, Oct 30, Nov 20, Dec 18	10:30-12:30		Judith and Les
	AD210	Introduction to Afro-Brazilian Percussion		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:15-2:15		Damir and Josie
	AD234	Artist Open Studio		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 24, Dec 1, 8, 15	1:00-3:00		Diana, Diane, Mary, and LuGay
	AD248	Readers Theater		Tue	Sept 16, 23, 30, Oct 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	9:30-10:30		Ken Carlson
	AD252	Ukulele Instruction and Jam		Wed	Oct 29, Nov 5, 12, 19	11:00-12:30		Rick Kaerwer
	AD278	Open Artists' Studio		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, Nov 7, 14, 21, Dec 5, 12	10:30-12:30		Susan, Susan, and Yvonne
	AD283	El Greco: Rediscovering a Master		Wed	Nov 12	1:30-3:00		Tara Semtner, AIA
	AD288	History of the Cello and Music with Holiday Tunes		Wed	Dec 10	9:30-11:00		Sheryl Smith
	AD292	Moving to Music		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	8:30-9:30		Diane Childress
	AD305	Fun from Script to Stage: Readers Theater		Thu	Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	2:00-3:30		Vic and Mary Jane
	AD306	Visual Art as Story: See the Pictures and Hear the Stories		Wed	Sept 3, 10, 17, 24, Oct 1, 8	9:30-11:00		Karen Steele
	AD307	Cape Breton Square Dance		Thu	Sept 11, Oct 9, Nov 13	10:15-11:15		Annabelle Bugay
	AD308	Creating a Mandala in Community A		Mon	Nov 10	9:30-11:00		Josie Schmidt
	AD309	Creating a Mandala in Community B		Mon	Dec 8	10:30-12:00		Josie Schmidt
	AD311	Interior Design Drawing A: Space Planning		Thu	Sept 11, 18	1:00-2:00		Pat Meek
	AD312	Interior Design Drawing B: Space Planning		Thu	Dec 4, 11	1:00-2:00		Pat Meek
	AD313	Pigments in Art and Culture: Yuk, Muck, and Luck		Thu	Oct 9	10:30-11:30		John and Poly
	AD314	Art Journaling in the Book of Amazement		Fri	Nov 7	1:30-3:00		Janet Abel
	AD315	Art Journaling in the Book of Amazement		Fri	Dec 5	10:00-11:30	Online	Janet Abel
	AD316	Op Art for Absolute Beginners A		Wed	Oct 15	1:00-3:30		Sarah Matthews
	AD317	Op Art for Absolute Beginners B		Wed	Oct 29	9:30-12:00		Sarah Matthews
	AD318	Op Art for Absolute Beginners C		Tue	Dec 2	1:00-3:30		Sarah Matthews

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		Computers, Technology, Math, and Science						
	CO125	The ABCs of Flight		Thu	Sept 4, 11, 18, 25	2:00-3:30		Danny Arkin
	CO144	Alternative Energies for Generation of Electricity		Fri	Sept 19, 26	10:00-11:30	Online	B. Ellen Johnson, PhD
	CO175	Google Photos A: Managing Thousands of Photos		Mon	Sept 8, 15, 22	2:00-3:30		Danny Arkin
	CO176	Google Photos B: Managing Thousands of Photos		Tue	Oct 14, 21, 28	2:00-3:30		Danny Arkin
	CO199	Nearpeer Tutorial and Tips A		Wed	Sept 3	11:00-12:30		Debby Hoskin
	CO200	Nearpeer Tutorial and Tips B		Mon	Oct 20	2:00-3:30		Rachel Ramirez
	CO209	Artificial Intelligence A: History, Promises, Fears, and the Future		Mon	Sept 29, Oct 6, 13	2:00-3:30		Danny Arkin
	CO210	Artificial Intelligence B: History, Promises, Fears, and the Future		Thu	Dec 4, 11, 18	2:00-3:30		Danny Arkin
	CO218	Microbiome: News from the Gut		Fri	Sept 12, 19	9:30-11:30		Patricia Ryther
	CO227	Apple iPhone Tips and Tricks A		Thu	Oct 9, 16, 23, 30, Nov 6	2:00-3:30		Danny Arkin
	CO228	Apple iPhone Tips and Tricks B		Mon	Nov 10, 17, 24, Dec 1, 8	2:00-3:30		Danny Arkin
	CO230	What is Modern Science?		Tue	Sept 9, 16	10:30-12:00		Alex Meredith
	CO232	Forever Chemicals and Health		Fri	Sept 26, Oct 3	9:30-11:30		Patricia Ryther
	CO235	Podcasts for All		Fri	Nov 21	10:30-12:00		Rachel and Lucas Ramirez
	CO236	Facebook Tips and Tricks		Mon	Dec 15	2:00-3:30		Danny Arkin
	CO238	Basic Electricity		Tue	Oct 14, 21, 28	10:30-12:00		Ken Carlson
	CO240	Apple App Store		Fri	Sept 19	1:30-3:30		Mark Grubbs
	CO241	Apple Photos		Fri	Oct 10	1:30-3:30		Mark Grubbs
	CO242	Apple Messages		Fri	Nov 7	1:30-3:30		Mark Grubbs
	CO243	Apple Mail		Fri	Dec 5	1:30-3:30		Mark Grubbs
	CO246	Microplastics A: A Global Problem Gets Personal		Fri	Oct 17, 24, 31	9:30-11:30		Patricia Ryther
	CO247	Microplastics B: A Global Problem Gets Personal		Wed	Oct 29, Nov 5, 12	9:30-11:30		Patricia Ryther
	CO248	Microplastics C: A Global Problem Gets Personal		Thu	Nov 20, Dec 4, 11	9:30-11:30		Patricia Ryther
	CO249	Introduction to Calculus		Tue	Sept 30	10:00-11:00	Online	B. Ellen Johnson, PhD
		Diversity, Equity, and Incusion						
	DE005	LGBTQ+ Basics		Tue	Sept 23	1:00-3:00		Michael Recant
	DE006	Coping with Blindness and Vision Loss		Wed	Oct 8	10:00-11:30		Robin Hoerber
	DE007	Understanding Gender Identity and Expression		Fri	Oct 10	1:00-3:00		Ted Heck
	DE011	LGBTQ+ History		Tue	Dec 2	1:00-3:00		Michael Recant
	DE012	The Faith Club	*\$11	Thu	Nov 6, 13, 20	2:00-3:30		Annette, Wayne, and Donna
	DE013	Disability and Ableism: From Oppression to the ADA to How to Help		Mon	Dec 1, 8	1:30-3:00		Wayne Swatlowski
	DE015	Aging and Ageism in Society and Self		Mon	Sept 29, Oct 6, 13	11:30-1:00		Wayne Swatlowski

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		Economics and Finance						
	EF006	IRA Strategies and Distribution Rules		Wed	Sept 10	1:30-3:00		Jamey Davidson
	EF018	Smart Investing		Thu	Oct 16	9:30-11:00		Jamey Davidson
	EF102	After the Last Paycheck		Thu	Nov 13	1:30-3:00		Jamey Davidson
	EF104	Estate Settlement and the Probate Process		Mon	Oct 27	10:00-12:00		Mark Mikuta, CPA, CFP
	EF113	Medicare 101: Understanding the Basics		Tue	Sept 30	10:30-12:00		Tammy Akers
	EF115	Estate Planning and Elder Law		Thu	Nov 6	10:30-12:00	Online	Paula Peaden
	EF117	Identity Theft and Protection		Tue	Sept 16	9:30-10:30		Sabrina Guerin
	EF118	Organizing Financial Records		Tue	Nov 18	10:00-11:00		Sabrina Guerin
	EF132	Financial Preparedness for Disasters		Mon	Oct 20	10:00-11:30		CCEM Staff
	EF136	Long Term Care Insurance		Tue	Oct 21	10:30-12:30		Linda Tsironis Caruthers
	EF138	Medicare 101: Understanding the Basics		Tue	Oct 7	10:30-12:00	Online	Tammy Akers
	EF147	Outsmart the Scammers		Thu	Oct 16	11:00-12:00		Shawn Doran
	EF150	Virginia Long Term Care Options and How to Pay for Them		Tue	Sept 9	2:00-3:30		Jeremy L. Pryor, Esq.
	EF163	Money Mindset Makeover: Ignite a Love Affair with Money	*\$15	Mon	Sept 15	10:00-11:30		Sorana Blackfoot
	EF167	Financial Stability		Tue	Oct 7	2:00-3:30		Richard Commander
	EF178	Preparing a Home for Sale		Wed	Nov 12	10:30-12:00		Marianne and Dawn
	EF179	Federal Reserve Basics		Wed	Sept 3, 10, 17, Oct 1	10:30-11:30		Tim Schilling
	EF180	Finance Across Generations: Bridging the Gap		Wed	Dec 3	9:30-11:00		Sabrina and Amy
	EF181	Deciphering Digital Banking		Wed	Oct 22	10:00-11:30		Andre Santamaria
		Literature, Poetry, and Film						
	EL015	Aspiring Writers' Critique		Fri	Sept 12, 26, Oct 10, 24, Nov 7, 21, Dec 5	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	Sept 10, 17, 24, Oct 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9	9:00-10:30		Suzanne and Tom
	EL091	The Many Hats of a Writer		Fri	Nov 14	1:00-2:00		Heather Weidner
	EL100	LLI Literary Society Orientation		Tue	Sept 2	1:30-2:30	Online	Bob, Martha, and Anita
	EL101	LLI Literary Society Orientation		Wed	Sept 3	2:30-3:30		Bob, Martha, and Anita
	EL108	The Boy, the Mole, the Fox and the Horse	*\$14	Mon	Nov 10	1:00-3:00		Rachel and Lucas Ramirez
	EL111	The Early History of Movies		Mon	Nov 10, 17, 24, Dec 1, 8, 15	11:00-12:30		Josh Pachter
	EL114	LLI Literary Society Feedback and Book Swap		Wed	Oct 29	2:00-3:30		Bob, Martha, and Anita
	EL127	Writing a Military Story with the Help of AI Technology		Mon	Sept 29	11:00-12:00	Online	Alex Sebbby
	EL135	Hasidic Holocaust Stories: Faith, Memory, and Moral Courage	*\$17	Tue	Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9	11:00-12:30		Les Schaffer
	EL136	Humor Writing Workshop: Killing the Frog		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	12:00-1:30		Drew Herman
	EL137	Apuleius and His Novel		Wed	Oct 15	9:00-10:30		Pasquale Accardo

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		Fitness						
	FI001	Low Impact Monday	\$20	Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$20	Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$20	Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$20	Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	1:00-2:00		Dorota Kawka
	FI015	Pilates Online	\$20	Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	10:00-11:00	Online	Linda McDorman
	FI017	Wednesday Fun Fitness	\$20	Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	8:30-9:30	Online	Tracey Williams
	FI028	Gentle Yoga Monday	\$20	Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$20	Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	11:30-12:30	Online	Linda McDorman
	FI034	Cardio and Strength Training Online	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	1:30-2:30	Online	Nicole Thomas-Jackson
	FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/wk	Sept 2 - Dec 18		Online	Team Vivo
	FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/wk	Sept 2 - Dec 18		Online	Team Vivo
	FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/wk	Sept 2 - Dec 18		Online	Team Vivo
		History, Humanities, and International Studies						
	HS003	Current Events Discussion		Wed	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3, 17	1:30-3:00		Roy and Hugh
	HS089	Great Decisions	*\$40	Tue	Sept 16, Oct 14, Nov 18, Dec 9	2:00-3:30		Bob Ferguson
	HS368	Local Government in Chesterfield County		Tue	Dec 16	10:00-11:00		Dr. Joseph P. Casey
	HS381	The Adventures of Hiking the Caminos		Fri	Sept 19	1:00-3:00		Robert Abbott
	HS422	Rethinking the Korean War		Tue	Sept 23, 30, Oct 7, 14, 21, 28	9:00-10:30		Dr. John Lemza
	HS526	Courtroom Conversations: Judge Freely		Mon	Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24	11:00-12:00		Edward Blackwell
	HS541	History of Ventriloquism		Thu	Oct 30	2:00-3:30		John Byrd
	HS619	The Life and Art of Norman Rockwell A		Mon	Sept 8	10:00-12:00		Dr. John Kirn
	HS631	The Life and Art of Norman Rockwell B		Tue	Oct 28	1:00-3:00		Dr. John Kirn
	HS657	Intro to the United States Constitution		Thu	Nov 6	10:30-11:45		Dr. John Lemza
	HS683	Inevitability of the Holocaust		Tue	Nov 18, 25	10:00-12:00	Online	Dr. Alan A Winter
	HS690	Midlothian Matters		Fri	Oct 17	1:30-3:00		Mark S. Miller, Ph.D.
	HS696	United States Intelligence		Thu	Sept 4, 11, 18	12:30-2:00		Chan Mohny
	HS698	African American Inventors and Their Stories		Mon	Oct 13, 20	11:00-12:00		Myron Johnson
	HS700	The Invisible Women of the Twentieth Century		Wed	Nov 5, 12, 19	11:30-1:00		Nelson Calisch
	HS724	American Corrections: Behind the Walls and Bars		Wed	Oct 15, 29	1:30-3:00		Charles J. Kehoe
	HS729	Finding Osama bin Laden		Tue	Sept 2, 9, 16, 23	11:00-12:00		Shep Smith
	HS730	Sex in the Middle Ages: The Women's Lens on the Middle Ages		Mon	Oct 20, 27, Nov 10, 17, 24, Dec 1	9:00-10:30		Timothy Pace
	HS731	American History: The Story of Us		Fri	Oct 10, 17, 24, 31, Nov 7, 14	9:30-11:00		Timothy Pace
	HS732	Lewis and Clark: The Voyage of Discovery		Fri	Dec 12	9:30-11:00		Timothy Pace

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		History, Humanities, and International Studies						
	HS734	A Tour of Germany and Austria		Mon	Sept 22, 29, Oct 6, 13, 20, 27	12:30-1:45		Bob Ferguson
	HS735	Vietnam War Precursors		Tue	Sept 9, 16, 23, 30	2:00-3:30		Ed Barbour
	HS736	The Vietnam Wars		Tue	Oct 7, 14, 21, Nov 18, 25, Dec 2	2:00-3:30		Paul Glancy
	HS737	The Angkor Exhibit at Denver Museum and Beyond		Wed	Sept 17, 24	12:00-1:00		Rick Kinnaird
	HS738	The Korean War: An Overview		Mon	Sept 15	1:00-2:30	Online	Chris Kolakowski
	HS739	Voting Rights and the Legacy of Selma: Stride Toward Freedom		Mon	Oct 6	2:15-3:45		Cindy Graunke
	HS740	Architectural History at Patrick Henry's Red Hill		Fri	Sept 19	10:00-12:00		Cody Youngblood
	HS741	The Court Process		Fri	Oct 10	1:00-2:30		Erin and Frank
	HS742	The Final Summer of WWII: The Stillness and the Noise		Mon	Sept 15	2:00-3:30		James Triesler
	HS743	Margaret Bourke-White: The Amazing Life of a Photographer		Thu	Oct 16	2:00-3:30		James Triesler
	HS744	American World War II Presidents		Thu	Nov 6	2:00-3:30		James Triesler
	HS745	The Battle of the Bulge		Mon	Dec 15	2:00-3:30		James Triesler
	HS746	USS Houston CA-30: The POW Experience		Fri	Oct 17	11:30-1:00		John Keith Schwarz
	HS747	Native Americans in the American Revolutionary War		Thu	Nov 13	9:30-11:00		Dr. John Partridge
	HS748	The Story of Amelia Earhart: Not Another Back-Seat Driver		Tue	Sept 23	12:30-1:30	Online	Kyndall Drumheller
	HS749	German Vengeance Weapons of World War II: The V-1 and V-2		Tue	Dec 16	1:30-3:30		Randall L. Lanning
	HS750	Echoes of the Past: Reminiscing Together		Mon	Nov 24	1:30-3:00		Richard Commander
	HS751	Echoes of the Past: Reminiscing Together		Tue	Dec 2	1:30-3:00	Online	Richard Commander
	HS752	The Mayan Lunar Series		Wed	Sept 10	11:30-1:00		Rick Kinnaird
	HS753	A Quest for Family Ties: This is America's Story		Thu	Oct 9	2:00-3:30		Samuel Hayes III
	HS754	A Quest for Family Ties: This is America's Story		Mon	Oct 20	2:00-3:30	Online	Samuel Hayes III
	HS755	Hindenburg and the Airship Era		Tue	Oct 21	12:30-1:30		Tim Kisner
	HS756	End of the Confederacy		Tue	Oct 14	12:30-1:30		Waite Rawls
	HS757	Visiting Turkey and the Seven Churches of St. John the Apostle		Wed	Sept 3	1:00-2:30		Martha Steger
	HS758	Midlothian and Clover Hill Districts: Rooted in Community		Wed	Dec 10	2:00-3:30		Mark and Jessica
	HS759	Honoring Heroes: African American Veterans		Thu	Nov 6	9:00-10:00		Audrey M. Ross
		Health and Wellness						
	HW272	Biomechanics and Ergonomics of Sitting		Tue	Nov 18	10:30-11:30		Dr. Pattath
	HW332	Joint Replacement Surgery: What Are the Options?		Tue	Oct 7	1:00-2:00		David Miller, MD
	HW342	Beginning Tai Chi 24 Form A		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	12:30-1:15		Damir Strmel
	HW343	Intermediate Tai Chi: The Mixed Style 42 Form		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	11:00-12:00		Mary E. Gutberlet, M.Ed.
	HW355	Beginning Tai Chi 24 Form B		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	1:30-2:15		Mary E. Gutberlet, M.Ed.
	HW375	Joint Replacements: What to Know Before and After Surgery		Thu	Sept 25	2:30-3:30		David Reynolds, PT, DPT
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Thu	Oct 23	2:30-3:30		David Reynolds, PT, DPT
	HW377	Chronic Pain: How Do I Get Rid of It?		Thu	Nov 20	2:30-3:30		David Reynolds, PT, DPT
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	12:00-1:00		Mary and Mark
	HW389	Understanding Hearing Loss and Hearing Aids		Mon	Nov 10	11:00-12:00		Kimberly Felder
	HW392	Suicide Prevention and Raising Awareness		Thu	Sept 11	2:00-3:30		Melissa and Kevin
	HW394	Be the Help Until Help Arrives		Mon	Sept 15	10:00-12:00		CCEM Staff
	HW406	Low Back Pain	*\$15	Mon	Sept 22	11:00-12:30		Thomas Neviasser, MD

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Health and Wellness						
	HW407	Knee Conditions	*\$15	Mon	Oct 6	11:00-12:30		Thomas Neviaser, MD
	HW408	Shoulder Conditions	*\$15	Tue	Oct 28	11:00-12:30		Thomas Neviaser, MD
	HW409	Dry Needling: What It Is and How It Works		Thu	Dec 11	2:30-3:30		David Reynolds, PT, DPT
	HW426	Basic Taiji Qigong		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	2:30-3:30		Walter and Patricia
	HW430	Colorectal Disorders and Surgical Treatments		Tue	Oct 14	12:00-1:00		Matthew Huk, MD
	HW435	Strength Training Benefits for Life's Journey		Fri	Sept 5	11:30-12:30	Online	Eric and Katie
	HW442	Introduction to Human Anatomy		Mon	Dec 1	11:00-12:30		Thomas Neviaser, MD
	HW463	Heart Arrhythmias: Signs, Symptoms, and Treatment Options		Wed	Sept 17	2:00-3:00		Vybhav Jetty, MD
	HW467	Low Back Pain Solutions		Thu	Sept 25	2:30-3:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Thu	Oct 23	2:30-3:30		Jordan Witt, DPT
	HW472	Understanding BPP Vertigo and the Treatments		Mon	Sept 8	11:00-12:00		Andrew Rothschild
	HW473	Foot and Ankle Pain: It's All in the Calf		Fri	Sept 19	9:00-10:30		Dave Bass, PT, DPT
	HW475	Common Menopause Symptoms and Treatment Options: Finding Relief		Fri	Nov 7	2:00-3:00		Emily Stone, MD
	HW476	Pelvic Floor Health and Women's Incontinence: Hold It!		Thu	Nov 20	12:00-1:00		Ramzi Aboujaoude, MD
	HW481	Beginning Tai Chi 37 Form: Beginning and Intermediate		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:30-3:30		Drew Herman
	HW484	Myths About Arthritis		Fri	Oct 24	9:00-10:30		Dave Bass, PT, DPT
	HW485	Rotator Cuff Tears and Shoulder Pain		Fri	Nov 14	9:00-10:30		Dave Bass, PT, DPT
	HW492	InterAge Seminar: Embracing the Future		Mon	Sept 15	10:30-12:00		Ayn and Rachel
	HW493	InterAge Seminar: Embracing the Future		Tue	Sept 30	2:00-3:30	Online	Ayn and Rachel
	HW494	Medical Imaging and Advocacy: Aging with Insight		Fri	Oct 10	10:00-12:00		Charlie Downing
	HW495	Osteoarthritis: Symptoms and Treatment Options		Fri	Sept 12	11:00-12:00		David Randolph, MD
	HW496	Understanding Urogynecology: Pelvic Health and Treatment Options		Fri	Sept 26	12:00-1:00		Nathan Guerette, MD
	HW497	Lung Health: Early Detection and Diagnosis for Lung Cancer		Tue	Nov 18	12:30-1:30		Alice Herlihy, MD
	HW498	Bone Health Basics: Osteopenia and Compression Fractures		Wed	Oct 15	12:00-1:00		Joshua Herzog, MD
	HW499	Falls Prevention and Recovery		Thu	Oct 30	1:30-3:30		Dr. Casey Pherson
	HW500	Diabetes Mellitus and the Era of GLP-1 Agonists		Mon	Oct 13	2:30-3:30		James Schmitt, MD
	HW501	Shoulder Pain Solutions		Thu	Nov 13	2:30-3:30		Jordan Witt, DPT
	HW502	Medication Safety and Overdose Response		Thu	Sept 18	9:30-10:30		Lindsay and Sarah
	HW504	Lifespan Reflection with VCU OT: Rewind and Replay		Thu	Sept 25, Oct 23	9:30-11:00		Audrey and Ayn
		Inside LLI Activities						
	IA016	Annual State of the LLI Meeting		Mon	Oct 6	10:00-11:30		John and the LLI Board
	IA017	Bake Sale Fundraiser		Tu/W	Oct 21, 22	9:30-3:00		Fundraising Committee
	IA022	LLI Committee Fair: A Behind the Scenes Look		Fri	Sept 12	1:00-3:00		LLI Committee Chairs
	IA077	Workshop for LLI Instructors		Tue	Sept 2	2:00-3:30		Rachel Ramirez
	IA078	Workshop for LLI Instructors		Thu	Sept 4	12:30-2:00	Online	Rachel Ramirez
	IA997	Q&A for Current Members		Thu	Sept 4	2:30-3:30		Rachel Ramirez
	IA998	Orientation for New Members		Fri	Sept 5	10:00-11:15	Online	Rachel Ramirez
	IA999	Orientation for New Members		Tue	Sept 2	9:30-11:00		Rachel Ramirez
		Languages						
	LA001	Introduction to French		Tue	Sept 9, 16, Oct 14, 21	9:00-10:00		Carol Pritchard
	LA006	Basic Spanish for Beginners		Thu	Sept 4, 11, 18, Oct 9, 23, 30, Nov 6, 13, Dec 4, 11	11:00-12:00		Nena Woods
	LA015	Conversational German		Mon	Sept 8, 15, 22, 29, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	2:00-3:30		Alan McCrea
	LA019	Conversational French Review		Tue	Oct 28, Nov 18, 25, Dec 2, 9, 16	9:00-10:00		Carol Pritchard

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		Leisure Activities						
	LE032	Needleworkers United		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:30-3:30		Sandy and Ellen
	LE130	Frazzled Snowman and Ornament	\$15	Mon	Dec 1	10:00-12:00		Kimberley and Marie
	LE143	Beaded Lanyard for LLI Name Tag	\$8	Tue	Sept 9	12:30-3:30		Donna Whitfield
	LE200	Advanced Card Making: Multimedia Fun	\$7	Wed	Oct 1	1:30-3:30		Marie and Mary Ann
	LE207	Road Scholar Education Travel: University of the World		Thu	Sept 11	2:30-3:30		Cindy Graunke
	LE241	Basic Pine Needle Baskets	\$23	Tue	Nov 18, Dec 2, 9, 16	1:30-3:30		Diane and Jennifer
	LE252	Genealogy Discussions		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:00-3:30		Kevin and Janet
	LE253	Cooking with Judith		Mon	Oct 6, 13, 20, 27	11:00-12:30	Online	Judith Onesty
	LE258	Messy Advanced Card Making Techniques	\$7	Tue	Oct 14	1:30-3:30		Marie and Mary Ann
	LE279	Introduction to Disc Golf	*\$15	Tue	Oct 7, 14, 21, 28	9:30-11:00		Stone Wahl
	LE295	Crafting PhD: Project Half Done		Thu	Sept 4, 11, Oct 9, 16, 23, Nov 6, 13, Dec 4, 11	11:30-1:30		Mary Kay and Ethel-May
	LE303	Virginia Native Plants for Sun and Shade		Mon	Sept 15	9:30-11:30		Sheryl Smith
	LE306	Regenerative Seed Starting 101		Thu	Oct 30	9:30-11:30		Conner Parrish
	LE308	Live Holiday Wreaths Workshop	\$40	Wed	Nov 19	9:30-11:30		Conner Parrish
	LE314	Cardmaking by the Numbers	\$28	Tue	Sept 23	10:00-12:00		Stephanie Balarzs Douglas
	LE315	Scrapbooking by the Numbers	\$19	Wed	Oct 22	10:00-12:00		Stephanie Balarzs Douglas
	LE317	American Mah Jongg Boot Camp		Tue	Sept 9, 16, 23, 30	1:30-3:30		Stone Wahl
	LE337	Alaska, Then and Now A		Tue	Sept 9, 16, 23	9:30-11:00		Joe Lenzi
	LE342	Pest Management and Harvest Practices for Cutting Gardens		Thu	Sept 11	9:30-11:30		Conner Parrish
	LE348	Logic and Reasoning Puzzles A: Set 2		Mon	Oct 6	10:00-11:30		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 2		Mon	Nov 10	10:00-11:30		Stone Wahl
	LE353	Alaska, Then and Now B		Thu	Oct 9, 16, 23	9:00-10:30		Joe Lenzi
	LE354	Whimsical Wooden Pumpkins	\$15	Mon	Sept 15	10:00-12:00		Kimberley and Marie
	LE355	Creative Earring Workshop	\$16	Tue	Nov 25, Dec 2, 9, 16	10:30-12:00		Judith Onesty
	LE356	Regenerative Gardening		Fri	Sept 5	10:00-12:00		Susan Atkins
	LE357	The Marvelous Monarch		Mon	Sept 29	10:00-11:30		Elizabeth and Courtney
		Life Services						
	LS069	SeniorNavigator and the VirginiaNavigator Family of Websites		Wed	Oct 29	12:30-1:30		Bonnie Scimone
	LS084	Becoming an Optimist		Thu	Sept 11, 18	9:30-11:00		Dr. Michael J. Wriston
	LS085	Befriending Your Subconscious		Mon	Sept 22, 29	9:30-11:00		Dr. Michael J. Wriston
	LS086	Chesterfield Public Library Resources Galore		Wed	Oct 15	10:00-11:30		Cindy Arnold
	LS090	The Power of Habits		Thu	Oct 9, 16	9:30-11:00		Dr. Michael J. Wriston
	LS091	The Art of the Apology		Mon	Oct 27	9:00-11:00		Dr. Michael J. Wriston
	LS094	Strengthening Relationships		Thu	Nov 6, 13	9:30-11:00		Dr. Michael J. Wriston
	LS095	Becoming a Better Grandparent		Mon	Nov 17	9:00-11:00		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive, Not Reactive		Mon	Sept 15	9:00-10:30		Marc Friedlander, MBA
	LS099	Resolving Conflict and Maintaining Boundaries		Thu	Dec 4, 11	9:30-11:00		Dr. Michael J. Wriston
	LS145	Transportation Services in Chesterfield County		Tue	Sept 2	11:30-12:30		Billie Darlington
	LS147	Crafts for Community		Wed	Sept 17, Oct 15, Nov 19, Dec 17	11:30-1:00		Mary Jane Murphy
	LS152	Human Trafficking: The Basics and the Law		Fri	Oct 24	12:00-1:30		Linda, Erin, and Catherine
	LS157	Planning Final Arrangements		Tue	Sept 30	2:00-3:30		Susan Campbell

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		Life Services						
	LS168	Senior Housing Options: Replacing Chaos with Clarity		Tue	Sept 23	12:30-2:00		Kevin Parks
	LS169	Chesterfield Council on Aging		Thu	Sept 25, Oct 23	9:00-10:30		Kim Graves and the CCA Team
	LS172	Mercy Mall Emergency Food Bags		Thu	Oct 9, Dec 4	2:00-3:00		Phyllis Maples
	LS177	Emergency Preparedness for Individuals and Households		Mon	Sept 8	10:00-11:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Wed	Nov 5	1:30-3:30		Keith Chambers
	LS196	Navigating Senior Housing: Options, Insight, and Transitions		Tue	Dec 16	11:00-12:00		John Krug
	LS198	Discussing the Big and Often Polarizing Issues		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	12:00-1:30		John and Claude
	LS203	Improving Self-Esteem		Mon	Sept 22	12:00-1:30		Richard Commander
	LS206	What Are Death Cafes?		Fri	Oct 31	1:00-2:30		Reamey Belski
	LS208	Medical Aid in Dying: An End-of-Life Option		Wed	Nov 19	1:00-3:00		Wayne Swatowski
	LS211	Senior Care 101		Wed	Oct 29	9:30-10:30		Jan Carrington, CDP
	LS213	Setting Goals		Wed	Nov 12	2:00-3:30		Richard Commander
	LS217	Critical Thinking A: Principles and Obstacles		Tue	Oct 21, 28	2:00-3:00		Brian Plante
	LS218	Critical Thinking B: Principles and Obstacles		Wed	Nov 5, 12	2:00-3:00		Brian Plante
	LS219	Capital Trail 101: A Guide to the Trail		Wed	Nov 5	9:30-10:30		Mackenzie Cocherell
	LS221	Proactive Home Accommodation: Temporary and Permanent		Mon	Oct 13, 20	12:00-1:30		Ann-Marie Walsh
	LS222	Calling 911: What to Expect		Mon	Oct 13	9:30-11:30		Shannon M. White
	LS223	Communicating with Ease and Connection		Wed	Sept 24, Oct 1, 8	12:30-2:00		Josie Schmidt
	LS224	Connecting with Adult Children and Navigating Relationships		Wed	Oct 22, 29, Nov 5	12:00-1:30		Josie Schmidt
	LS225	Rollator Walkers 101: Obtaining, Using Safely, and Maintaining		Wed	Oct 8	11:30-1:00		Jodi, Sheryl, and Kelly
	LS226	Rollator Walkers 201 A		Wed	Oct 15	1:00-3:00		Jodi, Sheryl, and Kelly
	LS227	Rollator Walkers 201 B		Tue	Oct 21	1:00-3:00		Jodi, Sheryl, and Kelly
	LS228	Neighbors Helping Neighbors: Building Stronger Communities		Tue	Sept 9	9:30-10:30		Annabelle Bugay
	LS229	From Farm to Front Door: How Food Gets to Those in Need		Tue	Oct 28	1:00-2:00		Annabelle Bugay
	LS230	Developmental Relationships: Building Trust, Resilience, and Purpose		Tue	Oct 7	12:00-1:30		Ashley Hall
	LS231	Death in the Virginia Legislature: Exploring End-of-Life Policies		Wed	Dec 10	9:30-11:30		Cryst'l Scheer
	LS232	Designing the Next Chapter: Life, Home, and Legacy		Tue	Oct 28	2:30-3:30		Crystal Tillman, SRES
	LS233	Home Health vs. Home Care		Wed	Nov 19	10:30-11:30		Jan Carrington, CDP
	LS234	Ask the Experts: Understanding Healthcare, Housing, and Legal Planning		Thu	Oct 16	11:30-1:30		Jennifer Perry
	LS235	When Breath Becomes Air: An End-of-Life Book Discussion	*\$15	Fri	Nov 14	1:00-2:30		Reamey Belski

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		Philosophy and Religious Studies						
	PR002	Bible Discussion of the Gospel of John		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	2:00-3:30		Mike and Mark
	PR003	Socrates Café		Wed	Sept 3, Oct 8, Nov 12, Dec 10	11:30-1:00		Annebel Lewis
	PR059	The History of the Bible: Not a Bible Study		Tue	Oct 14, 21, 28	12:30-1:30		Wayne Moyer
	PR099	Science and Theology		Thu	Sept 4, 11, 18, Oct 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	9:30-11:00		Timothy Pace
	PR100	The Chosen: The Life of Jesus and His Followers		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27	2:00-3:30		Luke John Coukos
	PR104	God's Grace: What Does It Look Like?		Tue	Sept 30	12:30-2:00		Richard Commander
	PR111	Favorite Parables		Tue	Sept 30, Oct 7, 14, 21, 28	11:00-12:00		Shep Smith
	PR112	Ethics		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	11:00-12:00		James P. McDonough
	PR113	Mental Health and Faith: The Ins and Outs of Anxiety and Depression		Fri	Nov 7, 14, 21, Dec 5	10:30-12:00		Annette G. Alabaster
	PR114	The Letter of James: Words for Wise Living		Tue	Nov 18, 25	12:00-1:30		Joanna Lurie
		Special Events						
	SE136	Pocahontas State Park Tour		Mon	Sept 29	9:00-12:00		Rebecca Whalen
	SE154	Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet		Wed	Dec 17	11:00-12:00		Ken Carlson
	SE160	Love Songs from Op to Pop		Mon	Oct 20	2:30-3:30		Leslie Matthews
	SE164	Company's Coming Band Concert		Fri	Oct 3	2:30-3:30		Kate, Don, and John
	SE170	Agecroft Autumn Garden Walking Tour	\$10	Fri	Oct 17	10:30-11:30		Katie Reynolds
	SE171	Literary Society Celebration		Tue	Dec 16	11:30-1:00		Bob, Martha, and Anita
	SE186	Virginia Museum of Fine Arts (VMFA) Frida Kahlo Exhibit Tour	\$26	Fri	Sept 19	10:00-11:00		Kathy Parrish
	SE195	VMHC Un/Bound Free Black Virginians Exhibit Tour A	\$14	Fri	Oct 10	12:00-1:00		Maggie Creech
	SE196	VMHC Un/Bound Free Black Virginians Exhibit Tour B	\$14	Thu	Nov 13	1:30-2:30		Maggie Creech
	SE213	The Book Burning Society: A YAHA Performance		Wed	Oct 1	12:30-1:30		Bob Ferguson
	SE214	Advertising Antics: A YAHA Performance		Thu	Oct 30	12:00-1:00		Bob Ferguson
	SE215	Behind the Scenes with Brightpoint: Macbeth Sneak Peek		Fri	Nov 7	1:30-3:00		Kerrigan and Foster
	SE216	Readers Theater Performance A: Christmas Eve at the Down and Out Motel		Thu	Dec 11	2:30-3:30		Vic and Mary Jane
	SE217	Readers Theater Performance B: Christmas Eve at the Down and Out Motel		Thu	Dec 18	12:30-1:30		Vic and Mary Jane
	SE218	Agecroft Curator of Collections Talk and Tour	\$16	Thu	Sept 18	11:00-12:00		Libby and Katie
	SE219	Pocahontas State Park Forgotten Railroad Hiking Tour		Mon	Oct 27	11:00-12:00		Jimmy King
	SE220	VCU's Cabell Library Behind the Scenes Tour A: Back to the Stacks		Fri	Oct 3	10:30-12:00		Kelly Gotschalk
	SE221	VCU's Cabell Library Behind the Scenes Tour B: Back to the Stacks		Fri	Nov 14	10:30-12:00		Kelly Gotschalk
	SE222	Best of Baltimore Tour: By Land and Water!	\$205	Fri	Sept 26	6:45-7:45		SignaTours
	SE223	History and Heritage in Lexington Tour	\$160	Fri	Oct 24	7:30-6:30		SignaTours
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:00-3:00		Carolyn and Ethel-May
	WG007	Canasta Variations: Hand and Foot, Triple Play, and Samba		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg Thursday		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	9:00-12:00		Diane and Randall
	WG013	Spades		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	11:00-1:00		Anne and Bev
	WG014	Mah Jongg Tuesday		Tue	Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	1:30-3:30		Julie Randolph

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