

**LLI in Chesterfield
Fall 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		Tue	Dec 8	10:30-12:00	Janet Abel
AD328	Art Journaling in the Book of Amazement: Using the Book		Tue	Dec 15	10:30-12:00	Janet Abel
	Computers, Technology, Math, and Science					
CO258	Zoom Practice		Fri	Sept 11, Oct 9, Nov 13	10:00-11:00	Carri and Scarleth
CO261	Fusion Power in Chesterfield		Thu	Sept 17	1:00-2:30	Jessica Strunkin
CO272	Wi-Fi Network Health		Mon	Oct 12	2:00-3:00	Bob Fiero
	Economics and Finance					
EF138	Medicare Part D: Shopping Your Prescription Drug Plan		Tue	Oct 20	11:00-12:00	Tammy Akers
EF168	Financial Stability		Tue	Sept 22	1:30-3:00	Richard Commander
EF189	New Medicare Birthday Rule and Healthcare Expense Savings		Fri	Nov 6	2:00-3:00	Beckey Huddleston
EF193	Financial Literacy		Thu	Nov 12	10:00-12:00	Trupti Kulkarni
	Literature, Poetry, and Film					
EL100	LLI Literary Society Orientation: Banned Books		Tue	Sept 8	10:30-11:30	Martha and Bob
EL127	Lose		Mon	Sept 14	11:00-12:00	Alex Sebbby
EL128	Setting in Mysteries: A Key Role		Fri	Nov 13	11:30-12:30	Heather Weidner
	Fitness					
FI020	Zumba Gold Online	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	8:30-9:30	Tracey Williams
FI030	Strength and Stretch Online	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:00-10:45	Nicole Thomas-Jackson
FI031	Chair Yoga Online	\$20	Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	11:30-12:30	Linda McDorman
FI034	Cardio and Strength Training Online	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:30-2:30	Nicole Thomas-Jackson
FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/wk	Sept 14 - Dec 18		Team Vivo
FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/wk	Sept 14 - Dec 18		Team Vivo
FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/wk	Sept 14 - Dec 18		Team Vivo
	History, Humanities, and International Studies					
HS662	Vietnam: The Indochina Wars, 1945–75		Thu	Oct 8	1:00-2:00	Chris Kolakowski
HS754	A Quest for Family Ties: This is America's Story		Thu	Dec 3	1:00-2:30	Samuel Hayes III
HS810	Stonewall Jackson: His Traits and Behavior in Leadership		Tue	Oct 20	1:00-2:00	Herbert Loveless
	Health and Wellness					
HW239	Guided Meditation for Joy and Peace		T/Th/F	Oct 13, 15, 16	2:00-3:30	Trupti (T) and Emme
HW486	Hearing Loss Apps for Smartphones		Thu	Oct 22	1:00-2:00	Debra Ogilvie, et. al.
HW549	Understanding Emotions and Feelings		Tue	Sept 29, Oct 6, 13	10:30-12:00	Emme Anderson-Simon
HW552	From Screen Time to Green Time: Getting Children in Nature		Thu	Oct 1	10:30-12:00	Dr. Dale Atkins
HW553	Lifetime		Tue	Oct 27	2:00-3:00	Dr. Marschall Runge
HW555	Meditation Practices: A Sampler		Tue	Dec 1	1:30-2:30	Janet Abel
	Inside LLI Activities					
IA078	Workshop for LLI Instructors		Thu	Sept 10	12:30-2:00	Rachel Ramirez
IA998	Orientation for New Members		Fri	Sept 11	1:00-2:15	Rachel Ramirez
	Leisure Activities					
LE253	Easy Cooking with Judith		Mon	Nov 9, 16, 23, 30	10:30-12:00	Judith Onesty
	Life Services					
LS171	Transportation Services in Chesterfield County		Mon	Oct 12	11:00-12:00	Billie Darlington
LS221	Aging in Place Explored: Proactive Aging		Mon	Sept 28, Oct 5	11:00-12:30	Ann-Marie and Kristi