

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Spring 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Art, Music, Drama, and Dance						
	AD012	Advanced Watercolor		Thu	February 12, 19, 26, March 5, 12, 19	10:30-12:30		Marti Franks
	AD021	Intermediate Tap Dancing		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	10:00-11:00		Beth and Julie
	AD022	Ballroom Dance for Partners		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	12:15-1:15		Doug and Teresa
	AD036	Introduction to Line Dancing		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	9:00-9:45		Julie Van Buskirk
	AD058	Country Line Dancing		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	9:00-11:00		Mary Jane and Bev
	AD110	Advanced Colored Pencil Techniques		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	1:30-3:30		Brian Austin, PhD
	AD111	Intermediate Watercolor with Marti		Thu	February 12, 19, 26, March 5, 12, 19	2:00-3:30		Marti Franks
	AD119	Watercolor and Acrylic Problem Solving Workshop		Th/F	January 22, 23	9:00-2:30		Beverly Perdue
	AD141	Lifelong Musicians		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	12:00-1:30		Brad Bryan, et. al.
	AD149	Watercolor Florals		Tue	March 3, 10, 17, 24	1:00-3:00		Poly Cline
	AD151	YUPO and Watermedia Workshop		Th/F	March 26, 27	9:00-2:30		Beverly Perdue
	AD183	Beginning Guitar		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	9:30-10:30		Randall Kaker
	AD192	Super Senior Storytelling Slam		Thu	January 29, February 26, March 26	10:30-12:30		Judith and Les
	AD204	Zoltan Szabo: A Watercolour Artist in Retrospective		Thu	March 19	10:30-12:00		Carri and Linda
	AD210	Introduction to Afro-Brazilian Percussion		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	1:15-2:15		Damir Strmel
	AD234	Artist Open Studio		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	1:00-3:00		Diana Hinman, et. al.
	AD248	Readers Theater		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	9:30-10:30		Ken Carlson
	AD252	Ukulele Instruction and Jam		Wed	January 21, 28, February 4, 11	11:00-12:30		Rick Kaerwer
	AD253	Creative Thinking: Increase Awareness and See Life Differently		Mon	February 2, 9	11:30-1:00		Gordon Russell, MVA
	AD278	Open Artists' Studio		Fri	January 30, February 6, 13, 20, 27, March 6, 13, 20	10:30-12:30		Dr. Susan Coffey, et. al.
	AD292	Moving to Music		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	8:30-9:30		Diane Childress
	AD314	The Book of Amazement Art Journal A		Wed	February 4	12:00-1:30		Janet Abel
	AD315	The Book of Amazement Art Journal		Fri	April 10	1:30-3:00	Online	Janet Abel
	AD319	The Book of Amazement Art Journal B		Fri	February 27	1:00-2:30		Janet Abel
	AD320	Richmond's Architectural Gems		Wed	January 21, 28, February 4, 11	9:30-10:30		Karen Steele
	AD321	Life and Works of John Singer Sargent		Wed	February 18, 25, March 4, 11	9:00-10:30		Juana Levi
	AD322	Treasure Tiles: Creating a Personal Memento	\$5	Mon	February 2, 9	10:30-12:00		Sandhi Schimmel Gold
	AD323	Watercolor Techniques		Mon	March 2, 9, 16, 23, April 6, 13, 20	1:30-3:00	Online	Linda Szabo
	AD324	Chicago's Iconic Competition: Gothic Dreams and Modern Visions		Thu	February 12, 19	1:00-2:00		Tara Semtner, AIA
	AD325	Paintings in Disguise: Beneath the Surface		Thu	March 12, 19	1:00-2:00		Tara Semtner, AIA
	AD326	Art Journaling in the Book of Amazement A: Art in Three Inches		Wed	March 4	12:00-1:30		Janet Abel
	AD327	Art Journaling in the Book of Amazement B: Art in Three Inches		Fri	March 13	1:00-2:30		Janet Abel
	AD328	Art Journaling in the Book of Amazement: Art in Three Inches		Fri	April 24	1:30-3:00	Online	Janet Abel
	AD329	Creativity and Wellness A: How Creating Combats Loneliness		Thu	February 5	10:30-11:30		Kate Powell, MPA, CFRE
	AD330	Creativity and Wellness B: How Creating Combats Loneliness		Thu	February 5	12:30-1:30		Kate Powell, MPA, CFRE
	AD331	Art Statement Writing Workshop: An Artwork Elevator		Tue	February 24	9:30-2:30		Sally Guynn

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Spring 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Computers, Technology, Math, and Science						
	CO169	Automotive Basics		Fri	January 30, February 6	10:30-12:00	Online	B. Ellen Johnson, PhD
	CO199	Nearpeer Tutorial and Tips A		Wed	January 21	9:00-10:30		Debby Hoskin
	CO200	Nearpeer Tutorial and Tips B		Mon	March 16	1:00-2:30		Rachel Ramirez
	CO209	Artificial Intelligence: History, Promises, Fears, and the Future		Tue	February 3, 10, 17	2:00-3:30		Danny Arkin
	CO216	Introduction to Libby: The eBook App from Chesterfield Public Library		Thu	January 29	9:00-10:30		Cindy Arnold
	CO218	News from the Microbiome		Tue	February 3, 10	10:30-12:30		Patricia Ryther
	CO227	Apple iPhone Tips and Tricks		Mon	February 9, March 2, 9, 16, 23	2:00-3:30		Danny Arkin
	CO232	Forever Chemicals and Health		Tue	March 10, 17	9:30-11:30		Patricia Ryther
	CO235	Podcasts for All		Thu	February 19	11:00-12:30		Rachel and Lucas Ramirez
	CO243	Apple Mail		Fri	January 23	1:00-3:00		Mark Grubbs
	CO246	Microplastics: A Global Problem Gets Personal		Tue	February 17, 24, March 3	9:30-11:30		Patricia Ryther
	CO251	Even More Fun with Geology: Natural Resources from Mesopotamia		Tue	March 3, 10	9:30-11:00		Gary Nelson
	CO252	The Mystery of Superposition: Quantum Weirdness		Mon	February 2	10:00-12:00		Allen Cohen
	CO253	Home Electrical Repairs A		Tue	January 27	11:00-12:00		Ken Carlson
	CO254	Home Electrical Repairs B		Thu	February 26	9:00-10:00		Ken Carlson
	CO256	Introduction to Zoom A		Fri	February 20	1:00-2:30		Carri Pandolfe
	CO257	Introduction to Zoom B		Mon	March 2	1:30-3:00		Carri Pandolfe
	CO258	Zoom Practice A		Mon	March 9	9:30-10:30	Online	Carri Pandolfe
	CO259	Zoom Practice B		Wed	March 25	2:00-3:00	Online	Carri Pandolfe
		Diversity, Equity, and Incusion						
	DE011	LGBTQ+ History		Mon	February 23	1:00-3:00		Michael Recant
	DE015	Aging and Ageism in Society and Self		Mon	March 2, 9, 16	11:30-1:00		Wayne Swatowski
	DE016	Bridging Generations: Mentors Make a Difference		Wed	January 21, February 25, March 25	11:30-1:00		Christopher and Wendy
	DE017	Connecting Paths to Belonging		Wed	March 18	12:30-1:30		Kate and Antoinette
	DE018	Caring for Children with Diverse Needs		Wed	February 4	9:00-10:30		Nikida, et. al.
		Economics and Finance						
	EF104	Estate Settlement and the Probate Process		Mon	March 23	10:00-12:00		Mark Mikuta, CPA, CFP
	EF115	Estate Planning and Elder Law		Tue	April 7	9:30-10:30	Online	Paula Peaden
	EF132	Financial Preparedness for Disasters		Mon	March 9	1:30-3:30		CCEM Staff
	EF136	Long Term Care Insurance		Tue	February 17	10:30-12:30		Linda and Kurt
	EF140	What Kids Need to Know: Preparation and Legacy Preservation		Fri	February 13	2:00-3:30		Jamey Davidson
	EF147	Outsmart the Scammers		Wed	February 18	11:00-12:00		Shawn Doran
	EF150	Virginia Long Term Care Options and How to Pay for Them		Mon	February 9	11:00-12:30		Jeremy L. Pryor, Esq.
	EF178	Preparing a Home for Sale		Wed	January 28	9:00-10:30		Marianne and Dawn
	EF182	Economic Fundamentals in the News		Wed	January 21, February 4, March 25	10:30-12:00		Tim Schilling
	EF183	New Medicare Birthday Rule and Healthcare Expense Savings		Thu	January 22, 29	11:00-12:00		Becky Huddleston
	EF184	Fraud and Scam Prevention		Tue	February 3	9:30-11:00		Kathy Boykin
	EF185	Fraud and Scam Prevention		Thu	April 16	10:30-12:00	Online	Kathy Boykin
	EF186	Consumer Scam Awareness		Tue	March 24	11:30-12:30		Shawn L. Smith
	EF187	Charitable Gifting: Leaving a Financial Legacy		Tue	January 27	10:00-11:00		Jamey Davidson
	EF188	Investing in Artificial Intelligence: Beyond the Hype		Thu	March 5	9:30-10:30		Jamey Davidson

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Spring 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Literature, Poetry, and Film						
	EL015	Aspiring Writers' Critique		Fri	January 23, February 6, 20, March 6, 20	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	9:00-11:00		Suzanne and Tom
	EL100	LLI Literary Society Orientation		Tue	January 20	1:30-2:30	Online	Martha and Bob
	EL101	LLI Literary Society Orientation		Wed	January 21	2:30-3:30		Martha and Bob
	EL106	Pathways to Publication and What it Entails		Fri	January 23	9:30-10:30		Heather Weidner
	EL108	The Boy, the Mole, the Fox and the Horse	*\$19	Fri	March 27	1:00-3:00		Rachel and Lucas Ramirez
	EL114	LLI Literary Society Feedback and Book Swap		Wed	March 4	2:00-3:30		Martha and Bob
	EL127	Print a U.S. Military Story: Help Veterans Keep Their Stories Alive		Mon	February 9	10:30-12:00	Online	Alex Sebby
	EL132	Read Along Short Stories		Wed	January 21, 28	2:00-3:30		Linda Kerman
	EL138	The Story of American Folktales: Lazy Jack and His Children		Tue	February 3, 10, 17, 24, March 3, 10, 17, 24	11:00-12:30		Les Schaffer
	EL139	History of Science Fiction		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	1:30-2:30	Online	Drew Herman
	EL140	Aspiring Writers' Critique		Fri	April 10, 24	1:00-3:00	Online	Dorothy Moses
	EL141	Banned Books Discussion: Should These Books Be Banned?		Wed	February 18, March 18	2:00-3:30		Linda and Deb
		Fitness						
	FI001	Low Impact Monday	\$15	Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$15	Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$15	Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$15	Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$15	Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$15	Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$15	Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$15	Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	1:00-2:00		Dorota Kawka
	FI015	Pilates Online	\$20	Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	9:00-10:00	Online	Linda McDorman
	FI017	Wednesday Fun Fitness	\$15	Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$15	Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	Jan 22, 29, Feb 5, 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23	8:30-9:30	Online	Tracey Williams
	FI028	Gentle Yoga Monday	\$15	Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$15	Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	Jan 26, Feb 2, 9, 23, March 2, 9, 16, 23, April 6, 13, 20	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	Jan 21, 28, Feb 4, 11, 18, 25, March 4, 11, 18, 25, April 8, 15, 22	11:30-12:30	Online	Linda McDorman
	FI034	Cardio and Strength Training Online	\$20	Thu	Jan 22, 29, Feb 5, 12, 19, 26, March 5, 12, 19, 26, April 9, 16, 23	1:30-2:30	Online	Nicole Thomas-Jackson
	FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/wk	January 20 - April 24		Online	Team Vivo
	FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/wk	January 20 - April 24		Online	Team Vivo
	FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/wk	January 20 - April 24		Online	Team Vivo

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Spring 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Fitness						
	FI038	Low Impact Monday Online	\$5	Mon	April 6, 13, 20	9:00-10:00	Online	Sherella Brown
	FI039	Sit and Be Fit Monday Online	\$5	Mon	April 6, 13, 20	10:00-10:45	Online	Sherella Brown
	FI040	Gentle Yoga Monday Online	\$5	Mon	April 6, 13, 20	11:00-12:00	Online	Linda McDorman
	FI041	Chair Yoga Tuesday Online	\$5	Tue	April 7, 14, 21	1:00-2:00	Online	Linda McDorman
	FI042	Gentle Yoga Tuesday Online	\$5	Tue	April 7, 14, 21	2:30-3:30	Online	Linda McDorman
	FI043	Wednesday Fun Fitness Online	\$5	Wed	April 8, 15, 22	9:45-10:45	Online	Nicole Thomas-Jackson
	FI044	Sit and Be Fit Wednesday Online	\$5	Wed	April 8, 15, 22	11:00-11:45	Online	Nicole Thomas-Jackson
	FI045	Sit and Be Fit Thursday Online	\$5	Thu	April 9, 16, 23	11:30-12:15	Online	Sherella Brown
	FI046	Chair Yoga Thursday Online	\$5	Thu	April 9, 16, 23	1:00-2:00	Online	Dorota Kawka
	FI047	Gentle Yoga Thursday Online	\$5	Thu	April 9, 16, 23	2:30-3:30	Online	Dorota Kawka
	FI048	Low Impact Friday Online	\$5	Fri	April 10, 17, 24	8:30-9:30	Online	Linda McDorman
	FI050	Chair Yoga Friday Online	\$5	Fri	April 10, 17, 24	9:45-10:45	Online	Linda McDorman
		History, Humanities, and International Studies						
	HS003	Current Events Discussion		Wed	January 28, February 11, 25, March 11, 25	1:30-3:00		Hugh Ames
	HS089	Great Decisions	*\$40	Tue	January 27, February 24, March 17	2:00-3:30		Bob Ferguson
	HS381	The Adventures of Hiking the Caminos		Mon	February 9	1:00-3:00		Robert Abbott
	HS617	No Time to Grieve Documentary		Mon	January 26	1:30-3:30		Peppy Jones
	HS632	History of the US Constitution		Wed	February 25, March 4, 11, 18, 25	11:00-12:30		Dr. John Lemza
	HS690	Midlothian Matters A		Thu	January 22	10:30-11:30		Mark S. Miller, Ph.D.
	HS692	Midlothian Matters B		Thu	March 12	9:30-10:30		Mark S. Miller, Ph.D.
	HS698	African American Inventors: Who Knew?		Mon	March 9, 16	11:30-12:30		Myron Johnson
	HS724	American Corrections: Behind the Walls and Bars		Wed	March 4, 18	1:30-3:00		Charles J. Kehoe
	HS734	A Tour of Germany and Austria		Tu/W	April 7, 8, 14, 15, 21, 22	1:00-2:15	Online	Bob Ferguson
	HS750	Echoes of the Past: Reminiscing Together		Wed	February 11	12:00-1:30		Richard Commander
	HS753	A Quest for Family Ties: This is America's Story		Tue	February 24	2:00-3:30		Samuel Hayes III
	HS754	A Quest for Family Ties: This is America's Story		Tue	April 14	1:00-2:30	Online	Samuel Hayes III
	HS761	WWII via Documentary: Victory at Sea		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	11:00-12:30		Edward Blackwell
	HS762	An Italian Tour of Adventure: Italy, Italy, Nothing but Italy!		Fri	January 23, 30, February 6, 13, 20	9:30-11:00		Timothy Pace
	HS763	Mankind: The Story of All of Us		Fri	March 6, 13, 20, 27	9:30-11:00		Timothy Pace
	HS764	Reflections: A Time for Recognition A		Fri	February 27	10:00-11:00		Audrey M. Ross
	HS765	Reflections: A Time for Recognition B		Fri	February 27	1:00-2:00		Audrey M. Ross
	HS766	Home Front Culture in the 1940s		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	2:30-3:30		Vic Thompson
	HS767	Viktor Frankl's Life and Man's Search for Meaning		Tue	March 17, 24	11:00-12:00		Ed Barbour
	HS768	History of The Maya		Tue	January 20, 27	11:30-1:00		Rick Kinnaird
	HS769	Ancient Civilizations: Discovery and Decipherment		Tue	March 3	12:30-2:00		Rick Kinnaird
	HS770	Admiral Nimitz in World War II		Thu	April 9	1:00-2:30	Online	Chris Kolakowski
	HS771	Sir Ernest Shackleton: A Leadership Discussion		Thu	February 12	10:30-12:00		Dan Riegel

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Spring 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		History, Humanities, and International Studies						
	HS772	The Court Process: Part II		Fri	January 30	1:00-2:30		Erin and Frank
	HS773	Church Hill Tunnel Collapse: 100th Anniversary		Tue	March 24	9:30-10:30		George Saunders
	HS774	The Gustav Peckmann Letters		Thu	February 19	9:00-10:30		James Triesler
	HS775	Ernie Pyle: The Eternal Reporter		Thu	March 5	12:30-2:00		James Triesler
	HS776	The April 1942 Doolittle Raid: From Shangri-La to Tokyo		Thu	April 16	1:00-2:00	Online	James Triesler
	HS777	Pirates and Privateers in the American Revolution		Tue	March 24	12:30-1:30		John Partridge
	HS778	Pirates and Privateers in the American Revolution		Tue	April 21	11:00-12:00	Online	John Partridge
	HS779	The Black Watch and Spy-Planes: Cold War Missions		Tue	March 17	12:30-1:30		Tim Kisner
	HS780	Confederate Flags A		Tue	February 10	9:30-10:30		Waite Rawls
	HS781	Confederate Flags B		Tue	March 10	11:30-12:30		Waite Rawls
		Health and Wellness						
	HW312	Matter of Balance: Falls Prevention Workshop		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13	9:30-11:30		Stephanie and Madison
	HW342	Beginning Tai Chi 24 Form A		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	12:30-1:15		Damir Strmel
	HW343	Exploring Tai Chi through the Traditional Yang Form		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	11:00-12:00		Mary E. Gutberlet, M.Ed.
	HW355	Beginning Tai Chi 24 Form B		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	1:30-2:15		Mary E. Gutberlet, M.Ed.
	HW365	Healthy Living for the Brain and Body in the New Year		Tue	February 10	11:30-12:30		Rachel Lawson
	HW366	Understanding Alzheimer's and Dementia		Wed	March 11	11:00-12:00		Rachel Lawson
	HW367	Warning Signs of Alzheimer's		Tue	April 14	11:00-12:00	Online	Rachel Lawson
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	12:00-1:00		Mary and Mark
	HW389	Understanding Hearing Loss and Hearing Aids		Mon	January 26	11:00-12:00		Kimberly Felder
	HW394	Be the Help Until Help Arrives		Mon	January 26	1:00-3:00		CCEM Staff
	HW406	Low Back Pain	*\$15	Mon	March 2	11:30-1:00		Thomas Neviasser, MD
	HW407	Knee Conditions	*\$15	Mon	March 9	11:30-1:00		Thomas Neviasser, MD
	HW426	Basic Taiji Qigong		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	2:30-3:30		Walter and Patricia
	HW435	Strength Training Benefits for Life's Journey		Fri	January 23	11:30-12:30	Online	Eric and Katie
	HW436	Senior Living Continuum		Tue	January 20	2:00-3:30		Jaime Smiley, MS
	HW437	Dementia Stages and Strategies		Thu	February 19	1:30-3:30		Jaime Smiley, MS
	HW445	Staying Safe at Home		Thu	March 26	1:00-3:00		Jaime Smiley, MS
	HW446	Stress Management Bingo: A Fun Way to Recharge		Thu	February 12	1:30-2:30		Valerie and Eric
	HW467	Low Back Pain Solutions		Wed	February 4	2:30-3:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Wed	February 18	2:30-3:30		Jordan Witt, DPT
	HW472	Understanding BPP Vertigo and the Treatments		Mon	February 9	9:30-10:30		Andrew Rothschild
	HW474	Common Nerve Conditions and Treatments		Thu	February 5	10:00-11:30		Douglas A. Wayne, MD
	HW476	Women's Incontinence and Pelvic Floor Health: Hold It!		Thu	February 5	12:00-1:00		Ramzi Aboujaoude, MD
	HW498	Bone Health Basics: Osteopenia and Compression Fractures		Wed	March 11	12:30-1:30		Joshua Herzog, MD
	HW505	Tai Chi Refinement and Exploration		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	2:30-3:30		Drew Herman
	HW506	Caregiver Conversations: What is Good Dementia Care?		Fri	February 13	12:30-2:00		Dan, Jodi, and Kim
	HW507	Nasal Nerve Ablation		Tue	March 3	2:30-3:30		Rob Thomas, MD
	HW508	Hearing Loss		Mon	March 16	10:00-11:00		Michael Freeman, MD

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Spring 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Health and Wellness						
	HW509	Back Pain and Non-Surgical Care		Mon	March 23	12:00-1:00		William Kemp, MD
	HW510	Post-Menopausal Women's Health		Fri	February 27	2:00-3:00		Emily Stone, MD
	HW511	Tea, Health, and Harmony: Slow Sips	\$15	Wed	January 21, 28, February 4, 11, 18, 25, March 4, 18, 25	12:30-1:30		Ana Xuan Zhang Stevens
	HW513	Understanding Anemia		Tue	February 3	2:00-3:30		Brian Mitchell, MD
	HW514	Personal Medical Charts		Tue	February 10	2:00-3:30		Brian Mitchell, MD
	HW515	How the Body Is Built		Tue	February 17	2:00-3:30		Brian Mitchell, MD
	HW516	Understanding Cancer		Tue	February 24	2:00-3:30		Brian Mitchell, MD
	HW517	Play for Child Development with VCU OT		Tue	January 20, 27	2:00-3:30		Audrey and Ayn
	HW518	Caregiver Burnout Strategies		Fri	April 10	11:00-12:00	Online	Chris Nufer
	HW519	Intergenerational Relationships: Mental and Emotional Perspectives		Wed	February 25	11:00-12:30	Online	Dale Atkins
	HW520	Auditory Training: Train the Brain		Thu	March 5	11:00-12:00		Debra, Kim, and Tara
	HW522	Pain Starts in the Brain		Fri	March 20	12:30-1:30		Kathleen Floyd, DPT
	HW523	Humor in Medicine		Mon	February 23	2:00-3:30		James Schmitt, MD
	HW524	Benefits of Trigger Point Dry Needling		Fri	March 13	1:00-2:00		Jordan Witt, DPT
	HW525	Chesterfield Mobile Integrated Health Program		Wed	March 18	1:00-2:30		Lt. Mike Abbott
	HW526	Lifelong Mental Health		Wed	January 28	1:00-2:30		Melissa Ackley
		Inside LLI Activities						
	IA017	Souper Bowl Fundraiser		Tu/W	February 3, 4	9:30-3:00		LLI Fundraising Committee
	IA019	Spring-Cleaning Fundraiser		M/Tu	March 9, 10	9:30-12:00		LLI Fundraising Committee
	IA077	Workshop for LLI Instructors		Wed	January 21	2:00-3:30		Rachel Ramirez
	IA078	Workshop for LLI Instructors		Thu	January 22	12:30-2:00	Online	Rachel Ramirez
	IA997	Discussion with the Director		Thu	January 22	2:30-3:30		Rachel Ramirez
	IA998	Orientation for New Members		Fri	January 23	9:30-10:45	Online	Rachel Ramirez
	IA999	Orientation for New Members		Tue	January 20	9:30-11:00		Rachel Ramirez
		Languages						
	LA006	Basic Spanish for Beginners		Thu	January 22, 29, February 5, 12, 26, March 5, 12, 19, 26	11:30-12:30		Nena Woods
	LA015	Conversational German		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	2:00-3:30		Alan McCrea
	LA019	Conversational French Review		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	9:00-10:00		Carol Pritchard
	LA028	Conversational German		Mon	April 6, 13, 20	2:00-3:30	Online	Alan McCrea
		Leisure Activities						
	LE032	Needleworkers United		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	1:30-3:30		Sandy and Ellen
	LE130	Extra Easy Greeting Cards A: No Stamps	\$15	Wed	January 21	10:00-12:00		LaVae Hoffman
	LE131	Extra Easy Greeting Cards B: No Stamps	\$15	Mon	February 23	10:00-12:00		LaVae Hoffman
	LE143	Beaded Lanyard for LLI Name Tag A	\$8	Tue	January 20	12:30-3:30		Donna Whitfield
	LE147	Beaded Lanyard for LLI Name Tag B	\$8	Wed	February 11	12:30-3:30		Donna Whitfield
	LE200	Advanced Card Making: Spring Has Sprung	\$7	Fri	February 27	1:30-3:30		Marie Ireland
	LE233	Easy Wire Jewelry Workshop	\$15	Wed	February 4, 11, 18, 25	10:30-12:00		Judith Onesty
	LE241	Basic Pine Needle Baskets	\$24	Tue	March 3, 10, 17, 24	1:30-3:30		Diane and Jennifer
	LE252	Genealogy Discussions		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	2:00-3:30		Janet and Kevin
	LE253	Cooking with Judith		Mon	March 23, April 6, 13, 20	11:30-1:00	Online	Judith Onesty
	LE265	Modern Floral Design with an Asian Influence	\$12	Fri	March 6, 13, 20	1:30-3:00		Evelyn Klumb

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Spring 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Leisure Activities						
	LE295	Crafting PhD: Project Half Done		Thu	January 22, February 19, March 19	11:30-1:30		Mary Kay and Ethel-May
	LE303	Virginia Native Plants: Benefits for Wildlife and People		Wed	January 21	11:00-1:00		Sheryl Smith
	LE314	Cardmaking by Numbers	\$28	Tue	March 3	10:00-12:00		Stephanie Balarzs Douglas
	LE337	Alaska, Then and Now A		Tue	January 27, February 3, 10	9:30-11:00		Joe Lenzi
	LE348	Logic and Reasoning Puzzles A: Set 3		Tue	January 27	10:30-12:00		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 3		Thu	January 29	1:00-2:30		Stone Wahl
	LE353	Alaska, Then and Now B		Wed	February 18, 25, March 4	9:30-11:00		Joe Lenzi
	LE360	Travel the World: It's Not Too Late!		Tue	March 10, 17, 24	2:00-3:30		Josh and Laurie Pachter
	LE361	Braided Rag Rug Container: Recycle It!		Mon	March 2	10:00-12:00		Sandhi Schimmel Gold
	LE362	Wet Felted Soap Making	\$10	Fri	February 13	1:30-3:30		Marie Ireland
	LE363	Beginning Quilling	\$10	Tue	March 17, 24	10:30-12:00		Karen and Evelyn
	LE364	Dahlias 101		Wed	February 4	11:00-1:00		Conner Parrish
	LE365	Microgreens 101		Tue	February 10	11:00-1:00		Conner Parrish
	LE366	Ecological Gardening 101		Tue	February 24	9:30-11:30		Conner Parrish
	LE367	Mushrooms 101		Mon	March 2	11:30-1:30		Conner Parrish
	LE368	Capital Trail 101: A Guide to the Trail		Wed	March 18	11:00-12:00		Steph Coolbaugh
	LE369	Garden for Health		Tue	March 17	9:00-10:30		Susan Atkins
		Life Services						
	LS069	SeniorNavigator and the VirginiaNavigator Family of Websites		Tue	February 24	12:30-1:30		Bonnie Scimone
	LS084	Becoming an Optimist		Thu	January 22	9:00-11:00		Dr. Michael J. Wriston
	LS085	Art of the Apology		Mon	January 26, February 2	9:30-11:00		Dr. Michael J. Wriston
	LS090	Controlling Inner Chatter		Thu	February 12, 19	9:30-11:00		Dr. Michael J. Wriston
	LS091	Life-Changing Habits		Mon	February 23	9:30-11:30		Dr. Michael J. Wriston
	LS094	Discovering Gifts and Purpose		Mon	March 2, 9, 16	9:30-11:00		Dr. Michael J. Wriston
	LS095	Deepening Self-Awareness		Thu	March 12, 19	9:30-11:00		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive, Not Reactive		Tue	February 10	10:30-12:00		Marc Friedlander, MBA
	LS145	Transportation Services in Chesterfield County		Mon	February 2	11:30-12:30		Billie Darlington
	LS169	Chesterfield Council on Aging		Thu	January 22, February 26, March 26	9:00-10:00		Kim and CCA
	LS171	Transportation Services in Chesterfield County		Tue	March 17	11:00-12:00	Online	Billie Darlington
	LS176	CCPD Citizen's Police Academy		Thu	February 5, 12, 19, 26, March 5, 12, 19	8:30-12:30		CCPD
	LS177	Emergency Preparedness for Individuals and Households		Wed	February 18	2:00-3:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Wed	March 11	1:30-3:30		Keith Chambers
	LS196	Navigating Senior Living		Thu	March 12	2:30-3:30		John Krug
	LS198	Discussing the Big and Often Polarizing Issues		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	1:00-2:30		John and Claude
	LS203	Improving Self-Esteem		Wed	February 18	12:00-1:30		Richard Commander
	LS213	Setting Goals		Wed	March 11	12:00-1:30		Richard Commander
	LS217	Critical Thinking A: Principles and Obstacles		Thu	January 29, February 5	2:00-3:00		Brian Plante
	LS218	Critical Thinking B: Principles and Obstacles		Thu	February 26, March 5	2:30-3:30		Brian Plante
	LS222	Calling 911: What to Expect		Wed	March 4	9:00-11:00		Shannon M. White
	LS236	Living Better Every Day		Thu	February 5, 12	11:30-12:30		John Bennett
	LS237	OMA in Chesterfield: Dementia and Art		Tue	February 17	12:30-1:30		Bonnie Cauthorn

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.

Page 7 of 8

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Spring 2026 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Philosophy and Religious Studies						
	PR002	Bible Discussion of Philippians and Colossians		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	2:00-3:30		Mark Grubbs
	PR059	The History of the Bible: Not a Bible Study		Thu	March 5, 12, 19	1:00-2:00		Wayne Moyer
	PR060	The Great Myths		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	9:30-11:00		Timothy Pace
	PR099	Science and Theology		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	9:30-11:00		Timothy Pace
	PR100	The Chosen: The Life of Jesus and His Followers		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	1:00-2:30		Luke John Coukos
	PR104	God's Grace: What Does It Look Like?		Wed	January 28	12:00-1:30		Richard Commander
	PR107	The End Times According to the Bible		Wed	February 11, 18, 25, March 4	9:00-10:30		Wayne Moyer
	PR112	Thinking and Doing Ethics		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	11:00-12:00		James P. McDonough
	PR115	The Great Myths		Mon	April 6, 13, 20	9:30-11:00	Online	Timothy Pace
	PR116	Women of the Old Testament		Mon	March 2, 9	10:00-11:00		Joanna Lurie
	PR117	The Art of Haiku: The Maha Ichi-go Inchi-e Alpha Omega Experience		Tue	February 24, March 3, 17, 24	12:00-1:30		Jon Waybright
	PR118	Exploring the World of Dreams		Thu	March 5, 12, 19, 26	2:00-3:30		Mickie McGuill
		Special Events						
	SE100	Marine Corps Museum Tour: Celebrating the 250th Birthday of the Marines	\$155	Fri	February 20	8:00-6:30		SignaTours
	SE113	VA Holocaust Museum Dimensions in Testimony Tour		Fri	April 17	1:00-3:00		Matthew Simpson
	SE120	Norfolk Military Tattoo Tour	\$175	Sun	April 19	9:30-6:30		SignaTours
	SE164	Company's Coming Band Concert		Fri	February 6	2:30-3:30		Kate Conn, et. al.
	SE170	Agecroft Gardens Daffodil Tour	\$10	Fri	February 27	10:30-11:30		Katie and Diana
	SE195	VMHC We the People Tour A	\$14	Tue	April 14	11:00-12:00		Grace Powers
	SE196	VMHC We the People Tour B	\$14	Wed	April 22	11:00-12:00		Grace Powers
	SE214	Advertising Antics: A YAHA Performance		Tue	February 17	12:00-1:00		Bob and Vic
	SE220	VCU Libraries Noteworthy Book Art Collection and Archives Tour A		Thu	February 12	11:00-1:00		Kelly and Sarah
	SE221	VCU Libraries Noteworthy Book Art Collection and Archives Tour B		Thu	March 26	11:00-1:00		Kelly and Sarah
	SE224	CIS Volunteer Mentoring: Ettrick Elementary School		Wed	February 4, 18, March 4, 18, April 8, 22	11:00-2:00		Christopher and Wendy
	SE225	Truly Modern Lucy: A YAHA Performance		Thu	March 12	11:30-12:30		Bob and Vic
	SE226	Behind the Scenes with Brightpoint: The Mystery of Edwin Drood		Fri	March 20	2:00-3:30		Kerrigan Sullivan
	SE227	Agecroft Ming Porcelain Tour	\$12	Fri	February 6	10:30-11:30		Katie Reynolds
	SE228	Virginia Museum of Fine Arts (VMFA) Fabergé Tour A	\$10	Fri	March 6	10:00-11:00		Kathy Parrish
	SE229	Virginia Museum of Fine Arts (VMFA) Fabergé Tour B	\$10	Fri	March 6	1:00-2:00		Kathy Parrish
	SE230	History of VCU Tour: The Birth of an Urban University		Thu	March 5	10:00-11:30		Ruth and Margaret
	SE231	Chesterfield Circuit Courthouse Tour		Thu	April 9	10:00-12:00		Erin Barr
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	January 26, February 2, 9, 23, March 2, 9, 16, 23	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	January 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25	1:00-3:00		Carolyn and Fran
	WG007	Canasta Variations: Hand and Foot, Triple Play, and Samba		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg Thursday		Thu	January 22, 29, February 5, 12, 19, 26, March 5, 12, 19, 26	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge for Experienced Players		Fri	January 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27	9:00-12:00		Diane and Randall
	WG013	Spades		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	11:30-1:30		Anne and Bev
	WG014	Mah Jongg Tuesday		Tue	January 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24	2:00-3:30		Julie Randolph

You may register for a course by placing an "X" in the left column.

All fees are due at time of registration. Trip fees may only be refunded up to 30 days prior to a trip. An * indicates the fee is OPTIONAL.