



# Lifelong Learning Institute in Chesterfield

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

Lifelong Learning Institute

For midlife and older adults

**SUMMER 2026 SESSION**

**MAY 4 – AUGUST 21, 2026**

### What We Are

The Lifelong Learning Institute in Chesterfield is a member-supported organization designed to meet the educational and social enrichment needs of midlife and older adults. 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, and some members also 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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Bob Ferguson, PhD (LLI Member, Faculty)

Catherine Tompkins (Chesterfield County Public Schools)

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

Office Assistant: Scarleth Castillo

InterAge Intern: Anna Buxmann

**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](mailto:info@LLIChesterfield.org)    Website: [www.LLIChesterfield.org](http://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 round-trip 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. Thank you for being 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](http://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, April 23, 2026. Open Registration will occur onsite Monday, April 27 - Tuesday, April 28, 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 April 28 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.**

### Safety Guidelines for Summer 2026

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), body aches, repeated shaking or chills, new, persistent cough for unknown reasons, shortness of breath for unknown reasons, runny nose for unknown reasons, headache 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](http://www.LLIChesterfield.org/instructors)












### **Renovation Plans and Learning Cottages...**

Welcome to a revised new chapter at LLI! In August 2026, LLI will temporarily move out of the building to allow space for the county to renovate. The upgrades will include new windows, external doors, and a brand-new ducted HVAC system! The great news is, we don't have to go far! The county will be providing two Learning Cottages on the soccer field behind LLI, which will provide comparable classrooms, office, and lounge space. During the renovation of our beloved building, we're excited to offer this convenient, comfortable, and close alternative space. Our commitment to engaging courses, welcoming community, and lifelong learning will remain unchanged. Thank you in advance for your flexibility, confidence, and continued enthusiasm as we make this transition together.



The Summer 2026 session will run May 4 – August 21. In-person and online courses will be offered May 4 – July 31. Courses will all be online from August 3-21 to allow ample time to physically move into the Learning Cottages. We'll have open house opportunities the week of August 24 and release the Fall 2026 catalog on Thursday, August 27. We'll continue to communicate through our newsletter and in-person announcements to keep everyone informed and connected. Scan the QR Code anytime to read the latest news and Renovation FAQ at [www.LLIChesterfield.org/renovations](http://www.LLIChesterfield.org/renovations).

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](https://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

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**AD****Art, Music, Drama, and Dance**

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**Beginner Tap Dancing****Course: AD262045****Tuesday****May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28****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.

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**Readers Theater****Course: AD262248****Tuesday****May 5, 12, 26, June 2, 9, 23, 30, July 7, 14, 21, 28****9:30-10:30****Instructor(s): Ken Carlson**

This introductory-level course will introduce students to Readers Theater, a performance style that gained popularity during World War II. Students will explore various forms of Readers Theater and practice acting techniques such as voice inflection, facial expression, and active listening. All reading levels are welcome, and standing is not required. Typical readings may include old radio shows, one-act plays, and other short programs, all designed to be read aloud and completed within a single class session. The subject matter will remain flexible, and student suggestions will be welcomed. On the final class session of each month, students may bring a short piece (approximately 3–5 minutes) to share—such as a poem, essay, magazine column, or song lyrics. All participation will take place in the classroom; there will be no outside performances. Readers Theater offers a fun and engaging way to strengthen reading, comprehension, vocabulary, language, creativity, and teamwork skills.

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**Intermediate Tap Dancing****Course: AD262021****Tuesday****May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21****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.

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**Country Line Dancing****Course: AD262058****Tuesday****May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28****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.

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**Moving to Music****Course: AD262292****Wednesday****May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29****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.

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**Woodcarving: Open Carve****Course: AD262080****Wednesday****May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29****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!

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**American Architectural Gems****Course: AD262332****Wednesday****May 6, 13, 20, June 3****9:30-10:30****Instructor(s): Karen Steele**

This course will offer a wide exploration of American architectural heritage through many of the nation's most memorable buildings. The study will include great houses such as Monticello, San Simeon, The Breakers, The Biltmore, Fallingwater, the White House, and the cottage featured in Grant Wood's American Gothic. Students will consider the early rise of the skyscraper and the classical presence of major museums and libraries, including the Metropolitan Museum of Art, the Boston Public Library, and the New York Public Library. Railway stations such as Grand Central Terminal and Richmond's Broad Street Station will illustrate how transportation needs and new building materials shape design. The course will also highlight state capitols built in classical styles and the elegantly designed department stores that reflect the growth of shopping as a leisure activity.

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**Intermediate Ukulele: Beach-Ready Summer Strumming****Course: AD262252****Wednesday****May 6, 13, 20, 27****11:00-12:30****Instructor(s): Rick Kaerwer**

This course will offer an energetic experience for intermediate ukulele players who enjoy playing in a group setting. Students will move up to regular speed while building confidence with six essential strum patterns and a selection of classic songs that will extend beyond a basic three-chord repertoire. The course will also include songs that will strengthen finger work and ensemble skills. Instruments are available to borrow from the county library or from the instructor during each class. Students should expect a lively musical experience before summer trips and seasonal activities.

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**Artist Open Studio****Course: AD262234****Wednesday****May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29****1:00-3:00****Instructor(s): Diana Hinman, Diane Barbour, and LuGay Lanier**

This weekly studio welcomes both seasoned and beginner artists working in any visual medium, including watercolor, colored pencil, acrylics, oils, pastels, sketching, collage, and mixed media. Students will work on projects of their own choosing and share ideas, techniques, and inspiration with mentors and fellow artists. Informal, individualized instruction will be offered based on each participant's interests and needs. Students must bring their own supplies and be prepared to work independently. A library of reference photos and tips will be available for use.

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**Introduction to Brazilian Percussion****Course: AD262210****Wednesday****May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29****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 will be provided by the instructor for the first session. Students are encouraged to choose and purchase an instrument for continued participation. Learning to play the music provides an opportunity to learn about the cultures, both secular and religious, that created the music.

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**Introduction to Line Dancing****Course: AD262036****Thursday****May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30****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!

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**Line Dance Practice****Course: AD262075****Thursday****May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30****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.

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**Lifelong Musicians****Course: AD262141****Thursday****May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30****12:00-1:30****Instructor(s): Brad Bryan, Ken Carlson, and Rick Kaerwer**

Students will play and sing a wide variety of popular songs from the 1920s through the 1990s—examples include Down on the Corner, Proud Mary, Sweet Caroline, Crazy, Love Potion #9, and Brown Eyed Girl. This course is designed for students who enjoy these classics and can play a chording instrument (guitar, mandolin, ukulele, keyboard), bass, percussion, or any instrument that fits the group. Lyrics and chords will be provided, and all songs will be played together as a group. Everyone who registers should play an instrument—even a pair of egg shakers counts! While there is little formal instruction, students will learn from each other and have fun. Good attendance is encouraged.

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**Open Studio for Artists****Course: AD262278****Friday****May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31****10:30-12:30****Instructor(s): Dr. Susan Coffey, Susan Davies, and Yvonne Ricciardelli**

Students will create art independently in a supportive, open studio environment. Artists will be encouraged to share ideas, favorite reference photos, and more with the class. A ten-minute tips-and-tricks art video will be shown at the beginning of each class. The other artists and coordinators will give ideas and make suggestions when requested. All levels will be welcome. Students must bring their own supplies, and all mediums used must be odorless. Happy creating!

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**Ballroom Dance Practice****Course: AD262197****Friday****May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31****12:15-1:15****Instructor(s): Eric and Julie Van Buskirk**

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.

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**InterAge Storytelling Workshop for Elders and Youngers****Course: AD262333****Thursday****May 14****10:00-12:00****Instructor(s): Les Schaffer and Judith Onesty**

This workshop will welcome students of all ages to explore how storytelling can serve as a bridge across the age spectrum. Through easy and engaging guided activities, students will uncover personal narratives, family histories, and shared cultural touchstones that connect people across age groups, making this an ideal experience for grandparents and their grandchildren or any adult wishing to share the experience with a younger person. Each class will blend story-sharing circles, creative prompts, and listening exercises to help students discover common ground, celebrate differences, and preserve meaningful memories. By the end of the workshop, students will have developed a short, shareable InterAge story, practiced inclusive storytelling and active listening techniques, and gained tools to continue meaningful conversations beyond the classroom. This course will be a unique InterAge opportunity, welcoming students of all ages from the community; children must be accompanied by an adult, and only adults will need to register. All students will be encouraged to register for the InterAge Storytelling course (AD262334).

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**Chicago Tribune Tower Competition: Gothic Dreams and Modern Visions****Course: AD262324****Thursday****May 14, 21****2:30-3:30****Instructor(s): Tara Semtner, AIA**

This course will examine the 1922 Chicago Tribune Tower Competition, a defining moment in architectural history. Students will explore the contrasting visions of architects from around the world who competed to design what was intended to be the “world’s most beautiful office building.” The course will consider the cultural, stylistic, and technological forces that shaped the entries and the lasting influence of the competition on modern architecture.

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**InterAge Storytelling for Elders and Youngers****Course: AD262334****Tuesday****May 19, 26, June 2****1:00-2:30****Instructor(s): Les Schaffer and Judith Onesty**

This course will invite students of all ages to come together in a welcoming, creative space to share, listen, and co-create stories that honor personal histories, cultures, and collective dreams. Through fun, guided activities, students will explore the power of storytelling to build empathy, preserve cultural memory, and spark meaningful connections across generations. This course will extend the work of the InterAge Storytelling workshop (AD262333), though attendance in both will not be required, and LLI members will be encouraged to attend with grandchildren, great-grandchildren, or other youngers in their lives. Each class will blend conversation, creative exercises, and collaborative projects, ensuring that every voice is heard and valued as students build a collection of shared stories that reflect both the wisdom of experience and fresh perspectives. This course will be a unique InterAge opportunity, welcoming students of all ages from the community; children must be accompanied by an adult, and only adults will need to register.

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**Super Senior Storytelling Slam****Course: AD262192****Thursday****May 28, June 25, July 23****10:30-12:30****Instructor(s): Judith Onesty and Les Schaffer**

This course will invite students to enjoy a lively time of personal storytelling with Judith and Les. Each month will feature a suggested topic to spark memories and encourage creative expression. Students will learn tips and techniques for making their stories engaging and enjoyable. The course will also offer time to listen to and appreciate the stories shared by fellow storytellers.

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**Painting Secrets of the Old Masters****Course: AD262335****Monday June 1****9:00-10:30****Instructor(s): Chris Semtner**

Before 1900, most painters learned their craft in the studios of master artists who passed down centuries-old techniques. Over the twentieth century, many of these methods faded from common practice. This course will reveal some of the approaches used by Rembrandt, Velázquez, Vermeer, and other great artists to transform paint into light, shadow, depth, texture, and illusion. Students will explore the craftsmanship behind these works, gaining insights that will appeal to both artists and art lovers.

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**The Book of Amazement Art Journal A: Making the Book****Course: AD262314****Monday June 1****1:00-2:30****Instructor(s): Janet Abel**

Please register for only one session (A or B) to allow all students a chance to participate. Students will bring their own blank composition book (find one in the school supply section of most any store) to transform into a personal "holy book." Inspired by a dream of artistic awakening, the instructor will guide students in using intention and attention to create journals to fill with dreams, prayers, poems, and reflections. Students will explore how art journaling can be a transformative tool for self-expression and healing. Students will need to bring a composition book (no spiral notebooks, please), a brown paper grocery bag, scissors, writing utensils, and a glue stick. Basic art supplies will be discussed, but the project will not be completed during the class. Students are encouraged to register for one of the "Art Journaling in the Book of Amazement: Using the Book" courses to continue their journaling journey.

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**World Theatre History****Course: AD262336****Tuesday June 2, 9, 16, 23, 30, July 7, 14, 21, 28****2:30-3:45****Online****Instructor(s): Kathryn Miesse**

This course will introduce students to classical and modern plays from around the world and will examine how theatre not only reflects history but also shapes it. Readings and discussions will range from Shakespearean epics to Cambodian rock and roll to revolutionary absurdism in communist China, highlighting the ways performance traditions respond to and influence cultural and political change. The course will be discussion based with some lecture elements, and all plays will be made digitally available at no cost.

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**Art Journaling in the Book of Amazement A: Using the Book****Course: AD262326****Monday June 8****1:00-2:30****Instructor(s): Janet Abel**

Please register for only one session (A or B) to allow all students a chance to participate. Students are encouraged to register for one of "The Book of Amazement Art Journal: Making the Book" courses to start their journaling journey. This course will continue the practice shared in that course by guiding students through the daily discipline of "Art in Three Inches." Students will learn how to break a journal of blank pages into manageable pieces that honor words and images drawn from dreams and daily life. The process of writing and creating will encourage reflection, conversation, and relationship building with the self, while providing the right conditions for insight to emerge. Students will discover how small, consistent acts of creativity can have a lasting impact. Students should bring their Art Journals along with their favorite art supplies to play together. Students may repeat the course as often as they like to help build the habit of art journaling.

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**Creativity and Wellness: How Creating Combats Loneliness****Course: AD262329****Tuesday June 9****12:00-1:00****Instructor(s): Kate Powell, MPA, CFRE**

This course will introduce a creative arts outreach model designed to support individuals experiencing social isolation in the community. Students will learn about the history and science behind creative arts in health, along with the importance of creative experiences in healthcare and congregate care settings. The course will also highlight volunteer and artistic opportunities available through ArtsConnect Virginia. To demonstrate the program's impact, students will participate in a guided visual arts project with supplies provided by ArtsConnect Virginia.

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**Advanced Watercolor****Course: AD262012****Thursday June 18, 25, July 2, 9, 16, 23****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.

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**Intermediate Watercolor with Marti****Course: AD262111****Thursday June 18, 25, July 2, 9, 16, 23****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.

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**Paintings in Disguise: Diving Deeper****Course: AD262325****Thursday July 9, 16****2:30-3:30****Instructor(s): Tara Semtner, AIA**

This course will continue the exploration begun in the spring session, "Paintings in Disguise: Beneath the Surface," and newcomers are welcome. Beneath every painting lies a record of decisions, revisions, and sometimes an entirely different image. The course will examine how conservators and researchers use X-rays, infrared imaging, ultraviolet light, pigment analysis, and other techniques, and how they interpret what they find. Through focused case studies, students will see how hidden evidence is read and how it can reshape an understanding of a work of art, as well as what follows when conservators uncover original surfaces and carry out restoration.

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**The Book of Amazement Art Journal B: Making the Book****Course: AD262319****Tuesday****July 14****1:00-2:30****Instructor(s): Janet Abel**

Please register for only one session (A or B) to allow all students a chance to participate. Students will bring their own blank composition book (find one in the school supply section of most any store) to transform into a personal "holy book." Inspired by a dream of artistic awakening, the instructor will guide students in using intention and attention to create journals to fill with dreams, prayers, poems, and reflections. Students will explore how art journaling can be a transformative tool for self-expression and healing. Students will need to bring a composition book (no spiral notebooks, please), a brown paper grocery bag, scissors, writing utensils, and a glue stick. Basic art supplies will be discussed, but the project will not be completed during the class. Students are encouraged to register for one of the "Art Journaling in the Book of Amazement: Using the Book" courses to continue their journaling journey.

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**Art Journaling in the Book of Amazement B: Using the Book****Course: AD262327****Tuesday****July 21****1:00-2:30****Instructor(s): Janet Abel**

Please register for only one session (A or B) to allow all students a chance to participate. Students are encouraged to register for one of "The Book of Amazement Art Journal: Making the Book" courses to start their journaling journey. This course will continue the practice shared in that course by guiding students through the daily discipline of "Art in Three Inches." Students will learn how to break a journal of blank pages into manageable pieces that honor words and images drawn from dreams and daily life. The process of writing and creating will encourage reflection, conversation, and relationship building with the self, while providing the right conditions for insight to emerge. Students will discover how small, consistent acts of creativity can have a lasting impact. Students should bring their Art Journals along with their favorite art supplies to play together. Students may repeat the course as often as they like to help build the habit of art journaling.

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**The Book of Amazement Art Journal: Making the Book****Course: AD262315****Wednesday****August 5****1:00-2:30****Instructor(s): Janet Abel****Online**

Students will bring their own blank composition book (find one in the school supply section of most any store) to transform into a personal "holy book." Inspired by a dream of artistic awakening, the instructor will guide students in using intention and attention to create journals to fill with dreams, prayers, poems, and reflections. Students will explore how art journaling can be a transformative tool for self-expression and healing. Students will need to bring a composition book (no spiral notebooks, please), a brown paper grocery bag, scissors, writing utensils, and a glue stick. Basic art supplies will be discussed, but the project will not be completed during the class. Students are encouraged to register for one of the "Art Journaling in the Book of Amazement: Using the Book" courses to continue their journaling journey.

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**Art Journaling in the Book of Amazement: Using the Book****Course: AD262328****Wednesday****August 12****1:00-2:30****Instructor(s): Janet Abel****Online**

Students are encouraged to register for one of "The Book of Amazement Art Journal: Making the Book" courses to start their journaling journey. This course will continue the practice shared in that course by guiding students through the daily discipline of "Art in Three Inches." Students will learn how to break a journal of blank pages into manageable pieces that honor words and images drawn from dreams and daily life. The process of writing and creating will encourage reflection, conversation, and relationship building with the self, while providing the right conditions for insight to emerge. Students will discover how small, consistent acts of creativity can have a lasting impact. Students should bring their Art Journals along with their favorite art supplies to play together. Students may repeat the course as often as they like to help build the habit of art journaling.

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**LLI App Innovation Research Project****Course: CO262266****Tuesday****May 5****9:00-10:30****Instructor(s): Miska Khan, KC Duong, and Lilah Cohen**

This course will introduce students to a team of Virginia Commonwealth University students collaborating with LLI Chesterfield to explore opportunities for a user-friendly app designed for the LLI community. The team will share insights from their research, describe the needs identified through member engagement, and discuss potential solutions aimed at enhancing accessibility, communication, and the overall learning experience.

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**Nearpeer Tutorial and Tips A****Course: CO262199****Wednesday****May 6****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!

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**Understanding Artificial Intelligence: Introductions****Course: CO262262****Monday****May 11, 18, June 1****2:00-3:30****Instructor(s): Danny Arkin**

This course will introduce students to the history, role, promises, fears, and future of Artificial Intelligence. Public concern about AI remains significant, with many Americans expressing uncertainty about its impact on society. Students will explore these concerns alongside the perspectives of researchers, examining how hopes and anxieties have shaped public conversation. The course will also provide an introduction to Generative AI through hands-on work with chatbots, teaching students how to use prompts to explore, create, evaluate, and summarize content. By the end of the course, students will be prepared to form their own informed opinions about AI's place in their lives.

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**News from the Microbiome****Course: CO262218****Wednesday****May 13, 20****10:30-12:30****Instructor(s): Patricia Ryther**

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.

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**Apple Mail App for iPhone and iPad****Course: CO262243****Friday May 15****1:00-3:00****Instructor(s): Mark Grubbs**

This course will introduce students to the features and functions of the Mail app on the iPhone and iPad beginning with the basics and progressing to more advanced tools as students are guided interactively through each part of the app. The course will also address email management and the value of maintaining at least two email addresses. Students who need a second address will have time in class to create one and add it to their device. Those who are not currently checking email on their device should bring their email password so the account can be added during class. Students are encouraged to come with questions.

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**Fusion Power in Chesterfield****Course: CO262260****Friday May 15****1:00-2:00****Instructor(s): Jessica Strunkin**

This course will introduce students to the emerging world of fusion energy and the work taking place here in Chesterfield County. Representatives from Commonwealth Fusion Systems will provide an accessible overview of fusion power and the science behind the ARC™ fusion power plant. Students will learn about current progress toward commercializing fusion energy, the research and engineering that support this effort, and the potential role fusion power may play in Virginia's energy transition. Students are encouraged to bring their curiosity and their questions as they explore this exciting area of innovation.

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**Sleep, Wake, and the Renewing Brain****Course: CO262265****Wednesday June 10, 17, 24****10:30-12:30****Instructor(s): Patricia Ryther**

Dr. Matthew Walker, Neuroscientist, said, "Sleep is the single most effective thing we can do to reset our brain and body health each day." New research shows that sleep isn't the mind's off switch, but a complex and dynamic process that impacts both physical and mental health. This course will present how the sleeping brain stores memories, removes metabolic waste products, and renews itself for the next day. Modern lifestyles can disrupt the 24-hour wake/sleep cycle and hinder the brain's ability to maintain and regenerate itself. Students will discuss simple changes which can help keep the brain sharp and the body's organ systems strong.

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**Podcasts for All****Course: CO262235****Wednesday June 10****1:30-3:00****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 course will be a unique InterAge opportunity, welcoming students of all ages from the community; children must be accompanied by an adult, and only adults will need to register.

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**Working with Artificial Intelligence A: Learning to Navigate****Course: CO262263****Thursday****June 11, 18, 25****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 offer a hands-on exploration of selected elements of Generative AI. Students will learn how to use AI tools to support research, simplify complex information through summarization, and spark creativity in writing projects such as stories, descriptive pieces, emails, and poems. The course will also introduce image creation, allowing students to apply their prompting skills to generate original artwork. Students will work in small groups using Google Gemini on smartphones, tablets, or laptop computers. Smartphone and tablet users must arrive with the Google Gemini app installed, and laptop users should have a working browser, with Google Chrome preferred. The course will provide a supportive environment for building confidence and skill in navigating AI tools.

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**What is Modern Science?****Course: CO262230****Monday****June 22, 29****1:30-3:00****Instructor(s): Alex Meredith**

This course will explore how science has evolved from ancient practices to the evidence-based process we recognize today. Students will trace its development through periods of missteps, stagnation, and near-extinction, and will highlight the critical turning points that have shaped its modern form. The course will emphasize that science was not invented all at once, but has emerged through an unplanned, undirected, and self-correcting process. Ultimately, students will gain a deeper understanding of science as a unique human endeavor—one that acquires knowledge of nature through observation, experimentation, and evidence.

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**Introduction to Zoom****Course: CO262256****Friday****June 26****10:30-12:00****Instructor(s): Carri Pandolfe**

This course will introduce students to Zoom and prepare them for taking online courses. Students will learn how to download Zoom, set up a free account (optional), and navigate basic features such as joining meetings, using audio and video controls, and accessing chat. The course will provide step-by-step guidance and hands-on support so students feel confident using Zoom for online learning. Students may bring their mobile devices to class or take home a handout to get connected. Students will be encouraged to register for one of the Zoom Practice sessions to build additional confidence.

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**Apple App Store App for iPhone and iPad****Course: CO262240****Friday****June 26****1:00-3:00****Instructor(s): Mark Grubbs**

This course will guide students through the features and uses of the App Store app on the iPhone and iPad. Students will learn how to search for apps, review app details, download and install new apps, and manage updates. In class, students can download, set up, and use an app to gain confidence navigating the App Store and expanding the capabilities of their device. Students are encouraged to come with questions.

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**Working with Artificial Intelligence B: Learning to Navigate****Course: CO262264****Thursday****July 9, 16, 23****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 offer a hands-on exploration of selected elements of Generative AI. Students will learn how to use AI tools to support research, simplify complex information through summarization, and spark creativity in writing projects such as stories, descriptive pieces, emails, and poems. The course will also introduce image creation, allowing students to apply their prompting skills to generate original artwork. Students will work in small groups using Google Gemini on smartphones, tablets, or laptop computers. Smartphone and tablet users must arrive with the Google Gemini app installed, and laptop users should have a working browser, with Google Chrome preferred. The course will provide a supportive environment for building confidence and skill in navigating AI tools.

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**Microplastics: A Global Problem Gets Personal****Course: CO262246****Friday****July 10, 17, 24****10:30-12:30****Instructor(s): Patricia Ryther**

This course will explore the widespread presence of plastics in daily life—from food storage and clothing to vehicles and medical equipment—and examine the environmental and health concerns associated with microplastics and nanoplastics. Recent studies suggest that people may inhale or ingest tens of thousands of plastic particles daily, which can contribute to inflammation, oxidative stress, and other health risks. This course will outline the problems of living in a plastic-dependent world and introduce strategies for reducing plastic consumption and exposure to the chemicals used in manufacturing. Students will discuss current scientific findings and share ideas for practical, health-conscious changes.

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**Zoom Practice****Course: CO262258****Monday****July 13, 20, 27****1:30-2:30****Online****Instructor(s): Carri Pandolfe and Scarleth Castillo**

This course will give students the opportunity to practice using Zoom in a supportive environment. Students will join a live session to rehearse common tasks, such as muting and unmuting, adjusting video, sharing screens, and using breakout rooms. The course will emphasize building comfort and confidence with Zoom so students are ready to participate fully in online courses. Students who are brand new to Zoom are encouraged to register and attend an Introduction to Zoom. Students can attend one class or multiple classes to increase Zoom knowledge and comfort.

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**Fusion Power in Chesterfield****Course: CO262261****Wednesday****July 15****11:00-12:00****Online****Instructor(s): Jessica Strunkin**

This course will introduce students to the emerging world of fusion energy and the work taking place here in Chesterfield County. Representatives from Commonwealth Fusion Systems will provide an accessible overview of fusion power and the science behind the ARC™ fusion power plant. Students will learn about current progress toward commercializing fusion energy, the research and engineering that support this effort, and the potential role fusion power may play in Virginia's energy transition. Students are encouraged to bring their curiosity and their questions as they explore this exciting area of innovation.

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**Nearpeer Tutorial and Tips B****Course: CO262200****Wednesday****July 22****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!

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**DE****Diversity, Equity, and Inclusion**

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**Disability and Ableism: From Oppression to the ADA to How to Help****Course: DE262013****Thursday****May 28, June 4****1:30-3:00****Instructor(s): Wayne Swatlowksi**

This course will explore the historical and ongoing discrimination faced by people with disabilities, including persecution, medical abuse, and systemic ableism. Students will examine early societal attitudes, the wide spectrum of disabilities, and respectful approaches to communication. The course will highlight how ableism manifests in everyday life through personal reflections from disabled individuals and will offer practical strategies for allyship. Students will gain insight into how to support disabled people with empathy, awareness, and a commitment to inclusion. This course is designed for disabled students, those with disabled loved ones, and anyone seeking to become a more informed and compassionate ally.

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**A Week in the Life of Billy Good****Course: DE262019****Thursday****June 4****10:30-12:00****Instructor(s): Wilbur Good and Carol Good**

This course will introduce students to the daily experiences of Billy Good, who was born with spina bifida and was paralyzed from the waist down. Living independently and driving his own car, Billy navigated life with determination and resilience. The video presentation will reveal his routines at home and in the community, as well as moments surrounding one of his many brain surgeries. Students will gain insight into Billy's challenges and strengths, and the ways he adapted to maintain autonomy and purpose.

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**Aging and Ageism in Society and Self****Course: DE262015****Thursday****June 11, 18, 25****1:30-3:00****Instructor(s): Wayne Swatlowksi**

In this discussion-based course, students will reflect on the aging process by sharing personal insights and exploring the challenges and rewards of later life. The first two classes will focus on aging with a positive attitude and the tools that support wellbeing into elderhood. The third class will examine ageism as a systemic issue and its impact on how individuals experience aging. Course content draws from the writings of gerontologists and other experts, as well as research studies with older adults. Students with access to Netflix may wish to view the documentary series Live to 100: Secrets of the Blue Zones to enrich class discussion.

**Understanding Gender Identity and Expression****Course: DE262007****Friday July 17****1:30-3:30****Instructor(s): Ted Heck**

This course will present foundational concepts related to gender identity and gender expression and how they connect to sexual orientation, gender roles, and other aspects of gender within society and relationships. Students will learn the basic components of gender and key gender-related terms, explore how names and pronouns shape people's experiences, and discuss ways to support trans and non-binary individuals. The course will also provide opportunities for questions and conversation about these concepts and related topics.

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**EF****Economics and Finance**

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**Long Term Care Insurance****Course: EF262136****Tuesday May 5****10:30-12:30****Instructor(s): Linda Tsironis Caruthers**

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.

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**New Medicare Birthday Rule and Healthcare Expense Savings A****Course: EF262183****Thursday May 7****11:00-12:00****Instructor(s): Beckey Huddleston**

Please register for only one session (A or B) to allow all students a chance to participate. This course will explain Virginia's newly enacted Medicare Birthday Rule, effective July 1, 2025. Students will learn how this law allows individuals enrolled in a Medigap policy to purchase the same plan type with identical benefits during an annual 60-day enrollment period beginning on their birthday, without being denied coverage or charged higher rates due to health conditions or claims history. The course will highlight how this legislation, adopted by only 12 states, enables seniors to compare premiums and potentially reduce healthcare expenses. Program details will be presented as outlined by the State Corporation Commission, offering clear guidance on how the rule can benefit students.

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**Investing in Artificial Intelligence: Part II****Course: EF262188****Wednesday May 13****2:00-3:30****Instructor(s): James E. Davidson, Jr., CFP®**

This course will continue an introduction to investing in artificial intelligence (AI). Topics will include how to get started, opportunities and risks, practical insights to proceed responsibly and effectively, and more! Attendance for part one is not required.

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**Financial Stability****Course: EF262167****Wednesday May 13****2:00-3:00****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.

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**Medicare Essentials A: Understanding Healthcare****Course: EF262190****Thursday****May 14****11:00-12:00****Instructor(s): Beckey Huddleston**

Please register for only one session (A or B) to allow all students a chance to participate. This course will offer a clear overview of Medicare for current beneficiaries and those approaching eligibility who want a better understanding of their healthcare coverage and options. Students will review Medicare Parts A, B, C, and D; compare Medicare Advantage and Supplement (Medigap) plan differences; and examine enrollment timelines, penalties, and common coverage gaps and misconceptions. The course will help students gain confidence in understanding how their Medicare coverage works and the options available as their needs change.

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**Finance Across Generations: Bridging the Gap****Course: EF262180****Tuesday****June 2****9:00-10:30****Instructor(s): Sabrina Guerin and Amy Pridemore**

Students will explore the shifting landscape of personal finance across generations—from Baby Boomers to Generation Z. This course will examine how the cost of living, education, homeownership, career paths, and debt perceptions have evolved over time. Students will also discuss common financial myths and how generational experiences have shaped attitudes toward money. Designed as an intergenerational dialogue, this course will encourage reflection, comparison, and practical insight into today's financial realities.

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**Money Mindset Makeover: Ignite a Love Affair with Money****Course: EF262163 \*\$13****Tuesday****June 2****11:00-12:30****Instructor(s): Sorana Blackfoot**

The secret to escaping the money mindset minefield lives between the ears. Everyone has a relationship with money, and many describe it as love-hate. This course was born from the desire to help people ignite a love affair with their money. The course will teach students how to build a better relationship with their money by discussing the mindset challenges most people face and the beliefs people have adopted or developed throughout their lives. Practical steps to overcome these challenges and beliefs will also be shared. The importance of the mindset in a relationship with money will be covered, as well as strategies for increasing financial IQ and the confidence to take charge of one's finances. The information shared in the course is a combination of practical strategies and methods that can lead to a better understanding of not only the financial system but also an individual's place in it. The author's book by the same title as the course can optionally be purchased through LLI during Open Registration only, and payment is due at registration.

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**Outsmart the Scammers****Course: EF262147****Wednesday****June 3****11:00-12:00****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.

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**Smart Investing****Course: EF262018****Tuesday****June 9****9:30-11:00****Instructor(s): James E. Davidson, Jr., CFP®**

People are hard-wired to be poor investors...emotional beings who tend to avoid pain and seek pleasure. Being aware of innate biases and tendencies is an important step toward avoiding them. Students will gain deeper insight into the world of investing and learn how to avoid common mistakes by joining this course to discuss these and other issues in an open dialogue and Q&A format. No investment experience is necessary!

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**Medicare 101: Understanding the Basics****Course: EF262113****Tuesday June 23****10:30-12:00****Instructor(s): Tammy Akers**

Students will gain a comprehensive overview of Medicare, the federal health insurance program for individuals age 65 and older and those with certain disabilities or health conditions. This course will help students understand the different parts of Medicare, eligibility requirements, and coverage options. Whether approaching enrollment, assisting a loved one, or seeking clarity on benefits, students will leave better equipped to make informed health care decisions with confidence.

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**Organizing Financial Records****Course: EF262118****Wednesday July 1****9:30-10:30****Instructor(s): Sabrina Guerin**

With all the paperwork surrounding financial records, what should be kept? What should be thrown out? This course will share a method of getting organized. Students will learn a quick, clear path to figuring out what needs to be retained.

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**Financial Preparedness for Disasters****Course: EF262132****Monday July 13****1:30-3:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will be based on FEMA's Emergency Financial First Aid toolkit and will educate students on the financial impacts of disasters. Students will learn practical strategies for preparing financially for emergencies, including how to safeguard important documents, protect assets, and plan for recovery. The course will provide guidance on using available resources to strengthen financial resilience and ensure readiness for unexpected events.

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**Estate Settlement and the Probate Process****Course: EF262104****Tuesday July 14****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.

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**Medicare 101: Understanding the Basics****Course: EF262138****Wednesday July 22****10:30-12:00****Instructor(s): Tammy Akers****Online**

Students will gain a comprehensive overview of Medicare, the federal health insurance program for individuals age 65 and older and those with certain disabilities or health conditions. This course will help students understand the different parts of Medicare, eligibility requirements, and coverage options. Whether approaching enrollment, assisting a loved one, or seeking clarity on benefits, students will leave better equipped to make informed health care decisions with confidence.

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**New Medicare Birthday Rule and Healthcare Expense Savings B****Course: EF262189****Thursday****July 23****2:30-3:30****Instructor(s): Beckey Huddleston**

Please register for only one session (A or B) to allow all students a chance to participate. This course will explain Virginia's newly enacted Medicare Birthday Rule, effective July 1, 2025. Students will learn how this law allows individuals enrolled in a Medigap policy to purchase the same plan type with identical benefits during an annual 60-day enrollment period beginning on their birthday, without being denied coverage or charged higher rates due to health conditions or claims history. The course will highlight how this legislation, adopted by only 12 states, enables seniors to compare premiums and potentially reduce healthcare expenses. Program details will be presented as outlined by the State Corporation Commission, offering clear guidance on how the rule can benefit students.

**Identity Theft and Protection****Course: EF262117****Wednesday****July 29****10:30-12:00****Instructor(s): Sabrina Guerin**

Identity protection is more important than ever. This course will show students how to protect themselves from identity theft and share options that are available if they ever become a victim.

**Medicare Essentials B: Understanding Healthcare****Course: EF262191****Thursday****July 30****2:30-3:30****Instructor(s): Beckey Huddleston**

Please register for only one session (A or B) to allow all students a chance to participate. This course will offer a clear overview of Medicare for current beneficiaries and those approaching eligibility who want a better understanding of their healthcare coverage and options. Students will review Medicare Parts A, B, C, and D; compare Medicare Advantage and Supplement (Medigap) plan differences; and examine enrollment timelines, penalties, and common coverage gaps and misconceptions. The course will help students gain confidence in understanding how their Medicare coverage works and the options available as their needs change.

**EL****Literature, Poetry, and Film****LLI Literary Society Orientation: Sports of All Sorts****Course: EL262100****Monday****May 4****10:00-11:00****Online****Instructor(s): Martha Frickert and Bob Ferguson**

Inspired by the historic Chautauquas, this course will offer a themed selection of books for the Summer 2026 session of the LLI Literary Society. Students will choose four titles from a curated list of ten books to read independently between May and July. The structure will include an orientation session with guidance on accessing titles at no or low cost, a mid-session feedback and book-swap gathering, and a session-end celebration recognizing participation. Books exceeding 700 pages will count as two selections. Attendance at orientation is encouraged but not required, and the book list may be requested from the office at any time.

**Memoir Writing****Course: EL262048****Tuesday****May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14****9:00-11:00****Instructor(s): Suzanne Kelly and Tom Seaborn**

This course will invite students to revisit meaningful moments from their lives and record personal memories for future generations or private reflection. Whether writing for children, grandchildren, friends, or for oneself, students will discover how engaging with the past can offer comfort, perspective, and connection. Through guided prompts and shared inspiration, the course will foster a sense of camaraderie among students who will enjoy exploring and celebrating the stories that shaped their lives.

**LLI Literary Society Orientation: Sports of All Sorts****Course: EL262101****Tuesday May 5****11:00-12:00****Instructor(s): Martha Frickert and Bob Ferguson**

Inspired by the historic Chautauquas, this course will offer a themed selection of books for the Summer 2026 session of the LLI Literary Society. Students will choose four titles from a curated list of ten books to read independently between May and July. The structure will include an orientation session with guidance on accessing titles at no or low cost, a mid-session feedback and book-swap gathering, and a session-end celebration recognizing participation. Books exceeding 700 pages will count as two selections. Attendance at orientation is encouraged but not required, and the book list may be requested from the office at any time.

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**The Prehistory of the Movies****Course: EL262093****Tuesday May 5, 12, 19, 26, June 2, 9****12:30-2:00****Instructor(s): Josh Pachter**

Growing up, the cinema was a favorite way to escape the stresses of day-to-day life. But in this generation's great-grandparents' world, the movies did not yet exist. Where did they come from? Who created them, and how? Students should be sure to bring a passport to this class because they are in for an around-the-world journey to France, Greece, Egypt, Italy, Belgium, Germany, England, and elsewhere to meet the theorists and inventors whose innovations took mankind from a world without movies to the land of the multiplex.

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**Enjoy Poetry****Course: EL262043****Wednesday May 6, 13, 20, 27, June 3, 10, 24, July 1, 8, 22, 29****11:00-12:00****Instructor(s): Bob Ferguson and Timothy Pace**

This ongoing course will invite students to enjoy poetry in its many forms, with content varied by type, time period, subject, and author. Each class will examine classic and contemporary works and will occasionally incorporate ballads, folk songs, or popular song lyrics to add variety and encourage discussion. Students will find that along with enjoyment of the poetry itself, new perspectives and lively conversation will be part of the experience. Each class will offer an opportunity to explore and appreciate poetry in a welcoming setting.

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**Aspiring Writers' Critique****Course: EL262015****Friday May 8, 22, June 5, 26, July 10, 24****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.

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**Gulliver's Travels: Jonathan Swift's Message Then and Now****Course: EL262142****Monday May 18, June 1, 8, 15, 22, 29****11:00-12:30****Instructor(s): Edward Blackwell**

This course will explore the themes and messages in Jonathan Swift's "Gulliver's Travels" and the ways they speak to questions of nationalism, religion, intellectual life, and human nature. Students will consider the relevance of Swift's satire in both its original eighteenth century context and in contemporary culture. Each class will include an introduction or review, a viewing of approximately 30 minutes of the 1996 miniseries starring Ted Danson, and discussion of the narrative and Swift's insights. Students will reflect on the enduring brilliance of Swift's commentary and the continued appeal of this classic work.

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**Writing a Novel to Completion****Course: EL262143****Tuesday****May 19, 26****1:30-3:00****Instructor(s): Mike Jack Stoumbos**

This course will guide students through the process of planning and completing a novel. It will begin with a fun and interactive content blueprint designed to help writers develop a workable novel plan, even for those who dislike outlining. The second class will break down the writing stages and offer practical strategies for carrying the plan forward. Many emerging authors have completed first, second, or even third novels using this approach, and the course will provide a supportive framework for students to determine whether it is a good fit for their own writing goals.

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**Children's Book Review****Course: EL262109****Thursday****May 21****9:30-11:00****Instructor(s): Rachel and Levi Ramirez**

There are countless books for kids to read these days. The Chesterfield County Public Libraries' shelves are stocked full of options, and Levi has been read over a thousand books already at the age of four. He loves books about dogs, Curious George, Pete the Cat, and any other books with fun characters. He loves the Elephant and Piggie series, Investigators, and Noodleheads. This course will give students an opportunity to share their favorite children's books with Levi. Levi will also bring his current favorites to recommend to members for their own enjoyment or to share with their grandkids or young friends. This course will be a unique InterAge opportunity, welcoming students of all ages from the community; children must be accompanied by an adult, and only adults will need to register.

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**Writing and Publishing Short Stories****Course: EL262144****Tuesday****June 2, 9, 16, 23****1:30-3:30****Instructor(s): Mike Jack Stoumbos**

This course will guide students through the process of planning, writing, editing, and submitting short stories for publication. Designed for new writers, longtime hobbyists, and seasoned professionals alike, it will introduce practical strategies for developing creative projects that can be completed in a month or less. Students will explore how to shape ideas, refine drafts, and navigate short-story markets with confidence. The course will offer an encouraging environment for anyone interested in bringing their fiction to a wider audience.

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**Storying Later Life****Course: EL262076****Tuesday****June 9, 16, 23, 30, July 7, 14, 21****12:30-1:30****Instructor(s): John Countryman**

This course will introduce students to the idea that the developmental tasks of aging are primarily narrative in nature. The instructor will approach later life through the lens of stories by, for, and about older adults, drawing on the principles of narrative gerontology. Unlike a geriatric physician who focuses on the biology of aging, a narrative gerontologist attends to the biography of aging and the meaning it carries. Students will examine the relevance of stories to the experience of later life and the ways narrative can shape understanding, identity, and well-being.

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**Veterans in Virginia: Print a U.S. Military Story****Course: EL262127****Monday****June 15****11:00-12:00****Instructor(s): Alex Sebbby****Online**

This course will introduce students to Words of Veterans, a program supported by a grant from the Virginia Department of Veterans Services that helps U.S. veterans, active-duty service members, and immediate DoD family members residing in Virginia preserve their military stories. Students will learn how the platform guides individuals through a structured series of questions to create a professionally printed hardcover book. The course will outline eligibility, explain how the process works from start to finish, and describe how students may use a limited-time voucher to receive their first book at no cost.

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**LLI Literary Society Feedback and Book Swap****Course: EL262114****Monday June 15****2:30-3:30****Instructor(s): Martha Frickert and Bob Ferguson**

Each session, at the suggestion of participants, the Literary Society will convene 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 will also provide an opportunity to swap books where possible.

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**The Boy, the Mole, the Fox and the Horse****Course: EL262108 \*\$15****Thursday July 2****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 author's book, "The Boy, the Mole, the Fox and the Horse" is available through an optional course fee at the time of registration. This course will be a unique InterAge opportunity, welcoming students of all ages from the community; children must be accompanied by an adult, and only adults will need to register.

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**Workshopping and Editing Fiction Workshop****Course: EL262146****Tuesday July 7****1:30-3:30****Instructor(s): Mike Jack Stoumbos**

This course will guide students through practical approaches to workshopping fiction and strengthening their own writing. Students will learn goal-oriented methods for giving and receiving feedback, explore questions that support effective revision, and observe demonstrations from a former English teacher and professional editor. Students will be asked to bring at least two pages of writing they are comfortable sharing, which will be used to practice editing strategies in real time.

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**Edgar Allan Poe and the Creation of the Detective Story****Course: EL262027****Monday July 13****1:00-2:30****Instructor(s): Chris Semtner**

This course will examine Edgar Allan Poe's pioneering role in the development of the detective story, written decades before the first Sherlock Holmes mystery and before the term "detective" entered the English language. Students will explore Poe's foundational tales, consider the narrative techniques he introduced, and review the influence his work had on later writers, including Sir Arthur Conan Doyle. The course will highlight how Poe's innovations shaped the genre and established many of the conventions still used in detective fiction today.

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**Nancy Drew: Gateway Reading for Mystery Lovers****Course: EL262145****Friday July 24****11:00-12:00****Instructor(s): Heather Weidner**

This course will explore the history and enduring appeal of the "Nancy Drew" mysteries and their influence on generations of readers and writers. Students will examine how the character and series evolved over time and why the stories continue to resonate. Students are encouraged to read a "Nancy Drew" title in advance; the course will include guided discussion based on shared questions and themes.

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**Exploring Legacy through Reflective Writing**

Course: EL262095

Tuesday August 4, 11

1:00-2:30

Online

Instructor(s): Cryst'I Scheer

A legacy letter is a personal document written for a specific individual or group, such as loved ones, future generations, or a community. Legacy letters focus on values, life lessons, gratitude, guidance, and the hopes that writers wish others to carry forward. This course will offer a guided introduction to legacy writing through reflection, discussion, and structured writing prompts. Students will identify their audience, clarify the themes they wish to communicate, and begin drafting meaningful sections of a legacy letter in their own voice. Optional sharing will be available, with an emphasis on witnessing rather than critique. Students will come away with drafted writing and practical prompts to continue shaping their letters over time.

**Aspiring Writers' Critique**

Course: EL262140

Friday August 7, 21

1:00-3:00

Online

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.

**FI****Fitness****Pilates Online**

Course: FI262015 \$20

Monday May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27, August 3, 10, 17

9:00-10:00

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.

**Low Impact Monday**

Course: FI262001 \$15

Monday May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27

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!

**Strength and Stretch Online**

Course: FI262030 \$20

Monday May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27, August 3, 10, 17

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: FI262004 \$15**  
**Monday** **May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27**  
**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!

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**Gentle Yoga Monday** **Course: FI262028 \$15**  
**Monday** **May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27**  
**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.

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**Chair Yoga Tuesday** **Course: FI262006 \$15**  
**Tuesday** **May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28**  
**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.

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**Gentle Yoga Tuesday** **Course: FI262009 \$15**  
**Tuesday** **May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28**  
**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.

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**Wednesday Fun Fitness** **Course: FI262017 \$15**  
**Wednesday** **May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29**  
**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 by 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!

**Sit and Be Fit Wednesday** **Course: FI262018 \$15**  
**Wednesday** **May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29**  
**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!

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**Chair Yoga Online** **Course: FI262031 \$20**  
**Wednesday** **May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19**  
**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.

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**Zumba Gold Online** **Course: FI262020 \$20**  
**Thursday** **May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20**  
**8:30-9:30** **Online**  
**Instructor(s): Tracey Williams**  
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.

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**Sit and Be Fit Thursday** **Course: FI262005 \$15**  
**Thursday** **May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30**  
**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!

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**Chair Yoga Thursday** **Course: FI262010 \$15**  
**Thursday** **May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30**  
**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.

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**Cardio and Strength Training Online** **Course: FI262034 \$20**  
**Thursday** **May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20**  
**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.

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**Gentle Yoga Thursday** **Course: FI262007 \$15**  
**Thursday** **May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30**  
**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.

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**Low Impact Friday** **Course: FI262003 \$15**  
**Friday** **May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31**  
**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.

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**Chair Yoga Friday** **Course: FI262029 \$15**  
**Friday** **May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31**  
**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.

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**Vivo Online Strength Training: One Time per Week and Bring a Friend**  
**One Class per Week**                      **May 26 - August 28**

**Course: FI262035    \$200**

**Online**

**Instructor(s): Team Vivo**

Muscle strength and balance are essential for maintaining mobility, health, and independence throughout life. Without regular strength training, adults naturally lose muscle mass over time, which can affect balance, stability, and everyday activities. Vivo is a live, online small group strength training program designed specifically for older adults. Classes combine strength, balance, and cognitive exercises informed by current research on healthy aging. Vivo's science-based training strategy and personalized online format have been evaluated through research supported by the National Institutes of Health. Classes are interactive and led by certified trainers experienced in working with older adults, and exercises can be modified for different fitness levels. Students who enroll in this program may invite a friend or family member to participate at no additional cost, which is a great way to stay accountable and build strength together. After registering, students will receive a Vivo onboarding form. Those who wish to participate in the promotion will be able to invite a friend or family member through this process so both students can join the same classes. This course will meet online one time per week for 45 minutes over a 14-week program. Students will select their preferred class schedule and invite their guest through a Vivo registration form. Students should have a computer or mobile device with a camera, should expect to have their camera and microphone on during each class, and can follow along with bodyweight, light dumbbells, resistance bands, or simple household items like water bottles or soup cans. Getting stronger can be fun, engaging, and effective. Fitness fee payment is due at the time of registration.

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**Vivo Online Strength Training: Two Times per Week and Bring a Friend**  
**Two Classes per Week**                      **May 26 - August 28**

**Course: FI262036    \$320**

**Online**

**Instructor(s): Team Vivo**

The CDC recommends that adults perform strength training at least two times per week to maintain muscle mass, balance, and functional strength throughout life. Without regular strength training, adults naturally lose muscle mass over time, which can affect balance, stability, and everyday activities. Vivo is a live, online small group strength training program designed specifically for older adults. Classes combine strength, balance, and cognitive exercises informed by current research on healthy aging. Vivo's science-based training strategy and personalized online format have been evaluated through research supported by the National Institutes of Health. Classes are interactive and led by certified trainers experienced in working with older adults, and exercises can be modified for different fitness levels. Students who enroll in this program may invite a friend or family member to participate at no additional cost, which is a great way to stay accountable and build strength together. After registering, students will receive a Vivo onboarding form. Those who wish to participate in the promotion will be able to invite a friend or family member through this process so both students can join the same classes. This course will meet online two times per week for 45 minutes over a 14-week program. Students will select their preferred class schedule and invite their guest through a Vivo registration form. Students should have a computer or mobile device with a camera, should expect to have their camera and microphone on during each class, and can follow along with bodyweight, light dumbbells, resistance bands, or simple household items like water bottles or soup cans. Getting stronger can be fun, engaging, and effective. Fitness fee payment is due at the time of registration.

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**Vivo Online Strength Training: Three Times per Week and Bring a Friend**  
**Three Classes per Week**                      **May 26 - August 28**

**Course: FI262037    \$512**

**Online**

**Instructor(s): Team Vivo**

The CDC recommends that adults perform strength training at least two times per week to maintain muscle mass, balance, and functional strength throughout life. Without regular strength training, adults naturally lose muscle mass over time, which can affect balance, stability, and everyday activities. Vivo is a live, online small group strength training program designed specifically for older adults. Classes combine strength, balance, and cognitive exercises informed by current research on healthy aging. Vivo's science-based training strategy and personalized online format have been evaluated through research supported by the National Institutes of Health. Classes are interactive and led by certified trainers experienced in working with older adults, and exercises can be modified for different fitness levels. Students who enroll in this program may invite a friend or family member to participate at no additional cost, which is a great way to stay accountable and build strength together. After registering, students will receive a Vivo onboarding form. Those who wish to participate in the promotion will be able to invite a friend or family member through this process so both students can join the same classes. This course will meet online three times per week for 45 minutes over a 14-week program. Students will select their preferred class schedule and invite their guest through a Vivo registration form. Students should have a computer or mobile device with a camera, should expect to have their camera and microphone on during each class, and can follow along with bodyweight, light dumbbells, resistance bands, or simple household items like water bottles or soup cans. Getting stronger can be fun, engaging, and effective. Fitness fee payment is due at the time of registration.

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**Low Impact Monday Online**

**Course: FI262038    \$5**

**Monday**                                      **August 3, 10, 17**  
**9:00-10:00**

**Online**

**Instructor(s): Sherella Brown**

Fitness that's not intimidating...just invigorating! This online fitness 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 have a water bottle and towel handy! This is an online fitness course.

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**Sit and Be Fit Monday Online**

**Course: FI262039    \$5**

**Monday**                                      **August 3, 10, 17**  
**10:00-10:45**

**Online**

**Instructor(s): Sherella Brown**

This online fitness 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 have a water bottle and towel handy. This is an online fitness course.

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**Gentle Yoga Monday Online**

**Course: FI262040    \$5**

**Monday**                                      **August 3, 10, 17**  
**11:00-12:00**

**Online**

**Instructor(s): Linda McDorman**

Stretch, strengthen, enliven, relax! This online 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 have a yoga mat for each class. This is an online fitness course.

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**Chair Yoga Tuesday Online**

Course: FI262041 \$5

Tuesday August 4, 11, 18

1:00-2:00

Online

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 have a yoga mat for each class. Chair yoga is open to all. This is an online fitness course.

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**Gentle Yoga Tuesday Online**

Course: FI262042 \$5

Tuesday August 4, 11, 18

2:30-3:30

Online

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 have a yoga mat for each class. Gentle yoga requires the ability to get down on the floor. This is an online fitness course.

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**Wednesday Fun Fitness Online**

Course: FI262043 \$5

Wednesday August 5, 12, 19

9:45-10:45

Online

Instructor(s): Nicole Thomas-Jackson

This online fitness course will be fun as students strengthen and stretch while getting their heart rate up by 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 have a water bottle handy. This is an online fitness course.

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**Sit and Be Fit Wednesday Online**

Course: FI262044 \$5

Wednesday August 5, 12, 19

11:00-11:45

Online

Instructor(s): Nicole Thomas-Jackson

This online fitness 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 have a water bottle handy! This is an online fitness course.

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**Sit and Be Fit Thursday Online**

Course: FI262045 \$5

Thursday

August 6, 13, 20

11:30-12:15

Online

Instructor(s): Sherella Brown

This online fitness 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 have a water bottle and towel handy. This is an online fitness course.

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**Chair Yoga Thursday Online**

Course: FI262046 \$5

Thursday

August 6, 13, 20

1:00-2:00

Online

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 have a yoga mat for each class. Chair yoga is open to all. This is an online fitness course.

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**Gentle Yoga Thursday Online**

Course: FI262047 \$5

Thursday

August 6, 13, 20

2:30-3:30

Online

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 have a yoga mat for each class. Gentle yoga requires the ability to get down on the floor. This is an online fitness course.

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**Low Impact Friday Online**

Course: FI262048 \$5

Friday

August 7, 14, 21

8:30-9:30

Online

Instructor(s): Linda McDorman

This online fitness course will provide 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 have a water bottle and towel nearby. This is an online fitness course.

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**Chair Yoga Friday Online**

**Course: FI262050 \$5**

**Friday**

**August 7, 14, 21**

**9:45-10:45**

**Online**

**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 have a yoga mat for each class. Chair yoga is open to all. This is an online fitness course.

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**HS**

**History, Humanities, and International Studies**

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**Church Hill Tunnel Collapse: 100th Anniversary**

**Course: HS262773**

**Tuesday**

**May 5**

**11:00-12:00**

**Instructor(s): George Saunders**

Hour by hour, day by day, the biggest news story in America in 1925 was the Church Hill tunnel collapse. Newspapers from New York to Sacramento printed updates on the desperate efforts in Richmond, Virginia, to rescue the men trapped inside the C&O tunnel. This course will examine the events that led up to the collapse as well as the aftermath of this historic disaster 100 years ago. Students will gain insight into the human stories, engineering challenges, and lasting impact of one of Richmond's most dramatic events.

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**Histories of Petersburg**

**Course: HS262785**

**Wednesday**

**May 6, 13, 20, 27, June 3, 10, 17, 24, July 1**

**11:00-12:30**

**Instructor(s): Keith Southall**

This course will take students on a virtual tour through the layered histories of Petersburg and central Virginia. Each class will feature a different themed route drawn from nine prepared tours that highlight ghost stories, Revolutionary War and Civil War events, civil rights landmarks, industrial development, and the domestic life that shaped the region. Students will explore areas such as Petersburg North, Petersburg South, Petersburg East, Blandford, Walnut Hill, and the churches featured in All Good Burgers Go to Heaven. The course will offer a wide-ranging look at the people, places, and stories that will illuminate the distinctive character of Petersburg and its surrounding communities.

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**Current Events Discussion**

**Course: HS262003**

**Wednesday**

**May 6, 20, June 3, 17, July 1, 15, 29**

**1:30-3:00**

**Instructor(s): Steve Bunch, Mark Stella, and Phil Umansky**

This course will encourage discussions of current events of international, national, state, and local importance. The instructor will provide an agenda of suggested topics that will be emailed to students by noon on Tuesday prior to class, or it 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 instructor will conduct the course as a moderator, rather than in the traditional role of an instructor, and 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.

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**Tour of Spain**

**Course: HS262784**

**Friday**

**May 8, 15, 22, 29, June 5, 12**

**9:30-10:30**

**Instructor(s): Timothy Pace**

This course will invite students to discover the beauty and variety of Spain through the guidance of Alex Polizzi. Students will explore Barcelona, travel northwest to lesser known regions, visit Madrid, and continue south to the Alhambra. Along the way, they will learn about the many fascinating aspects of this remarkable peninsula and the cultures that have shaped it.

**Aerial America: Spectacular Sites from Above****Course: HS262599****Monday May 11, 18, June 1, 8****11:00-12:00****Instructor(s): Timothy Pace**

This course will offer a sweeping look at America's landscapes and landmarks through aerial footage that reveals the country from a striking vantage point. Students will view spectacular sites that include ancient ruins, geological formations, and stretches of primitive forest. Students will explore the natural wonders and cultural treasures that define the American story. Each class will highlight the beauty, diversity, and significance of these places as seen from above.

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**The History of Prisoners' Rights in the United States: Justice with Dignity****Course: HS262788****Tuesday May 12, 19, 26, June 2****9:00-10:30****Instructor(s): Claudette Spencer**

This course will trace the evolution of prisoners' rights in the United States, with particular attention to New York State prisons and New York City jails. Students will examine how law, policy, and public attitudes have shaped daily life inside correctional systems across different eras. Through historical context, landmark court decisions, and key policy developments, the course will explore the ongoing tension between security, justice, and human dignity. Emphasizing thoughtful discussion and reflection, students will be encouraged to deepen their civic awareness and understanding of this complex area of American life. The course will provide a structured introduction to the major forces that continue to shape the nation's approach to incarceration.

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**Great Decisions****Course: HS262089 \*\$40****Tuesday May 12, June 9, July 7****2:00-3:30****Instructor(s): Bob Ferguson**

This monthly discussion based course will offer students opportunities to learn about key foreign policy issues facing the United States. Students will draw on information from the "Great Decisions" book, a DVD, and additional sources to support thoughtful conversation. The selected topics will include "Today's Nuclear Age" in May, "The Ukraine War and European Security" in June, and "Multilateral Institutions" in July. The 2026 edition of the "Great Decisions" book may be optionally purchased through the office, with payment due at the time of registration; however, the book is not required, and a summary of each topic will be provided by the instructor.

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**Passport to Freedom: From Tehran to Triumph****Course: HS262793****Tuesday May 19****9:00-10:00****Instructor(s): Nizam Missaghi, MD****Online**

This course will explore the remarkable true story shared in "Passport to Freedom: From Tehran to Triumph," a memoir that traces Dr. Nizam Missaghi's escape from Iran and his journey toward safety, identity, and belonging. Born in the United States but raised in post-revolutionary Iran, he grew up free on paper yet restricted in practice, facing expulsion from school and systemic barriers because of his Baha'i faith. Hidden in a drawer, however, was a quietly renewed U.S. passport that offered both hope and risk. As pressures mounted and surveillance tightened, he confronted the life-altering decision to flee a nation that denied his future. The course will consider life under the Islamic Republic, the realities of religious persecution, the dangers and uncertainties of escape, and the experience of being born American yet raised under a theocracy.

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**Mementos and Memories A: Show and Tell****Course: HS262791****Tuesday May 19****10:30-12:00****Instructor(s): Karen Molzhon**

Please register for only one session (A or B) to allow all students a chance to participate. This course will build on the joy of reminiscing by inviting students to bring an item that has been passed down in their family or is part of a personal collection. Each class will offer time for students to share the story behind their chosen object, encouraging conversation, connection, and discovery as these special treasures are displayed. Depending on the class size, time limits may be set to ensure that all students have an opportunity to share.

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**Burying the Confederate Dead****Course: HS262020****Tuesday May 19****11:00-12:00****Instructor(s): Waite Rawls**

This course will explore the efforts to locate, recover, and rebury Confederate soldiers in the decade following the Civil War. After the U.S. government established the National Cemeteries to reinter Union dead from campsites and battlefields—explicitly excluding Confederate remains—Southern women undertook the work themselves. Students will examine how these women organized searches, exhumed and reburied an estimated 72,000 Confederate soldiers, and arranged for the return of more than 3,300 men from Gettysburg to Virginia. The course will consider the cultural, logistical, and memorial dimensions of this undertaking and the legacy it left across the postwar South.

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**Pyramid Construction Myths: Part 1****Course: HS262795****Tuesday May 19****2:30-3:30****Instructor(s): Rick Kinnaird**

This course will examine several popular but inaccurate theories about how the pyramids were built, beginning with ideas presented in David Macaulay's "Pyramid." Students will consider why certain explanations persist despite lacking evidence and will explore how archaeology and engineering provide more reliable insights. This will be the first course in an ongoing series.

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**The Battle of Stones River: Had It Been a Defeat Instead****Course: HS262790****Tuesday June 2****1:00-2:00****Online****Instructor(s): Christopher L. Kolakowski**

This course will examine the Battle of Stones River (December 31, 1862–January 2, 1863), the bloodiest engagement by percentage of loss in the Civil War. Occurring at a critical moment for both the Union war effort and the nation itself, the battle carried consequences far beyond its immediate outcome; Abraham Lincoln believed the Union victory there may have helped preserve the United States. Students will explore the battle and its broader context, considering strategy, leadership, and the political pressures that shaped events on and off the field.

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**Conspiracy Theories and American History: Just Asking Questions****Course: HS262786****Wednesday June 3, 10, 17, 24, July 1, 8****2:00-3:30****Instructor(s): Robert Foster**

This course will examine the intersection of conspiracy theories and American history from the founding of the republic through the Trump presidency. It will explore the recurring belief that hidden elites are shaping national events and obscuring the true nature of civic life. Areas of discussion will include international banking, the Rothschilds, the Lincoln and Kennedy assassinations, the 9/11 attack, and QAnon. The course will consider how these narratives have influenced public understanding, political culture, and the American imagination.

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**No Time to Grieve Documentary****Course: HS262617****Monday June 8****1:30-3:30****Instructor(s): Peppy Jones**

This course will present "No Time to Grieve", a 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 documentary will be viewed and discussed together.

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**Latin America and Imperialism****Course: HS262787****Monday June 15, 22, 29, July 13, 20****9:30-11:00****Instructor(s): John Whaley**

This course will examine the history of Latin America through the lens of imperialism from the Age of Exploration to the present. Students will consider the roles of Spain and Portugal in the early encounters, the arrival of the conquistadores, and the experiences of the region as colonies of the Iberian empires. The course will then explore the post-independence period, including the influence of British imperialism through railroads and commerce. It will also address United States imperialism, from the war with Mexico to the consequences of the Spanish-American War and its long aftermath. Together, these perspectives will offer a broad understanding of how external powers have shaped Latin American societies across five centuries.

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**African American Inventors: Who Knew?****Course: HS262698****Monday June 15, 22****11:30-12:30****Instructor(s): Myron Johnson**

Many everyday tools, utensils, and technologies were created by enslaved and free African Americans, though their contributions often remain unrecognized. Despite laws prohibiting the enslaved from reading and writing, many still invented items that made daily life easier, from the dry-cleaning solution to the Murphy bed. Both enslaved and free men and women shaped America's history through their inventions, including automated elevator doors, ice cream scoops, signal lights, and airplane call buttons. Students will explore this remarkable history, learning how innovations from blood banks to 3-D movies continue to impact and improve the world today.

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**Mementos and Memories B: Show and Tell****Course: HS262792****Tuesday June 16****10:30-12:00****Instructor(s): Karen Molzhon**

Please register for only one session (A or B) to allow all students a chance to participate. This course will build on the joy of reminiscing by inviting students to bring an item that has been passed down in their family or is part of a personal collection. Each class will offer time for students to share the story behind their chosen object, encouraging conversation, connection, and discovery as these special treasures are displayed. Depending on the class size, time limits may be set to ensure that all students have an opportunity to share.

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**American Corrections: Behind the Walls and Bars****Course: HS262724****Thursday****June 18, 25****2:00-3:30****Instructor(s): Charles J. Kehoe**

Jails, prisons, and juvenile facilities are often portrayed in television dramas like “Orange is the New Black” or in films such as “Sing Sing” and “The Shawshank Redemption,” yet the reality of these institutions is far more complex. In early 2024, the DOJ Bureau of Justice Statistics estimated that 1.8 million people were incarcerated in U.S. jails and prisons, and state and local governments have spent between \$50–70 billion annually on corrections-related expenditures over the past decade. This course will provide an in-depth overview of the third pillar of the criminal justice system: corrections. Students will examine correctional systems in the United States and explore the history of punishment, incarceration, and rehabilitation.

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**Airwomen In Flight: A Century of Adventure and Achievement****Course: HS262796****Wednesday****June 24****2:00-3:30****Instructor(s): Tim Kisner**

This course will trace a century of courage and innovation through the stories of women who transformed the skies from 1930 to the present day. Students will explore the daring aerobatics of early barnstormers, the resolve of women who served in wartime, and the achievements of those who pushed into the frontiers of space. The course will highlight the adventures that carried these airwomen across nations and oceans, into conflict zones, and onto global expeditions, while also considering the barriers they challenged and the legacy they continue to shape in the future of flight.

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**Echoes of the Past: Reminiscing Together****Course: HS262750****Wednesday****July 1****12:00-1:30****Instructor(s): Richard Commander**

This interactive course will invite students to reflect on everyday experiences from the past—customs, fashions, and cultural moments that have faded from view. Each topic will be drawn from The Last List, an article highlighting things once common but now rare. Students will be encouraged to share personal memories and stories related to each theme, creating a lively and nostalgic group dialogue.

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**Palestine History and Future****Course: HS262710****Tuesday****July 7, 14, 21, 28****9:30-11:30****Instructor(s): Adeeb M Abed**

This course will offer an overview of Palestinian history from the late Ottoman period to the present. Students will study Palestine under Ottoman rule until 1917, the British Mandate from 1917 to 1948, and the creation of the state of Israel alongside the Palestinian Nakba. The course will then examine the period from 1948 to 1993, tracing the developments that led to the Oslo Accords. It will conclude with an exploration of events from 1993 to the present and a consideration of possible visions for the future. A structured introduction to the major historical forces that have shaped the region will be provided.

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**The American Revolution****Course: HS262789****Tuesday****July 7, 14, 21****1:00-3:00****Instructor(s): Timothy Pace**

This course will use the Ken Burns documentary series "The American Revolution" to explore the early stirrings of the colonies' desire for independence. Students will explore the origins and causes of the break with Britain and trace the events and individuals who shaped the opening stages of the conflict. The successes and outcomes of the Revolution will be covered in a follow-up course in the fall session.

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**The Adventures of Hiking the Caminos****Course: HS262381****Monday July 20****1:00-3:00****Instructor(s): Robert Abbott**

The Caminos are a series of paths and trails in Europe that all converge in the city of Santiago in northwest Spain, the resting spot for the bones of St. James. Since the 11th century, pilgrims have hiked the Caminos to cleanse their souls. In more recent times, the hike has changed from purely religious motivation to more spiritual and social inspiration. This course will be great for students who are interested in hiking the Caminos, as well as those just interested in learning more about the history and background of the Caminos. There will be time for questions and discussion.

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**Cold War Nuclear Deterrence: The Strategic Triad****Course: HS262794****Thursday July 23****1:30-3:30****Instructor(s): Randall L. Lanning, Colonel, USAF (Retired)**

This course will survey the elements of the strategic nuclear triad used by both the United States and the Soviet Union during the Cold War (1945–1992), a structure designed to maintain stability through deterrence and still in place today. The course will examine the three components of the triad—the manned strategic bomber, the intercontinental ballistic missile, and the submarine-launched ballistic missile—along with their respective concepts, organization, benefits, and limitations. Students will also explore the systems employed by the United States during the Cold War, including aircraft, missiles, and ballistic-missile submarines, as well as the U.S. defenses developed to counter elements of the Soviet nuclear triad.

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**The Court Process: Part III****Course: HS262798****Friday July 24****1:30-3:30****Instructor(s): Erin Barr and Frank LaRuffa**

This course will examine how a case moves through the criminal justice system from arrest to final order. Students will explore key decision points, processes, and procedures that influence case outcomes, along with the Constitutional rights that apply at each stage. Serving as a continuation from Fall 2025 and Spring 2026, this course will build on foundational concepts and expand students' understanding of the justice system; however, attendance at earlier classes will not be required. Students will gain a clearer view of how legal decisions are made and how each phase of the process shapes the administration of justice.

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**Midlothian Matters****Course: HS262690****Friday July 31****11:00-1200****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 on what matters most. Members who do not live in Midlothian are also welcome since LLI Chesterfield calls Midlothian home. Midlothian matters.

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**The World's Sacred Sites****Course: HS262783****Tuesday, Wednesday August 4, 5, 11, 12, 18, 19****10:30-11:45****Instructor(s): Bob Ferguson****Online**

This course will offer students an introduction to sacred sites connected to religious traditions around the world. Students will learn about places regarded as holy, including mountains, caves, rivers, buildings, and statues, and will consider the history and meaning these sites hold for the communities that honor them. The course will feature a set of videos from Great Courses that will take students to locations such as Shinto shrines, holy cities in India, Stonehenge, Jerusalem, and many other significant places. Each class will blend travel, history, religion, and culture to provide an engaging and informative experience.

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**Rethinking Exercise in Later Life: From “One Day” to Day One****Course: HW262435****Monday****May 4****11:30-12:30****Online****Instructor(s): Dr. Katie Starr**

Research continues to show that strength training plays an essential role in healthy aging by supporting mobility, balance, metabolic health, and long term independence. Many adults still wonder how to begin safely or how to turn good intentions about exercise into a steady routine. In this course, Dr. Katie Starr will explore the science of strength training in later life and will highlight why maintaining muscle strength is a strong predictor of health and function in the years ahead. She will share practical insights from current research that will help students understand how strength training supports physical and cognitive well being. Students will also learn simple, evidence informed strategies for getting started and building sustainable exercise habits that will help shift the idea of exercising “one day” into beginning now. Following the presentation, students will hear about the Vivo strength training program offered in partnership with LLI Chesterfield, a live small group experience designed for older adults that will allow students to apply the principles discussed in a supportive, research-informed environment.

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**Beginning Tai Chi 24 Form A****Course: HW262342****Monday****May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27****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.

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**Beginning Tai Chi 24 Form B****Course: HW262355****Monday****May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27****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.

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**Remembering Decades Past: Reminiscing and Reflection****Course: HW262530****Tuesday May 5, 12****1:30-3:30****Instructor(s): Jennifer Kell, LCSW**

This course will take time to explore memories from the 1950s through the 1980s. Using photographs, music clips, and images of fashion, toys, events, and familiar cultural moments, the course will offer a lighthearted look back at shared experiences. Students will have the opportunity to reflect, connect, and get to know one another as they revisit memories from past decades.

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**Senior Living Continuum****Course: HW262436****Tuesday May 5****2:00-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will examine the range of health services and senior living options available in the greater Richmond area, reviewing the types of support offered across different healthcare and senior living communities and how these connect to insurance and payment considerations. By the end of the session, students will have a clearer understanding of available resources and will be better prepared with questions to ask providers as they navigate the healthcare continuum.

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**Intermediate Tai Chi: Yang Style 24 Form****Course: HW262386****Wednesday May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29****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.

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**Stress Management Bingo: A Fun Way to Recharge****Course: HW262446****Thursday May 7****10:00-11:00****Instructor(s): Maria Crostic and Rebecca Lint, MSW**

This course will offer a fun and engaging way to practice healthy relaxation and coping techniques through the game of BINGO. Students will learn to identify common stressors and explore stress-busting activities such as deep breathing, short walks, and connecting with friends. The course will encourage mindfulness and balance while challenging students to complete rows—or even the entire card—for moments of calm and renewal.

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**Beginning Tai Chi 24 Form Review and Practice****Course: HW262352****Friday May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31****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.

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**Intermediate Tai Chi: Learning the Traditional Yang Form****Course: HW262343****Friday****May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31****1:30-2:30****Instructor(s): Damir Strmel**

This course is for students who have completed at least one session of Beginning Tai Chi, or the equivalent, and wish to deepen their exploration of Chi (Qi), the bioelectrical energy that animates the human form. Students will expand their practice through the traditional Yang Form, with 45 minutes devoted to tai chi chuan (open hand). The final 15 minutes will be optional and focused on learning the Yang sword form.

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**Memory Screenings with VCU****Course: HW262503****Monday****May 11, 18, June 1, 8, 15, 22, 29****8:30-12:15****Instructor(s): Brighton Payne**

This is an opportunity to schedule an individual cognitive assessment with Brighton Payne, a VCU clinical psychology doctoral student. During the 45-minute, one-time, private appointment, Brighton will administer the Montreal Cognitive Assessment (MoCA), a widely used screening tool that will take about 15–20 minutes. Students will receive their results to share with a physician and will explore dementia risk factors, prevention strategies, and ways to maintain a fulfilling life—even with a diagnosis. This will be a supportive space to ask questions and learn more about cognitive health. No need to register! Students are encouraged to sign up on the clipboard outside the office for a one-on-one appointment with Brighton.

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**The Dementia Experience A: Building Empathy through a Virtual Tour****Course: HW262541****Tuesday****May 12****10:30-12:00****Instructor(s): Rachel Coney-Bowles**

Please register for only one session (A or B) to allow all students a chance to participate. This experiential course will guide students through the Virtual Dementia Tour, an evidence-informed simulation that illustrates the physical, sensory, and cognitive challenges experienced by individuals living with dementia. Through guided activities, students will gain insight into how changes in perception affect daily tasks, followed by a facilitated discussion on communication strategies, supportive environments, and approaches that promote empathy and understanding. The course is designed to strengthen awareness and improve the ability to support individuals and families affected by Alzheimer's disease and related dementias.

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**Heart Arrhythmias: Signs, Symptoms, and Treatment Options****Course: HW262463****Tuesday****May 12****11:00-12:00****Instructor(s): Vybhav Jetty, MD**

This course will provide a clear and accessible introduction to heart rhythm disorders. Students will explore how the heart's electrical system functions under normal conditions and what may cause it to become disrupted. Dr. Jetty will examine the causes, symptoms, and diagnosis of both common and potentially serious arrhythmias. Students will also gain an overview of current treatment approaches, including medications, procedures, and implantable devices. By the end of the day, students will have a grounded understanding of rhythm disturbances and the factors that influence them.

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**Low Back Pain Solutions****Course: HW262467****Tuesday****May 12****2:30-3:30****Instructor(s): Jordan Witt, DPT**

This course will cover common low back diagnoses, including lumbar stenosis, degenerative changes, and referred symptoms such as sciatica. Students will learn how directional preferences can be used to modify activities and create simple home exercise programs. The course will emphasize practical strategies to improve function, reduce discomfort, and support long-term spine health.

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**Social Wellness****Course: HW262535****Thursday****May 14****10:00-11:00****Instructor(s): Maria Crostic and Rebecca Lint, MSW**

This interactive course will introduce practical strategies for strengthening social well-being. Students will explore ways to nurture healthy relationships, improve everyday interactions, and cultivate a deeper sense of belonging.

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**Joint Replacements: What to Know Before and After Surgery****Course: HW262375****Thursday****May 14****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

This course will be for anyone planning or thinking about having a joint replacement (knee, hip, shoulder, ankle, etc.). Is pre-hab before surgery a good idea? Indications for surgery, differences in expectations post-surgery, and how physical therapy can help reach the best outcomes before and after surgery will all be covered. Students will leave ready to go under the knife.

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**Nasal Nerve Ablation****Course: HW262507****Tuesday****May 19****1:00-2:00****Instructor(s): Robert Thomas, MD**

Students will learn about posterior nasal nerve (PNN) ablation, a minimally invasive procedure designed to alleviate chronic nasal symptoms such as congestion and runny nose. The course will explain how the procedure targets the posterior nasal nerve, which regulates mucus production and nasal congestion, and why it is particularly beneficial for individuals with chronic rhinitis.

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**Cultivating an Attitude of Gratitude****Course: HW262462****Thursday****May 21****10:00-11:00****Instructor(s): Melissa Ackley and Maria Crostic**

In this experiential course, students will learn how gratitude practices can support emotional resilience, enhance overall well-being, and create space for greater joy and connection in daily life.

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**The Dementia Experience B: Building Empathy through a Virtual Tour****Course: HW262542****Thursday****May 21****1:00-2:30****Instructor(s): Rachel Coney-Bowles**

Please register for only one session (A or B) to allow all students a chance to participate. This experiential course will guide students through the Virtual Dementia Tour, an evidence-informed simulation that illustrates the physical, sensory, and cognitive challenges experienced by individuals living with dementia. Through guided activities, students will gain insight into how changes in perception affect daily tasks, followed by a facilitated discussion on communication strategies, supportive environments, and approaches that promote empathy and understanding. The course is designed to strengthen awareness and improve the ability to support individuals and families affected by Alzheimer's disease and related dementias.

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**Women's Urology Wellness****Course: HW262528****Thursday****May 21****1:00-2:00****Instructor(s): Annie Edwards, DNP**

This course will offer a clear and supportive overview of common urological concerns that affect women. Students will learn how the urinary system functions, what symptoms may signal a problem, and how conditions such as incontinence, overactive bladder, pelvic floor disorders, and recurrent infections are evaluated. The course will also highlight current treatment options and lifestyle strategies that support long term wellness. Students will leave with practical knowledge that encourages confident conversations with their own clinicians.

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**Serendipity and Bad Luck in Medicine****Course: HW262532****Wednesday****May 27****1:30-2:30****Instructor(s): James Kenneth Schmitt, MD**

This course will explore the surprising ways chance, timing, and human factors can influence medical outcomes. After a brief review of strategies to help prevent spinal cord injuries while driving, the instructor will present a series of real cases in which unexpected events—both fortunate and unfortunate—shaped patients' lives. These stories include moments when everyday habits contributed to recovery, when errors led to serious consequences, and when accidents or missed clues changed the course of care. The course will also highlight instances of humor and serendipity in medical practice, offering a thoughtful look at how unpredictability intersects with health, decision-making, and the patient experience.

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**Self-Compassion****Course: HW262536****Thursday****May 28****10:00-11:00****Instructor(s): Rebecca Lint, MSW, and Eric Faw**

This course will introduce self-compassion as a meaningful mental health practice. Students will explore how to treat themselves with greater kindness, reduce self-criticism, and build emotional resilience.

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**Summer Safety 101****Course: HW262282****Thursday****May 28****10:30-12:00****Instructor(s): Yenifer Jerez**

This course will provide students with essential knowledge for staying safe during summer outdoor activities. Students will learn how to prevent and respond to tick bites, insect stings, and sun exposure, as well as how to recognize common trail hazards such as snakes and poisonous plants. The course will also offer practical guidance on preparing for time outdoors, including what to pack and how to plan for changing conditions.

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**Be the Help Until Help Arrives****Course: HW262394****Monday****June 1****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.

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**A Matter of Balance: Falls Prevention Workshop****Course: HW262312****Tuesday June 2, 9, 16, 23, 30, July 7, 14, 21****10:00-12:00****Instructor(s): Amanda Rudderman and Karen Shipman**

This course will emphasize practical strategies to reduce the fear of falling and increase activity levels among older adults. Students will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to improve strength, flexibility, and balance. The program will be led by trained instructors and is designed for anyone concerned about falls, interested in enhancing mobility, or seeking greater confidence in daily life.

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**Steps to Safety****Course: HW262533****Tuesday June 2****10:30-12:00****Instructor(s): Kimberly Rideout**

This course will introduce the NFPA Steps to Safety™ program, which educates older adults and caregivers about preventing home fires and falls through clear, research-informed strategies. Rooted in fire and behavioral science, the program promotes independence, engagement, and community empowerment by offering practical tools to reduce risk and injury. Students will learn key safety principles, explore ways to make their homes safer, and gain insights they can share to support the well-being of others in their community.

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**Understanding Cancer****Course: HW262516****Tuesday June 2****2:00-3:30****Instructor(s): Brian Mitchell, MD**

This course will introduce students to the fundamentals of cancer staging and classification, along with an overview of several specific diseases. Cancer biology will be presented using real cases when possible to illustrate how these concepts appear in clinical practice. The course will help students understand what cancer is, why it develops, and why it remains difficult to cure. Students will gain insight into current research and the challenges of oncology explained in accessible language.

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**Muscles, Macros, and Mindset****Course: HW262540****Wednesday June 3****9:30-10:30****Instructor(s): Siobhan Carlton**

This course will introduce students to three key elements that influence strength, metabolism, and long term well-being in later life. Students will explore how muscle changes with age and how targeted movement can support strength and function. The course will also examine the role of macronutrients in supporting muscle and metabolic health, along with practical ways to approach eating patterns that align with these goals. In addition, students will consider mindset as an essential component of consistency, learning how thought patterns and daily habits shape progress over time. Drawing on more than twenty years of coaching experience, the instructor will blend education, gentle movement, and guided discussion to help students build a clear and sustainable framework for healthy living.

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**Connecting across Generations: The Turquoise Butterfly****Course: HW262519****Wednesday June 3****1:00-2:30****Instructor(s): Dale Atkins****Online**

In this course, psychologist and author Dr. Dale Atkins will return to LLI Online to explore themes from her new children's book "The Turquoise Butterfly," a story inspired by her mother that highlights the transformative bond between generations. Through the characters of Grandma Sylvia and her granddaughter Victoria, the book reflects on love, courage, grief, and personal growth, offering gentle lessons about resilience, connection, and the grounding power of nature. Dr. Atkins will discuss the ideas that shaped the story, the role of intergenerational relationships in emotional well-being, and ways families can support one another through change and uncertainty. This course will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate in the conversation.

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**Brain Power Hour****Course: HW262251****Thursday****June 4, 11, 18****11:00-12:00****Instructor(s): Rachel Lawson**

Challenging the brain is one way to reduce the risk of developing dementia, and interAge interactions are another. Word games, trivia, and puzzles are fun for all ages and offer an easy way to give the brain that needed challenge. In this course, students of all ages will engage and interact with each other through a variety of fun, themed games designed to flex the brain and keep it active. This course will be a unique InterAge opportunity, welcoming students of all ages from the community; children must be accompanied by an adult, and only adults will need to register.

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**Vertigo and Dizziness: Common Causes and How to Treat It****Course: HW262376****Thursday****June 4****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

This course will be for anyone who has ever turned over in bed, looked up or down, or stood up too fast and then felt lightheaded or like the world was spinning. Students will learn the common causes of vertigo and dizziness and how physical therapy can help alleviate the symptoms.

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**Treating Cancer****Course: HW262529****Tuesday****June 9****2:00-3:30****Instructor(s): Brian Mitchell, MD**

This course will provide an accessible overview of how cancer is treated today. Students will learn about the major types of treatment, how therapeutic approaches have evolved over time, and the ways research is conducted to guide clinical decision-making. The course will also explore how scientific discoveries have shaped current treatment standards and continue to influence future advances. Students will gain a clearer understanding of how evidence informs the care patients receive.

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**Understanding Tinnitus and What Can Help****Course: HW262262****Thursday****June 11****11:00-12:00****Instructor(s): Debra Ogilvie, Au.D., Kim Fisher, and Tara Ruth**

Tinnitus—often described as ringing, buzzing, or other sounds in the ears—is common, especially with age, and about one in seven adults experience it, sometimes affecting sleep, concentration, and daily activities. In this course, local audiologists will explain what tinnitus is, why it occurs, and the factors that contribute to it, including hearing loss and noise exposure. Students will learn about current evidence-based approaches to managing tinnitus, such as sound therapy, hearing technology, counseling strategies, and newer treatments like Lenire. The course will offer practical information and address common questions about ways to reduce its impact and support overall quality of life.

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**New Dietary Guidelines and Long-Term Health****Course: HW262538****Tuesday****June 16****10:00-11:30****Instructor(s): Ray DeStephen**

This course will explore the newly released 2025–2030 Dietary Guidelines and how they differ from earlier federal nutrition advice. Students will examine how dietary recommendations have evolved since 1980 and consider how changing guidance has influenced eating patterns over time. The course will trace human dietary history from early hominin diets to modern food systems and will discuss how different approaches to nutrition may support overall well-being. Students will learn practical strategies for aligning eating habits with current research and for making food choices that promote long-term health.

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**The Importance of Posture: Safe and Simple Exercises to Help****Course: HW262468****Tuesday June 23****2:30-3:30****Instructor(s): Jordan Witt, DPT**

This course will examine how poor posture can contribute to neck, shoulder, upper back, and arm pain. Students will learn safe and effective exercises designed to improve posture and reduce discomfort. The course will emphasize practical techniques that can be applied at home to support long-term health and well-being.

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**Medical Advocacy for a Loved One****Course: HW262531****Thursday June 25****11:00-12:00****Instructor(s): Douglas A. Wayne, MD**

This course will explore key aspects of advocating for a loved one in healthcare settings, including why advocacy matters, how to prepare for medical visits, strategies for supporting someone during hospitalization, and approaches to effective communication with healthcare teams. Students will be encouraged to bring questions for discussion.

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**Back to Basics****Course: HW262537****Thursday June 25****11:00-12:00****Instructor(s): Maria Crostic**

This course will introduce students to The Basics, a national initiative developed at Harvard University to promote social emotional development and cognitive skill building in children from birth to age five. Students will explore simple, research-supported ways to bolster young children's brain development through everyday interactions. The course will conclude with a take-home activity designed to support continued learning and connection with a grandchild or young child.

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**Heart Rhythm Disorders: Causes, Risks, and Treatment Options****Course: HW262527****Friday June 26, July 17****11:00-12:00****Instructor(s): Vybhav Jetty, MD**

This course will offer an expanded study of heart rhythm disorders and the mechanisms that underlie them. Students will begin with a detailed look at the heart's electrical conduction system and the ways in which it may misfire. The course will examine a range of arrhythmias, including atrial fibrillation, bradycardia, and tachycardia, with attention to their causes, symptoms, and clinical significance. Students will learn foundational principles of ECG interpretation and will explore diagnostic strategies used to identify rhythm abnormalities. The second class will focus on treatment pathways, including medications, catheter-based procedures, and implantable devices, as well as lifestyle considerations that support long-term rhythm stability. Throughout the course, emphasis will be placed on understanding underlying triggers and engaging in informed conversations with clinicians.

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**Radiation for Arthritis: A Fresh Look at Osteoarthritis Treatment****Course: HW262495****Friday June 26****1:30-2:30****Instructor(s): David Randolph II, MD**

This course will introduce students to low dose radiation therapy, an emerging treatment option for individuals living with osteoarthritis. Dr. Randolph II will explain how osteoarthritis develops, why joint inflammation persists, and how low dose radiation therapy may offer relief for those who have not improved with standard treatments or who wish to avoid surgery. Students will learn what the therapy involves, how it is administered, and what outcomes patients may expect. The course will provide a clear and hopeful look at a lesser known approach designed to reduce pain and improve daily function.

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**Identifying and Treating Stroke Fast: Time Is Brain****Course: HW262153****Tuesday June 30****1:00-2:00****Instructor(s): Caitlin Grasso, RN, and Tim Wilson**

Stroke remains a leading cause of death and long term disability, and early recognition continues to be the most important factor in improving outcomes. This course will provide a clear review of stroke pathophysiology and the differences between ischemic and hemorrhagic stroke. Students will learn how to recognize early warning signs, understand time sensitive treatment options, and explore strategies for secondary prevention. Emphasis will be placed on rapid assessment, coordinated care, and practical tools that support timely action in real world situations.

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**The 4 Ms of Age-Friendly Care: Staying Healthy and Independent****Course: HW262534****Thursday July 2****11:00-12:00****Instructor(s): Leslie Mento**

As healthcare needs change with age, it becomes increasingly important for care to focus on what matters most to each person. This course will introduce the 4 Ms Framework for Age-Friendly Care—Mobility, Medication, Mind, and What Matters—as a simple, practical way to understand how healthcare can better support older adults' health, independence, and quality of life. Students will learn how to use this framework when talking with doctors, nurses, pharmacists, and caregivers, gaining tools to ask informed questions, stay engaged in their care, and take an active role in decisions that support their well-being.

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**Chronic Pain: How Do I Get Rid of It?****Course: HW262377****Thursday July 2****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

This course will be for anyone who has had imaging done and has been told everything looks fine, but the pain remains. Back pain, neck pain, or any pain that lasts for years can be difficult. Everyone wants to avoid chronic pain. This course will cover the science of chronic pain and how physical therapy can help. Students will delve into the science of how the human body works and what happens during chronic pain. Why it must be treated differently than acute pain and what can be done to improve the quality of life with chronic pain will also be explored.

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**Staying Safe at Home****Course: HW262445****Tuesday July 14****2:00-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

A majority of older adults wish to age in place, and this course will review a variety of strategies and home modifications that can help support safety and independence for as long as possible. From simple, low-cost adjustments to more extensive changes, students will learn practical approaches for creating a safer home environment and identifying options that best fit their needs.

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**Understanding Hearing Loss and Hearing Aids****Course: HW262389****Tuesday July 21****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.

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**Benefits of Trigger Point Dry Needling****Course: HW262524****Thursday July 23****11:00-12:00****Instructor(s): Jordan Witt, DPT**

This course will introduce students to the practice of trigger point dry needling and explain how it may help relieve pain and improve mobility. Students will learn how dry needling works, explore its potential benefits, and consider when it may be an appropriate option. The course will provide practical insights into this therapeutic technique and highlight ways it can support overall wellness.

**Dry Needling: What It Is and How It Works****Course: HW262409****Thursday July 30****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.

**The ABCs of Time Management****Course: HW262539****Tuesday August 18****1:00-2:00****Online****Instructor(s): Shauna Hooker**

This course will introduce practical strategies for managing time with greater clarity and balance. Students will learn how to identify priorities, reduce distractions, and create simple systems that support productivity rather than stress. Using the A-B-C method, the course will demonstrate how to categorize tasks by importance and make more intentional decisions about where energy and attention go. Students will also examine common barriers such as overcommitment, procrastination, digital overload, and difficulty setting boundaries. Through discussion and brief exercises, the course will offer techniques that help students stay organized, focused, and confident in managing daily responsibilities.

**IA****Inside LLI Activities****Orientation for New Members****Course: IA262999****Monday May 4****9:30-11:00****Instructor(s): Rachel Ramirez**

This course will be 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 will also be welcome! This New Member Orientation will conclude with a tour of the building. Any members who cannot make it to Orientation should just stop in the office anytime for answers to any questions!

**Workshop for LLI Instructors****Course: IA262077****Monday May 4****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!

**Workshop for LLI Instructors****Course: IA262078****Thursday May 7****10:30-12:00****Online****Instructor(s): Rachel Ramirez**

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!

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**Discussion with the Director****Course: IA262997****Thursday May 7****1:00-2:00****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 discussion with the Executive Director to get the latest update on the Lifelong Learning Institute in Chesterfield.

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**Orientation for New Members****Course: IA262998****Friday May 8****1:00-2:15****Online****Instructor(s): Rachel Ramirez**

This online course will be 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!

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**Monthly Member Birthday Celebration****Course: IA262100****Tuesday May 12, June 9, July 14****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!

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**10-year Member Celebration****Course: IA262110****Friday July 24****12:00-1:30****Instructor(s): Rachel Ramirez, Dr. John Lemza, 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 2006 and 2016 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.

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**LA****Languages**

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**Conversational German****Course: LA262015****Monday****May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27****2:00-3:30****Instructor(s): Alan McCrea**

Students will have the opportunity to read and converse in German in a supportive and engaging environment. While some prior knowledge of the language will be helpful, all levels of expertise will be welcome. Time will be devoted to pronunciation, vocabulary building, sentence formation, and practical grammar. During the early sessions, the first fifteen to thirty minutes will focus on foundational concepts as needed. No textbook will be required.

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**LE****Leisure Activities and Nature**

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**Learn Mah Jongg****Course: LE262317****Tuesday****May 5, 12, 19, 26****2:00-3:30****Instructor(s): Stone Wahl**

This course will introduce students to Mah Jongg, a tile-based game that offers the strategic fun of gin rummy with even more possibilities for combinations. The course will move at a relaxed pace and will be designed especially for new players. Attending the first week will be strongly recommended, as the basic concepts will be explained at that time. Unlike Mah Jongg Boot Camp, this course will not include homework or prerequisite work. Students who have played games throughout their lives will take to Mah Jongg quickly, and those who are newer to games will enjoy the challenge of learning a fresh and engaging skill. Once students are comfortable, they will be invited to register for a weekly Mah Jongg group.

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**Brain Aerobics: Preventing Memory Loss****Course: LE262197****Wednesday****May 6, 20, June 3, 17****9:30-10:30****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.

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**Wine Bottle Wind Chimes****Course: LE262371 \$10****Wednesday****May 6****1:30-3:30****Instructor(s): Marie Ireland**

Students will transform recycled wine bottles into colorful wind chimes suitable for outdoor display. They will work with stainless steel chain, a variety of beads, and pre-cut bottles to create a unique piece for the garden or yard. The instructor will guide students through assembling the components and shaping a design that reflects their personal style. Students who have needle nose pliers may wish to bring them to reduce wait time as tools will be shared during class. The course fee will provide all other materials.

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**Needleworkers United****Course: LE262032****Wednesday****May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29****1:30-3:00****Instructor(s): Sandy Lohman and Ellen Rennels**

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.

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**Genealogy Discussions****Course: LE262252****Wednesday****May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29****2:00-3:30****Instructor(s): Janet Garzia and Kevin Gross**

This course will provide an open forum setting for students to discuss all aspects of genealogy. Students will be encouraged to bring research questions, share expertise, and explore solutions to common challenges such as brick walls in family history. The group will celebrate research successes and exchange methods for building and verifying family trees. Students should have some prior experience with genealogy and family tree construction. Group leaders will bring topics for discussion and provide handouts, and students should be prepared to participate.

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**Bog Gardens: The Forgotten Ecosystem****Course: LE262373****Thursday****May 7****10:00-12:00****Instructor(s): Conner Parrish**

This course will introduce students to the unique ecology of bog gardens, one of nature's most overlooked ecosystems. Students will explore the ecological importance of bog environments and learn how to recreate moisture-rich habitats in home landscapes. The course will cover soil composition, water management, natural mosquito control, and plant selection for species that thrive in consistently wet conditions, including native carnivorous plants. Students will leave with the knowledge needed to create a potted bog garden or transform low or damp areas into vibrant, biodiversity-supporting spaces.

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**Alaska, Then and Now****Course: LE262337****Tuesday****May 12, 19, 26****9:30-11:00****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.

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**Advanced Card Making: Irresistable Fun Techniques****Course: LE262200 \$7****Tuesday****May 12****1:30-3:30****Instructor(s): Marie Ireland**

This advanced course will introduce students to a range of creative techniques for embellishing handmade cards. Students will explore alcohol inks, watercolor salt resist, masking with sprayers, dry embossing, and other specialty methods while creating cards to take home. Wet, dry, and heat embossing may also be used. All students should already be comfortable using a paper trimmer with quarter-inch measurements and have basic papercrafting skills such as using a tape runner, scoring, and folding. Students should bring scissors, a paper trimmer with quarter-inch measurements, a tape runner, and a ruler. The course fee will provide all other materials. The focus will be on learning new techniques, and media for finishing the cards will be available in class.

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**Introduction to Disc Golf****Course: LE262279 \*\$12****Tuesday****May 19, 26, June 2, 9****9:30-11:00****Instructor(s): Stone Wahl**

This course will introduce students to disc golf, one of the fastest-growing sports in the world. Students will learn the basic skills of the game, including a variety of throwing styles, through hands-on clinics and guided play on both temporary and permanent courses. A beginner disc and a marker will be included in the course fee unless students already have their own equipment. Students must be able to walk or wheel on the soccer field behind LLI and should wear sneakers, bring a small towel to dry the disc, and meet on the field each week. The course will provide an encouraging environment for beginners who want to stay active while learning a fun and accessible outdoor sport. The optional course fee will provide a beginner disc and a marker; players who do not need the supplies are welcome to register and play.

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**Capital Trail 101: A Guide to the Trail****Course: LE262368****Thursday****May 21****11:00-12:00****Instructor(s): Steph Coolbaugh**

This course will introduce students to the Virginia Capital Trail and its history, development, and future expansion. Students will learn how the Trail evolved from its early planning stages to the present day, including an overview of the upcoming Williamsburg extension. The course will also highlight current programs, volunteer opportunities, and ways to get involved with the Virginia Capital Trail Foundation. Designed for both new and experienced Trail users, this course will offer a clear understanding of the Trail's purpose, features, and community impact.

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**Korean Natural Farming 101: For the Gardener****Course: LE262344****Thursday****May 28****10:00-12:00****Instructor(s): Conner Parrish**

This course will introduce students to Korean Natural Farming (KNF), a regenerative gardening method that builds living soil using simple, natural ingredients. Students will explore the history of KNF and learn how to work with local microorganisms, fermented plant inputs, and nature-based practices to support healthy plant growth without synthetic fertilizers or chemicals. The course will demonstrate how everyday garden materials can be transformed into effective soil-building inputs that promote a more resilient and self-sustaining garden ecosystem.

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**Beginners Chess****Course: LE262186****Wednesday****June 3, 10, 17, 24, July 8, 15****12:00-1:30****Instructor(s): Fletcher Cassada**

This course will introduce students to the game of chess and establish a solid foundation for beginning players. Each class will begin with 15 to 30 minutes of instruction focused on the basic principles of chess and the foundational skills needed to play with confidence. After the instructional portion, students will have time to practice by playing with their peers. No prior knowledge will be required, and the course will offer a supportive environment for new players to learn and grow. Students should bring a chess set to the first class, and it will be determined how many are needed for weekly play. Once students are comfortable playing, they will be invited to register and play in the weekly Cards and Games groups.

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**Modern Floral Design with an Asian Influence****Course: LE262265 \$12****Friday****June 5, 12, 26****1:30-3:00****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 course fee will cover the cost of flowers and plant material for all three classes.

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**Logic and Reasoning Puzzles A: Set 3****Course: LE262348****Monday June 8****9:30-11:00****Instructor(s): Stone Wahl**

Please register for only one session (A or B) to allow all students a chance to participate. This course will introduce students to a variety of logic and reasoning puzzles designed to keep the mind active and engaged. Students will work through puzzles that require no math skills beyond the third-grade level and will learn practical methods for approaching and solving these types of problems. The course will also include an introduction to a logic puzzle available on most computing devices for continued practice. Some scenarios may be explored through light role-playing to support understanding and problem-solving. Note: This course was offered in Spring 2026, but due to weather-related postponements, only a few students were able to attend. Those who participated previously are encouraged to wait for Set 4, which will feature new materials.

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**Balloonology 101****Course: LE262276 \$8****Monday June 8****11:30-1:00****Instructor(s): Wayne Swatlowski**

This lighthearted, hands-on course will introduce students of all ages to the art and fun of balloon-making. Students will learn basic techniques, experiment with shapes and designs, and enjoy a relaxed, creative atmosphere. The class will offer opportunities to practice new skills while exploring simple ways to bring joy and whimsy to everyday moments. The course fee will provide the pump and balloons. This course will be a unique InterAge opportunity, welcoming students of all ages from the community; children must be accompanied by an adult, and only adults will need to register.

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**Rag Rug Wreaths****Course: LE262237****Wednesday June 10, 17****10:30-12:00****Instructor(s): Sandhi Schimmel Gold**

This course will guide students in creating a colorful braided rag rope that will be attached to a wire wreath frame. Using simple techniques and repurposed fabric, students will produce textured, handcrafted wreaths suitable for seasonal or everyday display. Students should bring a wire wreath frame (available at Dollar Tree, Michael's, Hobby Lobby, and similar stores), along with at least two yards of cotton or cotton-blend fabric such as fat quarters, jelly rolls, leftover yardage, or repurposed clothing in a variety of colors. Students also need to bring a glue gun with glue sticks, as well as a needle and plain thread.

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**Logic and Reasoning Puzzles B: Set 3****Course: LE262349****Monday June 15****12:00-1:30****Instructor(s): Stone Wahl**

Please register for only one session (A or B) to allow all students a chance to participate. This course will introduce students to a variety of logic and reasoning puzzles designed to keep the mind active and engaged. Students will work through puzzles that require no math skills beyond the third-grade level and will learn practical methods for approaching and solving these types of problems. The course will also include an introduction to a logic puzzle available on most computing devices for continued practice. Some scenarios may be explored through light role-playing to support understanding and problem-solving. Note: This course was offered in Spring 2026, but due to weather-related postponements, only a few students were able to attend. Those who participated previously are encouraged to wait for Set 4, which will feature new materials.

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**Fun With Chair Volleyball****Course: LE262297****Tuesday****June 16, 23, 30, July 7****1:00-2:30****Instructor(s): Barbara Clinedinst**

This course will introduce students to chair volleyball, a lively and accessible sport that supports mental, physical, and social well-being. Each class will offer a full-body workout that engages the core, extremities, heart, and major muscle groups without placing undue stress on the body. Rules will follow the structure of high school volleyball with two key differences: players will remain seated, and the game will be played with a sturdy beach ball. The first class will start indoors and move outdoors for the rest of the time together. In addition to the health benefits, students often discover shared interests with fellow players, leading to new friendships and social connections beyond the court. The course will provide an encouraging environment for anyone who wants to stay active while having fun. Students will also learn how and where they can play this fun sport regularly!

**Bloomistry Wellness: Conscious Living for a Healthier Home and Garden****Course: LE262374****Thursday****June 18****10:00-12:00****Instructor(s): Conner Parrish**

This course will explore how everyday choices in food, home care, and gardening can reduce toxins and support a healthier lifestyle. Students will examine the impacts of common lawn chemicals, pest control services, and household products, and learn how conventional yard sprays can disrupt beneficial ecosystems. The course will highlight practical, nature-based alternatives that help create cleaner food, safer gardens, and a more balanced relationship with the natural world.

**The Art of Handmade Books****Course: LE262372 \$15****Wednesday****July 15****12:30-3:30****Instructor(s): Marie Ireland**

Students will learn the foundational skills needed to create handmade books. They will complete two projects in class and practice stitching signatures using waxed cording and a curved needle. Techniques will include using an awl, setting grommets, and assembling pages with heavy paper suitable for journaling or drawing. Students will make a small cork fabric pamphlet-stitched book and a four-and-a-half by six-inch hard cover book using recycled book covers. This course requires good vision and fine motor skills. Students should bring a pencil, ruler, scissors, and a paper trimmer. The course fee will provide the cork fabric, paper, and all other supplies.

**Ecosystem Ponds and Water Features for Wildlife at Home****Course: LE262375****Thursday****July 16****10:00-12:00****Instructor(s): Conner Parrish**

This course will teach students how to design and build natural ecosystem ponds and water features that support local wildlife. Students will learn the basics of site selection, natural filtration, and aquatic plant choices that help create balanced habitats for frogs, birds, pollinators, and other beneficial species. The course will also introduce low-maintenance pond-less water features that bring movement and water into garden spaces while supporting the surrounding ecosystem.

**LS****Life Services****The Art of the Apology****Course: LS262084****Monday****May 11, 18****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will explore the value and dynamics of apologies. Students will learn how effective—and sometimes life-changing—apologies are created and why many apologies are inadequate or even cause unintended harm.

**Transportation Services in Chesterfield County****Course: LS262145****Monday May 11****11:30-12:30****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.

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**Personal Safety: Look Twice to Stay Safe in an Unsafe World****Course: LS262242****Thursday May 14****1:30-3:00****Instructor(s): Tim Beard****Online**

This course will introduce students to the core principles of personal safety presented in Tim Beard's "Look Twice" series, written by a former CIA officer to promote practical awareness in everyday life. Students will explore the "Look Twice Mindset," an approach designed to help individuals recognize risks before they escalate, and will examine key concepts related to staying safe at home, at work, and during routine outings. The course will also review strategies for navigating public spaces, understanding transportation-related risks, and applying foundational security habits that support confidence and preparedness across a variety of environments.

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**Mercy Mall Emergency Food Bags****Course: LS262172****Thursday May 14, July 16****2:00-3:00****Instructor(s): Phyllis Maples**

This course will introduce students to the role Mercy Mall plays in supporting individuals and families experiencing homelessness. Case managers often turn to Mercy Mall first, and an emergency snack pack can ease the immediate burden on those they serve. During the course, students will assemble non-perishable snack packs in gallon-size bags. These may include mini water bottles, granola bars, flat tuna packs, raisins, cracker packs, individually wrapped fork-and-napkin sets, and a kind, encouraging note. Students are welcome, but not required, to bring any of the listed items. Mercy Mall may also host a collection drive leading up to the classes and accepts donations of new, unopened personal care items such as body wash, shampoo, deodorant, and toothpaste.

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**VirginiaNavigator Overview: Navigating a Family of Websites****Course: LS262069****Tuesday May 19****11:30-12:30****Instructor(s): Bonnie Scimone**

This course will introduce students to the VirginiaNavigator family of websites and the resources available to support health, aging, financial concerns, and community services across the Commonwealth. Students will learn how to locate and interpret information within the platform, explore its partnership with Chesterfield County, and review tools that assist older adults and their families in identifying local programs and supports. The course will also provide an overview of the Supplemental Nutrition Assistance Program (SNAP), including eligibility considerations and available benefits, to help students understand how this program fits within the broader landscape of community resources.

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**Critical Thinking A: Principles and Obstacles****Course: LS262217****Wednesday****May 20, 27****12:30-1:30****Instructor(s): Brian Plante**

Please register for only one session (A or B) to allow all students a chance to participate. This course will explore the fascinating tension between human biology and critical thinking, examining why critical thought is not as automatic as walking or blinking. Students will identify obstacles that interfere with thinking critically and consider how instinct, emotion, and cognitive bias can override rational analysis—and why the brain is built that way. The class will also discuss how those obstacles may be manipulated to improve decision-making. This hands-on workshop will demonstrate how critical thinking strategies can be applied to everyday choices.

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**Crafts for Community****Course: LS262147****Thursday****May 21, June 18, July 16****11:30-1:00****Instructor(s): Milbrey A. Bartholow**

This course will offer students an opportunity to join fellow LLI members in creating craft items that will be donated to local organizations and community partners. All supplies will be provided or requested, and project ideas will be prepared in advance so students can focus on the creative process. Each class will emphasize service, collaboration, and the joy of contributing handmade items that bring comfort and encouragement to others.

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**From Farm to Front Door A: How Food Gets to Those in Need****Course: LS262229****Tuesday****May 26****1:00-2:00****Instructor(s): Brooke Rogers and Diana Gomez**

This course will explore how food reaches vulnerable neighbors through programs like Feed More's Meals on Wheels. Students will learn about the journey from farm to table, including the logistics, partnerships, and volunteer efforts that make meal delivery possible. The course will highlight the ripple effects of service—how delivering a meal strengthens community bonds, promotes intergenerational values, and creates lasting impact.

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**Improving Self-Esteem****Course: LS262203****Wednesday****May 27****2:00-3:30****Instructor(s): Richard Commander**

This course will help students explore the connection between self-knowledge and self-esteem. Students will reflect on their unique gifts and talents, and learn how identifying these strengths can foster confidence and personal growth. This course will introduce several evaluation tools—including Myers-Briggs, Enneagram, Charisms, and StrengthsFinder—to support deeper self-understanding. Students will engage in discussion and reflection as they consider how these tools can illuminate their values, motivations, and potential.

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**Becoming an Optimist****Course: LS262085****Monday****June 1****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will explore the significant benefits of optimism and offer a wide range of practical strategies for strengthening an optimistic outlook.

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**Befriending the Subconscious****Course: LS262090****Wednesday****June 3, 10****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will explore the nature of the subconscious and provide practical strategies for improving daily life while reducing or eliminating unhelpful internal chatter.

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**Emergency Preparedness for Individuals and Households****Course: LS262177****Wednesday****June 3****2:00-3:30****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.

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**Evaluating Home Needs: Right-Sizing for the Next Chapter****Course: LS262241****Friday****June 5****11:00-12:00****Instructor(s): Brian O'Laughlin**

This course will introduce students to the concept of right-sizing and will offer a practical framework for evaluating whether a current home continues to support their goals, lifestyle, and financial priorities. Students will learn how to assess the benefits and challenges of their existing living situation, explore neighborhood and home-feature considerations using a right-size checklist, and review strategies for sorting, decluttering, and preparing for a transition. The course will also address common misconceptions that can add stress to the process and will provide guidance for approaching a move with clarity and confidence. Students will leave with a step-by-step plan for aligning their living environment with the next chapter of life.

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**Setting Goals****Course: LS262213****Monday****June 8****2:00-3:30****Instructor(s): Richard Commander**

This interactive course will guide students through practical strategies for setting and achieving meaningful goals. Using the handout "How to Set a Goal You Will Achieve?" and insights from the instructor, students will explore two types of goal setting and reflect on their own experiences—whether successful or not—to support peer learning. The course will also introduce four self-assessment tools designed to help students better understand their strengths, motivations, and personal growth styles.

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**Chesterfield Fire and EMS: An Overview of the Fire and EMS Department****Course: LS262178****Thursday****June 11****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.

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**Senior Care 101****Course: LS262211****Friday June 12****11:00-12:00****Instructor(s): Dori Modzelewski**

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.

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**From Farm to Front Door B: How Food Gets to Those in Need****Course: LS262238****Monday June 15****1:00-2:00****Instructor(s): Brooke Rogers and Diana Gomez**

This course will explore how food reaches vulnerable neighbors through programs like Feed More's Meals on Wheels. Students will learn about the journey from farm to table, including the logistics, partnerships, and volunteer efforts that make meal delivery possible. The course will highlight the ripple effects of service—how delivering a meal strengthens community bonds, promotes intergenerational values, and creates lasting impact.

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**Medical Aid in Dying: An End-of-Life Option****Course: LS262208****Monday June 22****1:00-2:30****Instructor(s): Wayne Swatlowski**

This course will provide a clear, factual overview of Medical Aid in Dying (MAID). Students will learn where MAID is currently legal in the United States, the history and status of proposed legislation in Virginia, and the safeguards included in the Bill. The class will also clarify distinctions among MAID, suicide, physician-assisted suicide, and euthanasia. An overview of end-of-life planning resources available through Compassion and Choices will be included. The course will offer space for thoughtful discussion grounded in accurate information.

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**Planning Final Arrangements: Plan to Make It Right****Course: LS262157****Tuesday June 30****2:00-3:30****Instructor(s): Susan Campbell**

This course will introduce students to the value of planning final arrangements as part of a thoughtful approach to financial and estate preparation. Students will explore the key steps involved in prearranging a funeral, including documenting preferences, understanding available options, and identifying considerations that can ease decision-making for families during a difficult time. The course will provide an overview of the information commonly needed when planning in advance and will offer time for questions to support clarity and informed choices.

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**Defending Boundaries****Course: LS262091****Wednesday July 1, 8****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will offer an overview of the life-changing art of assertiveness and how it can support healthy boundaries, including navigating well-meaning interference from adult children.

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**Critical Thinking B: Principles and Obstacles****Course: LS262218****Thursday****July 2, 9****11:00-12:00****Instructor(s): Brian Plante**

Please register for only one session (A or B) to allow all students a chance to participate. This course will explore the fascinating tension between human biology and critical thinking, examining why critical thought is not as automatic as walking or blinking. Students will identify obstacles that interfere with thinking critically and consider how instinct, emotion, and cognitive bias can override rational analysis—and why the brain is built that way. The class will also discuss how those obstacles may be manipulated to improve decision-making. This hands-on workshop will demonstrate how critical thinking strategies can be applied to everyday choices.

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**Navigating Senior Living****Course: LS262196****Tuesday****July 7****11:00-12:00****Instructor(s): John Krug**

This course will provide students with an in-depth overview of the senior living industry and equip them with knowledge and tools to guide older adults and their families through the complex landscape of housing and care options. Students will explore the full continuum of care—from independent living and assisted living to memory care, residential care homes, and skilled nursing communities. The course will emphasize how to assess an individual's physical, cognitive, financial, and social needs to ensure the best fit and quality of life.

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**Transformational Listening****Course: LS262094****Monday****July 13, 20****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will help students understand why most people struggle with listening and will introduce the skills and benefits of becoming a transformational listener, with opportunities to practice these approaches.

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**Creating Positive Impact****Course: LS262095****Wednesday****July 15, 22****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will offer a range of practical ways to make a positive difference in the world, including actions that support the health of our ecosystem.

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**Transportation Services in Chesterfield County****Course: LS262171****Monday****August 10****1:30-2:30****Instructor(s): Billie Darlington****Online**

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.

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**End-of-Life Doulas in the Community A**

Course: LS262239

Tuesday

August 11

10:00-12:00

Online

Instructor(s): Cryst'I Scheer

End-of-life doulas provide non-medical, holistic support to individuals and families as they prepare for the final stage of life. This course will offer a clear, practical overview of what doulas do, what they do not do, and how doula support can complement other professional services. Students will review common doula services, frequent misconceptions, professional boundaries, and the core elements emphasized in doula training. They will learn what to expect from doula support, when it may be helpful, and practical questions to consider when seeking services or exploring training. This course is appropriate for students who are curious about end-of-life doulas, those planning ahead for themselves or a loved one, and those considering whether doula training may be a good fit in the future.

**End-of-Life Doulas in the Community B**

Course: LS262240

Thursday

August 20

10:00-12:00

Online

Instructor(s): Cryst'I Scheer

End-of-life doulas provide non-medical, holistic support to individuals and families as they prepare for the final stage of life. This course will offer a clear, practical overview of what doulas do, what they do not do, and how doula support can complement other professional services. Students will review common doula services, frequent misconceptions, professional boundaries, and the core elements emphasized in doula training. They will learn what to expect from doula support, when it may be helpful, and practical questions to consider when seeking services or exploring training. This course is appropriate for students who are curious about end-of-life doulas, those planning ahead for themselves or a loved one, and those considering whether doula training may be a good fit in the future.

**PR****Philosophy and Religious Studies****Women of the Old Testament**

Course: PR262116

Monday

May 4, 11

10:00-11:00

Instructor(s): Joanna Lurie

This course will examine eight women in the Old Testament, the decisions they made, and the ways those choices shaped the history of Israel.

**Who Is the Real Jesus?**

Course: PR262120

Wednesday

May 6, 13, 20

1:00-3:00

Instructor(s): Dr. Ryan Ahlgrim

Historical scholars have reconstructed the "real" Jesus in many different ways, portraying him as an insurrectionist, a magician, a wisdom teacher, an apocalyptic prophet, and more; some have even questioned whether he existed at all. This course will explore the current state of historical research into Jesus of Nazareth, examine the major competing portraits, and consider what scholars believe can—and cannot—be known about the historical Jesus.

**Science, Theology, and Beyond**

Course: PR262099

Thursday

May 7, 14, 21, 28, June 4, 11, July 2, 9, 16, 23, 30

9:30-11:00

Instructor(s): Timothy Pace

This course will invite students to explore philosophical questions, matters of ethics, and the intriguing world of the paranormal. Subjects will include UFOs, reincarnation, the fascinating world of microscopic life, and the ongoing question of consciousness. Each class will encourage open conversation and thoughtful reflection as students consider these topics from scientific and theological perspectives. There will be opportunities for questions and answers throughout the course.

**Bible Discussion of Paul's Letter to the Colossians****Course: PR262002****Thursday****May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30****2:00-3:30****Instructor(s): Mark Grubbs**

This course will offer students an opportunity to study the Epistle to the Colossians, a letter in which the Apostle Paul addresses the church at Colossae by magnifying the preeminence of Jesus Christ. Paul teaches that Christ is the image of the invisible God and the one through whom all things were created and are sustained. By emphasizing that the fullness of Deity dwells bodily in Jesus, the letter reminds believers that they are complete in Him and need no additional philosophies or legalistic rituals. This theological foundation leads into practical instruction, encouraging the faithful to set their minds on things above and to let the peace of Christ rule in their hearts as they live out their new identity in Him. This is a discussion course, and students may bring either a book or digital Bible. No prior knowledge of the Bible will be needed, and assistance will be available for those who would like help accessing a digital Bible.

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**The Chosen: The Life of Jesus and His Followers****Course: PR262100****Monday****May 11, 18, June 1, 8, 15, 22, 29****1:00-2:30****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 five seasons have been released and are available to watch for free at <https://watch.thechosen.tv/> or through Amazon Prime Video. This course will give students an opportunity to watch and discuss the second season together. Students are encouraged to bring questions and comments to share after each episode.

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**Power of Myth and Aesthetics****Course: PR262096****Tuesday****May 12, 19, 26, June 2, 9, 16****11:00-12:30****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 discussion course will explore both!

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**The History of the Bible: Not a Bible Study****Course: PR262059****Tuesday****June 2, 9, 16****2:30-3:30****Instructor(s): Wayne Moyer**

This course will aim to provide answers to questions people have about Biblical characters and events that the Bible doesn't expound on. For example, how and when did the Bible become a book, especially the New Testament letters? Why are there only four Gospel accounts? Didn't the other apostles write about Jesus? What happened to all of the apostles? Where did they go? How did they die? What happened during the 430 years of silence between the Old Testament book of Malachi and the New Testament book of Matthew? Why do some Bibles have Apocryphal Books and others do not? Are numbers representative of anything specific in the Old and New Testaments? Students will also examine other historical references to Biblical characters and events that are not found in the Bible.

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**The End Times According to the Bible****Course: PR262107****Wednesday****June 10, 17, 24, July 1****2:00-3:30****Instructor(s): Wayne Moyer**

Most people have heard something about Jesus coming back a second time but may not totally understand what the Bible teaches on the topic. This course will be taught in four parts: 1) Past Old Testament and New Testament prophecy that has been fulfilled; 2) Current prophecy being fulfilled today; 3) Is there such a thing as the Rapture and a Tribulation Period mentioned in Scripture?; and 4) What is Heaven, the Millennial Reign, and the New Heaven and the New Earth? Students will be invited to participate in a discussion of each of the topics and may bring a Bible for reference. The entire presentation will be made available to each student. Please note that the instructor does not claim to have all of the answers, and a student will possibly have more questions about the "End Times" at the end of the course than they had at the beginning. A list of books used to create this course will be shared for further research on the students' part.

**God's Grace: What Does It Look Like?****Course: PR262104****Wednesday****July 22****12:00-1:30****Instructor(s): Richard Commander**

Many people have heard of God's grace, and some have felt its presence in their lives—yet it often goes unnoticed. This course will help students explore how grace works, why it can remain unseen, and what it truly looks like. Through guided reflection and discussion, students will be able to recognize God's grace in everyday life and deepen their understanding of divine love and favor.

**SE****Special Events****Agecroft Hall Folktales Tour****Course: SE262170 \$12****Thursday****May 28****10:30-11:30****Instructor(s): Katie Reynolds and Matt Rowlett**

A tour guide will lead students on a fun and informative garden walk while the daffodils are in bloom to learn about the history of the gardens and the transformation over the last 50 years. This tour will involve walking on different surfaces and stairs. Members who wish to carpool should meet inside LLI at 9:45AM. Members can choose to drive directly to 4305 Sulgrave Road, Richmond, VA 23221. The tour will start promptly at 10:30AM in the museum lobby and last approximately one hour. After the tour, there will be plenty of time to explore the museum exhibits and gardens independently. Carpools could arrive back at LLI by 12:30PM. The trip fee will cover admission and the guided tour and must be paid at the time of registration.

**Behind the Scenes with Brightpoint: small quiet good Sneak Peek****Course: SE262233****Friday****May 29****2:00-3:30****Instructor(s): Kerrigan Sullivan**

This course will give students a behind-the-scenes look at Brightpoint's new play, "small quiet good," by local award-winning playwright Chandler Hubbard. The story centers on Medusa, confined to Hell for thousands of years and forced to relive her own torment and that of the dead who surround her. When her sisters arrive to rescue her, the chains binding her can only be broken from within, setting the stage for a journey of reckoning and transformation. Students will learn about the playwriting process and the development of new work, explore the director's vision and how it shaped the production design, meet members of the cast, and enjoy a sneak peek of selected scenes and characters. Students will also be encouraged to plan ahead to attend the performance as a group on Sunday, May 31 at 2pm (ticket purchase required) at The Lynn Theatre on the Midlothian campus of Brightpoint Community College. A special backstage tour will be offered, and ticketing information will be available on the Brightpoint Theatre website ([www.brightpoint.edu/theatre](http://www.brightpoint.edu/theatre)) a few weeks before the show opens.

**A Robot Revolution?: A YAHA Performance****Course: SE262234****Thursday****June 4****1:00-2:00****Instructor(s): Bob Ferguson**

This original play is set 24 years in the future, imagining a world in which humanoid robots capable of thinking and learning have become part of everyday life. Students will follow a lighthearted science-fiction story that explores whether such robots might one day challenge human control and whether a group known as the Sons of Liberty could rise to stop them. Written for fun and entertainment, the play offers a humorous look at futuristic possibilities and the questions they raise.

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**Chesterfield 911 Center Tour****Course: SE262911****Friday****June 5****10:30-12:00****Instructor(s): Shannon M. White**

This course will provide students with a guided tour of the Chesterfield 911 Center and an inside look at how emergency communications are managed within the county. Students will observe the facility's operations, learn about the roles and responsibilities of emergency communications staff, and gain insight into the systems that support public safety response. Members who wish to carpool will meet inside LLI at 9:15am, while others may choose to drive directly to Chesterfield 911 Center at 6610 Public Safety Way, Chesterfield, VA 23832. The tour will begin promptly at 10:30am, and will last approximately one and one-half hours. Carpools may return to LLI by 1:00pm, unless participants choose to have lunch together. The tour will conclude with a question-and-answer session to deepen understanding of the center's work and its role in community safety.

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**Northern Neck History and Highlights Tour****Course: SE262236 \$165****Friday****June 12****8:00-6:30****Instructor(s): SignaTours**

This tour will introduce students to two of America's most iconic leaders during a visit to Virginia's Northern Neck. The group will begin at Stratford Hall Historic Preserve, home to the Lee family of Virginia and a landscape that reflects more than two thousand years of natural and human history. The Great House and surrounding historic area will be explored through a guided tour that highlights eighteenth-century furnishings, preservation work, and period-specific objects, bringing the social and cultural history of Stratford Hall to life as students move through the circa 1738 Great House, outbuildings, gardens, and grounds. The group will then travel to the town of Montross for lunch at Fisher's Roadhouse Café, where the menu will feature their well-known barbecue sandwich, with vegetarian and chicken options available. In the afternoon, the trip will continue to George Washington Birthplace National Monument, beautifully situated along the Potomac River. It encompasses 551 acres of land where seven generations of the Washington family lived and where George Washington was born in 1732. The park was also central to one of the earliest efforts to memorialize George Washington during the celebration of his bicentennial birth anniversary in 1932. Students will view an orientation film in the visitor center and take a short walk to the historic area for a ranger-led talk at the birthplace site and the adjacent Memorial House before heading home. The trip fee will provide the tours, lunch, gratuities, and a snack on board the coach.

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**Love Duets from Op to Pop****Course: SE262160****Monday****June 15****1:30-2:30****Instructor(s): Leslie Matthews**

This performance will feature a selection of songs and duets spanning Classical repertoire through Broadway, Pop, and Jazz. Students will enjoy a varied musical experience designed to highlight the expressive range of love duets across genres, offering something for every listener.

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**VMHC We the People Tour A****Course: SE262195 \$17****Wednesday****June 17****1:30-2:30****Instructor(s): Grace Powers**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be a guided tour of the new temporary exhibit, "We the People: The World in Our Commonwealth" at the Virginia Museum of History & Culture. This exhibition explores the many people who, over centuries, have made Virginia the unique place it is in America and in the world, and the dramatic impact of the immigrant experience throughout Virginia's history as people arrived from the four corners of the globe. Members who wish to carpool should meet outside LLI at 12:30pm. Members may also choose to drive directly to 428 N. Arthur Ashe Boulevard, Richmond, VA 23220. Paid parking is available in the museum deck (not included), and there is ample free street parking nearby. The tour will start promptly at 1:30pm and last approximately one hour. Carpools could arrive back at LLI by 3:30pm. The trip fee will cover museum admission and the guided tour and must be paid at the time of registration.

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**No Exit: A YAHA Performance****Course: SE262235****Wednesday****July 8****1:30-2:30****Instructor(s): Bob Ferguson and Vic Thompson**

This YAHA production will present a comedic interpretation of Edgar Allan Poe's tale about a man trapped in an underground cell, reimagined through the lens of the players' own misadventures. As the group attempts to complete one final performance before LLI renovations begin, a series of miscalculations leaves them in a predicament that mirrors the story they are staging. Students will enjoy watching how the players get themselves into — and out of — unexpected trouble.

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**Company's Coming Band Concert****Course: SE262164****Friday****July 10****2:00-3:15****Instructor(s): Kate Conn, Don Golladay, and Tom Baker**

This concert will feature Company's Coming — Kate Conn, Don Golladay, and Tom Baker — performing Americana, gospel, and Appalachian music with rich harmonies and a wide array of traditional instruments. Students will enjoy familiar tunes, lively arrangements, and the group's signature blend of warmth and musicianship. The performance will highlight banjo, mandolin, guitar, autoharp, harmonica, and other folk instruments that contribute to the ensemble's distinctive sound.

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**VMHC We the People Tour B****Course: SE262196 \$17****Monday****July 20****1:30-2:30****Instructor(s): Grace Powers**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be a guided tour of the new temporary exhibit, "We the People: The World in Our Commonwealth" at the Virginia Museum of History & Culture. This exhibition explores the many people who, over centuries, have made Virginia the unique place it is in America and in the world, and the dramatic impact of the immigrant experience throughout Virginia's history as people arrived from the four corners of the globe. Members who wish to carpool should meet outside LLI at 12:30pm. Members may also choose to drive directly to 428 N. Arthur Ashe Boulevard, Richmond, VA 23220. Paid parking is available in the museum deck (not included), and there is ample free street parking nearby. The tour will start promptly at 1:30pm and last approximately one hour. Carpools could arrive back at LLI by 3:30pm. The trip fee will cover museum admission and the guided tour and must be paid at the time of registration.

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**Literary Society Celebration****Course: SE262171****Thursday****July 30****1:00-2:30****Instructor(s): Martha Frickert and Bob Ferguson**

This will be the culminating event and celebration of the Summer 2026 Literary Society. The event is planned to both recognize Literary Society participants as well as to include other LLI members by showcasing this session's theme: "Sports of All Sorts." Current participants, future participants, and anyone with an interest in the theme are welcome to register and attend. Light refreshments will be provided.

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**Virginia Museum of Fine Arts (VMFA) Fabergé Tour A****Course: SE262228 \$10****Friday****July 31****10:00-11:00****Instructor(s): Kathy Parrish**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be a guided tour of the Virginia Museum of Fine Arts' (VMFA) Fabergé exhibit. Thanks to the generosity of Lillian Thomas Pratt, VMFA holds the largest public collection of Fabergé and Russian decorative arts in an American museum. The collection features nearly 200 works by or attributed to the Fabergé firm, along with silver and enamel objects in the Old Russian style by Feodor Rückert and other masters. Members who wish to carpool should meet inside LLI at 9:15AM. Members may also 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 stay 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 and must be paid at the time of registration.

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**Virginia Museum of Fine Arts (VMFA) Fabergé Tour B****Course: SE262229 \$10****Friday****July 31****1:00-2:00****Instructor(s): Kathy Parrish**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be a guided tour of the Virginia Museum of Fine Arts' (VMFA) Fabergé exhibit. Thanks to the generosity of Lillian Thomas Pratt, VMFA holds the largest public collection of Fabergé and Russian decorative arts in an American museum. The collection features nearly 200 works by or attributed to the Fabergé firm, along with silver and enamel objects in the Old Russian style by Feodor Rückert and other masters. Members who wish to carpool should meet inside LLI at 12:15PM. Members may also choose to drive directly to 200 N. Arthur Ashe Boulevard, Richmond, VA 23220. The tour will start promptly at 1:00PM 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 arrive early. Carpools could arrive back at LLI by 3:00PM. The trip fee will cover the cost of the guided tour and must be paid at the time of registration.

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**Smithsonian Art in DC Tour: Celebrating America's 250th Birthday through Art****Course: SE262237 \$160****Friday****August 7****7:30-6:30****Instructor(s): SignaTours**

This tour will feature visits to two of Washington, D.C.'s most influential art museums, the Smithsonian American Art Museum (SAAM) and the Renwick Gallery, in recognition of America's 250th birthday. At the Smithsonian American Art Museum, students will explore one of the country's oldest and most comprehensive collections of American art, which has been assembled since the 1800s. The collection spans works from colonial portraiture to contemporary pieces that reflect centuries of evolving ideas, creativity, and lived experience. Students will hopefully have some free time to explore the other exhibits, such as the National Portrait Gallery. Everyone will enjoy a midday family-style lunch at Carmine's Italian Restaurant. The next stop will be the Renwick Gallery, a National Historic Landmark dedicated to American craft and decorative arts, including glass, wood, fiber, and ceramics, and notable as the first building in the United States constructed specifically as an art museum when it opened in 1859. The trip fee will provide a guided highlight tour at each museum, lunch, gratuities, and a snack on board the coach.

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**Cards and Games Monday****Course: WG262004****Monday****May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27****1:00-3:00****Instructor(s): Fran Judd and Carolyn Goble**

Students will exercise their minds and build new friendships while enjoying a variety of games, including Rummikub, Triple Play, Skip-Bo, Five Crowns, and Mexican Train Dominoes. Those unfamiliar with a game will be warmly welcomed and guided through the rules.

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**Spades****Course: WG262013****Tuesday****May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28****11:30-1:30****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.

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**Social Bingo Tuesday****Course: WG262001****Tuesday****May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28****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.

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**Cards and Games Wednesday****Course: WG262006****Wednesday****May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29****1:00-3:00****Instructor(s): Carolyn Goble and Fran Judd**

Students will keep their minds sharp and enjoy friendly camaraderie while playing a variety of games, including Rummikub, Triple Play, Skip-Bo, Five Crowns, and Mexican Train Dominoes. No prior experience will be necessary—new students will be warmly welcomed and taught the rules with ease.

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**Mah Jongg Thursday****Course: WG262009****Thursday****May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30****9:30-11:30****Instructor(s): Mary Jane Murphy and Marilyn Mare**

This course is for students who are experienced in playing the American version of the ancient Chinese game of Mah Jongg. This is a game of skill, strategy, and calculation with a certain degree of chance. This course will offer a faster pace of play compared to the beginner pace offered on Tuesday afternoons. Students can register for either or both days and will need to bring a copy of the National Mah Jongg League 2026 Hands and Rules card each week.

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**Bridge for Experienced Players****Course: WG262010****Friday** **May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31****9:30-12:15****Instructor(s): Jane Polivka**

Students 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 are expected to be on time and not leave early.

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**Canasta Variations: Hand and Foot, Triple Play, and Samba****Course: WG262007****Friday** **May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31****10:00-12:00****Instructor(s): Mary Jane Murphy**

Hand and Foot, Triple Play, and Samba are all variations 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 and Samba are advanced forms of Hand and Foot where additional canastas are required. Like Hand and Foot, the card game has four players, with two sets of partners. All will be welcome to learn and play!

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**Social Bingo Friday****Course: WG262002****Friday** **May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31****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.

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**Mah Jongg Tuesday****Course: WG262014****Tuesday** **June 2, 9, 16, 23, 30, July 7, 14, 21, 28****2:00-3:30****Instructor(s): Julie Randolph**

This course is for students who are experienced in playing the American version of the ancient Chinese game of Mah Jongg. This is a game of skill, strategy, and calculation with a certain degree of chance. This course will offer a beginner pace of play, which will allow for slower games compared to the faster pace on Thursday mornings. Students can register for either or both days. The instructor will be available for questions. Students will need to bring a copy of the National Mah Jongg League 2026 Hands and Rules card each week.

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5/4/2026</b>	<b>5/5/2026</b>	<b>5/6/2026</b>	<b>5/7/2026</b>	<b>5/8/2026</b>
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9a-10:30a CO266 - LLI App Innovation	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
9:30a-11a IA999 - Orientation for New Members	9a-11a EL048 - Memoir Writing	9:30a-10:30a AD332 - American Architectural Gems	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-12:15p WG010 - Bridge for Experienced Players
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a LE197 - Brain Aerobics	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10a-11a HW446 - Stress Management Bingo	10a-12p WG007 - Canasta Variations
10a-11a PR116 - Women of the Old Testament	10:30a-12:30p EF136 - Long Term Care Insurance	11a-12:30p AD252 - Intermediate Ukulele	10a-12p LE373 - Bog Gardens	10:30a-12:30p AD278 - Open Studio for Artists
10a-11a EL100 - Literary Society Orientation (Online)	11a-12p EL101 - Literary Society Orientation	11a-12:30p CO199 - Nearpeer Tutorial and Tips A	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12p HS773 - Church Hill Tunnel Collapse	11a-12p EL043 - Enjoy Poetry	10:30a-12p IA078 - Workshop for Instructors (Online)	12:15p-1:15p AD197 - Ballroom Dance Practice
11:30a-12:30p HW435 - Rethinking Exercise in Later Life	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11a-12p EF183 - New Medicare Birthday Rule A	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-1:30p WG013 - Spades	11a-12:30p HS785 - Histories of Petersburg	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	12:30p-2p EL093 - The Prehistory of the Movies	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-2:15p IA998 - Orientation for New Members (Online)
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p IA077 - Workshop for Instructors	1p-3p WG001 - Social Bingo	1p-3p AD234 - Artist Open Studio	1p-2p IA997 - Discussion with the Director	
2p-3:30p LA015 - Conversational German	1:30p-3:30p HW530 - Remembering Decades Past	1p-3p PR120 - Who Is the Real Jesus?	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	2p-3:30p HW436 - Senior Living Continuum	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p LE317 - Learn Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events		
		1:30p-3p LE032 - Needleworkers United		
		1:30p-3:30p LE371 - Wine Bottle Wind Chimes		
		2p-3:30p LE252 - Genealogy Discussions		




Monday	Tuesday	Wednesday	Thursday	Friday
5/11/2026	5/12/2026	5/13/2026	5/14/2026	5/15/2026
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
9a-10a FI015 - Pilates (Online)	9a-10:30a HS788 - Prisoners' Rights in America	9:30a-10:30a AD332 - American Architectural Gems	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-12:15p WG010 - Bridge for Experienced Players
9:30a-11:30a LS084 - The Art of the Apology	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE337 - Alaska, Then and Now	10:30a-12:30p CO218 - News from the Microbiome	10a-12p AD333 - InterAge Storytelling Workshop	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	11a-12:30p AD252 - Intermediate Ukulele	10a-11a HW535 - Social Wellness	10:30a-12:30p AD278 - Open Studio for Artists
10a-11a PR116 - Women of the Old Testament	10:30a-12p HW541 - The Dementia Experience A	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-12p HW463 - Heart Arrhythmias	11a-11:45a FI018 - Sit and Be Fit	11a-12p EF190 - Medicare Essentials A	12:15p-1:15p AD197 - Ballroom Dance Practice
11a-12p HS599 - Aerial America	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-12:30p HS785 - Histories of Petersburg	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
11:30a-12:30p LS145 - Transportation Services	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1p-3p CO243 - Apple Mail App
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1p-2p CO260 - Fusion Power in Chesterfield
1p-2:30p PR100 - The Chosen	12p-12:30p IA100 - Birthday Celebration	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	12:30p-2p EL093 - The Prehistory of the Movies	1p-3p PR120 - Who Is the Real Jesus?	1:30p-3p LS242 - Personal Safety (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2p-3p LS172 - Mercy Mall Emergency Food	
2p-3:30p CO262 - Understanding AI	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational German	1:30p-3:30p HW530 - Remembering Decades Past	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p AD324 - Chicago's Iconic Competition	
	1:30p-3:30p LE200 - Advanced Card Making	2p-3p EF167 - Financial Stability	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS089 - Great Decisions	2p-3:30p EF188 - Investing in AI	2:30p-3:30p HW375 - Joint Replacements	
	2p-3:30p LE317 - Learn Mah Jongg	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HW467 - Low Back Pain Solutions			



Monday	Tuesday	Wednesday	Thursday	Friday
5/18/2026	5/19/2026	5/20/2026	5/21/2026	5/22/2026
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
9a-10a FI015 - Pilates (Online)	9a-10:30a HS788 - Prisoners' Rights in America	9:30a-10:30a AD332 - American Architectural Gems	9:30a-11a EL109 - Children's Book Review	9:30a-12:15p WG010 - Bridge for Experienced Players
9:30a-11:30a LS084 - The Art of the Apology	9a-10a HS793 - Passport to Freedom (Online)	9:30a-10:30a LE197 - Brain Aerobics	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE279 - Introduction to Disc Golf	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a LE337 - Alaska, Then and Now	10:30a-12:30p CO218 - News from the Microbiome	10a-11a HW462 - Cultivating Gratitude	10:30a-12:30p AD278 - Open Studio for Artists
11a-12:30p EL142 - Gulliver's Travels	10a-11a AD021 - Intermediate Tap Dancing	11a-12:30p AD252 - Intermediate Ukulele	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p HS791 - Mementos and Memories A	11a-12p EL043 - Enjoy Poetry	11a-12p LE368 - Capital Trail 101	12:15p-1:15p AD197 - Ballroom Dance Practice
11a-12p HS599 - Aerial America	11a-12p HS020 - Burying the Confederate Dead	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-12:30p HS785 - Histories of Petersburg	11:30a-1p LS147 - Crafts for Community	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	11:30a-12:30p LS069 - VirginiaNavigator Overview	12:30p-1:30p LS217 - Critical Thinking A	1p-2p HW528 - Women's Urology Wellness	
2p-3:30p CO262 - Understanding AI	12:30p-2p EL093 - The Prehistory of the Movies	1p-3p AD234 - Artist Open Studio	1p-2:30p HW542 - The Dementia Experience B	
2p-3:30p LA015 - Conversational German	1p-2:30p AD334 - InterAge Storytelling	1p-3p PR120 - Who Is the Real Jesus?	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2p-3:30p PR002 - Bible Discussion	
	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2:30p-3:30p AD324 - Chicago's Iconic Competition	
	1p-2p HW507 - Nasal Nerve Ablation	1:30p-3p HS003 - Current Events	2:30p-3:30p FI007 - Gentle Yoga	
	1:30p-3p EL143 - Writing a Novel	1:30p-3p LE032 - Needleworkers United		
	2p-3:30p LE317 - Learn Mah Jongg	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p HS795 - Pyramid Construction Myths			



Monday	Tuesday	Wednesday	Thursday	Friday
5/25/2026	5/26/2026	5/27/2026	5/28/2026	5/29/2026
<b>LLI Closed</b>	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
	9a-10:30a HS788 - Prisoners' Rights in America	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-12:15p WG010 - Bridge for Experienced Players
	9:30a-11a LE279 - Introduction to Disc Golf	11a-12:30p AD252 - Intermediate Ukulele	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
	9:30a-10:30a AD248 - Readers Theater	11a-12p EL043 - Enjoy Poetry	10a-11a HW536 - Self-Compassion	10a-12p WG007 - Canasta Variations
	9:30a-11a LE337 - Alaska, Then and Now	11a-11:45a FI018 - Sit and Be Fit	10a-12p LE344 - Korean Natural Farming	10:30a-12:30p AD278 - Open Studio for Artists
	10a-11a AD021 - Intermediate Tap Dancing	11a-12:30p HS785 - Histories of Petersburg	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
	11a-12:30p PR096 - Power of Myth and Aesthetics	11:30a-12:30p FI031 - Chair Yoga (Online)	10:30a-11:30a SE170 - Agecroft Hall Folktales Tour	12:15p-1:15p AD197 - Ballroom Dance Practice
	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	10:30a-12:30p AD192 - Super Senior Storytelling Slam	1p-3p WG002 - Social Bingo
	11:30a-1:30p WG013 - Spades	12:30p-1:30p LS217 - Critical Thinking A	10:30a-12p HW282 - Summer Safety 101	1:30p-2:30p HW343 - Intermediate Tai Chi
	12:30p-2p EL093 - The Prehistory of the Movies	1p-3p AD234 - Artist Open Studio	11:30a-12:15p FI005 - Sit and Be Fit	2p-3:30p SE233 - Brightpoint Sneak Peek
	1p-2:30p AD334 - InterAge Storytelling	1p-3p WG006 - Cards and Games	12p-1:30p AD141 - Lifelong Musicians	
	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
	1p-3p WG001 - Social Bingo	1:30p-2:30p HW532 - Serendipity in Medicine	1:30p-3p DE013 - Disability and Ableism	
	1p-2p LS229 - From Farm to Front Door A	1:30p-3p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	1:30p-3p EL143 - Writing a Novel	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p LE317 - Learn Mah Jongg	2p-3:30p LS203 - Improving Self-Esteem	2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:30p FI009 - Gentle Yoga			
	3:30p-4:30p LLI Board of Directors Meeting (RC)			



Monday	Tuesday	Wednesday	Thursday	Friday
6/1/2026	6/2/2026	6/3/2026	6/4/2026	6/5/2026
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10:30a AD335 - Secrets of the Old Masters	9a-10:30a EF180 - Finance Across Generations	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a HS784 - Tour of Spain
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9:30a-10:30a AD332 - American Architectural Gems	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-12:15p WG010 - Bridge for Experienced Players
9a-10a FI015 - Pilates (Online)	9a-10:30a HS788 - Prisoners' Rights in America	9:30a-10:30a HW540 - Muscles, Macros, and Mindset	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS085 - Becoming an Optimist	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-10:30a LE197 - Brain Aerobics	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a LS090 - Befriending the Subconscious	10:30a-12p DE019 - A Week in Billy's Life	10:30a-12p SE911 - Chesterfield 911 Center Tour
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	11a-12p HW251 - Brain Power Hour	10:30a-12:30p AD278 - Open Studio for Artists
11a-12:30p EL142 - Gulliver's Travels	10a-12p HW312 - A Matter of Balance	11a-12p EF147 - Outsmart the Scammers	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p HW533 - Steps to Safety	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	11a-12p LS241 - Evaluating Home Needs
11a-12p HS599 - Aerial America	11a-12:30p EF163 - Money Mindset Makeover	11a-11:45a FI018 - Sit and Be Fit	1p-2p FI010 - Chair Yoga	12:15p-1:15p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-12:30p HS785 - Histories of Petersburg	1p-2p SE234 - A Robot Revolution Performance	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p PR100 - The Chosen	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	1:30p-3p DE013 - Disability and Ableism	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-2:30p AD314 - The Book of Amazement A	12:30p-2p EL093 - The Prehistory of the Movies	12p-1:30p LE186 - Beginners Chess	2p-3:30p PR002 - Bible Discussion	1:30p-3p LE265 - Modern Floral Designs
1p-3p HW394 - Be the Help Until Help Arrives	1p-2:30p AD334 - InterAge Storytelling	1p-3p AD234 - Artist Open Studio	2:30p-3:30p FI007 - Gentle Yoga	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	2:30p-3:30p HW376 - Vertigo and Dizziness	
2p-3:30p CO262 - Understanding AI	1p-3p WG001 - Social Bingo	1p-2:30p HW519 - Connecting across Generations (Online)		
2p-3:30p LA015 - Conversational	1p-2p HS790 - The Battle of Stones	1:15p-2:15p AD210 - Intro to Brazilian		
	1:30p-3:30p EL144 - Writing Short Stories	1:30p-3p HS003 - Current Events		
	2p-3:30p HW516 - Understanding Cancer	1:30p-3p LE032 - Needleworkers United		
	2p-3:30p WG014 - Mah Jongg	2p-3:30p HS786 - Conspiracies and History		
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p PR059 - The History of the Bible	2p-3:30p LS177 - Emergency Preparedness		
	2:30p-3:45p AD336 - World Theatre History (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
6/8/2026	6/9/2026	6/10/2026	6/11/2026	6/12/2026
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	7:30a-6:30p SE236 - Northern Neck Tour
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11:30a LS090 - Befriending the Subconscious	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-10:30a HS784 - Tour of Spain
9:30a-11a LE348 - Logic and Reasoning Puzzles A	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:30a-12:15p WG010 - Bridge for Experienced Players
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a EF018 - Smart Investing	10:30a-12:30p CO265 - Sleep and the Renewing Brain	10:15a-11:15a AD075 - Line Dance Practice	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p LE237 - Rag Rug Wreaths	11a-12p HW251 - Brain Power Hour	10a-12p WG007 - Canasta Variations
11a-12:30p EL142 - Gulliver's Travels	10a-12p HW312 - A Matter of Balance	11a-12p EL043 - Enjoy Poetry	11a-12p HW262 - Understanding Tinnitus	10:30a-12:30p AD278 - Open Studio for Artists
11a-12p FI028 - Gentle Yoga	11a-12:30p PR096 - Power of Myth and Aesthetics	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
11a-12p HS599 - Aerial America	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p HS785 - Histories of Petersburg	12p-1:30p AD141 - Lifelong Musicians	11a-12p LS211 - Senior Care 101
11:30a-1p LE276 - Balloonology 101	11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	1p-2p FI010 - Chair Yoga	12:15p-1:15p AD197 - Ballroom Dance Practice
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	12p-1p AD329 - Creativity and Wellness	12p-1p HW386 - Intermediate Tai Chi 24 Form	1:30p-3p DE015 - Aging and Ageism	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	12p-12:30p IA100 - Birthday Celebration	12p-1:30p LE186 - Beginners Chess	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	12:30p-1:30p EL076 - Storying Later Life	1p-3p AD234 - Artist Open Studio	1:30p-3:30p LS178 - Chesterfield Fire and EMS	1:30p-3p LE265 - Modern Floral Designs
1p-2:30p AD326 - Art Journaling A	12:30p-2p EL093 - The Prehistory of the Movies	1p-3p WG006 - Cards and Games	2p-3:30p CO263 - Working with AI A	
1:30p-3:30p HS617 - No Time to Grieve	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-3p WG001 - Social Bingo	1:30p-3p CO235 - Podcasts for All	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p LA015 - Conversational German	1:30p-3:30p EL144 - Writing Short Stories	1:30p-3p LE032 - Needleworkers United		
2p-3:30p LS213 - Setting Goals	2p-3:30p HS089 - Great Decisions	2p-3:30p HS786 - Conspiracies and History		
	2p-3:30p HW529 - Treating Cancer	2p-3:30p LE252 - Genealogy Discussions		
	2p-3:30p WG014 - Mah Jongg	2p-3:30p PR107 - The End Times		
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:30p PR059 - The History of the Bible			
	2:30p-3:45p AD336 - World Theatre History (Online)			



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



Monday	Tuesday	Wednesday	Thursday	Friday
6/22/2026	6/23/2026	6/24/2026	6/25/2026	6/26/2026
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-12:15p WG010 - Bridge for Experienced Players
9a-10a FI015 - Pilates (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
9:30a-11a HS787 - Latin America and Imperialism	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12:30p CO265 - Sleep and the Renewing Brain	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	10a-12p HW312 - A Matter of Balance	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD278 - Open Studio for Artists
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-12p EF113 - Medicare 101	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10:30a-12p CO256 - Introduction to Zoom
11a-12p Diversity Committee Meeting	11:30a-12:30p AD058 - Country Line Dancing	11a-12:30p HS785 - Histories of Petersburg	11a-12p HW531 - Medical Advocacy	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p EL142 - Gulliver's Travels	11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	11a-12p HW537 - Back to Basics	11a-12p HW527 - Heart Rhythm Disorders
11a-12p FI028 - Gentle Yoga	12:30p-1:30p EL076 - Storying Later Life	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD197 - Ballroom Dance Practice
11:30a-12:30p HS698 - African American Inventors	1p-2:30p LE297 - Fun With Chair Volleyball (RC)	12p-1:30p LE186 - Beginners Chess	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1:30p-3p DE015 - Aging and Ageism	1p-3p CO240 - Apple App Store App
1p-3p WG004 - Cards and Games	1:30p-3:30p EL144 - Writing Short Stories	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-2:30p LS208 - Medical Aid in Dying	2p-3:30p WG014 - Mah Jongg	1:30p-3p LE032 - Needleworkers United	2p-3:30p AD111 - Intermediate Watercolor	1:30p-2:30p HW495 - Radiation for Arthritis
1:30p-3p CO230 - What is Modern Science?	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p HS786 - Conspiracies and History	2p-3:30p CO263 - Working with AI A	1:30p-3p LE265 - Modern Floral Designs
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2:30p-3:30p Fundraising Committee Meeting	2p-3:30p HS796 - Airwomen in Flight	2p-3:30p HS724 - American Corrections	
2p-3:30p LA015 - Conversational German	2:30p-3:30p HW468 - The Importance of Posture	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
3:30p-4:30p LLI Board of Directors Meeting	2:30p-3:45p AD336 - World Theatre History (Online)	2p-3:30p PR107 - The End Times	2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
6/29/2026	6/30/2026	7/1/2026	7/2/2026	7/3/2026
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	<b>LLI Closed</b>
9a-10a FI001 - Low Impact	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	
9a-10a FI015 - Pilates (Online)	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a EF118 - Organizing Financial Records	9:30a-11a PR099 - Science, Theology, and Beyond	
9:30a-11a HS787 - Latin America and Imperialism	10a-11a AD021 - Intermediate Tap Dancing	9:30a-11:30a LS091 - Defending Boundaries	9:30a-11:30a WG009 - Mah Jongg	
10a-10:45a FI004 - Sit and Be Fit	10a-12p HW312 - A Matter of Balance	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	
10a-10:45a FI030 - Strength and Stretch (Online)	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	
11a-12:30p EL142 - Gulliver's Travels	11:30a-1:30p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	11a-12p HW534 - Age-Friendly Care	
11a-12p FI028 - Gentle Yoga	12:30p-1:30p EL076 - Storying Later Life	11a-12:30p HS785 - Histories of Petersburg	11a-12p LS218 - Critical Thinking B	
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-2:30p LE297 - Fun With Chair Volleyball (RC)	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	
1p-2:30p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	12p-1:30p HS750 - Echoes of the Past	12p-1:30p AD141 - Lifelong Musicians	
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	
1:30p-3p CO230 - What is Modern Science?	1p-2p HW153 - Identifying Stroke Fast	1p-3p AD234 - Artist Open Studio	1p-3p EL108 - The Boy, Mole, Fox and Horse	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p LS157 - Planning Final Arrangements	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2p-3:30p LA015 - Conversational German	2p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:45p AD336 - World Theatre History (Online)	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3:30p HS786 - Conspiracies and	2:30p-3:30p HW377 - Chronic Pain	
		2p-3:30p LE252 - Genealogy Discussions		
		2p-3:30p PR107 - The End Times		



Monday	Tuesday	Wednesday	Thursday	Friday
7/6/2026	7/7/2026	7/8/2026	7/9/2026	7/10/2026
<b>LLI Closed</b>	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-12:15p WG010 - Bridge for Experienced Players
	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a LS091 - Defending Boundaries	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
	9:30a-11:30a HS710 - Palestine History and Future	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Studio for Artists
	10a-12p HW312 - A Matter of Balance	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p CO246 - Microplastics
	11a-12p LS196 - Navigating Senior Living	11:30a-12:30p FI031 - Chair Yoga (Online)	11a-12p LS218 - Critical Thinking B	11a-12p HW352 - Beginning Tai Chi Review
	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD197 - Ballroom Dance Practice
	11:30a-1:30p WG013 - Spades	12p-1:30p LE186 - Beginners Chess	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
	12:30p-1:30p EL076 - Storying Later Life	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1p-3p WG002 - Social Bingo
	1p-2:30p LE297 - Fun With Chair Volleyball (RC)	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	2p-3:15p SE164 - Company's Coming Concert
	1p-3p HS789 - The American Revolution	1:30p-3p LE032 - Needleworkers United	2p-3:30p CO264 - Working with AI B	
	1p-3p WG001 - Social Bingo	1:30p-2:30p SE235 - No Exit Performance	2p-3:30p PR002 - Bible Discussion	
	1:30p-3:30p EL146 - Workshopping Fiction	2p-3:30p HS786 - Conspiracies and History	2:30p-3:30p AD325 - Paintings in Disguise	
	2p-3:30p HS089 - Great Decisions	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p WG014 - Mah Jongg			
	2:30p-3:30p FI009 - Gentle Yoga			
	2:30p-3:45p AD336 - World Theatre History (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
7/13/2026	7/14/2026	7/15/2026	7/16/2026	7/17/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-12:15p WG010 - Bridge for Experienced Players
9:30a-11a HS787 - Latin America and Imperialism	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a LS095 - Creating Positive Impact	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS094 - Transformational Listening	9:30a-11:30a HS710 - Palestine History and Future	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	11a-12p CO261 - Fusion Power in Chesterfield (Online)	10a-12p LE375 - Ecosystem Ponds	10:30a-12:30p AD278 - Open Studio for Artists
10a-10:45a FI030 - Strength and Stretch (Online)	10a-12p HW312 - A Matter of Balance	11a-11:45a FI018 - Sit and Be Fit	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p CO246 - Microplastics
11a-12p FI028 - Gentle Yoga	10a-12p EF104 - Estates and Probate	11:30a-12:30p FI031 - Chair Yoga (Online)	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW527 - Heart Rhythm Disorders
1p-3p WG004 - Cards and Games	11:30a-1:30p WG013 - Spades	12p-1:30p LE186 - Beginners Chess	11:30a-1p LS147 - Crafts for Community	12:15p-1:15p AD197 - Ballroom Dance Practice
1p-2:30p EL027 - Poe and the Detective Story	12p-12:30p IA100 - Birthday Celebration	12:30p-3:30p LE372 - The Art of Handmade Books	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1:30p-2:30p CO258 - Zoom Practice (Online)	12:30p-1:30p EL076 - Storying Later Life	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1:30p-3:30p DE007 - Understanding Gender Identity
1:30p-3:30p EF132 - Financial Preparedness	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-3p HS789 - The American Revolution	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	2p-3:30p CO264 - Working with AI B	
	1p-2:30p AD319 - The Book of Amazement B	1:30p-3p LE032 - Needleworkers United	2p-3p LS172 - Mercy Mall Emergency Food	
	2p-3:30p HW445 - Staying Safe at Home	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p WG014 - Mah Jongg		2:30p-3:30p AD325 - Paintings in Disguise	
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p FI007 - Gentle Yoga	
	2:30p-3:45p AD336 - World Theatre History (Online)			



Monday	Tuesday	Wednesday	Thursday	Friday
7/20/2026	7/21/2026	7/22/2026	7/23/2026	7/24/2026
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI015 - Pilates (Online)	9:30a-10:30a AD248 - Readers Theater	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-12:15p WG010 - Bridge for Experienced Players
9:30a-11a HS787 - Latin America and Imperialism	9:30a-11:30a HS710 - Palestine History and Future	9:30a-11:30a LS095 - Creating Positive Impact	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga
9:30a-11:30a LS094 - Transformational Listening	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	10a-12p HW312 - A Matter of Balance	10:30a-12p EF138 - Medicare 101 (Online)	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Open Studio for Artists
10a-10:45a FI030 - Strength and Stretch (Online)	11a-12p HW389 - Understanding Hearing	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p CO246 - Microplastics
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-12p EL145 - Nancy Drew and Mystery
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-1:30p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	11a-12p HW524 - Benefits of Dry Needling	11a-12p HW352 - Beginning Tai Chi Review
1p-3p WG004 - Cards and Games	12:30p-1:30p EL076 - Storying Later Life	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p FI005 - Sit and Be Fit	12p-1:30p IA110 - 10-year Member Celebration
1p-3p HS381 - Adventures of the Caminos	1p-2p FI006 - Chair Yoga	12p-1:30p PR104 - God's Grace	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD197 - Ballroom Dance Practice
1:30p-2:30p SE196 - VMHC We the People Tour B	1p-3p HS789 - The American Revolution	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writers' Critique
1:30p-2:30p CO258 - Zoom Practice (Online)	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2:30p AD327 - Art Journaling B	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-3:30p HS794 - Cold War Deterrence	1:30p-3:30p HS798 - The Court Process
2p-3:30p LA015 - Conversational German	2p-3:30p WG014 - Mah Jongg	1:30p-3p CO200 - Nearpeer Tutorial and Tips B	2p-3:30p AD111 - Intermediate Watercolor	1:30p-2:30p HW343 - Intermediate Tai Chi
3:30p-4:30p LLI Board Social	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p LE032 - Needleworkers United	2p-3:30p CO264 - Working with AI B	
	2:30p-3:45p AD336 - World Theatre History (Online)	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p EF189 - New Medicare Birthday Rule B	





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

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

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

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

## LLI in Chesterfield Summer 2026 Registration Form

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

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

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

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Art, Music, Drama, and Dance</b>						
	AD012	Advanced Watercolor		Thu	June 18, 25, July 2, 9, 16, 23	10:30-12:30		Marti Franks
	AD021	Intermediate Tap Dancing		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21	10:00-11:00		Beth and Julie
	AD036	Introduction to Line Dancing		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	9:00-9:45		Julie Van Buskirk
	AD058	Country Line Dancing		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	9:00-11:00		Mary Jane and Bev
	AD111	Intermediate Watercolor with Marti		Thu	June 18, 25, July 2, 9, 16, 23	2:00-3:30		Marti Franks
	AD141	Lifelong Musicians		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	12:00-1:30		Brad, Ken, and Rick
	AD192	Super Senior Storytelling Slam		Thu	May 28, June 25, July 23	10:30-12:30		Judith and Les
	AD197	Ballroom Dance Practice		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	12:15-1:15		Eric and Julie
	AD210	Introduction to Brazilian Percussion		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	1:15-2:15		Damir Strmel
	AD234	Artist Open Studio		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	1:00-3:00		Diana Hinman, et. al.
	AD248	Readers Theater		Tue	May 5, 12, 26, June 2, 9, 23, 30, July 7, 14, 21, 28	9:30-10:30		Ken Carlson
	AD252	Intermediate Ukulele: Beach-Ready Summer Strumming		Wed	May 6, 13, 20, 27	11:00-12:30		Rick Kaerwer
	AD278	Open Studio for Artists		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	10:30-12:30		Dr. Susan Coffey, et. al.
	AD292	Moving to Music		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	8:30-9:30		Diane Childress
	AD314	The Book of Amazement Art Journal A: Making the Book		Mon	June 1	1:00-2:30		Janet Abel
	AD315	The Book of Amazement Art Journal: Making the Book		Wed	August 5	1:00-2:30	Online	Janet Abel
	AD319	The Book of Amazement Art Journal B: Making the Book		Tue	July 14	1:00-2:30		Janet Abel
	AD324	Chicago Tribune Tower Competition: Gothic Dreams and Modern Visions		Thu	May 14, 21	2:30-3:30		Tara Semtner, AIA
	AD325	Paintings in Disguise: Diving Deeper		Thu	July 9, 16	2:30-3:30		Tara Semtner, AIA
	AD326	Art Journaling in the Book of Amazement A: Using the Book		Mon	June 8	1:00-2:30		Janet Abel
	AD327	Art Journaling in the Book of Amazement B: Using the Book		Tue	July 21	1:00-2:30		Janet Abel
	AD328	Art Journaling in the Book of Amazement: Using the Book		Wed	August 12	1:00-2:30	Online	Janet Abel
	AD329	Creativity and Wellness: How Creating Combats Loneliness		Tue	June 9	12:00-1:00		Kate Powell, MPA
	AD332	American Architectural Gems		Wed	May 6, 13, 20, June 3	9:30-10:30		Karen Steele
	AD333	InterAge Storytelling Workshop for Elders and Youngers		Thu	May 14	10:00-12:00		Les and Judith
	AD334	InterAge Storytelling for Elders and Youngers		Tue	May 19, 26, June 2	1:00-2:30		Les and Judith
	AD335	Painting Secrets of the Old Masters		Mon	June 1	9:00-10:30		Chris Semtner
	AD336	World Theatre History		Tue	June 2, 9, 16, 23, 30, July 7, 14, 21, 28	2:30-3:45	Online	Kathryn Miesse
		<b>Computers, Technology, Math, and Science</b>						
	CO199	Nearpeer Tutorial and Tips A		Wed	May 6	11:00-12:30		Debby Hoskin
	CO200	Nearpeer Tutorial and Tips B		Wed	July 22	1:30-3:00		Rachel Ramirez
	CO218	News from the Microbiome		Wed	May 13, 20	10:30-12:30		Patricia Ryther
	CO230	What is Modern Science?		Mon	June 22, 29	1:30-3:00		Alex Meredith
	CO235	Podcasts for All		Wed	June 10	1:30-3:00		Rachel and Lucas
	CO240	Apple App Store App for iPhone and iPad		Fri	June 26	1:00-3:00		Mark Grubbs
	CO243	Apple Mail App for iPhone and iPad		Fri	May 15	1:00-3:00		Mark Grubbs
	CO246	Microplastics: A Global Problem Gets Personal		Fri	July 10, 17, 24	10:30-12:30		Patricia Ryther

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

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

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

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Computers, Technology, Math, and Science</b>						
	CO256	Introduction to Zoom		Fri	June 26	10:30-12:00		Carri Pandolfe
	CO258	Zoom Practice		Mon	July 13, 20, 27	1:30-2:30	Online	Carri and Scarleth
	CO260	Fusion Power in Chesterfield		Fri	May 15	1:00-2:00		Jessica Strunkin
	CO261	Fusion Power in Chesterfield		Wed	July 15	11:00-12:00	Online	Jessica Strunkin
	CO262	Understanding Artificial Intelligence: Introductions		Mon	May 11, 18, June 1	2:00-3:30		Danny Arkin
	CO263	Working with Artificial Intelligence A: Learning to Navigate		Thu	June 11, 18, 25	2:00-3:30		Danny Arkin
	CO264	Working with Artificial Intelligence B: Learning to Navigate		Thu	July 9, 16, 23	2:00-3:30		Danny Arkin
	CO265	Sleep, Wake, and the Renewing Brain		Wed	June 10, 17, 24	10:30-12:30		Patricia Ryther
	CO266	LLI App Innovation Research Project		Tue	May 5	9:00-10:30		Miska, KC, and Lilah
		<b>Diversity, Equity, and Incusion</b>						
	DE007	Understanding Gender Identity and Expression		Fri	July 17	1:30-3:30		Ted Heck
	DE013	Disability and Ableism: From Oppression to the ADA to How to Help		Thu	May 28, June 4	1:30-3:00		Wayne Swatlowksi
	DE015	Aging and Ageism in Society and Self		Thu	June 11, 18, 25	1:30-3:00		Wayne Swatlowksi
	DE019	A Week in the Life of Billy Good		Thu	June 4	10:30-12:00		Wilbur and Carol
		<b>Economics and Finance</b>						
	EF018	Smart Investing		Tue	June 9	9:30-11:00		Jamey Davidson
	EF104	Estate Settlement and the Probate Process		Tue	July 14	10:00-12:00		Mark Mikuta, CPA, CFP
	EF113	Medicare 101: Understanding the Basics		Tue	June 23	10:30-12:00		Tammy Akers
	EF117	Identity Theft and Protection		Wed	July 29	10:30-12:00		Sabrina Guerin
	EF118	Organizing Financial Records		Wed	July 1	9:30-10:30		Sabrina Guerin
	EF132	Financial Preparedness for Disasters		Mon	July 13	1:30-3:30		CCEM Staff
	EF136	Long Term Care Insurance		Tue	May 5	10:30-12:30		Linda T. Caruthers
	EF138	Medicare 101: Understanding the Basics		Wed	July 22	10:30-12:00	Online	Tammy Akers
	EF147	Outsmart the Scammers		Wed	June 3	11:00-12:00		Shawn Doran
	EF163	Money Mindset Makeover: Ignite a Love Affair with Money	*\$13	Tue	June 2	11:00-12:30		Sorana Blackfoot
	EF167	Financial Stability		Wed	May 13	2:00-3:00		Richard Commander
	EF180	Finance Across Generations: Bridging the Gap		Tue	June 2	9:00-10:30		Sabrina and Amy
	EF183	New Medicare Birthday Rule and Healthcare Expense Savings A		Thu	May 7	11:00-12:00		Beckey Huddleston
	EF188	Investing in Artificial Intelligence: Part II		Wed	May 13	2:00-3:30		Jamey Davidson
	EF189	New Medicare Birthday Rule and Healthcare Expense Savings B		Thu	July 23	2:30-3:30		Beckey Huddleston
	EF190	Medicare Essentials A: Understanding Healthcare		Thu	May 14	11:00-12:00		Beckey Huddleston
	EF191	Medicare Essentials B: Understanding Healthcare		Thu	July 30	2:30-3:30		Beckey Huddleston
		<b>Literature, Poetry, and Film</b>						
	EL015	Aspiring Writers' Critique		Fri	May 8, 22, June 5, 26, July 10, 24	1:00-3:00		Dorothy Moses
	EL027	Edgar Allan Poe and the Creation of the Detective Story		Mon	July 13	1:00-2:30		Chris Semtner
	EL043	Enjoy Poetry		Wed	May 6, 13, 20, 27, June 3, 10, 24, July 1, 8, 22, 29	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14	9:00-11:00		Suzanne and Tom
	EL076	Storying Later Life		Tue	June 9, 16, 23, 30, July 7, 14, 21	12:30-1:30		John Countryman
	EL093	The Prehistory of the Movies		Tue	May 5, 12, 19, 26, June 2, 9	12:30-2:00		Josh Pachter
	EL095	Exploring Legacy through Reflective Writing		Tue	August 4, 11	1:00-2:30	Online	Cryst'I Scheer

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

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

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

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		<b>Literature, Poetry, and Film</b>						
	EL100	LLI Literary Society Orientation: Sports of All Sorts		Mon	May 4	10:00-11:00	Online	Martha and Bob
	EL101	LLI Literary Society Orientation: Sports of All Sorts		Tue	May 5	11:00-12:00		Martha and Bob
	EL108	The Boy, the Mole, the Fox and the Horse	*\$15	Thu	July 2	1:00-3:00		Rachel and Lucas
	EL109	Children's Book Review		Thu	May 21	9:30-11:00		Rachel and Levi
	EL114	LLI Literary Society Feedback and Book Swap		Mon	June 15	2:30-3:30		Martha and Bob
	EL127	Veterans in Virginia: Print a U.S. Military Story		Mon	June 15	11:00-12:00	Online	Alex Sebby
	EL140	Aspiring Writers' Critique		Fri	August 7, 21	1:00-3:00	Online	Dorothy Moses
	EL142	Gulliver's Travels: Jonathan Swift's Message Then and Now		Mon	May 18, June 1, 8, 15, 22, 29	11:00-12:30		Edward Blackwell
	EL143	Writing a Novel to Completion		Tue	May 19, 26	1:30-3:00		Mike Jack Stoumbos
	EL144	Writing and Publishing Short Stories		Tue	June 2, 9, 16, 23	1:30-3:30		Mike Jack Stoumbos
	EL145	Nancy Drew: Gateway Reading for Mystery Lovers		Fri	July 24	11:00-12:00		Heather Weidner
	EL146	Workshopping and Editing Fiction Workshop		Tue	July 7	1:30-3:30		Mike Jack Stoumbos
		<b>Fitness</b>						
	FI001	Low Impact Monday	\$15	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$15	Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$15	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$15	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$15	Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$15	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$15	Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$15	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	1:00-2:00		Dorota Kawka
	FI015	Pilates Online	\$20	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27, Aug 3, 10, 17	9:00-10:00	Online	Linda McDorman
	FI017	Wednesday Fun Fitness	\$15	Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$15	Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	8:30-9:30	Online	Tracey Williams
	FI028	Gentle Yoga Monday	\$15	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$15	Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27, Aug 3, 10, 17	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12, 19	11:30-12:30	Online	Linda McDorman
	FI034	Cardio and Strength Training Online	\$20	Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	1:30-2:30	Online	Nicole Thomas-Jackson
	FI035	Vivo Online Strength Training: One Time per Week and Bring a Friend	\$200	1x/wk	May 26 - August 28		Online	Team Vivo
	FI036	Vivo Online Strength Training: Two Times per Week and Bring a Friend	\$320	2x/wk	May 26 - August 28		Online	Team Vivo
	FI037	Vivo Online Strength Training: Three Times per Week and Bring a Friend	\$512	3x/wk	May 26 - August 28		Online	Team Vivo
	FI038	Low Impact Monday Online	\$5	Mon	August 3, 10, 17	9:00-10:00	Online	Sherella Brown
	FI039	Sit and Be Fit Monday Online	\$5	Mon	August 3, 10, 17	10:00-10:45	Online	Sherella Brown
	FI040	Gentle Yoga Monday Online	\$5	Mon	August 3, 10, 17	11:00-12:00	Online	Linda McDorman
	FI041	Chair Yoga Tuesday Online	\$5	Tue	August 4, 11, 18	1:00-2:00	Online	Linda McDorman
	FI042	Gentle Yoga Tuesday Online	\$5	Tue	August 4, 11, 18	2:30-3:30	Online	Linda McDorman
	FI043	Wednesday Fun Fitness Online	\$5	Wed	August 5, 12, 19	9:45-10:45	Online	Nicole Thomas-Jackson
	FI044	Sit and Be Fit Wednesday Online	\$5	Wed	August 5, 12, 19	11:00-11:45	Online	Nicole Thomas-Jackson

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		<b>Fitness</b>						
	FI045	Sit and Be Fit Thursday Online	\$5	Thu	August 6, 13, 20	11:30-12:15	Online	Sherella Brown
	FI046	Chair Yoga Thursday Online	\$5	Thu	August 6, 13, 20	1:00-2:00	Online	Dorota Kawka
	FI047	Gentle Yoga Thursday Online	\$5	Thu	August 6, 13, 20	2:30-3:30	Online	Dorota Kawka
	FI048	Low Impact Friday Online	\$5	Fri	August 7, 14, 21	8:30-9:30	Online	Linda McDorman
	FI050	Chair Yoga Friday Online	\$5	Fri	August 7, 14, 21	9:45-10:45	Online	Linda McDorman
		<b>History, Humanities, and International Studies</b>						
	HS003	Current Events Discussion		Wed	May 6, 20, June 3, 17, July 1, 15, 29	1:30-3:00		Steve, Mark, and Phil
	HS020	Burying the Confederate Dead		Tue	May 19	11:00-12:00		Waite Rawls
	HS089	Great Decisions	*\$40	Tue	May 12, June 9, July 7	2:00-3:30		Bob Ferguson
	HS381	The Adventures of Hiking the Caminos		Mon	July 20	1:00-3:00		Robert Abbott
	HS599	Aerial America: Spectacular Sites from Above		Mon	May 11, 18, June 1, 8	11:00-12:00		Timothy Pace
	HS617	No Time to Grieve Documentary		Mon	June 8	1:30-3:30		Peppy Jones
	HS690	Midlothian Matters		Fri	July 31	11:00-12:00		Mark S. Miller, Ph.D.
	HS698	African American Inventors: Who Knew?		Mon	June 15, 22	11:30-12:30		Myron Johnson
	HS710	Palestine History and Future		Tue	July 7, 14, 21, 28	9:30-11:30		Adeeb M Abed
	HS724	American Corrections: Behind the Walls and Bars		Thu	June 18, 25	2:00-3:30		Charles J. Kehoe
	HS750	Echoes of the Past: Reminiscing Together		Wed	July 1	12:00-1:30		Richard Commander
	HS773	Church Hill Tunnel Collapse: 100th Anniversary		Tue	May 5	11:00-12:00		George Saunders
	HS783	The World's Sacred Sites		Tu/W	August 4, 5, 11, 12, 18, 19	10:30-11:45	Online	Bob Ferguson
	HS784	Tour of Spain		Fri	May 8, 15, 22, 29, June 5, 12	9:30-10:30		Timothy Pace
	HS785	Histories of Petersburg		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1	11:00-12:30		Keith Southall
	HS786	Conspiracy Theories and American History: Just Asking Questions		Wed	June 3, 10, 17, 24, July 1, 8	2:00-3:30		Robert Foster
	HS787	Latin America and Imperialism		Mon	June 15, 22, 29, July 13, 20	9:30-11:00		John Whaley
	HS788	The History of Prisoners' Rights in the US: Justice with Dignity		Tue	May 12, 19, 26, June 2	9:00-10:30		Claudette Spencer
	HS789	The American Revolution		Tue	July 7, 14, 21	1:00-3:00		Timothy Pace
	HS790	The Battle of Stones River: Had It Been a Defeat Instead		Tue	June 2	1:00-2:00	Online	Chris Kolakowski
	HS791	Mementos and Memories A: Show and Tell		Tue	May 19	10:30-12:00		Karen Molzhon
	HS792	Mementos and Memories B: Show and Tell		Tue	June 16	10:30-12:00		Karen Molzhon
	HS793	Passport to Freedom: From Tehran to Triumph		Tue	May 19	9:00-10:00	Online	Nizam Missaghi, MD
	HS794	Cold War Nuclear Deterrence: The Strategic Triad		Thu	July 23	1:30-3:30		Randall L. Lanning
	HS795	Pyramid Construction Myths: Part 1		Tue	May 19	2:30-3:30		Rick Kinnaird
	HS796	Airwomen In Flight: A Century of Adventure and Achievement		Wed	June 24	2:00-3:30		Tim Kisner
	HS798	The Court Process: Part III		Fri	July 24	1:30-3:30		Erin and Frank
		<b>Health and Wellness</b>						
	HW153	Identifying and Treating Stroke Fast: Time Is Brain		Tue	June 30	1:00-2:00		Caitlin and Tim
	HW251	Brain Power Hour		Thu	June 4, 11, 18	11:00-12:00		Rachel Lawson
	HW262	Understanding Tinnitus and What Can Help		Thu	June 11	11:00-12:00		Debra, Kim, and Tara
	HW282	Summer Safety 101		Thu	May 28	10:30-12:00		Yenifer Jerez
	HW312	A Matter of Balance: Falls Prevention Workshop		Tue	June 2, 9, 16, 23, 30, July 7, 14, 21	10:00-12:00		Amanda and Karen
	HW342	Beginning Tai Chi 24 Form A		Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	12:30-1:15		Damir Strmel

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		<b>Health and Wellness</b>						
	HW343	Intermediate Tai Chi: Learning the Traditional Yang Form		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	11:00-12:00		Mary E. Gutberlet
	HW355	Beginning Tai Chi 24 Form B		Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	1:30-2:15		Mary E. Gutberlet
	HW375	Joint Replacements: What to Know Before and After Surgery		Thu	May 14	2:30-3:30		David Reynolds, PT
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Thu	June 4	2:30-3:30		David Reynolds, PT
	HW377	Chronic Pain: How Do I Get Rid of It?		Thu	July 2	2:30-3:30		David Reynolds, PT
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	12:00-1:00		Mary and Mark
	HW389	Understanding Hearing Loss and Hearing Aids		Tue	July 21	11:00-12:00		Kimberly Felder
	HW394	Be the Help Until Help Arrives		Mon	June 1	1:00-3:00		CCEM Staff
	HW409	Dry Needling: What It Is and How It Works		Thu	July 30	2:30-3:30		David Reynolds, PT
	HW435	Rethinking Exercise in Later Life: From "One Day" to Day One		Mon	May 4	11:30-12:30	Online	Dr. Katie Starr
	HW436	Senior Living Continuum		Tue	May 5	2:00-3:30		Jaime Smiley, MS
	HW445	Staying Safe at Home		Tue	July 14	2:00-3:30		Jaime Smiley, MS
	HW446	Stress Management Bingo: A Fun Way to Recharge		Thu	May 7	10:00-11:00		Maria and Rebecca
	HW462	Cultivating an Attitude of Gratitude		Thu	May 21	10:00-11:00		Melissa and Maria
	HW463	Heart Arrhythmias: Signs, Symptoms, and Treatment Options		Tue	May 12	11:00-12:00		Vybhav Jetty, MD
	HW467	Low Back Pain Solutions		Tue	May 12	2:30-3:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Tue	June 23	2:30-3:30		Jordan Witt, DPT
	HW495	Radiation for Arthritis: A Fresh Look at Osteoarthritis Treatment		Fri	June 26	1:30-2:30		David Randolph II, MD
	HW507	Nasal Nerve Ablation		Tue	May 19	1:00-2:00		Robert Thomas, MD
	HW516	Understanding Cancer		Tue	June 2	2:00-3:30		Brian Mitchell, MD
	HW519	Connecting across Generations: The Turquoise Butterfly		Wed	June 3	1:00-2:30	Online	Dale Atkins
	HW524	Benefits of Trigger Point Dry Needling		Thu	July 23	11:00-12:00		Jordan Witt, DPT
	HW527	Heart Rhythm Disorders: Causes, Risks, and Treatment Options		Fri	June 26, July 17	11:00-12:00		Vybhav Jetty, MD
	HW528	Women's Urology Wellness		Thu	May 21	1:00-2:00		Annie Edwards, DNP
	HW529	Treating Cancer		Tue	June 9	2:00-3:30		Brian Mitchell, MD
	HW530	Remembering Decades Past: Reminiscing and Reflection		Tue	May 5, 12	1:30-3:30		Jennifer Kell, LCSW
	HW531	Medical Advocacy for a Loved One		Thu	June 25	11:00-12:00		Douglas A. Wayne, MD
	HW532	Serendipity and Bad Luck in Medicine		Wed	May 27	1:30-2:30		James K. Schmitt, MD
	HW533	Steps to Safety		Tue	June 2	10:30-12:00		Kimberly Rideout
	HW534	The 4 Ms of Age-Friendly Care: Staying Healthy and Independent		Thu	July 2	11:00-12:00		Leslie Mento
	HW535	Social Wellness		Thu	May 14	10:00-11:00		Maria and Rebecca
	HW536	Self-Compassion		Thu	May 28	10:00-11:00		Rebecca and Eric
	HW537	Back to Basics		Thu	June 25	11:00-12:00		Maria Crostic
	HW538	New Dietary Guidelines and Long-Term Health		Tue	June 16	10:00-11:30		Ray DeStephen
	HW539	The ABCs of Time Management		Tue	August 18	1:00-2:00	Online	Shauna Hooker
	HW540	Muscles, Macros, and Mindset		Wed	June 3	9:30-10:30		Siobhan Carlton
	HW541	The Dementia Experience A: Building Empathy through a Virtual Tour		Tue	May 12	10:30-12:00		Rachel Coney-Bowles
	HW542	The Dementia Experience B: Building Empathy through a Virtual Tour		Thu	May 21	1:00-2:30		Rachel Coney-Bowles

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		<b>Inside LLI Activities</b>						
	IA077	Workshop for LLI Instructors		Mon	May 4	2:00-3:30		Rachel Ramirez
	IA078	Workshop for LLI Instructors		Thu	May 7	10:30-12:00	Online	Rachel Ramirez
	IA110	10-year Member Celebration		Fri	July 24	12:00-1:30		Rachel and John
	IA997	Discussion with the Director		Thu	May 7	1:00-2:00		Rachel Ramirez
	IA998	Orientation for New Members		Fri	May 8	1:00-2:15	Online	Rachel Ramirez
	IA999	Orientation for New Members		Mon	May 4	9:30-11:00		Rachel Ramirez
		<b>Languages</b>						
	LA015	Conversational German		Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	2:00-3:30		Alan McCrea
		<b>Leisure Activities</b>						
	LE032	Needleworkers United		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	1:30-3:00		Sandy and Ellen
	LE186	Beginners Chess		Wed	June 3, 10, 17, 24, July 8, 15	12:00-1:30		Fletcher Cassada
	LE197	Brain Aerobics: Preventing Memory Loss		Wed	May 6, 20, June 3, 17	9:30-10:30		Howard Wynn
	LE200	Advanced Card Making: Irresistible Fun Techniques	\$7	Tue	May 12	1:30-3:30		Marie Ireland
	LE237	Rag Rug Wreaths		Wed	June 10, 17	10:30-12:00		Sandhi Schimmel Gold
	LE252	Genealogy Discussions		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	2:00-3:30		Janet and Kevin
	LE265	Modern Floral Design with an Asian Influence	\$12	Fri	June 5, 12, 26	1:30-3:00		Evelyn Klumb
	LE276	Balloonology 101	\$8	Mon	June 8	11:30-1:00		Wayne Swatowski
	LE279	Introduction to Disc Golf	*\$12	Tue	May 19, 26, June 2, 9	9:30-11:00		Stone Wahl
	LE297	Fun With Chair Volleyball		Tue	June 16, 23, 30, July 7	1:00-2:30		Barbara Clinedinst
	LE317	Learn Mah Jongg		Tue	May 5, 12, 19, 26	2:00-3:30		Stone Wahl
	LE337	Alaska, Then and Now		Tue	May 12, 19, 26	9:30-11:00		Joe Lenzi
	LE344	Korean Natural Farming 101: For the Gardener		Thu	May 28	10:00-12:00		Conner Parrish
	LE348	Logic and Reasoning Puzzles A: Set 3		Mon	June 8	9:30-11:00		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 3		Mon	June 15	12:00-1:30		Stone Wahl
	LE368	Capital Trail 101: A Guide to the Trail		Thu	May 21	11:00-12:00		Steph Coolbaugh
	LE371	Wine Bottle Wind Chimes	\$10	Wed	May 6	1:30-3:30		Marie Ireland
	LE372	The Art of Handmade Books	\$15	Wed	July 15	12:30-3:30		Marie Ireland
	LE373	Bog Gardens: The Forgotten Ecosystem		Thu	May 7	10:00-12:00		Conner Parrish
	LE374	Bloomistry Wellness: Conscious Living for a Healthier Home and Garden		Thu	June 18	10:00-12:00		Conner Parrish
	LE375	Ecosystem Ponds and Water Features for Wildlife at Home		Thu	July 16	10:00-12:00		Conner Parrish

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		<b>Life Services</b>						
	LS069	VirginiaNavigator Overview: Navigating a Family of Websites		Tue	May 19	11:30-12:30		Bonnie Scimone
	LS084	The Art of the Apology		Mon	May 11, 18	9:30-11:30		Dr. Michael J. Wriston
	LS085	Becoming an Optimist		Mon	June 1	9:30-11:30		Dr. Michael J. Wriston
	LS090	Befriending the Subconscious		Wed	June 3, 10	9:30-11:30		Dr. Michael J. Wriston
	LS091	Defending Boundaries		Wed	July 1, 8	9:30-11:30		Dr. Michael J. Wriston
	LS094	Transformational Listening		Mon	July 13, 20	9:30-11:30		Dr. Michael J. Wriston
	LS095	Creating Positive Impact		Wed	July 15, 22	9:30-11:30		Dr. Michael J. Wriston
	LS145	Transportation Services in Chesterfield County		Mon	May 11	11:30-12:30		Billie Darlington
	LS147	Crafts for Community		Thu	May 21, June 18, July 16	11:30-1:00		Milbrey A. Bartholow
	LS157	Planning Final Arrangements: Plan to Make It Right		Tue	June 30	2:00-3:30		Susan Campbell
	LS171	Transportation Services in Chesterfield County		Mon	August 10	1:30-2:30	Online	Billie Darlington
	LS172	Mercy Mall Emergency Food Bags		Thu	May 14, July 16	2:00-3:00		Phyllis Maples
	LS177	Emergency Preparedness for Individuals and Households		Wed	June 3	2:00-3:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Thu	June 11	1:30-3:30		Keith Chambers
	LS196	Navigating Senior Living		Tue	July 7	11:00-12:00		John Krug
	LS203	Improving Self-Esteem		Wed	May 27	2:00-3:30		Richard Commander
	LS208	Medical Aid in Dying: An End-of-Life Option		Mon	June 22	1:00-2:30		Wayne Swatlowksi
	LS211	Senior Care 101		Fri	June 12	11:00-12:00		Dori Modzelewski
	LS213	Setting Goals		Mon	June 8	2:00-3:30		Richard Commander
	LS217	Critical Thinking A: Principles and Obstacles		Wed	May 20, 27	12:30-1:30		Brian Plante
	LS218	Critical Thinking B: Principles and Obstacles		Thu	July 2, 9	11:00-12:00		Brian Plante
	LS229	From Farm to Front Door A: How Food Gets to Those in Need		Tue	May 26	1:00-2:00		Brooke and Diana
	LS238	From Farm to Front Door B: How Food Gets to Those in Need		Mon	June 15	1:00-2:00		Brooke and Diana
	LS239	End-of-Life Doulas in the Community A		Tue	August 11	10:00-12:00	Online	Cryst'I Scheer
	LS240	End-of-Life Doulas in the Community B		Thu	August 20	10:00-12:00	Online	Cryst'I Scheer
	LS241	Evaluating Home Needs: Right-Sizing for the Next Chapter		Fri	June 5	11:00-12:00		Brian O'Laughlin
	LS242	Personal Safety: Look Twice to Stay Safe in an Unsafe World		Thu	May 14	1:30-3:00	Online	Tim Beard
		<b>Philosophy and Religious Studies</b>						
	PR002	Bible Discussion of Paul's Letter to the Colossians		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	2:00-3:30		Mark Grubbs
	PR059	The History of the Bible: Not a Bible Study		Tue	June 2, 9, 16	2:30-3:30		Wayne Moyer
	PR096	Power of Myth and Aesthetics		Tue	May 12, 19, 26, June 2, 9, 16	11:00-12:30		Jim Knego
	PR099	Science, Theology, and Beyond		Thu	May 7, 14, 21, 28, June 4, 11, July 2, 9, 16, 23, 30	9:30-11:00		Timothy Pace
	PR100	The Chosen: The Life of Jesus and His Followers		Mon	May 11, 18, June 1, 8, 15, 22, 29	1:00-2:30		Luke John Coukos
	PR104	God's Grace: What Does It Look Like?		Wed	July 22	12:00-1:30		Richard Commander
	PR107	The End Times According to the Bible		Wed	June 10, 17, 24, July 1	2:00-3:30		Wayne Moyer
	PR116	Women of the Old Testament		Mon	May 4, 11	10:00-11:00		Joanna Lurie
	PR120	Who Is the Real Jesus?		Wed	May 6, 13, 20	1:00-3:00		Dr. Ryan Ahlgrim

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		<b>Special Events</b>						
	SE160	Love Duets from Op to Pop		Mon	June 15	1:30-2:30		Leslie Matthews
	SE164	Company's Coming Band Concert		Fri	July 10	2:00-3:15		Kate, Don, and Tom
	SE170	Agecroft Hall Folktales Tour	\$12	Thu	May 28	10:30-11:30		Katie and Matt
	SE171	Literary Society Celebration		Thu	July 30	1:00-2:30		Martha and Bob
	SE195	VMHC We the People Tour A	\$17	Wed	June 17	1:30-2:30		Grace Powers
	SE196	VMHC We the People Tour B	\$17	Mon	July 20	1:30-2:30		Grace Powers
	SE228	Virginia Museum of Fine Arts (VMFA) Fabergé Tour A	\$10	Fri	July 31	10:00-11:00		Kathy Parrish
	SE229	Virginia Museum of Fine Arts (VMFA) Fabergé Tour B	\$10	Fri	July 31	1:00-2:00		Kathy Parrish
	SE233	Behind the Scenes with Brightpoint: small quiet good Sneak Peek		Fri	May 29	2:00-3:30		Kerrigan Sullivan
	SE234	A Robot Revolution?: A YAHA Performance		Thu	June 4	1:00-2:00		Bob Ferguson
	SE235	No Exit: A YAHA Performance		Wed	July 8	1:30-2:30		Bob and Vic
	SE236	Northern Neck History and Highlights Tour	\$165	Fri	June 12	8:00-6:30		SignaTours
	SE237	Smithsonian Art in DC Tour: Celebrating America's 250th Birthday	\$160	Fri	August 7	7:30-6:30		SignaTours
	SE911	Chesterfield 911 Center Tour		Fri	June 5	10:30-12:00		Shannon M. White
		<b>Weekly Group Activities</b>						
	WG001	Social Bingo Tuesday		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	May 4, 11, 18, June 1, 8, 15, 22, 29, July 13, 20, 27	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8, 15, 22, 29	1:00-3:00		Carolyn and Fran
	WG007	Canasta Variations: Hand and Foot, Triple Play, and Samba		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg Thursday		Thu	May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30	9:30-11:30		Mary Jane and Marilyn
	WG010	Bridge for Experienced Players		Fri	May 8, 15, 22, 29, June 5, 12, 26, July 10, 17, 24, 31	9:30-12:15		Jane Polivka
	WG013	Spades		Tue	May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28	11:30-1:30		Anne and Bev
	WG014	Mah Jongg Tuesday		Tue	June 2, 9, 16, 23, 30, July 7, 14, 21, 28	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.

**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**

Mail this form and payment to: Lifelong Learning Institute  
P. O. Box 1090  
Midlothian, VA 23113

**Gift Certificates are available by contacting the Office.**

**Membership Refund Policy is available on our website and by request.**

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

**For Office Use**

**Check Number** \_\_\_\_\_

**Date Received** \_\_\_\_\_

**Member Number** \_\_\_\_\_