

LLI in Chesterfield

Summer 2025 Online Courses

Course	Class Name	Fee	Day	Dates	Time	Instructor
AD302	American History through Artworks at SAAM: Beyond the Frame		Wed	June 4, 11, 18, 25	1:00-2:30	SSAM Docents
	Economics and Finance					
EF115	Estate Planning and Elder Law		Tue	June 3	10:30-12:00	Paula Peaden
	Literature, Poetry, and Film					
EL101	LLI Literary Society Orientation		Mon	May 12	1:00-2:00	Bob, Martha, and Anita
EL127	Writing a Military Story with the Help of AI Technology		Mon	July 28	11:00-12:00	Alex Sebby
	Fitness					
FI015	Pilates Online	\$20	Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	10:00-11:00	Linda McDorman
FI020	Zumba Gold Online	\$20	Thu	May 15, 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	8:30-9:30	Tracey Brooks
FI030	Strength and Stretch Online	\$20	Mon	May 12, 19, June 2, 9, 16, 23, 30, July 14, 21, 28, Aug 4, 11, 18	10:00-10:45	Nicole Thomas-Jackson
FI031	Chair Yoga Online	\$20	Wed	May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20	11:30-12:30	Linda McDorman
FI034	Cardio and Strength Training Online	\$20	Thu	May 22, 29, June 5, 12, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21	1:30-2:30	Nicole Thomas-Jackson
FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/wk	May 12 - August 22		Team Vivo
FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/wk	May 12 - August 22		Team Vivo
FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/wk	May 12 - August 22		Team Vivo
	History, Humanities, and International Studies					
HS582	The Battle of Okinawa 1945: Steel Storm		Thu	June 5	10:00-11:00	Chris Kolakowski
HS611	WWII Civilian Prisoners of the Philippines: Freedom and Food		Mon	May 19	1:30-2:30	Jennifer Cottle
HS683	Inevitability of the Holocaust		Tue	June 24, July 1	10:00-12:00	Dr. Alan A Winter
HS714	German Unification: Bridging the Divide		Mon	August 11	9:00-10:30	Anette Isaacs
HS717	The POW Experience Through the Art of Ben Steele		Tue	June 10	1:30-2:30	Jennifer Cottle
HS718	Winning the Peace: The Post-War Occupation of Japan		Thu	July 10	1:30-2:30	Jennifer Cottle
HS719	Grit and Grace: Female Servicemembers in the Shrine of Memory		Wed	July 16	11:00-12:00	Kyndall Drumheller
HS720	Art and Monuments: Honoring Memory and Service with SAAM and ABMC		Wed	August 6	1:00-2:30	SSAM Docents
	Health and Wellness					
HW435	Strength Training Benefits for Life's Journey		Thu	May 15	10:00-11:00	Eric and Katie
HW487	Great Healthcare Disruption: Tech, Policy, and the Future of Medicine		Wed	May 21	1:00-2:00	Dr. Marschall Runge
HW493	InterAge Seminar: Embracing the Future		Fri	June 27	10:30-12:00	Ayn and Rachel
	Inside LLI Activities					
IA078	Workshop for LLI Instructors		Wed	May 14	1:00-2:30	Rachel Ramirez
IA998	Orientation for New Members		Fri	May 16	10:00-11:15	Rachel Ramirez
	Life Services					
LS204	Improving Self-Esteem		Tue	August 5	1:30-3:00	Richard Commander
LS216	Finding Meaning in Life After a Life-Altering Circumstance		Thu	May 15, 29, June 12, 26	1:00-2:30	Bill Sweeney
LS220	Capital Trail 101: A Guide to the Trail		Wed	July 9	11:00-12:00	Mackenzie Cocherell