



Lifelong Learning Institute in Chesterfield

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

Lifelong Learning Institute

For midlife and older adults

FALL 2026 SESSION

SEPTEMBER 8 – DECEMBER 17, 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

John Lemza, PhD, President (VCU, LLI Member, Faculty)

Judy Sweet, Vice-President (LLI Member)

Lewis Levi, Treasurer (LLI Member, Faculty)

Kim Ivey, Secretary (Virginia Center on Aging at VCU)

Diane Holmes Barbour (LLI Member, Faculty)

Steve Kunnmann, MBA (LLI Member, Faculty)

Ken Carlson (LLI Member, Faculty)

Rev. Pernel J. Johnson (First Baptist Church of Midlothian)

Kim Conley (Chesterfield County)

Annebel Lewis, Emerita (LLI Member, Faculty)

James E. Davidson, Jr., CFP® (Davenport & Company, LLC)

Christopher M. McCarthy, CELA (McCarthy Elder Law, PLC)

Angie Dempsey (Bon Secours, LLI Member)

Lillie Stratton (LLI Member, Faculty)

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

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

Website: 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 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 Fall Session will be available online starting Thursday, August 27, 2026. Open Registration will occur onsite Monday, August 31 - Tuesday, September 1, 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 September 1 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 Fall 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.

Table of Contents	
AD - Art, Music, Drama, and Dance	7 - 14
CO - Computers, Technology, Math, and Science	14 - 20
DE - Diversity, Equity, and Inclusion	20 - 22
EF - Economics and Finance	22 - 26
EL - Literature, Poetry, and Film	26 - 30
FI - Fitness	30 - 34
HS - History, Humanities, and International	35 - 43
HW - Health and Wellness	43 - 54
IA - Inside LLI Activities	54 - 56
LA - Languages	56
LE - Leisure Activities and Nature	57 - 63
LS - Life Services	63 - 70
PR - Philosophy and Religious Studies	70 - 73
SE - Special Events	73 - 78
WG - Weekly Group Activities	78 - 80
Instructor Biographies are available online.	
Weekly Calendar	81 - 96
Registration Form	97 - 106
Liability Waiver	107
Membership Application	108

Instructor Biographies...

- ...are available separately in print at LLI.
- ...can be found online by using this QR Code:
 - www.LLIChesterfield.org/instructors



Renovation Plans and Learning Cottages...

Welcome to a new chapter at LLI! LLI will be temporarily moving 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 that we don't have to go far! The county has provided 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.

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.

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**

AD		Art, Music, Drama, and Dance
Beginner Tap Dancing		Course: AD263045
Tuesday	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	
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.		
Intermediate Tap Dancing		Course: AD263021
Tuesday	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	
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.		
Lifelong Voices Choir		Course: AD263337
Tuesday	Sept 8, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	
10:30-12:00		
Instructor(s): John Aiello		
This course will welcome students who love to sing and enjoy being part of a friendly, enthusiastic musical community. Students will explore a wide range of styles—from pops to madrigals and many genres in between—in a non-audition choir that will grow in skill and confidence together. Each class will include sing-alongs, rounds, and two-, three-, and four-part harmony, along with warm-ups featuring solfege and rhythm exercises. Students will also benefit from sectional rehearsal time designed to strengthen vocal technique and ensemble blend. This course will offer an inviting space for singers of all backgrounds to learn, practice, and experience the joy of making music together.		
Country Line Dancing		Course: AD263058
Tuesday	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	
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.		
Moving to Music		Course: AD263292
Wednesday	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	
8:30-9:30		
Instructor(s): Diane Childress and Marsha Garrett		
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.		
Woodcarving: Open Carve		Course: AD263080
Wednesday	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	
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!		

Beginning Guitar: Basic Chords**Course: AD263183****Wednesday****Sept 9, 16, 23, Oct 7, 14, 21, Nov 4, 18, Dec 2, 9, 16****11:00-12:00****Instructor(s): Randall Kaker**

This course will introduce students to the fundamentals of guitar playing, beginning with how to read chord diagrams and progressing through a set of essential chords that make it possible to play a wide variety of songs. As new chords are learned, the class will play songs together as a group, with brief introductions to basic music theory woven in to support understanding. Students will need a guitar, a tuner such as the D'Addario PW-CT-17BK or a similar model, and a three-ring binder.

Explore Ventriloquism**Course: AD263182****Wednesday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****12:30-1:30****Instructor(s): John Byrd**

This course is designed for students who are curious about ventriloquism—whether they want to learn the craft, understand how it works, or simply enjoy the entertainment it provides. Topics will include the ventriloquist alphabet, diaphragmatic breathing, puppet manipulation, character development, acting for both ventriloquist and puppet, script writing, staging, evaluating techniques of well-known performers, ad-libbing, spontaneity, and reading the audience.

Artist Open Studio**Course: AD263234****Wednesday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****1:00-3:00****Instructor(s): Diana Hinman, Diane Barbour, and Karen Masley**

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.

Introduction to Brazilian Percussion**Course: AD263210****Wednesday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****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.

Introduction to Line Dancing**Course: AD263036****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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!

Line Dance Practice**Course: AD263075****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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.

Lifelong Musicians**Course: AD263141****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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. This course will offer a supportive space for students to explore their musical potential while enjoying the experience of playing together as a group.

Artists' Workshop**Course: AD263278****Friday****Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 11****10:30-12:30****Instructor(s): Susan Davies, Sarah Matthews, and Yvonne Ricciardelli**

This course will offer an Open Studio environment where artists may work independently in the medium of their choice. Students and coordinators will be encouraged to share ideas, tips, reference photos, and suggestions as they create. All experience levels will be welcome. Students should bring their own supplies, and only odorless materials may be used in the studio. This workshop will provide a relaxed, supportive space for creative exploration.

Ballroom Dance for Partners**Course: AD263022****Friday****Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****12:15-1:15****Instructor(s): Doug McRae and Teresa Day**

This course will be an opportunity to learn, review, and practice the steps and patterns of popular ballroom dances. The dances covered will depend on class interest and may include Rumba, Cha Cha, Swing, Night Club Two Step, Bachata, Foxtrot, Waltz, and Tango. Each dance will be covered in a three-week series with a fourth week for review and practice. Please note that students should 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.

Intermediate Oil Painting**Course: AD263338****Monday****Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****10:00-12:00****Instructor(s): William Dompke and Susan Davies**

This course will prepare students to begin painting with either traditional oil paints or water-mixable oils. The instructor will demonstrate several approaches to creating an underpainting, including a method that uses mineral spirits. All brush cleaning inside the building will be done with soap and water or linseed oil. Students will be encouraged to begin at least four paintings to support steady progress, and three class sessions will be partially devoted to group critiques, giving students time to discuss their work and receive feedback from classmates. Additional topics and demonstrations may be included as time allows. Students will be expected to bring paints, assorted brushes, canvases or canvas boards, paper towels or rags, and reference images of their choosing. A supply list will be available at registration and outside the office before the first class.

Ukulele Jam**Course: AD263231****Monday****Sept 14****11:00-12:30****Instructor(s): Rick Kaerwer**

This course will offer a one-time, 90-minute ukulele jam designed for students who are comfortable with basic chords and strumming patterns and who enjoy playing music in a relaxed, social setting. For the purposes of this course, a “jam” will be a friendly gathering of players with a range of musical experience, all strumming and singing together. A list of songs will be displayed on the screen, and students will take turns selecting pieces to play. The student who chooses the song may set the tempo and begin the piece or may ask a more experienced player to start it. All students will play and sing together; there will be no solos or performances. The instructor will contact students before class to share possible song sources and invite suggestions. This course will provide an enjoyable opportunity to make music together and strengthen playing skills in a supportive group environment.

Watercolor Florals**Course: AD263149****Tuesday****Sept 15, 22, 29, Oct 6****1:00-3:00****Instructor(s): Poly Cline**

Students will explore endless possibilities for painting flowers in this creative watercolor course. Each of the four classes will feature a unique approach to floral painting, with opportunities to create both artwork and cards. No drawing skills will be required. This course is suitable for students who have mastered basic watercolor techniques and are ready to expand their skills. A supply list will be available at registration and outside the office before class.

Advanced Watercolor**Course: AD263012****Thursday****Sept 17, 24, Oct 1, 8, 15, 22****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.

Intermediate Watercolor with Marti**Course: AD263111****Thursday****Sept 17, 24, Oct 1, 8, 15, 22****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.

Super Senior Storytelling Slam**Course: AD263192****Thursday****Sept 24, Oct 29, Nov 19, Dec 17****10:00-12:00****Instructor(s): Judith Onesty and Les Schaffer**

This course will introduce students to the popular format of the Story Slam, a spoken-word event similar to NPR's The Moth or This American Life. Each month, up to eight registered participants will be selected to tell an original story of up to eight minutes. Additional students may place their names in a hat for the chance to tell if time permits. Themes will be announced in advance, and stories must be mostly true, told without notes, and shaped with a clear beginning, middle, and end that conveys why the story matters. Students will share their stories in a supportive setting with fellow LLI members. MCs Les Schaffer and Judith Onesty will offer coaching, preparation guidance, and storytelling tips, and each session will begin with a warm-up or creative storytelling exercise. Both storytellers and listeners should register.

InterAge Storytelling and Listening for Elders, Middlers, and Youngers**Course: AD263334****Thursday****Sept 24, Oct 15, Nov 19, Dec 10****1:30-3:00****Instructor(s): Les Schaffer and Judith Onesty**

This course will bring students of all ages together in a welcoming, creative space to share, listen to, and co-create stories that honor personal histories, cultures, and collective imagination. Through guided activities, students will explore the power of storytelling to build empathy, preserve cultural memory, and spark meaningful connections across the lifespan. The course will extend the rich experience of the InterAge Storytelling summer courses, though attendance in previous offerings is not required. LLI members are encouraged to attend with grandchildren, great-grandchildren, or other middlers or youngers in their lives, though bringing a child is not necessary for participation. The classes will blend conversation, creative exercises, and collaborative projects, ensuring that every voice is heard and valued as students build a shared collection of stories reflecting both lived experience and fresh perspectives. This course is a unique InterAge opportunity open to the community; children must be accompanied by an adult, and only adults will need to register.

Improv Games for Fun, Creativity and Brain Health**Course: AD263220****Monday****Sept 28, Oct 5, 12, 19, 26, Nov 9****12:00-1:30****Instructor(s): GeGe Beall**

This course will introduce students to the playful, creativity-boosting exercises used by professional improv comedians to loosen up, think flexibly, and engage the brain in healthy ways. Students will participate in improvisational games designed to encourage spontaneity, reduce inhibition, and foster connection within the group. The course is not performance-based; instead, it offers a relaxed, supportive environment where mistakes are expected and laughter is part of the learning process. Research from 2020 suggests that improv can increase creativity, decrease social anxiety, and improve tolerance for uncertainty. Students will explore these benefits while practicing "yes-and" thinking, trying new forms of play, and enjoying a lighthearted approach to brain engagement and social interaction.

Advanced Colored Pencil Techniques**Course: AD263110****Monday****Sept 28, Oct 5, 12, 19, 26, Nov 9, 16, 23****1:30-3:30****Instructor(s): Brian Austin, PhD**

This course will assume that students already demonstrate proficiency in basic drawing skills and foundational colored pencil techniques such as shading from light to dark, blending colors, and burnishing. Students will gain practice in advanced rubbing techniques using wax-based pencils and will complete three drawing projects to strengthen these skills. The instructor will demonstrate the use of wax pencils, water-soluble pencils, Inktense pencils, and oil-pastel pencils, though most students may prefer to use wax pencils for their personal projects. Students will be expected to bring artist-quality colored pencils and good-quality paper to all classes. All students should arrive at the first class prepared to begin working on a project of their choice. A supply list will be available at registration and outside the office before class.

The Life and Works of Salvador Dali**Course: AD263218****Wednesday****Sept 30, Oct 7, 14, 21, 28, Nov 4****9:30-11:00****Instructor(s): Juana Levi**

This course will explore the extraordinary life and artistic legacy of Salvador Dalí, one of the most recognizable and controversial artists of the twentieth century. Students will examine Dalí's eccentric personality, his flair for spectacle, and the ways in which his public persona became nearly as famous as his paintings. The course will consider Dalí's development as a Surrealist, his relationships with other artists—including Pablo Picasso, who once described him as "an outboard motor that's always running"—and the cultural forces that shaped his work. Students will also study Dalí's most iconic and unconventional creations, gaining insight into the imagination, symbolism, and self-mythology that defined his career.

Readers Theater**Course: AD263248****Tuesday****Oct 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****11:30-12:30****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.

Creativity and Wellness: How Creating Combats Loneliness**Course: AD263329****Thursday****Oct 29****1:00-2:00****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.

The Book of Amazement Art Journal: Making the Book**Course: AD263314****Friday****Oct 30****1:00-2:30****Instructor(s): Janet Abel**

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.

Art Journaling in the Book of Amazement: Using the Book**Course: AD263326****Friday****Nov 6****1:00-2:30****Instructor(s): Janet Abel**

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.

Ukulele Instruction and Holiday Playalong**Course: AD263252****Monday****Nov 30, Dec 7, 14****11:00-12:30****Instructor(s): Rick Kaerwer**

This course will welcome students of all experience levels, from those who have never played a ukulele to those who have been playing for many years. With only four strings and simple chord shapes, the ukulele offers an accessible entry point for new musicians while still providing enjoyment for experienced players. During the first class, the opening 30 minutes will be devoted to helping newer students get up to speed; more experienced students may attend the full class or join after the introductory segment. All students will then play songs together, with an emphasis on selections that reflect the holiday season. Students who do not own a ukulele may borrow one from a county library or use one of several loaner instruments available during class. The instructor will also assist students who wish to select an appropriate and affordable instrument. This course will provide a welcoming, low-pressure environment for learning, playing, and enjoying music together.

History of the Cello and Music with Holiday Tunes**Course: AD263288****Tuesday****Dec 1****10:30-12:00****Instructor(s): Sheryl Smith**

This course will offer a musical tour of the history of the cello, combining lecture with live performance examples. Students will learn how bowed string instruments developed across major classical eras and hear representative works that illustrate their evolution. The course will also explore how the cello produces sound, what materials it is made from, and how it is played. Popular selections and holiday music from Christian and Jewish traditions will be included, and students will have the opportunity to ask questions about cello technique and performance.

Watercolor and Acrylic Problem Solving Workshop**Course: AD263119****Thursday, Friday****Dec 3, 4****9:00-2:30****Instructor(s): Beverly Perdue**

This course is for anyone with intermediate experience using watermedia including the use of acrylic paint. Assistance with YUPO paper will also be available. Instructor will provide demonstrations during the class. Students can bring in paintings in progress or brand new pieces that the artist wants to start. Students **MUST** bring in the reference from which the image originated and should have a black and white image measuring at least 4 x 6 inches for all reference material. There will be individual critiques given and suggestions as to where to go with one's own art voice. Please bring a working mat to put on your work when we discuss it. There will be an hour for lunch, so best to bring lunch with you, if possible, to keep that creative flow going. Any questions can be addressed to Bev at bevperdueartist@aol.com. A supply list will be available at registration and outside the office.

The Book of Amazement Art Journal: Making the Book**Course: AD263315****Tuesday****Dec 8****10:30-12:00****Online****Instructor(s): Janet Abel**

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.

Art Journaling in the Book of Amazement: Using the Book**Course: AD263328****Tuesday****Dec 15****10:30-12:00****Online****Instructor(s): Janet Abel**

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.

CO**Computers, Technology, Math, and Science****Introduction to Zoom****Course: CO263256****Wednesday****Sept 9****10:00-11:30****Instructor(s): Carri Pandolfe and Scarleth Castillo**

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.

Sleep, Wake, and the Renewing Brain A**Course: CO263265****Wednesday****Sept 9, 16, 23****10:30-12:30****Instructor(s): Patricia Ryther**

Please register for only one session (A, B, or C) to allow all students a chance to participate. 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.

Nearpeer Tutorial and Tips A**Course: CO263199****Wednesday****Sept 9****2:00-3:30****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!

Understanding Artificial Intelligence A: Introductions**Course: CO263209****Thursday****Sept 10, 17, 24****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 introduce students to the history, promises, fears, and future of Artificial Intelligence (AI). Public concern about AI has grown significantly; by late 2025, national opinion tracking showed that roughly 77–80% of adults expressed worry about AI's trajectory. Even within the research community, many experts estimate at least a 10 percent risk of severe long-term consequences, fueling debates about AI's role in society. This course will explore these concerns while offering a grounded introduction to Generative AI through the use of chatbots. Students will practice crafting prompts to explore, evaluate, and summarize content, and will also see demonstrations of AI-generated art. By the end of the course, students will be equipped to form their own informed perspective on how AI may impact their daily lives.

Zoom Practice**Course: CO263258****Friday****Sept 11, Oct 9, Nov 13****10:00-11:00****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.

The Basics of Going Electric**Course: CO263273****Friday****Sept 11****12:30-1:30****Instructor(s): Charles Gerena**

This course will introduce students to the fundamentals of electric vehicles, led by Charles Gerena of Drive Electric RVA. Drawing on twelve years of experience as an EV owner and educator, Gerena will explain what makes EVs unique, address common questions, and offer practical insights into this increasingly popular transportation option.

Fusion Power in Chesterfield**Course: CO263261****Thursday****Sept 17****1:00-2:30****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 Fall Line 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.

Working with Artificial Intelligence A: Learning to Navigate**Course: CO263263****Monday****Sept 28, Oct 5, 12****12:30-2:00****Instructor(s): Danny Arkin**

Please register for only one session (A, B, or C) to allow all students a chance to participate. This course will offer a hands-on exploration of selected elements of Generative AI. Designed for students who have completed Artificial Intelligence and You: Introductions, the course will focus on using AI to gather information, spark creativity, and experiment with image generation. Students will practice using AI for research, summarization, creative writing, and visual art, applying prompting techniques to produce clear, engaging results. Working in small groups with Google Gemini, students will use smartphones, tablets, or laptops to explore practical applications of AI. Smartphone and tablet users must arrive with the Google Gemini app installed; laptop users should bring a device with a working browser. This course will help students build confidence as they learn to navigate AI tools with curiosity and skill.

Wi-Fi Network Health**Course: CO263271****Tuesday****Sept 29****1:30-2:30****Instructor(s): Bob Fiero**

This course will explain how wireless network performance changes over time and why monitoring matters. Students will learn to use freely available software tools to check signal strength, error rates, and overall network health. The course will also demonstrate how to test specific areas before installing new devices—such as security cameras—to ensure the signal is strong and clean enough for reliable operation.

Sleep, Wake, and the Renewing Brain B**Course: CO263267****Wednesday****Sept 30, Oct 7, 14****10:30-12:30****Instructor(s): Patricia Ryther**

Please register for only one session (A, B, or C) to allow all students a chance to participate. 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.

Apple Mail App for iPhone and iPad**Course: CO263243****Friday****Oct 2****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.

Fusion Power in Chesterfield**Course: CO263260****Tuesday Oct 6****2:00-3:30****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 Fall Line 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.

Wi-Fi Network Health**Course: CO263272****Monday Oct 12****2:00-3:00****Online****Instructor(s): Bob Fiero**

This course will explain how wireless network performance changes over time and why monitoring matters. Students will learn to use freely available software tools to check signal strength, error rates, and overall network health. The course will also demonstrate how to test specific areas before installing new devices—such as security cameras—to ensure the signal is strong and clean enough for reliable operation.

Working with Artificial Intelligence B: Learning to Navigate**Course: CO263264****Thursday Oct 15, 22, 29****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A, B, or C) to allow all students a chance to participate. This course will offer a hands-on exploration of selected elements of Generative AI. Designed for students who have completed Artificial Intelligence and You: Introductions, the course will focus on using AI to gather information, spark creativity, and experiment with image generation. Students will practice using AI for research, summarization, creative writing, and visual art, applying prompting techniques to produce clear, engaging results. Working in small groups with Google Gemini, students will use smartphones, tablets, or laptops to explore practical applications of AI. Smartphone and tablet users must arrive with the Google Gemini app installed; laptop users should bring a device with a working browser. This course will help students build confidence as they learn to navigate AI tools with curiosity and skill.

Podcasts for All**Course: CO263235****Monday Oct 19****2:00-3:30****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.

Sleep, Wake, and the Renewing Brain C**Course: CO263276****Friday****Oct 23, 30, Nov 6****10:30-12:30****Instructor(s): Patricia Ryther**

Please register for only one session (A, B, or C) to allow all students a chance to participate. 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.

Origins of Human Elements**Course: CO263274****Friday****Oct 23****1:30-2:30****Instructor(s): James Kenneth Schmitt, MD**

This course will explore how the Universe and the human body are connected through the life cycles of stars. Students will trace the formation of atoms beginning with the Big Bang, learn how stellar fusion creates elements found in our blood and bones, and examine how exploding stars seed new planets. The course will also include an interactive demonstration inviting a volunteer to "become a star" by combining model atoms into larger ones.

What is Modern Science?**Course: CO263230****Thursday****Nov 5, 12, 19****9:30-11:00****Instructor(s): Alex Meredith**

This course will explore how the concept of modern science developed over time and why people today often hold different understandings of what science is. Students will trace science from its prehistoric roots through early historical insights, periods of stagnation, and the breakthroughs that reshaped scientific thought. The class will examine how scientific knowledge emerged through an unplanned, self-correcting process grounded in evidence, ultimately forming an institution unique among human endeavors. Students will gain a clearer sense of how science evolved and what defines it in the modern world.

Digital Payment Tools: Alternatives to Cash**Course: CO263269****Friday****Nov 6, 13****2:00-3:30****Instructor(s): Danny Arkin**

This course will introduce students to the many ways to make secure, convenient payments without using cash or traditional credit cards. Students will explore contactless payment options such as Apple Wallet, Samsung Wallet, and Google Wallet, learning how smartphones use hardware chips to enable tap-to-pay transactions in retail settings. The course will also cover electronic payment features built into major banking apps—such as Zelle through Capital One, Chase, and Wells Fargo—for paying rent, utilities, and other expenses. For online shopping, students will review the role of PayPal as a secure digital payment platform. Finally, the course will examine peer-to-peer payment tools like Venmo for splitting bills, paying service providers, or exchanging money socially. Students will leave with an awareness of today's most common digital payment options and how to use them confidently.

Understanding Artificial Intelligence B: Introductions**Course: CO263210****Monday****Nov 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 introduce students to the history, promises, fears, and future of Artificial Intelligence (AI). Public concern about AI has grown significantly; by late 2025, national opinion tracking showed that roughly 77–80% of adults expressed worry about AI's trajectory. Even within the research community, many experts estimate at least a 10 percent risk of severe long-term consequences, fueling debates about AI's role in society. This course will explore these concerns while offering a grounded introduction to Generative AI through the use of chatbots. Students will practice crafting prompts to explore, evaluate, and summarize content, and will also see demonstrations of AI-generated art. By the end of the course, students will be equipped to form their own informed perspective on how AI may impact their daily lives.

The Neglected Sense of Smell**Course: CO263275****Tuesday****Nov 10****10:30-12:00****Instructor(s): Ruth Clemo**

This course will examine the often-overlooked sense of smell and its growing importance in healthy aging. Students will learn how olfaction works, why it declines over time, and how impairment can signal conditions such as dementia or Parkinson's disease. The course will also explore ways to support this sense—just as vision and hearing are supported—and offer opportunities to test personal smell sensitivity and practice describing scents.

Nearpeer Tutorial and Tips B**Course: CO263200****Monday****Nov 16****10:30-12:00****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!

Apple App Store App for iPhone and iPad**Course: CO263240****Friday****Nov 20****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.

Working with Artificial Intelligence C: Learning to Navigate**Course: CO263268****Tuesday****Dec 1, 8, 15****2:00-3:30****Instructor(s): Danny Arkin**

Please register for only one session (A, B, or C) to allow all students a chance to participate. This course will offer a hands-on exploration of selected elements of Generative AI. Designed for students who have completed Artificial Intelligence and You: Introductions, the course will focus on using AI to gather information, spark creativity, and experiment with image generation. Students will practice using AI for research, summarization, creative writing, and visual art, applying prompting techniques to produce clear, engaging results. Working in small groups with Google Gemini, students will use smartphones, tablets, or laptops to explore practical applications of AI. Smartphone and tablet users must arrive with the Google Gemini app installed; laptop users should bring a device with a working browser. This course will help students build confidence as they learn to navigate AI tools with curiosity and skill.

DE**Diversity, Equity, and Inclusion**

Bridging Generations: Mentors Make a Difference**Course: DE263016****Tuesday****Sept 8, Dec 8****9:30-11:00****Instructor(s): Christopher Lee and Wendy Lively**

In partnership with Communities in Schools (CIS), students will explore the fundamentals of effective mentoring and apply those lessons by supporting young learners at Ettrick Elementary School. This hands-on experience will offer opportunities for students to grow as mentors, collaborate with peers, and make a meaningful difference in the lives of children. The class will meet once for information sharing and onboarding and again for discussion and reflection on topics such as relationship building, communication, and goal setting. LLI students are invited to register for the special CIS Volunteer Mentoring (SE263224) to mentor a child at Ettrick Elementary School twice per month on Tuesdays from 10:30 AM–1:30 PM. The encouragement and social-emotional support will go a long way to inspire children in our community. Transportation will be available from LLI for the volunteer opportunity.

The Faith Club**Course: DE263012****Wednesday****Sept 16, 23, 30****2:00-3:30****Instructor(s): Annette Khan, Wayne Swatlowski, and Donna Blackwell**

This course will invite students to reflect on and share their personal religious or non-religious beliefs through guided discussion of selected topics from *The Faith Club* by Ranya Idliby, Suzanne Oliver, and Priscilla Warner (reading optional). In the first class, students will establish a respectful framework for dialogue, with the goal of understanding their own beliefs and those of others—including humanist, atheist, agnostic, and religious perspectives. Subsequent classes will focus on experiences and viewpoints related to the book's themes, encouraging thoughtful conversation and deeper self-reflection. The book is optional and will not be available for purchase through LLI, but students are welcome to bring a used or new copy of the book to class to support the discussion.

A Week in the Life of Billy Good**Course: DE263019****Friday****Sept 25****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 lived independently with determination and resilience. Through a video presentation, students will observe Billy's routines at home and in the community, including moments surrounding one of his many brain surgeries. The course will provide insight into Billy's challenges, strengths, and the ways he adapted to maintain autonomy and purpose. This course is a unique InterAge opportunity open to the community; children must be accompanied by an adult, and only adults will need to register.

Understanding Gender Identity and Expression**Course: DE263007****Friday Sept 25****1:30-3:30****Instructor(s): Ted Heck**

This course will introduce basic concepts related to gender identity and gender expression and explain how they connect to sexual orientation, gender roles, and social relationships. Students will learn foundational gender-related terms, explore how names and pronouns influence personal well-being, and discuss ways to be allies to trans and non-binary individuals. Time will be provided for questions and discussion.

Coping with Blindness and Vision Loss**Course: DE263006****Thursday Oct 15****11:00-12:30****Instructor(s): Robin Hoerber**

Blindness or low vision do not have to be someone's defining characteristics. Life is not over when vision loss occurs. Each person is interdependent upon one another, so with this in mind, no one is alone in their pursuit of independence, whatever this is deemed to be. In this course, students will discuss orientation and mobility, independent living skills, written and verbal communication skills, psychological aspects, and how humor can aid in coping with blindness and vision loss. Equipment will be available for hands-on demonstration as well as resource information for students to read at their leisure. A review of services for the blind and vision impaired will be shared for future reference. Some solutions to everyday dilemmas are simple to solve while others are more complex and may require additional assistance. Making tasty lemonade from what is often considered a huge lemon is the best option, so students are encouraged to bring questions as fresh ideas are squeezed out and sweetened with compassion and love.

LGBTQ+ Basics**Course: DE263005****Friday Oct 16****10:00-12:00****Instructor(s): Michael Recant**

This course will provide a foundational understanding of terminology and concepts related to sexuality and gender identity in U.S. society. Students will learn factual, non-judgmental information about LGBTQ+ identities—including lesbian, gay, bisexual, transgender, non-binary, intersex, and others—and how these identities are represented in media and culture. The course will also address discrimination faced by LGBTQ+ individuals and explore ways allies can offer meaningful support.

Crazy Stories About Racism**Course: DE263009****Thursday Oct 22****1:30-3:00****Instructor(s): Deb Hood and Donna Blackwell**

This course will draw from *You'll Never Believe What Happened to Lacey* by Amber Ruffin and Lacey Lamar to explore everyday experiences of racism through humor and storytelling. Students are not required to read the book, though the audio version is encouraged. The course will present selected examples to illustrate how individuals navigate day-to-day racist encounters and will invite discussion to deepen understanding of these lived experiences.

Aging and Ageism in Society and Self**Course: DE263015****Monday Nov 9, 16, 23****10:30-12:00****Instructor(s): Wayne Swatlowski**

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.

LGBTQ+ History**Course: DE263011****Friday****Nov 13****10:00-12:00****Instructor(s): Michael Recant**

This course will examine the history of LGBTQ+ individuals in the United States, focusing on how societal attitudes, laws, and government policies have evolved over time. Students will explore lived experiences across different eras, including the impact of the AIDS epidemic and the federal response. The course will cover the origins and meaning of PRIDE events and analyze recent policy changes affecting LGBTQ+ rights in healthcare, education, and legal protections. Opportunities for reflection on progress and ongoing challenges will be included.

Sharing Life Experiences: Conversation, Coffee, and Understanding**Course: DE263020****Tuesday****Nov 17****2:30-3:30****Instructor(s): Rick Kaerwer and Myron Johnson**

This course will offer an opportunity for students to share brief personal stories or simply listen to others' experiences related to race, culture, and belonging. After each story, the group will take time to reflect, ask questions, and offer support. The course will emphasize connection rather than debate, encouraging curiosity, respect, and community building. Students are welcome to share stories and participate in the discussion.

EF**Economics and Finance****The College Cost Divide: Then, Now, and What It Means****Course: EF263192****Monday****Sept 14****1:00-2:00****Instructor(s): Amy Pridemore**

This course will examine how the cost of a college education has changed from the 1960s to today and how those shifts affect younger generations. Students will explore how tuition increases have outpaced inflation and wages, how student loan debt influences long-term financial stability, and how college affordability has evolved across decades. The course will invite cross-generational perspectives to deepen understanding of one of the most significant financial changes of modern life. This will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Financial Stability**Course: EF263167****Tuesday****Sept 15****2:00-3:30****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.

Fraud and Scam Prevention**Course: EF263184****Wednesday****Sept 16****1:30-3:00****Instructor(s): Kathy Boykin**

This course will educate students on common frauds and scams and explain practical steps to reduce personal risk. Students will learn how to recognize warning signs, strengthen personal awareness, and adopt protective habits to safeguard themselves from evolving threats.

Financial Stability**Course: EF263168****Tuesday****Sept 22****1:30-3:00****Online****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.

Investing in Artificial Intelligence**Course: EF263188****Wednesday****Sept 23****9:30-11:00****Instructor(s): James E. Davidson, Jr., CFP®**

This course will be 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!

New Medicare Birthday Rule and Healthcare Expense Savings**Course: EF263183****Thursday****Sept 24****11:00-12:00****Instructor(s): Beckey Huddleston**

This course will explain Virginia’s Medicare Birthday Rule, which was effective July 1, 2025. Students will learn how the law allows individuals enrolled in Medigap plans to purchase the same plan type with identical benefits during an annual 60-day period beginning on their birthday, without denial or higher rates due to health conditions. The course will review eligibility, enrollment procedures, and consumer protections and highlight how this legislation enables seniors to compare premiums and potentially reduce healthcare expenses.

Medicare Essentials: Understanding Healthcare**Course: EF263190****Friday****Oct 2****10:30-12:00****Instructor(s): Beckey Huddleston**

This course will provide a clear overview of Medicare for current beneficiaries and those approaching eligibility. Students will review Medicare Parts A, B, C, and D; compare Medicare Advantage and Medigap plans; and examine enrollment timelines, penalties, and common coverage gaps. The course will help students gain confidence in understanding their coverage and the options available as their healthcare needs change.

Virginia Long Term Care Options and How to Pay for Them**Course: EF263150****Wednesday****Oct 7****1:00-2:30****Instructor(s): Jeremy L. Pryor, Esq.**

This course will discuss the types of long-term care available in Virginia—including in-home care, assisted living care, and skilled nursing care—the typical costs associated with each option, and the payment methods commonly used to cover those expenses. The course will place particular emphasis on understanding Medicaid as a payment source and will help students compare how different care settings are funded. Students will gain a clearer picture of the financial considerations involved in planning for long-term care and the resources available to support those decisions.

Medicare Part D: Shopping Your Prescription Drug Plan**Course: EF263113****Monday Oct 12****10:30-11:30****Instructor(s): Tammy Akers**

This course will explain why Medicare prescription drug plans change each year and why an annual review is essential. Students will learn how premiums, deductibles, copayments, covered medications, and pharmacy networks can shift from one year to the next. The class will provide step-by-step guidance on using Medicare.gov to compare plans, evaluate drug costs, review pharmacy options, and identify factors that influence overall prescription expenses.

Long Term Care Insurance**Course: EF263136****Tuesday Oct 13****9:30-11:30****Instructor(s): Linda Tsironis Caruthers and Donald Vaught**

This course will explain the purpose, structure, and key features of long-term care insurance. Students will learn how policies work, what benefits they provide, and how coverage options align with long-term planning needs.

Outsmart the Scammers**Course: EF263147****Wednesday Oct 14****11:30-12:30****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.

Estate Settlement and Probate**Course: EF263104****Tuesday Oct 20****9:30-11:30****Instructor(s): Mark Mikuta, CPA, CFP**

This course will explain the estate settlement and probate process, including key steps, legal requirements, and timelines. Students will learn how estates are administered, how responsibilities are assigned, and what to expect as part of the legal process.

Medicare Part D: Shopping Your Prescription Drug Plan**Course: EF263138****Tuesday Oct 20****11:00-12:00****Instructor(s): Tammy Akers**

This course will explain why Medicare prescription drug plans change each year and why an annual review is essential. Students will learn how premiums, deductibles, copayments, covered medications, and pharmacy networks can shift from one year to the next. The class will provide step-by-step guidance on using Medicare.gov to compare plans, evaluate drug costs, review pharmacy options, and identify factors that influence overall prescription expenses.

Investor Alert**Course: EF263100****Tuesday Oct 20****11:30-1:00****Instructor(s): James E. Davidson, Jr., CFP®**

This course will share how to identify and manage the potential risks associated with bond and fixed-income investments. Topics include: identifying the potential risks associated with bond and fixed-income investments, how changing interest rates affect bond and fixed income portfolios, and strategies to help mitigate these risks.

Online

Estate Planning, Elder Law, and IRA Basics**Course: EF263115****Tuesday****Oct 27****10:00-11:30****Instructor(s): Paula Peaden**

This course will introduce students to essential estate planning and elder law concepts, including tools that help ensure personal preferences and directives are carried out properly. Students will learn about legal options that support informed decision-making and review foundational IRA considerations relevant to long-term planning.

Understanding Medicare's Annual Enrollment Period**Course: EF263195****Tuesday****Oct 27****12:30-1:30****Instructor(s): Tammy Akers**

This course will provide a clear overview of the Medicare Annual Enrollment Period (AEP), held each year from October 15 through December 7. Students will learn who should review their coverage, what changes can be made, and how to evaluate available options. The course will explain Medicare Advantage plans, prescription drug plans, Annual Notice of Change (ANOC) documents, and common mistakes to avoid. Students will leave with a better understanding of the annual review process and be able to make informed decisions about their coverage for the coming year.

Financial Preparedness for Disasters**Course: EF263132****Thursday****Nov 5****1:30-3:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will draw on FEMA's Emergency Financial First Aid toolkit to educate students on the financial impacts of disasters. Students will learn strategies for safeguarding important documents, protecting assets, and planning for recovery. The course will provide guidance on available resources to strengthen financial resilience and ensure readiness for unexpected events.

New Medicare Birthday Rule and Healthcare Expense Savings**Course: EF263189****Friday****Nov 6****2:00-3:00****Instructor(s): Beckey Huddleston****Online**

This course will explain Virginia's Medicare Birthday Rule, which was effective July 1, 2025. Students will learn how the law allows individuals enrolled in Medigap plans to purchase the same plan type with identical benefits during an annual 60-day period beginning on their birthday, without denial or higher rates due to health conditions. The course will review eligibility, enrollment procedures, and consumer protections and highlight how this legislation enables seniors to compare premiums and potentially reduce healthcare expenses.

Financial Literacy**Course: EF263193****Thursday****Nov 12****10:00-12:00****Instructor(s): Trupti Kulkarni****Online**

This course will introduce students to core financial literacy concepts and practical strategies for managing money effectively. Students will learn how to budget, save, and build financial confidence through clear, accessible instruction.

Unlocking an IRA**Course: EF263006****Tuesday****Nov 17****2:00-3:30****Instructor(s): James E. Davidson, Jr., CFP®**

This course will provide an overview of Traditional, Roth, and inherited IRAs, including IRS distribution options and requirements. Students will learn strategies for managing their IRAs effectively and avoiding common pitfalls that can impact long-term planning. Through guided instruction, the course will highlight key considerations for developing an individualized approach to IRA management and understanding how federal rules influence retirement income.

Preparing a Home for Sale**Course: EF263178****Wednesday****Nov 18****10:30-12:00****Instructor(s): Marianne Raymond and Dawn Boehm**

This course will outline the essential steps involved in preparing a home for sale. Students will explore selling options and their advantages and disadvantages; learn strategies for maximizing sale price; review approaches to organizing belongings; and assess repair needs and home-appeal improvements. Additional questions related to the selling process will be addressed to support a clear understanding of how to navigate the journey from preparation to sale.

Life Insurance Then and Now: Understanding Today's Life Insurance Landscape**Course: EF263194****Thursday****Dec 10****10:30-12:00****Instructor(s): Becky Huddleston**

This course will review common types of life insurance, including term and permanent coverage, and explain how policy features, costs, and benefits may change over time. Students will learn the importance of periodic policy reviews, including benefit provisions and beneficiary designations, and will explore how modern life insurance solutions incorporate long-term care benefits and strategies for asset protection, wealth transfer, and final expenses. The course is educational in nature and will not include individual recommendations.

EL**Literature, Poetry, and Film****LLI Literary Society Orientation: Banned Books****Course: EL263100****Tuesday****Sept 8****10:30-11:30****Online****Instructor(s): Martha Frickert and Bob Ferguson**

Inspired by the historic Chautauquas, this course will offer a themed selection of books for the Fall 2026 session of the LLI Literary Society. The theme will be "Banned Books," and students will choose four titles from a curated list of ten books to read independently between September and December. Books exceeding 700 pages will count as two selections. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure allows independent reading of the selected titles. The structure will include this 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. A brief description of the books will be given at the orientation. Attendance at orientation is encouraged but not required, and the book list may be requested from the office at any time.

LLI Literary Society Orientation: Banned Books**Course: EL263101****Tuesday Sept 8****1:30-2:30****Instructor(s): Martha Frickert and Bob Ferguson**

Inspired by the historic Chautauquas, this course will offer a themed selection of books for the Fall 2026 session of the LLI Literary Society. The theme will be "Banned Books," and students will choose four titles from a curated list of ten books to read independently between September and December. Books exceeding 700 pages will count as two selections. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure allows independent reading of the selected titles. The structure will include this 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. A brief description of the books will be given at the orientation. Attendance at orientation is encouraged but not required, and the book list may be requested from the office at any time.

Aspiring Writers' Critique**Course: EL263015****Friday Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4****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.

Virginia Military Veterans: Some Stories Are Too Important to Lose**Course: EL263127****Monday Sept 14****11:00-12:00****Online****Instructor(s): Alex Sebbby**

This course will introduce a statewide initiative that helps U.S. military veterans, active-duty service members, and their immediate family members living in Virginia preserve their personal stories. Students will learn how the Words of Veterans program uses tools from the Veterans History Project at the Library of Congress to support individuals in writing and printing a professionally bound book of their experiences. The instructor, a third-generation U.S. Veteran, will explain who is eligible to receive a free book voucher funded by the Virginia Department of Veterans Services and how to access the online platform to begin capturing and preserving these important histories. Books must be printed and shipped before October 15, 2026 to qualify for the free voucher. The platform does not replace a psychotherapist or counselor and should not be used to store or transmit controlled or classified data.

Memoir Writing**Course: EL263048****Tuesday Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1****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.

Writing a Novel to Completion**Course: EL263143****Tuesday****Sept 15, 22****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.

The Iron John Fairy Tale: Unlocking the Wild**Course: EL263149****Wednesday****Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4****9:00-10:30****Instructor(s): Les Schaffer**

This course will explore themes of personal transformation through the Brothers Grimm fairy tale Iron John, a story recently popularized by poet Robert Bly and long valued by readers, scholars, storytellers, psychologists, and artists. Students will examine the tale's symbolism, archetypal motifs, and historical roots in European folklore, considering how its themes of growth, courage, mentorship, loss, and self-discovery continue to resonate today. Through storytelling, discussion, historical context, and creative activities, the course will investigate questions such as what the "wild man" represents, why journeys into forests appear so frequently in folklore, and how ancient stories illuminate ideas about change, aging, resilience, and purpose. Each class will combine guided conversation with interactive exercises designed for students of all backgrounds, with no prior knowledge of folklore required. By the end of the course, students will gain a deeper appreciation of folklore as a source of wisdom and discover new ways of interpreting classic tales in light of modern life.

Enjoy Poetry**Course: EL263043****Wednesday****Sept 16, 23, 30, Oct 7, 14, 21, Nov 4, 18, Dec 2, 9, 16****11:00-12:00****Instructor(s): Bob Ferguson and Timothy Pace**

This long-running course will continue under the guidance of Bob and Tim, who will introduce students to poetry in an informal and welcoming setting. Each class will feature a wide range of poets, topics, and styles, and will occasionally incorporate music and song lyrics to enrich discussion. Students will be encouraged to share favorite poems, bring their own work if they wish, and join in thoughtful conversation. Even those who did not enjoy poetry in school will discover new perspectives and find poems that resonate with them. The course will offer a friendly environment where students can explore and appreciate poetry together.

Developing Fiction Writing**Course: EL263148****Tuesday****Oct 6, 13, 20, 27****1:30-3:30****Instructor(s): Mike Jack Stoumbos**

This course will support writers who want to understand how effective fiction works and why certain techniques succeed. Students will examine four challenging areas of fiction writing—description, characterization, narrative tension, and arcs—and learn methods for analyzing these qualities in personal writing, along with tools to strengthen them. There are no prerequisites, and individuals who participated in the Novel Planning workshops or the Short Story Writing series during the summer are encouraged to join to continue building their skills and exploring new approaches. Students are encouraged to bring one or more chapters or short stories of their own work.

Freedom to Read**Course: EL263150****Wednesday****Oct 7****1:30-3:00****Instructor(s): Deb Hood**

This course will introduce students to the current landscape of book challenges and censorship in the United States. Students will learn what constitutes a book ban, how these decisions are made, and how national trends are reflected in Virginia and specific localities. Key subjects and themes commonly found in challenged books will be explained and illustrated with examples. Time will be reserved for class discussion.

LLI Literary Society Feedback and Book Swap**Course: EL263114****Tuesday****Oct 27****1:30-2:30****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.

International Animation**Course: EL263147****Thursday****Oct 29, Nov 5, 12, 19, Dec 3, 10****2:00-3:30****Instructor(s): Josh Pachter**

In a previous course, Josh Pachter introduced LLI students to a wide-ranging history of animated film. In this follow-up course, he will take a deeper look at six influential international animation studios and artists. Students will explore the work of the Fleischer Brothers in the United States; Norman McLaren at Canada's National Film Board; Lotte Reiniger at Germany's UFA; Jiri Trnka in the former Czechoslovakia; the Zagreb School in the former Yugoslavia; and Hayao Miyazaki at Japan's Studio Ghibli. The course will highlight each studio's distinctive techniques, artistic innovations, and cultural impact, offering students a richer understanding of global animation traditions.

The Boy, the Mole, the Fox and the Horse**Course: EL263108 *\$15****Friday****Oct 30****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.

Librarians Fighting for Democracy**Course: EL263151****Wednesday****Nov 4****1:30-3:30****Instructor(s): Deb Hood**

This course will feature a viewing of the 2025 documentary The Librarians, which examines the role librarians play in supporting democratic principles and First Amendment rights. Students will see how librarians respond to efforts to restrict access to information and how these actions affect communities. A class discussion will follow the documentary.

Workshopping and Editing Fiction Workshop**Course: EL263146****Tuesday Nov 10****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.

Setting in Mysteries: A Key Role**Course: EL263128****Friday Nov 13****11:30-12:30****Online****Instructor(s): Heather Weidner**

This course will explore how setting functions as a central element in mystery fiction across a variety of subgenres. Students will examine ways authors use setting to build suspense, shape atmosphere, and move the story forward. A guided discussion of examples from well-known works will be included.

FI**Fitness****Chair Yoga Tuesday****Course: FI263006 \$20****Tuesday Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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.

Gentle Yoga Tuesday**Course: FI263009 \$20****Tuesday Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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.

Wednesday Fun Fitness**Course: FI263017 \$20****Wednesday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****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: FI263018 \$20****Wednesday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****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!

Chair Yoga Online**Course: FI263031 \$20****Wednesday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****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.

Zumba Gold Online**Course: FI263020 \$20****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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.

Sit and Be Fit Thursday**Course: FI263005 \$20****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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!

Chair Yoga Thursday**Course: FI263010 \$20****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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.

Cardio and Strength Training Online**Course: FI263034 \$20****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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.

Gentle Yoga Thursday**Course: FI263007 \$20****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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.

Low Impact Friday**Course: FI263003 \$20****Friday****Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****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.

Chair Yoga Friday**Course: FI263029 \$20****Friday****Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****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.

Vivo Online Strength Training: One Time per Week
One Class per Week **Sept 14 - Dec 18**

Course: FI263035 \$200

Online

Instructor(s): Team Vivo

Muscle strength and balance are essential for maintaining mobility, health, and independence throughout life. Without regular strength training, most older adults will experience a gradual loss of muscle mass that can affect balance, stability, and everyday activities. Vivo will be a live, online small-group strength training session designed specifically for older adults. Classes will combine strength, balance, and cognitive exercises informed by current research on healthy aging, and the session's science-based approach has been evaluated through research supported by the National Institutes of Health. This 14-week program includes 12 weeks of live online classes meeting one time per week for 45 minutes, with initial and final assessment weeks to establish a baseline and track progress. Missed classes can be made up. New students will receive a welcome kit with an exercise band and door anchor. Dumbbells and yoga mats are also recommended, but not necessary. A computer or mobile device with a camera will be required, and students will be expected to be on camera. Whether new to exercise or already active, students will find support for their strength and mobility goals.

Low Impact Monday

Course: FI263001 \$20

Monday **Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14**
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!

Vivo Online Strength Training: Two Times per Week
Two Classes per Week **Sept 14 - Dec 18**

Course: FI263036 \$320

Online

Instructor(s): Team Vivo

Muscle strength and balance are essential for maintaining mobility, health, and independence throughout life. Without regular strength training, most older adults will experience a gradual loss of muscle mass that can affect balance, stability, and everyday activities. Vivo will be a live, online small-group strength training session designed specifically for older adults. Classes will combine strength, balance, and cognitive exercises informed by current research on healthy aging, and the session's science-based approach has been evaluated through research supported by the National Institutes of Health. This 14-week program includes 12 weeks of live online classes meeting two times per week for 45 minutes, with initial and final assessment weeks to establish a baseline and track progress. Missed classes can be made up. New students will receive a welcome kit with an exercise band and door anchor. Dumbbells and yoga mats are also recommended, but not necessary. A computer or mobile device with a camera will be required, and students will be expected to be on camera. Whether new to exercise or already active, students will find support for their strength and mobility goals.

Vivo Online Strength Training: Three Times per Week
Three Classes per Week **Sept 14 - Dec 18**

Course: FI263037 \$512

Online

Instructor(s): Team Vivo

Muscle strength and balance are essential for maintaining mobility, health, and independence throughout life. Without regular strength training, most older adults will experience a gradual loss of muscle mass that can affect balance, stability, and everyday activities. Vivo will be a live, online small-group strength training session designed specifically for older adults. Classes will combine strength, balance, and cognitive exercises informed by current research on healthy aging, and the session's science-based approach has been evaluated through research supported by the National Institutes of Health. This 14-week program includes 12 weeks of live online classes meeting three times per week for 45 minutes, with initial and final assessment weeks to establish a baseline and track progress. Missed classes can be made up. New students will receive a welcome kit with an exercise band and door anchor. Dumbbells and yoga mats are also recommended, but not necessary. A computer or mobile device with a camera will be required, and students will be expected to be on camera. Whether new to exercise or already active, students will find support for their strength and mobility goals.

Strength and Stretch Online

Course: FI263030 \$20

Monday **Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14**

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: FI263004 \$20

Monday **Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14**

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!

Gentle Yoga Monday

Course: FI263028 \$20

Monday **Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14**

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.

Pilates

Course: FI263015 \$20

Monday **Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14**

12:15-1:15

Instructor(s): Linda McDorman

This 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.

HS	History, Humanities, and International Studies	
Great Palaces		Course: HS263799
Wednesday	Sept 9, 16, 23, 30	
11:30-1:00		
Instructor(s): Karen Steele		
This course will explore some of the world’s most extraordinary palaces—buildings created to project power, wealth, and cultural identity. Students will examine Louis XIV’s Versailles, Philip II’s Escorial, and other remarkable royal residences that showcase exceptional architecture, design, and craftsmanship. The course will highlight how these palaces reflected the political ambitions, artistic tastes, and cultural values of the rulers who built them.		
Current Events Discussion		Course: HS263003
Wednesday	Sept 9, 23, Oct 7, 21, Nov 4, 18, Dec 2, 16	
1:30-3:00		
Instructor(s): Hugh Ames, 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.		
WWII via Documentary: Victory at Sea (Part 2)		Course: HS263761
Monday	Sept 14, 28, Oct 5, 12, 19, 26	
11:00-12:30		
Instructor(s): Edward Blackwell		
This course will explore NBC’s Victory at Sea, now in the public domain. Each episode presents original wartime footage—sometimes captured by other nations, often by the United States—offering a vivid look at the challenges, strategies, and shifting fortunes of the Allied forces. Students will examine the primary objectives and obstacles depicted in each episode, consider how these themes resonate in 2026, and reflect on personal memories or family stories connected to the events portrayed. The course blends historical insight with opportunities for personal connection, linking past conflicts to present-day perspectives. Please note: The spring course is not a prerequisite, and the class will study episodes not previously covered.		
The World's Sacred Sites		Course: HS263783
Monday	Sept 14, 28, Oct 5, 12, 19, 26	
12:15-1:30		
Instructor(s): Bob Ferguson		
This course will feature a curated selection of videos from The Great Courses exploring a diverse array of sacred places around the world and the religious traditions connected to them. Students will learn about sites ranging from monumental buildings to natural locations such as mountains and rivers that hold spiritual significance. This will be a continuation of the online course offered in the summer and will provide opportunities for discussion and reflection on the cultural, historical, and spiritual meaning of these sacred spaces.		

The Mayan World: Yaxchilan, Palenque, and Bonampak**Course: HS263803****Monday****Sept 14, Oct 5, 26****2:00-3:30****Instructor(s): Rick Kinnaird**

This course will explore three major archaeological sites in the Central Petén—Yaxchilan, Palenque, and Bonampak—and how their discovery transformed modern understanding of the Maya. Students will examine the breakthroughs that led to the decipherment of Mayan hieroglyphics, take a guided tour of each site's major features, and discuss the cultural significance of the Bonampak murals. The final class will trace how interpretations of Mayan history have evolved over time, revealing a complex civilization whose achievements reshaped archaeological and historical scholarship.

Sara Allen of Deerfield, Massachusetts**Course: HS263815****Tuesday****Sept 15****1:00-2:00****Instructor(s): Wilbur Good**

This course will trace the remarkable story of Sara Allen, who was taken captive by Mohawk Indians during the 1704 Raid on Deerfield, Massachusetts, in the Queen Anne's War. Students will follow her forced winter march of more than 200 miles across ice and snow to Montreal, a journey that revealed her resilience and strength. The course will describe how Allen was eventually purchased by a Frenchman, married, and became the mother of fourteen children. Her enduring legacy will be highlighted, as the instructor is her eighth great-grandson. 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.

Popular Culture of the 1950s: Music, History, Literature, and Television**Course: HS263801****Thursday****Sept 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19****11:00-12:00****Instructor(s): Vic Thompson**

This course will explore the popular culture of the 1950s, a decade marked by prosperity for America's growing middle class as well as deep national anxieties. Students will examine how rising salaries, affordable housing, and expanding consumer goods shaped daily life, while also considering the era's fears surrounding nuclear conflict and communist influence. The course will feature lecture and discussion, with time devoted to listening to the music of the decade—especially early rock and roll—and learning the historical context that shaped its literature, entertainment, and public mood.

The Islands of Ireland**Course: HS263409****Tuesday****Sept 22, 29, Oct 6, 13, 20, 27****9:00-10:00****Instructor(s): John Countryman**

This course will explore Ireland as the third-largest island in Europe and introduce several of the roughly 80 offshore islands that surround it, only about 25 of which are inhabited today. Each session will highlight the history, culture, and distinctive character of selected islands, ranging from remote landscapes to long-settled communities. The course will also examine an island found only in the realm of Irish storytelling, illustrating how myth and geography intertwine in Ireland's cultural imagination. Students will gain a broad view of Ireland's coastal world and the traditions shaped by life at its edges.

America, Land of Immigrants**Course: HS263060****Tuesday****Sept 22, 29, Oct 6, 13, 20****9:30-11:00****Instructor(s): Dr. John Lemza**

This course will examine the long and complex history of immigration to the United States, often described as a nation of immigrants. Students will explore the social, cultural, economic, and political forces that shaped the experiences of the many groups who traveled to America and influenced the unfolding national story. The course will consider immigration from the colonial era through the most recent arrivals, providing a broad historical context for understanding how different communities integrated into American life. Students will also examine the often complicated pathways to citizenship and the evolving policies that have governed who may enter, stay, and belong. This course will offer a foundation for interpreting contemporary immigration trends through a deeper understanding of the past.

The Life of Osceola and the Great Seminole War**Course: HS263804****Tuesday****Sept 22, 29****11:30-12:30****Instructor(s): Ed Barbour**

This course will explore the life of Osceola, a central leader during the Great Seminole War, and examine how his resistance challenged federal policies aimed at removing Native peoples from Florida. Students will learn how Osceola—born Billy Powell of Creek ancestry—found refuge in Florida alongside others seeking safety and autonomy, only to face broken treaties and a deceptive capture under a flag of truce. The course will trace how the Seminole people sustained their fight, why they never formally surrendered, and how their story reshaped the historical record. Students will be guided through the events, context, and legacy of this pivotal period in American history.

Abraham Lincoln A**Course: HS263813****Tuesday****Sept 22****1:00-2:00****Instructor(s): Waite Rawls**

Please register for only one session (A or B) to allow all students a chance to participate. This course will explore the final seven years of Abraham Lincoln's life, tracing both the low points and the extraordinary achievements that shaped his legacy as one of America's most influential presidents. Students will consider Lincoln's leadership during the Civil War, his political challenges, his personal struggles, and the qualities that have inspired an enormous body of scholarship—second only to that written about Jesus Christ. The course will offer a balanced look at Lincoln's decisions, character, and impact, highlighting why he continues to stand among the most studied figures in American history.

Great Decisions**Course: HS263089 *\$40****Tuesday****Sept 22, Oct 13, Nov 10, Dec 8****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 course will provide an open-forum setting in which students may share comments, insights, and differing viewpoints, recognizing that these complex topics rarely have simple answers. 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 will not be required, and a summary of each topic will be provided by the instructor. This session's topics will include Multilateral Institutions in a Changing World in September, U.S. Engagement with Africa in October, The Future of Human Rights and International Law in November, and End-of-Year Topic Updates and Review in December.

Virginia Court Sentencing Options**Course: HS263807****Friday Sept 25****1:30-3:30****Instructor(s): Erin Barr and Frank LaRuffa**

This course will examine how sentencing works in Virginia courts and explore the range of options available under Virginia law. Students will learn how judges evaluate cases, what factors influence sentencing decisions, and how alternatives such as probation, diversion programs, community-based sanctions, and incarceration fit within the broader framework of criminal justice in the Commonwealth. Attention will be given to statutory requirements, judicial discretion, and recent developments that shape sentencing outcomes today.

Stonewall Jackson: His Traits and Behavior in Leadership**Course: HS263809****Wednesday Sept 30****2:30-3:30****Instructor(s): Herbert Loveless**

This course will explore the life and military career of Stonewall Jackson through the lens of modern understandings of autism, considering how certain traits described in historical accounts—private decision-making, strained professional relationships, rapid problem-solving, and extraordinary fearlessness in battle—align with what today might be recognized as autistic characteristics. Students will examine how these behaviors shaped Jackson’s leadership, his reputation among superiors and subordinates, and his complicated tenure at the Virginia Military Institute. The course will approach this topic with care, acknowledging both the limits of retrospective diagnosis and the value of neurodiversity in interpreting historical figures.

The WWI Letters of Private Ray Lamb**Course: HS263805****Thursday Oct 1****2:00-3:30****Instructor(s): James Triesler**

This course will present the remarkable story of Private Ray Lamb through the unpublished letters he wrote to his father during World War I. Students will follow Lamb from his training in Kansas to the Battle of Saint-Mihiel in France, where he served in the trenches, was wounded, and later recorded his experiences in vivid detail. The course will explore how these letters illuminate the daily life, challenges, and resilience of an American soldier and offer a rare firsthand window into the war.

Tour of Ireland**Course: HS263802****Friday Oct 2, 9, 16, 23****10:30-11:30****Instructor(s): Timothy Pace**

This course will present a video journey across Ireland, exploring the history, legends, and remarkable sites of the Emerald Isle. Students will travel virtually through Northern Ireland, the storied West Coast, and several of Ireland’s offshore islands, with additional glimpses into the country’s famed pub culture. After each video, students will have time for guided discussion and shared reflections. Whether students are Irish by heritage or simply drawn to Ireland’s landscapes and lore, this course will offer an engaging introduction to the places and stories that shape this beloved island.

No Time to Grieve Documentary**Course: HS263617****Friday****Oct 2****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.

The Story of the Hindenburg**Course: HS263808****Tuesday****Oct 6****11:30-12:30****Instructor(s): George Saunders**

This course will explore the rise of transatlantic airship travel in the 1930s and the brief but dramatic career of the Hindenburg. Students will examine how the airship was designed to cross the Atlantic in two days, attracting wealthy travelers eager for speed, luxury, and the novelty of flight aboard the largest airship in the world. Attention will be given to the Hindenburg's 62 successful voyages between Germany, Brazil, and the United States, its role in carrying passengers, mail, and freight, and the public fascination with this new form of travel. The events of May 6, 1937, will be examined, when the Hindenburg encountered conditions it had never faced before and was destroyed in just 30 seconds. Students will analyze the leading explanations for the disaster, compare competing theories, and consider how the tragedy reshaped aviation history and public perception of airships.

Vietnam: The Indochina Wars, 1945–75**Course: HS263662****Thursday****Oct 8****1:00-2:00****Online****Instructor(s): Christopher L. Kolakowski**

This course will examine the three decades of conflict in Vietnam, beginning with the end of World War II and continuing through the fall of Saigon in 1975. Students will explore how French colonial ambitions, Vietnamese independence movements, Cold War pressures, and later American involvement shaped the long struggle known collectively as the Indochina Wars. Attention will be given to the regional dynamics, global context, and lasting consequences of a conflict that extended far beyond the years of U.S. engagement.

American Corrections: Behind the Walls and Bars**Course: HS263724****Thursday****Oct 8, 15****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.

Midlothian Matters**Course: HS263690****Friday Oct 9****1:00-2:00****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.

Airwomen In Flight: A Century of Adventure and Achievement**Course: HS263796****Wednesday Oct 14****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.

Stonewall Jackson: His Traits and Behavior in Leadership**Course: HS263810****Tuesday Oct 20****1:00-2:00****Online****Instructor(s): Herbert Loveless**

This course will explore the life and military career of Stonewall Jackson through the lens of modern understandings of autism, considering how certain traits described in historical accounts—private decision-making, strained professional relationships, rapid problem-solving, and extraordinary fearlessness in battle—align with what today might be recognized as autistic characteristics. Students will examine how these behaviors shaped Jackson's leadership, his reputation among superiors and subordinates, and his complicated tenure at the Virginia Military Institute. The course will approach this topic with care, acknowledging both the limits of retrospective diagnosis and the value of neurodiversity in interpreting historical figures.

Hampden-Sydney Goes to War**Course: HS263806****Tuesday Oct 20, 27****2:00-3:30****Instructor(s): James Triesler**

This course will explore how Farmville, Virginia—home to Hampden-Sydney College and the State Teachers College—responded to the outbreak of World War II. Students will learn how, following the attack on Pearl Harbor, young men and women from these institutions found themselves serving around the world in a wide range of roles. The course will highlight their stories, experiences, and contributions, offering a compelling look at how a small American town became connected to a global conflict.

Sir Ernest Shackleton: A Leadership Discussion**Course: HS263771****Thursday Oct 22****9:00-10:30****Instructor(s): Dan Riegel**

In 1914, during the Age of Exploration, Sir Ernest Shackleton led a journey with the objective of crossing the Antarctic continent on foot. While the expedition failed in its original goal, it offers tremendous insights into Shackleton's leadership as he shifted focus to returning his crew safely to civilization. This course will feature a captivating 50-minute DVD presentation of the journey, followed by a 30–40 minute group discussion centered on Shackleton's leadership. Students will gain an appreciation for his resilience, decision-making, and ability to inspire others in the face of adversity.

The Art of the Fan: Fashion and Communication**Course: HS263811****Monday****Oct 26****9:30-10:30****Instructor(s): Milbrey A. Bartholow**

This course will explore the art and coded language of the fan as it developed in the 18th and 19th centuries, when gestures, positions, and movements conveyed messages in social settings. Students will learn how fans functioned as tools of fashion, communication, and etiquette, trace how their styles and uses evolved over time, and enjoy hands-on demonstrations—including a lighthearted military-style drill—to experience the creativity and cultural significance of this elegant accessory.

Abraham Lincoln B**Course: HS263814****Tuesday****Oct 27****11:00-12:00****Instructor(s): Waite Rawls**

Please register for only one session (A or B) to allow all students a chance to participate. This course will explore the final seven years of Abraham Lincoln's life, tracing both the low points and the extraordinary achievements that shaped his legacy as one of America's most influential presidents. Students will consider Lincoln's leadership during the Civil War, his political challenges, his personal struggles, and the qualities that have inspired an enormous body of scholarship—second only to that written about Jesus Christ. The course will offer a balanced look at Lincoln's decisions, character, and impact, highlighting why he continues to stand among the most studied figures in American history.

The Adventures of Hiking the Caminos**Course: HS263381****Wednesday****Oct 28****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.

Echoes of the Past: Reminiscing Together**Course: HS263750****Thursday****Oct 29****10:30-12:00****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.

History of Ventriloquism**Course: HS263541****Thursday****Oct 29****1:00-2:30****Instructor(s): John Byrd**

This course will explore the history of ventriloquism from its earliest documented uses to its modern role in entertainment. Students will trace how the practice evolved from ritual and religious contexts into stage performance, radio, and television, and will meet contemporary ventriloquists through the instructor's personal connections with several of today's well-known performers. The course will offer an engaging look at the art form's techniques, traditions, and cultural impact, highlighting both its long history and its continued relevance.

History of Brazil**Course: HS263800****Monday****Nov 9, 16, 23****9:30-11:00****Instructor(s): John Whaley**

This course will trace Brazil's development from its accidental discovery in 1500 through its emergence as a modern nation. Students will examine how a territory that began as a private enterprise became a royal colony marked by near-constant conflict—with French and Dutch incursions, rivalries among powerful southern states, border tensions with Spanish America, and clashes between slave-raiding expeditions and Jesuit missions. The course will follow Brazil's evolution into an independent kingdom and its transition to a republic after the army's revolt in 1888. Attention will also be given to Brazil's economic diversification and relative stability in contrast to the challenges faced by many Spanish American nations.

A Quest for Family Ties: This is America's Story**Course: HS263753****Friday****Nov 20****10:30-12:00****Instructor(s): Samuel Hayes III**

This course will follow the 49-year genealogical journey of Samuel Hayes III, whose family history stretches from Europe and the English royal line through Jamestown to the present day. Students will explore Hayes's discovery of ancestors who were both enslaved and white, including documented connections to every Virginian signer of the Declaration of Independence, John Hartwell Cocke, Frank and Jesse James, Booker T. Washington, John Mercer Langston, and Langston Hughes. The course will also examine Hayes's white and enslaved family connections to the Confederacy and the Civil War. Students will study how DNA research transformed Hayes's search, revealing ties to Presidents George W. Bush and Bill Clinton through a shared 10th great-grandfather, Richard Cocke. The course will conclude with guidance on using DNA results and historical records to support personal family research, with time for questions and discussion.

George Gay: Sole Survivor of Torpedo Squadron 8 at Midway**Course: HS263812****Tuesday****Dec 1****1:30-3:00****Instructor(s): Randall L. Lanning, Colonel, USAF (Retired)**

This course will explore the Battle of Midway—fought in June 1942 and widely regarded as the turning point of the Pacific War—while focusing on the extraordinary story of Torpedo Squadron 8 from the USS Hornet. Students will examine the squadron's role in the engagement, the loss of all fifteen aircraft, and the remarkable survival of Ensign George Gay, who witnessed much of the battle from the water after his plane was shot down. The course will summarize Midway's strategic outcome and highlight the heroism, determination, and improbable moments of luck that shaped one of the most dramatic episodes of World War II in the Pacific.

Mementos and Memories A: Show and Tell**Course: HS263791****Thursday****Dec 3****10:00-11:30****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.

A Quest for Family Ties: This is America's Story**Course: HS263754****Thursday****Dec 3****1:00-2:30****Online****Instructor(s): Samuel Hayes III**

This course will follow the 49-year genealogical journey of Samuel Hayes III, whose family history stretches from Europe and the English royal line through Jamestown to the present day. Students will explore Hayes's discovery of ancestors who were both enslaved and white, including documented connections to every Virginian signer of the Declaration of Independence, John Hartwell Cocke, Frank and Jesse James, Booker T. Washington, John Mercer Langston, and Langston Hughes. The course will also examine Hayes's white and enslaved family connections to the Confederacy and the Civil War. Students will study how DNA research transformed Hayes's search, revealing ties to Presidents George W. Bush and Bill Clinton through a shared 10th great-grandfather, Richard Cocke. The course will conclude with guidance on using DNA results and historical records to support personal family research, with time for questions and discussion.

Mementos and Memories B: Show and Tell**Course: HS263792****Thursday****Dec 10****10:00-11:30****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.

HW**Health and Wellness**

Intermediate Tai Chi: Yang Style 24 Form**Course: HW263386****Wednesday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****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.

Getting Better with Age: Reflections and Insights**Course: HW263547****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****2:30-3:30****Instructor(s): John Bennett**

This course will invite students to engage with themes from the We Get Better with Age newsletter, a publication designed for older adults who seek active, independent, and meaningful lives beyond age sixty. The course will emphasize the value of discussing helpful information openly and thoughtfully, and each class will center on a topic drawn from a recent issue of the newsletter. A link to the selected article will be emailed to students a few days before class for consideration, and students may choose whether or not to subscribe. Class discussions will explore practical insights, personal experiences, and shared reflections inspired by the newsletter's content.

Walking Through Grief and Supporting Others Through Difficult Times**Course: HW263550****Friday Sept 11, 18****10:30-12:00****Instructor(s): Karen Brown, MSW, MDiv, and Jen Dowda**

This course will offer a supportive space for students who are navigating grief or who are caring for someone who is. The course will explore how grief affects both the body and the mind, beginning with the physical experiences that often accompany loss—brain fog, fatigue, restlessness, and other changes that can be difficult to name. Through gentle teaching, guided reflection, and conversation, students will consider what it means to acknowledge their own experience and to show up compassionately for others. The second part of the course will turn toward the inner landscape of grief, focusing on resilience, meaning-making, and how people process loss over time. Case examples will help students recognize patterns in the grieving process, and the course will conclude with a calming meditation and movement practice to support grounding and emotional steadiness.

Intermediate Tai Chi: Learning the Traditional Yang Form**Course: HW263343****Friday Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****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.

Stress Management Bingo: A Fun Way to Recharge**Course: HW263446****Friday Sept 11****2:30-3:30****Instructor(s): Rebecca Lint, MSW, and Eric Faw**

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.

Low Back Pain**Course: HW263406 *\$15****Monday Sept 14****10:00-11:30****Instructor(s): Thomas Neviasser, MD**

This course will present the basis for low back pain, a review of the anatomy, mechanisms that cause pain, diagnosing the pain, tests to confirm the diagnosis, and treatments available. There will be time for questions! The instructor's book, "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions," is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but also to prepare them to speak to their doctors intelligently about their aches and pains.

Beginning Tai Chi 24 Form A**Course: HW263342****Monday****Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****1:30-2:15****Instructor(s): Damir Strmel**

Please Register for only one session (A, B, or C) 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.

Beginning Tai Chi 24 Form B**Course: HW263355****Monday****Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****2:30-3:15****Instructor(s): Mary E. Gutberlet, M.Ed.**

Please Register for only one session (A, B, or C) 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.

Advanced Cardiac Imaging: Seeing Inside the Heart Without Surgery**Course: HW263543****Tuesday****Sep 15****11:00-12:00****Instructor(s): Logan Bernhardt, DO**

Many heart problems develop quietly as people age, but today's advanced imaging tools can detect them early—often before symptoms appear. This course will explain common non-invasive tests such as echocardiograms, cardiac CT scans, nuclear stress testing, and cardiac MRI. Students will learn what each test shows, how they help diagnose valve problems, blockages, heart failure, and other conditions, and why early detection can lead to better treatment and peace of mind.

Building Caregiver Foundations**Course: HW263477****Tuesday****Sept 15****11:00-12:00****Instructor(s): Rachel Lawson**

This course is a part of "The Empowered Caregiver" series and will explore the role of caregivers along with the changes they may experience throughout the dementia journey. Students will learn the importance of building a support team, accessing resources, and caring for their own well-being.

Muscles, Macros, and Mindset**Course: HW263540****Wednesday****Sept 16****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.

Senior Living Continuum**Course: HW263436****Wednesday****Sept 16****1:30-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will examine the range of senior living and healthcare options available in the greater Richmond area. Students will learn about different levels of care, insurance and payment considerations, and key questions to ask providers. The course will help students understand how to navigate the senior living continuum with confidence.

Beginning Tai Chi 24 Form C**Course: HW263356****Wednesday****Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****2:30-3:15****Instructor(s): Mary E. Gutberlet, M.Ed.**

Please Register for only one session (A, B, or C) 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.

Joint Replacements: What to Know Before and After Surgery**Course: HW263375****Thursday****Sept 17****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.

Beginning Tai Chi 24 Form Review and Practice**Course: HW263352****Friday****Sept 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****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.

AFib and Stroke Prevention**Course: HW263428****Friday Sep 18****2:00-3:00****Instructor(s): Juwairia Mulla, MD**

Atrial fibrillation (AFib) will increase a person's risk of stroke by up to five times, yet many individuals remain unaware of the condition until complications occur. This course will explain the connection between AFib and stroke, highlight the importance of early detection, and review current anticoagulation strategies. Students will also learn about advanced treatment options—including left atrial appendage closure—that can significantly reduce stroke risk. The course will provide clear, practical information to help students understand AFib and its most serious complications.

Medication Safety**Course: HW263502****Tuesday Sept 22****11:30-1:00****Instructor(s): Eric Faw and Allyson Butler**

This course will highlight some medication risks and show how simple, practical habits can prevent dangerous interactions, mix-ups, and unnecessary hospital visits. Students will learn everyday strategies for organizing medications, avoiding confusing combinations, spotting red-flag side effects, and communicating clearly with pharmacists and healthcare providers. The course will offer confidence, clarity, and easy steps that make medication routines safer, smoother, and more supportive of long-term health.

Low Back Pain Solutions**Course: HW263467****Tuesday Sept 22****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.

Lifespan Reflection with VCU OT: Rewind and Replay**Course: HW263504****Wednesday Sept 23, Oct 21****1:30-3:00****Instructor(s): Audrey Kane, PhD, OTR/L, FAOTA, and E. Ayn Welleford, PhD**

This course will provide an opportunity for LLI students to engage in an interview with VCU Occupational Therapy (OT) students to reflect on activities, roles, routines, goals, and general life experiences in childhood, adulthood, and later adulthood. VCU OT students will ask prompting questions, and LLI students will be encouraged to share verbally, as well as bring any artifacts of interest to share. In the second class, VCU Occupational Therapy students will present the LLI students with tangible representations of their life trajectory. Students will pay attention to patterns of activities, roles, routines, and goals, and how these have changed over time.

Knee Conditions**Course: HW263407 *\$15****Monday Sept 28****10:00-11:30****Instructor(s): Thomas Neviasser, MD**

This course will present the basis for knee problems and pain, a review of the anatomy, mechanisms that cause pain, tests to confirm the diagnosis, treatments (i.e., arthroscopy and total knee replacements), and complications. There will be time for questions! The instructor's book, "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions," is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but also to prepare them to speak to their doctors intelligently about their aches and pains.

Understanding Emotions and Feelings**Course: HW263549****Tuesday Sept 29, Oct 6, 13****10:30-12:00****Online****Instructor(s): Emme Elaine Anderson-Simon**

This course will help students explore the difference between emotions and feelings, with a focus on developing greater self-awareness and emotional balance. Through guided discussion and reflective exercises, students will examine how emotional patterns arise, how they can shift toward harmony, and how increased emotional intelligence can support healthier relationships and personal well-being. Students will learn practical tools for recognizing their emotional state, understanding what may help restore equilibrium, and approaching daily life with more clarity and intention.

Tips for Injury and Poison Prevention: Safe and Sound**Course: HW263557****Tuesday Sept 29****10:30-12:00****Instructor(s): Amanda Rudderman and Shelly Clary**

This course will explain how changes in health, mobility, vision, and medication use can increase the risk of injuries and medication-related problems. Students will learn practical, easy-to-use strategies to reduce risks, protect their health, and maintain independence at home and in the community.

Be the Help Until Help Arrives**Course: HW263394****Tuesday Sept 29****1:00-3:00****Instructor(s): Chesterfield County Emergency Management Staff**

This course will teach students how to respond confidently in emergencies by understanding stress reactions, communicating effectively with 911, evaluating scene safety, controlling bleeding, positioning patients for breathing, and offering comfort until professional help arrives.

From Screen Time to Green Time: Getting Children in Nature**Course: HW263552****Thursday Oct 1****10:30-12:00****Online****Instructor(s): Dr. Dale Atkins**

This course will explore the importance of children spending time outdoors and how nature supports healthy development. Psychologist and author Dr. Dale Atkins will share practical ways to guide children toward outdoor experiences, reduce reliance on screens, and strengthen family connections through time in nature. Students will also learn about her book *Dear Deer* and its message encouraging families to rediscover the benefits of the natural world. 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.

Guided Medical Discussion**Course: HW263548****Thursday Oct 1, 8, 15****10:30-12:00****Instructor(s): Brian Mitchell, MD**

This course will be offered in a discussion format, so interaction will be encouraged. Each class will feature three 30-minute medical topics, which may be clinical, scientific, financial, or problem-oriented in nature. The instructor will select the topics for the first class, while students will choose the topics for the second and third classes. This format will allow students to engage with current issues in medicine, ask questions, and explore subjects of personal interest in a flexible, conversational setting.

Shoulder Conditions**Course: HW263408 *\$15****Monday Oct 5****10:00-11:30****Instructor(s): Thomas Neviasser, MD**

This course will present the basis for shoulder pain, a review of the anatomy, tests to confirm the diagnosis, complications, and treatments for rotator cuff disease, dislocations, arthritis, and other conditions. There will be time for questions! The instructor's book, "The Way I See It: A Head-to-Toe Guide to Common Orthopedic Conditions," is available for students through an optional course fee at the time of registration. The book includes 90 orthopedic conditions and is written solely for the layperson. It is a very helpful guide to educate people not only for their own interests but also to prepare them to speak to their doctors intelligently about their aches and pains.

Supporting Dementia Independence as a Caregiver**Course: HW263478****Tuesday Oct 6****10:30-11:30****Instructor(s): Rachel Lawson**

This course is a part of "The Empowered Caregiver" series and will help caregivers understand how to support individuals living with dementia in daily activities, provide the right amount of assistance, balance safety with independence, and manage expectations.

Vertigo and Dizziness: Common Causes and How to Treat It**Course: HW263376****Thursday Oct 8****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.

Today's Cannabis: A Practical, Safe, and Science-Based Guide**Course: HW263551****Monday Oct 12****11:00-12:00****Instructor(s): Donna D. Zampi, PhD**

This course will provide clear, evidence-based information about modern cannabis and how today's products differ from those of past decades. Students will learn about potential benefits and risks, safe consumption practices, and how to discuss cannabis confidently with healthcare providers.

Guided Meditation for Joy and Peace**Course: HW263239****Tuesday, Thursday, Friday Oct 13, 15, 16****2:00-3:30****Online****Instructor(s): Trupti (T) Kulkarni and Emme Elaine Anderson-Simon**

This course will introduce students to simple, silent meditation practices designed to cultivate joy and inner peace. Through gentle instruction and guided practice, students will learn foundational techniques for quieting the mind, increasing awareness, and developing a more centered daily rhythm. No prior experience is required; students will explore how small, consistent moments of stillness can support emotional well-being and a calmer approach to everyday life.

The Importance of Posture: Safe and Simple Exercises to Help**Course: HW263468****Tuesday Oct 13****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.

Dementia Stages and Strategies**Course: HW263437****Wednesday****Oct 14****1:30-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will explain the stages of dementia, outline the clinical features of each stage, and present practical strategies that families and caregivers can use to maintain connection and support loved ones throughout the progression of the disease.

Bone Health Basics**Course: HW263498****Thursday****Oct 15****12:30-1:30****Instructor(s): Joshua Herzog, MD**

Students will learn about osteopenia, a condition of reduced bone density that can lead to compression fractures and other complications. Dr. Herzog will discuss risk factors, diagnostic imaging, and treatment options, including medication, physical therapy, and fall prevention strategies. This course will highlight the importance of early detection and bone-strengthening practices.

Renal Denervation Therapy: A New Option for Hard-to-Control High Blood Pressure**Course: HW263544****Friday****Oct 16****2:00-3:00****Instructor(s): Gouthami Chennu, MD**

Renal denervation (RDN) is a minimally invasive, FDA-approved procedure used to treat resistant or uncontrolled hypertension by disrupting sympathetic nerves in the renal arteries to lower blood pressure. It is indicated for patients who have not achieved blood pressure targets despite lifestyle changes and three or more antihypertensive medications. In this course, students will learn how RDN works, who may benefit from the procedure, what the treatment involves, and how it fits into current strategies for managing difficult-to-control blood pressure. The session will provide clear, practical information to help students understand this emerging option in hypertension care.

Hearing Loss Apps for Smartphones**Course: HW263486****Thursday****Oct 22****1:00-2:00****Online****Instructor(s): Debra Ogilvie, Au.D., Kim Fisher, and Tara Ruth**

This course will introduce smartphone tools that support hearing and communication, including tinnitus management, listening enhancement, conversation captioning, hearing-aid control, and hearing protection. A phone is not required during class, and resources will be provided. Most recommended apps are free and available for Apple and Android devices.

Shoulder Pain: Rotator Cuff Repair and Shoulder Replacement**Course: HW263188****Friday****Oct 23****12:00-1:00****Instructor(s): Michael Mariscalco, MD**

Dr. Mariscalco will discuss arthroscopic rotator cuff repair and augmentation, superior capsule reconstruction for irreparable rotator cuff tears, total and reverse shoulder replacement surgery, shoulder arthroscopic labral repair as well as the Latarjet procedure for recurrent instability with bone loss. He will also discuss operative and nonoperative care for proximal humerus and clavicle fractures, as well as multiple knee procedures including anterior cruciate ligament reconstruction, meniscal repair, patellofemoral reconstruction, and cartilage restoration procedures.

Heart Rhythm Solutions: Pacemakers and Defibrillators**Course: HW263545****Monday Oct 26****11:00-12:00****Instructor(s): Sami Ibrahim, MD**

Many older adults experience slow heart rates, heart block, or dangerous rhythm problems that can cause fatigue, dizziness, or fainting. This course will explain how today's pacemakers and implantable defibrillators (ICDs) work, who might benefit from them, what the procedures involve, and how these devices can dramatically improve quality of life and safety. Students will also learn simple warning signs to watch for and the latest advances in heart rhythm care.

From Medical Breakthroughs to the Genetic Negotiation of a Lifetime**Course: HW263553****Tuesday Oct 27****2:00-3:00****Instructor(s): Dr. Marschall Runge****Online**

This course will explore why American medicine must shift from reactive "healthcare" to proactive health. Students will examine the critical role of primary care alongside game-changing innovations such as AI and GLP-1 therapies. The course will then turn to the hopeful science of epigenetics, highlighting how everyday choices—sleep, movement, connection, and purpose—can influence gene expression and extend healthspan. Students will learn why genes are not destiny, how "superagers" have historically lived longer and richer lives without strict regimens, and how to apply practical, science-based strategies to support vibrant living through the ongoing negotiation between lifestyle and genetics.

Post-Menopausal Women's Health: Common Challenges, Treatment Options, and Preventio**Course: HW263510****Friday Oct 30****2:00-3:00****Instructor(s): Emily Stone, MD**

The drop in female hormones that accompanies menopause affects far more than reproductive organs. Because women's bodies contain estrogen and progesterone receptors throughout many systems, post-menopausal hormone changes can lead to symptoms such as brain fog, sleep disturbances, joint pain, bone loss, dryness and sexual discomfort, recurrent urinary tract infections, weight gain, and thinning hair—many of which students may not immediately recognize as related to menopause. In this course, Dr. Emily Stone, a Menopause Society Certified Practitioner, will present common post-menopausal challenges and discuss a range of treatment options, including hormone therapy, when and how long such treatments may be appropriate, and ways post-menopausal women can reduce health risks such as osteoporosis and cardiovascular disease.

Pelvic Floor Health and Women's Incontinence: Hold It!**Course: HW263476****Thursday Nov 5****12:00-1:00****Instructor(s): Ramzi Aboujaoude, MD**

This course will address female pelvic health issues, including urinary incontinence, pelvic organ prolapse, overactive bladder, and fecal incontinence. Students will learn about the causes of these conditions and the variety of treatment options available. Dr. Aboujaoude (pronounced "Ah-boo-jah-dee") will guide students through practical approaches to managing pelvic floor health.

Radiation for Arthritis: A Fresh Look at Osteoarthritis Treatment**Course: HW263495****Friday Nov 6****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.

Meditation Practices: A Sampler**Course: HW263554****Monday Nov 9****10:30-11:30****Instructor(s): Janet Abel**

This course will introduce students to a variety of meditation practices that quiet the mind and support inner peace. Students will learn and experience several approaches, helping them identify techniques that feel comfortable and effective.

Remembering Decades Past: Reminiscing and Reflection**Course: HW263530****Tuesday Nov 10, 17****9:30-11:30****Instructor(s): Jennifer Kell, LCSW, and Eric Faw**

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.

Fall Prevention Tips and Exercises**Course: HW263469****Tuesday Nov 10****2:30-3:30****Instructor(s): Jordan Witt, DPT**

This course will explain how one fall can change everything and share preventative measures that can be taken to decrease the risk of falling. A few balance exercises will be shared to improve strength and stability.

Chronic Pain: How Do I Get Rid of It?**Course: HW263377****Thursday Nov 12****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.

Caregiver Communication and Responding to Dementia-Related Behaviors**Course: HW263479****Tuesday Nov 17****10:30-12:00****Instructor(s): Rachel Lawson**

This course is a part of "The Empowered Caregiver" series and will explain how dementia affects communication while offering practical tips for interacting with family, friends, and healthcare professionals. Students will also learn how to interpret dementia-related behaviors, apply non-medical approaches, and recognize when additional help is needed.

Staying Safe at Home**Course: HW263445****Tuesday Nov 17****1:30-3:30****Instructor(s): Jaime Smiley, MS, OTR/L, CAPS**

This course will review a variety of strategies and home modifications that help seniors stay safe and independent while aging in place. Students will explore options ranging from simple, low-cost changes to more extensive renovations.

Cultivating an Attitude of Gratitude**Course: HW263462****Tuesday Nov 24****2:00-3:30****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.

Self-Compassion**Course: HW263536****Tuesday Dec 1, 8****9:30-11:00****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.

Meditation Practices: A Sampler**Course: HW263555****Tuesday Dec 1****1:30-2:30****Instructor(s): Janet Abel****Online**

This course will introduce students to a variety of meditation practices that quiet the mind and support inner peace. Students will learn and experience several approaches, helping them identify techniques that feel comfortable and effective.

Understanding Peripheral Artery Disease**Course: HW263546****Wednesday Dec 2****11:00-12:00****Instructor(s): Raahat Basal, MD**

Many seniors experience leg pain, cramping, or fatigue when walking that goes away with rest—yet few realize it may be a warning sign of Peripheral Artery Disease (PAD), a common but often overlooked condition caused by narrowed arteries in the legs. This course will explain what PAD is, why it is so common after age 65, how to recognize symptoms, and the latest minimally invasive treatments (including stents and angioplasty) that can restore blood flow, reduce pain, and help individuals stay active and independent. Early detection can make all the difference.

Social Wellness**Course: HW263535****Wednesday Dec 2, 9, 16****12:00-1:30****Instructor(s): Rebecca Lint, MSW, and Jennifer Kell, LCSW**

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.

Women's Urology Wellness**Course: HW263528****Thursday Dec 3****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.

Dry Needling: What It Is and How It Works**Course: HW263409****Thursday****Dec 3****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

This course will explain how dry needling is used to address pain and movement issues related to myofascial trigger points. Students will learn how the procedure is performed, which conditions may benefit from it, and why it can be a valuable tool for reducing pain and improving overall function. The course will offer a clear, practical understanding of when dry needling is appropriate and how it fits into a broader plan of care.

Laughing Yoga: HaHaHa Hatha**Course: HW263556****Monday****Dec 7****1:30-2:30****Instructor(s): Janet Abel**

This course will explore the health benefits of laughter and guide students through practices that encourage spontaneous, joyful expression. Students will learn why laughter supports well-being and experience its effects firsthand. Comfortable, colorful clothing is encouraged for this lighthearted session which will be done seated.

Exploring Dementia Care and Support Services**Course: HW263480****Tuesday****Dec 15****11:00-12:00****Instructor(s): Rachel Lawson**

This course is a part of "The Empowered Caregiver" series and will examine how caregivers can prepare for future care decisions, including respite care, residential care, and end-of-life care. Students will learn about levels of care and community resources that support both caregivers and individuals living with dementia.

Tai Chi Demonstration and Overview**Course: HW263238****Tuesday****Dec 15****11:30-12:30****Instructor(s): Damir Strmel and Mary Gutberlet**

Tai Chi can be many things. It is a walking meditation; a means of 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. Join the LLI Tai Chi instructors for a brief overview of Tai Chi, as well as a demonstration from the continuing Tai Chi students. This is a great opportunity to see what Tai Chi is all about for potential students, ongoing students, and anyone who is curious.

IA**Inside LLI Activities**

Orientation for New Members**Course: IA263999****Tuesday****Sept 8****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: IA263077****Tuesday Sept 8****12:30-2:00****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: IA263078****Thursday Sept 10****12:30-2:00****Instructor(s): Rachel Ramirez****Online**

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!

Discussion with the Director**Course: IA263997****Thursday Sept 10****2:30-3:30****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.

Orientation for New Members**Course: IA263998****Friday Sept 11****1:00-2:15****Instructor(s): Rachel Ramirez****Online**

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!

Monthly Member Birthday Celebration**Course: IA263100****Tuesday Sept 15, Oct 13, Nov 10, Dec 8****12:30-1:00****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!

LLI Committee Fair: A Behind the Scenes Look**Course: IA263022****Monday****Sept 28****2:15-3:15****Instructor(s): LLI Committee Chairs**

From volunteer instructors to bake sales, from curriculum development to diversity, equity, and inclusion, from decorating to grant applications, from the board of directors to sending sunshine cards, from registration to tours, and everything in between....LLI is truly powered by volunteers, and volunteers have made LLI what it is today. This will be the first LLI Committee Fair where committee leadership and members will be available to answer questions about their committee's goals, tasks, and meeting schedules. There's a lot that happens behind the scenes and in plain sight. Current committees support the arts, curriculum, community outreach, computer systems, diversity, facilities, finance, fundraising, grants, investments, the library, the office, policies, publicity, safety, social, sunshine, and technology. Any member who is interested in volunteering at LLI is welcome to attend and visit the different committees' tables to learn more about what they do, how they do it, and what help they need. It's sure to be a fun and informative time together!

Annual State of the LLI Meeting**Course: IA263016****Monday****Oct 19****9:30-11:00****Instructor(s): Dr. John Lemza and the LLI Board of Directors**

All members will be invited to join the LLI Board of Directors for the Annual State of the LLI Meeting, where the past year will be reviewed and goals for the coming year will be introduced. Several board members will offer presentations, accomplishments will be celebrated, and member feedback will be welcomed. The meeting will conclude with a meet-and-greet with the Board of Directors. Members are encouraged to register early and to invite a fellow member to attend.

LA**Languages****Conversational German****Course: LA263015****Monday****Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****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.

Conversational French Review**Course: LA263019****Tuesday****Nov 10, 17, 24, Dec 1, 8, 15****9:00-10:00****Instructor(s): Carol Pritchard**

Parlons francais ensemble! Students will have the opportunity to brush up on the French that was studied in high school, college, or at LLI while making new friends and having fun! A different planned topic will be discussed each week, such as family, leisure activities, or current events. Students will not be giving oral reports but chatting with a neighbor or in small groups. Vocabulary and grammar will be supplied as needed.

LE		Leisure Activities and Nature
Beaded Lanyard for LLI Name Tag A		Course: LE263143 \$8
Tuesday	Sept 8	
12:30-3:30		
Instructor(s): Donna Whitfield		
This course will present the basics of stringing a necklace while making a beaded lanyard for an LLI name tag. Each student should bring their name tag to this class (and all other classes). The course fee will cover all materials, including a wide variety of bead color options. Detailed instructions will be given at the beginning, so punctuality is preferred.		
Needleworkers United		Course: LE263032
Wednesday	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	
1:30-3:00		
Instructor(s): Ellen Rennels		
This workshop-style course will offer needleworkers an opportunity to begin new projects or continue ones from previous years while sharing skills, techniques, and the enjoyment of working alongside others. Basic crochet instruction will be available, and group members often share their knowledge across a variety of needlework crafts. Students should bring their project and supplies to each class.		
Genealogy Discussions		Course: LE263252
Wednesday	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	
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.		
Ecological Gardening 101		Course: LE263366
Thursday	Sept 10	
9:00-10:30		
Instructor(s): Conner Parrish		
This course will teach students how to create a thriving, resilient garden that works with nature rather than against it. Students will explore pollinator-friendly design, habitat layering, soil stewardship, water-wise practices, and companion planting. The course will emphasize natural balance so gardens become healthier and more self-sustaining over time.		
Traveling Turkey in the Footsteps of St. John the Apostle		Course: LE263380
Friday	Sept 11	
2:00-3:30		
Instructor(s): Martha Steger		
This course will explore religious sites across Turkey with a focus on the Seven Churches visited by St. John the Apostle. Students will learn about the historical and spiritual significance of these communities and gain insight into the broader religious landscape of the region.		

Balloonology 101**Course: LE263276 *\$8****Monday Sept 14****10:30-12:00****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, and the fee is optional if the student has a balloon pump to bring. 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.

Beaded Lanyard for LLI Name Tag B**Course: LE263147 \$8****Monday Sept 14****12:30-3:30****Instructor(s): Donna Whitfield**

This course will present the basics of stringing a necklace while making a beaded lanyard for an LLI name tag. Each student should bring their name tag to this class (and all other classes). The course fee will cover all materials, including a wide variety of bead color options. Detailed instructions will be given at the beginning, so punctuality is preferred.

Ecosystem Landscaping**Course: LE263382****Tuesday Sept 15****9:00-10:30****Instructor(s): Conner Parrish**

This course will guide students in designing landscapes that support pollinators, beneficial insects, birds, and soil life while still producing beautiful, abundant plantings. Students will learn companion planting, habitat layering, soil care, water-wise strategies, and methods that encourage long-term ecological resilience.

Scrapbooking Made Easy**Course: LE263315 \$20****Tuesday Sept 15****10:00-12:00****Instructor(s): Stephanie Balarzs Douglas**

This course will guide students in creating two scrapbook pages or a wall display for cherished photos. Students should bring 6–10 pictures of one theme and will receive tips on photo preservation. The course fee will provide all materials—including paper, stickers, and photo-safe adhesive, along with access to a trimmer.

Introduction to Disc Golf**Course: LE263279 *\$12****Tuesday Sept 29, Oct 6, 13, 20****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.

Learn American Mah Jongg**Course: LE263317****Wednesday****Sept 30, Oct 7, 14, 21****9:00-10:30****Instructor(s): Stone Wahl**

This course will introduce students to American 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.

Card Making by the Numbers**Course: LE263314 \$30****Wednesday****Sept 30****10:00-12:00****Instructor(s): Stephanie Balarzs Douglas**

This course will give students an opportunity to create 12 unique cards for any occasion. Students may choose from Birthday, Christmas, or Thinking of You kits, each containing all materials and envelopes. The course fee will provide all materials, and adhesive will be available for use during class.

Logic and Reasoning Puzzles A: Set 4**Course: LE263348****Wednesday****Sept 30****11:00-12:30****Instructor(s): Stone Wahl**

Please register for only one session (A or B) to allow all students a chance to participate. This course will challenge students with a variety of logic and reasoning puzzles that require no math skills beyond the third-grade level. Students will learn methods for solving these problems and be introduced to a logic puzzle available on most devices for continued enjoyment. The course will be lively and engaging, with occasional role-playing to bring scenarios to life.

Needle Felting Dryer Balls**Course: LE263335 \$10****Wednesday****Sept 30****1:30-3:30****Instructor(s): Marie Ireland**

Wool dryer balls naturally soften and fluff laundry by gently tumbling in the dryer. Their movement helps separate fabrics, reducing wrinkles, static cling, and drying time. In this course, students will learn about wool roving and how to needle felt using simple tools and techniques. Each student will create a set of three wool dryer balls with needle-felted designs and colors of their choosing. Students should bring scissors, a pen, and a ruler; all other supplies will be provided by the course fee.

Fun with Colorful Wire Jewelry Workshop**Course: LE263233 \$15****Wednesday****Oct 7, 14, 21, 28****10:30-12:00****Instructor(s): Judith Onesty**

This course will introduce students to the art of creating colorful, eye-catching jewelry using rainbow-hued craft wire. Students will experiment with mixing and matching vibrant colors to design pieces that complement personal style or make thoughtful gifts. The course will cover techniques for shaping and forming rings, bracelets, necklaces, and earrings, with plenty of room for imagination and creative expression. No prior jewelry-making experience is required. The course fee will provide the necessary materials, and students will need to bring basic jewelry-making pliers and two emery files.

Basic Quilting**Course: LE263007****Friday****Oct 9, 16, 23, 30, Nov 6, 13****10:30-12:00****Instructor(s): Milbrey A. Bartholow**

This course will introduce students to the foundational skills needed to create a hand-stitched sampler quilt suitable for use as a wall hanging or table runner. Students will learn essential quilting terminology and practice core techniques, including cutting fabric, piecing blocks, assembling quilt layers, stitching, binding, and adjusting pattern size. All work in class will be completed by hand, and students will also gain an overview of how quilts are made by machine. No previous quilting experience is required; if students can thread a needle and cut material, they will be able to complete the project.

Modern Floral Design with an Asian Influence**Course: LE263265 \$12****Friday****Oct 9, 16, 23****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.

Wine Bottle Wind Chimes A**Course: LE263371 \$15****Tuesday****Oct 20****10:00-12:00****Instructor(s): Marie Ireland**

Please register for only one session (A or B) to allow all students a chance to participate. Students will be asked to register for only one session (A or B) to allow all students a chance to participate. In this course, 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. The course fee will provide pre-cut bottles and all necessary materials. Students will need to be able to string beads on cording and tie knots.

Wine Bottle Wind Chimes B**Course: LE263376 \$15****Tuesday****Oct 20****1:30-3:30****Instructor(s): Marie Ireland**

Please register for only one session (A or B) to allow all students a chance to participate. Students will be asked to register for only one session (A or B) to allow all students a chance to participate. In this course, 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. The course fee will provide pre-cut bottles and all necessary materials. Students will need to be able to string beads on cording and tie knots.

Basic Pine Needle Baskets**Course: LE263241 \$23****Thursday****Oct 29, Nov 5, 12, 19****9:30-11:30****Instructor(s): Diane Drummond and Jennifer DeRusha**

Students will learn the basics of creating a pine needle basket from start to finish. The course fee will provide all materials and supplies needed to complete one basket, and students will receive a take-home handout. In the first class, students will weave the flat bottom. The second class will focus on shaping and raising the sides. By the third class, students will complete and decorate their baskets if desired. All baskets must be finished by the fourth class, so they can be sealed. Students may need to work on their baskets at home between classes. Each student should bring sturdy scissors, needle-nose pliers, a jar or glass, and a bag or tote to carry supplies to each class.

Dahlia Flowers 101**Course: LE263364****Friday Oct 30****10:30-12:00****Instructor(s): Conner Parrish**

This course will teach students how to grow organic dahlias from tuber to bloom in a hands-on workshop led by Conner Parrish of Bloomistry. Students will learn planting, feeding, harvesting for long vase life, and how to lift, divide, and store tubers for next season. The course will include a live demo, Q&A, and take-home dahlia tubers so students can begin growing right away.

Easy Cooking with Judith**Course: LE263253****Monday Nov 9, 16, 23, 30****10:30-12:00****Instructor(s): Judith Onesty****Online**

This course will introduce students to simple, flavorful cooking techniques that make it easy to put delicious meals on the table in 30 minutes or less. Designed for smaller-portion cooking that fits today's lifestyle, each class will feature three demonstrated recipes that highlight practical methods, fresh ingredients, and time-saving strategies. Students will learn how to streamline prep, adapt recipes for individual needs, and build confidence in everyday cooking. Judith's demonstrations will offer approachable guidance and inspiration for anyone looking to expand their repertoire of quick, healthy meals.

Advanced Card Making: Multi Media Fun**Course: LE263200 \$7****Tuesday Nov 10****1:30-3:30****Instructor(s): Marie Ireland**

This advanced course will introduce students to a range of creative techniques for embellishing handmade cards using mixed media such as inks, metal, and fabric. The cards created in this course will differ from all previous offerings by this instructor, and the focus will be on learning advanced techniques including various types of embossing while finishing both cards and envelopes. 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, as these foundational skills will not be taught. While most supplies will be provided by the course fee, students should bring scissors, a paper trimmer with quarter-inch measurements, a tape runner, and a ruler.

Travel Tips and Strategies: Wander Wisely**Course: LE263379****Thursday Nov 12****1:00-2:00****Instructor(s): Cindy Graunke**

This course will share smart, practical travel tips that make every journey smoother, safer, and more enjoyable. Students will exchange favorite strategies, learn new ways to simplify planning, and discover ideas that make future adventures easier and more memorable. The course will blend learning, laughter, and real-world wisdom for travelers of any age.

Honeybee 101: The Fascinating World of the Honeybee**Course: LE263298****Friday Nov 13****10:30-12:00****Instructor(s): Conner Parrish**

This course will offer a hands-on exploration of the sophisticated world of the honeybee and highlight their essential role in the ecosystem. Students will examine beekeeping tools and materials to deepen understanding of honeybee behavior, biology, and environmental importance.

Logic and Reasoning Puzzles B: Set 4**Course: LE263349****Tuesday Nov 17****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 challenge students with a variety of logic and reasoning puzzles that require no math skills beyond the third-grade level. Students will learn methods for solving these problems and be introduced to a logic puzzle available on most devices for continued enjoyment. The course will be lively and engaging, with occasional role-playing to bring scenarios to life.

Composting**Course: LE263381****Tuesday Nov 17****10:00-11:30****Instructor(s): Norman Robinson and Susan Atkins**

This course will teach students how to turn food and yard waste into valuable soil amendments through several composting methods. Students will learn how decomposition works, how composting reduces landfill waste and pollution, and how improved soil health supports water, air, food, and environmental quality.

American Mah Jongg Boot Camp**Course: LE263377****Wednesday Nov 18, Dec 2, 9, 16****9:00-10:30****Instructor(s): Stone Wahl**

This course will introduce students to American 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. Students who would rather not complete the Boot Camp's required preparatory work and homework will have the option to take the Learn American Mah Jongg course instead.

Live Evergreen Wreaths**Course: LE263308 \$55****Wednesday Nov 18****10:00-12:00****Instructor(s): Conner Parrish**

This course will guide students in creating a live evergreen wreath using mixed greens sourced from local farms. Designer Conner Parrish of Bloomistry will demonstrate how to build a wreath on a 10-inch grapevine form. Students must bring their own 10-inch grapevine ring and may bring decorations. The course fee will provide all materials, including greens and wire.

U.S. Coins and Postage Stamps Collection**Course: LE263378****Tuesday Dec 1****1:00-3:00****Instructor(s): Richard Commander**

This course will invite students to bring their United States coins and postage stamps for an informal review and discussion of their potential value. The instructor will offer guidance on identifying key features that influence collectability—such as mint marks, condition, rarity, and historical significance—and will provide practical tips for organizing, preserving, and researching personal collections. Students will have time to share items, ask questions, and learn how collectors and appraisers evaluate both coins and stamps in today's market.

Beginning Quilling**Course: LE263363 \$15****Tuesday****Dec 1, 8****1:30-3:00****Instructor(s): Karen Molzhon and Evelyn Klumb**

Quilling was popular in the 18th century and can be traced back to the 15th century, and it is now making a comeback. This course will introduce students to the basics of quilling, including the variety of tools that may be used and demonstrations of designs created by twisting and turning thin lengths of paper into different shapes. These shapes can then be used to produce ornaments, card embellishments, jewelry, and other decorative items. Students will just need to bring a small pair of sharp scissors and a washcloth and will take home a finished product. The course fee will cover the materials.

Extra Easy Greeting Cards**Course: LE263130 \$15****Wednesday****Dec 9****10:00-12:00****Instructor(s): LaVae Hoffman**

This course will guide students in creating handmade cards they will be proud to send to loved ones to express care, gratitude, or celebration. All materials and supplies will be provided, and students will make cards in multiple designs (for example, four cards in two designs or three cards in three designs). No stamping will be required, and no tools will be shared. The instructor will lead students step-by-step through each design, and students may choose to complete their cards during the class or take the materials home to continue creating on their own. The course fee will provide all materials.

LS**Life Services**

VirginiaNavigator Overview: Navigating a Family of Websites**Course: LS263069****Wednesday****Sept 9****10:00-11:00****Instructor(s): Bonnie Scimone**

This course will introduce students to the VirginiaNavigator family of websites—SeniorNavigator, disAbilityNavigator, and VeteransNavigator. Students will learn how to locate local support services for older adults, individuals with disabilities, veterans, and caregivers. There are 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.

The Art of the Apology**Course: LS263084****Thursday****Sept 10, 17****10:30-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will explore why sincere apologies have become increasingly rare, the common mistakes people make when attempting to apologize, and how a genuine apology can be both healing and transformative. Students will learn practical approaches for offering meaningful apologies that strengthen relationships and foster personal growth.

Discussing the Big and Often Polarizing Issues**Course: LS263198****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****12:30-2:00****Instructor(s): John Bennett and Claude Cooper**

This course will continue fostering honest, open discussion of topics and public figures that often generate polarized opinions. The course will focus on creating space for thoughtful dialogue rather than promoting particular viewpoints, and class time will be used to ensure that multiple perspectives are heard and considered. Each class will begin with shared reflections based on the previous week's homework, and students will help shape the topics selected for examination. The overall aim is to encourage genuine conversation that addresses polarization rather than amplifying it.

From Farm to Front Door: How Food Gets to Those in Need**Course: LS263229****Thursday****Sept 10****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 logistics, partnerships, and volunteer efforts involved in meal delivery and how these services strengthen community connections.

VCU Senior Mentoring Program: Connecting Medical Students and Older Adults**Course: LS263248****Friday****Sept 11****11:00-12:30****Instructor(s): Shannon Arnette, MS, and Maddie McIntyre, MS**

This course will introduce students to a statewide initiative that pairs community dwelling older adults with first year medical students at VCU. Maddie McIntyre and Shannon Arnette with the Virginia Center on Aging will describe how the program helps future physicians develop a deeper understanding of aging through three guided interviews conducted between November and April. The course will highlight the goals of the program, the role of older adult mentors, and the impact these conversations have on medical education. Students will also take part in a brief interactive activity that will illustrate the kinds of questions and reflections used in the mentoring experience. This course will offer a welcoming space to learn about the program and consider becoming part of this meaningful educational partnership.

Transportation Services in Chesterfield County**Course: LS263145****Monday****Sept 14****11:00-12:00****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.

Chesterfield Mobile Integrated Healthcare Provider**Course: LS263202****Wednesday****Sept 16****12:30-1:30****Instructor(s): Lt. Bryan Bersch and Dan Athey**

This course will introduce students to Chesterfield Fire and EMS's Mobile Integrated Healthcare (MIH) Program and the vital role community paramedics play in supporting residents. Students will learn about the wide range of services MIH provides—including home visits, chronic condition management, fall prevention, medication support, and resource navigation—and how these programs enhance care, improve outcomes, and strengthen connections between emergency responders and the community.

Higher Education Access: Understanding Virginia's Senior Tuition Waiver**Course: LS263247****Thursday****Sept 17, Oct 1****10:00-11:30****Instructor(s): E. Ayn Welleford, PhD, and Rachel Ramirez, MPA**

This course will provide an overview of higher education access opportunities for older adults in Virginia, with a focus on the state's Senior Waiver program. Students will learn how the waiver works, using Virginia Commonwealth University as an example, and what steps are required for enrollment. The course will also invite students to share their experiences, interests, and perspectives on navigating the process, offering valuable feedback to help strengthen future access and support. Through discussion and guided information, the course will highlight the role of lifelong learning in promoting cognitive engagement, purpose, and community connection.

Crafts for Community**Course: LS263147****Thursday****Sept 17, Oct 15, Nov 19****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.

Chesterfield Public Library Online Streaming and Reading Options: Beyond Libby**Course: LS263086****Tuesday****Sept 22****9:30-11:00****Instructor(s): Cindy Arnold**

This course will introduce students to additional online reading and streaming resources offered by Chesterfield Public Library, including Hoopla and Magzter. Students will learn what these platforms provide and how to access them. Optional one-on-one assistance with a librarian will be available after the class.

Critical Thinking A: Principles and Obstacles**Course: LS263217****Wednesday****Sept 23, 30****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.

The Power of Listening**Course: LS263085****Friday****Sept 25, Oct 2****10:30-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will help students understand why true listening is uncommon, even among those who intend to listen well, and how developing this essential skill can deepen and transform relationships. Students will practice techniques that enhance attention, empathy, and connection.

Aging in Place Explored: Proactive Aging**Course: LS263221****Monday****Sept 28, Oct 5****11:00-12:30****Online****Instructor(s): Ann-Marie Walsh and Kristi Gregory, OT**

This course will address the gap between older adults' strong desire to age in place and the limited preparation many have made to do so. Drawing on findings from the National Poll on Healthy Aging, the class will explore why most adults expect to remain in their homes yet have not taken basic safety steps. Students will learn how to become informed consumers of aging-in-place products, gain practical design and construction considerations for future renovations, and review strategies for accommodating temporary disability needs such as post-surgery or injury recovery. Home safety topics will be included, and students are encouraged to engage actively in discussion. An occupational therapist from OrthoVirginia may join one class to share additional insights, depending on schedule availability.

Senior Living Community Options: Be Proactive, Not Reactive**Course: LS263097****Tuesday****Sept 29****9:30-11:00****Instructor(s): Marc Friedlander, MBA**

Roughly 63 million Americans provide unpaid informal care each year to the older U.S. population. Using a proactive approach, this course will discuss the many benefits a senior living community can provide, how a senior living community can be a positive influence as an individual embarks on a new stage in his or her life, and when is the right time to explore senior living options. So much can change in six months in the senior living world. This will be an interactive course with plenty of time for questions throughout.

Improving Self-Esteem**Course: LS263203****Tuesday****Sept 29****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.

Chesterfield Fire and EMS: An Overview of the Fire and EMS Department**Course: LS263178****Thursday****Oct 1****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.

Increasing Grandparent Impact**Course: LS263090****Monday****Oct 5****9:30-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will provide practical strategies for fostering confidence, resilience, and healthy development in grandchildren and great-grandchildren. Students will explore ways to support emerging talents, strengthen family bonds, and make a meaningful impact across generations.

Preparing for Care and Crisis**Course: LS263243****Monday Oct 5, 12, 19, 26****2:30-3:30****Instructor(s): Jodie Musgrove**

This course will help students understand key issues that often arise during medical crises and caregiving situations, offering practical knowledge that can reduce stress and support informed decision-making. Each class will focus on a different topic, including common myths about hospice, recognizing caregiver burnout, understanding advance directives, and identifying indicators and triggers for hospice eligibility. Students will learn what questions to ask, how to prepare before a crisis occurs, and how to navigate options with clarity and confidence. This course is designed for anyone who wants to be better equipped to support themselves or loved ones during challenging times.

Organized for Life**Course: LS263244****Thursday Oct 8, 15****9:00-10:00****Instructor(s): Cara Kinning**

This course will give students an opportunity to ask a professional organizer practical questions about creating and maintaining organized spaces at home. The instructor will begin the class with ideas on where to start and how to sustain newly organized areas, then will open the floor for student questions. Student will be invited to engage, troubleshoot challenges, and gather strategies they can apply in their own homes. Students will be welcome to bring a notepad to record helpful tips shared during the class.

Protecting Home Equity and Spotting Scams: The Home Wealth Shield**Course: LS263245****Friday Oct 9****11:00-12:00****Instructor(s): Brian O'Laughlin**

This course will help students identify predatory housing scams and protect their home equity. Through real-world examples and interactive demonstrations, students will learn how to spot fraudulent mailers, recognize equity traps, check property records, and build a trusted network of vetted home-service providers.

Thirteen Life-Changing Habits**Course: LS263091****Monday Oct 12, 19****10:00-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will introduce students to a collection of powerful habits—including those that cultivate optimism—and offer guidance on reducing or eliminating habits that hinder well-being. Students will examine how intentional daily practices can create lasting, positive change.

Transportation Services in Chesterfield County**Course: LS263171****Monday Oct 12****11:00-12:00****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.

Human Trafficking: The Basics and the Law**Course: LS263152****Thursday****Oct 15****9:00-10:30****Instructor(s): Linda Hawkins, Erin Barr, Catherine Gray, and Hannah Collins**

This course will feature a panel discussion to examine the full process of responding to human trafficking, from early encounters with potential victims to the courtroom where justice and restoration begin to take shape. Panelists representing first responders, advocates, law enforcement, and prosecutors will describe how victims are identified, protected, and supported, sharing real-world insights into early warning signs, disclosure barriers, and trauma-informed approaches that build trust and safety. The course will also outline how cases are developed, how survivor testimony is supported, and how coordinated efforts across agencies strengthen legal and personal outcomes. Emphasizing long-term restoration and community safety, the course will provide practical understanding and deepen awareness of the collaborative work required to help survivors heal and thrive.

Navigating Senior Housing 101**Course: LS263196****Friday****Oct 16****1:00-2:00****Instructor(s): John Krug**

This course will provide an overview of senior living options and help students understand the continuum of care—from independent living to skilled nursing. Students will learn how to assess physical, cognitive, financial, and social needs to determine the best fit for an individual.

Firearms Basics**Course: LS263246****Monday****Oct 19****11:00-12:30****Instructor(s): Donna D. Zampi, PhD, and I. Scott Pickus, ESQ**

This course will provide basic information about guns and small arms, including legal requirements, safety considerations, and factors related to personal use.

Mercy Mall Emergency Food Bags**Course: LS263172****Thursday****Oct 22****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.

Medical Aid in Dying: An End-of-Life Option**Course: LS263208****Wednesday****Nov 4****2:00-3:30****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.

Befriending the Subconscious**Course: LS263094****Thursday****Nov 5, 12****10:30-12:00****Instructor(s): Dr. Michael J. Wriston**

This course will help students understand the vital role of the subconscious mind and learn practical strategies for reducing negative internal chatter while generating consistent, constructive messages. Students will explore tools for strengthening clarity, confidence, and emotional balance.

Planning Final Arrangements: Plan to Make It Right**Course: LS263157****Tuesday****Nov 10****12:30-2:00****Instructor(s): Susan Campbell and Ben Lombardi**

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.

Enhancing Focus and Joy**Course: LS263095****Monday****Nov 16, 23, 30****10:00-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will guide students in recognizing the habits that support happiness as we age and in gaining deeper insight into personal strengths, gifts, and life purpose. Students will explore approaches that increase focus, elevate joy, and enrich daily living.

Critical Thinking B: Principles and Obstacles**Course: LS263218****Tuesday****Nov 17, 24****1:00-2:00****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.

Emergency Preparedness for Individuals and Households**Course: LS263177****Wednesday****Nov 18****2:00-3:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will cover the three steps of emergency preparedness: building a kit, making a plan, and staying informed. Students will also learn about mass care sheltering, disaster response, and answers to frequently asked emergency-related questions.

EMS Passport Program**Course: LS263050****Tuesday Dec 1****10:30-12:00****Instructor(s): Millie Bishop**

This course will explain how the EMS Passport program helps residents reduce out-of-pocket expenses for medical transports. Students will learn what the program covers, how enrollment works, and when EMS Passport can be used during an emergency or medical event.

Healthy Boundaries with Children**Course: LS263099****Monday Dec 7, 14****10:00-11:30****Instructor(s): Dr. Michael J. Wriston**

This course will help students understand and develop the life-changing skill of assertiveness to resolve challenges more effectively and maintain healthy boundaries. Students will learn practical strategies for navigating interactions with well-meaning but intrusive adult children while preserving autonomy and connection.

Setting Goals**Course: LS263213****Wednesday Dec 9****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.

PR**Philosophy and Religious Studies****Science, Theology, and Beyond****Course: PR263099****Thursday Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12****9:30-11:00****Instructor(s): Timothy Pace**

This course will continue to explore a wide range of scientific, theological, and philosophical questions. Students will examine topics such as near-death experiences, the afterlife, the nature of consciousness, deep space, artificial intelligence, and other reported phenomena. The course will also consider how various religious traditions interpret these mysteries and how scientific inquiry approaches similar questions. Time will be set aside for discussion, allowing students to share experiences, insights, and perspectives related to scientific, spiritual, and paranormal phenomena. The course will offer an open and thoughtful environment for students who enjoy exploring ideas at the intersection of science and belief.

Bible Discussion of Esther and Ruth: Providence, Faithfulness, and the Hidden Hand of God**Course: PR263002****Thursday Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****2:00-3:30****Instructor(s): Mark Grubbs and Julius Tolbert**

This course will offer students an opportunity to study the Old Testament books of Esther and Ruth, two narratives that highlight God’s providence expressed through ordinary human faithfulness. Students will consider themes such as loyalty, courage, and divine care. The course will move at a conversational pace, inviting students to reflect on the ways Ruth and Esther demonstrate God’s work through everyday obedience rather than dramatic spectacle. This will be 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.

Ethics**Course: PR263112****Friday****Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****9:30-10:30****Instructor(s): James P. McDonough**

This course will take students on an intellectual journey to explore enduring philosophical questions about what it means to be human, why people exist, and how individuals ought to live. Students will examine the nature of morality and several ethical theories that explain what makes actions morally right or wrong. The course will present real and hypothetical case studies for analysis to see how normative ethical frameworks apply to everyday situations, as well as encourage thoughtful discussion about forming consistent moral judgments, how intentions and consequences shape ethical reasoning, and how religious and cultural traditions influence moral thinking. Students will also consider what rational inquiry suggests about the foundations of morality.

Contemporary Moral Issues**Course: PR263121****Friday****Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****11:00-12:00****Instructor(s): James P. McDonough**

This course will take students on an intellectual journey to examine moral dilemmas arising from current social, political, scientific, and technological developments. Students will briefly review major normative ethical theories that offer workable approaches for determining moral rightness and wrongness, and then apply those frameworks to contemporary issues such as privacy and government or corporate monitoring, genetic engineering, terrorism and just war, drugs and autonomy, abortion, euthanasia, torture, organ markets, and capital punishment. The course will also welcome additional topics suggested by students for examination.

Exploring the World of Dreams**Course: PR263118****Tuesday****Sept 15, 22, 29, Oct 6****11:30-1:00****Instructor(s): Mickie McGuill**

This course will help students explore the process of sleep and dreaming, uncovering the role dreams can play in spiritual growth and everyday life. Students will learn techniques to improve dream recall, keep meaningful dream journals, recognize different types of dreams, and interpret common dream symbols. By opening the mind to deeper levels of the unconscious and subconscious, students will discover how the dream state can become a source of insight, learning, and personal meaning. The course will be shaped by the interests of those in the room, and returning students will have opportunities to continue exploring their questions, curiosities, and experiences.

The Roman Catholic Mass and Scripture**Course: PR263087****Monday****Sept 28, Oct 5****10:00-11:30****Instructor(s): Joanna Lurie**

This course will explore why Catholics say and do specific actions during the Roman Catholic Mass and how each element is rooted in Scripture. Students will walk through the structure of the Mass step by step, examining the biblical foundations of prayers, gestures, and liturgical practices. The course will highlight how these traditions developed, why they hold meaning for worship today, and how understanding their scriptural origins can deepen appreciation for the Mass.

Course: PR263100

1:00-2:30

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 third season together. Students are encouraged to bring questions and comments to share after each episode.

Course: PR263113

12:00-1:30

This course will explore key facts about anxiety and depression, including their prevalence and common manifestations. Students will engage in personal reflection through lighthearted quizzes, creative activities, and a chapter from the instructor's published book. Each session will center on scripture and prayer, offering encouragement and spiritual insight. Designed to uplift and inspire, this course will invite students to deepen their faith while gaining a better understanding of mental health. Students should bring scissors and markers to class.

Course: PR263107

2:00-3:30

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.

Course: PR263122

1:00-2:00

This course will invite students to reflect on experiences they have perceived as coincidences and explore how the subconscious mind may shape thoughts, patterns, and interpretations of daily events. Through guided discussion, students will consider how underlying beliefs and internal processes can influence the way experiences unfold, and how increased self-awareness may support more intentional choices in the future. Students will be encouraged to share examples, examine possible subconscious influences, and explore practical approaches for aligning future goals with clearer awareness and purpose.

The History of the Bible: Not a Bible Study**Course: PR263059****Thursday****Nov 5, 12, 19****1:30-2:30****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.

What Is Heaven Like?**Course: PR263123****Thursday****Dec 3, 10****2:30-3:30****Instructor(s): Wayne Moyer**

This course will explore the Christian hope of Heaven and consider what Scripture teaches about life in God's presence. Drawing from Randy Alcorn's *Heaven* (20th Anniversary Edition) and additional theological sources, students will examine common misconceptions—such as imagining Heaven as clouds and harps—and look instead at the biblical imagery of restoration, joy, worship, and renewed creation. The course will encourage thoughtful reflection, open conversation, and questions as students consider what the promise of Heaven means for faith and daily life.

God's Grace: What Does It Look Like?**Course: PR263104****Tuesday****Dec 15****2:00-3:30****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

History Museums in Washington, D.C. Tour**Course: SE263239 \$140****Friday****Sept 18****7:30-7:00****Instructor(s): SignaTours**

This tour will begin with a visit to the Smithsonian's National Museum of American History to join in the nation's 250th anniversary celebration with a bold, immersive exhibition exploring the ideals of the Declaration of Independence. The "In Pursuit of Life, Liberty and Happiness" exhibit spans three floors and 300,000 square feet, featuring 250 significant objects that represent moments that transformed the nation. One such object is the desk Thomas Jefferson used to draft the Declaration of Independence. Through these incredible objects—from the Revolutionary era to today—the exhibition examines how people have sought to define and claim the nation's founding ideals across 250 years of United States history. A meal voucher will be included for lunch at America's Table Café. In the afternoon, the tour will continue with a visit to another museum central to the nation's 250th birthday—the National Archives. Students will see the desk in the morning where the Declaration of Independence was written and then see the actual document in the afternoon! The new exhibition series *Opening the Vault* puts on display some of the most historically valuable and iconic artifacts in American history. Students will also have a chance to see the all-new permanent exhibition *The American Story*, which captures the full range of the American experience throughout 250 years of history. This tour will be a special part of this momentous year to commemorate, celebrate, and reflect on our shared history as Americans. The trip fee will provide the tours, lunch, gratuities, and a snack on board the coach.

CIS Volunteer Mentoring: Ettrick Elementary School**Course: SE263224****Tuesday****Sept 22, Oct 6, 20, Nov 10, 17, Dec 1****10:30-1:30****Instructor(s): Christopher Lee**

In partnership with Communities in Schools (CIS), students will explore the fundamentals of effective mentoring and apply those lessons by supporting young learners at Ettrick Elementary School. This hands-on experience will offer opportunities for students to grow as mentors, collaborate with peers, and make a meaningful difference in the lives of children. LLI students will need to register for the Bridging Generations course (DE263016) to participate in this mentorship opportunity at Ettrick Elementary School twice per month on Tuesdays from 10:30 AM–1:30 PM. The encouragement and social-emotional support will go a long way to support children in our community. Transportation will be available from LLI for the volunteer opportunity, or students can choose to drive directly to the school at 20910 Chesterfield Avenue, South Chesterfield, VA 23803. Students who wish to use the LLI-provided transportation will need to meet at LLI at 9:30 AM on each volunteer day and should arrive back to LLI by 2:30 PM.

Agecroft Hall Folktales Tour A**Course: SE263126 \$12****Tuesday****Sept 29****10:30-11:30****Instructor(s): Katie Reynolds and Matt Rowlett**

Please register for only one tour (A or B) to allow all students a chance to participate. Back by popular demand! Students will join Tour Guide Matt Rowlett on a fun and informative journey with a focus on English folktales connected to the historic home. Students will explore the first floor of the manor while learning how traditional stories and cultural narratives intersect with the site's history and interpretation. This tour will involve sitting, standing, and walking on different surfaces including 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.

Chesterfield County Jail and HARP Tour**Course: SE263241****Thursday****Oct 1****10:00-12:00****Instructor(s): Bailey Hilliard, MSW, and Sherriff Karl S. Leonard**

This tour will provide an overview of the Chesterfield County Jail and its HARP program (Helping Addicts Recover Progressively), a comprehensive, trauma-informed recovery initiative established in 2016. The program addresses substance use disorders, mental health, and the underlying factors that contribute to criminal behavior through evidence-based treatment, peer support, cognitive behavioral interventions, life-skills development, and reentry planning. The tour will highlight HARP's whole-person approach, which emphasizes trauma recovery, behavioral health, relationships, employment, and community reintegration. Members who wish to carpool should meet inside LLI at 9:00am. Members can choose to drive directly to the jail at 6900 Mimms Drive, Chesterfield, VA 23832. Parking is available in front of the jail. Students will enter through the front lobby, need to bring identification, and plan to store personal belongings in lockers. The tour will conclude around 12:00pm, and carpools could arrive back to LLI by 1:00pm unless they want to grab lunch together.

Chesterfield 911 Center Tour A**Course: SE263911****Tuesday****Oct 6****10:30-12:00****Instructor(s): Shannon M. White**

This will be a guided tour of the Chesterfield 911 center and an inside look at the critical role a 911 Communications Center plays in public safety and the community. Students will learn how emergency calls are received, prioritized, and dispatched; gain insight into the responsibilities of Emergency Communications Officers; and explore the partnerships between dispatchers, law enforcement, fire, EMS, and community stakeholders. The tour will conclude with an interactive question-and-answer session designed to enhance understanding of 911 operations. Members who wish to carpool will meet inside LLI at 9:15am, while others may choose to drive directly to the 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.

VCU's Cabell Library Behind the Scenes Tour**Course: SE263220****Wednesday****Oct 14****1:00-2:30****Instructor(s): Kelly Gotschalk**

This will be a behind-the-scenes tour of VCU's Cabell Library, led by Kelly Gotschalk, VCU graduate and library development officer. Students will explore how the Monroe Park Campus library serves both the academic community and the public, including its four million-volume collection, curated archives, makerspace, and digitization initiatives. The tour will highlight the many ways university libraries encourage and support student success. VCU Libraries is open to the public daily and offers borrowing privileges and online journal access to alumni and friends. Members who wish to carpool should meet inside LLI at 12:00PM. Members can choose to drive directly to James Branch Cabell Library, 901 Park Ave, Richmond, VA 23284. Parking recommendations will be provided. The tour will start promptly at 1:00PM and will last approximately one and a half hours. Carpools could arrive back at LLI by 3:30PM.

Chesterfield 911 Center Tour B**Course: SE263912****Monday****Oct 19****10:30-12:00****Instructor(s): Shannon M. White**

This will be a guided tour of the Chesterfield 911 center and an inside look at the critical role a 911 Communications Center plays in public safety and the community. Students will learn how emergency calls are received, prioritized, and dispatched; gain insight into the responsibilities of Emergency Communications Officers; and explore the partnerships between dispatchers, law enforcement, fire, EMS, and community stakeholders. The tour will conclude with an interactive question-and-answer session designed to enhance understanding of 911 operations. Members who wish to carpool will meet inside LLI at 9:15am, while others may choose to drive directly to the 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.

Blue Ridge Adventure Tour: Featuring the Virginia Safari Park and Natural Bridge**Course: SE263240 \$195****Thursday****Oct 22****7:00-7:00****Instructor(s): SignaTours**

This tour will travel south along I-81 and offer views of the kaleidoscope of fall color out the window, with mountain ranges to the east and west. Students will have a special treat with a visit to Virginia's largest—and only—drive-thru zoo, Virginia Safari Park in Natural Bridge, VA. On a private, one-hour wagon ride, students will see and feed animals such as camels, zebras, elk, llamas, bison, ostrich, deer, and antelope, all roaming free on this 180-acre preserve. After the wagon tour, there will be time to stroll around the 10-acre Safari Village and visit the Safari Trading Post Gift Shop before lunch. The fun will continue at the Pink Cadillac Diner, an authentic 1950s diner with great food and lots of Elvis memorabilia throughout the restaurant, including a pink Cadillac out front. The tour will then continue at one of Virginia's most well-known state parks, Natural Bridge. The 37th state park was dedicated on September 24, 2016, and was listed on the National Register of Historic Places as a National Historic Landmark in 1988. At the center of the park, the 200-foot-tall Natural Bridge sits in a limestone gorge carved out by Cedar Creek—quite the sight to see in person. Students will enjoy a ranger-led guided tour with time to explore the grounds, the visitor center, and the gift shop. The trip fee will provide the tours, lunch, gratuities, and a snack on board the coach.

Agecroft Hall Folktales Tour B**Course: SE263170 \$12****Tuesday****Oct 27****10:30-11:30****Instructor(s): Katie Reynolds and Matt Rowlett**

Please register for only one tour (A or B) to allow all students a chance to participate. Back by popular demand! Students will join Tour Guide Matt Rowlett on a fun and informative journey with a focus on English folktales connected to the historic home. Students will explore the first floor of the manor while learning how traditional stories and cultural narratives intersect with the site's history and interpretation. This tour will involve sitting, standing, and walking on different surfaces including 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.

The Cruise Without an End: A YAHA Performance**Course: SE263238****Wednesday****Oct 28****1:00-2:00****Instructor(s): Bob Ferguson and Vic Thompson**

This YAHA Performance will feature a new theatrical production by the Young at Heart Actors. Students will follow the story of a group of American tourists aboard the cruise ship Albatross, which—due to shifting global tensions and increasingly complex regulations—may never return to port. The play will explore how ordinary travelers navigate an unexpectedly endless, low-budget vacation and adapt to life aboard a ship that seems destined to sail forever.

Behind the Scenes with Brightpoint: Witness for the Prosecution Sneak Peek**Course: SE263233****Friday****Nov 6****10:30-12:00****Instructor(s): Kerrigan Sullivan**

This course will give students a behind-the-scenes look at Brightpoint's fall production of *Witness for the Prosecution* by Agatha Christie. Students will learn about the rehearsal and production process, explore the director's vision and how it shaped the design, meet members of the cast, and enjoy a sneak peek of selected scenes and characters. The course will also highlight the plot's central mystery involving Leonard Vole, who stands accused of murdering a wealthy widow in a case filled with dramatic testimony and unexpected turns. Students will be encouraged to plan ahead to attend the full performance on Sunday, November 8 at 2 p.m. (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) a few weeks before the show opens.

VMHC Women's History Tour A**Course: SE263195 \$17****Tuesday Nov 10****1:00-2:00****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 focused on women's history at the Virginia Museum of History & Culture. Focus will be given to both the everyday work of running households and raising children and the significant contributions women have made in professional, civic, and cultural arenas. Students will learn how generations of Virginia women pushed to break barriers in male-dominated fields, advanced voting rights and gender equality, and shaped their communities. The tour will guide students through multiple exhibitions at the Virginia Museum of History & Culture to illuminate these stories. Members who wish to carpool should meet inside LLI at 12:00pm. 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 1:00pm and last approximately one hour. Carpools could arrive back at LLI by 3:00pm. The trip fee will cover museum admission and the guided tour and must be paid at the time of registration.

Company's Coming Band Concert**Course: SE263164****Friday Nov 13****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.

VMHC Women's History Tour B**Course: SE263196 \$17****Thursday Nov 19****1:00-2:00****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 focused on women's history at the Virginia Museum of History & Culture. Focus will be given to both the everyday work of running households and raising children and the significant contributions women have made in professional, civic, and cultural arenas. Students will learn how generations of Virginia women pushed to break barriers in male-dominated fields, advanced voting rights and gender equality, and shaped their communities. The tour will guide students through multiple exhibitions at the Virginia Museum of History & Culture to illuminate these stories. Members who wish to carpool should meet inside LLI at 12:00pm. 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 1:00pm and last approximately one hour. Carpools could arrive back at LLI by 3:00pm. The trip fee will cover museum admission and the guided tour and must be paid at the time of registration.

Feed More Tour and Presentation A**Course: SE263073****Friday Dec 4****10:00-11:00****Instructor(s): Brooke Rogers**

Please register for only one tour (A, B, or C) to allow all students a chance to participate. This tour will offer a behind-the-scenes look at Feed More's new facility, which is designed to support the growing need for hunger relief across Central Virginia. Students will see the Bayard Community Kitchen, warehouse operations, and the Meals on Wheels dispatch area, and learn about Feed More's history, impact, and the role volunteers, staff, and community partners play in nourishing the region. Members who wish to carpool should meet inside LLI at 9:00am. Members can choose to drive directly to Feed More's new headquarters, located at 8020 Villa Park Drive, Richmond, VA 23228. This tour will begin at 10:00am with the presentation concluding around 11:00am. Carpools could arrive back to LLI by 12:00pm.

Feed More Tour and Presentation B**Course: SE263167****Tuesday Dec 8****10:00-11:00****Instructor(s): Brooke Rogers**

Please register for only one tour (A, B, or C) to allow all students a chance to participate. This tour will offer a behind-the-scenes look at Feed More's new facility, which is designed to support the growing need for hunger relief across Central Virginia. Students will see the Bayard Community Kitchen, warehouse operations, and the Meals on Wheels dispatch area, and learn about Feed More's history, impact, and the role volunteers, staff, and community partners play in nourishing the region. Members who wish to carpool should meet inside LLI at 9:00am. Members can choose to drive directly to Feed More's new headquarters, located at 8020 Villa Park Drive, Richmond, VA 23228. This tour will begin at 10:00am with the presentation concluding around 11:00am. Carpools could arrive back to LLI by 12:00pm.

Feed More Tour and Presentation C**Course: SE263168****Friday Dec 11****10:00-11:00****Instructor(s): Brooke Rogers**

Please register for only one tour (A, B, or C) to allow all students a chance to participate. This tour will offer a behind-the-scenes look at Feed More's new facility, which is designed to support the growing need for hunger relief across Central Virginia. Students will see the Bayard Community Kitchen, warehouse operations, and the Meals on Wheels dispatch area, and learn about Feed More's history, impact, and the role volunteers, staff, and community partners play in nourishing the region. Members who wish to carpool should meet inside LLI at 9:00am. Members can choose to drive directly to Feed More's new headquarters, located at 8020 Villa Park Drive, Richmond, VA 23228. This tour will begin at 10:00am with the presentation concluding around 11:00am. Carpools could arrive back to LLI by 12:00pm.

Literary Society Celebration**Course: SE263171****Monday Dec 14****1:00-2:30****Instructor(s): Martha Frickert and Bob Ferguson**

This will be the culminating event and celebration of the Fall 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: "Banned Books." Current participants, future participants, and anyone with an interest in the theme are welcome to register and attend. Light refreshments will be provided.

Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet**Course: SE263154****Wednesday Dec 16****11:00-12:00****Instructor(s): Ken Carlson**

The 16 Valves Tuba Euphonium Quartet will return to LLI for another special concert featuring more enjoyable music, including holiday standards and favorite carols. Can four low-brass instruments (consisting of two euphoniums, bass tuba, and contrabass tuba) really play beautiful music? Don't doubt! Come and find out! Those who don't know already will be pleasantly surprised.

WG**Weekly Group Activities**

Spades**Course: WG263013****Tuesday Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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.

Social Bingo Tuesday**Course: WG263001****Tuesday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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.

Mah Jongg Tuesday**Course: WG263014****Tuesday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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.

Cards and Games Wednesday**Course: WG263006****Wednesday****Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16****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.

Mah Jongg Thursday**Course: WG263009****Thursday****Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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.

Canasta Variations: Hand and Foot, Triple Play, and Samba**Course: WG263007****Friday****Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****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!

Bridge for Experienced Players**Course: WG263010****Friday Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****12:30-3:30****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.

Social Bingo Friday**Course: WG263002****Friday Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11****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.

Cards and Games Monday**Course: WG263004****Monday Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14****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.



Monday					Tuesday		Wednesday		Thursday		Friday	
9/7/2026					9/8/2026		9/9/2026		9/10/2026		9/11/2026	
LLI Closed					9a-9:45a AD045 - Beginner Tap Dancing 9:30a-11a DE016 - Bridging Generations 9:30a-11a IA999 - Orientation for New Members 10a-11a AD021 - Intermediate Tap Dancing 10:30a-12p AD337 - Lifelong Voices Choir 10:30a-11:30a EL100 - Literary Society Orientation (Online) 11:30a-12:30p AD058 - Country Line Dancing 11:30a-1:30p WG013 - Spades 12:30p-2p IA077 - Workshop for Instructors 12:30p-3:30p LE143 - Beaded Lanyard A 1p-2p FI006 - Chair Yoga 1p-3p WG001 - Social Bingo 1:30p-2:30p EL101 - Literary Society Orientation 2p-3:30p WG014 - Mah Jongg 2:30p-3:30p FI009 - Gentle Yoga		8:30a-9:30a AD292 - Moving to Music 9a-11a AD080 - Woodcarving 9:45a-10:45a FI017 - Fun Fitness 10a-11:30a CO256 - Introduction to Zoom 10a-11a LS069 - VirginiaNavigator Overview 10:30a-12:30p CO265 - Sleep and the Renewing Brain A 11a-12p AD183 - Beginning Guitar 11a-11:45a FI018 - Sit and Be Fit 11:30a-12:30p FI031 - Chair Yoga (Online) 11:30a-1p HS799 - Great Palaces 12p-1p HW386 - Intermediate Tai Chi 24 Form 12:30p-1:30p AD182 - Explore Ventriloquism 1p-3p AD234 - Artist Open Studio 1p-3p WG006 - Cards and Games 1:15p-2:15p AD210 - Intro to Brazilian Percussion 1:30p-3p HS003 - Current Events 1:30p-3p LE032 - Needleworkers United		8:30a-9:30a FI020 - Zumba Gold (Online) 9a-10a AD036 - Intro to Line Dancing 9a-10:30a LE366 - Ecological Gardening 101 9:30a-11a PR099 - Science, Theology, and Beyond 9:30a-11:30a WG009 - Mah Jongg 10:15a-11:15a AD075 - Line Dance Practice 10:30a-12p LS084 - The Art of the Apology 11:30a-12:15p FI005 - Sit and Be Fit 12p-1:30p AD141 - Lifelong Musicians (Online) 12:30p-2p IA078 - Workshop for Instructors (Online) 12:30p-2p LS198 - Discussing Polarizing Issues 1p-2p FI010 - Chair Yoga 1p-2p LS229 - From Farm to Front Door 1:30p-2:30p FI034 - Cardio and Strength Training (Online) 2p-3:30p CO209 - Understanding AI A 2p-3:30p PR002 - Bible Discussion 2:30p-3:30p FI007 - Gentle Yoga		8:30a-9:30a FI003 - Low Impact 9:30a-10:30a PR112 - Ethics 9:45a-10:45a FI029 - Chair Yoga 10a-11a CO258 - Zoom Practice (Online) 10a-12p WG007 - Canasta Variations 10:30a-12:30p AD278 - Artists' Workshop 10:30a-12p HW550 - Walking Through Grief 11a-12:30p LS248 - VCU Senior Mentoring Program 11a-12p PR121 - Contemporary Moral Issues 12:15p-1:15p AD022 - Ballroom Dance for Partners 12:30p-1:30p CO273 - The Basics of Going Electric 12:30p-3:30p WG010 - Bridge for Experienced Players 1p-3p EL015 - Aspiring Writers' Critique 1p-3p WG002 - Social Bingo 1p-2:15p IA998 - Orientation for New Members (Online) 1:30p-2:30p HW343 - Intermediate Tai Chi 2p-3:30p LE380 - Traveling Turkey 2:30p-3:30p HW446 - Stress Management Bingo	
					2p-3:30p CO199 - Nearpeer Tutorial and Tips A 2p-3:30p LE252 - Genealogy Discussions				2:30p-3:30p HW547 - Getting Better with Age 2:30p-3:30p IA997 - Discussion with the Director			





Monday			Tuesday		Wednesday		Thursday		Friday	
9/14/2026			9/15/2026		9/16/2026		9/17/2026		9/18/2026	
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	9a-10:30a LE382 - Ecosystem Landscaping	9a-10:30a LE382 - Ecosystem Landscaping	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI020 - Zumba Gold (Online)	7:30a-7p SE239 - History in D.C. Tour	
10a-12p AD338 - Intermediate Oil Painting	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-10a AD036 - Intro to Line Dancing	8:30a-9:30a FI003 - Low Impact	
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a LE382 - Ecosystem Landscaping	9a-10:30a LE382 - Ecosystem Landscaping	10a-10:45a FI004 - Sit and Be Fit	10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10:30a EL149 - The Iron John Fairy Tale	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-11a PR099 - Science, Theology, and Beyond	9:30a-10:30a PR112 - Ethics	
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-10:45a FI030 - Strength and Stretch (Online)	10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a HW540 - Muscles, Macros, and Mindset	9:30a-10:30a HW540 - Muscles, Macros, and Mindset	9:30a-11:30a WG009 - Mah Jongg	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga	
10a-11:30a HW406 - Low Back Pain	10a-12p LE315 - Scrapbooking Made Easy	10a-12p LE315 - Scrapbooking Made Easy	10a-11:30a HW406 - Low Back Pain	10a-11:30a HW406 - Low Back Pain	9:45a-10:45a FI017 - Fun Fitness	9:45a-10:45a FI017 - Fun Fitness	10a-11:30a LS247 - Higher Education Access	10a-11:30a LS247 - Higher Education Access	10a-12p WG007 - Canasta Variations	
10:30a-12p LE276 - Balloonology 101	11a-12p HW477 - Building Caregiver Foundations	11a-12p HW477 - Building Caregiver Foundations	10:30a-12p LE276 - Balloonology 101	10:30a-12p LE276 - Balloonology 101	10:30a-12:30p CO265 - Sleep and the Renewing Brain A	10:30a-12:30p CO265 - Sleep and the Renewing Brain A	10:15a-11:15a AD075 - Line Dance Practice	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Artists' Workshop	
11a-12:30p AD231 - Ukulele Jam	11a-12p HW543 - Advanced Cardiac Imaging	11a-12p HW543 - Advanced Cardiac Imaging	11a-12:30p AD231 - Ukulele Jam	11a-12:30p AD231 - Ukulele Jam	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p HW550 - Walking Through Grief	
11a-12p EL127 - Virginia Military Veterans (Online)	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL127 - Virginia Military Veterans (Online)	11a-12p EL127 - Virginia Military Veterans (Online)	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	10:30a-12p LS084 - The Art of the Apology	10:30a-12p LS084 - The Art of the Apology	11a-12p HW352 - Beginning Tai Chi Review	
11a-12p FI028 - Gentle Yoga	11:30a-1p PR118 - Exploring the World of Dreams	11:30a-1p PR118 - Exploring the World of Dreams	11a-12p FI028 - Gentle Yoga	11a-12p FI028 - Gentle Yoga	11a-11:45a FI018 - Sit and Be Fit	11a-11:45a FI018 - Sit and Be Fit	11a-12p HS801 - Popular Culture of the 1950s	11a-12p HS801 - Popular Culture of the 1950s	11a-12p PR121 - Contemporary Moral Issues	
11a-12:30p HS761 - WWII via Documentary	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11a-12:30p HS761 - WWII via Documentary	11a-12:30p HS761 - WWII via Documentary	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD022 - Ballroom Dance for Partners	
11a-12p LS145 - Transportation Services	12:30p-1p IA100 - Birthday Celebration	12:30p-1p IA100 - Birthday Celebration	11a-12p LS145 - Transportation Services	11a-12p LS145 - Transportation Services	11:30a-1p HS799 - Great Palaces	11:30a-1p HS799 - Great Palaces	11:30a-1p LS147 - Crafts for Community	11:30a-1p LS147 - Crafts for Community	12:30p-3:30p WG010 - Bridge for Experienced Players	
12:15p-1:15p FI015 - Pilates	1p-3p AD149 - Watercolor Florals	1p-3p AD149 - Watercolor Florals	12:15p-1:15p FI015 - Pilates	12:15p-1:15p FI015 - Pilates	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo	
12:15p-1:30p HS783 - The World's Sacred Sites	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	12:15p-1:30p HS783 - The World's Sacred Sites	12:15p-1:30p HS783 - The World's Sacred Sites	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-2p LS198 - Discussing Polarizing Issues	12:30p-2p LS198 - Discussing Polarizing Issues	1:30p-2:30p HW343 - Intermediate Tai Chi	
12:30p-3:30p LE147 - Beaded Lanyard B	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	12:30p-3:30p LE147 - Beaded Lanyard B	12:30p-3:30p LE147 - Beaded Lanyard B	12:30p-1:30p LS202 - Chesterfield Mobile Health	12:30p-1:30p LS202 - Chesterfield Mobile Health	1p-2p FI010 - Chair Yoga	1p-2p FI010 - Chair Yoga	2p-3p HW428 - AFib and Stroke Prevention	
1p-3p WG004 - Cards and Games	1p-2p HS815 - Sara Allen of Deerfield, MA	1p-2p HS815 - Sara Allen of Deerfield, MA	1p-3p WG004 - Cards and Games	1p-3p WG004 - Cards and Games	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-2:30p CO261 - Fusion Power in Chesterfield (Online)	1p-2:30p CO261 - Fusion Power in Chesterfield (Online)		
1p-2p EF192 - The College Cost Divide	1:30p-3p EL143 - Writing a Novel	1:30p-3p EL143 - Writing a Novel	1p-2p HS815 - Sara Allen of Deerfield, MA	1:30p-3p EL143 - Writing a Novel	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p FI034 - Cardio and Strength Training (Online)		
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	2p-3:30p EF167 - Financial Stability	2p-3:30p EF167 - Financial Stability	1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	2p-3:30p AD111 - Intermediate Watercolor		
2p-3:30p HS803 - The Mayan World	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p HS803 - The Mayan World	2p-3:30p WG014 - Mah Jongg	1:30p-3p EF184 - Fraud and Scam Prevention	1:30p-3p EF184 - Fraud and Scam Prevention	2p-3:30p CO209 - Understanding AI A	2p-3:30p CO209 - Understanding AI A		
2p-3:30p LA015 - Conversational German	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p HS803 - The Mayan World	2p-3:30p WG014 - Mah Jongg	1:30p-3:30p HW436 - Senior Living Continuum	1:30p-3:30p HW436 - Senior Living Continuum	2p-3:30p PR002 - Bible Discussion	2p-3:30p PR002 - Bible Discussion		
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B			2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B		1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	2:30p-3:30p FI007 - Gentle Yoga		
					2p-3:30p DE012 - The Faith Club	2p-3:30p DE012 - The Faith Club	2:30p-3:30p HW547 - Getting Better with Age	2:30p-3:30p HW547 - Getting Better with Age		
					2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p HW375 - Joint Replacements	2:30p-3:30p HW375 - Joint Replacements		
					2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C				



Monday		Tuesday		Wednesday		Thursday		Friday	
9/21/2026		9/22/2026		9/23/2026		9/24/2026		9/25/2026	
LLI Closed		9a-9:45a AD045 - Beginner Tap Dancing 9a-11a ELO48 - Memoir Writing 9a-10a HS409 - The Islands of Ireland 9:30a-11a HS060 - America, Land of Immigrants 9:30a-11a LS086 - Chesterfield Public Library 10a-11a AD021 - Intermediate Tap Dancing 10:30a-1:30p SE224 - CIS Volunteer Mentoring 10:30a-12p AD337 - Lifelong Voices Choir 11:30a-12:30p AD058 - Country Line Dancing 11:30a-12:30p HS804 - The Life of Osceola 11:30a-1p PR118 - Exploring the World of Dreams 11:30a-1:30p WG013 - Spades 11:30a-1p HW502 - Medication Safety 1p-3p AD149 - Watercolor Florals 1p-2p FI006 - Chair Yoga 1p-3p WG001 - Social Bingo 1p-2p HS813 - Abraham Lincoln A 1:30p-3p EF168 - Financial Stability (Online) 1:30p-3p EL143 - Writing a Novel 2p-3:30p HS089 - Great Decisions 2p-3:30p WG014 - Mah Jongg 2:30p-3:30p FI009 - Gentle Yoga 2:30p-3:30p HW467 - Low Back Pain Solutions		8:30a-9:30a AD292 - Moving to Music (Online) 9a-11a AD080 - Woodcarving 9a-10:30a EL149 - The Iron John Fairy Tale 9:30a-11a EF188 - Investing in AI 9:45a-10:45a FI017 - Fun Fitness 10:30a-12:30p CO265 - Sleep and the Renewing Brain A 11a-12p AD183 - Beginning Guitar 11a-12p EL043 - Enjoy Poetry 11a-11:45a FI018 - Sit and Be Fit 11:30a-12:30p FI031 - Chair Yoga (Online) 11:30a-1p HS799 - Great Palaces 12p-1p HW386 - Intermediate Tai Chi 24 Form 12:30p-1:30p AD182 - Explore Ventriloquism 12:30p-1:30p LS217 - Critical Thinking A 1p-3p AD234 - Artist Open Studio 1p-3p WG006 - Cards and Games 1:15p-2:15p AD210 - Intro to Brazilian Percussion 1:30p-3p HS003 - Current Events 1:30p-3p HW504 - Lifespan Reflection 1:30p-3p LE032 - Needleworkers United 2p-3:30p DE012 - The Faith Club 2p-3:30p LE252 - Genealogy Discussions 2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C		8:30a-9:30a FI020 - Zumba Gold (Online) 9a-10a AD036 - Intro to Line Dancing 9:30a-11a PR099 - Science, Theology, and Beyond 9:30a-11:30a WG009 - Mah Jongg 10a-12p AD192 - Super Senior Storytelling Slam 10:15a-11:15a AD075 - Line Dance Practice 10:30a-12:30p AD012 - Advanced Watercolor 11a-12p EF183 - New Medicare Birthday Rule 11a-12p HS801 - Popular Culture of the 1950s 11:30a-12:15p FI005 - Sit and Be Fit 12p-1:30p AD141 - Lifelong Musicians 12p-1p Curriculum Committee Meeting 12:30p-2p LS198 - Discussing Polarizing Issues 1p-2p FI010 - Chair Yoga 1:30p-2:30p FI034 - Cardio and Strength Training (Online) 2p-3:30p AD111 - Intermediate Watercolor 2p-3:30p CO209 - Understanding AI A 2p-3:30p PR002 - Bible Discussion 2:30p-3:30p FI007 - Gentle Yoga 2:30p-3:30p HW547 - Getting Better with Age		8:30a-9:30a FI003 - Low Impact 9:30a-10:30a PR112 - Ethics 9:45a-10:45a FI029 - Chair Yoga 10a-12p WG007 - Canasta Variations 10:30a-12:30p AD278 - Artists' Workshop 10:30a-12p DE019 - A Week in Billy's Life 10:30a-12p LS085 - The Power of Listening 11a-12p HW352 - Beginning Tai Chi Review 11a-12p PR121 - Contemporary Moral Issues 12:15p-1:15p AD022 - Ballroom Dance for Partners 12:30p-3:30p WG010 - Bridge for Experienced Players 1p-3p EL015 - Aspiring Writers' Critique 1p-3p WG002 - Social Bingo 1:30p-3:30p DE007 - Understanding Gender Identity 1:30p-3:30p HS807 - Virginia Sentencing Options 1:30p-2:30p HW343 - Intermediate Tai Chi	





Lifelong Learning Institute in Chesterfield					Fall 2026		
Monday		Tuesday		Wednesday		Thursday	
9/28/2026		9/29/2026		9/30/2026		10/1/2026	
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact	8:30a-9:30a FI003 - Low Impact
10a-12p AD338 - Intermediate Oil Painting	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics
10a-11a Diversity Committee Meeting	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10:30a EL149 - The Iron John Fairy Tale	9:30a-11a PR099 - Science, Theology, and Beyond	9:45a-10:45a FI029 - Chair Yoga	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9a-10:30a LE317 - Learn American Mah Jongg	9a-10:30a LE317 - Learn American Mah Jongg	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11a AD218 - The Works of Salvador Dali	10a-12p SE241 - Chesterfield County Jail Tour	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop
10a-11:30a PR087 - The Roman Catholic Mass	9:30a-11a LS097 - Senior Living Options	9:30a-11a LS097 - Senior Living Options	9:45a-10:45a FI017 - Fun Fitness	9:45a-10:45a FI017 - Fun Fitness	10a-11:30a LS247 - Higher Education Access	10:30a-12p EF190 - Medicare Essentials	10:30a-12p EF190 - Medicare Essentials
10a-11:30a HW407 - Knee Conditions	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-12p LE314 - Cardmaking by Numbers	10a-12p LE314 - Cardmaking by Numbers	10:15a-11:15a AD075 - Line Dance Practice	10:30a-11:30a HS802 - Tour of Ireland	10:30a-11:30a HS802 - Tour of Ireland
11a-12p FI028 - Gentle Yoga	10:30a-11:30a SE126 - Agecroft Hall Folktales Tour A	10:30a-11:30a SE126 - Agecroft Hall Folktales Tour A	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p LS085 - The Power of Listening	10:30a-12p LS085 - The Power of Listening
11a-12:30p HS761 - WWII via Documentary	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	10:30a-12p HW548 - Guided Medical Discussion	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p LS221 - Aging in Place Explored (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	11a-11:45a FI018 - Sit and Be Fit	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p HW552 - From Screen Time to Green Time (Online)	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues
11:30a-12:30p InterAge Committee Meeting	10:30a-12p HW557 - Tips for Injury Prevention	10:30a-12p HW557 - Tips for Injury Prevention	11a-12:30p LE348 - Logic and Reasoning Puzzles A	11a-12:30p LE348 - Logic and Reasoning Puzzles A	11a-12p HS801 - Popular Culture of the 1950s	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners
12p-1:30p AD220 - Improv for Brain Health	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players
12:15p-1:15p FI015 - Pilates	11:30a-12:30p HS804 - The Life of Osceola	11:30a-12:30p HS804 - The Life of Osceola	11:30a-1p HS799 - Great Palaces	11:30a-1p HS799 - Great Palaces	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo
12:15p-1:30p HS783 - The World's Sacred Sites	11:30a-1p PR118 - Exploring the World of Dreams	11:30a-1p PR118 - Exploring the World of Dreams	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12:30p-2p LS198 - Discussing Polarizing Issues	1p-3p CO243 - Apple Mail App	1p-3p CO243 - Apple Mail App
12:30p-2p CO263 - Working with AI A	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	1p-2p FI010 - Chair Yoga	1:30p-3:30p HS617 - No Time to Grieve	1:30p-3:30p HS617 - No Time to Grieve
1p-2:30p PR100 - The Chosen	1p-3p AD149 - Watercolor Florals	1p-3p AD149 - Watercolor Florals	12:30p-1:30p LS217 - Critical Thinking A	12:30p-1:30p LS217 - Critical Thinking A	1p-2p Fundraising Committee Meeting	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi
1p-3p WG004 - Cards and Games	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)		
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1:30p-3:30p LS178 - Chesterfield Fire and EMS		
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-3p HW394 - Be the Help Until Help Arrives	1p-3p HW394 - Be the Help Until Help Arrives	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor		
2p-3:30p LA015 - Conversational German	1:30p-2:30p CO271 - Wi-Fi Network Health	1:30p-2:30p CO271 - Wi-Fi Network Health	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	2p-3:30p HS805 - WWI Letters of Private Lamb		
2:15p-3:15p IA022 - LLI Committee Fair	2p-3:30p LS203 - Improving Self-Esteem	2p-3:30p LS203 - Improving Self-Esteem	1:30p-3:30p LE335 - Needle Felting Driver Balls	1:30p-3:30p LE335 - Needle Felting Driver Balls	2p-3:30p PR002 - Bible Discussion		
2:30p-3:15p HW355 - Beginning Tai Chi	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p DE012 - The Faith Club	2p-3:30p DE012 - The Faith Club	2:30p-3:30p FI007 - Gentle Yoga		
3:30p-4:30p LLI Board of Directors	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p HW547 - Getting Better		
			2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C			
			2:30p-3:30p HS809 - Stonewall Jackson	2:30p-3:30p HS809 - Stonewall Jackson			



Monday			Tuesday		Wednesday		Thursday		Friday	
10/5/2026			10/6/2026		10/7/2026		10/8/2026		10/9/2026	
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music (Online)	8:30a-9:30a AD292 - Moving to Music (Online)	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact	8:30a-9:30a FI003 - Low Impact	8:30a-9:30a FI003 - Low Impact
9:30a-11:30a LS090 - Increasing Grandparent Impact	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics
10a-12p AD338 - Intermediate Oil Painting	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10a LS244 - Organized for Life	9:45a-10:45a FI029 - Chair Yoga	9:45a-10:45a FI029 - Chair Yoga	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9a-10:30a LE317 - Learn American Mah Jongg	9a-10:30a LE317 - Learn American Mah Jongg	9:30a-11a PR099 - Science, Theology, and Beyond	10a-11a CO258 - Zoom Practice (Online)	10a-11a CO258 - Zoom Practice (Online)	10a-11a CO258 - Zoom Practice (Online)
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations
10a-11:30a PR087 - The Roman Catholic Mass	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop
10a-11:30a HW408 - Shoulder Conditions	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-11:30a HS802 - Tour of Ireland	10:30a-11:30a HS802 - Tour of Ireland	10:30a-11:30a HS802 - Tour of Ireland
11a-12p FI028 - Gentle Yoga	10:30a-12p SE911 - Chesterfield 911 Center Tour A	10:30a-12p SE911 - Chesterfield 911 Center Tour A	10:30a-12p SE911 - Chesterfield 911 Center Tour A	10:30a-12p SE911 - Chesterfield 911 Center Tour A	10:30a-12p LE233 - Wire Jewelry Workshop	10:30a-12p LE233 - Wire Jewelry Workshop	10:30a-12p HW548 - Guided Medical Discussion	10:30a-12p LE007 - Basic Quilting	10:30a-12p LE007 - Basic Quilting	10:30a-12p LE007 - Basic Quilting
11a-12:30p HS761 - WWII via Documentary	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12p HS801 - Popular Culture of the 1950s	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p LS221 - Aging in Place Explored (Online)	10:30a-11:30a HW478 - Support Dementia Independence	10:30a-11:30a HW478 - Support Dementia Independence	10:30a-11:30a HW478 - Support Dementia Independence	10:30a-11:30a HW478 - Support Dementia Independence	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p LS245 - Protecting Home Equity	11a-12p LS245 - Protecting Home Equity	11a-12p LS245 - Protecting Home Equity
12p-1:30p AD220 - Improv for Brain Health	10:30a-12p HW549 - Understanding Emotions (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	11a-11:45a FI018 - Sit and Be Fit	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues
12:15p-1:15p FI015 - Pilates	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	12:30p-2p LS198 - Discussing Polarizing Issues	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:15p-1:30p HS783 - The World's Sacred Sites	11:30a-1p PR118 - Exploring the World of Dreams	11:30a-1p PR118 - Exploring the World of Dreams	11:30a-1p PR118 - Exploring the World of Dreams	11:30a-1p PR118 - Exploring the World of Dreams	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players
12:30p-2p CO263 - Working with AI A	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	1p-2p HS662 - Vietnam (Online)	1p-3p EL015 - Aspiring Writers' Critique	1p-3p EL015 - Aspiring Writers' Critique	1p-3p EL015 - Aspiring Writers' Critique
1p-2:30p PR100 - The Chosen	11:30a-12:30p HS808 - The Story of the Hindenburg	11:30a-12:30p HS808 - The Story of the Hindenburg	11:30a-12:30p HS808 - The Story of the Hindenburg	11:30a-12:30p HS808 - The Story of the Hindenburg	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	2p-3:30p AD111 - Intermediate Watercolor	1p-2p HS690 - Midlothian Matters	1p-2p HS690 - Midlothian Matters	1p-2p HS690 - Midlothian Matters
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-3p AD149 - Watercolor Florals	1p-3p AD149 - Watercolor Florals	1p-3p AD149 - Watercolor Florals	1p-3p AD149 - Watercolor Florals	1p-2:30p EF150 - Virginia Long Term Care	1p-2:30p EF150 - Virginia Long Term Care	2p-3:30p HS724 - American Corrections	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	1:30p-3p LE265 - Modern Floral Designs	1:30p-3p LE265 - Modern Floral Designs	1:30p-3p LE265 - Modern Floral Designs
2p-3:30p HS803 - The Mayan World	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1:30p-3p EL150 - Freedom to Read	1:30p-3p EL150 - Freedom to Read	2:30p-3:30p FI007 - Gentle Yoga			
2p-3:30p LA015 - Conversational German	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3p HS003 - Current Events	1:30p-3p HS003 - Current Events	2:30p-3:30p HW547 - Getting Better with Age			
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p CO260 - Fusion Power in Chesterfield	2p-3:30p CO260 - Fusion Power in Chesterfield	2p-3:30p CO260 - Fusion Power in Chesterfield	2p-3:30p CO260 - Fusion Power in Chesterfield	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	2:30p-3:30p HW376 - Vertigo and Dizziness			
2:30p-3:30p LS243 - Preparing for Care and Crisis	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions				
	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C				
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga						



Monday			Tuesday		Wednesday		Thursday		Friday	
10/12/2026			10/13/2026		10/14/2026		10/15/2026		10/16/2026	
9a-10a F1001 - Low Impact	9a-9:45a AD045 - Beginner Tap	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a F1020 - Zumba Gold	8:30a-9:30a F1003 - Low Impact	8:30a-9:30a F1003 - Low Impact	8:30a-9:30a F1003 - Low Impact
10a-12p AD338 - Intermediate Oil Painting	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics
10a-10:45a F1004 - Sit and Be Fit	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10:30a LS152 - Human Trafficking	9:45a-10:45a F1029 - Chair Yoga	9:45a-10:45a F1029 - Chair Yoga	9:45a-10:45a F1029 - Chair Yoga
10a-10:45a F1030 - Strength and Stretch (Online)	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9a-10:30a LE317 - Learn American Mah Jongg	9a-10:30a LE317 - Learn American Mah Jongg	9a-10a LS244 - Organized for Life	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations
10a-11:30a LS091 - Thirteen Life-Changing Habits	9:30a-11:30a EF136 - Long Term Care Insurance	9:30a-11:30a EF136 - Long Term Care Insurance	9:30a-11:30a EF136 - Long Term Care Insurance	9:30a-11:30a EF136 - Long Term Care Insurance	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11a PR099 - Science, Theology, and Beyond	10a-12p DE005 - LGBTQ+ Basics	10a-12p DE005 - LGBTQ+ Basics	10a-12p DE005 - LGBTQ+ Basics
10:30a-11:30a EF113 - Medicare Part D	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop
11a-12p F1028 - Gentle Yoga	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:30a-12:30p CO267 - Sleep and the Renewing Brain B	10:15a-11:15a AD075 - Line Dance Practice	10:30a-11:30a HS802 - Tour of Ireland	10:30a-11:30a HS802 - Tour of Ireland	10:30a-11:30a HS802 - Tour of Ireland
11a-12:30p HS761 - WWII via Documentary	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p LE233 - Wire Jewelry Workshop	10:30a-12p LE233 - Wire Jewelry Workshop	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p LE007 - Basic Quilting	10:30a-12p LE007 - Basic Quilting	10:30a-12p LE007 - Basic Quilting
11a-12p HW551 - Today's Cannabis	10:30a-12p HW549 - Understanding Emotions (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	10:30a-12p HW549 - Understanding Emotions (Online)	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	10:30a-12p HW548 - Guided Medical Discussion	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review
11a-12p LS171 - Transportation Services (Online)	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12:30p DE006 - Coping with Blindness	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues
12p-1:30p AD220 - Improv for Brain Health	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11a-11:45a F1018 - Sit and Be Fit	11a-11:45a F1018 - Sit and Be Fit	11a-12p HS801 - Popular Culture of the 1950s	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:15p-1:15p F1015 - Pilates	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-12:30p F1031 - Chair Yoga (Online)	11:30a-12:30p F1031 - Chair Yoga (Online)	11:30a-12:15p F1005 - Sit and Be Fit	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players
12:15p-1:30p HS783 - The World's Sacred Sites	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	11:30a-12:30p EF147 - Outsmart the Scammers	11:30a-12:30p EF147 - Outsmart the Scammers	11:30a-1p LS147 - Crafts for Community	1p-2p PR122 - Subconscious Awareness	1p-2p PR122 - Subconscious Awareness	1p-2p PR122 - Subconscious Awareness
12:30p-2p CO263 - Working with AI A	12:30p-1p IA100 - Birthday Celebration	12:30p-1p IA100 - Birthday Celebration	12:30p-1p IA100 - Birthday Celebration	12:30p-1p IA100 - Birthday Celebration	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo
1p-2:30p PR100 - The Chosen	1p-2p F1006 - Chair Yoga	1p-2p F1006 - Chair Yoga	1p-2p F1006 - Chair Yoga	1p-2p F1006 - Chair Yoga	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p HW498 - Bone Health Basics	1p-2p LS196 - Navigating Senior Housing	1p-2p LS196 - Navigating Senior Housing	1p-2p LS196 - Navigating Senior Housing
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-2:30p SE220 - VCU's Cabell Library Tour	1p-2:30p SE220 - VCU's Cabell Library Tour	12:30p-2p LS198 - Discussing Polarizing Issues	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi
1:30p-3:30p AD110 - Advanced Colored Pencil	1:30p-3:30p EL148 - Developing Fiction Writing (RC)	1:30p-3:30p EL148 - Developing Fiction Writing (RC)	1:30p-3:30p EL148 - Developing Fiction Writing (RC)	1:30p-3:30p EL148 - Developing Fiction Writing (RC)	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-2p F1010 - Chair Yoga	1:30p-3p LE265 - Modern Floral Designs	1:30p-3p LE265 - Modern Floral Designs	1:30p-3p LE265 - Modern Floral Designs
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	2p-3:30p HW239 - Guided Meditation (Online)	2p-3:30p HW239 - Guided Meditation (Online)	2p-3:30p HW239 - Guided Meditation (Online)	2p-3:30p HW239 - Guided Meditation (Online)	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1:30p-3p AD334 - InterAge Storytelling	2p-3:30p HW239 - Guided Meditation (Online)	2p-3:30p HW239 - Guided Meditation (Online)	2p-3:30p HW239 - Guided Meditation (Online)
2p-3p CO272 - Wi-Fi Network Health	2p-3:30p HW239 - Guided Meditation (Online)	2p-3:30p HW239 - Guided Meditation (Online)	2p-3:30p HW239 - Guided Meditation (Online)	2p-3:30p HW239 - Guided Meditation (Online)	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p F1034 - Cardio and Strength Training (Online)	2p-3:30p HW544 - Renal Denervation	2p-3:30p HW544 - Renal Denervation	2p-3:30p HW544 - Renal Denervation
2p-3:30p LA015 - Conversational German	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	1:30p-3:30p HW437 - Dementia Stages and Strategies	1:30p-3:30p HW437 - Dementia Stages and Strategies	2p-3:30p AD111 - Intermediate Watercolor			
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	2p-3:30p CO264 - Working with AI B			
2:30p-3:30p LS243 - Preparing for Care and Crisis	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1009 - Gentle Yoga	2p-3:30p HS796 - Airwomen in Flight	2p-3:30p HS796 - Airwomen in Flight	2p-3:30p HS724 - American Corrections			
	2:30p-3:30p HW468 - The Importance of...	2:30p-3:30p HW468 - The Importance of...	2:30p-3:30p HW468 - The Importance of...	2:30p-3:30p HW468 - The Importance of...	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p HW239 - Guided Meditation			
					2:30p-3:15p HW356 - Beginning Tai Chi	2:30p-3:15p HW356 - Beginning Tai Chi	2p-3:30p PR002 - Bible Discussion			
							2:30p-3:30p F1007 - Gentle Yoga			
							2:30p-3:30p HW547 - Getting Better			



Monday			Tuesday		Wednesday		Thursday		Friday	
10/19/2026			10/20/2026		10/21/2026		10/22/2026		10/23/2026	
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	7a-7p SE240 - Blue Ridge Adventure Tour	8:30a-9:30a FI003 - Low Impact	8:30a-9:30a FI003 - Low Impact	8:30a-9:30a FI003 - Low Impact	8:30a-9:30a FI003 - Low Impact
9:30a-11a IA016 - Annual State of the LLI	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	8:30a-9:30a FI020 - Zumba Gold (Online)	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics
10a-12p AD338 - Intermediate Oil Painting	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10:30a EL149 - The Iron John Fairy Tale	9a-10a AD036 - Intro to Line Dancing	9:45a-10:45a FI029 - Chair Yoga	9:45a-10:45a FI029 - Chair Yoga	9:45a-10:45a FI029 - Chair Yoga	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a LE279 - Introduction to Disc Golf	9a-10:30a LE317 - Learn American Mah Jongg	9a-10:30a HS771 - Sir Ernest Shackleton	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11:30a EF104 - Estates and Probate	9:30a-11:30a EF104 - Estates and Probate	9:30a-11:30a EF104 - Estates and Probate	9:30a-11:30a EF104 - Estates and Probate	9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11a PR099 - Science, Theology, and Beyond	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop
10a-11:30a LS091 - Thirteen Life-Changing Habits	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:30a-11a HS060 - America, Land of Immigrants	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p CO276 - Sleep and the Renewing Brain C	10:30a-12:30p CO276 - Sleep and the Renewing Brain C	10:30a-12:30p CO276 - Sleep and the Renewing Brain C	10:30a-12:30p CO276 - Sleep and the Renewing Brain C
10:30a-12p SE912 - Chesterfield 911 Center Tour B	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p LE233 - Wire Jewelry Workshop	10a-12p AD192 - Super Senior Storytelling Slam	10:30a-11:30a HS802 - Tour of Ireland	10:30a-11:30a HS802 - Tour of Ireland	10:30a-11:30a HS802 - Tour of Ireland	10:30a-11:30a HS802 - Tour of Ireland
11a-12p FI028 - Gentle Yoga	10a-12p LE371 - Wine Bottle Wind Chimes A	10a-12p LE371 - Wine Bottle Wind Chimes A	10a-12p LE371 - Wine Bottle Wind Chimes A	10a-12p LE371 - Wine Bottle Wind Chimes A	11a-12p AD183 - Beginning Guitar	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p LE007 - Basic Quilting	10:30a-12p LE007 - Basic Quilting	10:30a-12p LE007 - Basic Quilting	10:30a-12p LE007 - Basic Quilting
11a-12:30p HS761 - WWII via Documentary	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p LS246 - Firearms Basics	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	11a-11:45a FI018 - Sit and Be Fit	11a-12p HS801 - Popular Culture of the 1950s	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues
12p-1:30p AD220 - Improv for Brain Health	11a-12p EF138 - Medicare Part D (Online)	11a-12p EF138 - Medicare Part D (Online)	11a-12p EF138 - Medicare Part D (Online)	11a-12p EF138 - Medicare Part D (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p HW188 - Shoulder Pain	12p-1p HW188 - Shoulder Pain	12p-1p HW188 - Shoulder Pain	12p-1p HW188 - Shoulder Pain
12:15p-1:15p FI015 - Pilates	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:15p-1:30p HS783 - The World's Sacred Sites	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-2p LS198 - Discussing Polarizing Issues	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players
1p-2:30p PR100 - The Chosen	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	1p-3p AD234 - Artist Open Studio	1p-2p FI010 - Chair Yoga	1p-3p EL015 - Aspiring Writers' Critique	1p-3p EL015 - Aspiring Writers' Critique	1p-3p EL015 - Aspiring Writers' Critique	1p-3p EL015 - Aspiring Writers' Critique
1p-3p WG004 - Cards and Games	11:30a-1p EF100 - Investor Alert	11:30a-1p EF100 - Investor Alert	11:30a-1p EF100 - Investor Alert	11:30a-1p EF100 - Investor Alert	1p-3p WG006 - Cards and Games	1p-2p HW486 - Hearing Loss Apps (Online)	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo
1:30p-3:30p AD110 - Advanced Colored Pencil	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-3p DE009 - Crazy Stories About Racism	1:30p-2:30p CO274 - Origins of Human Elements	1:30p-2:30p CO274 - Origins of Human Elements	1:30p-2:30p CO274 - Origins of Human Elements	1:30p-2:30p CO274 - Origins of Human Elements
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p CO235 - Podcasts for All	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1:30p-3p HW504 - Lifespan Reflection	2p-3:30p AD111 - Intermediate Watercolor	1:30p-3p LE265 - Modern Floral Designs	1:30p-3p LE265 - Modern Floral Designs	1:30p-3p LE265 - Modern Floral Designs	1:30p-3p LE265 - Modern Floral Designs
2p-3:30p LA015 - Conversational German	1p-2p HS810 - Stonewall Jackson (Online)	1p-2p HS810 - Stonewall Jackson (Online)	1p-2p HS810 - Stonewall Jackson (Online)	1p-2p HS810 - Stonewall Jackson (Online)	1:30p-3p HW504 - Lifespan Reflection	2p-3:30p CO264 - Working with AI B				
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3p LE032 - Needleworkers United	2p-3p LS172 - Mercy Mall Emergency Food				
2:30p-3:30p LS243 - Preparing for Care and Crisis	1:30p-3:30p LE376 - Wine Bottle Wind Chimes B	1:30p-3:30p LE376 - Wine Bottle Wind Chimes B	1:30p-3:30p LE376 - Wine Bottle Wind Chimes B	1:30p-3:30p LE376 - Wine Bottle Wind Chimes B	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion				
	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p HS806 - Hampden-Sydney Goes to War	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:30p FI007 - Gentle Yoga				
	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies		2:30p-3:30p HW547 - Getting Better with Age				
	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg						
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga						

Monday			Tuesday		Wednesday		Thursday		Friday	
10/26/2026			10/27/2026		10/28/2026		10/29/2026		10/30/2026	
9a-10a F1001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-10a HS409 - The Islands of Ireland	8:30a-9:30a AD292 - Moving to Music (Online)	9a-11a AD080 - Woodcarving	9a-10a HS409 - The Islands of Ireland	8:30a-9:30a AD292 - Moving to Music (Online)	9a-10a AD036 - Intro to Line Dancing	8:30a-9:30a F1003 - Low Impact	9:30a-10:30a PR112 - Ethics	
	9:30a-10:30a HS811 - The Art of the Fan		9a-11a E1048 - Memoir Writing	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	9a-10a HS409 - The Islands of Ireland	
10a-12p AD338 - Intermediate Oil Painting	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	9:30a-11:30a LE241 - Basic Pine Needle Baskets	9:30a-11:30a LE241 - Basic Pine Needle Baskets	9:45a-10:45a F1029 - Chair Yoga	
10a-11a Diversity Committee Meeting	10a-11:30a EF115 - Estate Planning	10a-11:30a EF115 - Estate Planning	10a-11:30a EF115 - Estate Planning	10a-11:30a EF115 - Estate Planning	10a-11:30a EF115 - Estate Planning	10a-11:30a EF115 - Estate Planning	9:30a-11a PR099 - Science, Theology, and Beyond	10a-12p WG007 - Canasta Variations		
10a-10:45a F1004 - Sit and Be Fit	10a-11:30a SE170 - Agecroft Hall Folktales Tour B	10a-11:30a SE170 - Agecroft Hall Folktales Tour B	10a-11:30a SE170 - Agecroft Hall Folktales Tour B	10a-11:30a SE170 - Agecroft Hall Folktales Tour B	10a-11:30a SE170 - Agecroft Hall Folktales Tour B	10a-11:30a SE170 - Agecroft Hall Folktales Tour B	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Artists' Workshop		
10a-10:45a F1030 - Strength and Stretch (Online)	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12:30p CO276 - Sleep and the Stretch (Online)		
11a-12p F1028 - Gentle Yoga	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	10:30a-12p HS750 - Echoes of the Past	10:30a-12p LE007 - Basic Quilting		
11a-12:30p HS761 - WWII via Documentary	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS814 - Abraham Lincoln B	11a-12p HS801 - Popular Culture of the 1950s	10:30a-12p LE364 - Dahlia Flowers		
11a-12p HW545 - Heart Rhythm Solutions	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:15p F1005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review		
11:30a-12:30p InterAge Committee Meeting	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	12p-1:30p AD141 - Lifelong Musicians	11a-12p PR121 - Contemporary Moral Issues		
12p-1:30p AD220 - Improv for Brain Health	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	12p-1p Curriculum Committee Meeting	12:15p-1:15p AD022 - Ballroom Dance for Partners		
12:15p-1:15p F1015 - Pilates	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12p-1:30p PR113 - Mental Health and Faith	12:30p-2p LS198 - Discussing Polarizing Issues	12:30p-3:30p WG010 - Bridge for Experienced Players		
12:15p-1:30p HS783 - The World's Sacred Sites	12:30p-1:30p EF195 - Understanding Medicare's AEP	12:30p-1:30p EF195 - Understanding Medicare's AEP	12:30p-1:30p EF195 - Understanding Medicare's AEP	12:30p-1:30p EF195 - Understanding Medicare's AEP	12:30p-1:30p EF195 - Understanding Medicare's AEP	12:30p-1:30p EF195 - Understanding Medicare's AEP	1p-2p F1010 - Chair Yoga	1p-2p PR122 - Subconscious Awareness		
1p-2:30p PR100 - The Chosen	1p-2p F1006 - Chair Yoga	1p-2p F1006 - Chair Yoga	1p-2p F1006 - Chair Yoga	1p-2p F1006 - Chair Yoga	1p-2p F1006 - Chair Yoga	1p-2p F1006 - Chair Yoga	1p-2p AD329 - Creativity and Wellness	1p-3p WG002 - Social Bingo		
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-2:30p HS541 - History of Ventriloquism	1p-2:30p AD314 - The Book of Amazement		
1:30p-3:30p AD110 - Advanced Colored Pencil	1:30p-2:30p EL114 - Literary Society Book Swap	1:30p-2:30p EL114 - Literary Society Book Swap	1:30p-2:30p EL114 - Literary Society Book Swap	1:30p-2:30p EL114 - Literary Society Book Swap	1:30p-2:30p EL114 - Literary Society Book Swap	1:30p-2:30p EL114 - Literary Society Book Swap	1:30p-2:30p F1034 - Cardio and Strength Training (Online)	1p-3p EL108 - The Boy, Mole, Fox and Horse		
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	1:30p-3:30p EL148 - Developing Fiction Writing	2p-3:30p CO264 - Working with AI B	1:30p-2:30p HW343 - Intermediate Tai Chi		
2p-3:30p HS803 - The Mayan World	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p HS806 - Hampden-Sydney Goes to War	2p-3:30p EL147 - International Animation	2p-3p HW510 - Post-Menopausal Women's Health		
2p-3:30p LA015 - Conversational German	2p-3p HW553 - Medical Breakthroughs (Online)	2p-3p HW553 - Medical Breakthroughs (Online)	2p-3p HW553 - Medical Breakthroughs (Online)	2p-3p HW553 - Medical Breakthroughs (Online)	2p-3p HW553 - Medical Breakthroughs (Online)	2p-3p HW553 - Medical Breakthroughs (Online)	2p-3:30p PR002 - Bible Discussion			
2p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2p-3:30p PR107 - Biblical End Times Prophecies	2:30p-3:30p F1007 - Gentle Yoga			
2:30p-3:30p LS243 - Preparing for Care and Crisis	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2:30p-3:30p HW547 - Getting Better with Age			
3:30p-4:30p LLI Board of Directors Meeting	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:30p F1009 - Gentle Yoga				

Monday		Tuesday		Wednesday		Thursday		Friday	
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026					
LLI Closed	LLI Closed								
		8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a F020 - Zumba Gold (Online)	8:30a-9:30a F003 - Low Impact					
		9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics					
		9a-10:30a EL149 - The Iron John Fairy Tale	9:30a-11a CO230 - What is Modern Science?	9:45a-10:45a F029 - Chair Yoga					
		9:30a-11a AD218 - The Works of Salvador Dali	9:30a-11:30a LE241 - Basic Pine Needle Baskets	10a-12p WG007 - Canasta Variations					
		9:45a-10:45a F017 - Fun Fitness	9:30a-11a PR099 - Science, Theology, and Beyond	10:30a-12:30p AD278 - Artists' Workshop					
		11a-12p AD183 - Beginning Guitar	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p CO276 - Sleep and the Renewing Brain C					
		11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p LE007 - Basic Quilting					
		11a-11:45a F018 - Sit and Be Fit	10:30a-12p LS094 - Befriending the Subconscious	10:30a-12p SE233 - Brightpoint Sneak Peek					
		11:30a-12:30p F031 - Chair Yoga (Online)	11a-12p HS801 - Popular Culture of the 1950s	11a-12p HW352 - Beginning Tai Chi Review					
		12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:15p F005 - Sit and Be Fit	11a-12p PR121 - Contemporary Moral Issues					
		12:30p-1:30p AD182 - Explore Ventriloquism	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners					
		1p-3p AD234 - Artist Open Studio	12p-1p HW476 - Pelvic Floor Health	12:30p-3:30p WG010 - Bridge for Experienced Players					
		1p-3p WG006 - Cards and Games	12:30p-2p LS198 - Discussing Polarizing Issues	1p-2:30p AD326 - Art Journaling					
		1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p F010 - Chair Yoga	1p-3p EL015 - Aspiring Writers' Critique					
		1:30p-3:30p EL151 - Librarians for Democracy	1:30p-3:30p EF132 - Financial Preparedness	1p-3p WG002 - Social Bingo					
		1:30p-3p HS003 - Current Events	1:30p-2:30p F034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi					
		1:30p-3p LE032 - Needleworkers United	1:30p-2:30p PR059 - The History of the Bible	1:30p-2:30p HW495 - Radiation for Arthritis					
		2p-3:30p LS208 - Medical Aid in Dying	2p-3:30p EL147 - International Animation	2p-3p EF189 - New Medicare Birthday Rule (Online)					
		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	2p-3:30p CO269 - Digital Payment Tools					
		2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:30p F007 - Gentle Yoga						
			2:30p-3:30p HW547 - Getting Better with Age						



Monday			Tuesday			Wednesday			Thursday			Friday		
11/9/2026			11/10/2026			11/11/2026			11/12/2026			11/13/2026		
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a HS800 - History of Brazil	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a EL048 - Memoir Writing					8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact		8:30a-9:30a FI003 - Low Impact		
9:30a-11a HS800 - History of Brazil	9a-11a EL048 - Memoir Writing		9a-11a EL048 - Memoir Writing						9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics		9:30a-10:30a PR112 - Ethics		
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French		9a-10a LA019 - Conversational French						9:30a-11a CO230 - What is Modern Science?	9:45a-10:45a FI029 - Chair Yoga		9:45a-10:45a FI029 - Chair Yoga		
10a-10:45a FI004 - Sit and Be Fit	9:30a-11:30a HW530 - Remembering Decades Past		9:30a-11:30a HW530 - Remembering Decades Past						9:30a-11:30a LE241 - Basic Pine Needle Baskets	10a-11a CO258 - Zoom Practice (Online)		10a-11a CO258 - Zoom Practice (Online)		
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing		10a-11a AD021 - Intermediate Tap Dancing						9:30a-11a PR099 - Science, Theology, and Beyond	10a-12p DE011 - LGBTQ+ History		10a-12p DE011 - LGBTQ+ History		
10:30a-12p DE015 - Aging and Ageism	10:30a-1:30p SE224 - CIS Volunteer Mentoring		10:30a-1:30p SE224 - CIS Volunteer Mentoring						9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations		10a-12p WG007 - Canasta Variations		
10:30a-11:30a HW554 - Meditation Practices	10:30a-12p AD337 - Lifelong Voices Choir		10:30a-12p AD337 - Lifelong Voices Choir						10a-12p EF193 - Financial Literacy (Online)	10:30a-12:30p AD278 - Artists' Workshop		10:30a-12:30p AD278 - Artists' Workshop		
10:30a-12p LE253 - Easy Cooking with Judith (Online)	10:30a-12p CO275 - The Neglected Sense of Smell		10:30a-12p CO275 - The Neglected Sense of Smell						10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p LE007 - Basic Quilting		10:30a-12p LE007 - Basic Quilting		
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing		11:30a-12:30p AD058 - Country Line Dancing						10:30a-12p LS094 - Befriending the Subconscious	10:30a-12p LE298 - Honeybee 101		10:30a-12p LE298 - Honeybee 101		
12p-1:30p AD220 - Improv for Brain Health	11:30a-12:30p AD248 - Readers Theater		11:30a-12:30p AD248 - Readers Theater						11a-12p HS801 - Popular Culture of the 1950s	11a-12p HW352 - Beginning Tai Chi Review		11a-12p HW352 - Beginning Tai Chi Review		
12:15p-1:15p FI015 - Pilates	11:30a-1:30p WG013 - Spades		11:30a-1:30p WG013 - Spades						11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR121 - Contemporary Moral Issues		11a-12p PR121 - Contemporary Moral Issues		
1p-2:30p PR100 - The Chosen	12:30p-2p LS157 - Planning Final Arrangements		12:30p-2p LS157 - Planning Final Arrangements						12p-1:30p AD141 - Lifelong Musicians	11:30a-12:30p EL128 - Setting in Mysteries (Online)		11:30a-12:30p EL128 - Setting in Mysteries (Online)		
1p-3p WG004 - Cards and Games	12:30p-1p IA100 - Birthday Celebration		12:30p-1p IA100 - Birthday Celebration						12:30p-2p LS198 - Discussing Polarizing Issues	12:15p-1:15p AD022 - Ballroom Dance for Partners		12:15p-1:15p AD022 - Ballroom Dance for Partners		
1:30p-3:30p AD110 - Advanced Colored Pencil	1p-2p SE195 - VMHC Women's History Tour A		1p-2p SE195 - VMHC Women's History Tour A						1p-2p FI010 - Chair Yoga	12:30p-3:30p WG010 - Bridge for Experienced Players		12:30p-3:30p WG010 - Bridge for Experienced Players		
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga		1p-2p FI006 - Chair Yoga						1p-2p LE379 - Travel Tips and Strategies	1p-2p PR122 - Subconscious Awareness		1p-2p PR122 - Subconscious Awareness		
2p-3:30p CO210 - Understanding AI B	1p-3p WG001 - Social Bingo		1p-3p WG001 - Social Bingo						1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p WG002 - Social Bingo		1p-3p WG002 - Social Bingo		
2p-3:30p LA015 - Conversational German	1:30p-3:30p EL146 - Workshoping Fiction		1:30p-3:30p EL146 - Workshoping Fiction						1:30p-2:30p PR059 - The History of the Bible	1:30p-2:30p HW343 - Intermediate Tai Chi		1:30p-2:30p HW343 - Intermediate Tai Chi		
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p LE200 - Advanced Card Making		1:30p-3:30p LE200 - Advanced Card Making						2p-3:30p EL147 - International Animation	2p-3:15p SE164 - Company's Coming Concert		2p-3:15p SE164 - Company's Coming Concert		
	2p-3:30p HS089 - Great Decisions		2p-3:30p HS089 - Great Decisions						2p-3:30p PR002 - Bible Discussion	2p-3:30p CO269 - Digital Payment Tools		2p-3:30p CO269 - Digital Payment Tools		
									2:30p-3:30p FI007 - Gentle Yoga					
	2p-3:30p WG014 - Mah Jongg		2p-3:30p WG014 - Mah Jongg											
	2:30p-3:30p FI009 - Gentle Yoga		2:30p-3:30p FI009 - Gentle Yoga						2:30p-3:30p HW377 - Chronic Pain					
	2:30p-3:30p HW469 - Fall Prevention Tips		2:30p-3:30p HW469 - Fall Prevention Tips						2:30p-3:30p HW547 - Getting Better with Age					

Monday					
Tuesday			Wednesday		
Thursday			Friday		
11/17/2026			11/18/2026		
9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music (Online)	8:30a-9:30a FIO20 - Zumba Gold (Online)	8:30a-9:30a FIO03 - Low Impact	8:30a-9:30a FIO03 - Low Impact
9a-11a ELO48 - Memoir Writing	9a-11a ELO48 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French	9a-10:30a LE377 - American Mah Jongg Boot Camp	9:30a-11a CO230 - What is Modern Science?	9:45a-10:45a FIO29 - Chair Yoga	9:45a-10:45a FIO29 - Chair Yoga
10a-10:45a FIO30 - Strength and Stretch (Online)	9:30a-11:30a HW530 - Remembering Decades Past	9:45a-10:45a FIO17 - Fun Fitness	9:30a-11:30a LE241 - Basic Pine Needle Baskets	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations
10a-11:30a LS095 - Enhancing Focus and Joy	9:30a-11a LE349 - Logic and Reasoning Puzzles B	10a-12p LE308 - Live Evergreen Wreaths	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Artists' Workshop	10:30a-12:30p AD278 - Artists' Workshop
10:30a-12p CO200 - Nearpeer Tutorial and Tips B	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p EF178 - Preparing a Home for Sale	10a-12p AD192 - Super Senior Storytelling Slam	10:30a-12p HS753 - A Quest for Family Ties	10:30a-12p HS753 - A Quest for Family Ties
10:30a-12p DE015 - Aging and Ageism	10a-11:30a LE381 - Composting	11a-12p AD183 - Beginning Guitar	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review
10:30a-12p LE253 - Easy Cooking with Judith (Online)	10:30a-1:30p SE224 - CIS Volunteer Mentoring	11a-12p EL043 - Enjoy Poetry	11a-12p HS801 - Popular Culture of the 1950s	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues
11a-12p FIO28 - Gentle Yoga	10:30a-12p AD337 - Lifelong Voices Choir	11a-11:45a FIO18 - Sit and Be Fit	11:30a-12:15p FIO05 - Sit and Be Fit	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:15p-1:15p FIO15 - Pilates	11:30a-12:30p AD058 - Country Line Communication	11:30a-12:30p FIO31 - Chair Yoga (Online)	11:30a-1p LS147 - Crafts for Community	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players
1p-2:30p PR100 - The Chosen	Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p CO240 - Apple App Store App Critique	1p-3p CO240 - Apple App Store App Critique
1p-3p WG004 - Cards and Games	11:30a-12:30p AD248 - Readers Theater	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-2p LS198 - Discussing Polarizing Issues	1p-3p EL015 - Aspiring Writers'	1p-3p EL015 - Aspiring Writers'
1:30p-3:30p AD110 - Advanced Colored Pencil	11:30a-1:30p WG013 - Spades	1p-3p AD234 - Artist Open Studio	1p-2p SE196 - VMHC Women's History Tour B	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FIO06 - Chair Yoga	1p-3p WG006 - Cards and Games	1p-2p FIO10 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi
2p-3:30p CO210 - Understanding AI B	1p-2p LS218 - Critical Thinking B	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-3p AD334 - InterAge Storytelling		
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	1:30p-2:30p FIO34 - Cardio and Strength Training (Online)		
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1:30p-3:30p HW445 - Staying Safe at Home	1:30p-3p LE032 - Needleworkers United	1:30p-2:30p PR059 - The History of the Bible		
	2p-3:30p EF006 - Unlocking an IRA	2p-3:30p LS177 - Emergency Preparedness	2p-3:30p EL147 - International Animation		
	2p-3:30p WG014 - Mah Jongg	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion		
	2:30p-3:30p DE020 - Sharing Life Experiences	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:30p FIO07 - Gentle Yoga		
	2:30p-3:30p FIO09 - Gentle Yoga		2:30p-3:30p HW547 - Getting Better with Age		



Monday		Tuesday		Wednesday	Thursday	Friday
11/23/2026	11/24/2026		11/25/2026	11/26/2026	11/27/2026	
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-10a FI001 - Low Impact	9a-11a ELO48 - Memoir Writing	Happy Thanksgiving 		
9:30a-11a HS800 - History of Brazil	9a-10a LA019 - Conversational French Painting	9a-10a LA019 - Conversational French Painting	10a-11a AD021 - Intermediate Tap Dancing			
10a-12p AD338 - Intermediate Oil	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10:30a-12p AD337 - Lifelong Voices Choir			
10a-11a Diversity Committee Meeting	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	11:30a-12:30p AD058 - Country Line Stretch (Online)			
10a-10:45a FI004 - Sit and Be Fit	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	11:30a-12:30p AD248 - Readers Theater			
10a-10:45a FI030 - Strength and Stretch (Online)	11:30a-12:30p AD058 - Country Line Stretch (Online)	11:30a-12:30p AD058 - Country Line Stretch (Online)	11:30a-1:30p WG013 - Spades			
10a-11:30a LS095 - Enhancing Focus and Joy	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	1p-2p FI006 - Chair Yoga			
10:30a-12p DE015 - Aging and Ageism	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p LS218 - Critical Thinking B			
10:30a-12p LE253 - Easy Cooking with Judith (Online)	1p-2p LS218 - Critical Thinking B	1p-2p LS218 - Critical Thinking B	1p-3p WG001 - Social Bingo			
11a-12p FI028 - Gentle Yoga	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	2p-3:30p HW462 - Cultivating Gratitude			
11:30a-12:30p InterAge Committee Meeting	2p-3:30p HW462 - Cultivating Gratitude	2p-3:30p HW462 - Cultivating Gratitude	2p-3:30p WG014 - Mah Jongg			
12:15p-1:15p FI015 - Pilates	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2:30p-3:30p FI009 - Gentle Yoga			
1p-3p WG004 - Cards and Games	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga				
1:30p-3:30p AD110 - Advanced Colored Pencil						
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A						
2p-3:30p CO210 - Understanding AI B						
2p-3:30p LA015 - Conversational German						
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B						
3:30p-4:30p LLI Board of Directors Meeting						



Monday					Tuesday		Wednesday		Thursday		Friday	
11/30/2026					12/1/2026		12/2/2026		12/3/2026		12/4/2026	
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music (Online)	8:30a-9:30a AD292 - Moving to Music (Online)	9a-9:45a AD045 - Beginner Tap Dancing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	8:30a-9:30a AD292 - Moving to Music (Online)	8:30a-9:30a AD292 - Moving to Music (Online)	8:30a-9:30a AD292 - Moving to Music (Online)	8:30a-9:30a AD292 - Moving to Music (Online)
10a-12p AD338 - Intermediate Oil Painting	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing	9a-11a EL048 - Memoir Writing
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9a-10a LA019 - Conversational French	9a-10:30a LE377 - American Mah Jongg Boot Camp	9a-10:30a LE377 - American Mah Jongg Boot Camp	9a-10a LA019 - Conversational French	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9a-2:30p AD119 - Watercolor Problem Solving	9a-2:30p AD119 - Watercolor Problem Solving	9a-2:30p AD119 - Watercolor Problem Solving	9a-2:30p AD119 - Watercolor Problem Solving
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9:30a-11a HW536 - Self-Compassion	9:30a-11:30a WG009 - Mah Jongg	9:30a-11:30a WG009 - Mah Jongg	9:30a-10:30a PR112 - Ethics	9:30a-10:30a PR112 - Ethics
10a-11:30a LS095 - Enhancing Focus and Joy	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	11a-12p HW546 - Understanding PAD	11a-12p HW546 - Understanding PAD	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11:30a HS791 - Mementos and Memories A	10a-11:30a HS791 - Mementos and Memories A	10a-11a SE073 - Feed More Tour A	10a-11a SE073 - Feed More Tour A
10:30a-12p LE253 - Easy Cooking with Judith (Online)	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:30a-1:30p SE224 - CIS Volunteer Mentoring	10:15a-11:15a AD075 - Line Dance Practice	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations	10a-12p WG007 - Canasta Variations
11a-12:30p AD252 - Ukulele Holiday Playalong	10:30a-12p AD288 - History of the Cello	10:30a-12p AD288 - History of the Cello	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	10:30a-12p AD288 - History of the Cello	10:30a-12p AD288 - History of the Cello	10:30a-12p AD288 - History of the Cello	10:30a-12p AD288 - History of the Cello	11:30a-12:15p FI005 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	11a-11:45a FI018 - Sit and Be Fit	11a-11:45a FI018 - Sit and Be Fit	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	12p-1:30p AD141 - Lifelong Musicians	12p-1:30p AD141 - Lifelong Musicians	11a-12p PR121 - Contemporary Moral Issues	11a-12p PR121 - Contemporary Moral Issues
12:15p-1:15p FI015 - Pilates	10:30a-12p LS050 - EMS Passport Program	10:30a-12p LS050 - EMS Passport Program	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	10:30a-12p LS050 - EMS Passport Program	10:30a-12p LS050 - EMS Passport Program	10:30a-12p LS050 - EMS Passport Program	10:30a-12p LS050 - EMS Passport Program	12:30p-2p LS198 - Discussing Polarizing Issues	12:30p-2p LS198 - Discussing Polarizing Issues	12:15p-1:15p AD022 - Ballroom Dance for Partners	12:15p-1:15p AD022 - Ballroom Dance for Partners
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	1p-2p FI010 - Chair Yoga	1p-2p FI010 - Chair Yoga	12:30p-3:30p WG010 - Bridge for Experienced Players	12:30p-3:30p WG010 - Bridge for Experienced Players
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	1p-2:30p HS754 - A Quest for Family Ties (Online)	1p-2:30p HS754 - A Quest for Family Ties (Online)	1p-3p EL015 - Aspiring Writers' Critique	1p-3p EL015 - Aspiring Writers' Critique
2p-3:30p LA015 - Conversational German	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	1p-2p HW528 - Women's Urology Wellness	1p-2p HW528 - Women's Urology Wellness	1p-3p WG002 - Social Bingo	1p-3p WG002 - Social Bingo
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p HW343 - Intermediate Tai Chi	1:30p-2:30p HW343 - Intermediate Tai Chi
	1p-3p LE378 - U.S. Coins and Postage Stamps	1p-3p LE378 - U.S. Coins and Postage Stamps	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1p-3p LE378 - U.S. Coins and Postage Stamps	1p-3p LE378 - U.S. Coins and Postage Stamps	1p-3p LE378 - U.S. Coins and Postage Stamps	1p-3p LE378 - U.S. Coins and Postage Stamps	2p-3:30p EL147 - International Animation	2p-3:30p EL147 - International Animation		
	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	2p-3:30p PR002 - Bible Discussion	2p-3:30p PR002 - Bible Discussion		
	1:30p-3p HS812 - George Gay	1:30p-3p HS812 - George Gay	1:30p-3p HS003 - Current Events	1:30p-3p HS003 - Current Events	1:30p-3p HS812 - George Gay	1:30p-3p HS812 - George Gay	1:30p-3p HS812 - George Gay	1:30p-3p HS812 - George Gay	2:30p-3:30p FI007 - Gentle Yoga	2:30p-3:30p FI007 - Gentle Yoga		
	1:30p-2:30p HW555 - Meditation Practices (Online)	1:30p-2:30p HW555 - Meditation Practices (Online)	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	1:30p-2:30p HW555 - Meditation Practices (Online)	1:30p-2:30p HW555 - Meditation Practices (Online)	1:30p-2:30p HW555 - Meditation Practices (Online)	1:30p-2:30p HW555 - Meditation Practices (Online)	2:30p-3:30p HW409 - Dry Needling	2:30p-3:30p HW409 - Dry Needling		
	1:30p-3p LE363 - Beginning Quilling	1:30p-3p LE363 - Beginning Quilling	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	1:30p-3p LE363 - Beginning Quilling	1:30p-3p LE363 - Beginning Quilling	1:30p-3p LE363 - Beginning Quilling	1:30p-3p LE363 - Beginning Quilling	2:30p-3:30p HW547 - Getting Better with Age	2:30p-3:30p HW547 - Getting Better with Age		
	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	2:30p-3:30p PR123 - What Is Heaven Like?	2:30p-3:30p PR123 - What Is Heaven Like?		
	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg			2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C				
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga			2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg				

Monday			Tuesday		Wednesday		Thursday		Friday	
12/7/2026			12/8/2026		12/9/2026		12/10/2026		12/11/2026	
9a-10a F1001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving
10a-10:45a F1004 - Sit and Be Fit	9:30a-11a HW536 - Self-Compassion	9a-10:30a LE377 - American Mah Jongg	9a-10:30a LE377 - American Mah Jongg	9a-10:30a LE377 - American Mah Jongg	9a-10:30a LE377 - American Mah Jongg	9a-10:30a LE377 - American Mah Jongg	9a-10:30a LE377 - American Mah Jongg	9a-10:30a LE377 - American Mah Jongg	9a-10:30a LE377 - American Mah Jongg	9a-10:30a LE377 - American Mah Jongg
10a-10:45a F1030 - Strength and Stretch (Online)	9:30a-11a DE016 - Bridging Generations	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness	9:45a-10:45a F1017 - Fun Fitness
11a-12:30p LS099 - Boundaries with Children	10a-11a SE167 - Feed More Tour B	10a-12p LE130 - Extra Easy Greeting Cards	10a-12p LE130 - Extra Easy Greeting Cards	10a-12p LE130 - Extra Easy Greeting Cards	10a-12p LE130 - Extra Easy Greeting Cards	10a-12p LE130 - Extra Easy Greeting Cards	10a-12p LE130 - Extra Easy Greeting Cards	10a-12p LE130 - Extra Easy Greeting Cards	10a-12p LE130 - Extra Easy Greeting Cards	10a-12p LE130 - Extra Easy Greeting Cards
11a-12p F1028 - Gentle Yoga	10a-11a AD021 - Intermediate Tap Dancing	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar
12:15p-1:15p F1015 - Pilates	10:30a-12p AD315 - The Book of Amazement (Online)	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry
1p-3p WG004 - Cards and Games	11:30a-12p AD058 - Country Line Dancing	11:30a-12:30p F1031 - Chair Yoga	11:30a-12:30p F1031 - Chair Yoga	11:30a-12:30p F1031 - Chair Yoga	11:30a-12:30p F1031 - Chair Yoga	11:30a-12:30p F1031 - Chair Yoga	11:30a-12:30p F1031 - Chair Yoga	11:30a-12:30p F1031 - Chair Yoga	11:30a-12:30p F1031 - Chair Yoga	11:30a-12:30p F1031 - Chair Yoga
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD248 - Readers Theater	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form
1:30p-2:30p HW556 - Laughing Yoga	11:30a-1:30p WG013 - Spades	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness
2p-3:30p LA015 - Conversational German	12:30p-1p IA100 - Birthday Celebration	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p F1006 - Chair Yoga	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio
	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games
	1:30p-3p LE363 - Beginning Quilling	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion
	2p-3:30p CO268 - Working with AI C	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United
	2p-3:30p HS089 - Great Decisions	2p-3:30p LS213 - Setting Goals	2p-3:30p LS213 - Setting Goals	2p-3:30p LS213 - Setting Goals	2p-3:30p LS213 - Setting Goals	2p-3:30p LS213 - Setting Goals	2p-3:30p LS213 - Setting Goals	2p-3:30p LS213 - Setting Goals	2p-3:30p LS213 - Setting Goals	2p-3:30p LS213 - Setting Goals
	2p-3:30p WG014 - Mah Jongg	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions
	2:30p-3:30p F1009 - Gentle Yoga	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C



Monday			Tuesday		Wednesday		Thursday		Friday	
12/14/2026			12/15/2026		12/16/2026		12/17/2026		12/19/2025	
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI020 - Zumba Gold (Online)	LLI Closed for the Holidays Dec 18 - Jan 1 Spring Catalog Available on Jan 7, 2027	
10a-12p AD338 - Intermediate Oil Painting	9a-10a LA019 - Conversational French	9a-10a LA019 - Conversational French	9a-10a LA019 - Conversational French	9a-10a LA019 - Conversational French	9a-11a AD080 - Woodcarving	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-10a AD036 - Intro to Line Dancing		
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	10a-11a AD021 - Intermediate Tap Dancing	9a-10:30a LE377 - American Mah Jongg Boot Camp	9a-10:30a LE377 - American Mah Jongg Boot Camp	9:30a-11:30a WG009 - Mah Jongg	9:30a-11:30a WG009 - Mah Jongg		
10a-10:45a FI030 - Strength and Stretch (Online)	10:30a-12p AD328 - Art Journaling (Online)	10:30a-12p AD328 - Art Journaling (Online)	10:30a-12p AD328 - Art Journaling (Online)	10:30a-12p AD328 - Art Journaling (Online)	9:45a-10:45a FI017 - Fun Fitness	9:45a-10:45a FI017 - Fun Fitness	10a-12p AD192 - Super Senior Storytelling Slam	10a-12p AD192 - Super Senior Storytelling Slam		
10a-11:30a LS099 - Boundaries with Children	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	10:30a-12p AD337 - Lifelong Voices Choir	11a-12p SE154 - Holiday Music and Sing-Along	11a-12p SE154 - Holiday Music and Sing-Along	10:15a-11:15a AD075 - Line Dance Practice	10:15a-11:15a AD075 - Line Dance Practice		
11a-12:30p AD252 - Ukulele Holiday Playalong	11a-12p HW480 - Exploring Dementia Services	11a-12p HW480 - Exploring Dementia Services	11a-12p HW480 - Exploring Dementia Services	11a-12p HW480 - Exploring Dementia Services	11a-12p AD183 - Beginning Guitar	11a-12p AD183 - Beginning Guitar	11:30a-12:15p FI005 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit		
11a-12p FI028 - Gentle Yoga	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p AD058 - Country Line Dancing	11a-12p EL043 - Enjoy Poetry	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	12p-1:30p AD141 - Lifelong Musicians		
12:15p-1:15p FI015 - Pilates	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11:30a-12:30p AD248 - Readers Theater	11a-11:45a FI018 - Sit and Be Fit	11a-11:45a FI018 - Sit and Be Fit	12:30p-2p LS198 - Discussing Polarizing Issues	12:30p-2p LS198 - Discussing Polarizing Issues		
1p-2:30p SE171 - Literary Society Celebration	11:30a-12:30p HW238 - Tai Chi Demonstration	11:30a-12:30p HW238 - Tai Chi Demonstration	11:30a-12:30p HW238 - Tai Chi Demonstration	11:30a-12:30p HW238 - Tai Chi Demonstration	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	1p-2p FI010 - Chair Yoga	1p-2p FI010 - Chair Yoga		
1p-3p WG004 - Cards and Games	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	11:30a-1:30p WG013 - Spades	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1p HW386 - Intermediate Tai Chi 24 Form	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-2:30p FI034 - Cardio and Strength Training (Online)		
1:30p-2:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	1p-2p FI006 - Chair Yoga	12p-1:30p HW535 - Social Wellness	12p-1:30p HW535 - Social Wellness	2p-3:30p PR002 - Bible Discussion	2p-3:30p PR002 - Bible Discussion		
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	1p-3p WG001 - Social Bingo	12:30p-1:30p AD182 - Explore Ventriloquism	12:30p-1:30p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	2:30p-3:30p FI007 - Gentle Yoga		
2:30p-3:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p PR104 - God's Grace	2p-3:30p PR104 - God's Grace	2p-3:30p PR104 - God's Grace	2p-3:30p PR104 - God's Grace	1p-3p AD234 - Artist Open Studio	1p-3p AD234 - Artist Open Studio	2:30p-3:30p HW547 - Getting Better with Age	2:30p-3:30p HW547 - Getting Better with Age		
3:30p-4:30p LLI Board of Directors Meeting	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	2p-3:30p CO268 - Working with AI C	1p-3p WG006 - Cards and Games	1p-3p WG006 - Cards and Games				
	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	2p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:15p-2:15p AD210 - Intro to Brazilian Percussion				
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events	1:30p-3p HS003 - Current Events				
					1:30p-3p LE032 - Needleworkers United	1:30p-3p LE032 - Needleworkers United				
					2p-3:30p LE252 - Genealogy Discussions	2p-3:30p LE252 - Genealogy Discussions				
					2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C	2:30p-3:15p HW356 - Beginning Tai Chi 24 Form C				

First Name: _____
Last Name: _____
Member ID#: _____

LLI in Chesterfield
Fall 2026 Registration Form

Sequence # (Office Use): _____
Paid \$: _____
Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Art, Music, Drama, and Dance						
	AD012	Advanced Watercolor		Thu	Sept 17, 24, Oct 1, 8, 15, 22	10:30-12:30		Marti Franks
	AD021	Intermediate Tap Dancing		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	10:00-11:00		Beth and Julie
	AD022	Ballroom Dance for Partners		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	12:15-1:15		Doug and Teresa
	AD036	Introduction to Line Dancing		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	9:00-9:45		Julie Van Buskirk
	AD058	Country Line Dancing		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	9:00-11:00		Mary Jane and Bev
	AD110	Advanced Colored Pencil Techniques		Mon	Sept 28, Oct 5, 12, 19, 26, Nov 9, 16, 23	1:30-3:30		Brian Austin, PhD
	AD111	Intermediate Watercolor with Marti		Thu	Sept 17, 24, Oct 1, 8, 15, 22	2:00-3:30		Marti Franks
	AD119	Watercolor and Acrylic Problem Solving Workshop		Th/F	Dec 3, 4	9:00-2:30		Beverly Perdue
	AD141	Lifelong Musicians		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	12:00-1:30		Brad Bryan, et. al.
	AD149	Watercolor Florals		Tue	Sept 15, 22, 29, Oct 6	1:00-3:00		Poly Cline
	AD182	Explore Ventriloquism		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	12:30-1:30		John Byrd
	AD183	Beginning Guitar: Basic Chords		Wed	Sept 9, 16, 23, Oct 7, 14, 21, Nov 4, 18, Dec 2, 9, 16	11:00-12:00		Randall Kaker
	AD192	Super Senior Storytelling Slam		Thu	Sept 24, Oct 29, Nov 19, Dec 17	10:00-12:00		Judith and Les
	AD210	Introduction to Brazilian Percussion		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:15-2:15		Damir Strmel
	AD218	The Life and Works of Salvador Dali		Wed	Sept 30, Oct 7, 14, 21, 28, Nov 4	9:30-11:00		Juana Levi
	AD220	Improv Games for Fun, Creativity and Brain Health		Mon	Sept 28, Oct 5, 12, 19, 26, Nov 9	12:00-1:30		GeGe Beall
	AD231	Ukulele Jam		Mon	Sept 14	11:00-12:30		Rick Kaerwer
	AD234	Artist Open Studio		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:00-3:00		Diana Hinman, et. al.
	AD248	Readers Theater		Tue	Oct 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	11:30-12:30		Ken Carlson
	AD252	Ukulele Instruction and Holiday Playalong		Mon	Nov 30, Dec 7, 14	11:00-12:30		Rick Kaerwer
	AD278	Artists' Workshop		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 11	10:30-12:30		Susan Davies, et. al.
	AD288	History of the Cello and Music with Holiday Tunes		Tue	Dec 1	10:30-12:00		Sheryl Smith
	AD292	Moving to Music		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	8:30-9:30		Diane and Marsha
	AD314	The Book of Amazement Art Journal: Making the Book		Fri	Oct 30	1:00-2:30		Janet Abel
	AD315	The Book of Amazement Art Journal: Making the Book		Tue	Dec 8	10:30-12:00	Online	Janet Abel
	AD326	Art Journaling in the Book of Amazement: Using the Book		Fri	Nov 6	1:00-2:30		Janet Abel
	AD328	Art Journaling in the Book of Amazement: Using the Book		Tue	Dec 15	10:30-12:00	Online	Janet Abel
	AD329	Creativity and Wellness: How Creating Combats Loneliness		Thu	Oct 29	1:00-2:00		Kate Powell, MPA, CFRE
	AD334	InterAge Storytelling and Listening for Elders, Middlers, and Youngers		Thu	Sept 24, Oct 15, Nov 19, Dec 10	1:30-3:00		Les and Judith
	AD337	Lifelong Voices Choir		Tue	Sept 8, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	10:30-12:00		John Aiello
	AD338	Intermediate Oil Painting		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:00-12:00		William and Susan

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

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

First Name: _____

LLI in Chesterfield

Sequence # (Office Use): _____

Last Name: _____

Fall 2026 Registration Form

Paid \$: _____

Member ID#: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Computers, Technology, Math, and Science						
	CO199	Nearpeer Tutorial and Tips A		Wed	Sept 9	2:00-3:30		Debby Hoskin
	CO200	Nearpeer Tutorial and Tips B		Mon	Nov 16	10:30-12:00		Rachel Ramirez
	CO209	Understanding Artificial Intelligence A: Introductions		Thu	Sept 10, 17, 24	2:00-3:30		Danny Arkin
	CO210	Understanding Artificial Intelligence B: Introductions		Mon	Nov 9, 16, 23	2:00-3:30		Danny Arkin
	CO230	What is Modern Science?		Thu	Nov 5, 12, 19	9:30-11:00		Alex Meredith
	CO235	Podcasts for All		Mon	Oct 19	2:00-3:30		Rachel and Lucas Ramirez
	CO240	Apple App Store App for iPhone and iPad		Fri	Nov 20	1:00-3:00		Mark Grubbs
	CO243	Apple Mail App for iPhone and iPad		Fri	Oct 2	1:00-3:00		Mark Grubbs
	CO256	Introduction to Zoom		Wed	Sept 9	10:00-11:30		Carri and Scarleth
	CO258	Zoom Practice		Fri	Sept 11, Oct 9, Nov 13	10:00-11:00	Online	Carri and Scarleth
	CO260	Fusion Power in Chesterfield		Tue	Oct 6	2:00-3:30		Jessica Strunkin
	CO261	Fusion Power in Chesterfield		Thu	Sept 17	1:00-2:30	Online	Jessica Strunkin
	CO263	Working with Artificial Intelligence A: Learning to Navigate		Mon	Sept 28, Oct 5, 12	12:30-2:00		Danny Arkin
	CO264	Working with Artificial Intelligence B: Learning to Navigate		Thu	Oct 15, 22, 29	2:00-3:30		Danny Arkin
	CO265	Sleep, Wake, and the Renewing Brain A		Wed	Sept 9, 16, 23	10:30-12:30		Patricia Ryther
	CO267	Sleep, Wake, and the Renewing Brain B		Wed	Sept 30, Oct 7, 14	10:30-12:30		Patricia Ryther
	CO268	Working with Artificial Intelligence C: Learning to Navigate		Tue	Dec 1, 8, 15	2:00-3:30		Danny Arkin
	CO269	Digital Payment Tools: Alternatives to Cash		Fri	Nov 6, 13	2:00-3:30		Danny Arkin
	CO271	Wi-Fi Network Health		Tue	Sept 29	1:30-2:30		Bob Fiero
	CO272	Wi-Fi Network Health		Mon	Oct 12	2:00-3:00	Online	Bob Fiero
	CO273	The Basics of Going Electric		Fri	Sept 11	12:30-1:30		Charles Gerena
	CO274	Origins of Human Elements		Fri	Oct 23	1:30-2:30		James K. Schmitt, MD
	CO275	The Neglected Sense of Smell		Tue	Nov 10	10:30-12:00		Ruth Clemo
	CO276	Sleep, Wake, and the Renewing Brain C		Fri	Oct 23, 30, Nov 6	10:30-12:30		Patricia Ryther
		Diversity, Equity, and Inclusion						
	DE005	LGBTQ+ Basics		Fri	Oct 16	10:00-12:00		Michael Recant
	DE006	Coping with Blindness and Vision Loss		Thu	Oct 15	11:00-12:30		Robin Hoerber
	DE007	Understanding Gender Identity and Expression		Fri	Sept 25	1:30-3:30		Ted Heck
	DE009	Crazy Stories About Racism		Thu	Oct 22	1:30-3:00		Deb and Donna
	DE011	LGBTQ+ History		Fri	Nov 13	10:00-12:00		Michael Recant
	DE012	The Faith Club		Wed	Sept 16, 23, 30	2:00-3:30		Annette Khan, et. al.
	DE015	Aging and Ageism in Society and Self		Mon	Nov 9, 16, 23	10:30-12:00		Wayne Swatowski
	DE016	Bridging Generations: Mentors Make a Difference		Tue	Sept 8, Dec 8	9:30-11:00		Christopher and Wendy
	DE019	A Week in the Life of Billy Good		Fri	Sept 25	10:30-12:00		Wilbur and Carol
	DE020	Sharing Life Experiences: Conversation, Coffee, and Understanding		Tue	Nov 17	2:30-3:30		Rick and Myron

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

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

First Name: _____
Last Name: _____
Member ID#: _____

LLI in Chesterfield
Fall 2026 Registration Form

Sequence # (Office Use): _____
Paid \$: _____
Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Economics and Finance						
	EF006	Unlocking an IRA		Tue	Nov 17	2:00-3:30		Jamey Davidson
	EF100	Investor Alert		Tue	Oct 20	11:30-1:00		Jamey Davidson
	EF104	Estate Settlement and Probate		Tue	Oct 20	9:30-11:30		Mark Mikuta, CPA, CFP
	EF113	Medicare Part D: Shopping Your Prescription Drug Plan		Mon	Oct 12	10:30-11:30		Tammy Akers
	EF115	Estate Planning, Elder Law, and IRA Basics		Tue	Oct 27	10:00-11:30		Paula Peaden
	EF132	Financial Preparedness for Disasters		Thu	Nov 5	1:30-3:30		CCEM Staff
	EF136	Long Term Care Insurance		Tue	Oct 13	9:30-11:30		Linda and Donald
	EF138	Medicare Part D: Shopping Your Prescription Drug Plan		Tue	Oct 20	11:00-12:00	Online	Tammy Akers
	EF147	Outsmart the Scammers		Wed	Oct 14	11:30-12:30		Shawn Doran
	EF150	Virginia Long Term Care Options and How to Pay for Them		Wed	Oct 7	1:00-2:30		Jeremy L. Pryor, Esq.
	EF167	Financial Stability		Tue	Sept 15	2:00-3:30		Richard Commander
	EF168	Financial Stability		Tue	Sept 22	1:30-3:00	Online	Richard Commander
	EF178	Preparing a Home for Sale		Wed	Nov 18	10:30-12:00		Marianne and Dawn
	EF183	New Medicare Birthday Rule and Healthcare Expense Savings		Thu	Sept 24	11:00-12:00		Becky Huddleston
	EF184	Fraud and Scam Prevention		Wed	Sept 16	1:30-3:00		Kathy Boykin
	EF188	Investing in Artificial Intelligence		Wed	Sept 23	9:30-11:00		Jamey Davidson
	EF189	New Medicare Birthday Rule and Healthcare Expense Savings		Fri	Nov 6	2:00-3:00	Online	Becky Huddleston
	EF190	Medicare Essentials: Understanding Healthcare		Fri	Oct 2	10:30-12:00		Becky Huddleston
	EF192	The College Cost Divide: Then, Now, and What It Means		Mon	Sept 14	1:00-2:00		Amy Pridemore
	EF193	Financial Literacy		Thu	Nov 12	10:00-12:00	Online	Trupti Kulkarni
	EF194	Life Insurance Then and Now: Today's Life Insurance Landscape		Thu	Dec 10	10:30-12:00		Becky Huddleston
	EF195	Understanding Medicare's Annual Enrollment Period		Tue	Oct 27	12:30-1:30		Tammy Akers
		Literature, Poetry, and Film						
	EL015	Aspiring Writers' Critique		Fri	Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	Sept 16, 23, 30, Oct 7, 14, 21, Nov 4, 18, Dec 2, 9, 16	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1	9:00-11:00		Suzanne and Tom
	EL100	LLI Literary Society Orientation: Banned Books		Tue	Sept 8	10:30-11:30	Online	Martha and Bob
	EL101	LLI Literary Society Orientation: Banned Books		Tue	Sept 8	1:30-2:30		Martha and Bob
	EL108	The Boy, the Mole, the Fox and the Horse	*\$15	Fri	Oct 30	1:00-3:00		Rachel and Lucas Ramirez
	EL114	LLI Literary Society Feedback and Book Swap		Tue	Oct 27	1:30-2:30		Martha and Bob
	EL127	Virginia Military Veterans: Some Stories Are Too Important to Lose		Mon	Sept 14	11:00-12:00	Online	Alex Sebby
	EL128	Setting in Mysteries: A Key Role		Fri	Nov 13	11:30-12:30	Online	Heather Weidner
	EL143	Writing a Novel to Completion		Tue	Sept 15, 22	1:30-3:00		Mike Jack Stoumbos
	EL146	Workshopping and Editing Fiction Workshop		Tue	Nov 10	1:30-3:30		Mike Jack Stoumbos
	EL147	International Animation		Thu	Oct 29, Nov 5, 12, 19, Dec 3, 10	2:00-3:30		Josh Pachter
	EL148	Developing Fiction Writing		Tue	Oct 6, 13, 20, 27	1:30-3:30		Mike Jack Stoumbos
	EL149	The Iron John Fairy Tale: Unlocking the Wild		Wed	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4	9:00-10:30		Les Schaffer
	EL150	Freedom to Read		Wed	Oct 7	1:30-3:00		Deb Hood
	EL151	Librarians Fighting for Democracy		Wed	Nov 4	1:30-3:30		Deb Hood

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

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

First Name: _____
Last Name: _____
Member ID#: _____

LLI in Chesterfield
Fall 2026 Registration Form

Sequence # (Office Use): _____
Paid \$: _____
Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Fitness						
	FI001	Low Impact Monday	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$20	Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$20	Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:00-2:00		Dorota Kawka
	FI015	Pilates	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	12:15-1:15		Linda McDorman
	FI017	Wednesday Fun Fitness	\$20	Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	8:30-9:30	Online	Tracey Williams
	FI028	Gentle Yoga Monday	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$20	Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	11:30-12:30	Online	Linda McDorman
	FI034	Cardio and Strength Training Online	\$20	Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:30-2:30	Online	Nicole Thomas-Jackson
	FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/week	Sept 14 - Dec 18		Online	Team Vivo
	FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/week	Sept 14 - Dec 18		Online	Team Vivo
	FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/week	Sept 14 - Dec 18		Online	Team Vivo
		History, Humanities, and International Studies						
	HS003	Current Events Discussion		Wed	Sept 9, 23, Oct 7, 21, Nov 4, 18, Dec 2, 16	1:30-3:00		Hugh Ames, et. al.
	HS060	America, Land of Immigrants		Tue	Sept 22, 29, Oct 6, 13, 20	9:30-11:00		Dr. John Lemza
	HS089	Great Decisions	*\$40	Tue	Sept 22, Oct 13, Nov 10, Dec 8	2:00-3:30		Bob Ferguson
	HS381	The Adventures of Hiking the Caminos		Wed	Oct 28	1:00-3:00		Robert Abbott
	HS409	The Islands of Ireland		Tue	Sept 22, 29, Oct 6, 13, 20, 27	9:00-10:00		John Countryman
	HS541	History of Ventriloquism		Thu	Oct 29	1:00-2:30		John Byrd
	HS617	No Time to Grieve Documentary		Fri	Oct 2	1:30-3:30		Peppy Jones
	HS662	Vietnam: The Indochina Wars, 1945–75		Thu	Oct 8	1:00-2:00	Online	Chris Kolakowski
	HS690	Midlothian Matters		Fri	Oct 9	1:00-2:00		Mark S. Miller, Ph.D.
	HS724	American Corrections: Behind the Walls and Bars		Thu	Oct 8, 15	2:00-3:30		Charles J. Kehoe
	HS750	Echoes of the Past: Reminiscing Together		Thu	Oct 29	10:30-12:00		Richard Commander
	HS753	A Quest for Family Ties: This is America's Story		Fri	Nov 20	10:30-12:00		Samuel Hayes III
	HS754	A Quest for Family Ties: This is America's Story		Thu	Dec 3	1:00-2:30	Online	Samuel Hayes III
	HS761	WWII via Documentary: Victory at Sea (Part 2)		Mon	Sept 14, 28, Oct 5, 12, 19, 26	11:00-12:30		Edward Blackwell
	HS771	Sir Ernest Shackleton: A Leadership Discussion		Thu	Oct 22	9:00-10:30		Dan Riegel
	HS783	The World's Sacred Sites		Mon	Sept 14, 28, Oct 5, 12, 19, 26	12:15-1:30		Bob Ferguson
	HS791	Mementos and Memories A: Show and Tell		Thu	Dec 3	10:00-11:30		Karen Molzhon
	HS792	Mementos and Memories B: Show and Tell		Thu	Dec 10	10:00-11:30		Karen Molzhon
	HS796	Airwomen in Flight: A Century of Adventure and Achievement		Wed	Oct 14	2:00-3:30		Tim Kisner

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

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

First Name: _____
Last Name: _____
Member ID#: _____

LLI in Chesterfield
Fall 2026 Registration Form

Sequence # (Office Use): _____
Paid \$: _____
Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		History, Humanities, and International Studies						
	HS799	Great Palaces		Wed	Sept 9, 16, 23, 30	11:30-1:00		Karen Steele
	HS800	History of Brazil		Mon	Nov 9, 16, 23	9:30-11:00		John Whaley
	HS801	Popular Culture of the 1950s: Music, History, Literature, and Television		Thu	Sept 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19	11:00-12:00		Vic Thompson
	HS802	Tour of Ireland		Fri	Oct 2, 9, 16, 23	10:30-11:30		Timothy Pace
	HS803	The Mayan World: Yaxchilan, Palenque, and Bonampak		Mon	Sept 14, Oct 5, 26	2:00-3:30		Rick Kinnaird
	HS804	The Life of Osceola and the Great Seminole War		Tue	Sept 22, 29	11:30-12:30		Ed Barbour
	HS805	The WWI Letters of Private Ray Lamb		Thu	Oct 1	2:00-3:30		James Triesler
	HS806	Hampden-Sydney Goes to War		Tue	Oct 20, 27	2:00-3:30		James Triesler
	HS807	Virginia Court Sentencing Options		Fri	Sept 25	1:30-3:30		Erin and Frank
	HS808	The Story of the Hindenburg		Tue	Oct 6	11:30-12:30		George Saunders
	HS809	Stonewall Jackson: His Traits and Behavior in Leadership		Wed	Sept 30	2:30-3:30		Herbert Loveless
	HS810	Stonewall Jackson: His Traits and Behavior in Leadership		Tue	Oct 20	1:00-2:00	Online	Herbert Loveless
	HS811	The Art of the Fan: Fashion and Communication		Mon	Oct 26	9:30-10:30		Milbrey A. Bartholow
	HS812	George Gay: Sole Survivor of Torpedo Squadron 8 at Midway		Tue	Dec 1	1:30-3:00		Randall L. Lanning
	HS813	Abraham Lincoln A		Tue	Sept 22	1:00-2:00		Waite Rawls
	HS814	Abraham Lincoln B		Tue	Oct 27	11:00-12:00		Waite Rawls
	HS815	Sara Allen of Deerfield, Massachusetts		Tue	Sept 15	1:00-2:00		Wilbur Good
		Health and Wellness						
	HW188	Shoulder Pain: Rotator Cuff Repair and Shoulder Replacement		Fri	Oct 23	12:00-1:00		Michael Mariscalco, MD
	HW238	Tai Chi Demonstration and Overview		Tue	Dec 15	11:30-12:30		Damir and Mary
	HW239	Guided Meditation for Joy and Peace		T/Th/F	Oct 13, 15, 16	2:00-3:30	Online	Trupti (T) and Emme
	HW342	Beginning Tai Chi 24 Form A		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	1:30-2:15		Damir Strmel
	HW343	Intermediate Tai Chi: Learning the Traditional Yang Form		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	Sept 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	11:00-12:00		Mary E. Gutberlet, M.Ed.
	HW355	Beginning Tai Chi 24 Form B		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	2:30-3:15		Mary E. Gutberlet, M.Ed.
	HW356	Beginning Tai Chi 24 Form C		Wed	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	2:30-3:15		Mary E. Gutberlet, M.Ed.
	HW375	Joint Replacements: What to Know Before and After Surgery		Thu	Sept 17	2:30-3:30		David Reynolds, PT, DPT
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Thu	Oct 8	2:30-3:30		David Reynolds, PT, DPT
	HW377	Chronic Pain: How Do I Get Rid of It?		Thu	Nov 12	2:30-3:30		David Reynolds, PT, DPT
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	12:00-1:00		Mary and Mark
	HW394	Be the Help Until Help Arrives		Tue	Sept 29	1:00-3:00		CCEM Staff
	HW406	Low Back Pain	*\$15	Mon	Sept 14	10:00-11:30		Thomas Neviaser, MD
	HW407	Knee Conditions	*\$15	Mon	Sept 28	10:00-11:30		Thomas Neviaser, MD
	HW408	Shoulder Conditions	*\$15	Mon	Oct 5	10:00-11:30		Thomas Neviaser, MD
	HW409	Dry Needling: What It Is and How It Works		Thu	Dec 3	2:30-3:30		David Reynolds, PT, DPT
	HW428	AFib and Stroke Prevention		Fri	Sept 18	2:00-3:00		Juwairia Mulla, MD
	HW436	Senior Living Continuum		Wed	Sept 16	1:30-3:30		Jaime Smiley, MS
	HW437	Dementia Stages and Strategies		Wed	Oct 14	1:30-3:30		Jaime Smiley, MS
	HW445	Staying Safe at Home		Tue	Nov 17	1:30-3:30		Jaime Smiley, MS
	HW446	Stress Management Bingo: A Fun Way to Recharge		Fri	Sept 11	2:30-3:30		Rebecca and Eric

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

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

First Name: _____

LLI in Chesterfield

Sequence # (Office Use): _____

Last Name: _____

Fall 2026 Registration Form

Paid \$: _____

Member ID#: _____

Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Health and Wellness						
	HW462	Cultivating an Attitude of Gratitude		Tue	Nov 24	2:00-3:30		Melissa and Maria
	HW467	Low Back Pain Solutions		Tue	Sept 22	2:30-3:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Tue	Oct 13	2:30-3:30		Jordan Witt, DPT
	HW469	Fall Prevention Tips and Exercises		Tue	Nov 10	2:30-3:30		Jordan Witt, DPT
	HW476	Pelvic Floor Health and Women's Incontinence: Hold It!		Thu	Nov 5	12:00-1:00		Ramzi Aboujaoude, MD
	HW477	Building Caregiver Foundations		Tue	Sept 15	11:00-12:00		Rachel Lawson
	HW478	Supporting Dementia Independence as a Caregiver		Tue	Oct 6	10:30-11:30		Rachel Lawson
	HW479	Caregiver Communication and Responding to Dementia-Related Behaviors		Tue	Nov 17	10:30-12:00		Rachel Lawson
	HW480	Exploring Dementia Care and Support Services		Tue	Dec 15	11:00-12:00		Rachel Lawson
	HW486	Hearing Loss Apps for Smartphones		Thu	Oct 22	1:00-2:00	Online	Debra Ogilvie, et. al.
	HW495	Radiation for Arthritis: A Fresh Look at Osteoarthritis Treatment		Fri	Nov 6	1:30-2:30		David Randolph II, MD
	HW498	Bone Health Basics		Thu	Oct 15	12:30-1:30		Joshua Herzog, MD
	HW502	Medication Safety		Tue	Sept 22	11:30-1:00		Eric and Allyson
	HW504	Lifespan Reflection with VCU OT: Rewind and Replay		Wed	Sept 23, Oct 21	1:30-3:00		Audrey and Ayn
	HW510	Post-Menopausal Women's Health: Challenges, Treatment, and Prevention		Fri	Oct 30	2:00-3:00		Emily Stone, MD
	HW528	Women's Urology Wellness		Thu	Dec 3	1:00-2:00		Annie Edwards, DNP
	HW530	Remembering Decades Past: Reminiscing and Reflection		Tue	Nov 10, 17	9:30-11:30		Jennifer and Eric
	HW535	Social Wellness		Wed	Dec 2, 9, 16	12:00-1:30		Rebecca and Jennifer
	HW536	Self-Compassion		Tue	Dec 1, 8	9:30-11:00		Rebecca and Eric
	HW540	Muscles, Macros, and Mindset		Wed	Sept 16	9:30-10:30		Siobhan Carlton
	HW543	Advanced Cardiac Imaging: Seeing Inside the Heart Without Surgery		Tue	Sept 15	11:00-12:00		Logan Bernhardt, DO
	HW544	Renal Denervation Therapy: Option for High Blood Pressure		Fri	Oct 16	2:00-3:00		Gouthami Chennu, MD
	HW545	Heart Rhythm Solutions: Pacemakers and Defibrillators		Mon	Oct 26	11:00-12:00		Sami Ibrahim, MD
	HW546	Understanding Peripheral Artery Disease		Wed	Dec 2	11:00-12:00		Rahat Basal, MD
	HW547	Getting Better with Age: Reflections and Insights		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:30-3:30		John Bennett
	HW548	Guided Medical Discussion		Thu	Oct 1, 8, 15	10:30-12:00		Brian Mitchell, MD
	HW549	Understanding Emotions and Feelings		Tue	Sept 29, Oct 6, 13	10:30-12:00	Online	Emme Anderson-Simon
	HW550	Walking Through Grief and Supporting Others Through Difficult Times		Fri	Sept 11, 18	10:30-12:00		Karen and Jen
	HW551	Today's Cannabis: A Practical, Safe, and Science-Based Guide		Mon	Oct 12	11:00-12:00		Donna D. Zampi, PhD
	HW552	From Screen Time to Green Time: Getting Children in Nature		Thu	Oct 1	10:30-12:00	Online	Dr. Dale Atkins
	HW553	From Medical Breakthroughs to the Genetic Negotiation of a Lifetime		Tue	Oct 27	2:00-3:00	Online	Dr. Marschall Runge
	HW554	Meditation Practices: A Sampler		Mon	Nov 9	10:30-11:30		Janet Abel
	HW555	Meditation Practices: A Sampler		Tue	Dec 1	1:30-2:30	Online	Janet Abel
	HW556	Laughing Yoga: HaHaHa Hatha		Mon	Dec 7	1:30-2:30		Janet Abel
	HW557	Tips for Injury and Poison Prevention: Safe and Sound		Tue	Sept 29	10:30-12:00		Amanda and Shelly
		Inside LLI Activities						
	IA016	Annual State of the LLI Meeting		Mon	Oct 19	9:30-11:00		Dr. John Lemza, et. al.
	IA022	LLI Committee Fair: A Behind the Scenes Look		Mon	Sept 28	2:15-3:15		LLI Committee Chairs
	IA077	Workshop for LLI Instructors		Tue	Sept 8	12:30-2:00		Rachel Ramirez
	IA078	Workshop for LLI Instructors		Thu	Sept 10	12:30-2:00	Online	Rachel Ramirez
	IA997	Discussion with the Director		Thu	Sept 10	2:30-3:30		Rachel Ramirez
	IA998	Orientation for New Members		Fri	Sept 11	1:00-2:15	Online	Rachel Ramirez
	IA999	Orientation for New Members		Tue	Sept 8	9:30-11:00		Rachel Ramirez

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

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

First Name: _____
Last Name: _____
Member ID#: _____

LLI in Chesterfield
Fall 2026 Registration Form

Sequence # (Office Use): _____
Paid \$: _____
Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Languages						
	LA015	Conversational German		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	2:00-3:30		Alan McCrea
	LA019	Conversational French Review		Tue	Nov 10, 17, 24, Dec 1, 8, 15	9:00-10:00		Carol Pritchard
		Leisure Activities						
	LE007	Basic Quilting		Fri	Oct 9, 16, 23, 30, Nov 6, 13	10:30-12:00		Milbrey A. Bartholow
	LE032	Needleworkers United		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:30-3:00		Ellen Rennels
	LE130	Extra Easy Greeting Cards	\$15	Wed	Dec 9	10:00-12:00		LaVae Hoffman
	LE143	Beaded Lanyard for LLI Name Tag A	\$8	Tue	Sept 8	12:30-3:30		Donna Whitfield
	LE147	Beaded Lanyard for LLI Name Tag B	\$8	Mon	Sept 14	12:30-3:30		Donna Whitfield
	LE200	Advanced Card Making: Multi Media Fun	\$7	Tue	Nov 10	1:30-3:30		Marie Ireland
	LE233	Fun with Colorful Wire Jewelry Workshop	\$15	Wed	Oct 7, 14, 21, 28	10:30-12:00		Judith Onesty
	LE241	Basic Pine Needle Baskets	\$23	Thu	Oct 29, Nov 5, 12, 19	9:30-11:30		Diane and Jennifer
	LE252	Genealogy Discussions		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	2:00-3:30		Janet and Kevin
	LE253	Easy Cooking with Judith		Mon	Nov 9, 16, 23, 30	10:30-12:00	Online	Judith Onesty
	LE265	Modern Floral Design with an Asian Influence	\$12	Fri	Oct 9, 16, 23	1:30-3:00		Evelyn Klumb
	LE276	Balloonology 101	*\$8	Mon	Sept 14	10:30-12:00		Wayne Swatowski
	LE279	Introduction to Disc Golf	*\$12	Tue	Sept 29, Oct 6, 13, 20	9:30-11:00		Stone Wahl
	LE298	Honeybee 101: The Fascinating World of the Honeybee		Fri	Nov 13	10:30-12:00		Conner Parrish
	LE308	Live Evergreen Wreaths	\$55	Wed	Nov 18	10:00-12:00		Conner Parrish
	LE314	Card Making by the Numbers	\$30	Wed	Sept 30	10:00-12:00		Stephanie Balarzs Douglas
	LE315	Scrapbooking Made Easy	\$20	Tue	Sept 15	10:00-12:00		Stephanie Balarzs Douglas
	LE317	Learn American Mah Jongg		Wed	Sept 30, Oct 7, 14, 21	9:00-10:30		Stone Wahl
	LE335	Needle Felting Dryer Balls	\$10	Wed	Sept 30	1:30-3:30		Marie Ireland
	LE348	Logic and Reasoning Puzzles A: Set 4		Wed	Sept 30	11:00-12:30		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 4		Tue	Nov 17	9:30-11:00		Stone Wahl
	LE363	Beginning Quilling	\$15	Tue	Dec 1, 8	1:30-3:00		Karen and Evelyn
	LE364	Dahlia Flowers 101		Fri	Oct 30	10:30-12:00		Conner Parrish
	LE366	Ecological Gardening 101		Thu	Sept 10	9:00-10:30		Conner Parrish
	LE371	Wine Bottle Wind Chimes A	\$15	Tue	Oct 20	10:00-12:00		Marie Ireland
	LE376	Wine Bottle Wind Chimes B	\$15	Tue	Oct 20	1:30-3:30		Marie Ireland
	LE377	American Mah Jongg Boot Camp		Wed	Nov 18, Dec 2, 9, 16	9:00-10:30		Stone Wahl
	LE378	U.S. Coins and Postage Stamps Collection		Tue	Dec 1	1:00-3:00		Richard Commander
	LE379	Travel Tips and Strategies: Wander Wisely		Thu	Nov 12	1:00-2:00		Cindy Graunke
	LE380	Traveling Turkey in the Footsteps of St. John the Apostle		Fri	Sept 11	2:00-3:30		Martha Steger
	LE381	Composting		Tue	Nov 17	10:00-11:30		Norman and Susan
	LE382	Ecosystem Landscaping		Tue	Sept 15	9:00-10:30		Conner Parrish

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

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

First Name: _____
Last Name: _____
Member ID#: _____

LLI in Chesterfield
Fall 2026 Registration Form

Sequence # (Office Use): _____
Paid \$: _____
Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Life Services						
	LS050	EMS Passport Program		Tue	Dec 1	10:30-12:00		Millie Bishop
	LS069	VirginiaNavigator Overview: Navigating a Family of Websites		Wed	Sept 9	10:00-11:00		Bonnie Scimone
	LS084	The Art of the Apology		Thu	Sept 10, 17	10:30-12:00		Dr. Michael J. Wriston
	LS085	The Power of Listening		Fri	Sept 25, Oct 2	10:30-12:00		Dr. Michael J. Wriston
	LS086	Chesterfield Public Library Online Streaming and Reading Options		Tue	Sept 22	9:30-11:00		Cindy Arnold
	LS090	Increasing Grandparent Impact		Mon	Oct 5	9:30-11:30		Dr. Michael J. Wriston
	LS091	Thirteen Life-Changing Habits		Mon	Oct 12, 19	10:00-11:30		Dr. Michael J. Wriston
	LS094	Befriending the Subconscious		Thu	Nov 5, 12	10:30-12:00		Dr. Michael J. Wriston
	LS095	Enhancing Focus and Joy		Mon	Nov 16, 23, 30	10:00-11:30		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive, Not Reactive		Tue	Sept 29	9:30-11:00		Marc Friedlander, MBA
	LS099	Healthy Boundaries with Children		Mon	Dec 7, 14	10:00-11:30		Dr. Michael J. Wriston
	LS145	Transportation Services in Chesterfield County		Mon	Sept 14	11:00-12:00		Billie Darlington
	LS147	Crafts for Community		Thu	Sept 17, Oct 15, Nov 19	11:30-1:00		Milbrey A. Bartholow
	LS152	Human Trafficking: The Basics and the Law		Thu	Oct 15	9:00-10:30		Linda Hawkins, et. al.
	LS157	Planning Final Arrangements: Plan to Make It Right		Tue	Nov 10	12:30-2:00		Susan and Ben
	LS171	Transportation Services in Chesterfield County		Mon	Oct 12	11:00-12:00	Online	Billie Darlington
	LS172	Mercy Mall Emergency Food Bags		Thu	Oct 22	2:00-3:00		Phyllis Maples
	LS177	Emergency Preparedness for Individuals and Households		Wed	Nov 18	2:00-3:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Thu	Oct 1	1:30-3:30		Keith Chambers
	LS196	Navigating Senior Housing 101		Fri	Oct 16	1:00-2:00		John Krug
	LS198	Discussing the Big and Often Polarizing Issues		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	12:30-2:00		John and Claude
	LS202	Chesterfield Mobile Integrated Healthcare Provider		Wed	Sept 16	12:30-1:30		Lt. Bersch and Dan
	LS203	Improving Self-Esteem		Tue	Sept 29	2:00-3:30		Richard Commander
	LS208	Medical Aid in Dying: An End-of-Life Option		Wed	Nov 4	2:00-3:30		Wayne Swatowski
	LS213	Setting Goals		Wed	Dec 9	2:00-3:30		Richard Commander
	LS217	Critical Thinking A: Principles and Obstacles		Wed	Sept 23, 30	12:30-1:30		Brian Plante
	LS218	Critical Thinking B: Principles and Obstacles		Tue	Nov 17, 24	1:00-2:00		Brian Plante
	LS221	Aging in Place Explored: Proactive Aging		Mon	Sept 28, Oct 5	11:00-12:30	Online	Ann-Marie and Kristi
	LS229	From Farm to Front Door: How Food Gets to Those in Need		Thu	Sept 10	1:00-2:00		Brooke and Diana
	LS243	Preparing for Care and Crisis		Mon	Oct 5, 12, 19, 26	2:30-3:30		Jodie Musgrove
	LS244	Organized for Life		Thu	Oct 8, 15	9:00-10:00		Cara Kinning
	LS245	Protecting Home Equity and Spotting Scams: The Home Wealth Shield		Fri	Oct 9	11:00-12:00		Brian O'Laughlin
	LS246	Firearms Basics		Mon	Oct 19	11:00-12:30		Donna and Scott
	LS247	Higher Education Access: Understanding Virginia's Senior Tuition Waiver		Thu	Sept 17, Oct 1	10:00-11:30		Ayn and Rachel
	LS248	VCU Senior Mentoring Program: Connecting Medical Students and Older Adults		Fri	Sept 11	11:00-12:30		Shannon and Maddie

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

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

First Name: _____
Last Name: _____
Member ID#: _____

LLI in Chesterfield
Fall 2026 Registration Form

Sequence # (Office Use): _____
Paid \$: _____
Paid by: _____

X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Philosophy and Religious Studies						
	PR002	Bible Discussion of Esther and Ruth: Providence and Faithfulness		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:00-3:30		Mark and Julius
	PR059	The History of the Bible: Not a Bible Study		Thu	Nov 5, 12, 19	1:30-2:30		Wayne Moyer
	PR087	The Roman Catholic Mass and Scripture		Mon	Sept 28, Oct 5	10:00-11:30		Joanna Lurie
	PR099	Science, Theology, and Beyond		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12	9:30-11:00		Timothy Pace
	PR100	The Chosen: The Life of Jesus and His Followers		Mon	Sept 28, Oct 5, 12, 19, 26, Nov 9, 16	1:00-2:30		Luke John Coukos
	PR104	God's Grace: What Does It Look Like?		Tue	Dec 15	2:00-3:30		Richard Commander
	PR107	Biblical End Times Prophecies		Tue	Oct 6, 13, 20, 27	2:00-3:30		Wayne Moyer
	PR112	Ethics		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	9:30-10:30		James P. McDonough
	PR113	Mental Health and Faith: The Ins and Outs of Anxiety and Depression		Tue	Oct 6, 13, 20, 27	12:00-1:30		Annette G. Alabaster
	PR118	Exploring the World of Dreams		Tue	Sept 15, 22, 29, Oct 6	11:30-1:00		Mickie McGuill
	PR121	Contemporary Moral Issues		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	11:00-12:00		James P. McDonough
	PR122	Subconscious Awareness and Manifesting		Fri	Oct 16, 30, Nov 13	1:00-2:00		Mickie McGuill
	PR123	What Is Heaven Like?		Thu	Dec 3, 10	2:30-3:30		Wayne Moyer
		Special Events						
	SE073	Feed More Tour and Presentation A		Fri	Dec 4	10:00-11:00		Brooke Rogers
	SE126	Agecroft Hall Folktales Tour A	\$12	Tue	Sept 29	10:30-11:30		Katie and Matt
	SE154	Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet		Wed	Dec 16	11:00-12:00		Ken Carlson
	SE164	Company's Coming Band Concert		Fri	Nov 13	2:00-3:15		Kate Conn, et. al.
	SE167	Feed More Tour and Presentation B		Tue	Dec 8	10:00-11:00		Brooke Rogers
	SE168	Feed More Tour and Presentation C		Fri	Dec 11	10:00-11:00		Brooke Rogers
	SE170	Agecroft Hall Folktales Tour B	\$12	Tue	Oct 27	10:30-11:30		Katie and Matt
	SE171	Literary Society Celebration		Mon	Dec 14	1:00-2:30		Martha and Bob
	SE195	VMHC Women's History Tour A	\$17	Tue	Nov 10	1:00-2:00		Grace Powers
	SE196	VMHC Women's History Tour B	\$17	Thu	Nov 19	1:00-2:00		Grace Powers
	SE220	VCU's Cabell Library Behind the Scenes Tour		Wed	Oct 14	1:00-2:30		Kelly Gotschalk
	SE224	CIS Volunteer Mentoring: Ettrick Elementary School		Tue	Sept 22, Oct 6, 20, Nov 10, 17, Dec 1	10:30-1:30		Christopher Lee
	SE233	Behind the Scenes with Brightpoint: Witness for the Prosecution Sneak Peek		Fri	Nov 6	10:30-12:00		Kerrigan Sullivan
	SE238	The Cruise Without an End: A YAHA Performance		Wed	Oct 28	1:00-2:00		Bob and Vic
	SE239	History Museums in Washington, D.C. Tour	\$140	Fri	Sept 18	7:30-7:00		SignaTours
	SE240	Blue Ridge Adventure Tour: Virginia Safari Park and Natural Bridge	\$195	Thu	Oct 22	7:00-7:00		SignaTours
	SE241	Chesterfield County Jail and HARP Tour		Thu	Oct 1	10:00-12:00		Bailey and Sherriff Leonard
	SE911	Chesterfield 911 Center Tour A		Tue	Oct 6	10:30-12:00		Shannon M. White
	SE912	Chesterfield 911 Center Tour B		Mon	Oct 19	10:30-12:00		Shannon M. White
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	Sept 14, 28, Oct 5, 12, 19, 26, Nov 9, 16, 23, 30, Dec 7, 14	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, Dec 2, 9, 16	1:00-3:00		Carolyn and Fran
	WG007	Canasta Variations: Hand and Foot, Triple Play, and Samba		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg Thursday		Thu	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:30-11:30		Mary Jane and Marilyn
	WG010	Bridge for Experienced Players		Fri	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11	12:30-3:30		Jane Polivka
	WG013	Spades		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	11:30-1:30		Anne and Bev
	WG014	Mah Jongg Tuesday		Tue	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	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 _____