



Lifelong Learning Institute in Chesterfield

Non-credit courses, lectures, activities, and special events

Lifelong Learning Institute

For adults age 50 and "better"

SUMMER 2025 SESSION

MAY 12 – AUGUST 22, 2025

What We Are

The Lifelong Learning Institute in Chesterfield is a member-supported organization designed to meet the educational and social enrichment needs of adults age 50 and "better." The Institute is a learning community of peers who are committed to ongoing education and their own intellectual development. Members want to stay current, are curious about the world of ideas, and are involved with their own learning. The Institute develops and offers daytime courses, lectures, and special events on a wide range of topics. There are no exams, no credits, and no college degrees required. The program consists of spring, summer, and fall sessions. The volunteer instructors are well-known, informed, and experienced professionals as well as some members who enjoy sharing their knowledge and expertise.

Who We Are

The Lifelong Learning Institute in Chesterfield is administered and operated by its volunteer members and its sponsors: the Virginia Center on Aging at Virginia Commonwealth University (VCU), Chesterfield County Public Schools, and Chesterfield County. LLI Chesterfield is a nonprofit 501(c)(3) organization that is committed to equitable treatment and elimination of discrimination in all its forms at all organizational levels and throughout all programs. Our Institute is a member of the Road Scholar Resource Network, an umbrella organization for Lifelong Learning Institutes in the United States and Canada.

Board Members

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Judy Sweet, Vice-President (LLI Member)

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Catherine Tompkins (Chesterfield County Public Schools)

Kim Ivey (Virginia Center on Aging at VCU)

The Board of Directors meets on the fourth Monday of each month. All members are welcome and encouraged to advise the office if planning to attend to ensure arrangements are made for seating.

Office

Executive Director: Rachel Ramirez, MPA

Program Coordinator: Carri Pandolfe

Program Administrator: Debby Hoskin

Office Manager: Stacey Kalbach

Monday - Friday, 8AM-4PM

13801 Westfield Road, Midlothian, VA 23113

Mailing Address: P.O. Box 1090, Midlothian, VA 23113

Call: 804-378-2527 Text: 804-347-5096

Email: info@LLIChesterfield.org Website: www.LLIChesterfield.org

Membership

Membership is required in order to register for courses. The annual membership fee of \$150 per person allows individuals to participate in all of the courses, lectures, and planned social events available during their 12 months of membership. A membership application is attached to the back of this packet. Make checks payable to the Lifelong Learning Institute. Payment may also be made online with a service fee.

The Institute also has a limited number of scholarships available to those with a financial need. Scholarships are distributed on a first-come, first-served need basis. Please contact the office at 804-378-2527 for details. The Lifelong Learning Institute in Chesterfield reserves the right to refuse or revoke membership. See below for our Referral Program to help save on the membership renewal fee!

Transportation Program

LLI Chesterfield provides free roundtrip transportation for members to attend LLI courses through grant funding donated by Genworth Financial Foundation. Transportation is primarily provided by UZURV, and the office staff schedule all of the rides. Members who are interested should inquire in the office, by email, or by phone.

Referral Program

If an existing member refers someone to LLI Chesterfield, the referring member is eligible for a discount on their next membership renewal fee. The referred individual must be a new member and must list the referring member on their application form. Only one member can receive the credit for each new member. When the new member has completed 10 weeks of membership, a ten-dollar (\$10) discount is applied to the referring member's next membership renewal fee. Members can refer and get credit for multiple new members, up to the total of the annual membership fee!

Name Badges

Upon joining LLI Chesterfield, each member receives a name badge. Badges are stored on hooks in the hallway. Members are required to wear their name badges when they are in the building. It is useful for meeting new friends, as well as for safety and security reasons. Members may choose to add a card to their name badge holder behind the nametag that indicates pertinent health information useful in the event of an emergency. Yellow dot stickers and more details are available on the shelf outside the office.

Guests

LLI courses and activities are intended for LLI members. A member's guest from out of town may attend a class or an activity as long as attendance is not limited. Local residents who are interested in joining are limited to one guest visit per year. The office must be informed prior to any guest attending. Guest name badges are available, and to ensure fairness and facilitate the administration of this policy, name badges *must* be worn by guests to all courses and activities. *Please pre-register guests and check in with the office upon arrival.*

Physical Needs

The Lifelong Learning Institute in Chesterfield is accessible to persons with disabilities, and every attempt is made to accommodate special physical needs. Please contact the office (804-378-2527) if you have any questions.

Inclement Weather

When Chesterfield County Public Schools are closed because of weather conditions, LLI courses will be cancelled for the day. When Chesterfield County Public Schools have a delay, LLI courses will begin at 10AM, and any courses scheduled to begin before 10AM will be cancelled. Information will be available on the website by 8AM.

Parking

Parking is available in the two paved lots adjacent to the building. The First Baptist Church of Midlothian also generously allows LLI members to utilize their parking lot. Please leave the row closest to the church open at all times and do not park on the grass. Thank you for helping us be good neighbors!

Location of Courses

All courses (unless otherwise noted) are held at 13801 Westfield Road, Midlothian, VA 23113. The building is located near the Sycamore Square Shopping Center and the Midlothian Post Office. In addition to in-person courses, online courses are also available which are clearly marked in the course listing as well as on the registration form. LLI Members are welcome to register for in-person courses, online courses, or both.

Zoom links will be sent to registered students via email for all online courses.

Trips

Guests are welcome on LLI trips if space is available. LLI members will have priority through Open Registration. All payments must be received at the time of registration. Requests for a refund must be made in writing. Refunds may not be available within 30 days of the trip.

Registration

Members may register online at www.LLIChesterfield.org or mail the attached registration form to P. O. Box 1090, Midlothian, VA 23113, or drop it off at the Institute at 13801 Westfield Road, Midlothian, VA 23113. Members are urged to attend all courses and activities for which they enroll. **Good attendance is important in getting future volunteer instructors. Non-attendance also results in under-utilized classroom space and often prevents others from participating.** If a member wishes to attend a course for which they are not registered, he or she should call or stop by the office to determine if space is available.

Course Confirmations are emailed after Open Registration and whenever a member registers for or withdraws from a class. If a member does not have an email address, a copy is made available in the office.

Open Registration for the Summer Session will be available online starting Thursday, May 1, 2025. Open Registration will occur onsite Monday, May 5 - Tuesday, May 6, 9:00AM - 3:00PM each day. Any courses that have more registrations received than available seats during the Open Registration period will use a lottery system to determine registration. All registrations received (online, in person or via US mail) follow the Open Registration procedure. After the close of Open Registration on May 6 at 3:00PM, registrations revert to a first-come, first-served basis. All course fees are due at the time of registration. Registrations may not be processed if any fees are outstanding.

LLI Safety Guidelines for Summer 2025

LLI members, instructors, and guests may wear a mask if it makes them feel comfortable. LLI will not require proof of vaccination status. LLI members and Instructors should report positive COVID test results to the LLI Office if they were in the LLI building within five days of symptom onset or a positive test.

Members, instructors, and guests should not enter the building if they have any of the following symptoms: fever (100.4 or above), headache, body aches, repeated shaking or chills, new, persistent cough for unknown reasons, shortness of breath for unknown reasons, runny nose for unknown reasons, congestion, sore throat, change in taste or smell, nausea, or vomiting.

LLI has air purifiers that feature HEPA filters, activated carbon pre-filters, and disinfecting UV-C lights in all rooms. These devices are intended to capture airborne particles and kill harmful bacteria, viruses, and mold spores. Sanitizing wipes are provided in each classroom for instructors and students to voluntarily wipe down their table/chair upon arrival and/or departure.

All individuals who enter the LLI building should recognize that LLI has taken reasonable steps to reduce the risks related to COVID-19 exposure, but LLI is not responsible for any risks related to COVID-19. The risks cannot be completely eliminated regardless of the care taken to avoid such risks. By participating, LLI members, instructors, and guests agree to hold LLI and its employees harmless from any consequence or effects caused by any illness or injury. All guidelines are subject to change based on updated recommendations and future conditions.

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Instructor Biographies...

- Are available separately in print at LLI.
- Can be found online by using this QR Code:
 - www.LLIChesterfield.org/instructors



Did you know...

- ...LLI membership dues have remained the same since 2010?
- ...LLI relies on donations each year to keep the dues consistent?
- ...about 30% of LLI's budget comes from donations?
- ...without the generosity of members and donors, LLI would not be able to continue offering our quality programs?

Have you ever wondered how you can support LLI more?

- You can make a donation directly to LLI of any amount at any time!
- You can request a Qualified Charitable Distribution be made to LLI!
- You can name LLI as a charitable beneficiary in your will or estate plan!

If you ever have any questions about any of these support options, please contact the office. We are so grateful for the generous gifts from our members, donors, and community throughout the years and look forward to continuing our quality programs and preparing for future growth.

We would like to express our sincerest appreciation for all our volunteers who give of their time, talents, efforts, and passion to make LLI what it is today. We extend a great big **THANK YOU** for the hours and hours of service and partnerships from the following individuals and organizations:

 Art Committee	Community Outreach Committee	 Curriculum Committee
Diversity Committee	 Facilities Committee	Finance Committee
 Fundraising Committee	Grants Committee	 Instructors
Library Committee	 Office Volunteers	Policy Committee
 Publicity Committee	Safety Committee	 Social Committee
Sunshine Committee	 Board of Directors	Technology Committee



VCU College of Health Professions

Gerontology and the Virginia Center on Aging





Nearpeer is the free online directory and connection platform for LLI Chesterfield members and instructors.

Nearpeer is private and safe with no ads!

Scan the QR Code below or go to Nearpeer.net/lli to get started or login with the email address you use for LLI communications.



Join now to stay in the know!

Nearpeer is amazing because it is:

- An online photo directory
- A mobile app and a website
- A way to connect with instructors and members through 1-to-1 messages and group chats
- Access to time-sensitive news and updates

Colorist Open Studio**Course: AD252234****Monday****May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18****1:00-3:00****Instructor(s): Diana Hinman, Diane Barbour, LuGay Lanier, and Deanna Williford**

This course will provide an open studio for colorists who want to get together to explore new techniques and share ideas. With the help of mentors, students will rely on one another to improve their skills through interactions with each other. Students should have previous art experience. Formal instruction may be provided based on specific techniques and topics students want to learn more about. Students must bring their own supplies to each class and be prepared to work on a project of their own choosing.

Beginner Tap Dancing**Course: AD252045****Tuesday****May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****9:00-9:45****Instructor(s): Julie Van Buskirk**

Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate. Students will learn basic tap dance steps and easy dance routines. Tap dance is fun and great exercise.

Readers Theater**Course: AD252248****Tuesday****May 13, 20, 27, June 3, 10, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****9:30-10:30****Instructor(s): Ken Carlson**

This is an introductory level Readers Theater course that will allow students to investigate and participate in a type of theater that became very popular during World War II. The course will explore different types of Readers Theater and make use of a few relevant acting techniques such as voice inflection, facial expression, and active listening. All reading levels are welcome, and standing is not required. Typical readings may consist of old radio shows, one-act plays, and similar short programs, all to be read aloud and completed within one class session. The subject matter is open throughout the course, and student suggestions are welcome. For the last class session of each month, students are invited to bring in their own short item, about 3-5 minutes in duration, which may be a poem, essay, magazine column, song lyrics, and the like. All participation will be within the classroom; there will be no outside performances. Readers Theater is a great way to keep reading, comprehension, vocabulary, language, creativity, and teamwork skills sharp!

Intermediate Tap Dancing**Course: AD252021****Tuesday****May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****10:00-11:00****Instructor(s): Beth Mercer and Julie Van Buskirk**

Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate. Tap dancing is good for the body and the brain. This course is designed for intermediate-level students who desire to refresh learned skills using old and new choreography.

Country Line Dancing**Course: AD252058****Tuesday****May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****11:30-12:30****Instructor(s): Mary Bradstock**

This course will use line dancing for fun and exercise. Knowledge of basic line dance steps is preferable. New dances will be taught and older ones will be reviewed.

Moving to Music**Course: AD252292****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****8:30-9:30****Instructor(s): Diane Childress**

This course will share an hour of movement with all types of music allowing students to move their muscles from head to toe. It can be a lot of fun to move to the music. Students should wear loose, comfortable clothing and appropriate footwear. There will be sit-down and stand-up movements that will make students feel like dancing.

Woodcarving: Open Carve**Course: AD252080****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****9:00-11:00****Instructor(s): Mary Jane Murphy and Bev Davidson**

LLI woodcarvers are invited to gather around the tables for open carving this session. The idea is to bring carving enthusiasts together for a fun, social opportunity to work on an old project or start something new. No formal instruction will be provided. Carvers are invited to bring along a favorite carving or tool of choice to share, an album of work or a book to inspire, a hunk of wood to whittle, and an encouraging word. Happy carving!

Introduction to Brazilian Percussion: Let's Samba!**Course: AD252210****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****1:15-2:15****Instructor(s): Damir Strmel**

Drumming and Percussion are fun! Students are invited to experience the hip-shakin' rhythms of Brazil and Cuba. No experience is necessary, and the instruments are provided by the instructor. Learning to play the music provides an opportunity to learn about the cultures, both secular and religious, that created the music.

Explore Ventriloquism**Course: AD252182****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****2:30-3:30****Instructor(s): John Byrd**

This course is designed for students who are interested in ventriloquism, who enjoy having fun, who want to learn ventriloquism, just want to know how it works, and who enjoy being entertained by ventriloquists. Topics covered will include the ventriloquist alphabet, diaphragmatic breathing, puppet manipulation, puppet character development, acting for ventriloquist and puppet, script development, staging, evaluating techniques of many ventriloquists, ad-libbing and spontaneity, and reading the audience.

Introduction to Line Dancing**Course: AD252036****Thursday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****9:00-10:00****Instructor(s): Sharon Macauley**

This course will provide students with an opportunity to learn the basic steps and patterns used in line dancing. Students will also become familiar with the language used to "call" the dances. Learning some simple line dances will be a real confidence booster. This course is tailored to first-time line dancers, but everyone is welcome!

Line Dance Practice**Course: AD252075****Thursday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****10:15-11:15****Instructor(s): Mary Bradstock**

This is a continuation of the Tuesday Country Line Dancing course allowing students to practice dances previously taught.

Lifelong Musicians**Course: AD252141****Thursday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****12:00-1:30****Instructor(s): Brad Bryan, Ken Carlson, and Rick Kaerwer**

Down on the Corner...All My Loving...Crazy...Folsom Prison Blues...Proud Mary...King of the Road...Under the Boardwalk...Five Foot Two...Blue Moon...City of New Orleans...Love Potion #9...Margaritaville...Bad Moon Rising...Let It Be Me...Happy Together...Kansas City...The MTA...This Land is Your Land...Sweet Caroline...Act Naturally...Brown Eyed Girl...Bad, Bad Leroy Brown are examples of the music in this course. Students who enjoy these songs and can play the guitar, mandolin, ukulele, other chording instrument, bass, keyboard or percussion are welcome to register. Lyrics and Chords will be provided for the songs, and all selections ranging from the 1920s to the 1980s are played as a group. Everyone who registers should play an instrument. A pair of egg shakers counts! There is little to no instruction in this course, but everyone will learn and have fun. Good attendance is encouraged.

Open Artists' Studio**Course: AD252278****Friday****May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22****10:30-12:30****Instructor(s): Dr. Susan Coffey, Susan Davies, and Jennifer DeRusha**

Artists are invited to join this Open Studio where students will create their art independently. The students will be encouraged to share with the class: ideas, tips and tricks, skills, favorite reference photos, and more in their chosen medium. The students and coordinators will give compliments and make suggestions when requested. Students will need to bring their own supplies, and odorless mediums are required. Happy creating!

Ballroom Dance Practice for Partners**Course: AD252197****Friday****May 16, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22****12:15-1:15****Instructor(s): Hal and Marlene Cauthen**

This course will be an opportunity to review and practice the steps and patterns of ballroom dances with a focus on Foxtrot, Rumba, Tango, Waltz, and the occasional Swing or Cha Cha thrown in for good measure. Please note that students must pre-arrange a dance partner who is also an LLI member in order to register and participate. Students looking for a dance partner may use the signup sheet on the shelf in the hallway outside the LLI office.

Architecture and Design: A Look at the Nineteenth Century**Course: AD252299****Wednesday****May 21, 28, June 4, 11****9:30-11:00****Instructor(s): Karen Steele**

The nineteenth-century Industrial Revolution produced countless innovations that greatly improved comfort in homes but often hid the modern conveniences behind historic facades. A copy of a medieval chateau (think Biltmore) housed modern electric lighting, central heating, opulent bathrooms, a bowling alley, swimming pool, and modern kitchens. The Brooklyn Bridge, the latest in suspension construction, featured gothic arches in the great towers. Universities built modern libraries to look like Italian Renaissance palazzos. In private homes, furniture made from modern materials such as iron or even papier mâché emulated furniture styles hundreds of years old. Many houses featured verandas made of iron in a Gothic and classical style. Then, in the 1860s, a group of British painters and designers began the search for a modern style free from all historical references that became the English Arts and Crafts movement, which then set the stage for the Art Nouveau style at the end of the century. Twentieth-century modernism would soon follow.

Super Senior Storytelling Slam**Course: AD252192****Thursday****May 22, June 26, July 24, August 21****10:30-12:30****Instructor(s): Judith Onesty and Les Schaffer**

Story Slams continue to grow in worldwide popularity. Similar to popular radio shows like NPR's "The Moth" or "This American Life," story slams are festivals for the spoken word. LLI story-slammers can sign up to tell a short story on the month's theme. Stories should be no longer than eight minutes. Up to seven or eight story-slammers will be selected from those registered for each starting line-up. At the live shows, as time permits, procrastinators or late starters may put their names in a hat to be selected to tell. The themes for each session's Slams will be sent out in advance, and slammers may broadly define each topic with the caveat that it must be mostly true, at least in the teller's mind. No notes or cheat sheets are allowed during the live performances. The audience will expect real-life stories, the best of which have a beginning, middle, and end. They have a point and should be clear about why telling it is important. Students will have an opportunity to tell their stories to a friendly audience of fellow LLI members. Les Schaffer and Judith Onesty serve as MCs and are available for consultation or coaching as stories are developed and polished. The first story theme will be "The Story You've Been Wanting to Tell." This open-ended theme allows storytellers to share a story they've been holding onto, fostering a sense of personal connection and shared experience. Students who plan to slam and students who just want to listen to a good story should both register.

Sing Along for Fun**Course: AD252293****Thursday****May 22, June 26, July 24, August 21****2:30-3:30****Instructor(s): Barbara Banyasz and Joanne Barreca**

Scientific research indicates that singing offers a range of health benefits including stress reduction, improved mood, boosted immune function, enhanced lung capacity, improved memory, and increased social connection, primarily due to the release of endorphins and oxytocin while engaging the body's respiratory system through deep breathing techniques involved in singing. This course will bring students together to sing together once again. Students will enjoy singing with others to old and new favorites, suggested by the class itself as well as the instructors. No musical experience or education is required!

Ballroom Dance Leading and Following Skills Workshop**Course: AD252298****Friday****May 23****12:15-1:15****Instructor(s): Phyllis Harris**

This course is for anyone who wants to dance smarter, not harder. Correct lead and following techniques will be presented. Improving the most common figures in Swing, Rumba, Cha Cha, and Hustle will be demonstrated, so students can have a smoother style and less stress. Partners are strongly recommended. Students looking for a dance partner may use the sign-up sheet on the shelf in the hallway outside the LLI office.

American History through Artworks at SAAM: Beyond the Frame**Course: AD252302****Wednesday****June 4, 11, 18, 25****1:00-2:30****Online****Instructor(s): Smithsonian American Art Museum Docents**

Artists provide diverse windows into American life, reflecting the cultural, social, and political climate of the time in which they work. This course will explore the question, "What does art reveal about America?" as students examine better- and lesser-known aspects of American history and go beyond the frame. Smithsonian American Art Museum study group leaders will be the online docents as they facilitate an examination of America through the eyes of diverse artists in four discussion-based sessions, each focused on a separate era: Seeing Is Thinking; Early America; 1861-1941: 80 Years of Change; and Contemporary Life.

Acting is Fun**Course: AD252301****Thursday****June 5, 12, 26, July 3, 10, 17****2:00-3:30****Instructor(s): Donna Tolliver**

Students will delve into the fun of acting in a supportive, encouraging setting! This course will explore a variety of dramatic and comedic exercises using readings, monologues, and scene work. Students should come ready to have a great time sharpening up their inner thespians! Plenty of laughs will be shared, too. All experience levels welcome. No memorization required.

Ukulele Instruction and Jam**Course: AD252252****Wednesday****June 18, 25, July 2, 9****11:00-12:30****Instructor(s): Rick Kaerwer**

The ukulele is one of the easiest stringed instruments to learn. With just four strings, chords are more straightforward, and the four sizes of ukuleles offer a very portable stringed instrument. Even the first chord played brings feelings of success. This course is for students who have never played a ukulele before or do not even own one, for those who have been playing for 10 years or more, for those who know every chord, for those who do or do not read music, and for every student in between. Students looking to learn and have fun are welcome, and there's no homework required! Reading music is not a necessity. On the first day of class, the first 30 minutes will be for newer students to get up to speed. The more experienced students are welcome to join the whole class or come after the first 30 minutes that day. During the final class, some more advanced songs will be played a little faster. This will be more challenging for the beginners, but it might be more satisfying for the more advanced players. Workarounds will be provided for beginners! Students can bring their own ukuleles to class. Several student loaner ukuleles will be available for use during each class. The instructor can recommend fairly inexpensive instruments that students can purchase on their own if desired. It's highly recommended to try on a few for size before purchasing a new one. Also, other instruments and singers are welcome to join in on the fun!

Feathers from Above: A Spiritual Symbolism and Transcultural Art History**Course: AD252303****Wednesday****June 18****11:00-12:00****Instructor(s): Roni Navroski**

This course will take students on a journey through the basic introduction to feathers from above, identifying their different parts, their purpose, and meanings. History of the symbolic spiritual meanings, the meanings of their colors, and types of birds will also be shared. From Ancient Egypt to Native Americans to today, bird lovers' beliefs will be discussed. The goal will be to address the art history of feathers from ancient-time explorers entering America to the roaring twenties to the modern form of expressions. Feathers have been incorporated into garments and even paintings on the feather itself. Students will see the steps necessary to paint images on feathers and various methods to display them.

Beginning Guitar**Course: AD252183****Wednesday****July 2, 9, 16, 23, 30, August 6, 13, 20****9:30-10:30****Instructor(s): Randall Kaker**

This course is for those who know nothing or almost nothing about playing the guitar. In this course, students will learn to tune the guitar, play simple melodies, and a dozen or so common chords. There will be a bit of music theory to learn as well. All students will need their own guitar and an electronic tuner for each class. A Snark ST-2 on Amazon will be fine, and any similar tuner will work. Students should make every effort to attend every class.

Advanced Watercolor**Course: AD252012****Thursday****July 10, 17, 24, 31, August 7, 14****10:30-12:30****Instructor(s): Marti Franks**

Please register for either Intermediate or Advanced Watercolor (only one) to allow all students a chance to participate. This course is not intended for students who have no experience in watercolor. Some experience in painting through previous class instructions is important with some basic skills in handling a brush and paint. A basic understanding of composition and value is also very helpful. This course will expose and strengthen the fundamentals of composition, value, use of shapes, negative painting, and use of texture. Students will need to bring eight colors of paint, three brushes, a pallet, a board, a canvas, tape, and art erasers. The instructor asks that students please purchase high-quality supplies; there will be a difference in the final result if lower-quality items are used. Student-grade paints such as Windsor, Newton-Cotman, or Academy should not be used. Students are welcome to call Marti at 804-794-2497 if they would like help ordering supplies. Students should bring their own supplies to each class, and a supply list will be available at registration and outside the office before class.

Intermediate Watercolor with Marti**Course: AD252111****Thursday****July 10, 17, 24, 31, August 7, 14****2:00-3:30****Instructor(s): Marti Franks**

Please register for either Intermediate or Advanced Watercolor (only one) to allow all students a chance to participate. This course is not intended for students who have no experience in watercolor. Some experience in painting through previous class instructions is important with some basic skills in handling a brush and paint. A basic understanding of composition and value is also very helpful. This course will expose and strengthen the fundamentals of composition, value, use of shapes, negative painting, and use of texture. Students will need to bring eight colors of paint, three brushes, a pallet, a board, a canvas, tape, and art erasers. The instructor asks that students please purchase high-quality supplies; there will be a difference in the final result if lower-quality items are used. Student-grade paints such as Windsor, Newton-Cotman, or Academy should not be used. Students are welcome to call Marti at 804-794-2497 if they would like help ordering supplies. Students should bring their own supplies to each class, and a supply list will be available at registration and outside the office before class.

Beginner Bluegrass Jam**Course: AD252300****Thursday****July 10, 17, 24, 31, August 7, 14, 21****2:00-3:30****Instructor(s): Laura Petrella**

This course will help students learn how to play in any music jam. Slow and fun jamming will begin on day one. Guitars, basses, ukuleles, mandolins, fiddles, dobros, autoharps, and banjos are all welcome, and students should also bring along a tuner. Jam etiquette, jamming techniques, how to select and learn a song, and how to play by ear and lead will all be shared. This course is for any stringed, acoustic instrument. Students should be able to play C, D, E/ or E7, F, G, and A major chords and transfer easily between them.

CO**Computers, Technology, Math, and Science****Nearpeer Tutorial and Tips A****Course: CO252199****Wednesday****May 14****11:00-12:30****Instructor(s): Debby Hoskin**

Nearpeer is the online platform for LLI Chesterfield members and instructors. Nearpeer gives members and instructors a way to find, meet, and connect with others in the LLI community who have similar interests or live nearby. There are also groups where members and instructors can engage in group chats, ask questions, and share information. This course will provide answers to any questions about Nearpeer and hands-on help to create or edit a profile. Students should bring a smartphone, mobile device, or laptop if they wish to create or log in to their Nearpeer profile. There will be plenty of time to practice, ask questions, make group suggestions, and have fun!

Google Photos Importing and Consolidation A**Course: CO252244****Thursday****May 15****1:30-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course will be for students who have completed the "Google Photos: Managing Thousands of Photos" course and are ready to consolidate cloud-stored photos from iCloud, Dropbox, or Amazon into one collection to store in the Google Cloud. The process is best accomplished on a computer but doable to a degree on a phone or tablet. Students must have attended the Google Photos course mentioned above to register for this course since the concepts and theories will not be taught again in this hands-on course.

Google Photos: Managing Thousands of Photos**Course: CO252175****Monday****May 19, June 2, 9****2:00-3:30****Instructor(s): Danny Arkin**

This course is for anyone overwhelmed with the number of photos stored in their phone and for anyone who wants help organizing and managing them with Google Photos. This course will help students understand what syncing and accessing photos in the Google Cloud means. Anyone who takes photos on a mobile device needs this course to help get the monster under control.

What is Modern Science?**Course: CO252230****Thursday****May 22, 29****2:00-3:30****Instructor(s): Alex Meredith**

What is Modern Science? Although there are many opinions, few people (including many scientists) can answer this question. In fact, science is not a natural phenomenon and was invented over time. This course will present the history of that invention sequence, distinguish how science is different from technology, and provide a current and concise definition of the process of science. The course is designed to have lectures followed by time for questions and answers.

Apple App Store**Course: CO252240****Friday****May 23****1:30-3:30****Instructor(s): Mark Grubbs**

This course will cover all the features and uses of the App Store for Apple mobile devices. As a class, students will download, set up, and use an app giving experience needed to confidently use the App Store on an iPhone or iPad. There will be time for questions!

Microbiome A: News from the Gut**Course: CO252218****Tuesday****May 27, June 3****9:30-11:30****Instructor(s): Patricia Ryther**

Please register for only one session (A or B) to allow all students a chance to participate. The Centers for Disease Control and Prevention estimates that about half of adult Americans have at least one chronic disease, and those numbers are rising. Does the modern way of life affect health by changing the microbiome? Can simple measures provide protection? Scientists are researching the human gut in new ways and making some important discoveries. Microbes may carry powerful weapons that fight chronic disease, and they can be allies in the search for better health. This course will explore how the microbiome works and cover a few recent research developments. Students will discuss the use of probiotics and other ways to protect the microbiome and improve well-being.

Forever Chemicals and Health A**Course: CO252232****Wednesday****June 11, 18****9:30-11:30****Instructor(s): Patricia Ryther**

Please register for only one session (A or B) to allow all students a chance to participate. PFAS, also known as “forever chemicals,” are a large group of industrial chemicals used in many consumer products. Because they do not break down in the environment, they are now common in the air, water, food, blood, and even brains. They’re mostly unregulated. Scientists say they may cause cancer, neurological diseases like Alzheimer’s, and many other health issues. This course will discuss the risks, benefits, and challenges of PFAS. How did the chemicals become such a problem? What can be done to reduce exposure and improve personal health and the health of the environment?

Facebook Tips and Tricks A**Course: CO252236****Thursday****June 12****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. As of 2024, Facebook boasts over 3 billion monthly active users, making it the largest social network globally. This course will help students explore the power of this social media, learn valuable tips and tricks, and understand the strengths and weaknesses of this habit-forming venue for connecting to the universe. Facebook works on all technology devices, both old and new.

Artificial Intelligence A: History, Promises, Fears, and the Future**Course: CO252209****Monday****June 16, 23, 30****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. It is reported that half of all Artificial Intelligence (AI) researchers believe there is at least a 10 percent chance of AI causing human extinction, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions, or even playing God. In March 2023, major tech names including Elon Musk and Steve Wozniak, signed an open letter urging a halt to generative AI development over a profound risk to humanity. In this course, students will learn the definition of AI, along with its history, promises, fears, and futures. Each student will have the opportunity to form an opinion on the role this technology's future could play in their life.

Apple Photos**Course: CO252241****Wednesday****June 18****1:30-3:30****Instructor(s): Mark Grubbs**

In this course, students will be guided through all the ins and outs of the Apple Photos app, including photo management. Students will also take a brief look at the camera app as time allows. Photo editing will not be covered, but there will be time for questions!

Basic Electricity**Course: CO252238****Tuesday****June 24, July 1, 8****10:30-12:00****Instructor(s): Ken Carlson**

This course will cover electrical equipment and how to safely perform repairs, alterations, or new installations for a home electrical system. Topics covered will include: electrical safety; units, definitions, and terminology; Ohm’s law, direct current circuits, batteries, the power equation; alternating current circuits, generation, transformers; home appliances, motors, electrical hardware devices; ground fault circuit interrupters (GFCI); three-way and four-way switches; LED lighting; set-back thermostats and how to cost-efficiently control heat pumps in winter; interpreting the electric bill; as well as cables, wires, terminations, switches, and outlets. Hands-on experience with electrical tools, troubleshooting, and testing equipment will be provided, including a voltage probe, multimeter, amprobe, temperature probe, and circuit tester.

Microbiome B: News from the Gut**Course: CO252219****Wednesday****June 25, July 2****9:30-11:30****Instructor(s): Patricia Ryther**

Please register for only one session (A or B) to allow all students a chance to participate. The Centers for Disease Control and Prevention estimates that about half of adult Americans have at least one chronic disease, and those numbers are rising. Does the modern way of life affect health by changing the microbiome? Can simple measures provide protection? Scientists are researching the human gut in new ways and making some important discoveries. Microbes may carry powerful weapons that fight chronic disease, and they can be allies in the search for better health. This course will explore how the microbiome works and cover a few recent research developments. Students will discuss the use of probiotics and other ways to protect the microbiome and improve well-being.

Podcasts for All**Course: CO252235****Thursday****June 26****2:00-3:30****Instructor(s): Rachel and Lucas Ramirez**

There are countless entertainment sources these days. While screentime is the most popular, research shows that it is not the most beneficial. Enter podcasts. Podcasts are an excellent alternative to screentime and have become more popular in recent years with wonderful options from bedtime stories to news, science- and nature-themed shows to hobbies and everything in between. This course will give students insight into the benefits of podcasts for children and adults as well as provide a list of recommendations. Lucas will share his favorite podcasts for kids, such as The Cat in the Hat Cast, Silly Stories for Kids, Gardenkeeper Gus, and Nature Nerds. A few all-age podcasts will be shared with discretion recommended, such as History Daily and Real Survival Stories. This course will also give students an opportunity to share their favorite podcasts. This will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Nearpeer Tutorial and Tips B**Course: CO252200****Tuesday****July 1****1:30-3:00****Instructor(s): Rachel Ramirez**

Nearpeer is the online platform for LLI Chesterfield members and instructors. Nearpeer gives members and instructors a way to find, meet, and connect with others in the LLI community who have similar interests or live nearby. There are also groups where members and instructors can engage in group chats, ask questions, and share information. This course will provide answers to any questions about Nearpeer and hands-on help to create or edit a profile. Students should bring a smartphone, mobile device, or laptop if they wish to create or log in to their Nearpeer profile. There will be plenty of time to practice, ask questions, make group suggestions, and have fun!

Google Photos Importing and Consolidation B**Course: CO252245****Tuesday****July 8****1:30-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course will be for students who have completed the "Google Photos: Managing Thousands of Photos" course and are ready to consolidate cloud-stored photos from iCloud, Dropbox, or Amazon into one collection to store in the Google Cloud. The process is best accomplished on a computer but doable to a degree on a phone or tablet. Students must have attended the Google Photos course mentioned above to register for this course since the concepts and theories will not be taught again in this hands-on course.

Apple iPhone Tips and Tricks A**Course: CO252227****Monday July 14, 21, 28, August 4, 11****10:30-12:00****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course will help students learn basic skills along with tips and tricks involved with Apple's iPhone. Students will learn those things they wish they knew how to do. Each week new skills, tips, and tricks will be explored. Use of the many iPhone apps will NOT be covered other than addressing their basic settings. The newest iPhones with up-to-date operating systems are preferred but not required. Both veteran and newbie iPhone users are guaranteed to walk away with great understanding and new ideas.

Apple iPhone Tips and Tricks B**Course: CO252228****Monday July 14, 21, 28, August 4, 11****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. This course will help students learn basic skills along with tips and tricks involved with Apple's iPhone. Students will learn those things they wish they knew how to do. Each week new skills, tips, and tricks will be explored. Use of the many iPhone apps will NOT be covered other than addressing their basic settings. The newest iPhones with up-to-date operating systems are preferred but not required. Both veteran and newbie iPhone users are guaranteed to walk away with great understanding and new ideas.

Forever Chemicals and Health B**Course: CO252233****Tuesday July 15, 22****9:30-11:30****Instructor(s): Patricia Ryther**

Please register for only one session (A or B) to allow all students a chance to participate. PFAS, also known as "forever chemicals," are a large group of industrial chemicals used in many consumer products. Because they do not break down in the environment, they are now common in the air, water, food, blood, and even brains. They're mostly unregulated. Scientists say they may cause cancer, neurological diseases like Alzheimer's, and many other health issues. This course will discuss the risks, benefits, and challenges of PFAS. How did the chemicals become such a problem? What can be done to reduce exposure and improve personal health and the health of the environment?

Artificial Intelligence B: History, Promises, Fears, and the Future**Course: CO252210****Thursday July 17, 24, 31****12:00-1:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. It is reported that half of all Artificial Intelligence (AI) researchers believe there is at least a 10 percent chance of AI causing human extinction, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions, or even playing God. In March 2023, major tech names including Elon Musk and Steve Wozniak, signed an open letter urging a halt to generative AI development over a profound risk to humanity. In this course, students will learn the definition of AI, along with its history, promises, fears, and futures. Each student will have the opportunity to form an opinion on the role this technology's future could play in their life.

Apple Messages**Course: CO252242****Friday July 18****1:30-3:30****Instructor(s): Mark Grubbs**

In this course, students will be shown and given time to practice all that can be done with the Apple Messages app (for texting). There's so much more than first meets the eye! Fun tips will be shared on what can be done with texting friends and grandkids. There will be lots of time for questions!

Facebook Tips and Tricks B**Course: CO252237****Monday****August 18****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A or B) to allow all students a chance to participate. As of 2024, Facebook boasts over 3 billion monthly active users, making it the largest social network globally. This course will help students explore the power of this social media, learn valuable tips and tricks, and understand the strengths and weaknesses of this habit-forming venue for connecting to the universe. Facebook works on all technology devices, both old and new.

Apple Mail**Course: CO252243****Friday****August 22****1:30-3:30****Instructor(s): Mark Grubbs**

This course will cover all the parts of the Apple Mail app. Students will be guided through email management and the importance of having at least two email addresses. Some things about passwords will be discussed as well, and there will be time for questions.

DE**Diversity, Equity, and Inclusion**

Aging and Ageism in Society and Self**Course: DE252015****Monday****June 2, 9, 16****11:00-12:30****Instructor(s): Wayne Swatlowski**

This discussion-based course will involve students listening to and sharing personal wisdom and insights as aging persons. The first class will focus on the importance and benefits of a positive attitude toward aging. The second class will highlight the presence of ageism in society and the negative effects this 'ism' can have on our aging process. The content presented will be taken from the writings of experts in the field and based on scientific studies conducted with older persons. The third class will provide a time of guided personal discussion on how the materials presented in the first two classes impacted the students. Students who have access to Netflix are encouraged to watch the documentary series, "Live to 100: Secrets from the Blue Zones."

DEI Philosophy and Practices**Course: DE252001****Tuesday****June 17, 24****12:30-1:30****Instructor(s): Donna Blackwell**

Diversity, Equity, and Inclusion (DEI) promotes the respectful acceptance and support for all LLI members, to ensure everyone has equal access to opportunity, fair policies and practices, and feels heard and valued. When members from all backgrounds bring their unique perspectives, advice, stories, challenges, and barriers that they have seen or experienced, relationships are built on belonging, identity, and accountability. Along with members of the Diversity Committee, students will be invited to discuss their personal definitions of diversity, equity, and inclusion within the organizational or community context at LLI.

LGBTQ+ History**Course: DE252011****Thursday****July 17****1:00-3:00****Instructor(s): Michael Recant**

This course will review LGBTQ+ history in the United States, and students will discuss LGBTQ+ oppression over the years. What it was like to be an LGBTQ+ individual at different times in history will be explored, and the AIDS epidemic, including how the US Government handled the situation, will be considered. The meaning of PRIDE events held annually here in the US will also be covered.

Crazy Stories About Racism

Course: DE252009

Thursday

August 7

1:30-3:00

Instructor(s): Deb Hood and Donna Blackwell

This course will be based on the book, You'll Never Believe What Happened to Lacey by sisters, Amber Ruffin and Lacey Lamar. Students are not required to read the book; however, it is highly encouraged, especially the audio version read by the two authors. Both funny and exasperating, this course will use humor to present an eye-opening look at how day-to-day targets cope with racism.

EF**Economics and Finance**

Long Term Care Insurance

Course: EF252136

Wednesday

May 14

10:00-12:00

Instructor(s): Linda Tsironis Caruthers, Dori Abell, and Don Vaught

This course is for students who are considering long term care insurance and for those who already own a long term care insurance policy. This course will help students understand what long term care is, what the most tax efficient way to fund long term care costs is, and how a policy can help. Students should come with all of their questions and be prepared to take notes.

Preparing a Home for Sale

Course: EF252178

Tuesday

May 20

10:30-12:00

Instructor(s): Marianne Raymond and Dawn Boehm

This course will provide an overview of the key steps involved in preparing a home for sale. Various options for selling will be explored, including their respective advantages and disadvantages. Topics will include strategies for achieving the best possible sale price, organizing and managing belongings, assessing the need for repairs, and enhancing a home's appeal to potential buyers. Additional questions related to the process of selling a home will also be addressed, offering a comprehensive understanding of how to successfully navigate the journey from preparation to sale.

Estate Planning and Elder Law

Course: EF252115

Tuesday

June 3

10:30-12:00

Instructor(s): Paula Peaden

Online

This course will be all about planning for the future. Can anyone be sure their estate plans will be carried out properly? Topics will include medical directives, powers of attorney, wills, and trusts. Elder Law will also be discussed. Questions will be welcome!

Outsmart the Scammers

Course: EF252147

Thursday

June 12

12:30-1:30

Instructor(s): Shawn Doran

This course will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps students can take now to help protect themselves and their loved ones.

Virginia Long Term Care Options and How to Pay for Them**Course: EF252150****Monday June 16****11:00-12:30****Instructor(s): Jeremy L. Pryor, Esq.**

This course will discuss the types of long term care available in Virginia—in-home care, assisted living care, and skilled nursing care—the typical costs of using each care option, and the payment options for each type of care, with a specific emphasis on using Medicaid as a payment source.

Medicare 101: Making Sense of Medicare**Course: EF252113****Wednesday July 9****10:30-12:00****Instructor(s): Kendalle Stock**

This course will provide information on the following topics: a high-level overview of Medicare, how and when to enroll in Medicare, understanding the “lingo,” Medicare options, what Medigap (Medicare Supplement) policies cover, the gaps that exist in Medicare, and how to cover those gaps. Students who have been enrolled for only one day or for 40 years as well as students who haven’t yet received that lovely red, white, and blue card in the mail will all gain valuable information. Paper and a pen are suggested for taking notes!

Financial Stability**Course: EF252167****Tuesday July 15****2:00-3:30****Instructor(s): Richard Commander**

This course will share an easy way to manage monthly personal expenses. Students will learn about their stability number, handling cash flow, and the value of the word “No.” The goal is to stay off the financial slippery slope. This valuable knowledge can reduce financial anxiety and enhance daily life.

Estate Settlement and the Probate Process**Course: EF252104****Tuesday July 22****10:00-12:00****Instructor(s): Mark Mikuta, CPA, CFP**

Most people are familiar with estate planning. While many have heard of the probate process, few understand the nuts and bolts of the process. What are the steps in the probate process? What if there is no will? What does the Executor or the Administrator do? This course will offer answers to these questions and more.

Financial Preparedness for Disasters**Course: EF252132****Monday August 4****1:30-3:00****Instructor(s): Chesterfield County Emergency Management Staff**

This course is based on FEMA’s Emergency Financial First Aid toolkit and will educate students on the financial impacts of disasters. The course will also provide information on how to prepare for these events from a financial standpoint.

LLI Literary Society Orientation

Course: EL252101

Monday

May 12

1:00-2:00

Online**Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

Inspired by the historic Chautauquas, the Literary Society will offer another themed selection of books for the Summer 2025 session. Participants will select four books to read between May and August 2025. Books of more than 700 pages will be counted as two books. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure will allow independent reading time of the selected titles with a celebration at the end of the session to recognize participation and commemorate the theme. The theme for this session will be "Pulitzer Prize Winners." The format will be a list of ten titles with descriptions, and participants will be asked to select four books. The list will reflect participants' recommended titles. Suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided at a brief orientation, along with a brief description of the suggested titles. Attendance at orientation is not required but is strongly encouraged.

Introduction to Writing Fiction Short Stories and Novels

Course: EL252131

Tuesday

May 13, 20, 27, June 3, 10, 17, 24, July 1

9:30-10:30

Instructor(s): Mary Jane Tolley

This course will demonstrate the process of writing fiction short stories and novels by using the traditional plot structure. Most beginning writers study this method, and many continue to employ it because it works. Although the main focus of this course will be to help students become more proficient writers and better informed readers in a stress-free environment, writing models will be shared and students' comments will be welcomed. Students will delve into the fascinating world of the book. Both writers and readers can learn new skills! Students should bring paper and a pen to each class.

LLI Literary Society Orientation

Course: EL252100

Tuesday

May 13

1:00-2:00

Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince

Inspired by the historic Chautauquas, the Literary Society will offer another themed selection of books for the Summer 2025 session. Participants will select four books to read between May and August 2025. Books of more than 700 pages will be counted as two books. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure will allow independent reading time of the selected titles with a celebration at the end of the session to recognize participation and commemorate the theme. The theme for this session will be "Pulitzer Prize Winners." The format will be a list of ten titles with descriptions, and participants will be asked to select four books. The list will reflect participants' recommended titles. Suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided at a brief orientation, along with a brief description of the suggested titles. Attendance at orientation is not required but is strongly encouraged.

Aspiring Writers' Critique

Course: EL252015

Friday

May 16, 30, June 13, 27, July 11, 25, August 8, 22

1:00-3:00

Instructor(s): Dorothy Moses

This course will be for students who are writing short stories, novels, memoirs, skits, and more. Students will give and receive gentle, constructive feedback on each other's writing. For the best use of everyone's time, students should email their writing (10 pages max) to the LLI office by Monday before each class. The LLI office will combine all submissions into one email and send it to all registered students for review during the week. Students can learn to be better writers by giving and receiving constructive feedback.

The Wisdom of Chelm: Jewish Folklore and Societal Satire**Course: EL252130****Tuesday May 20, 27, June 3, 10, 17, 24****11:00-12:30****Instructor(s): Les Schaffer and Judith Onesty**

Judith and Les will be the guides on a journey through the rich tradition of Chelm stories, humorous Jewish folktales about a town of well-meaning but foolish sages. While these tales often seem absurd, they reveal deep truths about leadership, community, and problem-solving—issues still relevant today. The journey will begin with the historical and cultural context of Chelm stories, examining their role in Jewish folklore and satire. Each week, themes like governance, justice, economic wisdom (or folly), and collective decision-making will be explored, using classic Chelm tales to highlight the humor and irony of everyday life. Through discussions, comparisons to modern events, and interactive storytelling, students will uncover how these stories illuminate the challenges of leadership, bureaucracy, and human nature. In the final week, students will apply Chelm's unique logic to contemporary dilemmas, creating their own modern Chelm-style tales. By blending humor with wisdom, this course will demonstrate how even the most foolish-seeming ideas can spark meaningful insights in today's complex world.

Enjoy Poetry**Course: EL252043****Wednesday May 21, 28, June 4, 11, 25, July 2, 16, 30, August 6, 13, 20****11:00-12:00****Instructor(s): Bob Ferguson and Timothy Pace**

Any time of year is a good time for poetry. Remember the song lyrics, "Summertime and the livin' is easy?" Well, in this course it will be "Summertime and the poems are easy." Students will find this class manages to have good conversations and fun while learning about poets and poetry. A range of topics and some song lyrics will be visited.

1930s Cinema Redux**Course: EL252129****Monday June 2, 9, 16, 23, 30, July 14, 21****11:00-12:00****Instructor(s): Edward Blackwell**

This course is for students who would like to delve into 1930s classic movies with "The Adventures of Robin Hood" (1938) and "The Hound of the Baskervilles" (1939). The plots, the themes, the actors, and the movie industry will be discussed as they were and as they compare to those of contemporary films. Students will also have a link to Doyle's text for those who wish to read it outside of class and compare it to the movie. The 1930s ushered in a new age as adults were able to buy from concessionaires located in the theaters and got brief respites from the Depression. This course will relive the fun!

Memoir Writing**Course: EL252048****Tuesday June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5****9:00-10:30****Instructor(s): Suzanne Kelly and Tom Seaborn**

Webster's Dictionary defines a memoir as "a narrative composed from personal experience" or "a written account of one's memory of certain events and people." In this course, students will record their memories focused on different topics and share their writing each week. Many times, a shared memory from one student brings back a long-forgotten memory for another student. Students who are interested in writing and the camaraderie of a small group will enjoy this course and can record memories for children, grandchildren, and friends to enjoy.

Legacy Writing Workshop**Course: EL252095****Wednesday June 4****1:00-2:00****Instructor(s): Jennifer S. Moss**

This interactive writing course will guide students in preserving the moments, values, and lessons that define their lives. Through structured exercises and expert insights, students will create a meaningful tribute to their experiences—designed to be cherished by future generations. The course will feature engaging prompts to inspire reflection, guided writing techniques to shape narratives, and a supportive environment for sharing stories. No prior writing experience is required, only a desire to craft a lasting legacy through the power of words.

Mystery Novels Discussion: Whodunnit?**Course: EL252104****Wednesday****June 11, July 16, August 13****2:00-3:30****Instructor(s): Linda Kerman and Deb Hood**

Reading an exciting mystery novel is the perfect way to spend a lazy summer afternoon. As students read each novel prior to each class, they can try to outsmart the detectives. The suspects and their motives, as well as the actual clues and the ever-present "red herrings," will all be discussed. The first novel will be *First Lie Wins* by Ashley Elston.

Nancy Drew and the Stratemeyer Syndicate**Course: EL252133****Friday****June 13****11:00-12:00****Instructor(s): Heather Weidner**

This course will include a discussion about the ghostwriters behind the famous teen sleuth and how she's evolved through the years.

Banned Books and a Movie**Course: EL252120****Wednesday****June 18****2:00-3:30****Instructor(s): Deb Hood and Linda Kerman**

This course will present the ABCs of Book Banning, one of the 2024 Oscar-nominated short film documentaries. It explores restricted, challenged, and banned books within the nation's schools. Through a distinctive approach, material deemed inappropriate is read and discussed by students. In 2023, when the film was produced, 38 states were banning 2,000 books; as of April 2025, 41 states are banning 6,000 books. Students will have a chance to view and discuss this unique documentary together.

Obituary Writing Workshop**Course: EL252090****Tuesday****June 24****12:30-1:30****Instructor(s): Jennifer S. Moss**

This course will transform the somber task of writing an obituary into a joyful celebration of life. Students should expect fun-filled activities that spark creativity and reflection, expert guidance from experienced writers who make the process enjoyable, a supportive environment where sharing memories is encouraged, and practical tips and techniques to craft a heartfelt and memorable obituary. Each person can embark on a journey of remembrance and celebration. This course promises to make the experience meaningful and uplifting for all while students learn how to write an obituary for anyone with these tips and prompts. Students will become authors and can work to create their own obituary.

LLI Literary Society Feedback and Book Swap**Course: EL252114****Wednesday****June 25****12:30-2:00****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

In each session, at the suggestion of participants, the Literary Society convenes to discuss what participants are reading, their feedback on the process, and the theme. This will help to inform and improve the experience for future sessions. It also will provide an opportunity to swap books where possible.

Read Short Stories Together**Course: EL252132****Wednesday****June 25, July 23, August 20****1:30-3:30****Instructor(s): Linda Kerman**

This course will not require any reading at home! Designed to be read in one sitting, short stories usually develop only a few characters, one plot twist, and one important setting. During each class, students will take turns reading aloud a short story provided by the instructor. Students will pause for comments, and at the conclusion of the story, a lively discussion will ensue as the story is analyzed to find meaning and enjoyment.

The Boy, the Mole, the Fox and the Horse**Course: EL252108 *\$12****Monday****June 30****1:00-3:00****Instructor(s): Rachel and Lucas Ramirez**

Charlie Mackesy began sharing conversations between the boy, the mole, the fox, and the horse on his social media channels in early 2018. He published *The Boy, the Mole, the Fox and the Horse* in late 2019, and the book has since brought comfort and joy to over seven million readers worldwide. In 2022, the short film adaptation of the book was released on AppleTV+ alongside a companion edition of the book: "The Boy, the Mole, the Fox and the Horse: The Animated Story." This course will offer an opportunity for students to view the short film and discuss the book about the characters' journey together and the boy's search for home. This quote from the author says it all, "I hope this book gives you courage and makes you feel loved. Love, Charlie x" The inspirational book is available for students through an optional course fee at the time of registration. This course will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Limericks and Clerihews**Course: EL252134****Wednesday****July 2****10:30-12:00****Instructor(s): Pasquale Accardo**

The origin and development of two verse forms - the limerick and the clerihew - will be briefly reviewed along with the reading many examples of each.

Writing a Military Story with the Help of AI Technology**Course: EL252127****Monday****July 28****11:00-12:00****Online****Instructor(s): Alex Sebbby**

This course will explore the use of Artificial Intelligence in crafting personal military stories, providing a unique opportunity for students to sharpen their storytelling, writing, and technical skills. Students will learn the fundamentals of narrative structure and writing techniques while discovering how AI can assist with brainstorming, editing, and refining personal or historical narratives. Practical writing skills will be paired with hands-on experience using AI technology, offering insights into the tools that are reshaping the world. This course will empower students to create meaningful tributes through the art of storytelling.

FI**Fitness****Low Impact Monday****Course: FI252001 \$20****Monday****May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18****9:00-10:00****Instructor(s): Sherella Brown**

Fitness that's not intimidating...just invigorating! This course will pair moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements. Seated exercises will use weights to increase muscle strength and be combined with stylized walking patterns to boost cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle and towel!

Vivo Online Strength Training: One Time per Week
One Class per Week **May 12 - August 22**

Course: FI252035 \$200

Online

Instructor(s): Team Vivo

Muscle strength and balance are critical to maintaining health and independence throughout life. Without additional strength training, most older adults will suffer a loss of muscle mass and strength that can negatively impact their balance and mobility. Vivo, a live, online, interactive small group fitness program is customized to each individual's fitness level and helps build strength and community. Vivo exercise sessions will consist of cognitive, balance, and strength exercises informed by the latest science and research on exercise for older adults. Vivo is the recipient of a National Institutes of Health (NIH) grant to study its science-based training strategy and personalized online small-group format for older adults. Classes are small, and instruction is individualized. Certified personal trainers skilled in working with older adults provide modified exercises to meet each student's fitness needs. Classes meet online one to three times per week for 45 minutes. Students will receive personal one-on-one assessments before exercise classes begin to establish a baseline for their abilities. Following the conclusion of the exercise classes, a final assessment will be provided to measure results. Students who are new to exercise and those who exercise regularly will find that Vivo helps build strength while improving fitness and mobility. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides one online exercise session per week.

Strength and Stretch Online

Course: FI252030 \$20

Monday **May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18**

10:00-10:45

Online

Instructor(s): Nicole Thomas-Jackson

This online fitness course will focus on strengthening muscles using hand weights, bands, and body weight. Over the course of 45 minutes, students will work their arms and legs and strengthen their core. Exercises will be both standing and sitting, so an available chair is necessary. Each class will end with an overall stretch to relax those hard-worked muscles. Students should wear loose, comfortable clothing, and appropriate shoes, have a water bottle and towel handy, and be ready to strengthen and stretch in 45! This is an online fitness course.

Sit and Be Fit Monday

Course: FI252004 \$20

Monday **May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18**

10:00-10:45

Instructor(s): Sherella Brown

This course is designed for individuals with restricted movement, difficulty standing, breathing, or other health issues but who still need to or want to exercise. Students will exercise from a seated position, using weights and playground balls to help build strength and increase cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle and towel!

Gentle Yoga Monday

Course: FI252028 \$20

Monday **May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18**

11:00-12:00

Instructor(s): Linda McDorman

Stretch, strengthen, enliven, relax! This gentle yoga class will offer students the opportunity to experience all of these. Focusing on gentle movement and breathwork, a greater sense of ease for body, mind, and spirit will be the intention. This course requires the ability to get up and down on the floor. Students will need to bring their own yoga mat to each class.

Vivo Online Strength Training: Two Times per Week
Two Classes per Week **May 12 - August 22**

Course: FI252036 \$320

Online

Instructor(s): Team Vivo

See FI252035 for a full description. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides two online exercise sessions per week.

Chair Yoga Tuesday

Course: FI252006 \$20

Tuesday **May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19**
1:00-2:00

Instructor(s): Linda McDorman

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient Eastern healing art, this gentle yoga practice will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Gentle Yoga Tuesday

Course: FI252009 \$20

Tuesday **May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19**
2:30-3:30

Instructor(s): Linda McDorman

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient Eastern healing art, this gentle yoga practice will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring their own yoga mat to each class. Gentle yoga requires the ability to get down on the floor.

Vivo Online Strength Training: Three Times per Week
Three Classes per Week **May 12 - August 22**

Course: FI252037 \$512

Online

Instructor(s): Team Vivo

See FI252035 for a full description. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides three online exercise sessions per week.

Wednesday Fun Fitness**Course: FI252017 \$20****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****9:45-10:45****Instructor(s): Nicole Thomas-Jackson**

This course will be fun as students strengthen and stretch while getting their heart rate up and moving to music. This course will be appropriate for anyone who wants to move, strengthen their bodies, protect their joints, and HAVE FUN! A variety of cardio and strength work will be included as well as stretching, balance, and core. Weights, balls, and bands may be incorporated into the strength work. Modifications are always shared in class. Students should wear loose, comfortable clothing, and appropriate footwear (workout sneakers - walking, running or cross trainer shoes - sturdy and supportive!), and bring a water bottle!

Pilates**Course: FI252015 \$20****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****10:00-11:00****Online****Instructor(s): Linda McDorman**

This online fitness course will provide a Pilates workout performed on a mat using small, controlled movements to strengthen and lengthen muscles, improve flexibility, and enhance posture. The key components are core stability, attention to muscle control, body awareness, and breath. Students should be prepared for moderate to occasionally intense exercise utilizing a small ball (8-9" diameter) and hand weights (3-5 pounds). Some time will be spent down on the mat, and some time will be spent standing. Students will have their own yoga or Pilates mat and equipment for each class. This is an online fitness course.

Sit and Be Fit Wednesday**Course: FI252018 \$20****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****11:00-11:45****Instructor(s): Nicole Thomas-Jackson**

This course will be for individuals with restricted movement, difficulty standing, or other health issues that make it difficult to engage in traditional aerobic activity but who still need to or want to exercise. Students will exercise from a seated position. The first 30 minutes are devoted to increasing the heart rate and developing cardiovascular endurance by moving to music. Weights, balls, or resistance bands will be used to build and maintain muscle strength. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle!

Chair Yoga Online**Course: FI252031 \$20****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****11:30-12:30****Online****Instructor(s): Linda McDorman**

Rooted in the transformational power of this ancient Eastern healing art, this gentle and supportive online course will guide students through a series of flowing postures to improve strength, flexibility, breath, and posture, creating greater ease in both body and mind. Chair yoga is open to all. This is an online fitness course.

Zumba Gold Online**Course: FI252020 \$20****Thursday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****8:30-9:30****Online****Instructor(s): Tracey Brooks**

This online fitness course will introduce easy-to-follow Zumba choreography focused on balance, range of motion, and coordination. Active students new to Zumba and those looking for a modified Zumba course will find what they are looking for as the original moves will be recreated at a lower intensity. Students should be ready to sweat and prepare to feel empowered and strong by the end of each class. This course will focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance. Students should wear loose, comfortable clothing, and appropriate shoes, and have a water bottle and towel handy! This is an online fitness course.

Sit and Be Fit Thursday **Course: FI252005 \$20**

Thursday **May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21**

11:30-12:15

Instructor(s): Sherella Brown

This course is designed for individuals with restricted movement, difficulty standing, breathing, or other health issues but who still need to or want to exercise. Students will exercise from a seated position, using weights and playground balls to help build strength and increase cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle and towel!

Chair Yoga Thursday **Course: FI252010 \$20**

Thursday **May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21**

1:00-2:00

Instructor(s): Dorota Kawka

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient Eastern healing art, this gentle yoga practice will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Gentle Yoga Thursday **Course: FI252007 \$20**

Thursday **May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21**

2:30-3:30

Instructor(s): Dorota Kawka

Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient Eastern healing art, this gentle yoga practice will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring their own yoga mat to each class. Gentle yoga requires the ability to get down on the floor.

Low Impact Friday **Course: FI252003 \$20**

Friday **May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22**

8:30-9:30

Instructor(s): Linda McDorman

This course will be a true variety of fitness! Half of the class will be low-impact cardio movement, followed by a little stretching, balance, and toning, using hand weights and bands. This fusion will send students into the rest of the day feeling refreshed, energized, and renewed. Students should wear loose, comfortable clothing, and appropriate footwear (workout sneakers – walking, running, or cross trainer shoes – that are sturdy and supportive!), and bring a water bottle and towel.

Chair Yoga Friday **Course: FI252029 \$20**

Friday **May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22**

9:45-10:45

Instructor(s): Linda McDorman

Rooted in the transformational power of this ancient Eastern healing art, this gentle and supportive course will guide students through a series of flowing postures to improve strength, flexibility, breath, and posture, creating greater ease in both body and mind. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.

Cardio and Strength Training Online

Course: FI252034 \$20

Thursday

May 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21

1:30-2:30

Online**Instructor(s): Nicole Thomas-Jackson**

This online fitness course will be a fun and convenient way to move, strengthen, and stretch. Students will learn WHY they should do certain moves or stretches as well as HOW to do them. This course will be appropriate for anyone who wants to move, strengthen their bodies, protect their joints, and HAVE FUN! It will include a variety of cardio and strength work, as well as stretching, balance, and core. Modifications will be shared with the class. Students should wear loose, comfortable clothing, and appropriate footwear (workout sneakers - walking, running, or cross trainer shoes - sturdy and supportive!), and have water handy! This is an online fitness course.

HS**History, Humanities, and International Studies****Music and Culture of the 1930s: Where Has All the Money Gone?**

Course: HS252715

Monday

May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28

9:30-10:30

Instructor(s): Vic Thompson

For Americans who came of age in the 1920s, the 1930s were a rude awakening. The stock exchange had crashed, unemployment was rising toward a high of 25%, and the dust bowl was destroying agriculture. While the government struggled to fix the economy, people still went to the movies, listened to the radio, attended sporting events, and --best of all-- made music and danced. This was the age of the big bands when Jazz became swing. In this course, students will study the culture of a people beaten down by poverty but still hopeful, singing, and dancing.

D-Day June 6

Course: HS252716

Tuesday

May 13, 20, 27, June 3, 10, 17, 24, July 1

11:00-12:00

Instructor(s): Shep Smith

Military experts consider an amphibious invasion to be one of the most dangerous and difficult operations in war. In 1281, the great Mongol emperor of China, Kubla Khan, attempted to invade Japan and the entire invasion fleet was destroyed by a storm with the loss of approximately 150,000 men. The Japanese referred to the storm as a Kamikaze, or "divine wind." This had been the largest attempt of a seaborne invasion until World War II. D-Day, on June 6, 1944, was the largest sea invasion in history. The exact number of Allied troops that participated and the exact number of Allies (American, British, Canadian) who became casualties is unknown and can only be estimated. In his book D-Day June 6, 1944, Stephen Ambrose wrote that nearly 175,000 Allied troops entered Normandy, France, and suffered between 5,000 and 10,000 casualties. This course will concentrate on the American role at Omaha Beach and especially on the 1st Battalion of the 116th Infantry Regiment of the 29th Division. Company A was from Bedford, VA, Company B from Lynchburg, Company C from Harrisonburg, and Company D from Roanoke. The little town of Bedford (population 3,800) suffered the highest rate of casualties of any community in the U.S. during the war.

Cultural Anthropology: Viking Women

Course: HS252002

Wednesday

May 14, June 4, July 2, August 6

9:00-10:30

Instructor(s): Annebel Lewis

Viking women were direct in their actions and raised with a strong sense of identity. They were highly valued by their families, and marriage functioned primarily as a social arrangement. The Viking homeland was characterized by a rich seafaring heritage and a class-based society that included slaves, freemen, nobles, kings, and chiefs. In modern times, the women of Greenland carry on their ancestral legacy, embracing values of communal living, environmental consciousness, and female-led leadership.

Current Events Discussion**Course: HS252003****Wednesday****May 14, 28, June 11, 25, July 9, 23, August 6, 20****1:30-3:00****Instructor(s): Roy Dahlquist and Hugh Ames**

This course will encourage discussions of current events of international, national, state, and local importance. Instructors will provide an agenda of suggested topics that will be emailed to attendees by noon on Tuesday prior to class or may be picked up in the office. Students will be encouraged to introduce topics in class that they would like to add to the discussions. The instructors will conduct the course as moderators rather than in the traditional role of an instructor. They will open each class with a short introduction of topics and then step into the role of moderator, sometimes taking a contrary view in order to stimulate thought and discussion among students. Differing opinions during the discussions will be respected.

Secrets of the Occult**Course: HS252695****Monday****May 19, June 2, 9, 16, 23, 30****9:00-10:30****Instructor(s): Timothy Pace**

From spirituality to politics and science, the occult has had an astonishing influence on the human experience across the centuries. This course will continue the exploration through videos from another one of the Great Courses exploring Satanism, Hitler and Nazism, witchcraft, the Russian revolution, technology, 19th-century revival, and the Renaissance. The mysteries of superstition and the occult will be discussed, and questions and answers will be encouraged.

The Confederacy in History, Memory, and Myth**Course: HS252721****Monday****May 19****11:00-12:00****Instructor(s): Waite Rawls**

This course will revisit a course from 12 years ago, exploring how individuals learn and remember historical events, both the facts and their interpretations. The passage of time offers fresh perspectives, and a dozen years can feel like multiple generations when applied to significant themes such as the Confederacy, monuments, and symbols like the flag. More recent events, including the impact of the George Floyd movement, have reshaped the cultural and historical context surrounding these topics. This course will reflect on the original discussion, examine how interpretations have evolved, and offer a refreshed understanding of the interplay between memory, history, and societal change.

WWII Civilian Prisoners of the Philippines: Freedom and Food**Course: HS252611****Monday****May 19****1:30-2:30****Online****Instructor(s): Jennifer Cottle**

By December 8, 1941, there were an estimated 8,000 civilians from various Allied countries living in the Philippines, mostly Americans. They represented a diverse range of ages, genders, occupations, and backgrounds, but the majority would share a common destination: internment. Within a month of invasion, the Japanese empire would place these "enemy aliens" into "protective custody" and order them into internment camps across the islands. For most of World War II, these civilian internees, which included men, women, children, and the elderly, would remain imprisoned in situations that increasingly became more desperate as food, medicine, and supplies became scarce. As one internee, Natalie Crouter, wrote in her clandestine wartime diary, "All we think about is Freedom and Food." (Natalie Crouter, Forbidden Diary) Liberation came in early 1945 and many returned to families in the United States. Over the decades since their liberation, the survivors of those camps and their families have approached the MacArthur Memorial as a repository for the materials that represent their experiences and histories.

The Orient Express**Course: HS252649****Tuesday****May 20****9:30-10:30****Instructor(s): George Saunders**

The Orient Express conjures up images of intrigue, suspense, romance, danger, and extreme luxury all at the same time. The most beautiful train in the world delivers passengers to some of the most desirable destinations like Vienna, Austria, and Paris, France. Students in this course will experience the most exotic trip on rails. All Aboard!!!

A Capsule Wardrobe of an 18th-Century Lady**Course: HS252686****Tuesday****May 20****1:00-2:30****Instructor(s): Sarah Matthews and Helena Agnew**

This course will be a time travel to the 18th century when clothing was handmade by the one wearing it or the village tailor. Each garment in the closet would be prized and cared for with intention. Clothing was expensive and staying at the height of fashion was an important show of wealth. Men and women of the 18th century owned fewer garments which they would mix and match cleverly to get the most options. This is a concept known today as the "capsule wardrobe." Students will see a large collection of beautiful historical costumes and watch an 18th-century lady get dressed in authentic garments. Any guesses on how many layers she will wear?!

Great Decisions**Course: HS252089 *\$40****Tuesday****May 20, June 17, July 15, August 12****2:00-3:30****Instructor(s): Bob Ferguson**

This course will give students opportunities to learn about and discuss topics related to important issues in America's relations with other countries of the world. Eight topics have been selected by the Foreign Policy Association for 2025, and a few more topics will be added to cover one topic per month. The newest edition of the Great Decisions book may be purchased optionally through the office, and payment is due at the time of registration; however, the book is not required. The course can be taken without it since a summary of each topic will be provided by the instructor. There will be a video to watch each class followed by discussion. The topics for this term will be U.S.-China Relations in Tense Times (May); India's Foreign Relations (June); International Climate Cooperation (July); and the Future of NATO and European Security (August).

Franklin Delano Roosevelt: A Great and Patriotic American**Course: HS252726****Wednesday****May 21****2:00-3:30****Instructor(s): James Triesler**

From the first 100 days of his administration in 1933 until his death in 1945, President Franklin Delano Roosevelt brought America out of the Great Depression, guided this country through World War II, and led a transformation of society. This course will be presented by Virginia War Memorial Director of Education Jim Triesler, and students will explore the life of the 32nd President.

Great Cities and Towns of Europe**Course: HS252694****Friday****May 23, 30, June 6, 13, July 11, 18, August 1, 8, 15, 22****9:30-11:00****Instructor(s): Timothy Pace**

This course will continue presenting videos from Rick Steves' Europe. Countries will include Spain, France, the British Isles, as well as some major cities. The sights will be explored, and the culture and foods of the cities will be appreciated. Questions, answers, and insights will be encouraged as students discuss these fascinating regions of Europe.

The Golden Age of Television**Course: HS252712****Thursday****May 29, June 5, 12, July 3****11:00-12:00****Instructor(s): Bob Ferguson**

In the early 60s, TV was described as a "vast wasteland." Others have since said this early experimental period was television's "Golden Age." In this course, students will find that there was some truth to both of these observations. The exploration will begin with some information about this period, after World War II and before the Cold War. Students will discuss the types of shows on TV, see what viewers liked most, view parts of some shows, and even sample some TV commercials. They have little resemblance to the slick Super Bowl ads of today. This course is for anyone who enjoys detective shows, comedy, cowboys and thrillers.

Afro-American Inventors and Their Stories: The Untold History of Everyday Items**Course: HS252698****Monday****June 2, 9, 16****11:00-12:00****Instructor(s): Myron Johnson**

Many everyday items are used without any thought given to those who invented them. What brought about a need for the items? So many of them have patents but no names in history books. Some of these simple and very complicated inventions were made by both men and women. The fact that they were Afro-Americans is the reason some history books never mentioned them. Students will learn about the necessity, the stories, and the inventors who brought these inventions into everyday use.

No Time to Grieve Documentary**Course: HS252617****Monday****June 2****1:30-3:30****Instructor(s): Peppy Jones**

This course will present and discuss No Time to Grieve, a new documentary on coal mining in Midlothian. The triumphant and tragic story of the first commercial coal mines in America is told through the experiences of the nation's first coal barons and the hundreds of slaves who built the mines and later risked their lives alongside poor whites and immigrants in a dangerous and deadly search for an oily, black rock. Students will see how the coal mines of Chesterfield County, Virginia transformed the railroads and industries of a young nation, helping it spread its wings in westward expansion. A small train stop named Midlothian (formerly Coalfield, Virginia) was turned into a thriving community. That progress came at a steep price, in both blood and dollars. More than 500 men, many of them African American slaves, died harvesting coal from the county's mines turning the dark shafts and passageways into open grave sites and creating a modern-day mystery when a local developer in 1986 stumbled upon the shallow graves of 226 skeletons adjacent to two of the oldest coal mine sites.

The Battle of Okinawa 1945: Steel Storm**Course: HS252582****Thursday****June 5****10:00-11:00****Instructor(s): Christopher L. Kolakowski****Online**

The Battle of Okinawa from April 1 through July 2, 1945, was the largest sea-air-land battle in history. Both sides regarded it as a full-dress rehearsal of an invasion of Japan proper. This course will examine the battle and its context.

North Atlantic Traditions: Irish, Scottish, and Canadian Folk Dance and Musical Traditions**Course: HS252722****Monday****June 9****1:30-3:30****Instructor(s): Annabelle Bugay**

This course will be an epic journey to the North Atlantic regions of Scotland, Ireland, and Canada's Maritime Provinces as students witness a unique blend of history, cultural exploration, and hands-on demonstrations. Students will discover the origins and development of Celtic dance and music traditions from Ireland, Scotland, and Canada's Maritime Provinces. Students can wear dancing shoes (leather or smooth rubber soles preferred) if they would like to give any of the jigs a try!

United States Intelligence**Course: HS252696****Tuesday June 10****12:30-2:00****Instructor(s): Chan Mohny**

This course will explore the structure of U.S. intelligence agencies and outline the specific responsibilities assigned to each one.

The POW Experience Through the Art of Ben Steele**Course: HS252717****Tuesday June 10****1:30-2:30****Instructor(s): Jennifer Cottle****Online**

Ben Steele spent the first months of World War II fighting on the Bataan Peninsula in the Philippines. When American forces on Bataan were surrendered, Steele was one of tens of thousands of American and Filipino troops forced to go on the Bataan Death March. He spent the next three and a half years as a POW. During his captivity, he suffered from beriberi, dysentery, pneumonia, blood poisoning, and malaria. He survived the infamous "death ships" and ultimately ended the war working in a Japanese coal mine about 80 miles from Hiroshima. After the war, Steele became a critically acclaimed artist of the American West, but the Bataan Death March and the labor camps were never far from his mind. As he came to terms with his POW experience, he began to draw from memory. Many of these sketches are now preserved at the MacArthur Memorial.

Inevitability of the Holocaust**Course: HS252683****Tuesday June 24, July 1****10:00-12:00****Instructor(s): Dr. Alan A Winter****Online**

This course will highlight key Nazi meetings and events that should have been given more attention by the rest of the world and might have averted both World War II and the Holocaust. Students will become familiar with how the German military leaders organized a resistance movement and were hours away from overthrowing the regime in September 1938 . . . And why that did not happen. The instructor will discuss the importance of the Evian Conference, the Kindertransport, the Rublee-Wohlthat Agreement, and Stalin's attempts to form a non-aggression pact with England that failed and resulted in the Ribbentrop-Molotov Pact. The relevance of Fascism versus Bolshevism will be discussed. Students will learn how the Nazis' intractable concepts led to one of the greatest catastrophes in history: the Holocaust. Finally, the course will compare and contrast Hitler to Putin and the importance of the war in Ukraine. It will explore the current rise of anti-Semitism around the world and how being unfamiliar with history has separated anti-Zionism from anti-Semitism.

American Corrections: Behind the Walls and Bars**Course: HS252724****Tuesday June 24****1:00-2:30****Instructor(s): Charles J. Kehoe**

Jails, prisons, and juvenile facilities are often portrayed in television dramas, movies like Sing Sing or The Shawshank Redemption, and occasional news stories; however, the reality of these institutions is far more complex and multifaceted. An estimated \$81 billion is spent annually by states and the federal government on corrections. This course will provide an in-depth overview of the third pillar of the criminal justice system: corrections. It will examine the correctional systems in the United States and explore the history of incarceration, punishment, and rehabilitation.

Midlothian Matters A**Course: HS252690****Friday June 27****1:30-3:00****Instructor(s): Mark S. Miller, Ph.D., LPC, CSAC**

Over half of LLI Chesterfield members live in Midlothian. The Honorable Mark Miller, Midlothian District Supervisor, will be sharing about the past, present, and future of Midlothian and will invite input from members of what matters most. Members who do not live in Midlothian are also welcome since LLI Chesterfield calls Midlothian home. Midlothian matters.

The Mayan Marcador**Course: HS252713****Tuesday July 8****2:00-3:30****Instructor(s): Rick Kinnaird**

Two events in the 1980s changed knowledge of the Maya. The publishing of David Stuart's "Ten Phonetic Signs" in 1987 which led to a near complete understanding of the Mayan glyphs, and the discovery of an object called The Marcador in Tikal, Guatemala which told the story of the overthrow of that local government by "strangers from the west." It completely rewrote what was known about Mayan history. This course will provide an overview of the events described on the Marcador and will prepare students who wish to dig deeper with a familiarization of the tools and resources one will need to go deeper, which will also be addressed in a future session.

Winning the Peace: The Post-War Occupation of Japan**Course: HS252718****Thursday July 10****1:30-2:30****Online****Instructor(s): Jennifer Cottle**

In the fall of 1945, the Second World War came to an end with the surrender of Japan to the Allied Powers. The war left Japan devastated and the country uncertain of their fate under the American occupation that was to come. For the next several years, occupation forces under the leadership of General Douglas MacArthur would oversee Japan's recovery and the transformation of US-Japan relations from bitter wartime enemies to strong peacetime allies, an alliance that persists to this day.

History of the US Presidents**Course: HS252693****Wednesday July 16, 23, 30, August 6, 13****10:00-12:00****Instructor(s): Dr. John Lemza and Juana Levi**

This will be a co-taught course that will offer a broad overview of the American Presidents beginning with the first, George Washington, and continuing through the 46th, Joe Biden. The high points and low points of each administration will be unpacked and the historical context in which they served the nation. The course will investigate their important contributions and take a look into their motivations and personal lives. To enhance this study, the course will introduce thought-provoking works of art from the period of each administration. The artwork will complement the lectures by contributing unique perspectives of the people and times as well as the artists themselves. Together, through a collaboration of narrative lectures and the visual impact of art, the course will offer a greater holistic interpretation of American Presidents.

Grit and Grace: Female Servicemembers in the Shrine of Memory**Course: HS252719****Wednesday July 16****11:00-12:00****Online****Instructor(s): Kyndall Drumheller**

From nurses to fighter pilots, American women volunteered to serve their country in almost every capacity throughout our nation's history. Today, women make up about 16% of our Armed Forces. Students will join Assistant Director of Education, Kyndall Drumheller, as she highlights a selection of Virginia veterans whose names are engraved on the walls in our Shrine of Memory. Learn about the selfless acts of those women who gave their lives so we may peacefully live ours.

First Baptist Church of Midlothian and the African American Community**Course: HS252267****Thursday July 17****10:00-11:30****Instructor(s): Audrey M. Ross**

This course will present a brief history of the First Baptist Church of Midlothian (our neighbors across the street), which is the oldest African American Church in Chesterfield County! Information on the history, contributions, and accomplishments of some African Americans in the Village of Midlothian will also be shared.

Midlothian Matters B**Course: HS252692****Friday****July 25****1:30-3:00****Instructor(s): Mark S. Miller, Ph.D., LPC, CSAC**

Over half of LLI Chesterfield members live in Midlothian. The Honorable Mark Miller, Midlothian District Supervisor, will be sharing about the past, present, and future of Midlothian and will invite input from members of what matters most. Members who do not live in Midlothian are also welcome since LLI Chesterfield calls Midlothian home. Midlothian matters.

WWII Navy Experience Through Collectible Cards of 1939**Course: HS252727****Wednesday****July 30****2:00-3:30****Instructor(s): James Triesler**

In 1939, John Player and Sons issued a series of 50 cigarette cards that featured naval vessels from around the world. The cards featured the artwork of British artist Frank Mason. This course will showcase the original set of cards, and students will learn about the service and fate of some of these ships during World War II.

Art and Monuments: Honoring Memory and Service with SAAM and ABMC**Course: HS252720****Wednesday****August 6****1:00-2:30****Instructor(s): Smithsonian American Art Museum Docents****Online**

American Battle Monuments Commission (ABMC) cemeteries serve as sites of national memory, honoring the service and sacrifice of US soldiers overseas. The Smithsonian American Art Museum (SAAM), as the national institution documenting America's stories through art, reveals key aspects of the nation's culture and history through its collection. Honor, sacrifice, and service are themes brought to life by artists and war memorial designers using various forms of symbolism and allegories. This interactive course will contextualize the history of memorials, monuments, and art within the collections of ABMC and SAAM. Comparisons will be made between the meanings of specific artworks and cemeteries at the time of their creation and their meanings in the present day. The visual elements of sculpture, architecture, and two-dimensional works will be explored to understand how the design of their compositions conveys these themes.

American Flying Boats: The Adventure and Romance of the Golden Age**Course: HS252725****Thursday****August 7****10:00-11:30****Instructor(s): Tim Kisner**

The year 1935 will serve as the backdrop for a comprehensive exploration of the golden age of the flying boat. These magnificent giants—equal parts ocean liner and winged chariot—will be highlighted for their role in carrying renowned individuals to distant lands with names as exotic as the adventures they promise, such as Havana, Rio de Janeiro, Manila, and Borneo. Students will examine the history and innovation behind these majestic flying boats, uncovering what sparked this unique era of aviation. The course will delve into the vision of pioneers like Juan Tripp, founder of Pan American Airways, who believed these graceful giants represented the future of long-distance travel. Prominent figures in this story will be introduced, including Edwin Musick, the first "Master of Ocean Flying"; Richmond's adventurous family, "The Flying Hutchinsons"; Charles Lindbergh, whose legendary flights included quirky anecdotes like losing his socks mid-flight; and the aviatrix Osa Johnson, known for her African safari adventures. Students will learn about the luxurious journeys aboard flying boats, such as those that navigated Havana's harbor, frequented by the fabulously wealthy and notorious gangsters of the 1930s, including an iconic silver-voiced American crooner known as "La Voce" among the Cubanos. The course will address the challenges and decline faced by these flying boats, as storm clouds of war began to overshadow their legacy. Students will discover romance, adventure, and amazing stories about this remarkable chapter in aviation history.

German Unification: Bridging the Divide

Course: HS252714

Monday August 11

9:00-10:30

Online

Instructor(s): Anette Isaacs

As Germany approaches the 35th anniversary of its unification, the journey of bringing together two countries separated for 45 years remains a profound chapter in its modern history. The last three and half decades were marked by both hope and hardship as East and West Germany struggled to bridge deep divides—political, economic, and cultural. German historian Anette Isaacs will provide a fascinating discussion on the complexities of unification, the many challenges faced, and the hard-won successes that shaped the "New Germany."

HW**Health and Wellness**

Beginning Tai Chi 24 Form A

Course: HW252342

Monday May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18

12:30-1:15

Instructor(s): Damir Strmel

Please Register for only one session (A or B) to allow all students a chance to participate. This course is for any students who are having issues with balance, cognitive health, stress levels, chronic pain, elevated blood pressure, and/or the ability to fall asleep at night. Tai Chi may be right for their health, equilibrium, and vitality. Students will engage body and mind in this interactive and instructive course. Tai Chi can be many things. It is a walking meditation; a means to understanding the range and limits of the body; an activity for the improvement of balance, mental focus, and breathing; a stress reducer; and a beautiful art form. In essence, it is the energetic expression of the mind's intent through the body. Classes will explore all these aspects, encouraging students to find their own path through "playing" Tai Chi. The Yang Style Simplified 24 Form will be used to explore Tai Chi principles and provide a framework for a range of movements in this course. All are invited to breathe, learn, and play while creating a personal journey through Tai Chi.

Beginning Tai Chi 24 Form B

Course: HW252355

Monday May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18

1:30-2:15

Instructor(s): Mary E. Gutberlet, M.Ed.

Please Register for only one session (A or B) to allow all students a chance to participate. This course is for any students who are having issues with balance, cognitive health, stress levels, chronic pain, elevated blood pressure, and/or the ability to fall asleep at night. Tai Chi may be right for their health, equilibrium, and vitality. Students will engage body and mind in this interactive and instructive course. Tai Chi can be many things. It is a walking meditation; a means to understanding the range and limits of the body; an activity for the improvement of balance, mental focus, and breathing; a stress reducer; and a beautiful art form. In essence, it is the energetic expression of the mind's intent through the body. Classes will explore all these aspects, encouraging students to find their own path through "playing" Tai Chi. The Yang Style Simplified 24 Form will be used to explore Tai Chi principles and provide a framework for a range of movements in this course. All are invited to breathe, learn, and play while creating a personal journey through Tai Chi.

Basic Taiji Qigong

Course: HW252426

Monday May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18

2:30-3:30

Instructor(s): Walter and Patricia Jackson

Qigong is an art from ancient China comprised of massage, acupressure, sound healing, meditation, and Tai Chi. Its goal is to enhance health and a sense of well-being. It is a very easy and low-impact system of coordinated postures, breathing, and meditation.

Low Back Pain**Course: HW252406 *\$15****Tuesday****May 13****11:00-12:30****Instructor(s): Thomas Neviaser, MD**

This course will present the basis for low back pain, a review of the anatomy, mechanisms that cause pain, diagnosing the pain, tests to confirm the diagnosis, and treatments available. There will be time for questions! The instructor's book: "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions" is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but preparing them to speak to their doctors intelligently about their aches and pains.

Intermediate Tai Chi: Yang Style 24 Form**Course: HW252386****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****12:00-1:00****Instructor(s): Mary E. Gutberlet, M.Ed. and Mark Stella**

This course is not for beginning Tai Chi students. It is for students who have previously received instruction in the entire Yang Style 24 Form either at LLI or elsewhere. It is for students who have mastered the basic body, foot, and hand/arm movements and are comfortable doing the 24 Form. The focus of this course will be to explore the nuances of graceful, fluid, coordinated, and seamless movement through Tai Chi play. Students will continue to focus on balance, range of motion, stress reduction, and breathing. Particular attention will be paid to mindfulness and expression of energy. Mark Stella will lead another type of moving meditation at the end of each class through Qigong.

Beginning Tai Chi 37 Form**Course: HW252481****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****2:30-3:30****Instructor(s): Drew Herman**

This course will present Yang-style Tai Chi, using the Cheng Man-Ching 37-step form as a foundation. Tai Chi offers a zero-impact exercise rooted in traditional martial arts that can relieve stress and enhance balance and flexibility. Progress in the form and principles of movement can lead to exploring related practices, such as the long (106) form, push hands, sword, and post standing. The format will involve learning a sequence of movements through an ongoing, cumulative approach, making it ideal to start from the beginning but still accessible for those joining later or dropping in. Comfortable clothing and flat shoes are all that is required to participate.

Strength Training Benefits for Life's Journey**Course: HW252435****Thursday****May 15****10:00-11:00****Instructor(s): Eric Levitan and Dr. Katie Starr****Online**

Muscle mass begins declining from age 30 and accelerates after 60. This reduction in muscle and strength contributes to issues like falls, age-related ailments such as type 2 diabetes and osteoporosis, diminished quality of life, and loss of independence. Nevertheless, solutions exist! Involvement in strength training can enhance balance, mobility, and bone density, counteracting the progression of diseases. It also boosts mood, sleep, and brain health. Research shows that strength training is one of the most significant factors in maintaining a high quality of life and independence. In this course, students will discover ways to foster behavioral change and make exercise a habit, even in a virtual world.

Beginning Tai Chi 24 Form Review and Practice**Course: HW252352****Friday May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22****11:00-12:00****Instructor(s): Mary E. Gutberlet, M.Ed.**

This course is a supplement to Beginning Tai Chi A (taught by Damir Strmel) and Beginning Tai Chi B (taught by Mary Gutberlet). It is an opportunity to work with Mary Gutberlet to review and practice what is covered during the Beginning Tai Chi courses. The focus will be on basic body, foot, and hand/arm movements of the 24 Form. Breathing and flow of energy will also be emphasized. Continued review and practice will add to the flow, grace, and seamless movement of the execution of the 24 Form.

Intermediate Tai Chi 42 Form and Sword Form**Course: HW252343****Friday May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22****1:30-2:30****Instructor(s): Damir Strmel**

This course is for students who have had at least one session of Beginning Tai Chi, or the equivalent, and would like to delve deeper into the exploration of chi (a.k.a. Qi), the bioelectrical energy that animates the human form. The Mixed-Style 42 Competition form will be used to expand the students' vocabulary. The final 15 minutes of the class are optional and are dedicated to learning a short 16-movement Sword Form.

The Healthy Brain Series: Sleep, Stress, and Mental Health**Course: HW252466 *\$23****Tuesday May 20, 27, June 3****10:30-12:00****Instructor(s): Kennedy O'Donnell**

This course will examine the reciprocal relationship between the brain and mental health, focusing on how environmental stress will influence neurochemistry and how brain changes will impact the body and mind throughout aging. It will also delve into the fascinating realm of sleep, highlighting its critical importance. Students will gain tools to improve brain health and will exchange tips in this series on sleep, stress, and mental health.

Great Healthcare Disruption: Big Tech, Bold Policy, and the Future of American Medicine**Course: HW252487****Wednesday May 21****1:00-2:00****Online****Instructor(s): Dr. Marschall Runge**

Drawing from his experience as Executive Vice President for Medical Affairs at the University of Michigan and CEO of Michigan Medicine, Dr. Marschall Runge argues that healthcare stands at a revolutionary inflection point where multiple disruptive forces are reshaping every aspect of care delivery. Based on his new book, Great Healthcare Disruption: Big Tech, Bold Policy, and the Future of American Medicine, students will be taken inside the ongoing medical revolution to explore how innovations like gene therapy and home-based treatments are reshaping medicine. With companies like Amazon entering the healthcare space, traditional boundaries are being broken, making care more accessible. This course will provide an insightful look at these changes, helping students understand the future of healthcare and how they can be part of the transformation. Dr. Runge will offer a grounded perspective on the opportunities and challenges of this new era in medicine.

Suicide Prevention: Raise Your Voice**Course: HW252392****Thursday May 22****10:30-12:00****Instructor(s): Melissa Ackley and Kevin Skellett**

Older adults have the highest rate of suicide of any age group. Students in this course will learn about myths and facts about suicide, how to recognize and respond to signs of suicide, and local resources.

Hearing Loss Apps for Smartphones**Course: HW252486****Thursday****May 22****1:00-2:00****Instructor(s): Debra Ogilvie, Au.D., Kim Fisher, and Tara Ruth**

This course will present ways to use smartphones to do a variety of things related to ears and hearing, including managing tinnitus, enhancing hearing and listening skills, captioning conversations, controlling hearing aids, and protecting hearing. Students should bring a phone, although not everything will be downloaded during class. Written information will be provided for future reference. Most recommended apps are free to download and available for both Apple and Android devices.

Foot and Ankle Pain: It's All in the Calf**Course: HW252473****Friday****May 30****10:00-11:30****Instructor(s): Dave Bass, PT, DPT**

From plantar fasciitis to bunions and growing pains, the calf muscles hold the key to explaining and solving nearly all the causes of foot and ankle pain. Students will learn why these muscles cause so many problems and take away some simple strategies for relieving foot and ankle pain.

Radiology Ready: Learn, Relax, and Scan with Confidence**Course: HW252482****Friday****June 6, 13, 27, July 11, August 1****10:30-12:00****Instructor(s): Charlie Downing**

This course will empower students by providing essential education about radiologic exams, aiming to alleviate anxiety and enhance understanding. By demystifying the processes involved in these medical imaging procedures, students will gain a clearer picture of what to expect during exams such as X-rays, MRIs, CT scans, or ultrasounds. The course will cover topics such as the purpose of these exams, how they are conducted, and their role in diagnosing and monitoring various health conditions. A supportive and interactive environment will encourage students to ask questions. By fostering knowledge and confidence, the course will aim to help students feel more comfortable and prepared when undergoing radiologic examinations.

InterAge Seminar: Embracing the Future**Course: HW252492****Monday****June 9****10:30-12:00****Instructor(s): E. Ayn Welleford, PhD, and Rachel Ramirez, MPA**

Madeleine L'Engle said, "We are all the ages we have ever been." This seminar course will provide an opportunity for students to actively share in small groups their thoughts and perspectives on topics relevant across all ages. Interactions, relationships, or comparisons among different age groups will be explored. For example, interage relationships could involve communication or cooperation between younger and older individuals, as well as how different age groups interact, influence, communicate, and benefit each other across their lifespans. LLI Chesterfield recently appointed Dr. Welleford as their first InterAge Director. This course will be the beginning of InterAge programming, and there is an InterAge Discussions group on NearPeer where the conversation is ongoing.

Medication Safety**Course: HW252488****Tuesday****June 10****9:30-10:30****Instructor(s): Eric Faw and Allyson Butler**

This course will provide information on how to safely use and store medications. A brief overview of drugs of abuse will also be provided.

Understanding BPP Vertigo and the Treatments**Course: HW252472****Wednesday****June 11****9:30-10:30****Instructor(s): Andrew Rothschild**

Benign Paroxysmal Positional Vertigo, or BPPV for short, is a specific type of vertigo that primarily affects a small apparatus located in the inner ear that helps us with a sense of equilibrium and balance. People with BPPV experience brief, intense sensations of spinning and dizziness with angular movements of the head, like when leaning back and looking up, bending forward looking down, lying back or rolling over in bed, or sitting up from lying down. About 40% of people over the age of 60 may experience BPPV and it is also more common in females. The good news is that BPPV is very treatable. In this course, students will learn what BPPV is, what can be done about it, common symptoms of vertigo that can contribute to feelings of unsteadiness or dizziness, what types of tests can be performed to help with diagnosis, and what a course of treatment may look like.

Advanced Gynecological Care**Course: HW252483****Monday****June 16****1:00-2:00****Instructor(s): Annie Edwards, DNP**

This course will provide an in-depth overview of advanced gynecological care, addressing complex medical conditions and persistent gynecological issues. Topics will include the early detection, diagnosis, and treatment of gynecological cancers, chronic pelvic pain, endometriosis, uterine fibroids, and abnormal uterine bleeding. Specialized care for recurrent gynecological infections and effective menopause management will also be explored. The course will highlight cutting-edge techniques and personalized treatment strategies designed to enhance overall well-being and quality of life.

Low Back Pain Solutions**Course: HW252467****Tuesday****June 17****9:30-10:30****Instructor(s): Jordan Witt, DPT**

This course will cover common low back diagnoses including lumbar stenosis, degenerative changes, and referred symptoms down the leg like Sciatica. Often individuals have a directional preference that can be used to help modify activities and turn into an easy-to-complete home exercise program.

Knee Conditions**Course: HW252407 *\$15****Wednesday****June 18****11:00-12:30****Instructor(s): Thomas Neviasser, MD**

This course will present the basis for knee problems and pain, a review of the anatomy, mechanisms that cause pain, tests to confirm the diagnosis, treatments (i.e., arthroscopy and total knee replacements), and complications. There will be time for questions! The instructor's book: "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions" is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but preparing them to speak to their doctors intelligently about their aches and pains.

Understanding Hearing Loss and Hearing Aids**Course: HW252389****Monday****June 23****11:00-12:00****Instructor(s): Kimberly Felder**

How are health and hearing related? This course will help students understand hearing loss, over-the-counter aids, and the connection to overall health. What will happen if hearing loss is left untreated? Why do some people hear but not understand? These questions will be discussed in this course.

Be the Help Until Help Arrives**Course: HW252394****Monday June 23****1:00-3:00****Instructor(s): Chesterfield County Emergency Management Staff**

This course will teach students how to address emergencies by understanding stress responses, effectively communicating with 911, evaluating scene safety, bleeding control, positioning patients for breathing, and providing comfort.

Senior Living Continuum**Course: HW252436****Tuesday June 24****2:00-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will examine options for health services and senior living. Types of services available at different healthcare and senior living communities will be reviewed. This information will then be connected to insurance and payment options. By the end of the course, students will have a better understanding of the options that are available in the greater Richmond area as well as be prepared with questions to ask providers as they navigate the healthcare continuum.

Summer Safety Tips**Course: HW252282****Wednesday June 25****9:30-10:30****Instructor(s): Kimberly Rideout**

This course will provide ways to stay safe this summer. Topics covered will include a home fire escape plan, smoke alarm facts, as well as grilling and cooking safety. Students will also learn about some programs the fire department provides. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire & EMS, will answer questions following the presentation.

Stress First Aid**Course: HW252491****Thursday June 26****10:00-12:00****Instructor(s): Melissa Ackley and Valerie Fowlkes**

Stress reactions occur on a continuum. Early awareness and response can help manage stress reactions before the need for more formal intervention. In this course, students will explore the stress continuum and identify stress management strategies.

InterAge Seminar: Embracing the Future**Course: HW252493****Friday June 27****10:30-12:00****Instructor(s): E. Ayn Welleford, PhD, and Rachel Ramirez, MPA****Online**

Madeleine L'Engle said, "We are all the ages we have ever been." This seminar course will provide an opportunity for students to actively share in small groups their thoughts and perspectives on topics relevant across all ages. Interactions, relationships, or comparisons among different age groups will be explored. For example, interage relationships could involve communication or cooperation between younger and older individuals, as well as how different age groups interact, influence, communicate, and benefit each other across their lifespans. LLI Chesterfield recently appointed Dr. Welleford as their first InterAge Director. This course will be the beginning of InterAge programming, and there is an InterAge Discussions group on NearPeer where the conversation is ongoing.

Shoulder Conditions**Course: HW252408 *\$15****Monday****June 30****11:00-12:30****Instructor(s): Thomas Neviaser, MD**

This course will present the basis for shoulder pain, a review of the anatomy, tests to confirm the diagnosis, complications, and treatments for rotator cuff disease, dislocations, arthritis, and other conditions. There will be time for questions! The instructor's book: "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions" is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but preparing them to speak to their doctors intelligently about their aches and pains.

Empowering Choices: Building a Personalized Plan for Later Life**Course: HW252489****Wednesday****July 16****10:00-12:00****Instructor(s): Jen Dowda**

This will be an engaging and informative course designed to help individuals explore the landscape of services for later life in Richmond, VA, while laying the foundation for a successful life plan. Students will gain a deeper understanding of the resources, services, and programs available to older adults in the Richmond area. Topics covered will include healthcare options, senior housing, financial planning, and community support systems, among others. The course is designed to help students take charge of their future by providing tools and strategies for making informed decisions about their later years. Students will gain valuable insights into creating a personalized plan that aligns with their goals for independence, well-being, and quality of life. The information will also be beneficial for anyone helping a loved one navigate their journey through later life to make it a positive, fulfilling experience. There's no better time to plan for a successful and enriching future!

Myths About Arthritis**Course: HW252484****Friday****July 18****10:00-11:30****Instructor(s): Dave Bass, PT, DPT**

Over 1 million knee and hip replacements are provided each year in the US. This number continues to increase every year due to demographic trends, earlier diagnoses, and a shift in treatment strategies. It's more common to have a knee replacement offered earlier in treatment, and the outcomes are not always as good as one would hope. This course will explore how to know if the pain someone is experiencing is really due to arthritis, or if it is something much easier and less costly to treat.

The Importance of Posture: Safe and Simple Exercises to Help**Course: HW252468****Tuesday****July 22****9:30-10:30****Instructor(s): Jordan Witt, DPT**

This course will cover how poor posture can lead to neck, shoulder, upper back, and arm pain. Exercises will also be demonstrated to show a safe and easy way to improve posture.

Journaling with Grief**Course: HW252458****Thursday****July 24****10:00-11:00****Instructor(s): Jennifer S. Moss**

Grief is a deeply personal and often overwhelming experience; however, understanding its many facets and learning to express it through writing can be transformative. In this course, students will explore the emotional, psychological, and physical aspects of grief. Through guided discussions, reflective exercises, and structured journaling prompts, students will learn how to channel grief into a healing process. This course will provide an opportunity to reach into a personal grief journey and carefully select pieces to share with others whether from the loss of a loved one, a significant life change, or other emotional challenges.

Introduction to Human Anatomy**Course: HW252442****Monday July 28****11:00-12:30****Instructor(s): Thomas Neviasser, MD**

This course will present the basics of knee, shoulder, and back anatomy. This will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Understanding Young Children for Grandparents**Course: HW252490****Monday July 28****11:00-12:00****Instructor(s): Maria Crostic**

This course will help grandparents deepen their understanding of young children and promote positive grandparent/child interactions. Students will receive evidence-based information regarding child development, the importance of play, and ways to communicate with young children.

Staying Safe at Home**Course: HW252445****Tuesday July 29****2:00-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

A majority of seniors wish to age in place in their homes. This course will review a variety of strategies and modifications to help seniors stay safe and independent in their homes as long as possible. From very simple, low-cost options to more extensive and expensive options, this course will have a little something for everyone!

Dry Needling: What It Is and How It Works**Course: HW252409****Thursday July 31****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

Dry needling is a treatment that healthcare providers use for pain and movement issues associated with myofascial trigger points. This course will go over how the procedure is performed, who and what ailments are appropriate for it, and how it can be a game changer in reducing pain and improving overall function in some individuals.

Stress Management Bingo: A Fun Way to Recharge!**Course: HW252446****Tuesday August 5****11:00-12:00****Instructor(s): Rebecca Lint and Ginger Dotter**

This course is for anyone who is feeling stressed and wants to take control while having fun! Stress Management Bingo is a playful way to practice relaxation and coping strategies. Each square on the bingo card represents a simple stress-relieving activity—from deep breathing exercises to taking a short walk or even calling a friend. Students will be challenged to complete a row (or the whole card!) and will be rewarded with moments of peace and calm. The best part? It can be done anytime, anywhere. Students will play and destress together!

Rotator Cuff Tears**Course: HW252485****Friday August 8****10:00-11:30****Instructor(s): Dave Bass, PT, DPT**

This course will explore the rotator cuff, providing an understanding of its structure, function, and significance. Common causes of rotator cuff injuries will be examined, along with insights into why surgical intervention is not always necessary. Students will gain valuable knowledge about alternative treatment options and factors to consider when managing rotator cuff-related issues.

The Power of Gratitude**Course: HW252462****Monday August 11****11:00-12:00****Instructor(s): Sierra Stevens and Maria Crostic**

Studies show a positive association between gratitude and an individual's well-being. This course will share simple ways to practice gratitude, and students will leave the class feeling renewed and thankful!

Fall Prevention Tips and Exercises**Course: HW252469****Tuesday August 12****9:30-10:30****Instructor(s): Jordan Witt, DPT**

This course will explain how one fall can change everything and share preventative measures that can be taken to decrease the risk of falling. A few balance exercises will be shared to improve strength and stability.

IA**Inside LLI Activities****Orientation for New Members****Course: IA252999****Monday May 12****11:00-12:30****Instructor(s): Rachel Ramirez**

This course is for new members who want to know some inside tips on how to make the most of LLI membership. Current members who have never attended an orientation are also welcome! This New Member Orientation will conclude with a tour of the building. Any members who cannot make it to either orientation should stop in the office anytime for a tour and answers to any questions!

Workshop for LLI Instructors**Course: IA252077****Monday May 12****2:00-3:30****Instructor(s): Rachel Ramirez**

This workshop will increase the connectivity and collegiality among LLI faculty, encourage instructors to share ideas about ways to improve the LLI experience for both faculty and students, and share details on logistics and technology in the classroom. First-time and experienced faculty members will find something of value in this workshop. Members who are instructing this session or plan to in a future session are invited and welcome!

Monthly Member Birthday Celebration**Course: IA252100****Tuesday May 13, June 10, July 8, August 12****12:00-12:30****Instructor(s): LLI Social Committee**

The monthly member birthday celebrations are designed to CELEBRATE the life of each member. Members are encouraged to attend during their birth month and invite family and friends to share in the birthday celebration. All members are welcome to celebrate each month with the LLI family! Cake and smiles will be provided. No need to register. Just put it on the calendar!

Workshop for LLI Instructors**Course: IA252078****Wednesday May 14****1:00-2:30****Instructor(s): Rachel Ramirez****Online**

This online workshop will increase the connectivity and collegiality among LLI faculty, encourage instructors to share ideas about ways to improve the LLI experience for both faculty and students, and share details on logistics and technology in the classroom. First-time and experienced faculty members will find something of value in this workshop. Members who are instructing this session or plan to in a future session are invited and welcome!

Q&A for Current Members**Course: IA252997****Thursday****May 15****11:00-12:00****Instructor(s): Rachel Ramirez**

This course is for members who have questions or just want a better understanding of how things work at LLI. Join this question-and-answer session to get the latest update on the Lifelong Learning Institute in Chesterfield. A demonstration of the chair lift will also be provided with step-by-step instructions and even a chance to take a ride!

Orientation for New Members**Course: IA252998****Friday****May 16****10:00-11:15****Online****Instructor(s): Rachel Ramirez**

This online course is for new members who want to know some inside tips on how to make the most of LLI membership. Current members who have never attended an orientation are also welcome! This online New Member Orientation will conclude with time for questions and answers. Any members who cannot make it to either orientation should stop in the office anytime for a tour and answers to any questions!

May Luncheon**Course: IA252005 \$5****Thursday****May 22****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will celebrate Cinco de Mayo! LLI's very own Smothered Brothers, Timmy and Kenny, will entertain with humor and music on the guitar and bass. Be sure to sign up in the office to participate. Sponsored by Virginian senior living community.

June Luncheon**Course: IA252006 \$5****Thursday****June 26****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will celebrate Independence Day in the USA! Stay tuned for more details and be sure to sign up in the office to participate. Sponsored by Always Best Care.

July Luncheon**Course: IA252007 \$5****Thursday****July 24****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will be a celebration of summertime! Stay tuned for more details and be sure to sign up in the office to participate.

10-year Member Celebration**Course: IA252110****Friday****August 1****12:00-1:30****Instructor(s): Rachel Ramirez and LLI Board of Directors**

This will be a wonderful celebration for all members who have been with LLI for ten years or more! The Classes of 2005 and 2015 will be honored this year with a brief presentation. Members who have been with LLI for ten years or more should register if they can attend.

August Luncheon

Course: IA252008 \$5

Thursday

August 21

12:00-1:30

Instructor(s): LLI Social Committee

This month's luncheon will bring some luau fun to LLI! Stay tuned for more details and be sure to sign up in the office to participate.

LA**Languages****Conversational German**

Course: LA252015

Monday

May 12, 19, June 2, 9, 16, 30, July 14, 21, 28, August 4, 11, 18

2:00-3:30

Instructor(s): Alan McCrea

Students will have an opportunity to read and converse in German. Some knowledge of the language would be helpful; however, all levels of expertise are welcome. Time will be spent on pronunciation, building vocabulary, forming sentences, and some useful grammar. In the earlier classes, fifteen minutes to a half hour at the start of each class will be devoted to beginning concepts as necessary. No textbook is required.

LE**Leisure Activities and Nature****Logic and Reasoning Puzzles A: Set 1**

Course: LE252348

Wednesday

May 14

10:00-11:30

Instructor(s): Stone Wahl

Please register for only one session (A or B) to allow all students a chance to participate. Working on puzzles is a way of keeping the mind active and healthy. This course will challenge students with a few logic and reasoning puzzles, requiring no math skills above the third grade level, and present methods for solving these types of problems. An introduction to an electronic logic puzzle which is widely available will be shared for continued enjoyment. Students should come expecting to have fun, as the class may spend some time role playing some of the scenarios.

Needleworkers United

Course: LE252032

Wednesday

May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20

1:30-3:30

Instructor(s): Rita Bentley and Shelvey Smith

This will be an opportunity for students to learn to knit or crochet with needleworkers of all ability levels! Those who need help getting started, those who are looking to develop knitting or crocheting skills, and those who just like to work in the company of others are all welcome to join this enjoyable and close-knit group. Everyone should bring their own crochet hook or pair of knitting needles and yarn to each class.

Creative Plant Stakes

Course: LE252333 \$15

Wednesday

May 14

1:30-3:30

Instructor(s): Kimberley Dickerson and Marie Ireland

Students will twist and arrange different types of wire, adding decorative beads to create cute pieces of plant art to jazz up the garden. The finished products will be sure to catch the light, sparkle in the sun, and bring magic to potted plants or the garden. Students should bring scissors, a pen, and a ruler. The course fee will provide all other materials.

Genealogy Discussions**Course: LE252252****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****2:00-3:30****Instructor(s): Steve Kunnmann**

This course will provide an open-forum opportunity to discuss each student's genealogy progress. Students will share successes, problems, methods, suggestions, and more.

Worm Composting 101: Sustainable Living**Course: LE252340****Thursday****May 15****10:30-12:00****Instructor(s): Conner Parrish**

Nature's most powerful fertilizer can supercharge a garden! Worm composting is an easy, eco-friendly way to transform kitchen scraps into nutrient-rich "black gold" that will make plants thrive! In this hands-on workshop, students will learn how to set up and maintain a thriving worm bin, keep the worms happy and productive, and harvest their incredible castings to boost soil health. Waste can be a thing of the past, and a self-sustaining, organic composting system can be here to stay for any home or garden. Each student will leave with expert tips, troubleshooting skills, and the confidence to start composting like a pro!

Crafting PhD: Project Half Done**Course: LE252295****Thursday****May 15, 29, June 5, 12, July 3, 10, 17, 31, August 7, 14****11:30-1:30****Instructor(s): Mary Kay Anderson and Ethel-May Simonson**

This course will be an opportunity for students who enjoy making craft projects to work on something new or finish up those projects that are half done. Students are invited to bring their projects to each class and work on them together while making new friends.

Logic and Reasoning Puzzles B: Set 1**Course: LE252349****Monday****May 19****10:00-11:30****Instructor(s): Stone Wahl**

Please register for only one session (A or B) to allow all students a chance to participate. Working on puzzles is a way of keeping the mind active and healthy. This course will challenge students with a few logic and reasoning puzzles, requiring no math skills above the third grade level, and present methods for solving these types of problems. An introduction to an electronic logic puzzle which is widely available will be shared for continued enjoyment. Students should come expecting to have fun, as the class may spend some time role playing some of the scenarios.

Pressed Flower Resin Jewelry A**Course: LE252338 \$25****Monday****May 19****10:00-12:00****Instructor(s): Conner Parrish**

Please register for only one session (A or B) to allow all students a chance to participate. Students will create stunning, one-of-a-kind jewelry using real pressed flowers and resin in this hands-on workshop. The course will present techniques for preserving flowers, working with resin, and designing unique pieces such as a necklace pendant and a pair of earrings. Best practices will be shared for composition, curing, and finishing to ensure professional-quality results. Each student will leave with their own handcrafted jewelry and the skills to continue making beautiful botanical pieces at home. No prior experience needed—just creativity! The course fee will provide all the materials.

Mapping Safe and Efficient Bicycle Routes Anywhere in the World**Course: LE252328****Monday May 19****11:00-12:00****Instructor(s): Douglas A. Wayne, MD**

This course will teach students how to create bicycle routes that are safe and efficient using different apps (Garmin and Google Maps) but primarily focusing on using Ride with GPS. Routes can be created for any place and participation will be encouraged for students to pick places they would like to ride (i.e. when visiting relatives or friends, travel to parks, etc.) They will be shown how to set their mileage, be aware of elevation changes, ride on roads or trails, and if the surface is paved or gravel.

Beaded Lanyard for LLI Name Tag**Course: LE252143 \$5****Monday May 19****12:30-3:30****Instructor(s): Donna Whitfield**

This course will present the basics of stringing a necklace while making a beaded lanyard for an LLI name tag. Each student should bring their name tag to this class (and all other classes). The course fee will cover all materials, including a wide variety of bead color options. Detailed instructions will be given at the beginning, so punctuality is preferred.

All About Oahu: Travel Tips and Insights from a Local**Course: LE252313****Thursday May 29****1:00-2:00****Instructor(s): Jennifer Pollard**

Born and raised on the island of Oahu, the instructor will be sharing travel tips and insider knowledge to help students make the most of a visit to Oahu. It is home to world-famous spots like Waikiki, Diamond Head, and Pearl Harbor, but there's so much more to discover! This course will guide students on where to stay based on their travel style, what to pack, must-visit attractions, the best local food spots, and transportation tips to make getting around easy. This will be an interactive course, and students who have been to Oahu before will be invited to share a story or tips from their experience. Exchanging stories and insights will enhance the adventure for everyone!

Modern Floral Design with an Asian Influence**Course: LE252265 \$12****Friday May 30, June 6, 13****1:30-3:30****Instructor(s): Evelyn Klumb**

This course will introduce modern floral designs inspired by principles of Asian Floral arrangements. It will follow the concept of "Less is Best" when using plant material and flowers. Students should bring a low bowl, at least 8" wide, as well as a flower frog (kenzan), and flower clippers. Alternatives to using Oasis foam will be covered as well as conditioning flowers and plant material. The fee will cover the cost of flowers and plant material for all three classes.

Soft Cover Journal**Course: LE252206****Tuesday June 3****1:00-3:00****Instructor(s): Jennifer DeRusha**

This course will provide students with an opportunity to make a soft-cover journal (4" x 5") and a belly band. This journal will be great for carrying everywhere to write down reminders, for journaling, for sketching, or for giving to a friend. A supply list will be available at registration and outside the office.

Alaska, Then and Now**Course: LE252337****Thursday****June 5, 12****10:00-11:30****Instructor(s): Joe Lenzi**

Alaska is a vast and extraordinary place, rich with beauty and culture that will remain largely unchanged over time. This course will offer students a unique perspective shaped by 10 years of diverse, hands-on experience in all corners of the state. Through a combination of personal anecdotes, stunning photographs, and carefully documented notes, students will explore Alaska's geography, people, and traditions. Together, students will discover the lessons, stories, and insights from the instructor's time in the Land of the Midnight Sun—a journey of discovery that will continue to inspire lifelong learning.

Brain Aerobics: Preventing Memory Loss**Course: LE252197****Tuesday****June 10, 17, 24, July 1****10:30-11:30****Instructor(s): Howard Wynn**

This course will provide students with thought-provoking experiences. A variety of cognitive activities will be presented to encourage students to think more creatively. This will be an all-natural method for memory improvement, brain health, and a mood boost.

Amazing Pollinators**Course: LE252329****Wednesday****June 18****9:00-10:30****Instructor(s): Robin Hulbert, PhD**

When someone thinks about pollinators, they often think of honeybees; however, there are many other types of bees and insects (and non-insects) that are essential to the pollination process. In this course, the Master Gardener instructor will share information about a variety of pollinators, specific ways to attract and support them in the local landscape, and the essential role that native plants play in this process.

Exploring Alcohol Inks: Fun with Metal, Clay, and Acrylics**Course: LE252334 \$10****Wednesday****June 18****1:30-3:30****Instructor(s): Marie Ireland and Kimberley Dickerson**

Students will learn to use alcohol inks on metal, clay, and acrylic. Use of various inking techniques and types of sealers will be used. Each student will create a number of items during class including two ceramic coasters, an acrylic keychain, and a metal bookmark. Alcohol inks are permanent, and students should wear appropriate clothing as splatters and drips will stain. Students should bring scissors, a pen, and a ruler. The course fee will provide all other materials.

Organic Fertilization and Maintenance for Cutting Gardens**Course: LE252341****Wednesday****June 25****10:00-12:00****Instructor(s): Conner Parrish**

This course will provide insight for students to keep their cutting gardens thriving with natural, organic methods. Students will focus on maintaining a productive flower garden by learning simple methods that will aid in keeping the weeds down, supporting blooms, and feeding plants using organic fertilizers and inputs. The course will explore sustainable practices that will encourage students to be eco-friendly and effective in their growing space this year. Students will find information to help cultivate a flourishing, chemical-free cutting garden at home.

Bridge Basics**Course: LE252294****Thursday****July 3, 10, 17, 24, 31, August 7, 14, 21****9:00-10:00****Instructor(s): Randall Kaker**

This course will present the basics of playing bridge and is for students who have never played bridge and for those who have learned and need a refresher. Learning this challenging game will include evaluating a hand by high card points (HCP) and distributional values, the basics of bidding including most of the vocabulary, practice playing out the contract, and scoring. A few simple conventions (bids that mean something other than what they seem to) will be shown, but very little emphasis will be given to that aspect of the game. Experienced players can register for the weekly group activity to play bridge together. After attending this course, new students may be ready to join the weekly group as well!

Pest Management and Harvest Practices for Cutting Gardens**Course: LE252342****Tuesday****July 8****10:00-12:00****Instructor(s): Conner Parrish**

This course will focus on maintaining a productive flower garden by exploring simple yet effective pest management strategies and proper harvesting techniques to keep blooms healthy and abundant. Students will learn how to prevent and control pests using eco-friendly methods while supporting plant resilience and harvesting flowers at the right stage, depending on the intended usage. Students will find information to help cultivate a resilient, chemical-free cutting garden at home.

Needle Felting Dryer Balls**Course: LE252335 \$10****Wednesday****July 9****1:30-3:30****Instructor(s): Marie Ireland and Kimberley Dickerson**

Wool dryer balls naturally soften and fluff laundry by gently tumbling in the dryer. Their movement helps separate fabrics which reduce wrinkles, static cling, and drying time. Essential oils can even be used instead of dryer sheets. Students will learn about wool roving and how to needle felt using simple tools and techniques. Each student will create a set of three wool dryer balls with needle-felted designs of their choosing. Students should bring scissors, a pen, and a ruler. The course fee will provide all other materials.

Balloon Twisting 101**Course: LE252276 \$8****Monday****July 14****11:30-1:00****Instructor(s): Basa the Clown (a.k.a. Wayne Swatlowski)**

This fun, hands-on course is a must to round out lifelong learning! Students will learn from Basa, a summa cum laude graduate from Clown College, how to twist balloons into funny hats, dogs, cats, swords, flowers, bunnies, and much more. This new talent will surely dazzle grandchildren, family, and friends. It is a skill that is not even taught in Ivy League schools. The balloons and foam clown noses will be provided. The course fee will provide the pump. Students are asked to choose a clown name to be used in the class. Come, twist and shout, and have some fun!

Pressed Flower Resin Jewelry B**Course: LE252339 \$25****Tuesday****July 15****10:00-12:00****Instructor(s): Conner Parrish**

Please register for only one session (A or B) to allow all students a chance to participate. Students will create stunning, one-of-a-kind jewelry using real pressed flowers and resin in this hands-on workshop. The course will present techniques for preserving flowers, working with resin, and designing unique pieces such as a necklace pendant and a pair of earrings. Best practices will be shared for composition, curing, and finishing to ensure professional-quality results. Each student will leave with their own handcrafted jewelry and the skills to continue making beautiful botanical pieces at home. No prior experience needed—just creativity! The course fee will provide all the materials.

Keychains and Picture Holders**Course: LE252336 \$10****Wednesday****July 16****1:30-3:30****Instructor(s): Kimberley Dickerson and Marie Ireland**

Students will upcycle corks into beautiful and functional keychains by preparing wine corks to add colorful beads using wire. Students will also use several wire techniques to shape their own wooden picture holder to display their favorite photos. Students should bring scissors, a pen, and a ruler. The course fee will provide all other materials.

Ikebana Floral Designs Demonstration**Course: LE252345****Friday****July 18****1:00-2:30****Instructor(s): Evelyn Klumb**

This course will feature a captivating demonstration of floral designs from several schools of Ikebana, the traditional Japanese art of flower arranging. Students will explore the distinct styles and hear about the philosophies behind each school, gaining an appreciation for the harmony, balance, and artistry that define Ikebana. This course will offer a unique opportunity to delve into this timeless cultural tradition while discovering the beauty and creativity it inspires.

All About Herbs: Why Plants Are Considered Nature's Medicine**Course: LE252343****Tuesday****August 5****10:30-12:00****Instructor(s): Conner Parrish**

In this immersive course, students will discover the powerful healing properties of herbs and learn why they are considered nature's medicine. Designed for beginners and herbal enthusiasts alike, this course will explore the medicinal benefits of common herbs, their traditional uses, and how to incorporate them into daily life for natural wellness.

Pine Needle Christmas Tree Ornaments**Course: LE252332 \$9****Tuesday****August 5, 12****1:30-3:00****Instructor(s): Diane Drummond and Jennifer DeRusha**

In this course, each student will create two ornaments using pine needles with crystals and charms. Knowledge of making pine needles baskets will be helpful but is not required. This will be an opportunity for pine needle newbies and aficionados to make some attractive creations together. The course fee will provide all materials and supplies to create this treasure, and each student will need to bring a pair of sturdy scissors.

Beyond Organic Gardening: Making Inputs**Course: LE252344****Monday****August 11****10:00-12:00****Instructor(s): Conner Parrish**

This immersive workshop will provide an opportunity to observe a demonstration on creating organic fertilizers using the time-tested principles of Korean Natural Farming (KNF). Students will explore the rich history and philosophy behind KNF, a regenerative agricultural practice that emphasizes working with nature to enhance soil health and plant vitality. Through demonstrations, students will discover how to cultivate beneficial microbes, brew natural liquid fertilizers, and craft nutrient-rich soil amendments—all using locally sourced, organic materials. Students will learn all about sustainable techniques to nourish their gardens.

Mobility Transportation Services in Chesterfield County**Course: LS252145****Tuesday****May 13****11:00-12:00****Instructor(s): Billie Darlington**

Mobility Services in the Community Engagement and Resources department is focused on improving existing transportation options and coordinating a community-wide transportation service network comprised of transportation providers to meet the community needs of Chesterfield County. Persons in need may include older adults (60+), people with disabilities, and low-income individuals without personal vehicles. This course will provide an overview of the services available including how to register and use the Access on Demand and Access Chesterfield transportation programs.

Critical Thinking Principles A**Course: LS252217****Tuesday****May 13, 20****2:00-3:00****Instructor(s): Brian Plante**

Please register for only one session (A or B) to allow all students a chance to participate. This course will focus on how the brain creates a subjective reality and will explore how the objectivity of critical thinking principles and methodologies can improve problem solving and decision making. There are no required readings.

Becoming an Optimist**Course: LS252084****Thursday****May 15****9:00-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide guidance for students to learn a plethora of practical techniques for becoming an optimist as well as its advantages.

Discussing the Big and Often Polarized Issues**Course: LS252198****Thursday****May 15, 22, 29, June 5, 12****12:00-1:30****Instructor(s): John Bennett and Claude Cooper**

This will be a continuation of the course offered in previous sessions. Two key observations stand out in today's climate: (1) many topics are marked by polarizing opinions and perspectives, and (2) these differences are often promoted rather than thoroughly discussed. The course will focus on fostering honest, meaningful discussions on topics selected by the class. Class time will be dedicated to ensuring that all sides of each topic are explored. Such open and candid dialogue is considered essential for addressing, rather than merely amplifying, the polarization so prevalent in modern discourse.

Finding Meaning in Life After a Life-Altering Circumstance**Course: LS252216****Thursday****May 15, 29, June 12, 26****1:00-2:30****Instructor(s): Bill Sweeney****Online**

What happens when life takes an unexpected turn? When an event—whether an injury, illness, or personal loss—demands acceptance, how does someone move forward? This discussion-based course will explore the three essential steps in navigating profound change: acceptance – confronting the reality of what has happened and acknowledging the new path ahead; the bottom - fully experiencing the magnitude of change, allowing space for grief, resilience, and transformation; and becoming – embracing a renewed sense of self, purpose, and meaning beyond the event. This course could benefit anyone who has experienced a life-altering shift and is looking for a space to reflect, connect, and grow. Topics will include resilience, identity, and the power of transformation. Students will explore what comes next in their journey through guided discussions, personal reflections, and opportunities to share.

Crafts for Community**Course: LS252147****Wednesday****May 21, June 18, July 16, August 20****11:30-1:00****Instructor(s): Mary Jane Murphy**

This will be an opportunity to join other LLI members in making craft items to be given to the local community. All craft supplies are provided by LLI members, and the finished products will be donated to various local organizations and communities. The project ideas and supplies will be prepared in advance for the students, so students can just register and attend to join in the fun of this enjoyable service opportunity. Making people smile and feel loved is always the goal!

Chesterfield Council on Aging**Course: LS252169****Thursday****May 22, June 26****9:00-10:30****Instructor(s): Chesterfield Council on Aging Leadership Team**

The Chesterfield Council on Aging seeks to enhance the quality of life for older adults and adults with disabilities through education, advocacy, and community service. The Council is comprised of county residents and professionals from all industries who are dedicated to actively supporting the mission. Most meetings include a guest speaker on topics relevant to older adults, updates from council committees, and a time of informal networking. The Chesterfield Council on Aging also publishes a Resource Directory of Services for Older Adults and Individuals with Disabilities in Chesterfield County. The directory is intended for older adults, adults with disabilities, their families, caregivers, professionals, and providers of services. The directory contains contact information and websites of Chesterfield County Human Service Departments, agencies, and organizations (both for-profit and nonprofit) that provide services and resources for older adults, individuals with disabilities, and their caregivers. The directory is available in the LLI hallway outside the office and in Spanish upon request. Register for this course to attend the meetings and meet some amazing people!

A Guide to Grief Support and Funeral Etiquette: Being There**Course: LS252195****Thursday****May 22****2:30-3:30****Instructor(s): Jennifer S. Moss**

This will be an interactive course on how to support a grieving loved one. Preparing for and losing a loved one can be overwhelming and knowing how to provide meaningful support to those experiencing grief is invaluable. Students will explore practical strategies and heartfelt approaches to offering comfort and assistance during these difficult times including how to navigate funeral etiquette with confidence and compassion. Key topics will include what to say (and what not to say) to someone who is grieving, how to offer emotional and practical support, common funeral customs and etiquette, and ways to continue supporting someone after the funeral. This informative and compassionate discussion will provide knowledge and confidence for when it matters most.

Grandparenting Mistakes**Course: LS252085****Thursday****May 29****9:00-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide guidance for learning the art of great parenting and nurturing, as well as the 10 most common mistakes that even good grandparents make.

Volunteer Ventures**Course: LS252205****Friday****May 30****11:00-12:00****Instructor(s): Jennifer A. Burnett**

In this course, students will learn the many surprising benefits and ways volunteering can teach new skills, provide opportunities to make new friends, and even help volunteers feel happier and healthier. Sharing one's talents may just make someone's day a little brighter. This course is for anyone who enjoys sitting, talking, taking a walk, cooking, writing pen pal cards, knitting or crocheting, or even participating in social events. Students will learn all about the adventure that awaits in volunteer ventures.

Senior Care 101**Course: LS252211****Monday June 2****9:00-10:30****Instructor(s): Jan Carrington, CDP**

This course will be an eagle-eye overview covering all aspects of senior care. The instructors will answer frequently asked questions that families often face after a life-changing event occurs. Students will gain a basic understanding of complicated topics and the resources available to them. From legal documents to hospice, and home care to veteran benefits, this course will touch on everything from A-Z and will leave room for questions at the end of the class.

Home Accommodation: Upper Extremity, Lower Extremity, and Low Vision**Course: LS252221****Monday June 2, 9****12:00-1:30****Instructor(s): Ann-Marie Walsh, Assoc. AIA, ASID Retired, and Kristi Gregory, MS, OT/L, CHT**

This course will be taught by a design professional and an Occupational Therapist who will be lending their expertise and providing tips and tricks on how students can make home accommodations to remain in a safe environment. Statistically, few will end up in a wheelchair, but many will be temporarily disabled due to surgery or injury. It is helpful to know tips about how to accommodate for the short term. Being proactive is key! Students will learn about good choices that are lovely, priced right, and safe. Further, the class materials will be great to pass on to friends and loved ones who may need the information now or in the future for short-term or permanent home modifications.

Capital Trail 101: A Guide to the Trail**Course: LS252219****Wednesday June 4****11:00-12:00****Instructor(s): Mackenzie Cocherell**

The Virginia Capital Trail Foundation is excited to present "Cap Trail 101: A Guide to the Trail"! This course will be a formal introduction to the Trail for students who have been anticipating getting out on the Trail. Starting with the early beginnings of the Trail into the current day, students will learn some historical context, some non-profit programming knowledge, and so much more!

The Difficult Conversation**Course: LS252090****Thursday June 5, 12****9:00-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide guidance for students to learn about and practice the art of the difficult conversation.

Calling 911: What to Expect**Course: LS252222****Tuesday June 10****1:00-3:00****Instructor(s): Shannon M. White**

Chesterfield County Emergency Communications are the first of the first responders. This course will offer an opportunity to gain a thorough understanding of what happens when 911 is called, the technology available, and why there are so many questions.

Critical Thinking Principles B**Course: LS252218****Tuesday June 10, 17****2:00-3:00****Instructor(s): Brian Plante**

Please register for only one session (A or B) to allow all students a chance to participate. This course will focus on how the brain creates a subjective reality and will explore how the objectivity of critical thinking principles and methodologies can improve problem solving and decision making. There are no required readings.

SeniorNavigator and the VirginiaNavigator Family of Websites**Course: LS252069****Wednesday****June 11****11:00-12:00****Instructor(s): Bonnie Scimone**

This course will prepare students to find information about health and aging issues, financial concerns, legal questions, caregiver support, housing and assisted living communities, and much more on SeniorNavigator.org, part of the freshly updated VirginiaNavigator Family of Websites. Students will also learn about the local government partnership with Chesterfield County.

Setting Goals**Course: LS252213****Tuesday****June 17****2:00-3:30****Instructor(s): Richard Commander**

Those who fail to plan, plan to fail. One can have ideas on things they want to do, but until they make a plan, the ideas will likely not be achieved. This course will use a handout entitled "How to set a goal you will achieve?" along with information from the instructor to put students on the right path to success.

The Art of Friendship**Course: LS252091****Monday****June 23, 30****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide guidance for students on a wide range of strategies for developing, enhancing, and deepening friendships.

Chesterfield Fire and EMS: An Overview of the Fire and EMS Department**Course: LS252178****Wednesday****July 2****1:30-3:30****Instructor(s): Keith Chambers**

In this course, students will get an overview of the operations of Chesterfield Fire and EMS. Chesterfield Fire and EMS is not all about fires or EMS incidents. They are an "all hazards" organization that provides many facets of emergency response. Students will learn exactly what hazards the men and women of CFEMS are trained to perform, where fire stations are located, why they are there, and where in the future they may go. Learn how they use data, metrics, and history to view county call load growth and assist with future growth. See how a top-notch, professional fire and EMS department of over 600 employees and over 55,000 calls per year maintains a solid reputation and a respected culture throughout the region and state.

Capital Trail 101: A Guide to the Trail**Course: LS252220****Wednesday****July 9****11:00-12:00****Instructor(s): Mackenzie Cocherell****Online**

The Virginia Capital Trail Foundation is excited to present "Cap Trail 101: A Guide to the Trail"! This course will be a formal introduction to the Trail for students who have been anticipating getting out on the Trail. Starting with the early beginnings of the Trail into the current day, students will learn some historical context, some non-profit programming knowledge, and so much more!

The Subconscious Mind**Course: LS252094****Monday July 14, 21****9:00-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide insights for students into the nature of the Subconscious Mind, as well as a plethora of practical strategies for enlisting its help in creating a more positive and productive life. Some time will be dedicated to learning how to eliminate or reduce the negative chatter.

Emergency Preparedness**Course: LS252177****Monday July 14****1:00-2:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will cover the three steps of emergency preparedness: getting a kit, making a plan, and staying informed. Other topics that will be covered include mass care sheltering and what happens if a disaster does strike. Many frequently asked emergency-related questions that emergency management staff receive will also be addressed.

Chesterfield Mobile Integrated Health Program: A Vital Role in the Community**Course: LS252202****Thursday July 17****10:00-11:30****Instructor(s): Lt. Mike Abbott**

This course will be all about the Chesterfield Fire and EMS Mobile Integrated Health Program and the Community Paramedics. The role they play in the Emergency Response System is vital. Students will learn about the different services available to the community.

Introduction to the Commonwealth Attorney's Office**Course: LS252212****Friday July 18****1:00-2:30****Instructor(s): Erin Barr and Frank LaRuffa**

The Commonwealth's Attorney's Office works day in and day out to serve the community. This course will provide an overview of the office, what they do, and how they can be of service to the community.

Improving Self-Esteem**Course: LS252203****Tuesday July 22****1:30-3:00****Instructor(s): Richard Commander**

"This class changed my life," stated one student who took this course. Low self-esteem is a real challenge for many people. Knowing oneself is a key to improving self-esteem. The reality is that everyone has many gifts and talents. Identifying them can improve self-esteem. This course will discuss this important topic and explore tools available to help. An overview of helpful evaluation tools like Myers-Briggs, Enneagram, Charisms, and Strength Finders will be discussed.

Extraordinary Listening**Course: LS252095****Monday July 28, August 4****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide guidance for students on the principles of great listening as well as a chance to practice.

Medical Aid in Dying: An End-of-Life Option**Course: LS252208****Monday August 4****10:30-12:30****Instructor(s): Wayne Swatlowksi**

Medical Aid in Dying (MAID) is currently legal in 10 states and the District of Columbia due to the many years of advocacy work by the members of Compassion and Choices, a national nonprofit organization. This course will present and discuss the documentary movie, "The Last Flight Home" which tells the heartwarming story of Eli Timoner, a remarkable man who chooses to utilize medical aid in dying to control his final moments. This film provides an intimate look at his final days, offering a powerful reflection on love, family, and the choice of a dignified death. Students will also discuss the status of Medical Aid in Dying in Virginia and what lies ahead with this bill. This movie and course will include information that may be too sensitive for anyone currently grieving the recent loss of a loved one.

Improving Self-Esteem**Course: LS252204****Tuesday August 5****1:30-3:00****Online****Instructor(s): Richard Commander**

"This class changed my life," stated one student who took this course. Low self-esteem is a real challenge for many people. Knowing oneself is a key to improving self-esteem. The reality is that everyone has many gifts and talents. Identifying them can improve self-esteem. This course will discuss this important topic and explore tools available to help. An overview of helpful evaluation tools like Myers-Briggs, Enneagram, Charisms, and Strength Finders will be discussed.

The Art of Bouncing Back**Course: LS252099****Monday August 11, 18****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide guidance on practical strategies for recovering - or bouncing back - from loss, adversity, or regrets.

Planning Final Arrangements**Course: LS252157****Thursday August 14****2:00-3:30****Instructor(s): Susan Campbell**

Along with financial and estate planning, one of the best gifts that can be given to loved ones is pre-planning for final arrangements. Losing a loved one is a difficult time. Prearranging the funeral eases the stress and guesswork for families and ensures that final wishes are honored. Students will learn about the important steps to provide this gift for their loved ones through an overview of the information and concerns when planning. There will also be an opportunity to ask questions.

Detecting Email Scams: Can It Be Trusted?**Course: LS252162****Tuesday August 19****11:00-12:00****Instructor(s): Shawn L. Smith**

Everyone is bombarded with emails daily, many of which are from scammers. Determining whether an email is legitimate or fraudulent can sometimes be difficult. This course will help students look at five factors that help determine whether an email is fraudulent. Identifying fraudulent websites and text messages will also be discussed.

Bible Discussion of the Gospel of John**Course: PR252002****Thursday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****2:00-3:30****Instructor(s): Mike Pagel and Mark Grubbs**

This non-denominational Bible discussion course will continue a verse-by-verse study of the gospel of John. "John would certainly qualify as one of the most fascinating characters in Scripture. As the youngest and last surviving disciple and identifying himself only as the 'disciple whom Jesus loved,' he penned the gospel that most people consider their favorite. He took the other gospel accounts of Jesus and wrote as if to say, 'You have heard what Jesus did, now let me show you who he really was.' Thus John shows us the cosmic Messiah who created the world, died to redeem it, and lives to reclaim it." (From the introduction to *The Beloved Disciple* by Beth Moore.) Newcomers are always welcome. No prior knowledge of the Bible is required. Students should bring a Bible in printed or digital form to each class.

Origins of the Universe: The Science of Star Stuff**Course: PR252109****Monday****May 19****1:00-2:00****Instructor(s): James Kenneth Schmitt MD**

This course will explore the formation of the universe, beginning with the "Big Bang" and the creation of elements within the interiors of stars. Topics will include the production of elements essential to life, such as iron, and the processes that lead to their release into space through stellar explosions. The evolution of stars, including the Sun's transformation into a red giant, will be examined. The course will also touch on the connections between cosmology and philosophical questions, such as the origins and ultimate direction of life. Teaching aids, including models of atoms and a solar telescope, will enhance the learning experience, providing an engaging perspective on the science and wonder of the universe.

Science and Theology**Course: PR252099****Thursday****May 22, 29, June 5, 12, July 10, 17, 31, August 7, 14, 21****9:30-11:00****Instructor(s): Timothy Pace**

This course will explore dreams, interpretations of dreams, quantum mechanics, consciousness, internal, external, and synchronicity. The intriguing area of the paranormal will also be discussed. Students will take a deep dive into intelligence versus consciousness and will be encouraged to engage in lively conversation as to the nuances of these most fascinating fields. Ideas in science will merge with beliefs and religious studies. Handouts will be provided to encourage participation.

God's Grace: What Does It Look Like?**Course: PR252104****Tuesday****May 27****1:30-3:00****Instructor(s): Richard Commander**

Most people have heard about God's grace. Many people have actually been aware of God's grace in their lives, but many times people receive God's grace and do not even realize it. How does grace happen and remain unseen? Perhaps people do not know what grace looks like. This course will provide thoughts about God's grace with the objective of empowering students to see God's grace in their lives.

The Chosen: The Life of Jesus and His Followers**Course: PR252100****Monday June 2, 9, 16, 23, 30, July 14, 21, 28****2:00-3:30****Instructor(s): Luke John Coukos**

The Chosen is a groundbreaking historical drama based on the life of Jesus Christ, seen through the eyes of those who knew him. Set against the backdrop of Roman oppression in first-century Israel, the seven-season show shares an authentic and intimate look at Jesus' revolutionary life and teachings. The first four seasons have been released and are available to watch for free at <https://watch.thechosen.tv/>. This course will introduce students to The Chosen by watching and discussing the third season together. Students are encouraged to bring questions and comments to share after each episode.

The History of Two Josephs: Old Testament and New Testament**Course: PR252110****Tuesday June 10****1:00-2:30****Instructor(s): Joanna Lurie, MS, MASCP, MT(ASCP)**

In the Old Testament, Joseph, the son of Jacob, was rejected by his brothers and yet rose to become a hero for his nation. In the New Testament, Joseph, a descendant of David, was never praised, or honored, yet he took care of and protected the greatest glory of all, Jesus. This course will explore the history of these two men.

Power of Myth and Aesthetics**Course: PR252096****Wednesday July 30, August 6, 13, 20****9:00-10:30****Instructor(s): Jim Knego**

Joseph Campbell called mythology the "song of the universe" put into tune by a thousand different cultures and peoples. With myth, all experiences can be empowering. Without it, life can seem just a meaningless series of ups and downs. Aesthetics is a branch of Philosophy that deals with the nature of beauty and its importance in the development of the world. This course will explore both!

SE**Special Events****Hansel and Gretel Meet Frankenstein: A Play by the YAHA Players****Course: SE252198****Thursday May 15****1:00-2:00****Instructor(s): Bob Ferguson**

The LLI Young at Heart Players are at it again! What will happen when Fairy Tale children meet a monster from a Gothic novel? Doctor Frankenstein and her assistant are making a monster and brewing up trouble for Hansel and Gretel. Throw in a witch and gingerbread girl and you have a real mess. How will the tale unfold? Will it be scary? Everything will probably work out in the end, but who knows?

Bifocals Senior Actors Performance: Bard in a Five-Piece Band**Course: SE252061****Tuesday May 27****2:00-3:00****Instructor(s): Cynthia Mitchell**

This special theatrical performance by the Bifocals Senior Actors will include Will Shakespeare jazzing and jammin' with Kit Marlowe and a couple of other 16th-century dudes. Some of the Bard's best ideas, well loved through time, will be set to music. Musical written by Patricia Walker. Produced by Cynthia Mitchell and Laura Wimmer (CAT theatre).

Luck Stone Powhatan Quarry Tour**Course: SE252211****Friday June 6****10:00-11:30****Instructor(s): Darren Prince**

This tour will begin with an engaging presentation at the Luck Stone Powhatan Quarry Visitors Center, where students will learn about the history and geology of the Powhatan Plant. Luck Stone started the Powhatan Plant in 1985 and plays a significant role in the development of Chesterfield and Powhatan counties. After the presentation, visitors will embark on a self-driving guided tour through the quarry to observe the quarry's operations from the comfort of their vehicles. The visit will conclude with an opportunity to look into the Pit and see active mining operations while experiencing the quarry's natural beauty and gaining a deeper appreciation for its geological history. Members who wish to carpool should meet inside LLI at 9:00AM. Members can choose to drive directly to 1920 Anderson Highway, Powhatan, Virginia 23139. There is a parking lot available in front of the Visitor's Center (follow the signs). The tour will start promptly at 10:00AM and will last approximately one hour and a half. Carpools could arrive back to LLI by 12:00PM unless they choose to have lunch together.

Monticello and a Museum Tour**Course: SE252207 \$165****Friday June 13****8:30-6:30****Instructor(s): SignaTours**

This tour will provide a summer day in Charlottesville, Virginia. It will begin with a visit to the Kluge Ruhe Aboriginal Art Museum, the only museum in the United States dedicated to Indigenous Australian art, featuring the most significant collection of its kind outside of Australia. The museum provides insights into how Aboriginal people used symbols and icons in artwork to convey cultural stories across generations due to the absence of a written language. Located on Pantops Farm, a University of Virginia property once owned by Thomas Jefferson, the museum will offer a profound experience, enhanced by a guided highlights tour of its exhibits. Lunch will be served at the historic Michie Tavern, a Virginia Historic Landmark, recreating 18th-century life with costumed waitstaff and a Southern-inspired menu including colonial fried chicken, black-eyed peas, stewed tomatoes, coleslaw, potato and green bean salads, tavern beets, homemade biscuits, cornbread, a beverage, and peach cobbler. The afternoon will be spent exploring Monticello, Jefferson's architectural masterpiece and a UNESCO World Heritage site, with a guided tour of the house and time at the 42,000-square-foot Visitor Center, which features exhibits and an introductory film designed to deepen understanding of Jefferson's life and legacy. The trip fee will provide round-trip motorcoach transportation, guided tours, a meal at Michie Tavern, refreshments aboard the motorcoach, and all applicable taxes and gratuities.

A Cavalcade of Song**Course: SE252160****Tuesday June 17****1:00-2:00****Instructor(s): Leslie Matthews**

In this musical performance, soprano Leslie Matthews will take the audience on a tour of vocal music from Classical to musical theater to pop songs. An audience participation section will be included for anyone who would like to join in the choruses of some favorite tunes!

Save the Princess: A One-Act Play by the YAHA Players**Course: SE252208****Wednesday June 18****12:30-1:30****Instructor(s): Bob Ferguson**

The LLI YAHA players will present *Save the Princess*, by Vic Thompson. *Save the Princess* is loosely based on an old Czech fairy tale, the Twelve Seasons. In the Czech version, a wicked stepmother sends her poor stepdaughter out into the snow to find violets, strawberries, and apples for her spoiled daughter. Of course, the task is impossible until she finds the cave of the seasons where magic brings her what she needs. In the LLI version, a dating show will use the plot of the fairy tale to create challenges for a young man in search of a young woman. Instead of magic, he will use science to overcome his challenges. Will science work as well as magic?

VMHC Give Me Liberty Tour: Virginia and the Forging of a Nation**Course: SE252195 \$17****Friday June 27****11:00-12:30****Instructor(s): Cece D'Arville**

This tour will explore the Give Me Liberty special exhibition at the Virginia Museum of History and Culture and will inspire a deep appreciation for the continental and global forces as well as the individual actions of both iconic and ordinary people that brought about a model of democratic government that changed the world. Members who wish to carpool should meet inside LLI at 10:00AM. Members can choose to drive directly to 428 N Arthur Ashe Blvd, Richmond, VA 23220. There is paid parking available in the deck (not included), and there is ample free street parking around the museum. The tour will start promptly at 11:00AM and will last approximately one hour and a half. Carpools could arrive back to LLI by 1:30PM unless they choose to have lunch downtown. The trip fee will cover admission into the museum and guided tour of the exhibit.

Company's Coming Band Concert**Course: SE252164****Wednesday July 2****2:30-3:30****Instructor(s): Kate Conn, Don Golladay, and John Morgan III**

This event will be a special concert of Old Time Appalachian and Americana music and songs from the Company's Coming Band. This trio of musicians (Kate Conn, Don Golladay, and John Morgan III) is sure to entertain with banjo, mandolin, guitar, autoharp, banjo uke, and harmonica. A wooden "Limberjack" will even make an appearance and dance to the music. All three band members sing, and two- and three-part harmonies are their joy! They'll put a smile on every face and get every foot tapping! All are welcome to sing along! Company's Coming Band has become a favorite with our members!

Virginia Museum of Fine Arts (VMFA) American Galleries Tour**Course: SE252186 \$10****Friday July 18****10:00-11:00****Instructor(s): Kathy Parrish**

This guided tour of the Virginia Museum of Fine Arts' (VMFA) American Galleries will be a real treat. VMFA holds one of the finest collections of American art in the nation. These galleries include works from such artists as George Inness, John Singer Sargent, and Georgia O'Keefe. Members who wish to carpool should meet inside LLI at 9:15AM. Members can choose to drive directly to 200 N. Arthur Ashe Boulevard, Richmond, VA 23220. The tour will start promptly at 10:00AM and last approximately one hour. Lunch will not be included in the trip fee but will be available for purchase in the VMFA Best Café for anyone who wants to stick around for lunch after the tour. Carpools could arrive back at LLI by 12:00PM unless they choose to stay for lunch. The trip fee will cover the cost of the guided tour.

Dangerous Dames: A One-Act Play by the YAHA Players**Course: SE252209****Tuesday August 5****1:00-2:00****Instructor(s): Bob Ferguson**

In this story, two lovely ladies will rent out a couple of rooms in their home to boarders. It seems sometimes their gentleman boarders pass away and end up buried in the basement. Could these sweet ladies have something to do with it? Absolutely! They are dangerous dames! Will their nephews save the day or make things worse? How complicated can things get when lots of visitors show up while a late guest is hidden in the living room? The LLI YAHA players guarantee there will be lots of laughs.

VA Holocaust Museum Dimensions in Testimony Tour**Course: SE252210****Friday August 8****10:00-11:00****Instructor(s): Kate Adams**

This tour will visit the Virginia Holocaust Museum for a session in the Dimensions in Testimony Theater led by Kate Adams, Director of Public and Student Programs at VHM. Students will have the ability to ask questions to the "hologram" of a Holocaust survivor to learn their story. Learning about the Holocaust through the stories of those who were there with cutting-edge technology will be a unique experience. The museum is accessible and will be available following the session with Kate. Members who wish to carpool should meet inside LLI at 9:00AM. Members can choose to drive directly to 2000 East Cary Street, Richmond, VA 23223. The tour will start promptly at 10:00AM and will last approximately one hour. Carpools could arrive back to LLI by 12:00PM unless they want to explore the museum exhibits.

Literary Society Celebration**Course: SE252171****Wednesday August 20****10:30-12:00****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

Literary Society participants and other interested LLI members will celebrate the Summer 2025 theme recognizing Pulitzer Prize Winners. Light refreshments will be provided.

WG**Weekly Group Activities****Cards and Games Monday****Course: WG252004****Monday May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, August 4, 11, 18****1:00-3:00****Instructor(s): Fran Judd and Carolyn Goble**

This is an opportunity to exercise the mind and make new friends while playing a variety of games such as Rummikub, Triple Play, Skip-Bo, Five Crowns, Pinochle, Mexican Train Dominoes, and Bunco. Students who are unfamiliar with a game will be welcomed and taught the rules.

Spades**Course: WG252013****Tuesday May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****11:00-1:00****Instructor(s): Anne Clendenin and Bev Davidson**

Spades is an enjoyable card game! The spades card game is similar to bridge but much easier to learn and play. This group makes the game enjoyable while learning and continuing to play together each week. All levels of experience are welcome, even those who have never played before. Players are expected to be on time and to not leave early.

Social Bingo Tuesday**Course: WG252001****Tuesday May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****1:00-3:00****Instructor(s): Fran Judd and Arthur Goldberg**

This is not typical BINGO! It's so much more than diagonal, straight across, and four corners. This group plays with over 200 different patterns, which can be challenging and is lots of fun! Students bring their own markers and dimes. Cards are provided.

Mah Jongg Tuesday**Course: WG252014****Tuesday May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19****1:30-3:30****Instructor(s): Julie Randolph**

Players should be experienced in playing the American version of the ancient Chinese game of Mah Jongg. This game of skill, strategy, and calculation also has a certain degree of chance.

Cards and Games Wednesday**Course: WG252006****Wednesday****May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20****1:00-3:00****Instructor(s): Carolyn Goble and Virginia Maloney**

Keep your mind alert and make new friends while playing a variety of games such as Rummikub, Triple Play, Skip-Bo, Five Crowns, and Mexican Train Dominoes. If you don't know how to play, no problem. We'll teach you!

Mah Jongg Thursday**Course: WG252009****Thursday****May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, August 7, 14, 21****9:30-11:30****Instructor(s): Marilyn Mare and Mary Jane Murphy**

Players should be experienced in playing the American version of the ancient Chinese game of Mah Jongg. This game of skill, strategy, and calculation also has a certain degree of chance.

Bridge**Course: WG252010****Friday****May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22****9:00-12:00****Instructor(s): J. Diane Carter and Randall Kaker**

Players should be experienced in basic contract Bridge. This course is open to any and all bridge players who have at least a basic knowledge of the game. Players should already know how to count high card points and evaluate distributional values. Players should know the difference between major and minor suits, the basics of scoring, the basics of bidding including suit rank, and how to play out a contract. Players should know the differences between opening, response, and overcall bids. Students who are unsure of their skill level are encouraged to take the Introduction to Bridge course (LE016) that is being offered this session. Players are expected to be on time and not leave early.

Hand and Foot and Triple Play**Course: WG252007****Friday****May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22****10:00-12:00****Instructor(s): Mary Jane Murphy**

Hand and Foot and Triple Play are forms of Canasta. Hand and Foot is a card game for four players, two sets of partners to a table. A Hand is 11 cards, and a Foot is 11 cards. Each player must play their Hand before they can play their Foot. The game is won by the partners who have both played their foot and agree to go out. Triple Play uses three hands and requires formation of additional Canastas. Come learn and play!

Social Bingo Friday**Course: WG252002****Friday****May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, August 1, 8, 15, 22****1:00-3:00****Instructor(s): Donna Whitfield and Arthur Goldberg**

This is not typical BINGO! It's so much more than diagonal, straight across, and four corners. This group plays with over 200 different patterns, which can be challenging and is lots of fun! Students bring their own markers and dimes. Cards are provided.



Monday	Tuesday	Wednesday	Thursday	Friday
5/12/2025	5/13/2025	5/14/2025	5/15/2025	5/16/2025
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
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-10:30a AD248 - Readers Theater	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a EL131 - Intro to Writing Fiction	9a-10:30a HS002 - Cultural Anthropology	9a-11a LS084 - Becoming an Optimist	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	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
11a-12p FI028 - Gentle Yoga	11a-12p HS716 - D-Day June 6	10a-11a FI015 - Pilates (Online)	10a-11a HW435 - Strength Training Benefits (Online)	10a-11:15a IA998 - Orientation for New Members (Online)
11a-12:30p IA999 - Orientation for New Members	11a-12:30p HW406 - Low Back Pain	10a-12p EF136 - Long Term Care Insurance	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12p LS145 - Mobility Transportation	10a-11:30a LE348 - Logic and Reasoning Puzzles A	10:30a-12p LE340 - Worm Composting 101	11a-12p HW352 - Beginning Tai Chi Review
1p-3p AD234 - Colorist Open Studio	11a-1p WG013 - Spades	11a-12:30p CO199 - Nearpeer Tutorial and Tips A	11a-12p IA997 - Q&A for Current Members	12:15p-1:15p AD197 - Ballroom Dance Practice
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writers' Critique
1p-2p EL101 - Literary Society Orientation (Online)	12p-12:30p IA100 - Birthday Celebration	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-1:30p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p IA077 - Workshop for Instructors	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	12p-1:30p LS198 - Discussing Polarized Issues	
2p-3:30p LA015 - Conversational German	1p-2p EL100 - Literary Society Orientation	1p-2:30p IA078 - Workshop for Instructors (Online)	1p-2p FI010 - Chair Yoga	
2:30p-3:30p HW426 - Basic Taiji Qigong	1:30p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2:30p LS216 - Finding Meaning in Life (Online)	
	2p-3p LS217 - Critical Thinking A	1:30p-3p HS003 - Current Events	1p-2p SE198 - Hansel and Gretel Performance	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-3:30p CO244 - Google Photos Importing A	
		1:30p-3:30p LE333 - Creative Plant Stakes	2p-3:30p PR002 - Bible Discussion	
		2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p AD182 - Explore Ventriloquism		
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		



Monday	Tuesday	Wednesday	Thursday	Friday
5/19/2025	5/20/2025	5/21/2025	5/22/2025	5/23/2025
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-10:30a HS695 - Secrets of the Occult	9:30a-10:30a AD248 - Readers Theater	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-10:30a EL131 - Intro to Writing Fiction	9:30a-11a AD299 - Architecture and Design	9a-10:30a LS169 - Chesterfield Council on Aging	9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a HS649 - The Orient Express	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	10a-11a FI015 - Pilates (Online)	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-12p LE338 - Pressed Flower Jewelry A	10:30a-12p EF178 - Preparing a Home for Sale	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
10a-11:30a LE349 - Logic and Reasoning Puzzles B	10:30a-12p HW466 - The Healthy Brain Series	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12:30p EL130 - The Wisdom of Chelm	11:30a-12:30p FI031 - Chair Yoga (Online)	10:30a-12p HW392 - Suicide Prevention	12:15p-1:15p AD298 - Ballroom Dance Workshop
11a-12p HS721 - The Confederacy in History	11a-12p HS716 - D-Day June 6	11:30a-1p LS147 - Crafts for Community	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
11a-12p LE328 - Mapping Bicycle Routes	11a-1p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1:30p-3:30p CO240 - Apple App Store
12:30p-1:30p Fundraising Committee Meeting	11:30a-12:30p AD058 - Country Line Dancing	1p-3p WG006 - Cards and Games	12p-1:30p IA005 - May Luncheon	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1p-2p HW487 - Great Healthcare Disruption (Online)	12p-1:30p LS198 - Discussing Polarized Issues	
12:30p-3:30p LE143 - Beaded Lanyard	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
1p-3p AD234 - Colorist Open Studio	1p-2:30p HS686 - A Capsule Wardrobe	1:30p-3:30p LE032 - Needleworkers United	1p-2p HW486 - Hearing Loss Apps	
1p-3p WG004 - Cards and Games	1:30p-3:30p WG014 - Mah Jongg	2p-3:30p HS726 - Franklin Delano Roosevelt	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1p-2p PR109 - Origins of the Universe	2p-3:30p HS089 - Great Decisions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p CO230 - What is Modern Science?	
1:30p-2:30p HS611 - WWII Civilian Prisoners (Online)	2p-3p LS217 - Critical Thinking A	2:30p-3:30p AD182 - Explore Ventriloquism	2p-3:30p PR002 - Bible Discussion	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2:30p-3:30p AD293 - Sing Along for Fun	
2p-3:30p CO175 - Google Photos			2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p LA015 - Conversational German			2:30p-3:30p LS195 - A Guide to Grief Support	
2:30p-3:30p HW426 - Basic Taiji Qigong				



Monday	Tuesday	Wednesday	Thursday	Friday
5/26/2025	5/27/2025	5/28/2025	5/29/2025	5/30/2025
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
	9:30a-10:30a AD248 - Readers Theater	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	9:30a-11:30a CO218 - Microbiome A	9:30a-11a AD299 - Architecture and Design	9a-11a LS085 - Grandparenting Mistakes	9:30a-11a HS694 - Great Cities of Europe
	9:30a-10:30a EL131 - Intro to Writing Fiction	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
	10a-11a AD021 - Intermediate Tap Dancing	10a-11a FI015 - Pilates (Online)	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
	10:30a-12p HW466 - The Healthy Brain Series	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10a-11:30a HW473 - Foot and Ankle Pain
	11a-12:30p EL130 - The Wisdom of Chelm	11a-11:45a FI018 - Sit and Be Fit	11a-12p HS712 - The Golden Age of Television	10:30a-12:30p AD278 - Open Artists' Studio
	11a-12p HS716 - D-Day June 6	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
	11a-1p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-1:30p LE295 - Crafting PhD	11a-12p LS205 - Volunteer Ventures
	11:30a-12:30p AD058 - Country Line Dancing	1p-3p WG006 - Cards and Games	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD197 - Ballroom Dance Practice
	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	12p-1:30p LS198 - Discussing Polarized Issues	1p-3p EL015 - Aspiring Writers' Critique
	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
	1:30p-3p PR104 - God's Grace	1:30p-3:30p LE032 - Needleworkers United	1p-2:30p LS216 - Finding Meaning in Life (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
	1:30p-3:30p WG014 - Mah Jongg	2p-3:30p LE252 - Genealogy Discussions	1p-2p LE313 - All About Oahu	1:30p-3:30p LE265 - Modern Floral Designs
	2p-3p SE061 - Bifocals Performance	2:30p-3:30p AD182 - Explore Ventriloquism	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2p-3:30p CO230 - What is Modern Science?	
	3:30p-4:30p LLI Board of Directors Meeting		2p-3:30p PR002 - Bible Discussion	
		2:30p-3:30p FI007 - Gentle Yoga		



Monday	Tuesday	Wednesday	Thursday	Friday
6/2/2025	6/3/2025	6/4/2025	6/5/2025	6/6/2025
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-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9a-10:30a LS211 - Senior Care 101	9:30a-10:30a AD248 - Readers Theater	9a-10:30a HS002 - Cultural Anthropology	9a-11a LS090 - The Difficult Conversation	9:30a-11a HS694 - Great Cities of Europe
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-11:30a CO218 - Microbiome A	9:30a-11a AD299 - Architecture and Design	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a EL131 - Intro to Writing Fiction	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	10a-11a FI015 - Pilates (Online)	10a-11a HS582 - The Battle of Okinawa 1945 (Online)	10a-11:30a SE211 - Luck Stone Quarry Tour
11a-12:30p DE015 - Aging and Ageism	10:30a-12p EF115 - Estate Planning (Online)	11a-12p EL043 - Enjoy Poetry	10a-11:30a LE337 - Alaska, Then and Now	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p EL129 - 1930s Cinema Redux	10:30a-12p HW466 - The Healthy Brain Series	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p HW482 - Radiology Ready
11a-12p FI028 - Gentle Yoga	11a-12:30p EL130 - The Wisdom of Chelm	11a-12p LS219 - Capital Trail 101	11a-12p HS712 - The Golden Age of Television	11a-12p HW352 - Beginning Tai Chi Review
11a-12p HS698 - Afro-American Inventors	11a-12p HS716 - D-Day June 6	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD197 - Ballroom Dance Practice
12p-1:30p LS221 - Home Accommodation	11a-1p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-1:30p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD058 - Country Line Dancing	1p-2:30p AD302 - American History through Art (Online)	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p AD234 - Colorist Open Studio	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	12p-1:30p LS198 - Discussing Polarized Issues	1:30p-3:30p LE265 - Modern Floral Designs
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1p-2p EL095 - Legacy Writing Workshop	1p-2p FI010 - Chair Yoga	
1:30p-3:30p HS617 - No Time to Grieve	1p-3p LE206 - Soft Cover Journal	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p WG014 - Mah Jongg	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p AD301 - Acting is Fun	
2p-3:30p CO175 - Google Photos	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational German		2:30p-3:30p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p PR100 - The Chosen		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		
2:30p-3:30p HW426 - Basic Taiji Qigong				



Lifelong Learning Institute in Chesterfield				
Monday	Tuesday	Wednesday	Thursday	Friday
6/9/2025	6/10/2025	6/11/2025	6/12/2025	6/13/2025
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-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	8:30a-6:30p SE207 - Monticello and a Museum Tour
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-10:30a AD248 - Readers Theater	9:30a-11a AD299 - Architecture and Design	9a-11a LS090 - The Difficult Conversation	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a EL131 - Intro to Writing Fiction	9:30a-11:30a CO232 - Forever Chemicals and Health A	9:30a-11a PR099 - Science and Theology	9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a HW488 - Medication Safety	9:30a-10:30a HW472 - Understanding BPP Vertigo	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p HW492 - InterAge Seminar	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10a-11:30a LE337 - Alaska, Then and Now	10a-12p WG007 - Hand and Foot and Triple Play
11a-12:30p DE015 - Aging and Ageism	10:30a-11:30a LE197 - Brain Aerobics	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p EL129 - 1930s Cinema Redux	11a-12:30p EL130 - The Wisdom of Chelm	11a-12p EL043 - Enjoy Poetry	11a-12p HS712 - The Golden Age of Television	10:30a-12p HW482 - Radiology Ready
11a-12p FI028 - Gentle Yoga	11a-12p HS716 - D-Day June 6	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p EL133 - Nancy Drew
11a-12p HS698 - Afro-American Inventors	11a-1p WG013 - Spades	11a-12p LS069 - SeniorNavigator	11:30a-1:30p LE295 - Crafting PhD	11a-12p HW352 - Beginning Tai Chi Review
12p-1:30p LS221 - Home Accommodation	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	12p-12:30p IA100 - Birthday Celebration	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p LS198 - Discussing Polarized Issues	1p-3p EL015 - Aspiring Writers' Critique
1p-3p AD234 - Colorist Open Studio	12:30p-2p HS696 - United States Intelligence	12:30p-1:30p Diversity Committee Meeting	12:30p-1:30p EF147 - Outsmart the Scammers	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-2:30p AD302 - American History through Art (Online)	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-3:30p HS722 - North Atlantic Traditions	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1p-2:30p LS216 - Finding Meaning in Life (Online)	1:30p-3:30p LE265 - Modern Floral Designs
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-3p LS222 - Calling 911	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2p-3:30p CO175 - Google Photos	1p-2:30p PR110 - The History of Two Josephs	1:30p-3p HS003 - Current Events	2p-3:30p AD301 - Acting is Fun	
2p-3:30p LA015 - Conversational German	1:30p-2:30p HS717 - The POW Experience (Online)	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p CO236 - Facebook Tips and Tricks A	
2p-3:30p PR100 - The Chosen	1:30p-3:30p WG014 - Mah Jongg	2p-3:30p EL104 - Mystery Novels	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p HW426 - Basic Taiji	2p-3p LS218 - Critical Thinking B	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p AD182 - Explore		
		2:30p-3:30p HW481 - Beginning Tai Chi		

Monday	Tuesday	Wednesday	Thursday	Friday
6/16/2025	6/17/2025	6/18/2025	6/19/2025	6/20/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	LLI Closed	LLI Closed
9a-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving		
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-10:30a EL131 - Intro to Writing Fiction	9a-10:30a LE329 - Amazing Pollinators		
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a HW467 - Low Back Pain Solutions	9:30a-11:30a CO232 - Forever Chemicals and Health A		
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness		
11a-12:30p DE015 - Aging and Ageism	10:30a-11:30a LE197 - Brain Aerobics	10a-11a FI015 - Pilates (Online)		
11a-12:30p EF150 - Virginia Long Term Care	11a-12:30p EL130 - The Wisdom of Chelm	11a-12:30p AD252 - Ukulele Instruction and Jam		
11a-12p EL129 - 1930s Cinema Redux	11a-12p HS716 - D-Day June 6	11a-12p AD303 - Feathers from Above		
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit		
11a-12p HS698 - Afro-American Inventors	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p HW407 - Knee Conditions		
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	12:30p-1:30p DE001 - DEI Philosophy and Practices	11:30a-12:30p FI031 - Chair Yoga (Online)		
1p-3p AD234 - Colorist Open Studio	1p-2p FI006 - Chair Yoga	11:30a-1p LS147 - Crafts for Community		
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form		
1p-2p HW483 - Advanced Gynecological Care	1p-2p SE160 - A Cavalcade of Song	12:30p-1:30p SE208 - Save the Princess Performance		
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p WG014 - Mah Jongg	1p-2:30p AD302 - American History through Art (Online)		
2p-3:30p CO209 - Artificial	2p-3:30p HS089 - Great Decisions	1p-3p WG006 - Cards and Games		
2p-3:30p LA015 - Conversational German	2p-3:30p LS213 - Setting Goals	1:15p-2:15p AD210 - Intro to Brazilian Percussion		
2p-3:30p PR100 - The Chosen	2p-3p LS218 - Critical Thinking B	1:30p-3:30p CO241 - Apple Photos		
2:30p-3:30p HW426 - Basic Taiji	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers		
		1:30p-3:30p LE334 - Exploring Alcohol Inks		
		2p-3:30p EL120 - Banned Books and a		
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p AD182 - Explore		
		2:30p-3:30p HW481 - Beginning Tai Chi		



Monday	Tuesday	Wednesday	Thursday	Friday
6/23/2025	6/24/2025	6/25/2025	6/26/2025	6/27/2025
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-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a CO219 - Microbiome B	9a-10:30a LS169 - Chesterfield Council on Aging	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS091 - The Art of Friendship	9:30a-10:30a EL131 - Intro to Writing Fiction	9:30a-10:30a HW282 - Summer Safety Tips	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10a-12p HW491 - Stress First Aid	10:30a-12:30p AD278 - Open Artists' Studio
10a-10:45a FI030 - Strength and Stretch (Online)	10a-12p HS683 - Inevitability of the Holocaust (Online)	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p HW482 - Radiology Ready
11a-12p EL129 - 1930s Cinema Redux	10:30a-12p CO238 - Basic Electricity	10a-12p LE341 - Organic Fertilization	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10:30a-12p HW493 - InterAge Seminar
11a-12p FI028 - Gentle Yoga	10:30a-11:30a LE197 - Brain Aerobics	11a-12:30p AD252 - Ukulele Instruction and Jam	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
11a-12p HW389 - Understanding Hearing	11a-12:30p EL130 - The Wisdom of Chelm	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	11a-12:30p SE195 - VMHC Give Me Liberty Tour
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12p HS716 - D-Day June 6	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p IA006 - June Luncheon	12:15p-1:15p AD197 - Ballroom Dance Practice
1p-3p AD234 - Colorist Open Studio	11a-1p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writers' Critique
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2:30p LS216 - Finding Meaning in Life (Online)	1p-3p WG002 - Social Bingo
1p-3p HW394 - Be the Help Until Help Arrives	12:30p-1:30p DE001 - DEI Philosophy and Practices	12:30p-2p EL114 - Literary Society Book Swap	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-3p HS690 - Midlothian Matters A
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	12:30p-1:30p EL090 - Obituary Writing Workshop	1p-2:30p AD302 - American History through Art (Online)	2p-3:30p AD301 - Acting is Fun	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p CO209 - Artificial Intelligence A	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2p-3:30p CO235 - Podcasts for All	
2p-3:30p PR100 - The Chosen	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
2:30p-3:30p HW426 - Basic Taiji Qigong	1p-2:30p HS724 - American Corrections	1:30p-3:30p EL132 - Read Short Stories Together	2:30p-3:30p AD293 - Sing Along for Fun	
3:30p-4:30p LLI Board of Directors Meeting	1:30p-3:30p WG014 - Mah Jongg	1:30p-3p HS003 - Current Events	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HW436 - Senior Living Continuum	1:30p-3:30p LE032 - Needleworkers United		
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p AD182 - Explore		
		2:30p-3:30p HW481 - Beginning Tai Chi		



Monday	Tuesday	Wednesday	Thursday	Friday
6/30/2025	7/1/2025	7/2/2025	7/3/2025	7/4/2025
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)	
9a-10:30a HS695 - Secrets of the Occult	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-10:30a AD248 - Readers Theater	9a-10:30a HS002 - Cultural Anthropology	9a-10a LE294 - Bridge Basics	
9:30a-11:30a LS091 - The Art of Friendship	9:30a-10:30a EL131 - Intro to Writing Fiction	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11:30a WG009 - Mah Jongg	
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9:30a-11:30a CO219 - Microbiome B	10:15a-11:15a AD075 - Line Dance Practice	
10a-10:45a FI030 - Strength and Stretch (Online)	10a-12p HS683 - Inevitability of the Holocaust (Online)	9:45a-10:45a FI017 - Fun Fitness	11a-12p HS712 - The Golden Age of Television	
11a-12p EL129 - 1930s Cinema Redux	10:30a-12p CO238 - Basic Electricity	10a-11a FI015 - Pilates (Online)	11:30a-12:15p FI005 - Sit and Be Fit	
11a-12p FI028 - Gentle Yoga	10:30a-11:30a LE197 - Brain Aerobics	10:30a-12p EL134 - Limericks and Clerihews	11:30a-1:30p LE295 - Crafting PhD	
11a-12:30p HW408 - Shoulder Conditions	11a-12p HS716 - D-Day June 6	11a-12:30p AD252 - Ukulele Instruction and Jam	12p-1:30p AD141 - Lifelong Musicians	
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-1p WG013 - Spades	11a-12p EL043 - Enjoy Poetry	1p-2p FI010 - Chair Yoga	
1p-3p AD234 - Colorist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	11:30a-12:30p FI031 - Chair Yoga (Online)	2p-3:30p AD301 - Acting is Fun	
1p-3p EL108 - The Boy, Mole, Fox and Horse	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	2p-3:30p PR002 - Bible Discussion	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3p CO200 - Nearpeer Tutorial and Tips B	1p-3p WG006 - Cards and Games	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p CO209 - Artificial Intelligence A	1:30p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion		
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United		
2p-3:30p PR100 - The Chosen		1:30p-3:30p LS178 - Chesterfield Fire		
2:30p-3:30p HW426 - Basic Taiji Qigong		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p AD182 - Explore Ventriloquism		
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		
		2:30p-3:30p SE164 - Company's Coming Concert		



Monday	Tuesday	Wednesday	Thursday	Friday
7/7/2025	7/8/2025	7/9/2025	7/10/2025	7/11/2025
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-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD183 - Beginning Guitar	9a-10a LE294 - Bridge Basics	9:30a-11a HS694 - Great Cities of Europe
	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
	10a-12p LE342 - Pest Management for Gardens	10a-11a FI015 - Pilates (Online)	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
	10:30a-12p CO238 - Basic Electricity	10:30a-12p EF113 - Medicare 101	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
	11a-1p WG013 - Spades	11a-12:30p AD252 - Ukulele Instruction and Jam	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p HW482 - Radiology Ready
	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
	12p-12:30p IA100 - Birthday Celebration	11a-12p LS220 - Capital Trail 101 (Online)	11:30a-1:30p LE295 - Crafting PhD	12:15p-1:15p AD197 - Ballroom Dance Practice
	1p-2p FI006 - Chair Yoga	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
	1:30p-3:30p CO245 - Google Photos Importing B	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
	1:30p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p HS718 - Winning the Peace (Online)	
	2p-3:30p HS713 - The Mayan Marcador	1:30p-3p HS003 - Current Events	2p-3:30p AD111 - Intermediate Watercolor	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p AD300 - Beginner Bluegrass Jam	
		1:30p-3:30p LE335 - Needle Felting Dryer Balls	2p-3:30p AD301 - Acting is Fun	
		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
		2:30p-3:30p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		



Monday	Tuesday	Wednesday	Thursday	Friday
7/14/2025	7/15/2025	7/16/2025	7/17/2025	7/18/2025
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-11a LS094 - The Subconscious Mind	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD183 - Beginning Guitar	9a-10a LE294 - Bridge Basics	9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI004 - Sit and Be Fit	9:30a-11:30a CO233 - Forever Chemicals and Health B	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	10a-11a FI015 - Pilates (Online)	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p CO227 - Apple iPhone Tips and Tricks A	10a-12p LE339 - Pressed Flower Jewelry B	10a-12p HS693 - History of the US Presidents	10a-11:30a HS267 - First Baptist Church	10a-11:30a HW484 - Myths About Arthritis
11a-12p EL129 - 1930s Cinema Redux	11a-1p WG013 - Spades	10a-12p HW489 - Empowering Choices	10a-11:30a LS202 - Chesterfield Mobile Health	10a-11a SE186 - VMFA American Galleries Tour
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
11:30a-1p LE276 - Balloon Twisting 101	1p-2p FI006 - Chair Yoga	11a-11:45a FI018 - Sit and Be Fit	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	1p-3p WG001 - Social Bingo	11a-12p HS719 - Grit and Grace (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD197 - Ballroom Dance Practice
1p-3p AD234 - Colorist Open Studio	1:30p-3:30p WG014 - Mah Jongg	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-1:30p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	2p-3:30p EF167 - Financial Stability	11:30a-1p LS147 - Crafts for Community	12p-1:30p AD141 - Lifelong Musicians	1p-2:30p LE345 - Ikebana Floral Designs Demo
1p-2:30p LS177 - Emergency Preparedness	2p-3:30p HS089 - Great Decisions	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p CO210 - Artificial Intelligence B	1p-2:30p LS212 - Commonwealth Attorney's Office
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2:30p-3:30p FI009 - Gentle Yoga	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	1:30p-3:30p CO242 - Apple Messages
2p-3:30p CO228 - Apple iPhone Tips and Tricks B		1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-3p DE011 - LGBTQ+ History	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German		1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2p-3:30p PR100 - The Chosen		1:30p-3:30p LE336 - Keychains and Picture Holders	2p-3:30p AD111 - Intermediate Watercolor	
2:30p-3:30p HW426 - Basic Taiji Qigong		2p-3:30p EL104 - Mystery Novels Discussion	2p-3:30p AD300 - Beginner Bluegrass Jam	
		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p AD301 - Acting is Fun	
		2:30p-3:30p AD182 - Explore Ventriloquism	2p-3:30p PR002 - Bible Discussion	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
7/21/2025	7/22/2025	7/23/2025	7/24/2025	7/25/2025
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-11a LS094 - The Subconscious Mind	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-10:30a HS715 - Music and Culture of the 1930s	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD183 - Beginning Guitar	9a-10a LE294 - Bridge Basics	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11:30a CO233 - Forever Chemicals and Health B	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a HW468 - The Importance of Posture	10a-11a FI015 - Pilates (Online)	10a-11a HW458 - Journaling with Grief	10:30a-12:30p AD278 - Open Artists' Studio
10:30a-12p CO227 - Apple iPhone Tips and Tricks A	10a-11a AD021 - Intermediate Tap Dancing	10a-12p HS693 - History of the US Presidents	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12p EL129 - 1930s Cinema Redux	10a-12p EF104 - Estates and Probate	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	12:15p-1:15p AD197 - Ballroom Dance Practice
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Super Senior Storytelling Slam	1p-3p EL015 - Aspiring Writers' Critique
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	1p-3p WG002 - Social Bingo
1p-3p AD234 - Colorist Open Studio	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	12p-1:30p AD141 - Lifelong Musicians	1:30p-3p HS692 - Midlothian Matters B
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	12p-1:30p CO210 - Artificial Intelligence B	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3p LS203 - Improving Self-Esteem	1:30p-3:30p EL132 - Read Short Stories Together	12p-1:30p IA007 - July Luncheon	
2p-3:30p CO228 - Apple iPhone Tips and Tricks B	1:30p-3:30p WG014 - Mah Jongg	1:30p-3p HS003 - Current Events	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2p-3:30p PR100 - The Chosen		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p AD111 - Intermediate Watercolor	
2:30p-3:30p HW426 - Basic Taiji Qigong		2:30p-3:30p AD182 - Explore Ventriloquism	2p-3:30p AD300 - Beginner Bluegrass Jam	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p AD293 - Sing Along for Fun	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
7/28/2025	7/29/2025	7/30/2025	7/31/2025	8/1/2025
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
9:30a-10:30a HS715 - Music and Culture of the 1930s	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-11:30a LS095 - Extraordinary Listening	9:30a-10:30a AD248 - Readers Theater	9a-10:30a PR096 - Power of Myth and Aesthetics	9a-10a LE294 - Bridge Basics	9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	11a-1p WG013 - Spades	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12p CO227 - Apple iPhone Tips and Tricks A	11:30a-12:30p AD058 - Country Line Dancing	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p EL127 - Writing a Military Story (Online)	1p-2p FI006 - Chair Yoga	10a-12p HS693 - History of the US Presidents	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p HW482 - Radiology Ready
11a-12p FI028 - Gentle Yoga	1p-3p WG001 - Social Bingo	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p HW442 - Introduction to Anatomy	1:30p-3:30p WG014 - Mah Jongg	11a-11:45a FI018 - Sit and Be Fit	11:30a-1:30p LE295 - Crafting PhD	12p-1:30p IA110 - 10-year Member Celebration
11a-12p HW490 - Understanding Young Children	2p-3:30p HW445 - Staying Safe at Home	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	2:30p-3:30p FI009 - Gentle Yoga	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p CO210 - Artificial Intelligence B	1p-3p WG002 - Social Bingo
1p-3p AD234 - Colorist Open Studio		1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p WG004 - Cards and Games		1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p CO228 - Apple iPhone Tips and Tricks B		2p-3:30p HS727 - WWII Navy Experience	2p-3:30p AD300 - Beginner Bluegrass Jam	
2p-3:30p LA015 - Conversational German		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
2p-3:30p PR100 - The Chosen		2:30p-3:30p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p HW426 - Basic Taiji Qigong		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2:30p-3:30p HW409 - Dry Needling	
3:30p-4:30p LLI Board Social				



Monday	Tuesday	Wednesday	Thursday	Friday
8/4/2025	8/5/2025	8/6/2025	8/7/2025	8/8/2025
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
9:30a-11:30a LS095 - Extraordinary Listening	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9a-10:30a HS002 - Cultural Anthropology	9a-10a LE294 - Bridge Basics	9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9a-10:30a PR096 - Power of Myth and Aesthetics	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10:30a-12p CO227 - Apple iPhone Tips and Tricks A	10:30a-12p LE343 - All About Herbs	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10:30a-12:30p LS208 - Medical Aid in Dying	11a-12p HW446 - Stress Management Bingo	9:45a-10:45a FI017 - Fun Fitness	10a-11:30a HS725 - American Flying Boats	10a-11:30a HW485 - Rotator Cuff Tears
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD075 - Line Dance Practice	10a-11a SE210 - VA Holocaust Museum Tour
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD058 - Country Line Dancing	10a-12p HS693 - History of the US Presidents	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD278 - Open Artists' Studio
1p-3p AD234 - Colorist Open Studio	1p-2p FI006 - Chair Yoga	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	11a-11:45a FI018 - Sit and Be Fit	11:30a-1:30p LE295 - Crafting PhD	12:15p-1:15p AD197 - Ballroom Dance Practice
1:30p-3p EF132 - Financial Preparedness	1p-2p SE209 - Dangerous Dames Performance	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3p LE332 - Pine Needle Ornaments	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
2p-3:30p CO228 - Apple iPhone Tips and Tricks B	1:30p-3p LS204 - Improving Self-Esteem (Online)	1p-3p WG006 - Cards and Games	1:30p-3p DE009 - Crazy Stories About Racism	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German	1:30p-3:30p WG014 - Mah Jongg	1p-2:30p HS720 - Art and Monuments (Online)	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2:30p-3:30p HW426 - Basic Taiji Qigong	2:30p-3:30p FI009 - Gentle Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
		1:30p-3p HS003 - Current Events	2p-3:30p AD300 - Beginner Bluegrass Jam	
		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
		2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p AD182 - Explore Ventriloquism		
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		



Monday	Tuesday	Wednesday	Thursday	Friday
8/11/2025	8/12/2025	8/13/2025	8/14/2025	8/15/2025
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-10:30a HS714 - German Unification (Online)	9:30a-10:30a AD248 - Readers Theater	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9:30a-11:30a LS099 - The Art of Bouncing Back	9:30a-10:30a HW469 - Fall Prevention Tips	9a-10:30a PR096 - Power of Myth and Aesthetics	9a-10a LE294 - Bridge Basics	9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	11a-1p WG013 - Spades	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Hand and Foot and Triple Play
10a-12p LE344 - Beyond Organic Gardening	11:30a-12:30p AD058 - Country Line Dancing	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Artists' Studio
10:30a-12p CO227 - Apple iPhone Tips and Tricks A	12p-12:30p IA100 - Birthday Celebration	10a-12p HS693 - History of the US Presidents	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	1p-2p FI006 - Chair Yoga	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD197 - Ballroom Dance Practice
11a-12p HW462 - The Power of Gratitude	1p-3p WG001 - Social Bingo	11a-11:45a FI018 - Sit and Be Fit	11:30a-1:30p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1:30p-3p LE332 - Pine Needle Ornaments	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p AD234 - Colorist Open Studio	1:30p-3:30p WG014 - Mah Jongg	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	
1p-3p WG004 - Cards and Games	2p-3:30p HS089 - Great Decisions	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2:30p-3:30p FI009 - Gentle Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p CO228 - Apple iPhone Tips and Tricks B		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p AD300 - Beginner Bluegrass Jam	
2p-3:30p LA015 - Conversational German		2p-3:30p EL104 - Mystery Novels Discussion	2p-3:30p LS157 - Planning Final Arrangements	
2:30p-3:30p HW426 - Basic Taiji Qigong		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
		2:30p-3:30p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		



Monday	Tuesday	Wednesday	Thursday	Friday
8/18/2025	8/19/2025	8/20/2025	8/21/2025	8/22/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	<div style="border: 1px solid black; background-color: yellow; padding: 10px; text-align: center;"> Fall Catalog Available </div>	8:30a-9:30a FI003 - Low Impact
9:30a-11:30a LS099 - The Art of Bouncing Back	9:30a-10:30a AD248 - Readers Theater	9a-11a AD080 - Woodcarving		9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9a-10:30a PR096 - Power of Myth and Aesthetics		9:30a-11a HS694 - Great Cities of Europe
10a-10:45a FI030 - Strength and Stretch (Online)	11a-12p LS162 - Detecting Email Scams	9:30a-10:30a AD183 - Beginning Guitar	8:30a-9:30a FI020 - Zumba Gold (Online)	9:45a-10:45a FI029 - Chair Yoga
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	9:45a-10:45a FI017 - Fun Fitness	9a-10a AD036 - Intro to Line Dancing	10a-12p WG007 - Hand and Foot and Triple Play
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD058 - Country Line Dancing	10a-11a FI015 - Pilates (Online)	9a-10a LE294 - Bridge Basics	10:30a-12:30p AD278 - Open Artists' Studio
1p-3p AD234 - Colorist Open Studio	1p-2p FI006 - Chair Yoga	10:30a-12p SE171 - Literary Society Celebration	9:30a-11a PR099 - Science and Theology	11a-12p HW352 - Beginning Tai Chi Review
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	11a-12p EL043 - Enjoy Poetry	9:30a-11:30a WG009 - Mah Jongg	12:15p-1:15p AD197 - Ballroom Dance Practice
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p WG014 - Mah Jongg	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	1p-3p EL015 - Aspiring Writers' Critique
2p-3:30p CO237 - Facebook Tips and Tricks B	2:30p-3:30p FI009 - Gentle Yoga	11:30a-12:30p FI031 - Chair Yoga (Online)	10:30a-12:30p AD192 - Super Senior Storytelling Slam	1p-3p WG002 - Social Bingo
2p-3:30p LA015 - Conversational German		11:30a-1p LS147 - Crafts for Community	11:30a-12:15p FI005 - Sit and Be Fit	1:30p-3:30p CO243 - Apple Mail
2:30p-3:30p HW426 - Basic Taiji Qigong		12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
		1p-3p WG006 - Cards and Games	12p-1:30p IA008 - August Luncheon	
		1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
		1:30p-3:30p EL132 - Read Short Stories Together	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
		1:30p-3p HS003 - Current Events	2p-3:30p AD300 - Beginner Bluegrass Jam	
		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
		2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p AD293 - Sing Along for Fun	
		2:30p-3:30p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		

First Name: _____

Last Name: _____

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LLI in Chesterfield Summer 2025 Registration Form

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Art, Music, Drama, and Dance						
	AD012	Advanced Watercolor		Thu	July 10, 17, 24, 31, August 7, 14	10:30-12:30		Marti Franks
	AD021	Intermediate Tap Dancing		Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	10:00-11:00		Beth and Julie
	AD036	Introduction to Line Dancing		Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	9:00-9:45		Julie Van Buskirk
	AD058	Country Line Dancing		Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	9:00-11:00		Mary Jane and Bev
	AD111	Intermediate Watercolor with Marti		Thu	July 10, 17, 24, 31, August 7, 14	2:00-3:30		Marti Franks
	AD141	Lifelong Musicians		Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	12:00-1:30		Brad, Ken, and Rick
	AD182	Explore Ventriloquism		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	2:30-3:30		John Byrd
	AD183	Beginning Guitar		Wed	July 2, 9, 16, 23, 30, August 6, 13, 20	9:30-10:30		Randall Kaker
	AD192	Super Senior Storytelling Slam		Thu	May 22, June 26, July 24, August 21	10:30-12:30		Judith and Les
	AD197	Ballroom Dance Practice for Partners		Fri	May 16, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	12:15-1:15		Hal and Marlene
	AD210	Introduction to Brazilian Percussion: Let's Samba!		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	1:15-2:15		Damir Strmel
	AD234	Colorist Open Studio		Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	1:00-3:00		Diana Hinman, et. al.
	AD248	Readers Theater		Tue	May 13, 20, 27, June 3, 10, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	9:30-10:30		Ken Carlson
	AD252	Ukulele Instruction and Jam		Wed	June 18, 25, July 2, 9	11:00-12:30		Rick Kaerwer
	AD278	Open Artists' Studio		Fri	May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	10:30-12:30		Susan Coffey, et. al.
	AD292	Moving to Music		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	8:30-9:30		Diane Childress
	AD293	Sing Along for Fun		Thu	May 22, June 26, July 24, August 21	2:30-3:30		Barbara and Joanne
	AD298	Ballroom Dance Leading and Following Skills Workshop		Fri	May 23	12:15-1:15		Phyllis Harris
	AD299	Architecture and Design: A Look at the Nineteenth Century		Wed	May 21, 28, June 4, 11	9:30-11:00		Karen Steele
	AD300	Beginner Bluegrass Jam		Thu	July 10, 17, 24, 31, August 7, 14, 21	2:00-3:30		Laura Petrella
	AD301	Acting is Fun		Thu	June 5, 12, 26, July 3, 10, 17	2:00-3:30		Donna Tolliver
	AD302	American History through Artworks at SAAM: Beyond the Frame		Wed	June 4, 11, 18, 25	1:00-2:30	Online	SSAM Docents
	AD303	Feathers from Above: A Spiritual Symbolism and Art History		Wed	June 18	11:00-12:00		Roni Navroski

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Computers, Technology, Math, and Science						
	CO175	Google Photos: Managing Thousands of Photos		Mon	May 19, June 2, 9	2:00-3:30		Danny Arkin
	CO199	Nearpeer Tutorial and Tips A		Wed	May 14	11:00-12:30		Debby Hoskin
	CO200	Nearpeer Tutorial and Tips B		Tue	July 1	1:30-3:00		Rachel Ramirez
	CO209	Artificial Intelligence A: History, Promises, Fears, and the Future		Mon	June 16, 23, 30	2:00-3:30		Danny Arkin
	CO210	Artificial Intelligence B: History, Promises, Fears, and the Future		Thu	July 17, 24, 31	12:00-1:30		Danny Arkin
	CO218	Microbiome A: News from the Gut		Tue	May 27, June 3	9:30-11:30		Patricia Ryther
	CO219	Microbiome B: News from the Gut		Wed	June 25, July 2	9:30-11:30		Patricia Ryther
	CO227	Apple iPhone Tips and Tricks A		Mon	July 14, 21, 28, August 4, 11	10:30-12:00		Danny Arkin
	CO228	Apple iPhone Tips and Tricks B		Mon	July 14, 21, 28, August 4, 11	2:00-3:30		Danny Arkin
	CO230	What is Modern Science?		Thu	May 22, 29	2:00-3:30		Alex Meredith
	CO232	Forever Chemicals and Health A		Wed	June 11, 18	9:30-11:30		Patricia Ryther
	CO233	Forever Chemicals and Health B		Tue	July 15, 22	9:30-11:30		Patricia Ryther
	CO235	Podcasts for All		Thu	June 26	2:00-3:30		Rachel and Lucas
	CO236	Facebook Tips and Tricks A		Thu	June 12	2:00-3:30		Danny Arkin
	CO237	Facebook Tips and Tricks B		Mon	August 18	2:00-3:30		Danny Arkin
	CO238	Basic Electricity		Tue	June 24, July 1, 8	10:30-12:00		Ken Carlson
	CO240	Apple App Store		Fri	May 23	1:30-3:30		Mark Grubbs
	CO241	Apple Photos		Wed	June 18	1:30-3:30		Mark Grubbs
	CO242	Apple Messages		Fri	July 18	1:30-3:30		Mark Grubbs
	CO243	Apple Mail		Fri	August 22	1:30-3:30		Mark Grubbs
	CO244	Google Photos Importing and Consolidation A		Thu	May 15	1:30-3:30		Danny Arkin
	CO245	Google Photos Importing and Consolidation B		Tue	July 8	1:30-3:30		Danny Arkin
		Diversity, Equity, and Inclusion						
	DE001	DEI Philosophy and Practices		Tue	June 17, 24	12:30-1:30		Donna Blackwell
	DE009	Crazy Stories About Racism		Thu	August 7	1:30-3:00		Deb and Donna
	DE011	LGBTQ+ History		Thu	July 17	1:00-3:00		Michael Recant
	DE015	Aging and Ageism in Society and Self		Mon	June 2, 9, 16	11:00-12:30		Wayne Swatowski
		Economics and Finance						
	EF104	Estate Settlement and the Probate Process		Tue	July 22	10:00-12:00		Mark Mikuta, CPA, CFP
	EF113	Medicare 101: Making Sense of Medicare		Wed	July 9	10:30-12:00		Kendalle Stock
	EF115	Estate Planning and Elder Law		Tue	June 3	10:30-12:00	Online	Paula Peaden
	EF132	Financial Preparedness for Disasters		Mon	August 4	1:30-3:00		CCEM Staff
	EF136	Long Term Care Insurance		Wed	May 14	10:00-12:00		Linda, Dori, and Don
	EF147	Outsmart the Scammers		Thu	June 12	12:30-1:30		Shawn Doran
	EF150	Virginia Long Term Care Options and How to Pay for Them		Mon	June 16	11:00-12:30		Jeremy L. Pryor, Esq.
	EF167	Financial Stability		Tue	July 15	2:00-3:30		Richard Commander
	EF178	Preparing a Home for Sale		Tue	May 20	10:30-12:00		Marianne and Dawn

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Literature, Poetry, and Film						
	EL015	Aspiring Writers' Critique		Fri	May 16, 30, June 13, 27, July 11, 25, Aug 8, 22	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	May 21, 28, June 4, 11, 25, July 2, 16, 30, Aug 6, 13, 20	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5	9:00-10:30		Suzanne and Tom
	EL090	Obituary Writing Workshop		Tue	June 24	12:30-1:30		Jennifer S. Moss
	EL095	Legacy Writing Workshop		Wed	June 4	1:00-2:00		Jennifer S. Moss
	EL100	LLI Literary Society Orientation		Tue	May 13	1:00-2:00		Bob, Martha, and Anita
	EL101	LLI Literary Society Orientation		Mon	May 12	1:00-2:00	Online	Bob, Martha, and Anita
	EL104	Mystery Novels Discussion: Whodunnit?		Wed	June 11, July 16, August 13	2:00-3:30		Linda and Deb
	EL108	The Boy, the Mole, the Fox and the Horse	*\$12	Mon	June 30	1:00-3:00		Rachel and Lucas
	EL114	LLI Literary Society Feedback and Book Swap		Wed	June 25	12:30-2:00		Bob, Martha, and Anita
	EL120	Banned Books and a Movie		Wed	June 18	2:00-3:30		Deb and Linda
	EL127	Writing a Military Story with the Help of AI Technology		Mon	July 28	11:00-12:00	Online	Alex Sebby
	EL129	1930s Cinema Redux		Mon	June 2, 9, 16, 23, 30, July 14, 21	11:00-12:00		Edward Blackwell
	EL130	The Wisdom of Chelm: Jewish Folklore and Societal Satire		Tue	May 20, 27, June 3, 10, 17, 24	11:00-12:30		Les and Judith
	EL131	Introduction to Writing Fiction Short Stories and Novels		Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1	9:30-10:30		Mary Jane Tolley
	EL132	Read Short Stories Together		Wed	June 25, July 23, August 20	1:30-3:30		Linda Kerman
	EL133	Nancy Drew and the Stratemeyer Syndicate		Fri	June 13	11:00-12:00		Heather Weidner
	EL134	Limericks and Clerihews		Wed	July 2	10:30-12:00		Pasquale Accardo
		Fitness						
	FI001	Low Impact Monday	\$20	Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$20	Fri	May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$20	Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$20	Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$20	Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$20	Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	1:00-2:00		Dorota Kawka
	FI015	Pilates	\$20	Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	10:00-11:00	Online	Linda McDorman
	FI017	Wednesday Fun Fitness	\$20	Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	8:30-9:30	Online	Tracey Brooks
	FI028	Gentle Yoga Monday	\$20	Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$20	Fri	May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	11:30-12:30	Online	Linda McDorman
	FI034	Cardio and Strength Training Online	\$20	Thu	May 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	1:30-2:30	Online	Nicole Thomas-Jackson
	FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/wk	May 12 - August 22		Online	Team Vivo
	FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/wk	May 12 - August 22		Online	Team Vivo
	FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/wk	May 12 - August 22		Online	Team Vivo

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		History, Humanities, and International Studies						
	HS002	Cultural Anthropology: Viking Women		Wed	May 14, June 4, July 2, August 6	9:00-10:30		Annebel Lewis
	HS003	Current Events Discussion		Wed	May 14, 28, June 11, 25, July 9, 23, Aug 6, 20	1:30-3:00		Roy and Hugh
	HS089	Great Decisions	*\$40	Tue	May 20, June 17, July 15, August 12	2:00-3:30		Bob Ferguson
	HS267	First Baptist Church of Midlothian and the African American Community		Thu	July 17	10:00-11:30		Audrey M. Ross
	HS582	The Battle of Okinawa 1945: Steel Storm		Thu	June 5	10:00-11:00	Online	Chris Kolakowski
	HS611	WWII Civilian Prisoners of the Philippines: Freedom and Food		Mon	May 19	1:30-2:30	Online	Jennifer Cottle
	HS617	No Time to Grieve Documentary		Mon	June 2	1:30-3:30		Peppy Jones
	HS649	The Orient Express		Tue	May 20	9:30-10:30		George Saunders
	HS683	Inevitability of the Holocaust		Tue	June 24, July 1	10:00-12:00	Online	Dr. Alan A Winter
	HS686	A Capsule Wardrobe of an 18th-Century Lady		Tue	May 20	1:00-2:30		Sarah and Helena
	HS690	Midlothian Matters A		Fri	June 27	1:30-3:00		Mark S. Miller, Ph.D.
	HS692	Midlothian Matters B		Fri	July 25	1:30-3:00		Mark S. Miller, Ph.D.
	HS693	History of the US Presidents		Wed	July 16, 23, 30, August 6, 13	10:00-12:00		John and Juana
	HS694	Great Cities and Towns of Europe		Fri	May 23, 30, June 6, 13, July 11, 18, Aug 1, 8, 15, 22	9:30-11:00		Timothy Pace
	HS695	Secrets of the Occult		Mon	May 19, June 2, 9, 16, 23, 30	9:00-10:30		Timothy Pace
	HS696	United States Intelligence		Tue	June 10	12:30-2:00		Chan Mohney
	HS698	Afro-American Inventors and Their Stories: The Untold History		Mon	June 2, 9, 16	11:00-12:00		Myron Johnson
	HS712	The Golden Age of Television		Thu	May 29, June 5, 12, July 3	11:00-12:00		Bob Ferguson
	HS713	The Mayan Marcador		Tue	July 8	2:00-3:30		Rick Kinnaird
	HS714	German Unification: Bridging the Divide		Mon	August 11	9:00-10:30	Online	Anette Isaacs
	HS715	Music and Culture of the 1930s: Where Has All the Money Gone?		Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28	9:30-10:30		Vic Thompson
	HS716	D-Day June 6		Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1	11:00-12:00		Shep Smith
	HS717	The POW Experience Through the Art of Ben Steele		Tue	June 10	1:30-2:30	Online	Jennifer Cottle
	HS718	Winning the Peace: The Post-War Occupation of Japan		Thu	July 10	1:30-2:30	Online	Jennifer Cottle
	HS719	Grit and Grace: Female Servicemembers in the Shrine of Memory		Wed	July 16	11:00-12:00	Online	Kyndall Drumheller
	HS720	Art and Monuments: Honoring Memory and Service with SAAM and ABMC		Wed	August 6	1:00-2:30	Online	SSAM Docents
	HS721	The Confederacy in History, Memory, and Myth		Mon	May 19	11:00-12:00		Waite Rawls
	HS722	North Atlantic Traditions: Irish, Scottish, and Canadian Folk Dance		Mon	June 9	1:30-3:30		Annabelle Bugay
	HS724	American Corrections: Behind the Walls and Bars		Tue	June 24	1:00-2:30		Charles J. Kehoe
	HS725	American Flying Boats: The Adventure and Romance of the Golden Age		Thu	August 7	10:00-11:30		Tim Kisner
	HS726	Franklin Delano Roosevelt: A Great and Patriotic American		Wed	May 21	2:00-3:30		James Triesler
	HS727	WWII Navy Experience Through Collectible Cards of 1939		Wed	July 30	2:00-3:30		James Triesler

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Health and Wellness						
	HW282	Summer Safety Tips		Wed	June 25	9:30-10:30		Kimberly Rideout
	HW342	Beginning Tai Chi 24 Form A		Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	12:30-1:15		Damir Strmel
	HW343	Intermediate Tai Chi 42 Form and Sword Form		Fri	May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	11:00-12:00		Mary E. Gutberlet
	HW355	Beginning Tai Chi 24 Form B		Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	1:30-2:15		Mary E. Gutberlet
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	12:00-1:00		Mary and Mark
	HW389	Understanding Hearing Loss and Hearing Aids		Mon	June 23	11:00-12:00		Kimberly Felder
	HW392	Suicide Prevention: Raise Your Voice		Thu	May 22	10:30-12:00		Melissa and Kevin
	HW394	Be the Help Until Help Arrives		Mon	June 23	1:00-3:00		CCEM Staff
	HW406	Low Back Pain	*\$15	Tue	May 13	11:00-12:30		Thomas Neviasser, MD
	HW407	Knee Conditions	*\$15	Wed	June 18	11:00-12:30		Thomas Neviasser, MD
	HW408	Shoulder Conditions	*\$15	Mon	June 30	11:00-12:30		Thomas Neviasser, MD
	HW409	Dry Needling: What It Is and How It Works		Thu	July 31	2:30-3:30		David Reynolds
	HW426	Basic Taiji Qigong		Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	2:30-3:30		Walter and Patricia
	HW435	Strength Training Benefits for Life's Journey		Thu	May 15	10:00-11:00	Online	Eric and Katie
	HW436	Senior Living Continuum		Tue	June 24	2:00-3:30		Jaime Smiley
	HW442	Introduction to Human Anatomy		Mon	July 28	11:00-12:30		Thomas Neviasser, MD
	HW445	Staying Safe at Home		Tue	July 29	2:00-3:30		Jaime Smiley
	HW446	Stress Management Bingo: A Fun Way to Recharge!		Tue	August 5	11:00-12:00		Rebecca and Ginger
	HW458	Journaling with Grief		Thu	July 24	10:00-11:00		Jennifer S. Moss
	HW462	The Power of Gratitude		Mon	August 11	11:00-12:00		Sierra and Maria
	HW466	The Healthy Brain Series: Sleep, Stress, and Mental Health	*\$23	Tue	May 20, 27, June 3	10:30-12:00		Kennedy O'Donnell
	HW467	Low Back Pain Solutions		Tue	June 17	9:30-10:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Tue	July 22	9:30-10:30		Jordan Witt, DPT
	HW469	Fall Prevention Tips and Exercises		Tue	August 12	9:30-10:30		Jordan Witt, DPT
	HW472	Understanding BPP Vertigo and the Treatments		Wed	June 11	9:30-10:30		Andrew Rothschild
	HW473	Foot and Ankle Pain: It's All in the Calf		Fri	May 30	10:00-11:30		Dave Bass, PT, DPT
	HW481	Beginning Tai Chi 37 Form		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	2:30-3:30		Drew Herman
	HW482	Radiology Ready: Learn, Relax, and Scan with Confidence		Fri	June 6, 13, 27, July 11, August 1	10:30-12:00		Charlie Downing
	HW483	Advanced Gynecological Care		Mon	June 16	1:00-2:00		Annie Edwards, DNP
	HW484	Myths About Arthritis		Fri	July 18	10:00-11:30		Dave Bass, PT, DPT
	HW485	Rotator Cuff Tears		Fri	August 8	10:00-11:30		Dave Bass, PT, DPT
	HW486	Hearing Loss Apps for Smartphones		Thu	May 22	1:00-2:00		Debra, Kim, and Tara
	HW487	Great Healthcare Disruption: Tech, Policy, and the Future of Medicine		Wed	May 21	1:00-2:00	Online	Dr. Marschall Runge
	HW488	Medication Safety		Tue	June 10	9:30-10:30		Eric and Allyson
	HW489	Empowering Choices: Building a Personalized Plan for Later Life		Wed	July 16	10:00-12:00		Jen Dowda
	HW490	Understanding Young Children for Grandparents		Mon	July 28	11:00-12:00		Maria Crostic
	HW491	Stress First Aid		Thu	June 26	10:00-12:00		Melissa and Valerie
	HW492	InterAge Seminar: Embracing the Future		Mon	June 9	10:30-12:00		Ayn and Rachel
	HW493	InterAge Seminar: Embracing the Future		Fri	June 27	10:30-12:00	Online	Ayn and Rachel

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LLI in Chesterfield Summer 2025 Registration Form

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Inside LLI Activities						
	IA077	Workshop for LLI Instructors		Mon	May 12	2:00-3:30		Rachel Ramirez
	IA078	Workshop for LLI Instructors		Wed	May 14	1:00-2:30	Online	Rachel Ramirez
	IA110	10-year Member Celebration		Fri	August 1	12:00-1:30		Rachel and LLI Board
	IA997	Q&A for Current Members		Thu	May 15	11:00-12:00		Rachel Ramirez
	IA998	Orientation for New Members		Fri	May 16	10:00-11:15	Online	Rachel Ramirez
	IA999	Orientation for New Members		Mon	May 12	11:00-12:30		Rachel Ramirez
		Languages						
	LA015	Conversational German		Mon	May 12, 19, June 2, 9, 16, 30, July 14, 21, 28, Aug 4, 11, 18	2:00-3:30		Alan McCrea
		Leisure Activities						
	LE032	Needleworkers United		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	1:30-3:30		Rita and Shelvey
	LE143	Beaded Lanyard for LLI Name Tag	\$5	Mon	May 19	12:30-3:30		Donna Whitfield
	LE197	Brain Aerobics: Preventing Memory Loss		Tue	June 10, 17, 24, July 1	10:30-11:30		Howard Wynn
	LE206	Soft Cover Journal		Tue	June 3	1:00-3:00		Jennifer DeRusha
	LE252	Genealogy Discussions		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	2:00-3:30		Steve Kunnmann
	LE265	Modern Floral Design with an Asian Influence	\$12	Fri	May 30, June 6, 13	1:30-3:30		Evelyn Klumb
	LE276	Balloon Twisting 101	\$8	Mon	July 14	11:30-1:00		Basa the Clown
	LE294	Bridge Basics		Thu	July 3, 10, 17, 24, 31, August 7, 14, 21	9:00-10:00		Randall Kaker
	LE295	Crafting PhD: Project Half Done		Thu	May 15, 29, June 5, 12, July 3, 10, 17, 31, Aug 7, 14	11:30-1:30		Mary Kay and Ethel-May
	LE313	All About Oahu: Travel Tips and Insights from a Local		Thu	May 29	1:00-2:00		Jennifer Pollard
	LE328	Mapping Safe and Efficient Bicycle Routes Anywhere in the World		Mon	May 19	11:00-12:00		Douglas A. Wayne, MD
	LE329	Amazing Pollinators		Wed	June 18	9:00-10:30		Robin Hulbert, PhD
	LE332	Pine Needle Christmas Tree Ornaments	\$9	Tue	August 5, 12	1:30-3:00		Diane and Jennifer
	LE333	Creative Plant Stakes	\$15	Wed	May 14	1:30-3:30		Kimberley and Marie
	LE334	Exploring Alcohol Inks: Fun with Metal, Clay, and Acrylics	\$10	Wed	June 18	1:30-3:30		Marie and Kimberley
	LE335	Needle Felting Dryer Balls	\$10	Wed	July 9	1:30-3:30		Marie and Kimberley
	LE336	Keychains and Picture Holders	\$10	Wed	July 16	1:30-3:30		Kimberley and Marie
	LE337	Alaska, Then and Now		Thu	June 5, 12	10:00-11:30		Joe Lenzi
	LE338	Pressed Flower Resin Jewelry A	\$25	Mon	May 19	10:00-12:00		Conner Parrish
	LE339	Pressed Flower Resin Jewelry B	\$25	Tue	July 15	10:00-12:00		Conner Parrish
	LE340	Worm Composting 101: Sustainable Living		Thu	May 15	10:30-12:00		Conner Parrish
	LE341	Organic Fertilization and Maintenance for Cutting Gardens		Wed	June 25	10:00-12:00		Conner Parrish
	LE342	Pest Management and Harvest Practices for Cutting Gardens		Tue	July 8	10:00-12:00		Conner Parrish
	LE343	All About Herbs: Why Plants Are Considered Nature's Medicine		Tue	August 5	10:30-12:00		Conner Parrish
	LE344	Beyond Organic Gardening: Making Inputs		Mon	August 11	10:00-12:00		Conner Parrish
	LE345	Ikebana Floral Designs Demonstration		Fri	July 18	1:00-2:30		Evelyn Klumb
	LE348	Logic and Reasoning Puzzles A: Set 1		Wed	May 14	10:00-11:30		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 1		Mon	May 19	10:00-11:30		Stone Wahl

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LLI in Chesterfield Summer 2025 Registration Form

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Life Services						
	LS069	SeniorNavigator and the VirginiaNavigator Family of Websites		Wed	June 11	11:00-12:00		Bonnie Scimone
	LS084	Becoming an Optimist		Thu	May 15	9:00-11:00		Dr. Michael J. Wriston
	LS085	Grandparenting Mistakes		Thu	May 29	9:00-11:00		Dr. Michael J. Wriston
	LS090	The Difficult Conversation		Thu	June 5, 12	9:00-11:00		Dr. Michael J. Wriston
	LS091	The Art of Friendship		Mon	June 23, 30	9:30-11:30		Dr. Michael J. Wriston
	LS094	The Subconscious Mind		Mon	July 14, 21	9:00-11:00		Dr. Michael J. Wriston
	LS095	Extraordinary Listening		Mon	July 28, August 4	9:30-11:30		Dr. Michael J. Wriston
	LS099	The Art of Bouncing Back		Mon	August 11, 18	9:30-11:30		Dr. Michael J. Wriston
	LS145	Mobility Transportation Services in Chesterfield County		Tue	May 13	11:00-12:00		Billie Darlington
	LS147	Crafts for Community		Wed	May 21, June 18, July 16, August 20	11:30-1:00		Mary Jane Murphy
	LS157	Planning Final Arrangements		Thu	August 14	2:00-3:30		Susan Campbell
	LS162	Detecting Email Scams: Can It Be Trusted?		Tue	August 19	11:00-12:00		Shawn L. Smith
	LS169	Chesterfield Council on Aging		Thu	May 22, June 26	9:00-10:30		CCA Leadership Team
	LS177	Emergency Preparedness		Mon	July 14	1:00-2:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Wed	July 2	1:30-3:30		Keith Chambers
	LS195	A Guide to Grief Support and Funeral Etiquette: Being There		Thu	May 22	2:30-3:30		Jennifer S. Moss
	LS198	Discussing the Big and Often Polarized Issues		Thu	May 15, 22, 29, June 5, 12	12:00-1:30		John and Claude
	LS202	Chesterfield Mobile Integrated Health: A Vital Role in the Community		Thu	July 17	10:00-11:30		Lt. Mike Abbott
	LS203	Improving Self-Esteem		Tue	July 22	1:30-3:00		Richard Commander
	LS204	Improving Self-Esteem		Tue	August 5	1:30-3:00	Online	Richard Commander
	LS205	Volunteer Ventures		Fri	May 30	11:00-12:00		Jennifer A. Burnett
	LS208	Medical Aid in Dying: An End-of-Life Option		Mon	August 4	10:30-12:30		Wayne Swatowski
	LS211	Senior Care 101		Mon	June 2	9:00-10:30		Jan Carrington, CDP
	LS212	Introduction to the Commonwealth Attorney's Office		Fri	July 18	1:00-2:30		Erin and Frank
	LS213	Setting Goals		Tue	June 17	2:00-3:30		Richard Commander
	LS216	Finding Meaning in Life After a Life-Altering Circumstance		Thu	May 15, 29, June 12, 26	1:00-2:30	Online	Bill Sweeney
	LS217	Critical Thinking Principles A		Tue	May 13, 20	2:00-3:00		Brian Plante
	LS218	Critical Thinking Principles B		Tue	June 10, 17	2:00-3:00		Brian Plante
	LS219	Capital Trail 101: A Guide to the Trail		Wed	June 4	11:00-12:00		Mackenzie Cocherell
	LS220	Capital Trail 101: A Guide to the Trail		Wed	July 9	11:00-12:00	Online	Mackenzie Cocherell
	LS221	Home Accommodation: Upper Extremity, Lower Extremity, and Low Vision		Mon	June 2, 9	12:00-1:30		Ann-Marie and Kristi
	LS222	Calling 911: What to Expect		Tue	June 10	1:00-3:00		Shannon M. White

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Philosophy and Religious Studies						
	PR002	Bible Discussion of the Gospel of John		Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	2:00-3:30		Mike and Mark
	PR096	Power of Myth and Aesthetics		Wed	July 30, August 6, 13, 20	9:00-10:30		Jim Knego
	PR099	Science and Theology		Thu	May 22, 29, June 5, 12, July 10, 17, 31, Aug 7, 14, 21	9:30-11:00		Timothy Pace
	PR100	The Chosen: The Life of Jesus and His Followers		Mon	June 2, 9, 16, 23, 30, July 14, 21, 28	2:00-3:30		Luke John Coukos
	PR104	God's Grace: What Does It Look Like?		Tue	May 27	1:30-3:00		Richard Commander
	PR109	Origins of the Universe: The Science of Star Stuff		Mon	May 19	1:00-2:00		James Kenneth Schmitt
	PR110	The History of Two Josephs: Old Testament and New Testament		Tue	June 10	1:00-2:30		Joanna Lurie
		Special Events						
	SE061	Bifocals Senior Actors Performance: Bard in a Five-Piece Band		Tue	May 27	2:00-3:00		Cynthia Mitchell
	SE160	A Cavalcade of Song		Tue	June 17	1:00-2:00		Leslie Matthews
	SE164	Company's Coming Band Concert		Wed	July 2	2:30-3:30		Kate, Don, and John
	SE171	Literary Society Celebration		Wed	August 20	10:30-12:00		Bob, Martha, and Anita
	SE186	Virginia Museum of Fine Arts (VMFA) American Galleries Tour	\$10	Fri	July 18	10:00-11:00		Kathy Parrish
	SE195	VMHC Give Me Liberty Tour: Virginia and the Forging of a Nation	\$17	Fri	June 27	11:00-12:30		Cece D'Arville
	SE198	Hansel and Gretel Meet Frankenstein: A Play by the YAHA Players		Thu	May 15	1:00-2:00		Bob Ferguson
	SE207	Monticello and a Museum Tour	\$165	Fri	June 13	8:30-6:30		SignaTours
	SE208	Save the Princess: A One-Act Play by the YAHA Players		Wed	June 18	12:30-1:30		Bob Ferguson
	SE209	Dangerous Dames: A One-Act Play by the YAHA Players		Tue	August 5	1:00-2:00		Bob Ferguson
	SE210	VA Holocaust Museum Dimensions in Testimony Tour		Fri	August 8	10:00-11:00		Kate Adams
	SE211	Luck Stone Powhatan Quarry Tour		Fri	June 6	10:00-11:30		Darren Prince
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	1:00-3:00		Carolyn and Virginia
	WG007	Hand and Foot and Triple Play		Fri	May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg Thursday		Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge		Fri	May 16, 23, 30, June 6, 13, 27, July 11, 18, 25, Aug 1, 8, 15, 22	9:00-12:00		J. Diane and Randall
	WG013	Spades		Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	11:00-1:00		Anne and Bev
	WG014	Mah Jongg Tuesday		Tue	May 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	1:30-3:30		Julie Randolph

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**LIFELONG LEARNING INSTITUTE
RELEASE FROM LIABILITY, ASSUMPTION OF RISK,
AND INDEMNITY AGREEMENT**

I understand that while participating in a physical fitness activity or other function related to or associated with the programs (collectively, the "Programs") conducted or sponsored by Lifelong Learning Institute, a non-profit corporation, (the "Institute"), I may sustain an injury to any part of my body.

1) Voluntary Participation. I understand that my participation in the Programs is voluntary. I represent to the Institute that I am physically capable of participating in the Programs and I have no known health restrictions that might jeopardize my safety or health or the safety or health of others during my participation in the Programs.

2) Identification of Risk. I understand that my participation in the Programs may involve risk of injury or loss, both to person and to property. I understand that this release of liability and waiver is intended to address all of the risks of any kind associated with my participation in any aspect of the Programs, including such risks that may be created by action, inaction, or negligence on the part of the Institute, its officers, directors, employees, agents, volunteers, successors or assigns (collectively, the "Representatives"). There may be risks not known and not reasonably foreseeable at this time. Failure of the Institute to foresee or protect me from actions, inactions, negligence, recklessness, or intentional or criminal misconduct of others, or the inadequacy or unavailability of medical facilities or treatment, or the inadequacy of supervision by the Institute will not create any liability on the part of the Institute or its Representatives.

3) Assumption of Risk. I assume all risk, known and unknown, foreseeable and unforeseeable in any way connected with my participation in the Programs. I accept personal responsibility for any liability, injury, loss, cost, or damage in any way connected with my participation in the Programs.

4) Release and Waiver. I release the Institute and its Representatives from any and all liability, and waive any and all claims of injury, loss or damage including attorneys' fees, in any way connected in my participation in the Programs (collectively, a "Claim") whether or not caused in whole or in part by the negligence or other misconduct of the Institute or any of its Representatives.

5) Indemnification. I agree to indemnify and to hold harmless the Institute and its Representatives for all Claims, including attorney's fees and all costs of defending any Claim I may make or might be made on my behalf in any way connected with or arising out of my participation in the Programs.

6) Effect of Agreement. This Agreement shall be binding upon my heirs, personal representatives, and assigns and shall inure to the benefit of the Institute and its Representatives. This Agreement shall be governed, construed and enforced under the laws of the Commonwealth of Virginia. This Agreement is the only, sole, entire complete understanding of the parties relating in any way to the subject matter hereof. No statements, promises or representations have been made by any party to the other. This Agreement supercedes any earlier written or oral understandings or agreements between the parties and can only be changed by an agreement signed by both the Institute and me.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature

Print Name: _____

Date: _____

Please provide Emergency Contact Information Below:

Name: _____ **Relationship:** _____ **Phone:** _____

Members participating in Fitness classes are required to submit ONE liability form per lifetime.

Membership Application
New Members or Members with Updates

For Office Use
DB _____
MD _____
CD _____
MC _____
QB _____

Date: _____

Dr. Mr. Ms. Mrs. Name: _____

Name You Wish To Be Called: _____

Street Address: _____

City: _____ Zip Code: _____

Phone: (Home) _____ (Cell) _____ (Other) _____

Email: ** _____ Birth Date: (MM/DD/YY) _____

****Email address will be used instead of postal mail if provided.**

Phone numbers, addresses, and birthdays (day and month only) are printed in our Membership Directory.
Please check this box if you DO NOT want to be listed in the Membership Directory.

Referral Information

How did you learn about the Lifelong Learning Institute? : _____

Referring Member: Name _____ Member ID # _____

General Information

Would you consider teaching a class? Yes No

In what subject area? _____

Do you have any special needs? : _____

Emergency Information

Contact Name: _____

Relationship: _____ Phone: _____

Physician Name: _____ Phone: _____

Allergies/Important Medical Information: _____

Are you a Current Member? Yes No

Would you like more information about our Transportation Program? Yes No

New Member or Annual Renewal (include \$150 Membership Fee) \$ _____

Additional (Tax Deductible) Contribution to Lifelong Learning Institute..... \$ _____

Total Amount..... \$ _____

Please make check payable to: Lifelong Learning Institute

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P. O. Box 1090
Midlothian, VA 23113

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Questions? Call the Office at (804) 378-2527.

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Check Number _____
Date Received _____
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