

First Name: \_\_\_\_\_

## LLI in Chesterfield

Sequence # (Office Use): \_\_\_\_\_

Last Name: \_\_\_\_\_

## Spring 2026 Registration Form

Paid \$: \_\_\_\_\_

Member ID#: \_\_\_\_\_

Paid by: \_\_\_\_\_

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
<b>Art, Music, Drama, and Dance</b>								
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

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
<b>Computers, Technology, Math, and Science</b>								
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
<b>Diversity, Equity, and Inclusion</b>								
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 Swatlowski
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.
<b>Economics and Finance</b>								
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

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<b>Literature, Poetry, and Film</b>								
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
<b>Fitness</b>								
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

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<b>Fitness</b>								
	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
<b>History, Humanities, and International Studies</b>								
	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

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<b>History, Humanities, and International Studies</b>								
	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
<b>Health and Wellness</b>								
	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 Neviaser, MD
	HW407	Knee Conditions	*\$15	Mon	March 9	11:30-1:00		Thomas Neviaser, 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

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<b>Health and Wellness</b>								
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
<b>Inside LLI Activities</b>								
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
<b>Languages</b>								
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
<b>Leisure Activities</b>								
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

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<b>Leisure Activities</b>								
	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
<b>Life Services</b>								
	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

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<b>Philosophy and Religious Studies</b>								
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
<b>Special Events</b>								
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
<b>Weekly Group Activities</b>								
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

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