

# LLI in Chesterfield

## Spring 2026 Online Courses

Course	Course Name	Fee	Day	Dates	Time	Instructor
	<b>Art, Music, Drama, and Dance</b>					
AD315	The Book of Amazement Art Journal		Fri	April 10	1:30-3:00	Janet Abel
AD323	Watercolor Techniques		Mon	March 2, 9, 16, 23, April 6, 13, 20	1:30-3:00	Linda Szabo
AD328	Art Journaling in the Book of Amazement		Fri	April 24	1:30-3:00	Janet Abel
	<b>Computers, Technology, Math, and Science</b>					
CO169	Automotive Basics		Fri	January 30, February 6	10:30-12:00	B. Ellen Johnson, PhD
CO258	Zoom Practice A		Mon	March 9	9:30-10:30	Carri Pandolfe
CO259	Zoom Practice B		Wed	March 25	2:00-3:00	Carri Pandolfe
	<b>Economics and Finance</b>					
EF115	Estate Planning and Elder Law		Tue	April 7	9:30-10:30	Paula Peaden
EF185	Fraud and Scam Prevention		Thu	April 16	10:30-12:00	Kathy Boykin
	<b>Literature, Poetry, and Film</b>					
EL100	LLI Literary Society Orientation		Tue	January 20	1:30-2:30	Martha and Bob
EL127	Print a U.S. Military Story		Mon	February 9	10:30-12:00	Alex Sebby
EL139	History of Science Fiction		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	1:30-2:30	Drew Herman
EL140	Aspiring Writers' Critique		Fri	April 10, 24	1:00-3:00	Dorothy Moses
	<b>Fitness</b>					
FI015	Pilates Online	\$20	Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	9:00-10:00	Linda McDorman
FI020	Zumba Gold Online	\$20	Thu	Jan 22, 29, Feb 5, 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23	8:30-9:30	Tracey Williams
FI030	Strength and Stretch Online	\$20	Mon	Jan 26, Feb 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	10:00-10:45	Nicole Thomas-Jackson
FI031	Chair Yoga Online	\$20	Wed	Jan 21, 28, Feb 4, 11, 18, 25, March 4, 11, 18, 25, April 8, 15, 22	11:30-12:30	Linda McDorman
FI034	Cardio and Strength Training Online	\$20	Thu	Jan 22, 29, Feb 5, 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23	1:30-2:30	Nicole Thomas-Jackson
FI035	Vivo Online Strength Training: 1x per Week	\$200	1x/wk	January 20 - April 24		Team Vivo
FI036	Vivo Online Strength Training: 2x per Week	\$320	2x/wk	January 20 - April 24		Team Vivo
FI037	Vivo Online Strength Training: 3x per Week	\$512	3x/wk	January 20 - April 24		Team Vivo
FI038	Low Impact Monday Online	\$5	Mon	April 6, 13, 20	9:00-10:00	Sherella Brown
FI039	Sit and Be Fit Monday Online	\$5	Mon	April 6, 13, 20	10:00-10:45	Sherella Brown
FI040	Gentle Yoga Monday Online	\$5	Mon	April 6, 13, 20	11:00-12:00	Linda McDorman
FI041	Chair Yoga Tuesday Online	\$5	Tue	April 7, 14, 21	1:00-2:00	Linda McDorman
FI042	Gentle Yoga Tuesday Online	\$5	Tue	April 7, 14, 21	2:30-3:30	Linda McDorman
FI043	Wednesday Fun Fitness Online	\$5	Wed	April 8, 15, 22	9:45-10:45	Nicole Thomas-Jackson
FI044	Sit and Be Fit Wednesday Online	\$5	Wed	April 8, 15, 22	11:00-11:45	Nicole Thomas-Jackson
FI045	Sit and Be Fit Thursday Online	\$5	Thu	April 9, 16, 23	11:30-12:15	Sherella Brown

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	<b>Fitness</b>					
FI046	Chair Yoga Thursday Online	\$5	Thu	April 9, 16, 23	1:00-2:00	Dorota Kawka
FI047	Gentle Yoga Thursday Online	\$5	Thu	April 9, 16, 23	2:30-3:30	Dorota Kawka
FI048	Low Impact Friday Online	\$5	Fri	April 10, 17, 24	8:30-9:30	Linda McDorman
FI050	Chair Yoga Friday Online	\$5	Fri	April 10, 17, 24	9:45-10:45	Linda McDorman
	<b>History, Humanities, and International Studies</b>					
HS734	A Tour of Germany and Austria		Tu/W	April 7, 8, 14, 15, 21, 22	1:00-2:15	Bob Ferguson
HS754	A Quest for Family Ties		Tue	April 14	1:00-2:30	Samuel Hayes III
HS770	Admiral Nimitz in World War II		Thu	April 9	1:00-2:30	Chris Kolakowski
HS776	The April 1942 Doolittle Raid		Thu	April 16	1:00-2:00	James Triesler
HS778	Pirates and Privateers in the Revolution		Tue	April 21	11:00-12:00	John Partridge
	<b>Health and Wellness</b>					
HW367	Warning Signs of Alzheimer's		Tue	April 14	11:00-12:00	Rachel Lawson
HW435	Strength Training Benefits for Life's Journey		Fri	January 23	11:30-12:30	Eric and Katie
HW518	Caregiver Burnout Strategies		Fri	April 10	11:00-12:00	Chris Nufer
HW519	Emotional Perspectives		Wed	February 25	11:00-12:30	Dale Atkins
	<b>Inside LLI Activities</b>					
IA078	Workshop for LLI Instructors		Thu	January 22	12:30-2:00	Rachel Ramirez
IA998	Orientation for New Members		Fri	January 23	9:30-10:45	Rachel Ramirez
	<b>Languages</b>					
LA028	Conversational German		Mon	April 6, 13, 20	2:00-3:30	Alan McCrea
	<b>Leisure Activities</b>					
LE253	Cooking with Judith		Mon	March 23, April 6, 13, 20	11:30-1:00	Judith Onesty
	<b>Life Services</b>					
LS171	Transportation Services in Chesterfield County		Tue	March 17	11:00-12:00	Billie Darlington
	<b>Philosophy and Religious Studies</b>					
PR115	The Great Myths		Mon	April 6, 13, 20	9:30-11:00	Timothy Pace