

**LLI in Chesterfield
Summer 2026 Online Courses**

Course	Class Name	Fee	Day	Dates	Time	Instructor
	Art, Music, Drama, and Dance					
AD315	The Book of Amazement Art Journal: Making the Book		Wed	August 5	1:00-2:30	Janet Abel
AD328	Art Journaling in the Book of Amazement: Using the Book		Wed	August 12	1:00-2:30	Janet Abel
AD336	World Theatre History		Tue	June 2, 9, 16, 23, 30, July 7, 14, 21, 28	2:30-3:45	Kathryn Miesse
	Computers, Technology, Math, and Science					
CO258	Zoom Practice		Mon	July 13, 20, 27	1:30-2:30	Carri and Scarleth
CO261	Fusion Power in Chesterfield		Wed	July 15	11:00-12:00	Jessica Strunkin
	Economics and Finance					
EF138	Medicare 101: Understanding the Basics		Wed	July 22	10:30-12:00	Tammy Akers
	Literature, Poetry, and Film					
EL095	Exploring Legacy through Reflective Writing		Tue	August 4, 11	1:00-2:30	Cryst'l Scheer
EL100	LLI Literary Society Orientation: Sports of All Sorts		Mon	May 4	10:00-11:00	Martha and Bob
EL127	Veterans in Virginia: Print a U.S. Military Story		Mon	June 15	11:00-12:00	Alex Sebby
EL140	Aspiring Writers' Critique		Fri	August 7, 21	1:00-3:00	Dorothy Moses
	Fitness					
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	Linda McDorman
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	Tracey Williams
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	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	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	Nicole Thomas-Jackson
FI035	Vivo Online Strength Training: One Time per Week and Bring a Friend	\$200	1x/wk	May 26 - August 28		Team Vivo
FI036	Vivo Online Strength Training: Two Times per Week and Bring a Friend	\$320	2x/wk	May 26 - August 28		Team Vivo
FI037	Vivo Online Strength Training: Three Times per Week and Bring a Friend	\$512	3x/wk	May 26 - August 28		Team Vivo
FI038	Low Impact Monday Online	\$5	Mon	August 3, 10, 17	9:00-10:00	Sherella Brown
FI039	Sit and Be Fit Monday Online	\$5	Mon	August 3, 10, 17	10:00-10:45	Sherella Brown
FI040	Gentle Yoga Monday Online	\$5	Mon	August 3, 10, 17	11:00-12:00	Linda McDorman
FI041	Chair Yoga Tuesday Online	\$5	Tue	August 4, 11, 18	1:00-2:00	Linda McDorman
FI042	Gentle Yoga Tuesday Online	\$5	Tue	August 4, 11, 18	2:30-3:30	Linda McDorman
FI043	Wednesday Fun Fitness Online	\$5	Wed	August 5, 12, 19	9:45-10:45	Nicole Thomas-Jackson

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	Fitness					
FI044	Sit and Be Fit Wednesday Online	\$5	Wed	August 5, 12, 19	11:00-11:45	Nicole Thomas-Jackson
FI045	Sit and Be Fit Thursday Online	\$5	Thu	August 6, 13, 20	11:30-12:15	Sherella Brown
FI046	Chair Yoga Thursday Online	\$5	Thu	August 6, 13, 20	1:00-2:00	Dorota Kawka
FI047	Gentle Yoga Thursday Online	\$5	Thu	August 6, 13, 20	2:30-3:30	Dorota Kawka
FI048	Low Impact Friday Online	\$5	Fri	August 7, 14, 21	8:30-9:30	Linda McDorman
FI050	Chair Yoga Friday Online	\$5	Fri	August 7, 14, 21	9:45-10:45	Linda McDorman
	History, Humanities, and International Studies					
HS783	The World's Sacred Sites		Tu/W	August 4, 5, 11, 12, 18, 19	10:30-11:45	Bob Ferguson
HS790	The Battle of Stones River: Had It Been a Defeat Instead		Tue	June 2	1:00-2:00	Chris Kolakowski
HS793	Passport to Freedom: From Tehran to Triumph		Tue	May 19	9:00-10:00	Nizam Missaghi, MD
	Health and Wellness					
HW435	Rethinking Exercise in Later Life: From "One Day" to Day One		Mon	May 4	11:30-12:30	Dr. Katie Starr
HW519	Connecting across Generations: The Turquoise Butterfly		Wed	June 3	1:00-2:30	Dale Atkins
HW539	The ABCs of Time Management		Tue	August 18	1:00-2:00	Shauna Hooker
	Inside LLI Activities					
IA078	Workshop for LLI Instructors		Thu	May 7	10:30-12:00	Rachel Ramirez
IA998	Orientation for New Members		Fri	May 8	1:00-2:15	Rachel Ramirez
	Life Services					
LS171	Transportation Services in Chesterfield County		Mon	August 10	1:30-2:30	Billie Darlington
LS239	End-of-Life Doulas in the Community A		Tue	August 11	10:00-12:00	Cryst'l Scheer
LS240	End-of-Life Doulas in the Community B		Thu	August 20	10:00-12:00	Cryst'l Scheer
LS242	Personal Safety: Look Twice to Stay Safe in an Unsafe World		Thu	May 14	1:30-3:00	Tim Beard