

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield Summer 2026 Registration Form

Sequence # (Office Use): _____

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Art, Music, Drama, and Dance						
	AD012	Advanced Watercolor		Thu	June 18, 25, July 2, 9, 16, 23	10:30-12:30		Marti Franks
	AD021	Intermediate Tap Dancing		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21	10:00-11:00		Beth and Julie
	AD036	Introduction to Line Dancing		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	9:00-9:45		Julie Van Buskirk
	AD058	Country Line Dancing		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	9:00-11:00		Mary Jane and Bev
	AD111	Intermediate Watercolor with Marti		Thu	June 18, 25, July 2, 9, 16, 23	2:00-3:30		Marti Franks
	AD141	Lifelong Musicians		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	12:00-1:30		Brad, Ken, and Rick
	AD192	Super Senior Storytelling Slam		Thu	May 28, June 25, July 23	10:30-12:30		Judith and Les
	AD197	Ballroom Dance Practice		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	12:15-1:15		Eric and Julie
	AD210	Introduction to Brazilian Percussion		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	1:15-2:15		Damir Strmel
	AD234	Artist Open Studio		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	1:00-3:00		Diana Hinman, et. al.
	AD248	Readers Theater		Tue	May 5, 12, 26, June 2, 9, 23, 30, July 7, 14, 21, 28	9:30-10:30		Ken Carlson
	AD252	Intermediate Ukulele: Beach-Ready Summer Strumming		Wed	May 6, 13, 20, 27	11:00-12:30		Rick Kaerwer
	AD278	Open Studio for Artists		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	10:30-12:30		Dr. Susan Coffey, et. al.
	AD292	Moving to Music		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	8:30-9:30		Diane Childress
	AD314	The Book of Amazement Art Journal A: Making the Book		Mon	June 1	1:00-2:30		Janet Abel
	AD315	The Book of Amazement Art Journal: Making the Book		Wed	August 5	1:00-2:30	Online	Janet Abel
	AD319	The Book of Amazement Art Journal B: Making the Book		Tue	July 14	1:00-2:30		Janet Abel
	AD324	Chicago Tribune Tower Competition: Gothic Dreams and Modern Visions		Thu	May 14, 21	2:30-3:30		Tara Semtner, AIA
	AD325	Paintings in Disguise: Diving Deeper		Thu	July 9, 16	2:30-3:30		Tara Semtner, AIA
	AD326	Art Journaling in the Book of Amazement A: Using the Book		Mon	June 8	1:00-2:30		Janet Abel
	AD327	Art Journaling in the Book of Amazement B: Using the Book		Tue	July 21	1:00-2:30		Janet Abel
	AD328	Art Journaling in the Book of Amazement: Using the Book		Wed	August 12	1:00-2:30	Online	Janet Abel
	AD329	Creativity and Wellness: How Creating Combats Loneliness		Tue	June 9	12:00-1:00		Kate Powell, MPA
	AD332	American Architectural Gems		Wed	May 6, 13, 20, June 3	9:30-10:30		Karen Steele
	AD333	InterAge Storytelling Workshop for Elders and Youngers		Thu	May 14	10:00-12:00		Les and Judith
	AD334	InterAge Storytelling for Elders and Youngers		Tue	May 19, 26, June 2	1:00-2:30		Les and Judith
	AD335	Painting Secrets of the Old Masters		Mon	June 1	9:00-10:30		Chris Semtner
	AD336	World Theatre History		Tue	June 2, 9, 16, 23, 30, July 7, 14, 21, 28	2:30-3:45	Online	Kathryn Miesse
		Computers, Technology, Math, and Science						
	CO199	Nearpeer Tutorial and Tips A		Wed	May 6	11:00-12:30		Debby Hoskin
	CO200	Nearpeer Tutorial and Tips B		Wed	July 22	1:30-3:00		Rachel Ramirez
	CO218	News from the Microbiome		Wed	May 13, 20	10:30-12:30		Patricia Ryther
	CO230	What is Modern Science?		Mon	June 22, 29	1:30-3:00		Alex Meredith
	CO235	Podcasts for All		Wed	June 10	1:30-3:00		Rachel and Lucas
	CO240	Apple App Store App for iPhone and iPad		Fri	June 26	1:00-3:00		Mark Grubbs
	CO243	Apple Mail App for iPhone and iPad		Fri	May 15	1:00-3:00		Mark Grubbs
	CO246	Microplastics: A Global Problem Gets Personal		Fri	July 10, 17, 24	10:30-12:30		Patricia Ryther

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		Computers, Technology, Math, and Science						
	CO256	Introduction to Zoom		Fri	June 26	10:30-12:00		Carri Pandolfe
	CO258	Zoom Practice		Mon	July 13, 20, 27	1:30-2:30	Online	Carri and Scarleth
	CO260	Fusion Power in Chesterfield		Fri	May 15	1:00-2:00		Jessica Strunkin
	CO261	Fusion Power in Chesterfield		Wed	July 15	11:00-12:00	Online	Jessica Strunkin
	CO262	Understanding Artificial Intelligence: Introductions		Mon	May 11, 18, June 1	2:00-3:30		Danny Arkin
	CO263	Working with Artificial Intelligence A: Learning to Navigate		Thu	June 11, 18, 25	2:00-3:30		Danny Arkin
	CO264	Working with Artificial Intelligence B: Learning to Navigate		Thu	July 9, 16, 23	2:00-3:30		Danny Arkin
	CO265	Sleep, Wake, and the Renewing Brain		Wed	June 10, 17, 24	10:30-12:30		Patricia Ryther
	CO266	LLI App Innovation Research Project		Tue	May 5	9:00-10:30		Miska, KC, and Lilah
		Diversity, Equity, and Incusion						
	DE007	Understanding Gender Identity and Expression		Fri	July 17	1:30-3:30		Ted Heck
	DE013	Disability and Ableism: From Oppression to the ADA to How to Help		Thu	May 28, June 4	1:30-3:00		Wayne Swatlowksi
	DE015	Aging and Ageism in Society and Self		Thu	June 11, 18, 25	1:30-3:00		Wayne Swatlowksi
	DE019	A Week in the Life of Billy Good		Thu	June 4	10:30-12:00		Wilbur and Carol
		Economics and Finance						
	EF018	Smart Investing		Tue	June 9	9:30-11:00		Jamey Davidson
	EF104	Estate Settlement and the Probate Process		Tue	July 14	10:00-12:00		Mark Mikuta, CPA, CFP
	EF113	Medicare 101: Understanding the Basics		Tue	June 23	10:30-12:00		Tammy Akers
	EF117	Identity Theft and Protection		Wed	July 29	10:30-12:00		Sabrina Guerin
	EF118	Organizing Financial Records		Wed	July 1	9:30-10:30		Sabrina Guerin
	EF132	Financial Preparedness for Disasters		Mon	July 13	1:30-3:30		CCEM Staff
	EF136	Long Term Care Insurance		Tue	May 5	10:30-12:30		Linda T. Caruthers
	EF138	Medicare 101: Understanding the Basics		Wed	July 22	10:30-12:00	Online	Tammy Akers
	EF147	Outsmart the Scammers		Wed	June 3	11:00-12:00		Shawn Doran
	EF163	Money Mindset Makeover: Ignite a Love Affair with Money	*\$13	Tue	June 2	11:00-12:30		Sorana Blackfoot
	EF167	Financial Stability		Wed	May 13	2:00-3:00		Richard Commander
	EF180	Finance Across Generations: Bridging the Gap		Tue	June 2	9:00-10:30		Sabrina and Amy
	EF183	New Medicare Birthday Rule and Healthcare Expense Savings A		Thu	May 7	11:00-12:00		Beckey Huddleston
	EF188	Investing in Artificial Intelligence: Part II		Wed	May 13	2:00-3:30		Jamey Davidson
	EF189	New Medicare Birthday Rule and Healthcare Expense Savings B		Thu	July 23	2:30-3:30		Beckey Huddleston
	EF190	Medicare Essentials A: Understanding Healthcare		Thu	May 14	11:00-12:00		Beckey Huddleston
	EF191	Medicare Essentials B: Understanding Healthcare		Thu	July 30	2:30-3:30		Beckey Huddleston
		Literature, Poetry, and Film						
	EL015	Aspiring Writers' Critique		Fri	May 8, 22, June 5, 26, July 10, 24	1:00-3:00		Dorothy Moses
	EL027	Edgar Allan Poe and the Creation of the Detective Story		Mon	July 13	1:00-2:30		Chris Semtner
	EL043	Enjoy Poetry		Wed	May 6, 13, 20, 27, June 3, 10, 24, July 1, 8, 22, 29	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14	9:00-11:00		Suzanne and Tom
	EL076	Storying Later Life		Tue	June 9, 16, 23, 30, July 7, 14, 21	12:30-1:30		John Countryman
	EL093	The Prehistory of the Movies		Tue	May 5, 12, 19, 26, June 2, 9	12:30-2:00		Josh Pachter
	EL095	Exploring Legacy through Reflective Writing		Tue	August 4, 11	1:00-2:30	Online	Cryst'I Scheer

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		Literature, Poetry, and Film						
	EL100	LLI Literary Society Orientation: Sports of All Sorts		Mon	May 4	10:00-11:00	Online	Martha and Bob
	EL101	LLI Literary Society Orientation: Sports of All Sorts		Tue	May 5	11:00-12:00		Martha and Bob
	EL108	The Boy, the Mole, the Fox and the Horse	*\$15	Thu	July 2	1:00-3:00		Rachel and Lucas
	EL109	Children's Book Review		Thu	May 21	9:30-11:00		Rachel and Levi
	EL114	LLI Literary Society Feedback and Book Swap		Mon	June 15	2:30-3:30		Martha and Bob
	EL127	Veterans in Virginia: Print a U.S. Military Story		Mon	June 15	11:00-12:00	Online	Alex Sebby
	EL140	Aspiring Writers' Critique		Fri	August 7, 21	1:00-3:00	Online	Dorothy Moses
	EL142	Gulliver's Travels: Jonathan Swift's Message Then and Now		Mon	May 18, June 1, 8, 15, 22, 29	11:00-12:30		Edward Blackwell
	EL143	Writing a Novel to Completion		Tue	May 19, 26	1:30-3:00		Mike Jack Stoumbos
	EL144	Writing and Publishing Short Stories		Tue	June 2, 9, 16, 23	1:30-3:30		Mike Jack Stoumbos
	EL145	Nancy Drew: Gateway Reading for Mystery Lovers		Fri	July 24	11:00-12:00		Heather Weidner
	EL146	Workshopping and Editing Fiction Workshop		Tue	July 7	1:30-3:30		Mike Jack Stoumbos
		Fitness						
	FI001	Low Impact Monday	\$15	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$15	Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$15	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$15	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$15	Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$15	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$15	Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$15	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	1:00-2:00		Dorota Kawka
	FI015	Pilates Online	\$20	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27, Aug 3, 10, 17	9:00-10:00	Online	Linda McDorman
	FI017	Wednesday Fun Fitness	\$15	Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$15	Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	8:30-9:30	Online	Tracey Williams
	FI028	Gentle Yoga Monday	\$15	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$15	Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27, Aug 3, 10, 17	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	11:30-12:30	Online	Linda McDorman
	FI034	Cardio and Strength Training Online	\$20	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	1:30-2:30	Online	Nicole Thomas-Jackson
	FI035	Vivo Online Strength Training: One Time per Week and Bring a Friend	\$200	1x/wk	May 26 - August 28		Online	Team Vivo
	FI036	Vivo Online Strength Training: Two Times per Week and Bring a Friend	\$320	2x/wk	May 26 - August 28		Online	Team Vivo
	FI037	Vivo Online Strength Training: Three Times per Week and Bring a Friend	\$512	3x/wk	May 26 - August 28		Online	Team Vivo
	FI038	Low Impact Monday Online	\$5	Mon	August 3, 10, 17	9:00-10:00	Online	Sherella Brown
	FI039	Sit and Be Fit Monday Online	\$5	Mon	August 3, 10, 17	10:00-10:45	Online	Sherella Brown
	FI040	Gentle Yoga Monday Online	\$5	Mon	August 3, 10, 17	11:00-12:00	Online	Linda McDorman
	FI041	Chair Yoga Tuesday Online	\$5	Tue	August 4, 11, 18	1:00-2:00	Online	Linda McDorman
	FI042	Gentle Yoga Tuesday Online	\$5	Tue	August 4, 11, 18	2:30-3:30	Online	Linda McDorman
	FI043	Wednesday Fun Fitness Online	\$5	Wed	August 5, 12, 19	9:45-10:45	Online	Nicole Thomas-Jackson
	FI044	Sit and Be Fit Wednesday Online	\$5	Wed	August 5, 12, 19	11:00-11:45	Online	Nicole Thomas-Jackson

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		Fitness						
	FI045	Sit and Be Fit Thursday Online	\$5	Thu	August 6, 13, 20	11:30-12:15	Online	Sherella Brown
	FI046	Chair Yoga Thursday Online	\$5	Thu	August 6, 13, 20	1:00-2:00	Online	Dorota Kawka
	FI047	Gentle Yoga Thursday Online	\$5	Thu	August 6, 13, 20	2:30-3:30	Online	Dorota Kawka
	FI048	Low Impact Friday Online	\$5	Fri	August 7, 14, 21	8:30-9:30	Online	Linda McDorman
	FI050	Chair Yoga Friday Online	\$5	Fri	August 7, 14, 21	9:45-10:45	Online	Linda McDorman
		History, Humanities, and International Studies						
	HS003	Current Events Discussion		Wed	May 6, 20, June 3, 17, July 1, 15, 29	1:30-3:00		Steve, Mark, and Phil
	HS020	Burying the Confederate Dead		Tue	May 19	11:00-12:00		Waite Rawls
	HS089	Great Decisions	*\$40	Tue	May 12, June 9, July 7	2:00-3:30		Bob Ferguson
	HS381	The Adventures of Hiking the Caminos		Mon	July 20	1:00-3:00		Robert Abbott
	HS599	Aerial America: Spectacular Sites from Above		Mon	May 11, 18, June 1, 8	11:00-12:00		Timothy Pace
	HS617	No Time to Grieve Documentary		Mon	June 8	1:30-3:30		Peppy Jones
	HS690	Midlothian Matters		Fri	July 31	11:00-12:00		Mark S. Miller, Ph.D.
	HS698	African American Inventors: Who Knew?		Mon	June 15, 22	11:30-12:30		Myron Johnson
	HS710	Palestine History and Future		Tue	July 7, 14, 21, 28	9:30-11:30		Adeeb M Abed
	HS724	American Corrections: Behind the Walls and Bars		Thu	June 18, 25	2:00-3:30		Charles J. Kehoe
	HS750	Echoes of the Past: Reminiscing Together		Wed	July 1	12:00-1:30		Richard Commander
	HS773	Church Hill Tunnel Collapse: 100th Anniversary		Tue	May 5	11:00-12:00		George Saunders
	HS783	The World's Sacred Sites		Tu/W	August 4, 5, 11, 12, 18, 19	10:30-11:45	Online	Bob Ferguson
	HS784	Tour of Spain		Fri	May 8, 15, 22, 29, June 5, 12	9:30-10:30		Timothy Pace
	HS785	Histories of Petersburg		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1	11:00-12:30		Keith Southall
	HS786	Conspiracy Theories and American History: Just Asking Questions		Wed	June 3, 10, 17, 24, July 1, 8	2:00-3:30		Robert Foster
	HS787	Latin America and Imperialism		Mon	June 15, 22, 29, July 13, 20	9:30-11:00		John Whaley
	HS788	The History of Prisoners' Rights in the US: Justice with Dignity		Tue	May 12, 19, 26, June 2	9:00-10:30		Claudette Spencer
	HS789	The American Revolution		Tue	July 7, 14, 21	1:00-3:00		Timothy Pace
	HS790	The Battle of Stones River: Had It Been a Defeat Instead		Tue	June 2	1:00-2:00	Online	Chris Kolakowski
	HS791	Mementos and Memories A: Show and Tell		Tue	May 19	10:30-12:00		Karen Molzhon
	HS792	Mementos and Memories B: Show and Tell		Tue	June 16	10:30-12:00		Karen Molzhon
	HS793	Passport to Freedom: From Tehran to Triumph		Tue	May 19	9:00-10:00	Online	Nizam Missaghi, MD
	HS794	Cold War Nuclear Deterrence: The Strategic Triad		Thu	July 23	1:30-3:30		Randall L. Lanning
	HS795	Pyramid Construction Myths: Part 1		Tue	May 19	2:30-3:30		Rick Kinnaird
	HS796	Airwomen In Flight: A Century of Adventure and Achievement		Wed	June 24	2:00-3:30		Tim Kisner
	HS798	The Court Process: Part III		Fri	July 24	1:30-3:30		Erin and Frank
		Health and Wellness						
	HW153	Identifying and Treating Stroke Fast: Time Is Brain		Tue	June 30	1:00-2:00		Caitlin and Tim
	HW251	Brain Power Hour		Thu	June 4, 11, 18	11:00-12:00		Rachel Lawson
	HW262	Understanding Tinnitus and What Can Help		Thu	June 11	11:00-12:00		Debra, Kim, and Tara
	HW282	Summer Safety 101		Thu	May 28	10:30-12:00		Yenifer Jerez
	HW312	A Matter of Balance: Falls Prevention Workshop		Tue	June 2, 9, 16, 23, 30, July 7, 14, 21	10:00-12:00		Amanda and Karen
	HW342	Beginning Tai Chi 24 Form A		Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	12:30-1:15		Damir Strmel

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		Health and Wellness						
	HW343	Intermediate Tai Chi: Learning the Traditional Yang Form		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	11:00-12:00		Mary E. Gutberlet
	HW355	Beginning Tai Chi 24 Form B		Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	1:30-2:15		Mary E. Gutberlet
	HW375	Joint Replacements: What to Know Before and After Surgery		Thu	May 14	2:30-3:30		David Reynolds, PT
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Thu	June 4	2:30-3:30		David Reynolds, PT
	HW377	Chronic Pain: How Do I Get Rid of It?		Thu	July 2	2:30-3:30		David Reynolds, PT
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	12:00-1:00		Mary and Mark
	HW389	Understanding Hearing Loss and Hearing Aids		Tue	July 21	11:00-12:00		Kimberly Felder
	HW394	Be the Help Until Help Arrives		Mon	June 1	1:00-3:00		CCEM Staff
	HW409	Dry Needling: What It Is and How It Works		Thu	July 30	2:30-3:30		David Reynolds, PT
	HW435	Rethinking Exercise in Later Life: From "One Day" to Day One		Mon	May 4	11:30-12:30	Online	Dr. Katie Starr
	HW436	Senior Living Continuum		Tue	May 5	2:00-3:30		Jaime Smiley, MS
	HW445	Staying Safe at Home		Tue	July 14	2:00-3:30		Jaime Smiley, MS
	HW446	Stress Management Bingo: A Fun Way to Recharge		Thu	May 7	10:00-11:00		Maria and Rebecca
	HW462	Cultivating an Attitude of Gratitude		Thu	May 21	10:00-11:00		Melissa and Maria
	HW463	Heart Arrhythmias: Signs, Symptoms, and Treatment Options		Tue	May 12	11:00-12:00		Vybhav Jetty, MD
	HW467	Low Back Pain Solutions		Tue	May 12	2:30-3:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Tue	June 23	2:30-3:30		Jordan Witt, DPT
	HW495	Radiation for Arthritis: A Fresh Look at Osteoarthritis Treatment		Fri	June 26	1:30-2:30		David Randolph II, MD
	HW507	Nasal Nerve Ablation		Tue	May 19	1:00-2:00		Robert Thomas, MD
	HW516	Understanding Cancer		Tue	June 2	2:00-3:30		Brian Mitchell, MD
	HW519	Connecting across Generations: The Turquoise Butterfly		Wed	June 3	1:00-2:30	Online	Dale Atkins
	HW524	Benefits of Trigger Point Dry Needling		Thu	July 23	11:00-12:00		Jordan Witt, DPT
	HW527	Heart Rhythm Disorders: Causes, Risks, and Treatment Options		Fri	June 26, July 17	11:00-12:00		Vybhav Jetty, MD
	HW528	Women's Urology Wellness		Thu	May 21	1:00-2:00		Annie Edwards, DNP
	HW529	Treating Cancer		Tue	June 9	2:00-3:30		Brian Mitchell, MD
	HW530	Remembering Decades Past: Reminiscing and Reflection		Tue	May 5, 12	1:30-3:30		Jennifer Kell, LCSW
	HW531	Medical Advocacy for a Loved One		Thu	June 25	11:00-12:00		Douglas A. Wayne, MD
	HW532	Serendipity and Bad Luck in Medicine		Wed	May 27	1:30-2:30		James K. Schmitt, MD
	HW533	Steps to Safety		Tue	June 2	10:30-12:00		Kimberly Rideout
	HW534	The 4 Ms of Age-Friendly Care: Staying Healthy and Independent		Thu	July 2	11:00-12:00		Leslie Mento
	HW535	Social Wellness		Thu	May 14	10:00-11:00		Maria and Rebecca
	HW536	Self-Compassion		Thu	May 28	10:00-11:00		Rebecca and Eric
	HW537	Back to Basics		Thu	June 25	11:00-12:00		Maria Crostic
	HW538	New Dietary Guidelines and Long-Term Health		Tue	June 16	10:00-11:30		Ray DeStephen
	HW539	The ABCs of Time Management		Tue	August 18	1:00-2:00	Online	Shauna Hooker
	HW540	Muscles, Macros, and Mindset		Wed	June 3	9:30-10:30		Siobhan Carlton
	HW541	The Dementia Experience A: Building Empathy through a Virtual Tour		Tue	May 12	10:30-12:00		Rachel Coney-Bowles
	HW542	The Dementia Experience B: Building Empathy through a Virtual Tour		Thu	May 21	1:00-2:30		Rachel Coney-Bowles

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Inside LLI Activities						
	IA077	Workshop for LLI Instructors		Mon	May 4	2:00-3:30		Rachel Ramirez
	IA078	Workshop for LLI Instructors		Thu	May 7	10:30-12:00	Online	Rachel Ramirez
	IA110	10-year Member Celebration		Fri	July 24	12:00-1:30		Rachel and John
	IA997	Discussion with the Director		Thu	May 7	1:00-2:00		Rachel Ramirez
	IA998	Orientation for New Members		Fri	May 8	1:00-2:15	Online	Rachel Ramirez
	IA999	Orientation for New Members		Mon	May 4	9:30-11:00		Rachel Ramirez
		Languages						
	LA015	Conversational German		Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	2:00-3:30		Alan McCrea
		Leisure Activities						
	LE032	Needleworkers United		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	1:30-3:00		Sandy and Ellen
	LE186	Beginners Chess		Wed	June 3, 10, 17, 24, July 8, 15	12:00-1:30		Fletcher Cassada
	LE197	Brain Aerobics: Preventing Memory Loss		Wed	May 6, 20, June 3, 17	9:30-10:30		Howard Wynn
	LE200	Advanced Card Making: Irresistible Fun Techniques	\$7	Tue	May 12	1:30-3:30		Marie Ireland
	LE237	Rag Rug Wreaths		Wed	June 10, 17	10:30-12:00		Sandhi Schimmel Gold
	LE252	Genealogy Discussions		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	2:00-3:30		Janet and Kevin
	LE265	Modern Floral Design with an Asian Influence	\$12	Fri	June 5, 12, 26	1:30-3:00		Evelyn Klumb
	LE276	Balloonology 101	\$8	Mon	June 8	11:30-1:00		Wayne Swatowski
	LE279	Introduction to Disc Golf	*\$12	Tue	May 19, 26, June 2, 9	9:30-11:00		Stone Wahl
	LE297	Fun With Chair Volleyball		Tue	June 16, 23, 30, July 7	1:00-2:30		Barbara Clinedinst
	LE317	Learn Mah Jongg		Tue	May 5, 12, 19, 26	2:00-3:30		Stone Wahl
	LE337	Alaska, Then and Now		Tue	May 12, 19, 26	9:30-11:00		Joe Lenzi
	LE344	Korean Natural Farming 101: For the Gardener		Thu	May 28	10:00-12:00		Conner Parrish
	LE348	Logic and Reasoning Puzzles A: Set 3		Mon	June 8	9:30-11:00		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 3		Mon	June 15	12:00-1:30		Stone Wahl
	LE368	Capital Trail 101: A Guide to the Trail		Thu	May 21	11:00-12:00		Steph Coolbaugh
	LE371	Wine Bottle Wind Chimes	\$10	Wed	May 6	1:30-3:30		Marie Ireland
	LE372	The Art of Handmade Books	\$15	Wed	July 15	12:30-3:30		Marie Ireland
	LE373	Bog Gardens: The Forgotten Ecosystem		Thu	May 7	10:00-12:00		Conner Parrish
	LE374	Bloomistry Wellness: Conscious Living for a Healthier Home and Garden		Thu	June 18	10:00-12:00		Conner Parrish
	LE375	Ecosystem Ponds and Water Features for Wildlife at Home		Thu	July 16	10:00-12:00		Conner Parrish

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		Life Services						
	LS069	VirginiaNavigator Overview: Navigating a Family of Websites		Tue	May 19	11:30-12:30		Bonnie Scimone
	LS084	The Art of the Apology		Mon	May 11, 18	9:30-11:30		Dr. Michael J. Wriston
	LS085	Becoming an Optimist		Mon	June 1	9:30-11:30		Dr. Michael J. Wriston
	LS090	Befriending the Subconscious		Wed	June 3, 10	9:30-11:30		Dr. Michael J. Wriston
	LS091	Defending Boundaries		Wed	July 1, 8	9:30-11:30		Dr. Michael J. Wriston
	LS094	Transformational Listening		Mon	July 13, 20	9:30-11:30		Dr. Michael J. Wriston
	LS095	Creating Positive Impact		Wed	July 15, 22	9:30-11:30		Dr. Michael J. Wriston
	LS145	Transportation Services in Chesterfield County		Mon	May 11	11:30-12:30		Billie Darlington
	LS147	Crafts for Community		Thu	May 21, June 18, July 16	11:30-1:00		Milbrey A. Bartholow
	LS157	Planning Final Arrangements: Plan to Make It Right		Tue	June 30	2:00-3:30		Susan Campbell
	LS171	Transportation Services in Chesterfield County		Mon	August 10	1:30-2:30	Online	Billie Darlington
	LS172	Mercy Mall Emergency Food Bags		Thu	May 14, July 16	2:00-3:00		Phyllis Maples
	LS177	Emergency Preparedness for Individuals and Households		Wed	June 3	2:00-3:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Thu	June 11	1:30-3:30		Keith Chambers
	LS196	Navigating Senior Living		Tue	July 7	11:00-12:00		John Krug
	LS203	Improving Self-Esteem		Wed	May 27	2:00-3:30		Richard Commander
	LS208	Medical Aid in Dying: An End-of-Life Option		Mon	June 22	1:00-2:30		Wayne Swatlowksi
	LS211	Senior Care 101		Fri	June 12	11:00-12:00		Dori Modzelewski
	LS213	Setting Goals		Mon	June 8	2:00-3:30		Richard Commander
	LS217	Critical Thinking A: Principles and Obstacles		Wed	May 20, 27	12:30-1:30		Brian Plante
	LS218	Critical Thinking B: Principles and Obstacles		Thu	July 2, 9	11:00-12:00		Brian Plante
	LS229	From Farm to Front Door A: How Food Gets to Those in Need		Tue	May 26	1:00-2:00		Brooke and Diana
	LS238	From Farm to Front Door B: How Food Gets to Those in Need		Mon	June 15	1:00-2:00		Brooke and Diana
	LS239	End-of-Life Doulas in the Community A		Tue	August 11	10:00-12:00	Online	Cryst'I Scheer
	LS240	End-of-Life Doulas in the Community B		Thu	August 20	10:00-12:00	Online	Cryst'I Scheer
	LS241	Evaluating Home Needs: Right-Sizing for the Next Chapter		Fri	June 5	11:00-12:00		Brian O'Laughlin
	LS242	Personal Safety: Look Twice to Stay Safe in an Unsafe World		Thu	May 14	1:30-3:00	Online	Tim Beard
		Philosophy and Religious Studies						
	PR002	Bible Discussion of Paul's Letter to the Colossians		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	2:00-3:30		Mark Grubbs
	PR059	The History of the Bible: Not a Bible Study		Tue	June 2, 9, 16	2:30-3:30		Wayne Moyer
	PR096	Power of Myth and Aesthetics		Tue	May 12, 19, 26, June 2, 9, 16	11:00-12:30		Jim Knego
	PR099	Science, Theology, and Beyond		Thu	May 7, 14, 21, 28, June 4, 11, July 2, 9, 16, 23, 30	9:30-11:00		Timothy Pace
	PR100	The Chosen: The Life of Jesus and His Followers		Mon	May 11, 18, June 1, 8, 15, 22, 29	1:00-2:30		Luke John Coukos
	PR104	God's Grace: What Does It Look Like?		Wed	July 22	12:00-1:30		Richard Commander
	PR107	The End Times According to the Bible		Wed	June 10, 17, 24, July 1	2:00-3:30		Wayne Moyer
	PR116	Women of the Old Testament		Mon	May 4, 11	10:00-11:00		Joanna Lurie
	PR120	Who Is the Real Jesus?		Wed	May 6, 13, 20	1:00-3:00		Dr. Ryan Ahlgrim

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		Special Events						
	SE160	Love Duets from Op to Pop		Mon	June 15	1:30-2:30		Leslie Matthews
	SE164	Company's Coming Band Concert		Fri	July 10	2:00-3:15		Kate, Don, and Tom
	SE170	Agecroft Hall Folktales Tour	\$12	Thu	May 28	10:30-11:30		Katie and Matt
	SE171	Literary Society Celebration		Thu	July 30	1:00-2:30		Martha and Bob
	SE195	VMHC We the People Tour A	\$17	Wed	June 17	1:30-2:30		Grace Powers
	SE196	VMHC We the People Tour B	\$17	Mon	July 20	1:30-2:30		Grace Powers
	SE228	Virginia Museum of Fine Arts (VMFA) Fabergé Tour A	\$10	Fri	July 31	10:00-11:00		Kathy Parrish
	SE229	Virginia Museum of Fine Arts (VMFA) Fabergé Tour B	\$10	Fri	July 31	1:00-2:00		Kathy Parrish
	SE233	Behind the Scenes with Brightpoint: small quiet good Sneak Peek		Fri	May 29	2:00-3:30		Kerrigan Sullivan
	SE234	A Robot Revolution?: A YAHA Performance		Thu	June 4	1:00-2:00		Bob Ferguson
	SE235	No Exit: A YAHA Performance		Wed	July 8	1:30-2:30		Bob and Vic
	SE236	Northern Neck History and Highlights Tour	\$165	Fri	June 12	8:00-6:30		SignaTours
	SE237	Smithsonian Art in DC Tour: Celebrating America's 250th Birthday	\$160	Fri	August 7	7:30-6:30		SignaTours
	SE911	Chesterfield 911 Center Tour		Fri	June 5	10:30-12:00		Shannon M. White
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	1:00-3:00		Carolyn and Fran
	WG007	Canasta Variations: Hand and Foot, Triple Play, and Samba		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg Thursday		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	9:30-11:30		Mary Jane and Marilyn
	WG010	Bridge for Experienced Players		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	9:30-12:15		Jane Polivka
	WG013	Spades		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	11:30-1:30		Anne and Bev
	WG014	Mah Jongg Tuesday		Tue	June 2, 9, 16, 23, 30, July 7, 14, 21, 28	2:00-3:30		Julie Randolph

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