



Monday	Tuesday	Wednesday	Thursday	Friday
5/4/2026	5/5/2026	5/6/2026	5/7/2026	5/8/2026
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
9a-10a FI015 - Pilates (Online)	9a-10:30a CO266 - LLI App Innovation	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
9:30a-11a IA999 - Orientation for New Members	9a-11a EL048 - Memoir Writing	9:30a-10:30a AD332 - American Architectural Gems	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-12:15p WG010 - Bridge for Experienced Players
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a LE197 - Brain Aerobics	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10a-11a HW446 - Stress Management Bingo	10a-12p WG007 - Canasta Variations
10a-11a PR116 - Women of the Old Testament	10:30a-12:30p EF136 - Long Term Care Insurance	11a-12:30p AD252 - Intermediate Ukulele	10a-12p LE373 - Bog Gardens	10:30a-12:30p AD278 - Open Studio for Artists
10a-11a EL100 - Literary Society Orientation (Online)	11a-12p EL101 - Literary Society Orientation	11a-12:30p CO199 - Nearpeer Tutorial and Tips A	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12p HS773 - Church Hill Tunnel Collapse	11a-12p EL043 - Enjoy Poetry	10:30a-12p IA078 - Workshop for Instructors (Online)	12:15p-1:15p AD197 - Ballroom Dance Practice
11:30a-12:30p HW435 - Rethinking Exercise in Later Life	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11a-12p EF183 - New Medicare Birthday Rule A	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-1:30p WG013 - Spades	11a-12:30p HS785 - Histories of Petersburg	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	12:30p-2p EL093 - The Prehistory of the Movies	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-2:15p IA998 - Orientation for New Members (Online)
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p IA077 - Workshop for Instructors	1p-3p WG001 - Social Bingo	1p-3p AD234 - Artist Open Studio	1p-2p IA997 - Discussion with the Director	
2p-3:30p LA015 - Conversational German	1:30p-3:30p HW530 - Remembering Decades Past	1p-3p PR120 - Who Is the Real Jesus?	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	2p-3:30p HW436 - Senior Living Continuum	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p LE317 - Learn Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events		
		1:30p-3p LE032 - Needleworkers United		
		1:30p-3:30p LE371 - Wine Bottle Wind Chimes		
		2p-3:30p LE252 - Genealogy Discussions		




Monday	Tuesday	Wednesday	Thursday	Friday
5/11/2026	5/12/2026	5/13/2026	5/14/2026	5/15/2026
8:30a-12:15p HW503 - Memory Screenings	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-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
9a-10a FI015 - Pilates (Online)	9a-10:30a HS788 - Prisoners' Rights in America	9:30a-10:30a AD332 - American Architectural Gems	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-12:15p WG010 - Bridge for Experienced Players
9:30a-11:30a LS084 - The Art of the Apology	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE337 - Alaska, Then and Now	10:30a-12:30p CO218 - News from the Microbiome	10a-12p AD333 - InterAge Storytelling Workshop	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	11a-12:30p AD252 - Intermediate Ukulele	10a-11a HW535 - Social Wellness	10:30a-12:30p AD278 - Open Studio for Artists
10a-11a PR116 - Women of the Old Testament	10:30a-12p HW541 - The Dementia Experience A	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12p HW463 - Heart Arrhythmias	11a-11:45a FI018 - Sit and Be Fit	11a-12p EF190 - Medicare Essentials A	12:15p-1:15p AD197 - Ballroom Dance Practice
11a-12p HS599 - Aerial America	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-12:30p HS785 - Histories of Petersburg	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
11:30a-12:30p LS145 - Transportation Services	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-3p CO243 - Apple Mail App
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1p-2p CO260 - Fusion Power in Chesterfield
1p-2:30p PR100 - The Chosen	12p-12:30p IA100 - Birthday Celebration	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 WG004 - Cards and Games	12:30p-2p EL093 - The Prehistory of the Movies	1p-3p PR120 - Who Is the Real Jesus?	1:30p-3p LS242 - Personal Safety (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2p-3p LS172 - Mercy Mall Emergency Food	
2p-3:30p CO262 - Understanding AI	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational German	1:30p-3:30p HW530 - Remembering Decades Past	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p AD324 - Chicago's Iconic Competition	
	1:30p-3:30p LE200 - Advanced Card Making	2p-3p EF167 - Financial Stability	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS089 - Great Decisions	2p-3:30p EF188 - Investing in AI	2:30p-3:30p HW375 - Joint Replacements	
	2p-3:30p LE317 - Learn Mah Jongg	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HW467 - Low Back Pain Solutions			



Monday	Tuesday	Wednesday	Thursday	Friday
5/18/2026	5/19/2026	5/20/2026	5/21/2026	5/22/2026
8:30a-12:15p HW503 - Memory Screenings	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-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
9a-10a FI015 - Pilates (Online)	9a-10:30a HS788 - Prisoners' Rights in America	9:30a-10:30a AD332 - American Architectural Gems	9:30a-11a EL109 - Children's Book Review	9:30a-12:15p WG010 - Bridge for Experienced Players
9:30a-11:30a LS084 - The Art of the Apology	9a-10a HS793 - Passport to Freedom (Online)	9:30a-10:30a LE197 - Brain Aerobics	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	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a LE337 - Alaska, Then and Now	10:30a-12:30p CO218 - News from the Microbiome	10a-11a HW462 - Cultivating Gratitude	10:30a-12:30p AD278 - Open Studio for Artists
11a-12:30p EL142 - Gulliver's Travels	10a-11a AD021 - Intermediate Tap Dancing	11a-12:30p AD252 - Intermediate Ukulele	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p HS791 - Mementos and Memories A	11a-12p EL043 - Enjoy Poetry	11a-12p LE368 - Capital Trail 101	12:15p-1:15p AD197 - Ballroom Dance Practice
11a-12p HS599 - Aerial America	11a-12p HS020 - Burying the Confederate Dead	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-12:30p HS785 - Histories of Petersburg	11:30a-1p LS147 - Crafts for Community	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	11:30a-12:30p LS069 - VirginiaNavigator Overview	12:30p-1:30p LS217 - Critical Thinking A	1p-2p HW528 - Women's Urology Wellness	
2p-3:30p CO262 - Understanding AI	12:30p-2p EL093 - The Prehistory of the Movies	1p-3p AD234 - Artist Open Studio	1p-2:30p HW542 - The Dementia Experience B	
2p-3:30p LA015 - Conversational German	1p-2:30p AD334 - InterAge Storytelling	1p-3p PR120 - Who Is the Real Jesus?	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2:30p-3:30p AD324 - Chicago's Iconic Competition	
	1p-2p HW507 - Nasal Nerve Ablation	1:30p-3p HS003 - Current Events	2:30p-3:30p FI007 - Gentle Yoga	
	1:30p-3p EL143 - Writing a Novel	1:30p-3p LE032 - Needleworkers United		
	2p-3:30p LE317 - Learn Mah Jongg	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HS795 - Pyramid Construction Myths			



Monday	Tuesday	Wednesday	Thursday	Friday
5/25/2026	5/26/2026	5/27/2026	5/28/2026	5/29/2026
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 HS784 - Tour of Spain
	9a-10:30a HS788 - Prisoners' Rights in America	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-12:15p WG010 - Bridge for Experienced Players
	9:30a-11a LE279 - Introduction to Disc Golf	11a-12:30p AD252 - Intermediate Ukulele	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
	9:30a-10:30a AD248 - Readers Theater	11a-12p EL043 - Enjoy Poetry	10a-11a HW536 - Self-Compassion	10a-12p WG007 - Canasta Variations
	9:30a-11a LE337 - Alaska, Then and Now	11a-11:45a FI018 - Sit and Be Fit	10a-12p LE344 - Korean Natural Farming	10:30a-12:30p AD278 - Open Studio for Artists
	10a-11a AD021 - Intermediate Tap Dancing	11a-12:30p HS785 - Histories of Petersburg	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
	11a-12:30p PR096 - Power of Myth and Aesthetics	11:30a-12:30p FI031 - Chair Yoga (Online)	10:30a-11:30a SE170 - Agecroft Hall Folktales Tour	12:15p-1:15p AD197 - Ballroom Dance Practice
	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	10:30a-12:30p AD192 - Super Senior Storytelling Slam	1p-3p WG002 - Social Bingo
	11:30a-1:30p WG013 - Spades	12:30p-1:30p LS217 - Critical Thinking A	10:30a-12p HW282 - Summer Safety 101	1:30p-2:30p HW343 - Intermediate Tai Chi
	12:30p-2p EL093 - The Prehistory of the Movies	1p-3p AD234 - Artist Open Studio	11:30a-12:15p FI005 - Sit and Be Fit	2p-3:30p SE233 - Brightpoint Sneak Peek
	1p-2:30p AD334 - InterAge Storytelling	1p-3p WG006 - Cards and Games	12p-1:30p AD141 - Lifelong Musicians	
	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
	1p-3p WG001 - Social Bingo	1:30p-2:30p HW532 - Serendipity in Medicine	1:30p-3p DE013 - Disability and Ableism	
	1p-2p LS229 - From Farm to Front Door A	1:30p-3p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	1:30p-3p EL143 - Writing a Novel	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p LE317 - Learn Mah Jongg	2p-3:30p LS203 - Improving Self-Esteem	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga			
	3:30p-4:30p LLI Board of Directors Meeting (RC)			



Monday	Tuesday	Wednesday	Thursday	Friday
6/1/2026	6/2/2026	6/3/2026	6/4/2026	6/5/2026
8:30a-12:15p HW503 - Memory Screenings	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-10:30a AD335 - Secrets of the Old Masters	9a-10:30a EF180 - Finance Across Generations	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9:30a-10:30a AD332 - American Architectural Gems	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-12:15p WG010 - Bridge for Experienced Players
9a-10a FI015 - Pilates (Online)	9a-10:30a HS788 - Prisoners' Rights in America	9:30a-10:30a HW540 - Muscles, Macros, and Mindset	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS085 - Becoming an Optimist	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-10:30a LE197 - Brain Aerobics	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a LS090 - Befriending the Subconscious	10:30a-12p DE019 - A Week in Billy's Life	10:30a-12p SE911 - Chesterfield 911 Center Tour
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	11a-12p HW251 - Brain Power Hour	10:30a-12:30p AD278 - Open Studio for Artists
11a-12:30p EL142 - Gulliver's Travels	10a-12p HW312 - A Matter of Balance	11a-12p EF147 - Outsmart the Scammers	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p HW533 - Steps to Safety	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	11a-12p LS241 - Evaluating Home Needs
11a-12p HS599 - Aerial America	11a-12:30p EF163 - Money Mindset Makeover	11a-11:45a FI018 - Sit and Be Fit	1p-2p FI010 - Chair Yoga	12:15p-1:15p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-12:30p HS785 - Histories of Petersburg	1p-2p SE234 - A Robot Revolution Performance	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p PR100 - The Chosen	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	1:30p-3p DE013 - Disability and Ableism	1p-3p WG002 - Social Bingo
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-2:30p HW343 - Intermediate Tai Chi
1p-2:30p AD314 - The Book of Amazement A	12:30p-2p EL093 - The Prehistory of the Movies	12p-1:30p LE186 - Beginners Chess	2p-3:30p PR002 - Bible Discussion	1:30p-3p LE265 - Modern Floral Designs
1p-3p HW394 - Be the Help Until Help Arrives	1p-2:30p AD334 - InterAge Storytelling	1p-3p AD234 - Artist Open Studio	2:30p-3:30p FI007 - Gentle Yoga	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2:30p-3:30p HW376 - Vertigo and Dizziness	
2p-3:30p CO262 - Understanding AI	1p-3p WG001 - Social Bingo	1p-2:30p HW519 - Connecting across Generations (Online)		
2p-3:30p LA015 - Conversational	1p-2p HS790 - The Battle of Stones	1:15p-2:15p AD210 - Intro to Brazilian		
	1:30p-3:30p EL144 - Writing Short Stories	1:30p-3p HS003 - Current Events		
	2p-3:30p HW516 - Understanding Cancer	1:30p-3p LE032 - Needleworkers United		
	2p-3:30p WG014 - Mah Jongg	2p-3:30p HS786 - Conspiracies and History		
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p PR059 - The History of the Bible	2p-3:30p LS177 - Emergency Preparedness		
	2:30p-3:45p AD336 - World Theatre History (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
6/8/2026	6/9/2026	6/10/2026	6/11/2026	6/12/2026
8:30a-12:15p HW503 - Memory Screenings	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-6:30p SE236 - Northern Neck Tour
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11:30a LS090 - Befriending the Subconscious	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-10:30a HS784 - Tour of Spain
9:30a-11a LE348 - Logic and Reasoning Puzzles A	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:30a-12:15p WG010 - Bridge for Experienced Players
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a EF018 - Smart Investing	10:30a-12:30p CO265 - Sleep and the Renewing Brain	10:15a-11:15a AD075 - Line Dance Practice	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p LE237 - Rag Rug Wreaths	11a-12p HW251 - Brain Power Hour	10a-12p WG007 - Canasta Variations
11a-12:30p EL142 - Gulliver's Travels	10a-12p HW312 - A Matter of Balance	11a-12p EL043 - Enjoy Poetry	11a-12p HW262 - Understanding Tinnitus	10:30a-12:30p AD278 - Open Studio for Artists
11a-12p FI028 - Gentle Yoga	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
11a-12p HS599 - Aerial America	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p HS785 - Histories of Petersburg	12p-1:30p AD141 - Lifelong Musicians	11a-12p LS211 - Senior Care 101
11:30a-1p LE276 - Balloonology 101	11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	1p-2p FI010 - Chair Yoga	12:15p-1:15p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	12p-1p AD329 - Creativity and Wellness	12p-1p HW386 - Intermediate Tai Chi 24 Form	1:30p-3p DE015 - Aging and Ageism	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	12p-12:30p IA100 - Birthday Celebration	12p-1:30p LE186 - Beginners Chess	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	12:30p-1:30p EL076 - Storying Later Life	1p-3p AD234 - Artist Open Studio	1:30p-3:30p LS178 - Chesterfield Fire and EMS	1:30p-3p LE265 - Modern Floral Designs
1p-2:30p AD326 - Art Journaling A	12:30p-2p EL093 - The Prehistory of the Movies	1p-3p WG006 - Cards and Games	2p-3:30p CO263 - Working with AI A	
1:30p-3:30p HS617 - No Time to Grieve	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-3p WG001 - Social Bingo	1:30p-3p CO235 - Podcasts for All	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p LA015 - Conversational German	1:30p-3:30p EL144 - Writing Short Stories	1:30p-3p LE032 - Needleworkers United		
2p-3:30p LS213 - Setting Goals	2p-3:30p HS089 - Great Decisions	2p-3:30p HS786 - Conspiracies and History		
	2p-3:30p HW529 - Treating Cancer	2p-3:30p LE252 - Genealogy Discussions		
	2p-3:30p WG014 - Mah Jongg	2p-3:30p PR107 - The End Times		
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p PR059 - The History of the Bible			
	2:30p-3:45p AD336 - World Theatre History (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
6/15/2026	6/16/2026	6/17/2026	6/18/2026	6/19/2026
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	
9a-10a FI015 - Pilates (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a LE197 - Brain Aerobics	9:30a-11:30a WG009 - Mah Jongg	
9:30a-11a HS787 - Latin America and Imperialism	10a-12p HW312 - A Matter of Balance	9:45a-10:45a FI017 - Fun Fitness	10a-12p LE374 - Conscious Living	
10a-10:45a FI004 - Sit and Be Fit	10a-11:30a HW538 - New Dietary Guidelines	10:30a-12:30p CO265 - Sleep and the Renewing Brain	10:15a-11:15a AD075 - Line Dance Practice	
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-12p HS792 - Mementos and Memories B	10:30a-12p LE237 - Rag Rug Wreaths	10:30a-12:30p AD012 - Advanced Watercolor	
11a-12p EL127 - Veterans in Virginia (Online)	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-11:45a FI018 - Sit and Be Fit	11a-12p HW251 - Brain Power Hour	
11a-12:30p EL142 - Gulliver's Travels	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p HS785 - Histories of Petersburg	11:30a-12:15p FI005 - Sit and Be Fit	
11a-12p FI028 - Gentle Yoga	11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-1p LS147 - Crafts for Community	
11:30a-12:30p HS698 - African American Inventors	12:30p-1:30p EL076 - Storying Later Life	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	
12p-1:30p LE349 - Logic and Reasoning Puzzles B	1p-2p FI006 - Chair Yoga	12p-1:30p LE186 - Beginners Chess	1p-2p FI010 - Chair Yoga	
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-3p WG001 - Social Bingo	1p-3p AD234 - Artist Open Studio	1:30p-3p DE015 - Aging and Ageism	
1p-2:30p PR100 - The Chosen	1p-2:30p LE297 - Fun With Chair Volleyball	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1p-3p WG004 - Cards and Games	1:30p-3:30p EL144 - Writing Short Stories	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
1p-2p LS238 - From Farm to Front Door B	2p-3:30p WG014 - Mah Jongg	1:30p-2:30p SE195 - VMHC We the People Tour A	2p-3:30p CO263 - Working with AI A	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events	2p-3:30p HS724 - American Corrections	
1:30p-2:30p SE160 - Love Duets from Op to Pop	2:30p-3:30p PR059 - The History of the Bible	1:30p-3p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational German	2:30p-3:45p AD336 - World Theatre History (Online)	2p-3:30p HS786 - Conspiracies and History	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p EL114 - Literary Society Book Swap		2p-3:30p LE252 - Genealogy Discussions		
		2p-3:30p PR107 - The End Times		



Monday	Tuesday	Wednesday	Thursday	Friday
6/22/2026	6/23/2026	6/24/2026	6/25/2026	6/26/2026
8:30a-12:15p HW503 - Memory Screenings	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-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-12:15p WG010 - Bridge for Experienced Players
9a-10a FI015 - Pilates (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
9:30a-11a HS787 - Latin America and Imperialism	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12:30p CO265 - Sleep and the Renewing Brain	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	10a-12p HW312 - A Matter of Balance	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD278 - Open Studio for Artists
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-12p EF113 - Medicare 101	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10:30a-12p CO256 - Introduction to Zoom
11a-12p Diversity Committee Meeting	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p HS785 - Histories of Petersburg	11a-12p HW531 - Medical Advocacy	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p EL142 - Gulliver's Travels	11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	11a-12p HW537 - Back to Basics	11a-12p HW527 - Heart Rhythm Disorders
11a-12p FI028 - Gentle Yoga	12:30p-1:30p EL076 - Storying Later Life	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD197 - Ballroom Dance Practice
11:30a-12:30p HS698 - African American Inventors	1p-2:30p LE297 - Fun With Chair Volleyball (RC)	12p-1:30p LE186 - Beginners Chess	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1:30p-3p DE015 - Aging and Ageism	1p-3p CO240 - Apple App Store App
1p-3p WG004 - Cards and Games	1:30p-3:30p EL144 - Writing Short Stories	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-2:30p LS208 - Medical Aid in Dying	2p-3:30p WG014 - Mah Jongg	1:30p-3p LE032 - Needleworkers United	2p-3:30p AD111 - Intermediate Watercolor	1:30p-2:30p HW495 - Radiation for Arthritis
1:30p-3p CO230 - What is Modern Science?	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p HS786 - Conspiracies and History	2p-3:30p CO263 - Working with AI A	1:30p-3p LE265 - Modern Floral Designs
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2:30p-3:30p Fundraising Committee Meeting	2p-3:30p HS796 - Airwomen in Flight	2p-3:30p HS724 - American Corrections	
2p-3:30p LA015 - Conversational German	2:30p-3:30p HW468 - The Importance of Posture	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
3:30p-4:30p LLI Board of Directors Meeting	2:30p-3:45p AD336 - World Theatre History (Online)	2p-3:30p PR107 - The End Times	2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
6/29/2026	6/30/2026	7/1/2026	7/2/2026	7/3/2026
8:30a-12:15p HW503 - Memory Screenings	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
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	
9a-10a FI015 - Pilates (Online)	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a EF118 - Organizing Financial Records	9:30a-11a PR099 - Science, Theology, and Beyond	
9:30a-11a HS787 - Latin America and Imperialism	10a-11a AD021 - Intermediate Tap Dancing	9:30a-11:30a LS091 - Defending Boundaries	9:30a-11:30a WG009 - Mah Jongg	
10a-10:45a FI004 - Sit and Be Fit	10a-12p HW312 - A Matter of Balance	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	
10a-10:45a FI030 - Strength and Stretch (Online)	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	
11a-12:30p EL142 - Gulliver's Travels	11:30a-1:30p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	11a-12p HW534 - Age-Friendly Care	
11a-12p FI028 - Gentle Yoga	12:30p-1:30p EL076 - Storying Later Life	11a-12:30p HS785 - Histories of Petersburg	11a-12p LS218 - Critical Thinking B	
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-2:30p LE297 - Fun With Chair Volleyball (RC)	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	
1p-2:30p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	12p-1:30p HS750 - Echoes of the Past	12p-1:30p AD141 - Lifelong Musicians	
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	
1:30p-3p CO230 - What is Modern Science?	1p-2p HW153 - Identifying Stroke Fast	1p-3p AD234 - Artist Open Studio	1p-3p EL108 - The Boy, Mole, Fox and Horse	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p LS157 - Planning Final Arrangements	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2p-3:30p LA015 - Conversational German	2p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:45p AD336 - World Theatre History (Online)	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3:30p HS786 - Conspiracies and	2:30p-3:30p HW377 - Chronic Pain	
		2p-3:30p LE252 - Genealogy Discussions		
		2p-3:30p PR107 - The End Times		



Monday	Tuesday	Wednesday	Thursday	Friday
7/6/2026	7/7/2026	7/8/2026	7/9/2026	7/10/2026
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-12:15p WG010 - Bridge for Experienced Players
	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a LS091 - Defending Boundaries	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
	9:30a-11:30a HS710 - Palestine History and Future	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Studio for Artists
	10a-12p HW312 - A Matter of Balance	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p CO246 - Microplastics
	11a-12p LS196 - Navigating Senior Living	11:30a-12:30p FI031 - Chair Yoga (Online)	11a-12p LS218 - Critical Thinking B	11a-12p HW352 - Beginning Tai Chi Review
	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	12:15p-1:15p AD197 - Ballroom Dance Practice
	11:30a-1:30p WG013 - Spades	12p-1:30p LE186 - Beginners Chess	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
	12:30p-1:30p EL076 - Storying Later Life	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
	1p-2:30p LE297 - Fun With Chair Volleyball (RC)	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	2p-3:15p SE164 - Company's Coming Concert
	1p-3p HS789 - The American Revolution	1:30p-3p LE032 - Needleworkers United	2p-3:30p CO264 - Working with AI B	
	1p-3p WG001 - Social Bingo	1:30p-2:30p SE235 - No Exit Performance	2p-3:30p PR002 - Bible Discussion	
	1:30p-3:30p EL146 - Workshopping Fiction	2p-3:30p HS786 - Conspiracies and History	2:30p-3:30p AD325 - Paintings in Disguise	
	2p-3:30p HS089 - Great Decisions	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p WG014 - Mah Jongg			
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:45p AD336 - World Theatre History (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
7/13/2026	7/14/2026	7/15/2026	7/16/2026	7/17/2026
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
9a-10a FI015 - Pilates (Online)	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-12:15p WG010 - Bridge for Experienced Players
9:30a-11a HS787 - Latin America and Imperialism	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a LS095 - Creating Positive Impact	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS094 - Transformational Listening	9:30a-11:30a HS710 - Palestine History and Future	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	11a-12p CO261 - Fusion Power in Chesterfield (Online)	10a-12p LE375 - Ecosystem Ponds	10:30a-12:30p AD278 - Open Studio for Artists
10a-10:45a FI030 - Strength and Stretch (Online)	10a-12p HW312 - A Matter of Balance	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p CO246 - Microplastics
11a-12p FI028 - Gentle Yoga	10a-12p EF104 - Estates and Probate	11:30a-12:30p FI031 - Chair Yoga (Online)	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	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 HW527 - Heart Rhythm Disorders
1p-3p WG004 - Cards and Games	11:30a-1:30p WG013 - Spades	12p-1:30p LE186 - Beginners Chess	11:30a-1p LS147 - Crafts for Community	12:15p-1:15p AD197 - Ballroom Dance Practice
1p-2:30p EL027 - Poe and the Detective Story	12p-12:30p IA100 - Birthday Celebration	12:30p-3:30p LE372 - The Art of Handmade Books	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1:30p-2:30p CO258 - Zoom Practice (Online)	12:30p-1:30p EL076 - Storying Later Life	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1:30p-3:30p DE007 - Understanding Gender Identity
1:30p-3:30p EF132 - Financial Preparedness	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-3p HS789 - The American Revolution	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	2p-3:30p CO264 - Working with AI B	
	1p-2:30p AD319 - The Book of Amazement B	1:30p-3p LE032 - Needleworkers United	2p-3p LS172 - Mercy Mall Emergency Food	
	2p-3:30p HW445 - Staying Safe at Home	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p WG014 - Mah Jongg		2:30p-3:30p AD325 - Paintings in Disguise	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:45p AD336 - World Theatre History (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
7/20/2026	7/21/2026	7/22/2026	7/23/2026	7/24/2026
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
9a-10a FI015 - Pilates (Online)	9:30a-10:30a AD248 - Readers Theater	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-12:15p WG010 - Bridge for Experienced Players
9:30a-11a HS787 - Latin America and Imperialism	9:30a-11:30a HS710 - Palestine History and Future	9:30a-11:30a LS095 - Creating Positive Impact	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS094 - Transformational Listening	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	10a-12p HW312 - A Matter of Balance	10:30a-12p EF138 - Medicare 101 (Online)	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Studio for Artists
10a-10:45a FI030 - Strength and Stretch (Online)	11a-12p HW389 - Understanding Hearing	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p CO246 - Microplastics
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-12p EL145 - Nancy Drew and Mystery
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	11a-12p HW524 - Benefits of Dry Needling	11a-12p HW352 - Beginning Tai Chi Review
1p-3p WG004 - Cards and Games	12:30p-1:30p EL076 - Storying Later Life	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	12p-1:30p IA110 - 10-year Member Celebration
1p-3p HS381 - Adventures of the Caminos	1p-2p FI006 - Chair Yoga	12p-1:30p PR104 - God's Grace	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD197 - Ballroom Dance Practice
1:30p-2:30p SE196 - VMHC We the People Tour B	1p-3p HS789 - The American Revolution	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writers' Critique
1:30p-2:30p CO258 - Zoom Practice (Online)	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2:30p AD327 - Art Journaling B	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-3:30p HS794 - Cold War Deterrence	1:30p-3:30p HS798 - The Court Process
2p-3:30p LA015 - Conversational German	2p-3:30p WG014 - Mah Jongg	1:30p-3p CO200 - Nearpeer Tutorial and Tips B	2p-3:30p AD111 - Intermediate Watercolor	1:30p-2:30p HW343 - Intermediate Tai Chi
3:30p-4:30p LLI Board Social	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p LE032 - Needleworkers United	2p-3:30p CO264 - Working with AI B	
	2:30p-3:45p AD336 - World Theatre History (Online)	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p EF189 - New Medicare Birthday Rule B	



Monday	Tuesday	Wednesday	Thursday	Friday
8/3/2026	8/4/2026	8/5/2026	8/6/2026	8/7/2026
9a-10a FI015 - Pilates (Online)	10:30a-11:45a HS783 - The World's Sacred Sites (Online)	9:45a-10:45a FI043 - Fun Fitness Online	8:30a-9:30a FI020 - Zumba Gold (Online)	7:30a-6:30p SE237 - Smithsonian Art in DC Tour
9a-10a FI038 - Low Impact Online	1p-2:30p EL095 - Exploring Legacy Writing (Online)	10:30a-11:45a HS783 - The World's Sacred Sites (Online)	11:30a-12:15p FI045 - Sit and Be Fit Online	8:30a-9:30a FI048 - Low Impact Online
10a-10:45a FI039 - Sit and Be Fit Online	1p-2p FI041 - Chair Yoga Online	11a-11:45a FI044 - Sit and Be Fit Online	1p-2p FI046 - Chair Yoga Online	9:45a-10:45a FI050 - Chair Yoga Online
10a-10:45a FI030 - Strength and Stretch (Online)	2:30p-3:30p FI042 - Gentle Yoga Online	11:30a-12:30p FI031 - Chair Yoga (Online)	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p EL140 - Aspiring Writers' Critique (Online)
11a-12p FI040 - Gentle Yoga Online		1p-2:30p AD315 - The Book of Amazement (Online)	2:30p-3:30p FI047 - Gentle Yoga Online	
8/10/2026	8/11/2026	8/12/2026	8/13/2026	8/14/2026
9a-10a FI015 - Pilates (Online)	10a-12p LS239 - End-of-Life Doulas A (Online)	9:45a-10:45a FI043 - Fun Fitness Online	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI048 - Low Impact Online
9a-10a FI038 - Low Impact Online	10:30a-11:45a HS783 - The World's Sacred Sites (Online)	10:30a-11:45a HS783 - The World's Sacred Sites (Online)	11:30a-12:15p FI045 - Sit and Be Fit Online	9:45a-10:45a FI050 - Chair Yoga Online
10a-10:45a FI039 - Sit and Be Fit Online	1p-2:30p EL095 - Exploring Legacy Writing (Online)	11a-11:45a FI044 - Sit and Be Fit Online	1p-2p FI046 - Chair Yoga Online	
10a-10:45a FI030 - Strength and Stretch (Online)	1p-2p FI041 - Chair Yoga Online	11:30a-12:30p FI031 - Chair Yoga (Online)	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
11a-12p FI040 - Gentle Yoga Online	2:30p-3:30p FI042 - Gentle Yoga Online	1p-2:30p AD328 - Art Journaling (Online)	2:30p-3:30p FI047 - Gentle Yoga Online	
1:30p-2:30p LS171 - Transportation Services (Online)				
8/17/2026	8/18/2026	8/19/2026	8/20/2026	8/21/2026
9a-10a FI015 - Pilates (Online)	10:30a-11:45a HS783 - The World's Sacred Sites (Online)	9:45a-10:45a FI043 - Fun Fitness Online	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI048 - Low Impact Online
9a-10a FI038 - Low Impact Online	1p-2p FI041 - Chair Yoga Online	10:30a-11:45a HS783 - The World's Sacred Sites (Online)	10a-12p LS240 - End-of-Life Doulas B (Online)	9:45a-10:45a FI050 - Chair Yoga Online
10a-10:45a FI039 - Sit and Be Fit Online	1p-2p HW539 - ABCs of Time Management (Online)	11a-11:45a FI044 - Sit and Be Fit Online	11:30a-12:15p FI045 - Sit and Be Fit Online	11a-12p HW527 - Heart Rhythm Disorders
10a-10:45a FI030 - Strength and Stretch (Online)	2:30p-3:30p FI042 - Gentle Yoga Online	11:30a-12:30p FI031 - Chair Yoga (Online)	1p-2p FI046 - Chair Yoga Online	1p-3p EL140 - Aspiring Writers' Critique (Online)
11a-12p FI040 - Gentle Yoga Online			1:30p-2:30p FI034 - Cardio and Strength Training (Online)	Fall Catalog Available August 27
			2:30p-3:30p FI047 - Gentle Yoga Online	