

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Summer 2025 Registration Form

Sequence # (Office Use): _____

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

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

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

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

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

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

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First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Summer 2025 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

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

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First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Summer 2025 Registration Form

Sequence # (Office Use): _____

Paid \$: _____

Paid by: _____

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

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