



Lifelong Learning Institute in Chesterfield

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

Lifelong Learning Institute

For midlife and older adults

FALL 2025 SESSION

SEPTEMBER 2 – DECEMBER 18, 2025

What We Are

The Lifelong Learning Institute in Chesterfield is a member-supported organization designed to meet the educational and social enrichment needs of adults age 50 and “better.” 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 as well as some members who enjoy sharing their knowledge and expertise.

Who We Are

The Lifelong Learning Institute in Chesterfield is administered and operated by its volunteer members and its sponsors: the Virginia Center on Aging at Virginia Commonwealth University (VCU), Chesterfield County Public Schools, and Chesterfield County. LLI Chesterfield is a nonprofit 501(c)(3) organization that is committed to equitable treatment and elimination of discrimination in all its forms at all organizational levels and throughout all programs. Our Institute is a member of the Road Scholar Resource Network, an umbrella organization for Lifelong Learning Institutes in the United States and Canada.

Board Members

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Catherine Tompkins (Chesterfield County Public Schools)

Kim Ivey (Virginia Center on Aging at VCU)

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

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 roundtrip 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 and do not park on the grass. Thank you for helping us be 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 21, 2025. Open Registration will occur onsite Monday, August 25 - Tuesday, August 26, 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 August 26 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 2025

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), headache, body aches, repeated shaking or chills, new, persistent cough for unknown reasons, shortness of breath for unknown reasons, runny nose 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 - 15
CO - Computers, Technology, Math, and Science	15 - 20
DE - Diversity, Equity, and Inclusion	21 - 22
EF - Economics and Finance	22 - 25
EL - Literature, Poetry, and Film	25 - 28
FI - Fitness	29 - 33
HS - History, Humanities, and International	33 - 42
HW - Health and Wellness	42 - 51
IA - Inside LLI Activities	52 - 54
LA - Languages	54 - 55
LE - Leisure Activities and Nature	55 - 60
LS - Life Services	60 - 68
PR - Philosophy and Religious Studies	69 - 71
SE - Special Events	71 - 76
WG - Weekly Group Activities	76 - 78
Instructor Biographies are available online.	
Weekly Calendar	79 - 94
Registration Form	95 - 103
Liability Waiver	104
Membership Application	105

Instructor Biographies...

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



Did you know...










- ...LLI membership dues have remained the same since 2010?
- ...LLI relies on donations each year to keep the dues consistent?
- ...about 30% of LLI's budget comes from donations?
- ...without the generosity of members and donors, LLI would not be able to continue offering our quality programs?

Have you ever wondered how you can support LLI more?

- You can make a donation directly to LLI of any amount at any time!
- You can request a Qualified Charitable Distribution be made to LLI!
- You can name LLI as a charitable beneficiary in your will or estate plan!

If you ever have any questions about any of these support options, please contact the office. We are so grateful for the generous gifts from our members, donors, and community throughout the years and look forward to continuing our quality programs and preparing for future growth.

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
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Beginner Tap Dancing	Course: AD253045
Tuesday	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16
9:00-9:45	
Instructor(s): Julie Van Buskirk	
Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate. Students will learn basic tap dance steps and easy dance routines. Tap dance is fun and great exercise.	
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Intermediate Tap Dancing	Course: AD253021
Tuesday	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16
10:00-11:00	
Instructor(s): Beth Mercer and Julie Van Buskirk	
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. Please register for only one session (Beginner or Intermediate) to allow all students a chance to participate.	
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Country Line Dancing	Course: AD253058
Tuesday	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16
11:30-12:30	
Instructor(s): Mary Bradstock	
This course will use line dancing for fun and exercise. Knowledge of basic line dance steps is preferable. New dances will be taught and older ones will be reviewed.	
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Moving to Music	Course: AD253292
Wednesday	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17
8:30-9:30	
Instructor(s): Diane Childress	
This course will share an hour of movement with all types of music, allowing students to move their muscles from head to toe. It can be a lot of fun to move to the music. Students should wear loose, comfortable clothing and appropriate footwear. There will be sit-down and stand-up movements that will make students feel like dancing.	
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Woodcarving: Open Carve	Course: AD253080
Wednesday	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17
9:00-11:00	
Instructor(s): Mary Jane Murphy and Bev Davidson	
LLI woodcarvers are invited to gather around the tables for open carving this session. The idea is to bring carving enthusiasts together for a fun, social opportunity to work on an old project or start something new. No formal instruction will be provided. Carvers are invited to bring along a favorite carving or tool of choice to share, an album of work or a book to inspire, a hunk of wood to whittle, and an encouraging word. Happy carving!	
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Beginning Guitar	Course: AD253183
Wednesday	Sept 3, 10, 17, Oct 1, 8, 15, Nov 5, 12, 19, Dec 3, 10, 17
9:30-10:30	
Instructor(s): Randall Kaker	
This course is designed for students with little to no experience playing the guitar. Students will learn how to tune their instrument, play simple melodies, and master a dozen or more common chords. Basic music theory will also be introduced to support foundational skills. Each student must bring their own guitar and an electronic tuner (a Snark ST-2 or similar model will work well). Consistent attendance will be encouraged to support steady progress.	
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Visual Art as Story: See the Pictures and Hear the Stories**Course: AD253306****Wednesday****Sept 3, 10, 17, 24, Oct 1, 8****9:30-11:00****Instructor(s): Karen Steele**

This course will explore how visual art serves as a powerful vehicle for storytelling, personal expression, and cultural meaning. Students will examine paintings, statues, drawings, prints, and sand paintings that convey heroic narratives, document historic events, reflect family life, express spiritual longing, and promote healing. Discussions will include the role of art in spirituality, religion, power, group identity, and personal experience, with examples ranging from the Prehistoric period to the Late Medieval period in western Europe.

Introduction to Afro-Brazilian Percussion**Course: AD253210****Wednesday****Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****1:15-2:15****Instructor(s): Damir Strmel and Josie Schmidt**

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.

Explore Ventriloquism**Course: AD253182****Wednesday****Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****2:00-3:00****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.

Introduction to Line Dancing**Course: AD253036****Thursday****Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18****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: AD253075****Thursday****Sept 4, 18, 25, Oct 16, 23, 30, Nov 6, 20, Dec 4, 11, 18****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: AD253141****Thursday****Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18****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 1980s—examples include Down on the Corner, Proud Mary, Sweet Caroline, Crazy, Love Potion #9, and Brown Eyed Girl. This course is designed for students who enjoy these classics and can play a chording instrument (guitar, mandolin, ukulele, keyboard), bass, percussion, or any instrument that fits the group. Lyrics and chords will be provided, and all songs will be played together as a group. Everyone who registers should play an instrument—even a pair of egg shakers counts! While there is little formal instruction, students will learn from each other and have fun. Good attendance is encouraged.

Open Artists' Studio**Course: AD253278****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, Nov 7, 14, 21, Dec 5, 12****10:30-12:30****Instructor(s): Dr. Susan Coffey, Susan Davies, and Yvonne Ricciardelli**

Students will create art independently in a supportive studio environment. Artists working in any medium will be encouraged to share ideas, tips and tricks, favorite reference photos, and personal techniques with the group. Compliments and constructive suggestions will be offered by fellow students and coordinators when requested. Students must bring their own supplies, and all mediums used must be odorless. Happy creating!

Ballroom Dance for Partners**Course: AD253022****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12****12:15-1:15****Instructor(s): Doug McRae, Teresa Day, and Phyllis Harris**

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.

Artist Open Studio**Course: AD253234****Monday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 24, Dec 1, 8, 15****1:00-3:00****Instructor(s): Diana Hinman, Diane Barbour, Mary Cox, and LuGay Lanier**

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

Watercolor Basics**Course: AD253016 *\$8****Tuesday****Sept 9, 16, 23, 30****1:00-3:00****Instructor(s): Poly Cline**

Students will begin or refresh their watercolor journey in this introductory course focused on creating delightful paintings and cards to share with friends and family. No drawing skills will be required, and each class will build on techniques introduced in the previous class. Students will learn foundational watercolor methods in a supportive environment, and it is recommended that they plan to attend all four classes to gain the full benefit of the instruction. The optional course fee will provide a kit of beginner watercolor supplies. The kit will contain one sheet of transfer paper, one roll of Medeen artist's tape, one art eraser, one melamine eraser, one black ultra fine Sharpie pen, one white Uniball pen, two binder clips, and one zippered pouch. A supply list will be available at registration and outside the office before class.

Cape Breton Square Dance**Course: AD253307****Thursday****Sept 11, Oct 9, Nov 13****10:15-11:15****Instructor(s): Annabelle Bugay**

Students will kick up their heels with instructor Annabelle Bugay as they learn the basic steps of a lively three-part Scottish square dance from Cape Breton Island, Nova Scotia. No prior dance experience will be required, and steps will be adapted to accommodate a range of physical abilities, ensuring a joyful and inclusive atmosphere for all. Students should wear shoes they feel comfortable dancing in—nothing specific is required, though styles with a minimal tread or leather sole are ideal. Tennis shoes will also work well.

Interior Design Drawing A: Space Planning**Course: AD253311****Thursday****Sept 11, 18****1:00-2:00****Instructor(s): Pat Meek**

Students will explore practical strategies for transforming problem rooms into functional, inviting spaces. This course will guide students through drawing a room to scale and designing effective traffic patterns to support both comfort and usability. Whether tackling a tricky layout or planning a full makeover, students will gain tools to reimagine their space with confidence. Students will need to bring room dimensions, a ruler or straight edge, a pencil, and an eraser.

Fun from Script to Stage: Readers Theater**Course: AD253305****Thursday****Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18****2:00-3:30****Instructor(s): Vic Thompson and Mary Jane Murphy**

This course will blend traditional dramatic script readings with a classroom-based theatre performance. Students will develop performance skills through skits, improvised situational comedy, and collaborative reading of a full-length play. Each student will read multiple roles, and the instructor will assign two students to each part for performance. The play will be presented twice in the Lecture Room on separate days, with half the class performing in Group A and the other half in Group B. To participate in the performances, students should plan to attend at least five of the first six sessions and most of the remaining classes.

Readers Theater**Course: AD253248****Tuesday****Sept 16, 23, 30, Oct 14, 21, 28, Nov 18, 25, Dec 2, 9, 16****9:30-10:30****Instructor(s): Ken Carlson**

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

Super Senior Storytelling Slam**Course: AD253192****Thursday****Sept 25, Oct 30, Nov 20, Dec 18****10:30-12:30****Instructor(s): Judith Onesty and Les Schaffer**

Story Slams are gaining worldwide popularity. Akin to NPR's "The Moth" or "This American Life," slams are festivals for the spoken word. LLI story-slammers can tell up to an eight-minute story each month. Up to eight participants will be selected from those registered. Procrastinators can put their names in a hat for a chance to tell if time permits. Themes will be announced in advance, and stories must be mostly true and told without notes. The audience will be expecting real-life stories with a clear beginning, middle, and end, explaining why the story matters. Students can share their tales with fellow LLI members in a supportive setting. MCs Les Schaffer and Judith Onesty offer coaching. Each session kicks off with a fun warm-up or storytelling exercise. The first month's theme is "The Story You've Been Wanting to Tell," stories that encourage personal connection and shared experiences. Both participants and listeners should register.

Watercolor Florals**Course: AD253149****Tuesday****Oct 7, 14, 21, 28****10:00-12:00****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: AD253012****Thursday****Oct 9, 16, 23, Nov 6, 13, 20****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.

Pigments in Art and Culture: Yuk, Muck, and Luck**Course: AD253313****Thursday****Oct 9****10:30-11:30****Instructor(s): Dr. John Partridge and Poly Cline**

Students will explore the curious histories of artistic pigments such as Mummy Brown, Madder, and Mauve. This course will examine how these vivid substances—some sourced from ancient remains, others born of industrial chemistry—shaped art, science, and culture. Students will learn about Lake pigments and the surprising origins behind some of history's most treasured hues. Presented by Poly Cline and John Partridge, this lively course will blend storytelling, chemistry, and creativity into one unforgettable concoction.

Intermediate Watercolor with Marti**Course: AD253111****Thursday****Oct 9, 16, 23, Nov 6, 13, 20****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.

Life and Works of Raphael**Course: AD253186****Wednesday****Oct 15, 22, 29, Nov 5, 12, 19****9:30-11:00****Instructor(s): Juana Levi**

Raffaello Sanzio da Urbino, known as Raphael, was a young contemporary of Leonardo da Vinci and Michelangelo. Together, they are recognized as the trinity of the High Renaissance in Italy. When critics speak of Raphael, they unanimously come up with one word to describe the genius in his work - grace. It's said that his works reflect his character. He was charming, handsome, and insanely talented. Giorgio Vasari, a sixteenth-century biographer of artists, ordained him the "Prince of Painters." In his short life of 37 years, Raphael produced a large number of works and operated one of the largest studios with over 50 artists and assistants. Some claim he was the happiest, most successful, and best-loved artist in history.

Op Art for Absolute Beginners A**Course: AD253316****Wednesday****Oct 15****1:00-3:30****Instructor(s): Sarah Matthews**

Please register for only one session (A, B, or C) to allow all students a chance to participate. Students will explore the playful world of Optical Art (Op Art), an art movement known for bold colors, clever patterns, and visual illusions. No prior art experience is required. Using simple materials like paper, pencils, and markers, students will learn beginner-friendly techniques such as wavy lines, checkerboards, and color gradients. These foundational skills will build toward creating eye-catching designs that appear to twist, pop, or move off the page. This course will emphasize creativity, experimentation, and fun. The instructor will provide all materials. Students may bring their own colored pencils or markers if preferred.

Op Art for Absolute Beginners B**Course: AD253317****Wednesday****Oct 29****9:30-12:00****Instructor(s): Sarah Matthews**

Please register for only one session (A, B, or C) to allow all students a chance to participate. Students will explore the playful world of Optical Art (Op Art), an art movement known for bold colors, clever patterns, and visual illusions. No prior art experience is required. Using simple materials like paper, pencils, and markers, students will learn beginner-friendly techniques such as wavy lines, checkerboards, and color gradients. These foundational skills will build toward creating eye-catching designs that appear to twist, pop, or move off the page. This course will emphasize creativity, experimentation, and fun. The instructor will provide all materials. Students may bring their own colored pencils or markers if preferred.

Ukulele Instruction and Jam**Course: AD253252****Wednesday****Oct 29, Nov 5, 12, 19****11:00-12:30****Instructor(s): Rick Kaerwer**

Whether students are picking up a ukulele for the first time or have been strumming for years, this course will offer a welcoming space for all skill levels. The ukulele is one of the friendliest stringed instruments—easy to learn, fun to play, and perfect for group music-making. No music reading is required, and there will be no homework or pressure—just good company and four cheerful strings. Beginners will receive extra support during the first 30 minutes of the first class, while experienced players are welcome to assist or join in later. As the weeks progress, intermediate skills and faster songs will be introduced for those seeking a challenge. Students may bring their own ukulele, but are encouraged to wait on purchasing one until trying out different sizes provided by the instructor. Loaner instruments will be available during class, and recommendations for affordable options will be offered.

Watercolor and Acrylic Problem Solving Workshop**Course: AD253119****Thursday, Friday****Oct 30, 31****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.

Art Journaling in the Book of Amazement**Course: AD253314****Friday****Nov 7****1:30-3:00****Instructor(s): Janet Abel**

Students will learn how to transform an ordinary composition book into a personal “holy book” through a daily creative practice called “Art in Three Inches.” Inspired by a dream of artistic awakening, the instructor will guide students in using intention and attention to create journals filled 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, a brown paper grocery bag, scissors, writing utensils, and a glue stick. Basic supplies will be discussed, but the project will not be completed during the class.

Creating a Mandala in Community A**Course: AD253308****Monday****Nov 10****9:30-11:00****Instructor(s): Josie Schmidt**

Please register for only one session (A or B) to allow all students a chance to participate. Students will be invited to bring items from nature—such as flower petals, greens, stones, seeds, nuts, or shells—with the intention of honoring someone or something personally meaningful. The instructor will introduce the process, which will be completed in silence, accompanied by meditative background music. Upon completion, the group will reflect on the concept of impermanence and collaboratively decide how to release the mandala as a symbolic act of letting go.

El Greco: Rediscovering a Master**Course: AD253283****Wednesday****Nov 12****1:30-3:00****Instructor(s): Tara Semtner, AIA**

This course will encourage students to imagine a painter so revolutionary that his art was nearly forgotten, his name fading into obscurity for centuries. This is Doménikos Theotokópoulos, known to the world as El Greco, a master whose visionary style was both celebrated and scorned. This course will examine the remarkable revival of El Greco's art in the 20th century, a period that rekindled a passionate interest in his powerful paintings and the mysteries surrounding his life. Journeying back in time, students will explore his artistic evolution from Crete to Spain, delving into his defiant personality, his struggles, and the controversies that clouded his legacy. Ultimately, the myths and misconceptions surrounding El Greco will be dispelled, securing his rightful place as one of the most compelling figures in art history.

YUPO and Watermedia Workshop**Course: AD253151****Monday, Tuesday****Nov 17, 18****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 be the focus of this workshop. Instructor will provide demonstrations during the class. Students can bring in paintings in progress or brand new pieces that the artist wants to start in any watermedia. 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.

Op Art for Absolute Beginners C**Course: AD253318****Tuesday****Dec 2****1:00-3:30****Instructor(s): Sarah Matthews**

Please register for only one session (A, B, or C) to allow all students a chance to participate. Students will explore the playful world of Optical Art (Op Art), an art movement known for bold colors, clever patterns, and visual illusions. No prior art experience is required. Using simple materials like paper, pencils, and markers, students will learn beginner-friendly techniques such as wavy lines, checkerboards, and color gradients. These foundational skills will build toward creating eye-catching designs that appear to twist, pop, or move off the page. This course will emphasize creativity, experimentation, and fun. The instructor will provide all materials. Students may bring their own colored pencils or markers if preferred.

Interior Design Drawing B: Space Planning**Course: AD253312****Thursday****Dec 4, 11****1:00-2:00****Instructor(s): Pat Meek**

Students will explore practical strategies for transforming problem rooms into functional, inviting spaces. This course will guide students through drawing a room to scale and designing effective traffic patterns to support both comfort and usability. Whether tackling a tricky layout or planning a full makeover, students will gain tools to reimagine their space with confidence. Students will need to bring room dimensions, a ruler or straight edge, a pencil, and an eraser.

Art Journaling in the Book of Amazement**Course: AD253315****Friday****Dec 5****10:00-11:30****Online****Instructor(s): Janet Abel**

Students will learn how to transform an ordinary composition book into a personal “holy book” through a daily creative practice called “Art in Three Inches.” Inspired by a dream of artistic awakening, the instructor will guide students in using intention and attention to create journals filled 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 have a composition book, a brown paper grocery bag, scissors, writing utensils, and a glue stick. Basic supplies will be discussed, but the project will not be completed during the class.

Creating a Mandala in Community B**Course: AD253309****Monday****Dec 8****10:30-12:00****Instructor(s): Josie Schmidt**

Please register for only one session (A or B) to allow all students a chance to participate. Students will be invited to bring items from nature—such as flower petals, greens, stones, seeds, nuts, or shells—with the intention of honoring someone or something personally meaningful. The instructor will introduce the process, which will be completed in silence, accompanied by meditative background music. Upon completion, the group will reflect on the concept of impermanence and collaboratively decide how to release the mandala as a symbolic act of letting go.

History of the Cello and Music with Holiday Tunes**Course: AD253288****Wednesday****Dec 10****9:30-11:00****Instructor(s): Sheryl Smith**

Students will enjoy a live musical journey through the history of the cello, combining lecture and performance. The instructor will trace the evolution of bowed string instruments, sharing classical music examples from major historical eras, followed by selections from popular music and holiday favorites from Christian and Jewish traditions. Students will learn how a cello produces sound, what it is made of, and will be invited to ask questions about playing the instrument. This course will offer both education and entertainment for music lovers of all backgrounds.

CO**Computers, Technology, Math, and Science**

Nearpeer Tutorial and Tips A**Course: CO253199****Wednesday****Sept 3****11:00-12:30****Instructor(s): Debby Hoskin**

Nearpeer is the online platform for LLI Chesterfield members and instructors. Nearpeer gives members and instructors a way to find, meet, and connect with others in the LLI community who have similar interests or live nearby. There are also groups where members and instructors can engage in group chats, ask questions, and share information. This course will provide answers to any questions about Nearpeer and hands-on help to create or edit a profile. Students should bring a smartphone, mobile device, or laptop if they wish to create or log in to their Nearpeer profile. There will be plenty of time to practice, ask questions, make group suggestions, and have fun!

The ABCs of Flight**Course: CO253125****Thursday****Sept 4, 11, 18, 25****2:00-3:30****Instructor(s): Danny Arkin**

Of Leonardo da Vinci's many areas of study, perhaps his favorite was aviation. He seemed truly excited by the possibility of people soaring through the skies like birds. This course will introduce students to the modern possibilities of general aviation, including basic principles of flight, types of aircraft, and what's involved in becoming a pilot. The course will also highlight the sense of freedom and adventure that flight inspires. After the final class, students will have the opportunity to observe aircraft on the ground at a local site.

Google Photos A: Managing Thousands of Photos**Course: CO253175****Monday****Sept 8, 15, 22****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 is for anyone overwhelmed with the number of photos stored in their phone and for anyone who wants help organizing and managing them with Google Photos. This course will help students understand what syncing and accessing photos in the Google Cloud means. Anyone who takes photos on a mobile device needs this course to help get the monster under control.

What is Modern Science?**Course: CO253230****Tuesday****Sept 9, 16****10:30-12:00****Instructor(s): Alex Meredith**

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

Microbiome: News from the Gut**Course: CO253218****Friday****Sept 12, 19****9:30-11:30****Instructor(s): Patricia Ryther**

The Centers for Disease Control and Prevention estimates that about half of adult Americans have at least one chronic disease, and those numbers are rising. Does the modern way of life affect health by changing the microbiome? Can simple measures provide protection? Scientists are researching the human gut in new ways and making some important discoveries. Microbes may carry powerful weapons that fight chronic disease, and they can be allies in the search for better health. This course will explore how the microbiome works and cover a few recent research developments. Students will discuss the use of probiotics and other ways to protect the microbiome and improve well-being.

Alternative Energies for Generation of Electricity**Course: CO253144****Friday****Sept 19, 26****10:00-11:30****Instructor(s): B. Ellen Johnson, PhD****Online**

This course will examine why society is shifting away from traditional fossil fuels toward cleaner energy sources. Students will explore the difference between alternative and renewable fuels, and will gain an understanding of greenhouse gases and their impact on the atmosphere. The course will introduce several utility-scale methods of alternative energy production, including solar power with parabolic mirrors, wind turbines, and ocean wave generators. Students will learn how these technologies contribute to a more sustainable energy future.

Apple App Store**Course: CO253240****Friday****Sept 19****1:30-3:30****Instructor(s): Mark Grubbs**

This course will cover all the features and uses of the App Store for Apple mobile devices. As a class, students will download, set up, and use an app giving experience needed to confidently use the App Store on an iPhone or iPad. There will be time for questions!

Forever Chemicals and Health**Course: CO253232****Friday****Sept 26, Oct 3****9:30-11:30****Instructor(s): Patricia Ryther**

PFAS, also known as “forever chemicals,” are a large group of industrial chemicals used in many consumer products. Because they do not break down in the environment, they are now common in the air, water, food, blood, and even brains. They’re mostly unregulated. Scientists say they may cause cancer, neurological diseases like Alzheimer’s, and many other health issues. This course will discuss the risks, benefits, and challenges of PFAS. How did the chemicals become such a problem? What can be done to reduce exposure and improve personal health and the health of the environment?

Artificial Intelligence A: History, Promises, Fears, and the Future**Course: CO253209****Monday****Sept 29, Oct 6, 13****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. It is reported that half of all Artificial Intelligence (AI) researchers believe there is at least a 10 percent chance of AI causing human extinction, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions, or even playing God. In March 2023, major tech names including Elon Musk and Steve Wozniak, signed an open letter urging a halt to generative AI development over a profound risk to humanity. In this course, students will learn the definition of AI, along with its history, promises, fears, and futures. Each student will have the opportunity to form an opinion on the role this technology's future could play in their life.

Introduction to Calculus**Course: CO253249****Tuesday****Sept 30****10:00-11:00****Online****Instructor(s): B. Ellen Johnson, PhD**

This course will introduce the basic principles of calculus and demonstrate how they are applied in real-world contexts, including computer modeling. Students will explore foundational concepts such as rates of change and accumulation, and will gain insight into how calculus helps describe dynamic systems and solve complex problems.

Apple iPhone Tips and Tricks A**Course: CO253227****Thursday****Oct 9, 16, 23, 30, Nov 6****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 help students learn basic skills along with tips and tricks involved with Apple's iPhone. Students will learn those things they wish they knew how to do. Each week new skills, tips, and tricks will be explored. Use of the many iPhone apps will NOT be covered other than addressing their basic settings. The newest iPhones with up-to-date operating systems are preferred but not required. Both veteran and newbie iPhone users are guaranteed to walk away with great understanding and new ideas.

Apple Photos**Course: CO253241****Friday Oct 10****1:30-3:30****Instructor(s): Mark Grubbs**

In this course, students will be guided through all the ins and outs of the Apple Photos app, including photo management. Students will also take a brief look at the camera app as time allows. Photo editing will not be covered, but there will be time for questions!

Basic Electricity**Course: CO253238****Tuesday Oct 14, 21, 28****10:30-12:00****Instructor(s): Ken Carlson**

This course will cover electrical equipment and how to safely perform repairs, alterations, or new installations for a home electrical system. Topics covered will include: electrical safety; units, definitions, and terminology; Ohm's law, direct current circuits, batteries, the power equation; alternating current circuits, generation, transformers; home appliances, motors, electrical hardware devices; ground fault circuit interrupters (GFCI); three-way and four-way switches; LED lighting; set-back thermostats and how to cost-efficiently control heat pumps in winter; interpreting the electric bill; as well as cables, wires, terminations, switches, and outlets. Exposure to electrical tools, troubleshooting, and testing equipment will be covered, including a voltage probe, multimeter, Amprobe, temperature probe, and circuit tester.

Google Photos B: Managing Thousands of Photos**Course: CO253176****Tuesday Oct 14, 21, 28****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 is for anyone overwhelmed with the number of photos stored in their phone and for anyone who wants help organizing and managing them with Google Photos. This course will help students understand what syncing and accessing photos in the Google Cloud means. Anyone who takes photos on a mobile device needs this course to help get the monster under control.

Microplastics A: A Global Problem Gets Personal**Course: CO253246****Friday Oct 17, 24, 31****9:30-11:30****Instructor(s): Patricia Ryther**

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

Nearpeer Tutorial and Tips B**Course: CO253200****Monday Oct 20****2:00-3:30****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!

Microplastics B: A Global Problem Gets Personal**Course: CO253247****Wednesday****Oct 29, Nov 5, 12****9:30-11:30****Instructor(s): Patricia Ryther**

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

Apple Messages**Course: CO253242****Friday****Nov 7****1:30-3:30****Instructor(s): Mark Grubbs**

In this course, students will be shown and given time to practice all that can be done with the Apple Messages app (for texting). There's so much more than first meets the eye! Fun tips will be shared on what can be done with texting friends and grandkids. There will be lots of time for questions!

Apple iPhone Tips and Tricks B**Course: CO253228****Monday****Nov 10, 17, 24, Dec 1, 8****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 help students learn basic skills along with tips and tricks involved with Apple's iPhone. Students will learn those things they wish they knew how to do. Each week new skills, tips, and tricks will be explored. Use of the many iPhone apps will NOT be covered other than addressing their basic settings. The newest iPhones with up-to-date operating systems are preferred but not required. Both veteran and newbie iPhone users are guaranteed to walk away with great understanding and new ideas.

Microplastics C: A Global Problem Gets Personal**Course: CO253248****Thursday****Nov 20, Dec 4, 11****9:30-11:30****Instructor(s): Patricia Ryther**

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

Podcasts for All**Course: CO253235****Friday****Nov 21****10:30-12:00****Instructor(s): Rachel and Lucas Ramirez**

There are countless entertainment sources these days. While screentime is the most popular, research shows that it is not the most beneficial. Enter podcasts. Podcasts are an excellent alternative to screentime and have become more popular in recent years with wonderful options from bedtime stories to news, science- and nature-themed shows to hobbies and everything in between. This course will give students insight into the benefits of podcasts for children and adults as well as provide a list of recommendations. Lucas will share his favorite podcasts for kids, such as The Cat in the Hat Cast, Silly Stories for Kids, Gardenkeeper Gus, and Nature Nerds. A few all-age podcasts will be shared with discretion recommended, such as History Daily and Real Survival Stories. This course will also give students an opportunity to share their favorite podcasts. This will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Artificial Intelligence B: History, Promises, Fears, and the Future**Course: CO253210****Thursday****Dec 4, 11, 18****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. It is reported that half of all Artificial Intelligence (AI) researchers believe there is at least a 10 percent chance of AI causing human extinction, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions, or even playing God. In March 2023, major tech names including Elon Musk and Steve Wozniak, signed an open letter urging a halt to generative AI development over a profound risk to humanity. In this course, students will learn the definition of AI, along with its history, promises, fears, and futures. Each student will have the opportunity to form an opinion on the role this technology's future could play in their life.

Apple Mail**Course: CO253243****Friday****Dec 5****1:30-3:30****Instructor(s): Mark Grubbs**

This course will cover all the parts of the Apple Mail app. Students will be guided through email management and the importance of having at least two email addresses. Some things about passwords will be discussed as well, and there will be time for questions.

Facebook Tips and Tricks**Course: CO253236****Monday****Dec 15****2:00-3:30****Instructor(s): Danny Arkin**

As of 2024, Facebook boasts over 3 billion monthly active users, making it the largest social network globally. This course will help students explore the power of this social media, learn valuable tips and tricks, and understand the strengths and weaknesses of this habit-forming venue for connecting to the universe. Facebook works on all technology devices, both old and new.

LGBTQ+ Basics**Course: DE253005****Tuesday****Sept 23****1:00-3:00****Instructor(s): Michael Recant**

Students will gain a foundational understanding of the terminology and concepts associated with non-traditional sexuality and gender identity in U.S. society. This course will provide factual, non-judgmental information about LGBTQ+ identities—including lesbian, gay, bisexual, transgender, non-binary, intersex, and others—and how these identities are represented and understood in today's media and culture. Students will also discuss the discrimination faced by LGBTQ+ individuals and explore ways that allies can offer meaningful support.

Aging and Ageism in Society and Self**Course: DE253015****Monday****Sept 29, Oct 6, 13****11:30-1:00****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.

Coping with Blindness and Vision Loss**Course: DE253006****Wednesday****Oct 8****10:00-11:30****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.

Understanding Gender Identity and Expression**Course: DE253007****Friday****Oct 10****1:00-3:00****Instructor(s): Ted Heck**

This course will present basic concepts related to gender identity and gender expression and how they are related to sexual orientation, gender roles, and other aspects of gender as they tie into society and relationships. There will be opportunities to discuss and ask questions about all of these concepts and related topics. Students will learn the basic components of gender and some gender-related terms, how names and pronouns make a difference for people's lives, and how to be an ally to trans and non-binary people.

The Faith Club**Course: DE253012 *\$11****Thursday****Nov 6, 13, 20****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 book *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 both their own beliefs and those of others—including humanist, atheist, agnostic, and religious perspectives. Subsequent classes will involve sharing experiences and viewpoints related to the book's themes. The book will be available for optional purchase through LLI during Open Registration, with payment due at the time of registration.

Disability and Ableism: From Oppression to the ADA to How to Help**Course: DE253013****Monday****Dec 1, 8****1:30-3:00****Instructor(s): Wayne Swatlowski**

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

LGBTQ+ History**Course: DE253011****Tuesday****Dec 2****1:00-3:00****Instructor(s): Michael Recant**

Students will explore the history of LGBTQ+ individuals in the United States, examining how societal attitudes, laws, and government policies have evolved over time. This course will consider the lived experiences of LGBTQ+ people across different historical periods, including the impact of the AIDS epidemic and the federal response. Students will discuss the origins and meaning of PRIDE events and analyze recent changes in government policy affecting LGBTQ+ rights, including healthcare access, education, and legal protections. The course will provide opportunities to reflect on both progress and ongoing challenges in the fight for equality.

EF**Economics and Finance**

Federal Reserve Basics**Course: EF253179****Wednesday****Sept 3, 10, 17, Oct 1****10:30-11:30****Instructor(s): Tim Schilling**

This course will explore the history of central banking in the United States, the structure and core functions of the Federal Reserve System, and key milestones in the development of our nation's central bank.

Virginia Long Term Care Options and How to Pay for Them**Course: EF253150****Tuesday****Sept 9****2:00-3:30****Instructor(s): Jeremy L. Pryor, Esq.**

This course will discuss the types of long term care available in Virginia—in-home care, assisted living care, and skilled nursing care—the typical costs of using each care option, and the payment options for each type of care, with a specific emphasis on using Medicaid as a payment source.

IRA Strategies and Distribution Rules**Course: EF253006****Wednesday****Sept 10****1:30-3:00****Instructor(s): James E. Davidson, Jr., CFP®**

Students will explore key strategies for managing Traditional, Roth, and inherited IRAs, with a focus on IRS distribution rules and requirements. The course will explain required minimum distributions (RMDs), early withdrawal penalties, and tax implications. Students will learn how to avoid common mistakes and will develop a personalized approach to unlocking the full potential of their IRA.

Money Mindset Makeover: Ignite a Love Affair with Money**Course: EF253163 *\$15****Monday****Sept 15****10:00-11:30****Instructor(s): Sorana Blackfoot**

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

Identity Theft and Protection**Course: EF253117****Tuesday****Sept 16****9:30-10:30****Instructor(s): Sabrina Guerin**

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

Medicare 101: Understanding the Basics**Course: EF253113****Tuesday****Sept 30****10:30-12:00****Instructor(s): Tammy Akers**

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

Medicare 101: Understanding the Basics**Course: EF253138****Tuesday****Oct 7****10:30-12:00****Instructor(s): Tammy Akers**

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

Online

Financial Stability**Course: EF253167****Tuesday Oct 7****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.

Smart Investing**Course: EF253018****Thursday Oct 16****9:30-11:00****Instructor(s): James E. Davidson, Jr., CFP®**

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

Outsmart the Scammers**Course: EF253147****Thursday Oct 16****11:00-12:00****Instructor(s): Shawn Doran**

This course will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps students can take now to help protect themselves and their loved ones.

Financial Preparedness for Disasters**Course: EF253132****Monday Oct 20****10:00-11:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course is based on FEMA's Emergency Financial First Aid toolkit and will educate students on the financial impacts of disasters. The course will also provide information on how to prepare for these events from a financial standpoint.

Long Term Care Insurance**Course: EF253136****Tuesday Oct 21****10:30-12:30****Instructor(s): Linda Tsironis Caruthers**

This course is for students who are considering long term care insurance and for those who already own a long term care insurance policy. This course will help students understand what long term care is, what the most tax efficient way to fund long term care costs is, and how a policy can help. Students should come with all of their questions and be prepared to take notes.

Deciphering Digital Banking**Course: EF253181****Wednesday Oct 22****10:00-11:30****Instructor(s): Andre Santamaria**

Students will explore new products and innovations in the online and digital banking space. This course will cover best practices for managing personal finances with ease while maintaining data security. Students will learn how digital banking tools—from mobile apps to automated budgeting platforms—are reshaping financial habits and empowering users to bank anytime, anywhere.

Estate Settlement and the Probate Process**Course: EF253104****Monday Oct 27****10:00-12:00****Instructor(s): Mark Mikuta, CPA, CFP**

Most people are familiar with estate planning. While many have heard of the probate process, few understand the nuts and bolts of the process. What are the steps in the probate process? What if there is no will? What does the Executor or the Administrator do? This course will offer answers to these questions and more.

Estate Planning and Elder Law**Course: EF253115****Thursday Nov 6****10:30-12:00****Instructor(s): Paula Peaden****Online**

Students will learn how to ensure their financial preferences and directives are honored through informed legal planning. This course will explore asset protection strategies such as trusts, powers of attorney, and estate planning tools. Students will gain insight into how to safeguard their financial future, minimize risk, and make confident decisions about wealth preservation and legacy planning.

Preparing a Home for Sale**Course: EF253178****Wednesday Nov 12****10:30-12:00****Instructor(s): Marianne Raymond and Dawn Boehm**

This course will provide an overview of the key steps involved in preparing a home for sale. Various options for selling will be explored, including their respective advantages and disadvantages. Topics will include strategies for achieving the best possible sale price, organizing and managing belongings, assessing the need for repairs, and enhancing a home's appeal to potential buyers. Additional questions related to the process of selling a home will also be addressed, offering a comprehensive understanding of how to successfully navigate the journey from preparation to sale.

After the Last Paycheck**Course: EF253102****Thursday Nov 13****1:30-3:00****Instructor(s): James E. Davidson, Jr., CFP®**

There is plenty of information about how to save for retirement but little information about how once retired to draw upon investments to provide desired retirement income and maintain the current lifestyle. This course will reveal the common financial pitfalls encountered by many retirees and techniques to avoid those mistakes.

Organizing Financial Records**Course: EF253118****Tuesday Nov 18****10:00-11:00****Instructor(s): Sabrina Guerin**

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

Finance Across Generations: Bridging the Gap**Course: EF253180****Wednesday Dec 3****9:30-11:00****Instructor(s): Sabrina Guerin and Amy Pridemore**

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

LLI Literary Society Orientation

Course: EL253100

Tuesday

Sept 2

1:30-2:30

Online**Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

Inspired by the historic Chautauquas, the Literary Society will offer another themed selection of books for the Fall 2025 session. Participants will select four books to read between September and December 2025. Books of more than 700 pages will be counted as two books. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure will allow independent reading time of the selected titles with a mid-semester feedback and book swap session and semester end celebration to recognize participation and commemorate the theme. The theme for this session is "Humor." A list of 10 titles with descriptions, participants will be asked to select four books. The list reflects participants' recommendations for titles to include. Suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided at a brief orientation, along with a brief description of suggested titles. Attendance at orientation is not required but is strongly encouraged.

Humor Writing Workshop: Killing the Frog

Course: EL253136

Wednesday

Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17

12:00-1:30

Instructor(s): Drew Herman

Students will share their writing, develop ideas, receive encouragement and friendly feedback, and enjoy a few laughs. In this workshop-style course, all students will engage as both writers and readers. The group will explore various genres, including short fiction, poetry, memoir, and column writing, with optional weekly prompts and lighthearted activities. A small LLI magazine may even emerge, so students will be encouraged to sharpen their quills and bring their sense of humor.

LLI Literary Society Orientation

Course: EL253101

Wednesday

Sept 3

2:30-3:30

Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince

Inspired by the historic Chautauquas, the Literary Society will offer another themed selection of books for the Fall 2025 session. Participants will select four books to read between September and December 2025. Books of more than 700 pages will be counted as two books. Unlike a book club, which typically focuses on one title and meets periodically in a relatively short period of time, this structure will allow independent reading time of the selected titles with a mid-semester feedback and book swap session and semester end celebration to recognize participation and commemorate the theme. The theme for this session is "Humor." A list of 10 titles with descriptions, participants will be asked to select four books. The list reflects participants' recommendations for titles to include. Suggested opportunities for no- or low-cost ways to obtain copies of the titles will be provided at a brief orientation, along with a brief description of suggested titles. Attendance at orientation is not required but is strongly encouraged.

Enjoy Poetry

Course: EL253043

Wednesday

Sept 10, 17, 24, Oct 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10

11:00-12:00

Instructor(s): Bob Ferguson and Timothy Pace

Students will explore poetry inspired by nature, emotion, and everyday life—drawing from both traditional and contemporary poets. Each class will feature a variety of poetic forms, including song lyrics, with occasional opportunities to sing along. The course will aim to make poetry enjoyable and approachable for all students. Students may join at any time and need not worry about missing a class, as each one will offer a unique selection of poems and discussion.

Aspiring Writers' Critique**Course: EL253015****Friday****Sept 12, 26, Oct 10, 24, Nov 7, 21, Dec 5****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.

Memoir Writing**Course: EL253048****Tuesday****Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9****9:00-10:30****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 Military Story with the Help of AI Technology**Course: EL253127****Monday****Sept 29****11:00-12:00****Online****Instructor(s): Alex Sebbby**

This course will explore the use of Artificial Intelligence in crafting personal military stories, providing a unique opportunity for students to sharpen their storytelling, writing, and technical skills. Students will learn the fundamentals of narrative structure and writing techniques while discovering how AI can assist with brainstorming, editing, and refining personal or historical narratives. Practical writing skills will be paired with hands-on experience using AI technology, offering insights into the tools that are reshaping the world. This course will empower students to create meaningful tributes through the art of storytelling.

Hasidic Holocaust Stories: Faith, Memory, and Moral Courage**Course: EL253135 *\$17****Tuesday****Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9****11:00-12:30****Instructor(s): Les Schaffer**

"We ought not remember, but mustn't forget." This course will examine the unique narratives and spiritual resilience found within Hasidic Holocaust stories. Students will engage with personal testimonies, memoirs, and traditional tales from Hasidic communities before, during, and after the Holocaust, anchored in Yaffa Eliach's "Hasidic Tales of the Holocaust." The course will begin with the historical context of Hasidism in pre-war Eastern Europe, and progress through themes of survival, faith, leadership, and the preservation of tradition in the face of unimaginable suffering. Students will explore the theological and ethical dimensions embedded in these stories — from divine sparks in human action to the enduring strength of identity and hope — and reflect on how Hasidic storytelling offers moral clarity and meaning in times of crisis. The book is optionally available for purchase through the LLI office during open registration only, and payment is due at the time of registration.

Apuleius and His Novel**Course: EL253137****Wednesday****Oct 15****9:00-10:30****Instructor(s): Pasquale Accardo**

There are three classic works with the title *Metamorphoses*: Ovid's manual of Roman mythology, Kafka's short story, and Apuleius' second-century Latin novel. The last is a masterpiece that is not as well-known as it should be. In this course, the life of Apuleius will be reviewed, his novel's plot summarized, and then its long-term influence on literature and culture outlined. The inserted tale of Cupid and Psyche has had many reinterpretations, some deriving from its fairy tale version of Beauty and the Beast. Students will discuss its most recent skewed reincarnations in Tarzan the Ape-Man and King Kong. Finally, the work's major influence on Shakespeare's *A Midsummer Night's Dream* will be argued.

LLI Literary Society Feedback and Book Swap**Course: EL253114****Wednesday****Oct 29****2:00-3:30****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

In each session, at the suggestion of participants, the Literary Society convenes 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.

The Early History of Movies**Course: EL253111****Monday****Nov 10, 17, 24, Dec 1, 8, 15****11:00-12:30****Instructor(s): Josh Pachter**

This course, which is a sequel to "The Prehistory of the Movies," will examine the lives and films of several of the movie industry's pioneers, including Georges Méliès, Edwin S. Porter, D.W. Griffith, and the silent comedians. Please note that attendance at "The Prehistory of the Movies" is not required to enjoy "The Early History of the Movies."

The Boy, the Mole, the Fox and the Horse**Course: EL253108 *\$14****Monday****Nov 10****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 inspirational book is available for students through an optional course fee at the time of registration. This course will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

The Many Hats of a Writer**Course: EL253091****Friday****Nov 14****1:00-2:00****Instructor(s): Heather Weidner**

This course is designed for anyone interested in writing for publication and for those who have started their journey and are looking for ideas to promote themselves and their writing.

Vivo Online Strength Training: One Time per Week
One Class per Week **Sept 2 - Dec 18**

Course: FI253035 \$200

Online

Instructor(s): Team Vivo

Muscle strength and balance are critical to maintaining health and independence throughout life. Without additional strength training, most older adults will suffer a loss of muscle mass and strength that can negatively impact their balance and mobility. Vivo, a live, online, interactive small group fitness program is customized to each individual's fitness level and helps build strength and community. Vivo exercise sessions will consist of cognitive, balance, and strength exercises informed by the latest science and research on exercise for older adults. Vivo is the recipient of a National Institutes of Health (NIH) grant to study its science-based training strategy and personalized online small-group format for older adults. Classes are small, and instruction is individualized. Certified personal trainers skilled in working with older adults provide modified exercises to meet each student's fitness needs. Classes meet online one to three times per week for 45 minutes. Students will receive personal one-on-one assessments before exercise classes begin to establish a baseline for their abilities. Following the conclusion of the exercise classes, a final assessment will be provided to measure results. Students who are new to exercise and those who exercise regularly will find that Vivo helps build strength while improving fitness and mobility. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides one online exercise session per week as well as pre- and post-assessments to track progress.

Chair Yoga Tuesday

Course: FI253006 \$20

Tuesday **Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16**
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: FI253009 \$20

Tuesday **Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16**
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.

Vivo Online Strength Training: Two Times per Week
Two Classes per Week **Sept 2 - Dec 18**

Course: FI253036 \$320

Online

Instructor(s): Team Vivo

See FI253035 for a full description. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides two online exercise sessions per week as well as pre- and post-assessments to track progress.

Wednesday Fun Fitness

Course: FI253017 \$20

Wednesday **Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**
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 and 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!

Pilates Online

Course: FI253015 \$20

Wednesday **Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**
10:00-11:00

Online

Instructor(s): Linda McDorman

This online fitness course will provide a Pilates workout performed on a mat using small, controlled movements to strengthen and lengthen muscles, improve flexibility, and enhance posture. The key components are core stability, attention to muscle control, body awareness, and breath. Students should be prepared for moderate to occasionally intense exercise utilizing a small ball (8-9" diameter) and hand weights (3-5 pounds). Some time will be spent down on the mat, and some time will be spent standing. Students will have their own yoga or Pilates mat and equipment for each class. This is an online fitness course.

Sit and Be Fit Wednesday

Course: FI253018 \$20

Wednesday **Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**
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: FI253031 \$20

Wednesday **Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17**
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: FI253020 \$20
Thursday	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	
8:30-9:30		<u>Online</u>
Instructor(s): Tracey Williams		
This online fitness course will introduce easy-to-follow Zumba choreography focused on balance, range of motion, and coordination. Active students new to Zumba and those looking for a modified Zumba course will find what they are looking for as the original moves will be recreated at a lower intensity. Students should be ready to sweat and prepare to feel empowered and strong by the end of each class. This course will focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance. Students should wear loose, comfortable clothing, and appropriate shoes, and have a water bottle and towel handy! This is an online fitness course.		
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Vivo Online Strength Training: Three Times per Week		Course: FI253037 \$512
Three Classes per Week	Sept 2 - Dec 18	
		<u>Online</u>
Instructor(s): Team Vivo		
See FI253035 for a full description. LLI Chesterfield is proud to partner with Vivo and offer this program at a significant discount. The course fee will cover the welcome kit, all assessments, and weekly online classes. Students can choose their own schedule after registering with Vivo and may withdraw before the second week for a full refund. Students should expect to receive a link to register with Vivo within a day of registering for this LLI course, and Vivo will schedule an assessment and arrange for delivery of a welcome kit. Students will need a computer or mobile device with a camera and should expect to have their camera and microphone on for every workout. Getting stronger has never been more fun, engaging, and effective! Fitness fee payment is due at the time of registration. This course provides three online exercise sessions per week as well as pre- and post-assessments to track progress.		
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Sit and Be Fit Thursday		Course: FI253005 \$20
Thursday	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	
11:30-12:15		
Instructor(s): Sherella Brown		
This course is designed for individuals with restricted movement, difficulty standing, breathing, or other health issues but who still need to or want to exercise. Students will exercise from a seated position, using weights and playground balls to help build strength and increase cardiovascular endurance. Students should wear loose, comfortable clothing, and sturdy footwear, and bring a water bottle and towel!		
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Chair Yoga Thursday		Course: FI253010 \$20
Thursday	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	
1:00-2:00		
Instructor(s): Dorota Kawka		
Some people live their lives within a familiar but limited comfort zone by staying away from both their physical and mental edges. This would be fine except that as they age, these edges can close in considerably. Bodies can tighten, and strength and stamina can diminish. However, by consciously bringing the body to its limits and holding it there gently, nudging it toward more openness with awareness and sensitivity, the process of closing in begins to reverse itself. The range expands as the edges move. Rooted in the transformational power of this ancient Eastern healing art, this gentle yoga practice will tap the simple power of breath and movement to ease pain and renew posture. It can also rekindle the natural senses of well-being and joy. Students will need to bring their own yoga mat to each class. Chair yoga is open to all.		
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Cardio and Strength Training Online**Course: FI253034 \$20****Thursday****Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18****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: FI253007 \$20****Thursday****Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18****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: FI253003 \$20****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12****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: FI253029 \$20****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12****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.

Low Impact Monday**Course: FI253001 \$20****Monday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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!

Sit and Be Fit Monday**Course: FI253004 \$20****Monday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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!

Strength and Stretch Online**Course: FI253030 \$20****Monday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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.

Gentle Yoga Monday**Course: FI253028 \$20****Monday****Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****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.

HS**History, Humanities, and International Studies****Finding Osama bin Laden****Course: HS253729****Tuesday****Sept 2, 9, 16, 23****11:00-12:00****Instructor(s): Shep Smith**

Students will explore the rise of Osama bin Laden and the global response to his campaign of terror against the United States and its allies. The course traces key events—from the 1998 fatwa and the bombings in Kenya and Tanzania to the attack on the USS Cole and the September 11, 2001 hijackings. Through this lens, students will examine America's evolving counterterrorism efforts, culminating in the 2011 Navy SEAL Team Six operation that located and killed bin Laden. The course also considers shifting public awareness of terrorism, intelligence challenges, and the long search for justice that unfolded across two presidential administrations.

Visiting Turkey and the Seven Churches of St. John the Apostle**Course: HS253757****Wednesday****Sept 3****1:00-2:30****Instructor(s): Martha Steger**

This course will take students on a visual journey through Turkey, one of the world's top tourism destinations and home to rich biblical history. Students will explore the seven churches established by St. John the Apostle—Ephesus, Smyrna, Pergamum, Thyatira, Sardis, Philadelphia, and Laodicea—as described in the Book of Revelation. This course will feature an audiovisual presentation highlighting the historical, cultural, and spiritual significance of each site, from Istanbul to the Mediterranean coast.

United States Intelligence**Course: HS253696****Thursday****Sept 4, 11, 18****12:30-2:00****Instructor(s): Chan Mohny**

This course will introduce students to the structure and role of the U.S. Intelligence Community. Students will explore the fundamentals of intelligence analysis and examine a case study focused on Afghanistan. Through lecture and discussion, this course will provide a foundational understanding of how intelligence supports national security.

The Life and Art of Norman Rockwell A**Course: HS253619****Monday****Sept 8****10:00-12:00****Instructor(s): Dr. John Kirn**

Please register for only one session (A or B) to allow all students a chance to participate. This course will present an overview of Norman Rockwell's life and career as a visual storyteller and illustrator. Students will examine his five-decade relationship with The Saturday Evening Post, his commercial work, and his later political pieces. Presented from a historian's perspective, this course will explore Rockwell's method of constructing images using models and photographs, as well as his complex personal life—including his three marriages and family relationships. Students will also consider how Rockwell has been interpreted by biographers and art critics since his death, and will reflect on his enduring popularity and what it reveals about American society and culture.

Vietnam War Precursors**Course: HS253735****Tuesday****Sept 9, 16, 23, 30****2:00-3:30****Instructor(s): Ed Barbour**

This course will explore the historical foundations of the Vietnam War, focusing on the impact of colonialism, the rise of Ho Chi Minh, and the First Indochina War. Students will examine key events and figures that shaped Vietnam's path to independence and set the stage for later U.S. involvement. Through lecture and discussion, this course will encourage thoughtful dialogue and deeper understanding of this pivotal period in global history.

The Mayan Lunar Series**Course: HS253752****Wednesday****Sept 10****11:30-1:00****Instructor(s): Rick Kinnaird**

Students will explore the intricate lunar component of the Mayan calendar system, known as the Supplemental Series. Often overlooked in textbooks, this sequence of glyphs tracked lunar phases with remarkable precision—grouping moon cycles into sets of six lunations and distinguishing between 29- and 30-day counts. The course will examine how a chemical engineer in 1929 decoded its structure, revealing the Maya's advanced understanding of lunar rhythms. Students will learn how these calculations were embedded in inscriptions and how they influenced later astronomical models.

Current Events Discussion**Course: HS253003****Wednesday****Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3, 17****1:30-3:00****Instructor(s): Roy Dahlquist and Hugh Ames**

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

Courtroom Conversations: Judge Freely**Course: HS253526****Monday****Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24****11:00-12:00****Instructor(s): Edward Blackwell**

Students will work in groups as panels of judges to render decisions on legal cases covering topics such as double jeopardy, right to counsel, interstate commerce, battery, self-defense, residency, freedom of religion, and more. After reaching their verdicts, students will compare their decisions with actual rulings from real-life cases. Constitutional background will be provided before each case, and students will be encouraged to express themselves freely in discussion—offering dissenting, concurring, or majority opinions just as real courts do.

The Korean War: An Overview**Course: HS253738****Monday****Sept 15****1:00-2:30****Online****Instructor(s): Christopher L. Kolakowski**

This course will examine the Korean War and its enduring legacy, 75 years after its outbreak in June 1950. Students will explore the origins of the conflict, the armistice signed in July 1953, and the lasting impact on the Korean Peninsula, which remains divided to this day. This course will highlight how the war shaped global alliances, influenced Cold War dynamics, and continues to affect regional stability and U.S. foreign policy. Students will gain insight into the human cost of the war, the geopolitical consequences, and the ongoing pursuit of peace in Korea.

The Final Summer of WWII: The Stillness and the Noise**Course: HS253742****Monday****Sept 15****2:00-3:30****Instructor(s): James Triesler**

Students will explore the pivotal events of the summer of 1945 that led to the formal surrender of the Empire of Japan aboard the USS Missouri on September 2, 1945. This course will examine the final months of World War II and the decisions that shaped its conclusion.

Great Decisions**Course: HS253089 *\$40****Tuesday****Sept 16, Oct 14, Nov 18, Dec 9****2:00-3:30****Instructor(s): Bob Ferguson**

This monthly discussion-based course will continue with four timely topics to close out the year. September's class will explore the intersection of artificial intelligence and national security, including recent policy shifts and global implications. October's class will focus on American policy in the Middle East, examining evolving alliances and strategic challenges. November's class will provide updates on ongoing conflicts in Ukraine and the Middle East, with attention to humanitarian and geopolitical developments. December's class will conclude with a recap of major global issues and trends from 2025. Selected materials from the Foreign Policy Association and occasional video content will support each class. Students will be encouraged to share perspectives and engage in thoughtful dialogue throughout the course. The 2025 Great Decisions book may be purchased optionally through the office, and payment is due at the time of registration; however, the book is not required since there are only a few months left in the year.

The Angkor Exhibit at Denver Museum and Beyond**Course: HS253737****Wednesday****Sept 17, 24****12:00-1:00****Instructor(s): Rick Kinnaird**

This course will introduce students to the acclaimed Angkor exhibit at the Denver Museum and to the archaeological marvels of Angkor itself. Over the past 15 years, researchers have dramatically reshaped the understanding of Angkor through Lidar technology, revealing structures and landscapes previously hidden. Students will explore highlights from the exhibit and learn about recent discoveries, including ruins that have never been seen before. Whether planning a visit or enjoying the experience from afar, students will gain a compelling overview of Angkor's history and its ongoing transformation.

Architectural History at Patrick Henry's Red Hill**Course: HS253740****Friday Sept 19****10:00-12:00****Instructor(s): Cody Youngblood**

Students will explore the architectural history of Red Hill, Patrick Henry's final home and burial site in Brookneal, Virginia. This course will examine the evolution of the estate's buildings—including the reconstructed main house, original law office, slave quarters, dependencies, and early Native American homes—using photographs, maps, artwork, and oral histories. Students will also consider the symbolism and layout of Red Hill's cemeteries, including the Henry family plot and the African American burial ground, to reflect on memory, identity, and social structures. This course will highlight preservation practices and interpretive challenges, encouraging students to think critically about how physical spaces convey historical narratives and how they are presented to the public.

The Adventures of Hiking the Caminos**Course: HS253381****Friday Sept 19****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.

A Tour of Germany and Austria**Course: HS253734****Monday Sept 22, 29, Oct 6, 13, 20, 27****12:30-1:45****Instructor(s): Bob Ferguson**

This course will feature a video tour from The Great Courses highlighting both major cities—such as Vienna and Berlin—and lesser-known regions of Germany and Austria. Students will learn about the area's rich history while enjoying scenic views, many of which are located along the Rhine, Danube, and Elbe rivers. The speaker, an experienced group leader in the region, maintains a lively pace throughout the 24-part video series, of which this course will present the first half.

Rethinking the Korean War**Course: HS253422****Tuesday Sept 23, 30, Oct 7, 14, 21, 28****9:00-10:30****Instructor(s): Dr. John Lemza**

Students will examine the United States' involvement in the Korean War—once called “the forgotten war,” now reconsidered by historians as a “neglected war” or even a “civil war.” The course will explore this pivotal conflict of the Cold War era as a moment of transformation in American history, reflecting shifts in global dynamics that shaped politics, diplomacy, military strategy, domestic life, and national identity. Students will also consider grassroots perspectives from combatants and civilians whose lives were directly impacted, recognizing the enduring consequences of the war and its relevance to modern global affairs.

The Story of Amelia Earhart: Not Another Back-Seat Driver**Course: HS253748****Tuesday Sept 23****12:30-1:30****Instructor(s): Kyndall Drumheller****Online**

Students will discover the remarkable journey of Amelia Earhart, pioneering aviator and the first woman to fly solo across the United States and the Atlantic Ocean. This course will examine how Earhart challenged societal expectations, earned international acclaim, and became a symbol of courage and independence. Virginia War Memorial Assistant Director of Education Kyndall Drumheller will guide students through Earhart's record-breaking flights, public persona, and enduring legacy in aviation history.

Voting Rights and the Legacy of Selma: Stride Toward Freedom**Course: HS253739****Monday Oct 6****2:15-3:45****Instructor(s): Cindy Graunke**

This course will explore the pivotal 1965 Selma to Montgomery marches and their lasting impact on the American civil rights movement. Students will examine key moments such as Bloody Sunday on the Edmund Pettus Bridge and the passage of the Voting Rights Act of 1965. This course will highlight how grassroots activism shaped federal policy and shifted the moral compass of the nation. Through historical context and reflection, students will gain insight into the struggle for voting equality and the enduring legacy of Selma.

The Vietnam Wars**Course: HS253736****Tuesday Oct 7, 14, 21, Nov 18, 25, Dec 2****2:00-3:30****Instructor(s): Paul Glancy**

Students will explore the Vietnam Wars between 1945 and 1975, with an emphasis on America's involvement. This course will trace the origins of the conflict from the Japanese occupation during World War II through the U.S. withdrawal in 1975. Topics will include background, causes, key players, major battles, and the war's legacy. Students will also examine the role of the press, shifting public opinion, nationwide demonstrations, the draft, and the political climate of this turbulent era.

A Quest for Family Ties: This is America's Story**Course: HS253753****Thursday Oct 9****2:00-3:30****Instructor(s): Samuel Hayes III**

Students will follow the 48-year genealogical journey of Samuel Hayes III, whose family history spans from Jamestown to the Harlem Renaissance. This course will explore Hayes's discovery of ancestors who were both enslaved and free, including connections to every Virginian signer of the Declaration of Independence, John Hartwell Cocke, Frank and Jesse James, John Mercer Langston, and Langston Hughes. Students will learn how DNA transformed Hayes's search, revealing ties to Presidents George W. Bush and Bill Clinton through a shared 10th great-grandfather. Students will also receive guidance on using DNA results and historical records to support personal family research, with time for questions and discussion.

American History: The Story of Us**Course: HS253731****Friday Oct 10, 17, 24, 31, Nov 7, 14****9:30-11:00****Instructor(s): Timothy Pace**

This course will guide students through key chapters of American history, beginning with the colonial era and the revolution against Great Britain. Students will explore the westward expansion, including major migrations and the development of western cities, as well as the causes and consequences of the Civil War. The course will also examine the impact of the Gold Rush and the rise of silver mining in the West, highlighting how these events shaped the nation's economic and social landscape. Students will also engage in "what if" discussions, considering alternative historical outcomes and how different choices might have changed the course of history.

The Court Process**Course: HS253741****Friday Oct 10****1:00-2:30****Instructor(s): Erin Barr and Frank LaRuffa**

Students will examine how a case proceeds through the criminal justice system from arrest to final order. This course will explore key decision points, processes, and procedures that influence the outcome of a case, as well as the Constitutional rights that apply at each stage.

African American Inventors and Their Stories: The Untold History of Everyday Items**Course: HS253698****Monday****Oct 13, 20****11:00-12:00****Instructor(s): Myron Johnson**

This course will introduce students to the groundbreaking contributions of African American inventors whose work has shaped the technologies we rely on today. From the color computer monitor to the home security system and automatic elevator doors, students will learn how these innovations emerged and why their creators remain largely unrecognized in mainstream narratives. Through profiles, historical context, and multimedia materials, the course will highlight the systemic barriers these inventors faced and celebrate the brilliance that continues to influence everyday life.

End of the Confederacy**Course: HS253756****Tuesday****Oct 14****12:30-1:30****Instructor(s): Waite Rawls**

This course will examine the final days of the Civil War through the lens of Confederate soldiers and civilians, exploring how they experienced the fall of Richmond and the collapse of the Confederacy. Originally presented in Capitol Square on the 150th anniversary of Richmond's surrender, this course will reflect on the emotional and political impact of the war's end. Students will consider how the conclusion of "our" Civil War—marked by surrender, reconciliation, and restraint—might serve as a model for resolving other conflicts around the world.

American Corrections: Behind the Walls and Bars**Course: HS253724****Wednesday****Oct 15, 29****1:30-3:00****Instructor(s): Charles J. Kehoe**

Jails, prisons, and juvenile facilities are often portrayed in television dramas, movies like *Sing Sing* or *The Shawshank Redemption*, and occasional news stories; however, the reality of these institutions is far more complex and multifaceted. An estimated \$81 billion is spent annually by states and the federal government on corrections. This course will provide an in-depth overview of the third pillar of the criminal justice system: corrections. It will examine the correctional systems in the United States and explore the history of incarceration, punishment, and rehabilitation.

Margaret Bourke-White: The Amazing Life of a Photographer**Course: HS253743****Thursday****Oct 16****2:00-3:30****Instructor(s): James Triesler**

Students will learn about the remarkable career of Margaret Bourke-White, the first American female war photojournalist. This course will trace her work from photographing industrial sites and rural America to documenting World War II in Moscow, North Africa, Italy, and Europe. Students will also explore her postwar photography in South Africa, Korea, and India—including her iconic images of Gandhi—and reflect on her legacy as one of the twentieth century's greatest photographers.

USS Houston CA-30: The POW Experience**Course: HS253746****Friday****Oct 17****11:30-1:00****Instructor(s): John Keith Schwarz**

Students will learn the story of the USS Houston CA-30, a U.S. Navy heavy cruiser sunk in the Asia West Pacific on March 1, 1942, during the early months of America's entry into World War II. This course will chronicle the experiences of the modest number of survivors who endured 3.75 years of captivity, many forced into labor on the infamous Burma-Thailand Death Railway—later dramatized in the film *Bridge on the River Kwai*. Students will explore the realities of POW incarceration, the postwar return home, the formation of the Survivors Association, and reflections on the legacy of the "Greatest Generation." The instructor is the son of a survivor and the Executive Director of the USS Houston CA-30 Survivors Association and Next Generations.

Midlothian Matters**Course: HS253690****Friday Oct 17****1:30-3:00****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.

Sex in the Middle Ages: The Women's Lens on the Middle Ages**Course: HS253730****Monday Oct 20, 27, Nov 10, 17, 24, Dec 1****9:00-10:30****Instructor(s): Timothy Pace**

Students will journey into the medieval world through the lens of women instructors, exploring figures such as King Arthur, Henry VIII and his many wives, and Justinian and Theodora. They'll delve into courtly romances and the lives of knights, monks, maidens, and peasants—unpacking the intrigue of royal weddings, betrayals, and social structures. Student discussion will center on how medieval norms and morality continue to shape daily life. Come for the curiosity and stay for the intrigue.

A Quest for Family Ties: This is America's Story**Course: HS253754****Monday Oct 20****2:00-3:30****Instructor(s): Samuel Hayes III**

Students will follow the 48-year genealogical journey of Samuel Hayes III, whose family history spans from Jamestown to the Harlem Renaissance. This course will explore Hayes's discovery of ancestors who were both enslaved and free, including connections to every Virginian signer of the Declaration of Independence, John Hartwell Cocke, Frank and Jesse James, John Mercer Langston, and Langston Hughes. Students will learn how DNA transformed Hayes's search, revealing ties to Presidents George W. Bush and Bill Clinton through a shared 10th great-grandfather. Students will also receive guidance on using DNA results and historical records to support personal family research, with time for questions and discussion.

Hindenburg and the Airship Era: The Majesty and Tragedy of Lighter than Air Flight**Course: HS253755****Tuesday Oct 21****12:30-1:30****Instructor(s): Tim Kisner**

This course will explore the rise and fall of majestic airships such as the Graf Zeppelin, Shenandoah, and Hindenburg—massive flyers that once crossed oceans and captivated the world. Before airplanes dominated long-distance travel, these lighter-than-air vessels represented the pinnacle of innovation and elegance. Students will examine the promise of dirigibles as a global transportation solution and the tragic end of that dream on May 6, 1937, when the Hindenburg crashed in flames over Lakehurst, New Jersey. This course will delve into the history of airship development and investigate the enduring mysteries surrounding the Hindenburg disaster.

The Life and Art of Norman Rockwell B**Course: HS253631****Tuesday Oct 28****1:00-3:00****Instructor(s): Dr. John Kirn**

Please register for only one session (A or B) to allow all students a chance to participate. This course will present an overview of Norman Rockwell's life and career as a visual storyteller and illustrator. Students will examine his five-decade relationship with The Saturday Evening Post, his commercial work, and his later political pieces. Presented from a historian's perspective, this course will explore Rockwell's method of constructing images using models and photographs, as well as his complex personal life—including his three marriages and family relationships. Students will also consider how Rockwell has been interpreted by biographers and art critics since his death, and will reflect on his enduring popularity and what it reveals about American society and culture.

History of Ventriloquism**Course: HS253541****Thursday****Oct 30****2:00-3:30****Instructor(s): John Byrd**

Students will explore the history of ventriloquism from its earliest known uses to its modern role in entertainment. This course will emphasize contemporary ventriloquists, drawing on the instructor's personal knowledge and interactions with several of today's popular performers.

The Invisible Women of the Twentieth Century**Course: HS253700****Wednesday****Nov 5, 12, 19****11:30-1:00****Instructor(s): Nelson Calisch**

This course will examine the lives and legacies of women who made significant contributions to science, politics, civil rights, and national defense during the twentieth century—yet remain largely uncredited or unknown. Students will explore the barriers these women faced in the labor force and their fight for equal rights prior to the passage of the Civil Rights Act in 1964. Through historical profiles and discussion, students will learn how these women challenged societal norms, displayed remarkable courage, and shaped the course of American history—often without recognition. Some may never appear in textbooks, but their stories deserve to be told.

Honoring Heroes: African American Veterans**Course: HS253759****Thursday****Nov 6****9:00-10:00****Instructor(s): Audrey M. Ross**

This course will explore the lives and legacies of local heroes from the Midlothian community, with a special focus on World War I and World War II veterans. Through storytelling, historical context, and community reflection, students will gain a deeper appreciation for the contributions and sacrifices made by these individuals in service to their country and community.

Intro to the United States Constitution**Course: HS253657****Thursday****Nov 6****10:30-11:45****Instructor(s): Dr. John Lemza**

This course will focus on the structure of the Constitution and highlight the content of the founding document and amendments. This will be a unique interAge and interactive opportunity, as students of all ages from the community will be invited to attend and participate.

American World War II Presidents**Course: HS253744****Thursday****Nov 6****2:00-3:30****Instructor(s): James Triesler**

Students will discover the military service of eight future American presidents who served during World War II. This course will highlight the wartime experiences of leaders from Dwight Eisenhower to Ronald Reagan and examine how their service shaped their paths to the presidency.

Native Americans in the American Revolutionary War**Course: HS253747****Thursday****Nov 13****9:30-11:00****Instructor(s): Dr. John Partridge**

Students will explore the pivotal yet often overlooked role of Native American tribes during the Revolutionary War. This course will examine tribal alliances, cultural dynamics, and key leaders who shaped the course of the conflict. Students will learn how Native communities navigated complex decisions—some siding with the British, others with the Patriots—and how their actions influenced battles, skirmishes, and partisan campaigns. This course will also address the lasting consequences of the war for Native peoples, including displacement, cultural disruption, and postwar territorial loss.

Inevitability of the Holocaust**Course: HS253683****Tuesday****Nov 18, 25****10:00-12:00****Online****Instructor(s): Dr. Alan A Winter**

This course will examine the critical events, missed opportunities, and ideological forces that contributed to the Holocaust and explore whether it could have been prevented. Students will study key Nazi meetings, diplomatic failures, and resistance efforts—such as the near-overthrow of Hitler in September 1938—and analyze why global leaders failed to act. Topics include the Evian Conference, the Kindertransport, the Rublee-Wohlthat Agreement, and Stalin's unsuccessful attempt to form a non-aggression pact with Britain. The course will also explore the ideological clash between Fascism and Bolshevism, the rise of antisemitism, and the blurred lines between anti-Zionism and antisemitism today. Students will consider how historical patterns inform current global conflicts, including comparisons between Hitler and Putin and the relevance of the war in Ukraine.

Echoes of the Past: Reminiscing Together**Course: HS253750****Monday****Nov 24****1:30-3:00****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.

Echoes of the Past: Reminiscing Together**Course: HS253751****Tuesday****Dec 2****1:30-3:00****Online****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.

Midlothian and Clover Hill Districts: Rooted in Community**Course: HS253758****Wednesday****Dec 10****2:00-3:30****Instructor(s): Mark S. Miller, Ph.D., LPC, CSAC, and Jessica Schneider**

Over half of LLI Chesterfield members live in Midlothian, and many others call Clover Hill home. The Honorable Mark Miller, Midlothian District Supervisor, and The Honorable Jessica Schneider, Clover Hill District Supervisor, will join together to share insights on the past, present, and future of their districts. Students will hear updates on local priorities, learn about opportunities for civic engagement, and be invited to share what matters most to them. All members are welcome—LLI Chesterfield is proud to be rooted in Midlothian and connected to the broader Chesterfield community.

Lewis and Clark: The Voyage of Discovery**Course: HS253732****Friday Dec 12****9:30-11:00****Instructor(s): Timothy Pace**

Students are invited to experience the epic expedition of Lewis and Clark in this thrilling National Geographic documentary. The film brings to life their courageous journey across the uncharted American continent, featuring dramatic landscapes, rapid rivers, encounters with Native American tribes, and the enduring spirit of discovery. Narrated by Jeff Bridges, the documentary offers a visually stunning and historically rich account of one of the greatest adventures in U.S. history. Time will be available for discussion following the viewing of the film.

The Battle of the Bulge**Course: HS253745****Monday Dec 15****2:00-3:30****Instructor(s): James Triesler**

Students will honor the service and sacrifice of those who fought in the Battle of the Bulge, Germany's surprise offensive against American forces in the Ardennes in December 1944. This course will explore the strategic significance of the battle, the harsh winter conditions, and the enduring legacy of what Winston Churchill called "the greatest American battle of World War II."

Local Government in Chesterfield County**Course: HS253368****Tuesday Dec 16****10:00-11:00****Instructor(s): Dr. Joseph P. Casey**

This course will share how the local government is working in Chesterfield County. Students will learn from the Chesterfield County Administrator about what the focuses are for this year, what is new, and what is planned for the future. There will be time for questions.

German Vengeance Weapons of World War II: The V-1 and V-2**Course: HS253749****Tuesday Dec 16****1:30-3:30****Instructor(s): Randall L. Lanning, Colonel, USAF (Retired)**

Students will examine the development, deployment, and legacy of Germany's V-1 and V-2 missiles—history's first operational cruise and ballistic missiles. This course will be divided into four segments: the post-World War I environment that led to missile innovation; the operational use of the V-1 flying bomb; the deployment of the V-2 ballistic missile; and the influence of both weapons on early U.S. Air Force missile development. The lecture will be supported by slides and pass-around materials to enhance understanding of these groundbreaking technologies and their impact on modern warfare.

HW**Health and Wellness****Intermediate Tai Chi: Yang Style 24 Form****Course: HW253386****Wednesday Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****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.

Beginning Tai Chi 37 Form: Beginning and Intermediate**Course: HW253481****Wednesday****Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****2:30-3:30****Instructor(s): Drew Herman**

This course will present Yang-style Tai Chi, using the Cheng Man-Ching 37-step form as a foundation. Tai Chi offers a zero-impact exercise rooted in traditional martial arts that can relieve stress and enhance balance and flexibility. Progress in the form and principles of movement can lead to exploring related practices, such as the long (106) form, push hands, sword, and post standing. The format will involve learning a sequence of movements through an ongoing, cumulative approach, making it ideal to start from the beginning but still accessible for those joining later or dropping in. Comfortable clothing and flat shoes are all that is required to participate.

Beginning Tai Chi 24 Form Review and Practice**Course: HW253352****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12****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.

Strength Training Benefits for Life's Journey**Course: HW253435****Friday****Sept 5****11:30-12:30****Online****Instructor(s): Eric Levitan and Dr. Katie Starr**

Muscle mass begins declining from age 30 and accelerates after 60. This reduction in muscle and strength contributes to issues like falls, age-related ailments such as type 2 diabetes and osteoporosis, diminished quality of life, and loss of independence. Nevertheless, solutions exist! Involvement in strength training can enhance balance, mobility, and bone density, counteracting the progression of diseases. It also boosts mood, sleep, and brain health. Research shows that strength training is one of the most significant factors in maintaining a high quality of life and independence. In this course, students will discover ways to foster behavioral change and make exercise a habit, even in a virtual world.

Intermediate Tai Chi: The Mixed Style 42 Form**Course: HW253343****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12****1:30-2:30****Instructor(s): Damir Strmel**

This course is for students who have had at least one session of Beginning Tai Chi, or the equivalent, and would like to delve deeper into the exploration of chi (a.k.a. Qi), the bioelectrical energy that animates the human form. The Mixed-Style 42 Competition form will be used to expand the students' vocabulary. The final 15 minutes of the class are optional and are dedicated to learning a short 16-movement Sword Form.

Understanding BPP Vertigo and the Treatments**Course: HW253472****Monday Sept 8****11:00-12:00****Instructor(s): Andrew Rothschild**

Benign Paroxysmal Positional Vertigo, or BPPV for short, is a specific type of vertigo that primarily affects a small apparatus located in the inner ear that helps us with a sense of equilibrium and balance. People with BPPV experience brief, intense sensations of spinning and dizziness with angular movements of the head, like when leaning back and looking up, bending forward looking down, lying back or rolling over in bed, or sitting up from lying down. About 40% of people over the age of 60 may experience BPPV and it is also more common in females. The good news is that BPPV is very treatable. In this course, students will learn what BPPV is, what can be done about it, common symptoms of vertigo that can contribute to feelings of unsteadiness or dizziness, what types of tests can be performed to help with diagnosis, and what a course of treatment may look like.

Beginning Tai Chi 24 Form A**Course: HW253342****Monday Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****12:30-1:15****Instructor(s): Damir Strmel**

Please Register for only one session (A or B) to allow all students a chance to participate. This course is for any students who are having issues with balance, cognitive health, stress levels, chronic pain, elevated blood pressure, and/or the ability to fall asleep at night. Tai Chi may be right for their health, equilibrium, and vitality. Students will engage body and mind in this interactive and instructive course. Tai Chi can be many things. It is a walking meditation; a means to understanding the range and limits of the body; an activity for the improvement of balance, mental focus, and breathing; a stress reducer; and a beautiful art form. In essence, it is the energetic expression of the mind's intent through the body. Classes will explore all these aspects, encouraging students to find their own path through "playing" Tai Chi. The Yang Style Simplified 24 Form will be used to explore Tai Chi principles and provide a framework for a range of movements in this course. All are invited to breathe, learn, and play while creating a personal journey through Tai Chi.

Beginning Tai Chi 24 Form B**Course: HW253355****Monday Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****1:30-2:15****Instructor(s): Mary E. Gutberlet, M.Ed.**

Please Register for only one session (A or B) to allow all students a chance to participate. This course is for any students who are having issues with balance, cognitive health, stress levels, chronic pain, elevated blood pressure, and/or the ability to fall asleep at night. Tai Chi may be right for their health, equilibrium, and vitality. Students will engage body and mind in this interactive and instructive course. Tai Chi can be many things. It is a walking meditation; a means to understanding the range and limits of the body; an activity for the improvement of balance, mental focus, and breathing; a stress reducer; and a beautiful art form. In essence, it is the energetic expression of the mind's intent through the body. Classes will explore all these aspects, encouraging students to find their own path through "playing" Tai Chi. The Yang Style Simplified 24 Form will be used to explore Tai Chi principles and provide a framework for a range of movements in this course. All are invited to breathe, learn, and play while creating a personal journey through Tai Chi.

Basic Taiji Qigong**Course: HW253426****Monday Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15****2:30-3:30****Instructor(s): Walter and Patricia Jackson**

Qigong is an art from ancient China comprised of massage, acupressure, sound healing, meditation, and Tai Chi. Its goal is to enhance health and a sense of well-being. It is a very easy and low-impact system of coordinated postures, breathing, and meditation.

Suicide Prevention and Raising Awareness**Course: HW253392****Thursday****Sept 11****2:00-3:30****Instructor(s): Melissa Ackley and Kevin Skellett**

September is Suicide Awareness Month, and older adults have the highest rate of suicide of any age group. Students in this course will learn about myths and facts about suicide, how to recognize and respond to signs of suicide, and local resources.

Osteoarthritis: Symptoms and Treatment Options**Course: HW253495****Friday****Sept 12****11:00-12:00****Instructor(s): David Randolph, MD**

Students will learn about osteoarthritis, the most common type of arthritis characterized by cartilage breakdown, pain, stiffness, and reduced mobility. Dr. Randolph will introduce low-dose radiation therapy (LDRT) as a treatment option for individuals seeking alternatives to surgery or who have not found relief through conventional methods. This therapy, administered in short, painless sessions over several weeks, aims to reduce inflammation and improve quality of life.

Be the Help Until Help Arrives**Course: HW253394****Monday****Sept 15****10:00-12:00****Instructor(s): Chesterfield County Emergency Management Staff**

This course will teach students how to address emergencies by understanding stress responses, effectively communicating with 911, evaluating scene safety, bleeding control, positioning patients for breathing, and providing comfort.

InterAge Seminar: Embracing the Future**Course: HW253492****Monday****Sept 15****10:30-12:00****Instructor(s): E. Ayn Welleford, PhD, and Rachel Ramirez, MPA**

Madeleine L'Engle said, "We are all the ages we have ever been." This seminar course will provide an opportunity for students to actively share in small groups their thoughts and perspectives on topics relevant across all ages. Interactions, relationships, or comparisons among different age groups will be explored. For example, interAge relationships could involve communication or cooperation between younger and older individuals, as well as how different age groups interact, influence, communicate, and benefit each other across their lifespans. LLI Chesterfield recently appointed Dr. Welleford as their first InterAge Director. This course will help inform future InterAge programming, and there is an InterAge Discussions group on Nearpeer where the conversation is ongoing.

Heart Arrhythmias: Signs, Symptoms, and Treatment Options**Course: HW253463****Wednesday****Sept 17****2:00-3:00****Instructor(s): Vybhav Jetty, MD**

Students will explore various heart arrhythmias including atrial fibrillation (AFib), supraventricular tachycardia (SVT), bradycardia, and ventricular tachycardia. Dr. Jetty will present treatment options such as cardiac resynchronization, catheter ablation, implantable devices, and chronic care management. Students are encouraged to bring questions for an engaging and interactive class experience.

Medication Safety and Overdose Response**Course: HW253502****Thursday****Sept 18****9:30-10:30****Instructor(s): Lindsay Cunningham and Sarah Gagnon**

This course will address the risks associated with prescription medications, especially opioids, and provide practical strategies for safe use, storage, and disposal. Students will learn how to recognize the signs of overdose and respond with lifesaving interventions. Students will receive Revive! Naloxone (Narcan) training and be provided with medication locking pouches, disposal bags, and naloxone. The course will be led by Sarah Gagnon from the Chesterfield Health District MRC and Lindsay Cunningham, Outreach Coordinator with SAFE.

Foot and Ankle Pain: It's All in the Calf**Course: HW253473****Friday****Sept 19****9:00-10:30****Instructor(s): Dave Bass, PT, DPT**

From plantar fasciitis to bunions and growing pains, the calf muscles hold the key to explaining and solving nearly all the causes of foot and ankle pain. Students will learn why these muscles cause so many problems and take away some simple strategies for relieving foot and ankle pain.

Low Back Pain**Course: HW253406 *\$15****Monday****Sept 22****11:00-12:30****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.

Lifespan Reflection with VCU OT: Rewind and Replay**Course: HW253504****Thursday****Sept 25, Oct 23****9:30-11:00****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, 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, and routines, and how these have changed over time.

Low Back Pain Solutions**Course: HW253467****Thursday****Sept 25****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 down the leg like Sciatica. Often individuals have a directional preference that can be used to help modify activities and turn into an easy-to-complete home exercise program.

Joint Replacements: What to Know Before and After Surgery**Course: HW253375****Thursday****Sept 25****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.

Understanding Urogynecology: Pelvic Health and Treatment Options**Course: HW253496****Friday****Sept 26****12:00-1:00****Instructor(s): Nathan Guerette, MD**

Students will be introduced to common pelvic floor disorders affecting women, including urinary incontinence, pelvic organ prolapse, and overactive bladder. Dr. Guerette will discuss diagnostic approaches and treatment options ranging from lifestyle modifications and physical therapy to surgical interventions. This course will provide a supportive overview of conditions that are often underdiagnosed and undertreated.

Memory Screenings with VCU**Course: HW253503****Monday****Sept 29, Oct 27, Nov 24****8:30-12:15****Instructor(s): Brighton Payne**

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

InterAge Seminar: Embracing the Future**Course: HW253493****Tuesday****Sept 30****2:00-3:30****Online****Instructor(s): E. Ayn Welleford, PhD, and Rachel Ramirez, MPA**

Madeleine L'Engle said, "We are all the ages we have ever been." This seminar course will provide an opportunity for students to actively share in small groups their thoughts and perspectives on topics relevant across all ages. Interactions, relationships, or comparisons among different age groups will be explored. For example, interAge relationships could involve communication or cooperation between younger and older individuals, as well as how different age groups interact, influence, communicate, and benefit each other across their lifespans. LLI Chesterfield recently appointed Dr. Welleford as their first InterAge Director. This course will help inform future InterAge programming, and there is an InterAge Discussions group on Nearpeer where the conversation is ongoing.

Knee Conditions**Course: HW253407 *\$15****Monday****Oct 6****11:00-12:30****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.

Joint Replacement Surgery: What Are the Options?**Course: HW253332****Tuesday Oct 7****1:00-2:00****Instructor(s): David Miller, MD**

Students will be introduced to a range of hip and knee treatment options. Dr. Miller will cover topics including meniscal tear surgeries, minimally invasive total hip and knee replacements, non-operative treatments for avascular necrosis and arthritis, partial and patellofemoral knee replacements, revision surgeries, and robotic-assisted procedures such as Makoplasty.

Medical Imaging and Advocacy: Aging with Insight**Course: HW253494****Friday Oct 10****10:00-12:00****Instructor(s): Charlie Downing**

This course will empower students with the knowledge and tools to better understand and navigate medical imaging. Students will learn about common radiology exams—including X-rays, CT scans, MRIs, ultrasounds, and nuclear medicine—and what to expect before, during, and after these procedures. The course will also cover communication strategies, patients' rights, preparation tips, and techniques for self-advocacy in clinical settings. No prior medical knowledge will be required, and students will build confidence in managing their care and asking informed questions.

Diabetes Mellitus and the Era of GLP-1 Agonists**Course: HW253500****Monday Oct 13****2:30-3:30****Instructor(s): James Kenneth Schmitt, MD**

This course will introduce the two major types of diabetes—Type 1 and Type 2—and explain how insulin resistance and deficiency affect the body. Students will explore the role of incretins, natural substances that stimulate insulin production and reduce appetite, and learn how GLP-1 receptor agonists enhance these effects. This course will present emerging treatments including GLP-1 agonists and SGLT2 inhibitors, which help regulate blood sugar and support weight management. Students will examine current research on these therapies and their broader impact on cardiovascular, kidney, and cognitive health.

Colorectal Disorders and Surgical Treatments**Course: HW253430****Tuesday Oct 14****12:00-1:00****Instructor(s): Matthew Huk, MD**

Students will learn about the diagnosis and surgical management of colorectal conditions including colon, rectal, and anal cancer, diverticulitis, inflammatory bowel disease, and disorders such as hemorrhoids, fissures, abscesses, fistulas, prolapse, and fecal incontinence. Dr. Huk will highlight advanced minimally invasive and robotic techniques, as well as enhanced recovery protocols.

Bone Health Basics: Osteopenia and Compression Fractures**Course: HW253498****Wednesday Oct 15****12:00-1:00****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.

The Importance of Posture: Safe and Simple Exercises to Help**Course: HW253468****Thursday****Oct 23****2:30-3:30****Instructor(s): Jordan Witt, DPT**

This course will cover how poor posture can lead to neck, shoulder, upper back, and arm pain. Exercises will also be demonstrated to show a safe and easy way to improve posture.

Vertigo and Dizziness: Common Causes and How to Treat It**Course: HW253376****Thursday****Oct 23****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.

Myths About Arthritis**Course: HW253484****Friday****Oct 24****9:00-10:30****Instructor(s): Dave Bass, PT, DPT**

Over 1 million knee and hip replacements are provided each year in the US. This number continues to increase every year due to demographic trends, earlier diagnoses, and a shift in treatment strategies. It's more common to have a knee replacement offered earlier in treatment, and the outcomes are not always as good as one would hope. This course will explore how to know if the pain someone is experiencing is really due to arthritis, or if it is something much easier and less costly to treat.

Shoulder Conditions**Course: HW253408 *\$15****Tuesday****Oct 28****11:00-12:30****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.

Falls Prevention and Recovery**Course: HW253499****Thursday****Oct 30****1:30-3:30****Instructor(s): Dr. Casey Pherson, PT, DPT, Cert DN, VC-Cert**

Students will gain a better understanding of the risks associated with falls and learn how to identify common causes both at home and in the community. This course will cover practical strategies for fall prevention, including environmental modifications, medication awareness, and balance exercises. Students will also learn techniques for safely recovering from a fall and how to seek help when needed. The course will emphasize proactive planning and personal safety to reduce injury and maintain independence.

Common Menopause Symptoms and Treatment Options: Finding Relief**Course: HW253475****Friday Nov 7****2:00-3:00****Instructor(s): Emily Stone, MD**

Students will examine the wide-ranging symptoms of menopause and explore treatment options that may provide relief. This course will present current research on hormonal changes and their impact on physical and emotional health, including hot flashes, sleep disturbances, mood shifts, and joint pain. Students will learn about evidence-based therapies such as hormone replacement, lifestyle modifications, and non-hormonal interventions. This course will offer a supportive space for discussion and equip students with practical strategies to navigate this life stage with confidence.

Understanding Hearing Loss and Hearing Aids**Course: HW253389****Monday Nov 10****11:00-12:00****Instructor(s): Kimberly Felder**

How are health and hearing related? This course will help students understand hearing loss, over-the-counter aids, and the connection to overall health. What will happen if hearing loss is left untreated? Why do some people hear but not understand? These questions will be discussed in this course.

Shoulder Pain Solutions**Course: HW253501****Thursday Nov 13****2:30-3:30****Instructor(s): Jordan Witt, DPT**

This course will address common causes of shoulder pain and introduce evidence-based strategies for relief and rehabilitation. Students will explore shoulder anatomy, biomechanics, and typical pathologies such as rotator cuff injuries, frozen shoulder, and arthritis. This course will present practical approaches to assessment, movement modification, and therapeutic exercise that can improve function and reduce discomfort. Students will gain tools to better understand shoulder mechanics and apply techniques that support long-term shoulder health.

Rotator Cuff Tears and Shoulder Pain**Course: HW253485****Friday Nov 14****9:00-10:30****Instructor(s): Dave Bass, PT, DPT**

This course will explore the rotator cuff, providing an understanding of its structure, function, and significance. Common causes of rotator cuff injuries will be examined, along with insights into why surgical intervention is not always necessary. Students will gain valuable knowledge about alternative treatment options and factors to consider when managing rotator cuff-related issues.

Biomechanics and Ergonomics of Sitting: Implications for Computer Users**Course: HW253272****Tuesday Nov 18****10:30-11:30****Instructor(s): Dr. Priyadarshini Pattath**

Students will explore how prolonged sitting and workstation setup affect posture, comfort, and musculoskeletal health—especially for computer users. This course will present research on the biomechanics of sitting and guide students through evidence-based strategies for improving ergonomic alignment. Students will learn to recognize symptoms of poor posture and will receive practical recommendations for workstation adjustments and movement habits. The interactive group dialogue and Q&A will help students apply these insights to their daily routines.

Lung Health: Early Detection and Diagnosis for Lung Cancer**Course: HW253497****Tuesday****Nov 18****12:30-1:30****Instructor(s): Alice Herlihy, MD**

Someone in the U.S. is diagnosed with lung cancer every two and a half minutes. This course will explore the importance of lung cancer screening and the impact of early detection on patient outcomes. Students will learn about current screening guidelines, including the use of low-dose CT scans for high-risk individuals, and examine recent technological advances in diagnosis. Dr. Herlihy will introduce robotic navigational bronchoscopy, explain how it works, and highlight its role in improving diagnostic accuracy and facilitating earlier detection.

Pelvic Floor Health and Women's Incontinence: Hold It!**Course: HW253476****Thursday****Nov 20****12:00-1:00****Instructor(s): Ramzi Aboujaoude, MD**

This course will address female pelvic issues such as urinary incontinence or leakage, pelvic organ prolapse (dropping of the vagina, uterus, cystocele, rectocele), overactive bladder, and fecal incontinence. Dr. Aboujaoude - pronounced "Ah-boo-jah-dee" - will talk about these issues and the treatment options available.

Chronic Pain: How Do I Get Rid of It?**Course: HW253377****Thursday****Nov 20****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.

Introduction to Human Anatomy**Course: HW253442****Monday****Dec 1****11:00-12:30****Instructor(s): Thomas Neviasser, MD**

This course will present the basics of knee, shoulder, and back anatomy. This will be a unique interAge opportunity, as students of all ages from the community will be invited to attend and participate.

Dry Needling: What It Is and How It Works**Course: HW253409****Thursday****Dec 11****2:30-3:30****Instructor(s): David Reynolds, PT, DPT**

Dry needling is a treatment that healthcare providers use for pain and movement issues associated with myofascial trigger points. This course will go over how the procedure is performed, who and what ailments are appropriate for it, and how it can be a game changer in reducing pain and improving overall function in some individuals.

IA		Inside LLI Activities	
Orientation for New Members		Course: IA253999	
Tuesday	Sept 2		
9:30-11:00			
Instructor(s): Rachel Ramirez			
This course is 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 New Member Orientation will conclude with a tour of the building. Any members who cannot make it to either orientation should stop in the office anytime for a tour and answers to any questions!			
Workshop for LLI Instructors		Course: IA253077	
Tuesday	Sept 2		
2:00-3:30			
Instructor(s): Rachel Ramirez			
This workshop will increase the connectivity and collegiality among LLI faculty, encourage instructors to share ideas about ways to improve the LLI experience for both faculty and students, and share details on logistics and technology in the classroom. First-time and experienced faculty members will find something of value in this workshop. Members who are instructing this session or plan to in a future session are invited and welcome!			
Workshop for LLI Instructors		Course: IA253078	
Thursday	Sept 4		
12:30-2:00		Online	
Instructor(s): Rachel Ramirez			
This online workshop will increase the connectivity and collegiality among LLI faculty, encourage instructors to share ideas about ways to improve the LLI experience for both faculty and students, and share details on logistics and technology in the classroom. First-time and experienced faculty members will find something of value in this workshop. Members who are instructing this session or plan to in a future session are invited and welcome!			
Q&A for Current Members		Course: IA253997	
Thursday	Sept 4		
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 session to get the latest update on the Lifelong Learning Institute in Chesterfield. A demonstration of the chair lift will also be provided with step-by-step instructions and even a chance to take a ride!			
Orientation for New Members		Course: IA253998	
Friday	Sept 5		
10:00-11:15		Online	
Instructor(s): Rachel Ramirez			
This online course is 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: IA253100****Tuesday Sept 9, Oct 14, Nov 18, Dec 9****12:00-12:30****Instructor(s): LLI Social Committee**

The monthly member birthday celebrations are designed to CELEBRATE the life of each member. Members are encouraged to attend during their birth month and invite family and friends to share in the birthday celebration. All members are welcome to celebrate each month with the LLI family! Cake and smiles will be provided. No need to register. Just put it on the calendar!

LLI Committee Fair: A Behind the Scenes Look**Course: IA253022****Friday Sept 12****1:00-3:00****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!

September Luncheon**Course: IA253009 \$5****Thursday Sept 25****12:00-1:30****Instructor(s): LLI Social Committee**

This month's luncheon will help kick off our Fall session! Stay tuned for more details, and be sure to sign up in the office to participate. Spring Arbor of Salisbury will be the generous sponsor of this luncheon.

Annual State of the LLI Meeting**Course: IA253016****Monday Oct 6****10:00-11:30****Instructor(s): Dr. John Lemza and the LLI Board of Directors**

All members are invited to join the LLI Board of Directors at the Annual State of the LLI Meeting, where the past year will be reviewed and goals for the next year will be introduced. Presentations will be given by several board members, accomplishments will be celebrated, and feedback will be welcomed. The meeting will conclude with a meet and greet with the Board of Directors. Register early and invite a friend who is a member!

Bake Sale Fundraiser**Course: IA253017****Tuesday, Wednesday Oct 21, 22****9:30-3:00****Instructor(s): LLI Fundraising Committee**

All members are invited to participate in the LLI Bake Sale Fundraiser this year. The fundraiser will take place in the lounge on both days as long as the goodies last. Members who want to volunteer, bake should register now to receive all the details as they become available. This fundraiser is open to the public, so friends and family are welcome!

October Luncheon **Course: IA253010 \$5**
Thursday **Oct 23**
12:00-1:30
Instructor(s): LLI Social Committee
 This month's luncheon will be a little bit spooky! Entertainment will be provided by Damir Strmel and the LLI Groove Masters of Samba. Be sure to sign up in the office to participate. Burke & Herbert Bank will be the generous sponsor of this luncheon.

November Luncheon **Course: IA253011 \$5**
Thursday **Nov 20**
12:00-1:30
Instructor(s): LLI Social Committee
 This month's luncheon will be a special Thanksgiving celebration! Stay tuned for more details, and be sure to sign up in the office to participate.

December Luncheon **Course: IA253012 \$5**
Thursday **Dec 11**
12:00-1:30
Instructor(s): LLI Social Committee
 This month's luncheon will be a special winter holiday celebration! Stay tuned for more details, and be sure to sign up in the office to participate. Commonwise Home Care will be the generous sponsor of this luncheon.

LA	Languages
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Basic Spanish for Beginners	Course: LA253006
Thursday	Sept 4, 11, 18, Oct 9, 23, 30, Nov 6, 13, Dec 4, 11
11:00-12:00	
Instructor(s): Nena Woods	
Students will be introduced to the fundamentals of Spanish grammar in a beginner-friendly setting. The course will focus on building a strong foundation through basic sentence structure, essential vocabulary, and practical usage. No prior experience will be necessary—just a willingness to learn and participate. Students should bring a Spanish/English dictionary and a notebook or folder for handouts.	

Conversational German	Course: LA253015
Monday	Sept 8, 15, 22, 29, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15
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.	

Introduction to French	Course: LA253001
Tuesday	Sept 9, 16, Oct 14, 21
9:00-10:00	
Instructor(s): Carol Pritchard	
This course will introduce students to the basics of the French language, with a focus on pronunciation, greetings, and commonly used expressions. Students will learn how to confidently say hello, introduce themselves, ask simple questions, and navigate everyday interactions. The course will emphasize correct pronunciation and listening skills to build a strong foundation for future language learning. No prior knowledge of French will be required.	

Conversational French Review**Course: LA253019****Tuesday****Oct 28, Nov 18, 25, Dec 2, 9, 16****9:00-10:00****Instructor(s): Carol Pritchard**

Parlons français 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**

Needleworkers United**Course: LE253032****Wednesday****Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****1:30-3:30****Instructor(s): Sandy Lohman and Ellen Rennels**

This will be an opportunity for students to learn to knit or crochet with needleworkers of all ability levels! Those who need help getting started, those who are looking to develop knitting or crocheting skills, and those who just like to work in the company of others are all welcome to join this enjoyable and close-knit group. Everyone should bring their own crochet hook or pair of knitting needles and yarn to each class.

Genealogy Discussions**Course: LE253252****Wednesday****Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****2:00-3:30****Instructor(s): Kevin Gross and Janet Garzia**

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 review DNA testing, genealogy basics, and Ancestry.com tools during the first three classes.

Crafting PhD: Project Half Done**Course: LE253295****Thursday****Sept 4, 11, Oct 9, 16, 23, Nov 6, 13, Dec 4, 11****11:30-1:30****Instructor(s): Mary Kay Anderson and Ethel-May Simonson**

This course will be an opportunity for students who enjoy making craft projects to work on something new or finish up those projects that are half done. Students are invited to bring their projects to each class and work on them together while making new friends.

Regenerative Gardening**Course: LE253356****Friday****Sept 5****10:00-12:00****Instructor(s): Susan Atkins**

This course will introduce regenerative growing methods that prioritize soil health, biodiversity, and environmental resilience. Students will learn practical techniques such as composting, cover cropping, and no-till gardening, which reduce reliance on fossil fuels and harmful chemicals. These practices help restore ecosystems, minimize pollution and erosion, and support nutrient-dense food production. Although designed for gardeners, the principles discussed will benefit anyone interested in sustainable food systems and cleaner growing practices.

Alaska, Then and Now A**Course: LE253337****Tuesday****Sept 9, 16, 23****9:30-11:00****Instructor(s): Joe Lenzi**

Please register for only one session (A or B) to allow all students a chance to participate. Alaska is a vast and extraordinary place, rich with beauty and culture that will remain largely unchanged over time. This course will offer students a unique perspective shaped by 10 years of diverse, hands-on experience in all corners of the state. Through a combination of personal anecdotes, stunning photographs, and carefully documented notes, students will explore Alaska's geography, people, and traditions. Together, students will discover the lessons, stories, and insights from the instructor's time in the Land of the Midnight Sun—a journey of discovery that will continue to inspire lifelong learning.

Beaded Lanyard for LLI Name Tag**Course: LE253143 \$8****Tuesday****Sept 9****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.

American Mah Jongg Boot Camp**Course: LE253317****Tuesday****Sept 9, 16, 23, 30****1:30-3:30****Instructor(s): Stone Wahl**

Mah Jongg is a tile-based game similar to gin rummy, offering more complex combinations, and this four-week boot camp will be designed to take beginners from zero to sixty quickly. Most learning will take place at home, where students will be expected to play against computer opponents on a free online program at least four times per week for about 30 minutes per session using a desktop, laptop, or tablet. The first week will be mandatory, with basic concepts introduced and volunteers available to help set up accounts; required pre-reading materials (pages or short videos) will be distributed beforehand. Subsequent weeks will include brief reviews and in-person gameplay. This will be a fast-paced, engaging course ideal for anyone ready to dive into a new skill—whether they have played games all their life or are just discovering the joy of play.

Pest Management and Harvest Practices for Cutting Gardens**Course: LE253342****Thursday****Sept 11****9:30-11:30****Instructor(s): Conner Parrish**

This course will focus on maintaining a productive flower garden by exploring simple yet effective pest management strategies and proper harvesting techniques to keep blooms healthy and abundant. Students will learn how to prevent and control pests using eco-friendly methods while supporting plant resilience and harvesting flowers at the right stage, depending on the intended usage. Students will find information to help cultivate a resilient, chemical-free cutting garden at home.

Road Scholar Education Travel: University of the World**Course: LE253207****Thursday****Sept 11****2:30-3:30****Instructor(s): Cindy Graunke**

This course will explore Road Scholar educational travel. Road Scholar is a not-for-profit organization with thousands of travel-based courses annually, both in the United States and abroad. Road Scholar is also associated with Lifelong Learning Institutes nationwide. Road Scholar (formerly Elderhostel) is committed to being the preeminent provider of high-quality and affordable educational opportunities for adults. Students will hear about the myriad of learning opportunities and how these learning opportunities can change their view of the world.

Virginia Native Plants for Sun and Shade**Course: LE253303****Monday Sept 15****9:30-11:30****Instructor(s): Sheryl Smith**

Students will discover how Virginia native plants can support pollinators, reduce maintenance, and thrive in both sunny and shady conditions. This course will introduce easy-to-grow species that require little watering, fertilizing, or fuss. Students will learn which plants attract butterflies, moths, and other pollinators, and how to grow them successfully in containers or garden beds. A handout will provide detailed descriptions of each plant, including size, growing conditions, and ecological benefits.

Whimsical Wooden Pumpkins**Course: LE253354 \$15****Monday Sept 15****10:00-12:00****Instructor(s): Kimberley Dickerson and Marie Ireland**

Students will create a set of rustic wooden pumpkins to brighten their fall décor. This course will explore fall colors, paint techniques, and whimsical designs to reflect each student's personal style. Creativity will be encouraged throughout this fun and easy DIY experience. Students should bring a pencil, a pen, scissors, and a glue gun with glue sticks. The course fee will provide all other materials.

Cardmaking by the Numbers**Course: LE253314 \$28****Tuesday Sept 23****10:00-12:00****Instructor(s): Stephanie Balarzs Douglas**

Students will enjoy a hands-on opportunity to create 12 unique greeting cards using themed kits for Birthday, Christmas, or Thinking of You. Each kit will include all materials needed to assemble the cards, along with envelopes for mailing. Students will learn simple techniques for layering, embellishing, and personalizing their cards. Adhesive will be provided for use during class, and the course fee will provide all materials.

The Marvelous Monarch**Course: LE253357****Monday Sept 29****10:00-11:30****Instructor(s): Elizabeth Bock and Courtney Lalich**

This course will be an interactive and informative experience. Monarch butterflies are an integral part of the ecosystem. Students will learn about their habitats, life cycle, migration, and endangered status. Students who are curious about these amazing insects will enjoy learning from two Master Gardeners and monarch enthusiasts.

Advanced Card Making: Multimedia Fun**Course: LE253200 \$7****Wednesday Oct 1****1:30-3:30****Instructor(s): Marie Ireland and Mary Ann McCrum**

Students will practice advanced card embellishing techniques using inks, metal, fabric, and various embossing methods. Wet, dry, and heat embossing will be included. All cards will differ from those created in other advanced card making courses offered by this instructor. Students should be comfortable using a paper trimmer with ¼-inch measurements and possess basic papercrafting skills such as scoring, folding, and using a tape runner. These skills will not be taught in class. Students should bring scissors, a paper trimmer with ¼-inch measurements, a tape runner, and a ruler. They will leave with unique, multimedia-inspired cards. The course fee will provide all other materials.

Logic and Reasoning Puzzles A: Set 2**Course: LE253348****Monday Oct 6****10:00-11:30****Instructor(s): Stone Wahl**

Please register for only one session (A or B) to allow all students a chance to participate. This course will introduce a new set of logic and reasoning puzzles designed to keep the mind active and engaged. Students will explore problem-solving strategies for puzzles that require no math skills beyond the third-grade level. This course will include group discussion, optional role play, and a demonstration of a digital logic puzzle available on most computing devices. Set 2 topics will differ from those presented in Set 1, and both new and returning students are welcome.

Cooking with Judith**Course: LE253253****Monday Oct 6, 13, 20, 27****11:00-12:30****Instructor(s): Judith Onesty****Online**

Each week, the instructor will demonstrate three quick and easy recipes designed to be healthy, flavorful, and prepared in small portions. This course will offer practical tips for simple meal preparation and encourage students to rediscover the joy of eating well.

Introduction to Disc Golf**Course: LE253279 *\$15****Tuesday Oct 7, 14, 21, 28****9:30-11:00****Instructor(s): Stone Wahl**

This course will allow students to learn to play disc golf, the fastest-growing sport in the world. Basic skills such as various throwing styles will be introduced through hands-on clinics and actual play on temporary and permanent courses. Students must be able to walk or wheel on the soccer field behind LLI. Sneakers are recommended, and students should bring a small towel to dry the disc and meet on the field each week. 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.

Alaska, Then and Now B**Course: LE253353****Thursday Oct 9, 16, 23****9:00-10:30****Instructor(s): Joe Lenzi**

Please register for only one session (A or B) to allow all students a chance to participate. Alaska is a vast and extraordinary place, rich with beauty and culture that will remain largely unchanged over time. This course will offer students a unique perspective shaped by 10 years of diverse, hands-on experience in all corners of the state. Through a combination of personal anecdotes, stunning photographs, and carefully documented notes, students will explore Alaska's geography, people, and traditions. Together, students will discover the lessons, stories, and insights from the instructor's time in the Land of the Midnight Sun—a journey of discovery that will continue to inspire lifelong learning.

Messy Advanced Card Making Techniques**Course: LE253258 \$7****Tuesday Oct 14****1:30-3:30****Instructor(s): Marie Ireland and Mary Ann McCrum**

Students will explore advanced embellishing techniques for handmade cards using alcohol inks, watercolor salt resist, masking with sprayers, dry embossing, and more. Wet, dry, and heat embossing may also be incorporated. Students should be comfortable using a paper trimmer with ¼-inch measurements and possess basic papercrafting skills such as scoring, folding, and using a tape runner. These skills will not be taught in class. Students should bring scissors, a paper trimmer with ¼-inch measurements, a tape runner, and a ruler. Each student will leave with a set of completed cards and new techniques to apply in future projects. The course fee will provide all other materials.

Scrapbooking by the Numbers**Course: LE253315 \$19****Wednesday****Oct 22****10:00-12:00****Instructor(s): Stephanie Balarzs Douglas**

Students will create two scrapbook pages or a wall display to showcase cherished photos. By bringing 6–10 pictures centered around a single theme, students will design meaningful layouts using provided materials such as paper, stickers, and photo-safe adhesive. This course will cover basic layout techniques and offer the use of a paper trimmer to help students preserve their memories in a creative and lasting format. The course fee will provide all materials.

Regenerative Seed Starting 101**Course: LE253306****Thursday****Oct 30****9:30-11:30****Instructor(s): Conner Parrish**

In this dynamic course, students will dive into the most sustainable seed-starting practices that can make a garden eco-friendly, pest-resistant, and bursting with nutrient-dense produce. Students will explore everything from innovative soil-blocking techniques to regenerative and organic tips and tricks, along with expert advice on seed sourcing and much more. But that's not all—students will also walk away with a pack of seeds to kick off the 2026 growing season.

Logic and Reasoning Puzzles B: Set 2**Course: LE253349****Monday****Nov 10****10:00-11:30****Instructor(s): Stone Wahl**

Please register for only one session (A or B) to allow all students a chance to participate. This course will introduce a new set of logic and reasoning puzzles designed to keep the mind active and engaged. Students will explore problem-solving strategies for puzzles that require no math skills beyond the third-grade level. This course will include group discussion, optional role play, and a demonstration of a digital logic puzzle available on most computing devices. Set 2 topics will differ from those presented in Set 1, and both new and returning students are welcome.

Basic Pine Needle Baskets**Course: LE253241 \$23****Tuesday****Nov 18, Dec 2, 9, 16****1:30-3:30****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, and a jar or glass to each class.

Live Holiday Wreaths Workshop**Course: LE253308 \$40****Wednesday****Nov 19****9:30-11:30****Instructor(s): Conner Parrish**

Students will create a one-of-a-kind live wreath to showcase their holiday decor, all while supporting a local flower farm. Designer Conner Parrish of Blossoming Roots Flower Farm will guide students in using live evergreen materials from the farm to create a base wreath on a grapevine form. Students are welcome to bring decorations and hot glue to add while creating the wreath. The course fee will provide all materials except students need to bring a 10-inch grapevine wreath ring.

Creative Earring Workshop**Course: LE253355 \$16****Tuesday****Nov 25, Dec 2, 9, 16****10:30-12:00****Instructor(s): Judith Onesty**

Students will explore a variety of creative techniques for making unique earrings, including colored pencils, alcohol inks, mica paints, and more. This course will offer a fun, hands-on experience for those eager to create wearable art with a spirit of experimentation. The course fee will provide most of the materials. A supply list will be available at registration and outside the office.

Frazzled Snowman and Ornament**Course: LE253130 \$15****Monday****Dec 1****10:00-12:00****Instructor(s): Kimberley Dickerson and Marie Ireland**

Students will prepare for the holiday season by crafting a fur snowman and a festive ornament. These charming snowmen will capture the spirit of the season and can be displayed all winter long. The finished pieces will make delightful gifts for friends, family, or colleagues—or a cheerful treat for oneself. Students should bring a pencil, a pen, scissors, a ruler, and a glue gun with glue sticks. The course fee will provide all other materials.

LS**Life Services****Transportation Services in Chesterfield County****Course: LS253145****Tuesday****Sept 2****11:30-12:30****Instructor(s): Billie Darlington**

Mobility Services in the Community Engagement and Resources department is focused on improving existing transportation options and coordinating a community-wide transportation service network comprised of transportation providers to meet the community needs of Chesterfield County. Persons in need may include older adults (60+), people with disabilities, and low-income individuals without personal vehicles. This course will provide an overview of the services available including how to register and use the Access on Demand and Access Chesterfield transportation programs.

Discussing the Big and Often Polarizing Issues**Course: LS253198****Thursday****Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18****12:00-1:30****Instructor(s): John Bennett and Claude Cooper**

This course continues the open-discussion format offered in previous sessions, inviting students to engage thoughtfully with today's most polarizing issues. Two trends are increasingly evident: many topics now provoke sharply divided opinions, and these divisions are often promoted rather than genuinely discussed. In this course, students will help select the topics, and each class will begin with sharing reflections or "homework" from the previous week. The goal is to foster honest, respectful dialogue that allows all perspectives to be heard—an approach that encourages understanding rather than amplification of division.

Emergency Preparedness for Individuals and Households**Course: LS253177****Monday****Sept 8****10:00-11:30****Instructor(s): Chesterfield County Emergency Management Staff**

This course will cover the three steps of emergency preparedness: getting a kit, making a plan, and staying informed. Other topics that will be covered include mass care sheltering and what happens if a disaster does strike. Many frequently asked emergency-related questions that emergency management staff receive will also be addressed.

Neighbors Helping Neighbors: Building Stronger Communities through Service**Course: LS253228****Tuesday Sept 9****9:30-10:30****Instructor(s): Annabelle Bugay**

This course will examine how acts of service contribute to resilient, inclusive communities. Students will explore the broader impact of volunteering—from supporting those in need to shaping personal values and inspiring future generations. This course will highlight how simple gestures can create a powerful ripple effect, leaving a meaningful legacy of connection and compassion.

Becoming an Optimist**Course: LS253084****Thursday Sept 11, 18****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will define optimism and highlight its benefits. Students will explore a variety of practical strategies to nurture and develop a more optimistic mindset.

Senior Living Community Options: Be Proactive, Not Reactive**Course: LS253097****Monday Sept 15****9:00-10:30****Instructor(s): Marc Friedlander, MBA**

Roughly 44 million Americans (one out of six) provide unpaid informal care each year to the older U.S. population. Using a proactive approach, this course will discuss the many benefits an assisted living community can provide, how an assisted 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 assisted living options. So much can change in six months in the senior living world. This will be an interactive discussion with plenty of time for questions throughout the presentation.

Crafts for Community**Course: LS253147****Wednesday Sept 17, Oct 15, Nov 19, Dec 17****11:30-1:00****Instructor(s): Mary Jane Murphy**

This will be an opportunity to join other LLI members in making craft items to be given to the local community. All craft supplies are provided by LLI members, and the finished products will be donated to various local organizations and communities. The project ideas and supplies will be prepared in advance for the students, so students can just register and attend to join in the fun of this enjoyable service opportunity. Making people smile and feel loved is always the goal!

Befriending Your Subconscious**Course: LS253085****Monday Sept 22, 29****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will clarify the role of the subconscious and introduce practical techniques for enhancing its usefulness. Students will learn how to quiet negative internal chatter and build a more supportive inner dialogue.

Improving Self-Esteem**Course: LS253203****Monday Sept 22****12:00-1:30****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.

Senior Housing Options: Replacing Chaos with Clarity**Course: LS253168****Tuesday****Sept 23****12:30-2:00****Instructor(s): Kevin Parks**

Navigating senior housing options can be overwhelming, to put it mildly. Kevin Parks, a formerly licensed assisted living administrator, will unpack all things senior housing to include information about the following settings: independent living (IL), assisted living (AL), memory care (MC), skilled nursing facility (SNF), and continuing care retirement community (CCRC). Kevin will also briefly discuss adult day care, as well as how home care, home health, and hospice work in the settings above, as well as in a person's private home. Students will leave with a clearer understanding of senior housing and the resources they need to confidently make decisions as to which option(s) might make the most sense for them or their loved one(s).

Communicating with Ease and Connection**Course: LS253223****Wednesday****Sept 24, Oct 1, 8****12:30-2:00****Instructor(s): Josie Schmidt**

This course will offer students a safe and supportive space to learn and practice communication skills that can foster deeper connections and greater ease in expressing personal needs. Students will engage in large and small group discussions, role-playing scenarios, and interactive games designed to build confidence and clarity. There will be no pressure to participate in any activity; students will be encouraged to learn and practice at their own comfort level.

Chesterfield Council on Aging**Course: LS253169****Thursday****Sept 25, Oct 23****9:00-10:30****Instructor(s): Kim Graves and the Chesterfield Council on Aging Leadership Team**

The Chesterfield Council on Aging seeks to enhance the quality of life for older adults and adults with disabilities through education, advocacy, and community service. The Council is comprised of county residents and professionals from all industries who are dedicated to actively supporting the mission. Most meetings include a guest speaker on topics relevant to older adults, updates from council committees, and a time of informal networking. The Chesterfield Council on Aging also publishes a Resource Directory of Services for Older Adults and Individuals with Disabilities in Chesterfield County. The directory is intended for older adults, adults with disabilities, their families, caregivers, professionals, and providers of services. The directory contains contact information and websites of Chesterfield County Human Service Departments, agencies, and organizations (both for-profit and nonprofit) that provide services and resources for older adults, individuals with disabilities, and their caregivers. The directory is usually available in the LLI hallway outside the office and in Spanish upon request. Register for this course to attend the monthly meetings and meet some amazing people!

Planning Final Arrangements**Course: LS253157****Tuesday****Sept 30****2:00-3:30****Instructor(s): Susan Campbell**

Along with financial and estate planning, one of the best gifts that can be given to loved ones is pre-planning for final arrangements. Losing a loved one is a difficult time. Prearranging the funeral eases the stress and guesswork for families and ensures that final wishes are honored. Students will learn about the important steps to provide this gift for their loved ones through an overview of the information and concerns when planning. There will also be an opportunity to ask questions.

Developmental Relationships: Building Trust, Resilience, and Purpose**Course: LS253230****Tuesday Oct 7****12:00-1:30****Instructor(s): Ashley Hall**

This course will explore how intentional, supportive relationships help young people thrive. Students will learn how developmental relationships—built on care, challenge, support, shared power, and expanded possibilities—fuel motivation, resilience, and success. This course will examine how trauma, culture, and environment shape student behavior and engagement, and how adults can respond with empathy and purpose. Students will leave equipped to build stronger, more meaningful connections with youth in their families, workplaces, and communities.

Rollator Walkers 101: Obtaining, Using Safely, and Maintaining**Course: LS253225****Wednesday Oct 8****11:30-1:00****Instructor(s): Jodi Winship, Sheryl Finucane, and Kelly Hancock**

This course will introduce students to the safe and effective use of rollator walkers. Students will learn how to obtain a rollator through private pay or insurance, select the appropriate size based on height and weight, and maintain key components to ensure long-term safety and function. Optional hands-on practice will be offered in Rollator 201 A and B (LS253226 and LS253227) to reinforce proper walking techniques, seating, brake adjustments, and repairs. By the end of the course, students will be equipped with the knowledge and confidence to use and care for this essential mobility device.

The Power of Habits**Course: LS253090****Thursday Oct 9, 16****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will deepen students' understanding of the power of habits and present thirteen practical examples that can lead to meaningful, lasting change.

Mercy Mall Emergency Food Bags**Course: LS253172****Thursday Oct 9, Dec 4****2:00-3:00****Instructor(s): Phyllis Maples**

Mercy Mall may be the first place a case manager stops to help a homeless individual or family, and it lessens the burden on them when an emergency snack pack is provided. As a group, the students in this course will assemble non-perishable snack packs in gallon-size Ziploc bags. Those bags can include the following: a mini water bottle, granola bars, flat tuna packs, raisins, cracker packs, individually wrapped fork and napkin sets, and a kind, encouraging note. Students are welcome, but not obligated, to bring any of the items that are listed here. LLI may host a collection drive leading up to the classes and also accepts donations of new, unopened personal care items including body wash, shampoo, deodorant, and toothpaste.

Calling 911: What to Expect**Course: LS253222****Monday Oct 13****9:30-11:30****Instructor(s): Shannon M. White**

Chesterfield County Emergency Communications are the first of the first responders. This course will offer an opportunity to gain a thorough understanding of what happens when 911 is called, the technology available, and why there are so many questions.

Proactive Home Accommodation: Temporary and Permanent**Course: LS253221****Monday Oct 13, 20****12:00-1:30****Instructor(s): Ann-Marie Walsh**

This course will address the gap between Americans' desire to age in place and the lack of preparation to do so. Drawing on insights from the University of Michigan's National Poll on Aging, students will explore why 84% of older adults expect to remain in their homes, yet 80% have not taken even basic safety steps—such as installing a grab bar. The course will empower students to become proactive change agents in their own living environments. It will introduce both temporary modifications (for surgery recovery, injury, or rental situations) and permanent solutions that can be tailored to a wide range of budgets and housing types.

Chesterfield Public Library Resources Galore**Course: LS253086****Wednesday Oct 15****10:00-11:30****Instructor(s): Cindy Arnold**

This course will introduce students to the wide range of digital resources available through Chesterfield Public Library. Students will learn how to access newspapers, legal forms, Consumer Reports reviews, and more—all from the library website. This course will highlight tools for lifelong learning, entertainment, and everyday tasks, and will demonstrate how the library supports the community beyond books.

Rollator Walkers 201 A**Course: LS253226****Wednesday Oct 15****1:00-3:00****Instructor(s): Jodi Winship, Sheryl Finucane, and Kelly Hancock**

Please register for only one session (A or B) to allow all students a chance to participate. This course will provide hands-on practice to reinforce proper walking techniques, seating, brake adjustments, and repairs. For the lecture course, students should register for Rollator Walkers 101 (LS253225).

Ask the Experts: Understanding Healthcare, Housing, and Legal Planning**Course: LS253234****Thursday Oct 16****11:30-1:30****Instructor(s): Jennifer Perry**

This interactive panel will guide students through the complex decisions surrounding senior care and lifestyle transitions. Students will hear from seasoned professionals in healthcare, senior living, real estate, and elder law as they share practical advice, local resources, and strategies for aging well. Topics will include medical and non-medical care options, housing transitions, legal planning tools, and financial considerations. Whether students are planning ahead or supporting someone in transition, this course will offer clarity, confidence, and peace of mind.

Rollator Walkers 201 B**Course: LS253227****Tuesday Oct 21****1:00-3:00****Instructor(s): Jodi Winship, Sheryl Finucane, and Kelly Hancock**

Please register for only one session (A or B) to allow all students a chance to participate. This course will provide hands-on practice to reinforce proper walking techniques, seating, brake adjustments, and repairs. For the lecture course, students should register for Rollator Walkers 101 (LS253225).

Critical Thinking A: Principles and Obstacles**Course: LS253217****Tuesday Oct 21, 28****2:00-3:00****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. Students will examine how instinct, emotion, and cognitive bias can override rational analysis—and why the brain is built that way. This hands-on workshop will demonstrate how critical thinking strategies may be applied to everyday decision-making. No reading will be required.

Connecting with Adult Children and Navigating Challenging Relationships**Course: LS253224****Wednesday Oct 22, 29, Nov 5****12:00-1:30****Instructor(s): Josie Schmidt**

This course will introduce students to the principles of Nonviolent Communication and guide them in developing skills that will create the greatest possibility for deeper connection with adult children. Through discussion and practical exercises, students will explore ways to navigate relational challenges with empathy, clarity, and compassion.

Human Trafficking: The Basics and the Law**Course: LS253152****Friday Oct 24****12:00-1:30****Instructor(s): Linda Hawkins, Erin Barr, and Catherine Gray**

This course will introduce students to the realities of human trafficking, including how to recognize signs, respond appropriately, and understand the broader social impact. Students will learn how traffickers exploit vulnerabilities through force, fraud, or coercion, and how trafficking can occur in both visible and hidden ways. Chesterfield County prosecutors will then provide an overview of current laws, justice system responses, and legal limitations surrounding trafficking cases. The course will conclude with time for questions and answers to deepen understanding and empower informed action.

The Art of the Apology**Course: LS253091****Monday Oct 27****9:00-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will explore the importance of an apology and guide students in learning how to offer sincere, effective apologies that foster understanding and repair relationships.

From Farm to Front Door: How Food Gets to Those in Need**Course: LS253229****Tuesday Oct 28****1:00-2:00****Instructor(s): Annabelle Bugay**

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

Designing the Next Chapter: Life, Home, and Legacy**Course: LS253232****Tuesday Oct 28****2:30-3:30****Instructor(s): Crystal Tillman, SRES**

This course will guide students through a thoughtful, interactive process to reflect, plan, and take action toward a fulfilling next chapter. Students will engage in hands-on activities and receive practical guidance related to lifestyle planning, downsizing, wellness, and legacy. The course will empower students to make intentional choices about their future, drawing on personal values and life experience.

Senior Care 101**Course: LS253211****Wednesday****Oct 29****9:30-10:30****Instructor(s): Jan Carrington, CDP**

This course will be an eagle-eye overview covering all aspects of senior care. The instructors will answer frequently asked questions that families often face after a life-changing event occurs. Students will gain a basic understanding of complicated topics and the resources available to them. From legal documents to hospice, and home care to veteran benefits, this course will touch on everything from A-Z and will leave room for questions at the end of the class.

SeniorNavigator and the VirginiaNavigator Family of Websites**Course: LS253069****Wednesday****Oct 29****12:30-1:30****Instructor(s): Bonnie Scimone**

This course will prepare students to find information about health and aging issues, financial concerns, legal questions, caregiver support, housing, assisted living communities, and much more on SeniorNavigator.org, part of the freshly updated VirginiaNavigator Family of Websites. Students will also learn about the local government partnership with Chesterfield County and SNAP.

What Are Death Cafes?**Course: LS253206****Friday****Oct 31****1:00-2:30****Instructor(s): Reamey Belski**

This course will introduce students to the concept of Death Cafes—informal gatherings where people come together over refreshments to talk openly about death, dying, and what it means to live fully. Students will learn about the origins of the movement, its purpose, and how these conversations can reduce fear, foster connection, and normalize one of life's most universal experiences. This course will offer a welcoming space for curiosity and reflection, without agenda or judgment.

Capital Trail 101: A Guide to the Trail**Course: LS253219****Wednesday****Nov 5****9:30-10:30****Instructor(s): Mackenzie Cocherell**

This course will introduce students to the Virginia Capital Trail—a 52-mile scenic pathway connecting Richmond and Jamestown. Students will learn about the trail's origins, historical significance, and current role in recreation, community engagement, and nonprofit programming. Designed for those curious about getting started, this course will provide practical tips and inspiration for exploring the trail on foot or by bike. Whether students are new to the trail or simply seeking deeper insight, they will leave informed and ready to enjoy one of Virginia's most treasured outdoor resources.

Chesterfield Fire and EMS: An Overview of the Fire and EMS Department**Course: LS253178****Wednesday****Nov 5****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.

Critical Thinking B: Principles and Obstacles**Course: LS253218****Wednesday****Nov 5, 12****2:00-3:00****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. Students will examine how instinct, emotion, and cognitive bias can override rational analysis—and why the brain is built that way. This hands-on workshop will demonstrate how critical thinking strategies may be applied to everyday decision-making. No reading will be required.

Strengthening Relationships**Course: LS253094****Thursday****Nov 6, 13****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will help students expand the ways they connect with others and provide tools for deepening and improving friendships and relationships across all areas of life.

Setting Goals**Course: LS253213****Wednesday****Nov 12****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.

When Breath Becomes Air: An End-of-Life Book Discussion**Course: LS253235 *\$15****Friday****Nov 14****1:00-2:30****Instructor(s): Reamey Belski**

This course will guide students through a reflective discussion of *When Breath Becomes Air*, the memoir by neurosurgeon Paul Kalanithi, written during his final year of life. Students will explore themes of purpose, identity, love, and legacy as they consider what it means to live fully in the face of mortality. Whether students are new to the book or longtime readers, this course will offer space to share insights, ask questions, and connect with others around a deeply human experience. The book is available for students through an optional course fee at the time of registration. The instructor recommends that students read the book before attending class to maximize the depth of discussion.

Becoming a Better Grandparent**Course: LS253095****Monday****Nov 17****9:00-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will provide students with techniques and insights for increasing their positive impact on grandchildren, children, and great-grandchildren.

Home Health vs. Home Care**Course: LS253233****Wednesday****Nov 19****10:30-11:30****Instructor(s): Jan Carrington, CDP**

This course will explore the key differences between home health and home care services, highlighting when each is most appropriate and how they support quality of life. Students will learn how home health care provides skilled medical services—such as nursing, therapy, and wound care—under a physician’s order, while home care offers non-medical assistance with daily activities like bathing, meal prep, and companionship. This course will clarify common misconceptions and help students understand which service may best meet their needs or the needs of a loved one.

Medical Aid in Dying: An End-of-Life Option**Course: LS253208****Wednesday****Nov 19****1:00-3:00****Instructor(s): Wayne Swatlowski**

Medical Aid in Dying (MAID) is currently legal in 10 states and the District of Columbia due to the many years of advocacy work by the members of Compassion and Choices, a national nonprofit organization. This course will present and discuss the documentary movie, “The Last Flight Home” which tells the heartwarming story of Eli Timoner, a remarkable man who chooses to utilize medical aid in dying to control his final moments. This film provides an intimate look at his final days, offering a powerful reflection on love, family, and the choice of a dignified death. Students will also discuss the status of Medical Aid in Dying in Virginia and what lies ahead with this bill. This movie and course will include information that may be too sensitive for anyone currently grieving the recent loss of a loved one.

Resolving Conflict and Maintaining Boundaries**Course: LS253099****Thursday****Dec 4, 11****9:30-11:00****Instructor(s): Dr. Michael J. Wriston**

This course will equip students with skills and strategies to effectively resolve conflict and maintain healthy personal boundaries.

Death in the Virginia Legislature: Exploring End-of-Life Policies**Course: LS253231****Wednesday****Dec 10****9:30-11:30****Instructor(s): Cryst'I Scheer**

This course will explore Virginia’s evolving legislative landscape surrounding end-of-life issues, including medical aid in dying, alkaline hydrolysis, and natural organic reduction. The course will clarify complex topics and provide students with up-to-date information on current laws, proposed bills, and future directions. Students will gain insight into their rights and options, and better understand how societal values and technological advancements are shaping policy in the Commonwealth.

Navigating Senior Housing: Options, Insight, and Transitions**Course: LS253196****Tuesday****Dec 16****11:00-12:00****Instructor(s): John Krug**

This course will provide students with a comprehensive overview of senior living facilities, designed to support caregivers and families navigating the aging journey. Students will explore the differences between Independent Living, Assisted Living, Memory Care, and Skilled Nursing, and learn how to evaluate facilities based on care levels, costs, licensing, amenities, and indicators of quality care. The course will also offer guidance on planning for transitions and avoiding common pitfalls during the search process. Whether students are preparing for the future or facing an urgent decision, this course will equip them with the tools to make informed, confident choices.

PR		Philosophy and Religious Studies
Socrates Café		Course: PR253003
Wednesday	Sept 3, Oct 8, Nov 12, Dec 10	
11:30-1:00		
Instructor(s): Annebel Lewis		
Students will engage in ongoing philosophical discussions using the Socratic method to explore questions, topics, and issues through the perspectives of thinkers from Aristotle to the present, as well as through their own experiences. The course will offer an accessible introduction to Western philosophy, ideal for those new to the subject. Optional outside reading will include 50 Philosophy Ideas You Really Need to Know by Ben Dupre.		
Science and Theology		Course: PR253099
Thursday	Sept 4, 11, 18, Oct 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	
9:30-11:00		
Instructor(s): Timothy Pace		
This course will continue its exploration of comparative religions and their influence on daily life, examining shared values, divergent beliefs, and the human search for meaning. Students will also delve into paranormal topics such as life after death, déjà vu, and the possibility of extraterrestrial life. A deep dive into consciousness will raise questions about whether awareness exists beyond the human body and continues into the future. The course will include updates on artificial general intelligence and augmented reality, considering how these technologies may reshape human experience. Selected videos will be presented, and class discussion will be encouraged throughout.		
Bible Discussion of the Gospel of John		Course: PR253002
Thursday	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	
2:00-3:30		
Instructor(s): Mike Pagel and Mark Grubbs		
Students will continue a non-denominational, verse-by-verse exploration of the Gospel of John, focusing on the second half of the text. The class will examine John’s unique perspective as the “disciple whom Jesus loved,” offering a deeply personal and detailed account of the final days of Jesus’ life—from the Last Supper to the Garden of Gethsemane. Discussions will highlight John’s distinctive contributions, including Jesus washing the disciples’ feet, teachings on the Holy Spirit, and intimate prayers. No prior Bible knowledge is required, and newcomers are always welcome. Students should bring a Bible in printed or digital form.		
Ethics		Course: PR253112
Friday	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	
11:00-12:00		
Instructor(s): James P. McDonough		
This course will take students on an intellectual journey to explore possible answers to enduring philosophical questions—what it means to be human, why people exist, and how individuals ought to live. It will examine the nature of morality and introduce several ethical theories that will explain what makes certain actions morally right or wrong. Students will analyze real-life and hypothetical case studies to see how normative ethical frameworks will apply to everyday situations. The course will encourage thoughtful discussion about how students will make consistent moral judgments and choices, how intentions and consequences will shape ethical reasoning, and how religious and cultural traditions will influence moral thinking. It will also consider what rational inquiry will suggest about the foundations of morality.		

The Chosen: The Life of Jesus and His Followers**Course: PR253100****Monday** **Sept 8, 15, 22, 29, Oct 6, 13, 20, 27****2:00-3:30****Instructor(s): Luke John Coukos**

The Chosen is a groundbreaking historical drama based on the life of Jesus Christ, seen through the eyes of those who knew him. Set against the backdrop of Roman oppression in first-century Israel, the seven-season show shares an authentic and intimate look at Jesus' revolutionary life and teachings. The first five seasons have been released and are available to watch for free at <https://watch.thechosen.tv/> or through Amazon Prime Video. This course will introduce students to The Chosen by watching and discussing the fourth season together. Students are encouraged to bring questions and comments to share after each episode.

Favorite Parables**Course: PR253111****Tuesday** **Sept 30, Oct 7, 14, 21, 28****11:00-12:00****Instructor(s): Shep Smith**

Students will explore the parables of Jesus—short stories rooted in everyday experiences that convey profound spiritual truths. Found in the Synoptic Gospels (Matthew, Mark, and Luke), these stories feature ordinary people in familiar situations, such as farmers, shepherds, and landowners. The course examines how Jesus used parables to awaken spiritual awareness, invite reflection, and challenge listeners to apply divine wisdom in their lives. Drawing from theologian Dr. Ellsworth Kalas's insight that "salvation is a gift, but you will have to pay attention to receive it," students will consider how these timeless teachings continue to inspire personal growth and spiritual insight.

God's Grace: What Does It Look Like?**Course: PR253104****Tuesday** **Sept 30****12:30-2:00****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.

The History of the Bible: Not a Bible Study**Course: PR253059****Tuesday** **Oct 14, 21, 28****12:30-1:30****Instructor(s): Wayne Moyer**

This course will explore questions about Biblical characters and events that are not fully explained in Scripture. Students will examine how and when the Bible became a compiled book, why only four Gospel accounts are included, and what happened to the apostles after Jesus's resurrection. The course will also address the 430-year gap between the Old and New Testaments, the inclusion or exclusion of Apocryphal books, and the symbolic use of numbers in Scripture. Students will consider historical references to Biblical figures and events found outside the Bible, gaining deeper insight into the mysteries, traditions, and historical context surrounding the Biblical narrative.

Mental Health and Faith: The Ins and Outs of Anxiety and Depression**Course: PR253113****Friday** **Nov 7, 14, 21, Dec 5****10:30-12:00****Instructor(s): Annette G. Alabaster**

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.

The Letter of James: Words for Wise Living
Tuesday **Nov 18, 25**
12:00-1:30
Instructor(s): Joanna Lurie

Course: PR253114

Students will take a thoughtful walk through the Letter of James, a brief but powerful text filled with wisdom in every verse. James the Lesser, a key leader in the early church alongside Peter and Paul, will be highlighted as the author of this letter addressed to the twelve tribes in the dispersion—Israelites scattered across the nations. This course will invite students to reflect on timeless insights for living wisely.

SE

Special Events

Agecroft Curator of Collections Talk and Tour
Thursday **Sept 18**
11:00-12:00

Course: SE253218 \$16

Instructor(s): Libby Girard and Katie Reynolds

This will be a special opportunity to enjoy a presentation onsite at Agecroft Hall with the museum's Curator of Collections. The focus will be on a new piece in the museum's holdings—a reproduction 16th-century dress inspired by Queen Elizabeth I's attire in the 1575 "Pelican Portrait." The presentation will also feature rarely displayed accessories from the collection and conclude with a brief guided tour of the first floor. Members who wish to carpool should meet inside LLI at 10:15AM. Members may also choose to drive directly to 4305 Sulgrave Road, Richmond, VA 23221. The presentation will start promptly at 11:00AM and last approximately one hour. After the presentation and guided tour, there will be time to explore the museum exhibits and gardens independently. Carpools could arrive back at LLI by 12:30PM. The trip fee will cover the cost of admission and the guided tour and must be paid at the time of registration.

Virginia Museum of Fine Arts (VMFA) Frida Kahlo Exhibit Tour
Friday **Sept 19**
10:00-11:00

Course: SE253186 \$26

Instructor(s): Kathy Parrish

This guided tour of the Virginia Museum of Fine Arts' (VMFA) special exhibition Frida: Beyond the Myth will be a rare opportunity to experience the work of one of the most iconic artists of the 20th century. As the only East Coast venue and one of only two nationwide, VMFA presents more than 60 paintings, drawings, prints, and photographs by and about Frida Kahlo—many rarely seen outside of Mexico. The exhibition seeks to move past the mythology that surrounds Kahlo by illuminating the inspiring woman behind the work. Through her iconic self-portraits, Kahlo continually reinvented herself, confronting trauma and pain through a complex system of symbolism. This deeply personal exhibition explores the specific incidents in her life that shaped her creativity and identity. Members who wish to carpool should meet inside LLI at 9:15AM. Members may also choose to drive directly to 200 N. Arthur Ashe Boulevard, Richmond, VA 23220. The tour will start promptly at 10:00AM and last approximately one hour. Lunch will not be included in the trip fee but will be available for purchase in the VMFA Best Café for anyone who wants to stay after the tour. Carpools could arrive back at LLI by 12:00PM unless they choose to stay for lunch. The trip fee will cover the cost of the guided tour and exhibition admission and must be paid at the time of registration.

Best of Baltimore Tour: By Land and Water!**Course: SE253222 \$205****Friday Sept 26****6:45-7:45****Instructor(s): SignaTours**

This tour will be an exciting and educational day in Baltimore, Maryland, featuring a visit to one of the city's most popular museums and a relaxing afternoon on the water. The morning will begin at the B&O Railroad Museum, located at the historic site where the first commercial railroad track was laid in the United States. Students will enjoy a guided tour highlighting how the B&O Railroad transformed Baltimore, the nation, and the world. The museum's Roundhouse features a collection of historic locomotives and railroad equipment, and students will board the Mile One Express for a 20-minute narrated train ride along the original mile of track. Lunch will follow at Phillips Seafood Restaurant in Baltimore's Inner Harbor, with a choice of Crab Cake Sandwich or Classic Caesar Salad topped with Grilled Chicken. The meal will include Maryland's Vegetable Crab Soup, dessert, and a non-alcoholic beverage. In the afternoon, students will embark on a 45-minute narrated sightseeing cruise through the Inner Harbor, passing iconic neighborhoods such as Federal Hill, Locust Point, Canton, Brewers Hill, Fells Point, and Harbor East. Landmarks along the way will include Fort McHenry, the famous Domino Sugar sign, and more, offering a rich perspective on Baltimore's waterfront history. The trip fee must be paid at the time of registration and will include round-trip motorcoach transportation; admission and guided tour at the B&O Railroad Museum; ticket for the 20-minute train ride at the museum; plated lunch at Phillips Seafood Restaurant; 45-minute sightseeing cruise of Baltimore; tax and gratuity for lunch; driver gratuity; and snacks and bottled water for the return trip home.

Pocahontas State Park Tour**Course: SE253136****Monday Sept 29****9:00-12:00****Instructor(s): Rebecca Whalen**

This will be a special Ranger-led tour of Pocahontas State Park beginning at the Visitor Center, where students will get an up-close look at native wildlife. The group will then head out on a moderate hike to discover various plants and natural features, followed by a tour of the Civilian Conservation Corps Museum to learn about the park's history. Members who wish to carpool should meet inside LLI at 8:15AM. Members may also choose to drive directly to 10301 State Park Road, Chesterfield, VA 23832. The tour will start promptly at the Visitor Center at 9:00AM and conclude by 12:00PM. Parking fees will be waived for members by mentioning the LLI Ranger-led tour at the park entrance. After the official tour, students are welcome to stay and explore or bring a picnic lunch to enjoy. Carpools could arrive back at LLI by 1:00PM or choose to grab lunch in the area.

The Book Burning Society: A YAHA Performance**Course: SE253213****Wednesday Oct 1****12:30-1:30****Instructor(s): Bob Ferguson**

Linda Loopy, the President of The Whistle Stop High School PTA, has determined that the library contains too many books. Consequently, she has called a special meeting to burn as many of them as possible. Each book will be defended by one of its characters, but the final decisions will be made by Miss Loopy herself, a severe, uncompromising woman who hates books and loves fire. Which books, if any, will survive? The audience will find out!

VCU's Cabell Library Behind the Scenes Tour A: Back to the Stacks**Course: SE253220****Friday Oct 3****10:30-12:00****Instructor(s): Kelly Gotschalk**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be an informal and informative tour of the Cabell Library on VCU's Monroe Park Campus, beginning in Special Collections and Archives, where students will explore rare and unique holdings. The group will then move through all five floors of the library to learn how librarians and staff support student success through innovative programs, services, and behind-the-scenes operations. Students will discover how VCU Libraries fosters not only access to nearly four million books and resources, but also the creation of new knowledge through spaces like The Makerspace, featuring 3D printers, laser cutters, podcasting studios, and more. 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 9:30AM. 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 10:30AM and will last approximately one and a half hours. Carpools could arrive back at LLI by 1:00PM unless they want to grab lunch downtown.

Company's Coming Band Concert**Course: SE253164****Friday Oct 3****2:30-3:30****Instructor(s): Kate Conn, Don Golladay, and John Morgan III**

This event will be a special concert of Old Time Appalachian and Americana music and songs from the Company's Coming Band. This trio of musicians is sure to entertain with banjo, mandolin, guitar, autoharp, banjo uke, and harmonica. A wooden "Limberjack" will even make an appearance and dance to the music. All three band members sing, and two- and three-part harmonies are their joy. They'll put a smile on every face and get every foot tapping, and all are welcome to sing along. The Company's Coming Band has become a favorite among LLI members!

VMHC Un/Bound Free Black Virginians Exhibit Tour A**Course: SE253195 \$14****Friday Oct 10****12:00-1:00****Instructor(s): Maggie Creech**

Please register for only one tour (A or B) to allow all students a chance to participate. This guided tour of Un/Bound: Free Black Virginians, 1619–1865 at the Virginia Museum of History and Culture (VMHC) will offer a powerful exploration of the lives of free Black Virginians from the arrival of the first captive Africans in 1619 to the abolition of slavery in 1865. Through evocative objects and first-person accounts, the exhibition reveals how Virginia's people of color achieved freedom, built communities, and navigated a legal system that recognized them as free but not equal. Members who wish to carpool should meet inside LLI at 11:00AM. 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 12:00PM and last approximately one hour. Carpools could arrive back at LLI by 2:00PM unless they choose to stay downtown for lunch. The trip fee will cover museum admission and the guided tour and must be paid at the time of registration.

Agecroft Autumn Garden Walking Tour
Friday Oct 17

Course: SE253170 \$10

10:30-11:30

Instructor(s): Katie Reynolds

This guided garden tour at Agecroft Hall will take students on a walk through the estate's formal gardens during peak fall foliage. Students will learn about Tudor monarch Henry VIII's passion for garden design, Renaissance influences, harvest festivals, and the development of the "Virginia Garden." The tour route includes grass, gravel paths, stone walkways, and several stair steps. Members who wish to carpool should meet inside LLI at 9:45AM. Members may also 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 guided portion, there will be time to explore the museum exhibits and gardens independently. Carpools could arrive back at LLI by 12:00PM. The trip fee will cover the cost of admission and the guided tour and must be paid at the time of registration.

Love Songs from Op to Pop
Monday Oct 20

Course: SE253160

2:30-3:30

Instructor(s): Leslie Matthews

Leslie Matthews will return to LLI with accompanist Roshan Chakane to present a selection of songs from classical to Broadway, film, and pop. There will be a lot of good music and fun, including an audience participation section!

History and Heritage in Lexington Tour
Friday Oct 24

Course: SE253223 \$160

7:30-6:30

Instructor(s): SignaTours

This tour will take students on a scenic day trip to Lexington, Virginia, nestled in the western foothills of the Blue Ridge Mountains and the southern end of the Shenandoah Valley. Surrounded by natural beauty and rich history, Lexington offers southern hospitality and stunning fall foliage. Upon arrival, a local guide will join the group to provide engaging commentary throughout the day. Students will begin with a riding tour of the Virginia Military Institute (VMI), founded in 1839 as the nation's first state-supported military college. Known as the "West Point of the South," VMI is steeped in history, including the cadets' role in the 1864 Battle of New Market during the Civil War. The tour will include a stop at the VMI Museum, which showcases the Institute's heritage and notable alumni. Students will then travel to the nearby campus of Washington and Lee University, founded in 1749 and named for George Washington, who endowed the school, and Robert E. Lee, who served as its president after the Civil War. Students will enjoy a buffet lunch in the university's Dining Hall, followed by a guided campus tour. Highlights will include the Reeves Collection of Ceramics and the University Chapel, a National Historic Landmark opened in 1868 during Lee's tenure. The chapel also houses a museum and shop that explore the university's history. The trip fee must be paid at the time of registration and will include round-trip motorcoach transportation; step-on guide service in Lexington; admission to the VMI Museum; donation to the University Chapel; buffet lunch in Washington and Lee's dining hall; tax and gratuity for lunch; driver and guide gratuity; and snacks and bottled water for the return trip home.

Pocahontas State Park Forgotten Railroad Hiking Tour
Monday Oct 27

Course: SE253219

11:00-12:00

Instructor(s): Jimmy King

This will be a special Ranger-led tour of Pocahontas State Park focused on the history of the Bright Hope Railroad. Students will begin with a gentle, one-mile hike through the park to learn about the region's railroad legacy, including the Bright Hope Railway's role in transporting coal, timber, and agricultural goods. Members who wish to carpool should meet inside LLI at 10:15AM. Members may also choose to drive directly to 10301 State Park Road, Chesterfield, VA 23832. The tour will start promptly at the Main Office at 11:00AM and conclude by 12:00PM. Parking fees will be waived for members by mentioning the LLI Ranger-led tour at the park entrance. After the official tour, students are welcome to stay and explore or bring a picnic lunch to enjoy. Carpools could arrive back at LLI by 1:00PM or choose to grab lunch in the area.

Advertising Antics: A YAHA Performance**Course: SE253214****Thursday****Oct 30****12:00-1:00****Instructor(s): Bob Ferguson**

This play is set in 1954. A small advertising agency needs help to develop an ad for TV. The TV medium is new for them, so they hire some outside talent. The "talent" is not very knowledgeable. The new hires need to figure out how to sell Maine potatoes to Virginians. They develop something with the help of some friends. Will the client go for dancing potatoes? The audience will find out and laugh at the fun!

Behind the Scenes with Brightpoint: Macbeth Sneak Peek**Course: SE253215****Friday****Nov 7****1:30-3:00****Instructor(s): Kerrigan Sullivan and Foster Solomon**

This course will give students a behind-the-scenes look at Brightpoint's fall play, "Macbeth". Seen through a 1950s film noir lens, Shakespeare's classic tale of betrayal, murder, and revenge comes to life in stark black and white and blood red! With magic, malice, and madness, Macbeth asks the question: Are we masters of our own fate or pawns in the hands of dark forces beyond our control? Students will learn about the director's vision for the show and how that was executed in production design, meet some of the performers, and have a sneak peek of a few scenes and characters. Students will be encouraged to plan ahead to see the show as a group on Sunday, November 9 at 2PM (ticket purchase required) at The Lynn Theatre on the Midlothian campus of Brightpoint Community College and will have the opportunity to go on a special backstage tour.

VMHC Un/Bound Free Black Virginians Exhibit Tour B**Course: SE253196 \$14****Thursday****Nov 13****1:30-2:30****Instructor(s): Maggie Creech**

Please register for only one tour (A or B) to allow all students a chance to participate. This guided tour of Un/Bound: Free Black Virginians, 1619–1865 at the Virginia Museum of History and Culture (VMHC) will offer a powerful exploration of the lives of free Black Virginians from the arrival of the first captive Africans in 1619 to the abolition of slavery in 1865. Through evocative objects and first-person accounts, the exhibition reveals how Virginia's people of color achieved freedom, built communities, and navigated a legal system that recognized them as free but not equal. Members who wish to carpool should meet inside LLI at 12:30PM. Members may also choose to drive directly to 428 N. Arthur Ashe Boulevard, Richmond, VA 23220. Paid parking is available in the museum deck (not included), and there is ample free street parking nearby. The tour will start promptly at 1:30PM and last approximately one hour. Carpools could arrive back at LLI by 3:30PM. The trip fee will cover museum admission and the guided tour and must be paid at the time of registration.

VCU's Cabell Library Behind the Scenes Tour B: Back to the Stacks**Course: SE253221****Friday****Nov 14****10:30-12:00****Instructor(s): Kelly Gotschalk**

Please register for only one tour (A or B) to allow all students a chance to participate. This will be an informal and informative tour of the Cabell Library on VCU's Monroe Park Campus, beginning in Special Collections and Archives, where students will explore rare and unique holdings. The group will then move through all five floors of the library to learn how librarians and staff support student success through innovative programs, services, and behind-the-scenes operations. Students will discover how VCU Libraries fosters not only access to nearly four million books and resources, but also the creation of new knowledge through spaces like The Makerspace, featuring 3D printers, laser cutters, podcasting studios, and more. 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 9:30AM. 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 10:30AM and will last approximately one and a half hours. Carpools could arrive back at LLI by 1:00PM unless they want to grab lunch downtown.

Readers Theater Performance A: Christmas Eve at the Down and Out Motel**Course: SE253216****Thursday****Dec 11****2:30-3:30****Instructor(s): Vic Thompson and Mary Jane Murphy**

"What happens in Vegas stays in Vegas," and what stays in Vegas in this case is money. The Down and Out Motel is just a few miles from the casinos, and handy for those who are truly down and out. Destitute customers find the hotel in a blizzard and have to work together to make the best of a bad situation. Their situation seems hopeless! It is Christmas Eve, and miracles can happen. The audience will find out what that miracle could be! This will be an original play by Vic Thompson performed by the students in the Fun from Script to Stage Readers Theatre class. There will be two performances of the same play with different performers: the A Troup and the B Troup. Choose one or enjoy both!

Literary Society Celebration**Course: SE253171****Tuesday****Dec 16****11:30-1:00****Instructor(s): Bob Ferguson, Martha Frickert, and Anita H. Prince**

This will be the culminating event and celebration of the Fall 2025 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: "Humor." 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: SE253154****Wednesday****Dec 17****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.

Readers Theater Performance B: Christmas Eve at the Down and Out Motel**Course: SE253217****Thursday****Dec 18****12:30-1:30****Instructor(s): Vic Thompson and Mary Jane Murphy**

"What happens in Vegas stays in Vegas," and what stays in Vegas in this case is money. The Down and Out Motel is just a few miles from the casinos, and handy for those who are truly down and out. Destitute customers find the hotel in a blizzard and have to work together to make the best of a bad situation. Their situation seems hopeless! It is Christmas Eve, and miracles can happen. The audience will find out what that miracle could be! This will be an original play by Vic Thompson performed by the students in the Fun from Script to Stage Readers Theatre class. There will be two performances of the same play with different performers: the A Troup and the B Troup. Choose one or enjoy both!

WG**Weekly Group Activities****Spades****Course: WG253013****Tuesday****Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16****11:00-1:00****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: WG253001****Tuesday****Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16****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.

Cards and Games Wednesday**Course: WG253006****Wednesday****Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17****1:00-3:00****Instructor(s): Carolyn Goble and Ethel-May Simonson**

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: WG253009****Thursday****Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18****9:30-11:30****Instructor(s): Marilyn Mare and Mary Jane Murphy**

Players should be experienced in playing the American version of the ancient Chinese game of Mah Jongg. This game of skill, strategy, and calculation also has a certain degree of chance.

Bridge**Course: WG253010****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12****9:00-12:00****Instructor(s): J. Diane Carter and Randall Kaker**

Players 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 who are unsure of their skill level are encouraged to take the Introduction to Bridge course (LE016) that is being offered this session. Players are expected to be on time and not leave early.

Canasta Variations: Hand and Foot, Triple Play, and Samba**Course: WG253007****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12****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!

Social Bingo Friday**Course: WG253002****Friday****Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12****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: WG253004****Monday****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 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.

Mah Jongg Tuesday**Course: WG253014****Tuesday****Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16****1:30-3:30****Instructor(s): Julie Randolph**

Students will build on the skills learned in Mah Jongg Boot Camp (LE317) as they continue to play the American version of the ancient Chinese game of Mah Jongg. This engaging game blends skill, strategy, calculation, and a touch of chance. All skill levels will be welcome, provided students have a basic understanding of how to play. Students will need to bring a copy of the National Mah Jongg League 2025 Hands and Rules card each week.



Monday	Tuesday	Wednesday	Thursday	Friday
9/1/2025	9/2/2025	9/3/2025	9/4/2025	9/5/2025
LLI Closed	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
 HAPPY LABOR DAY	9:30a-11a IA999 - Orientation for New Members	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
	11a-12p HS729 - Finding Osama bin Laden	9:30a-11a AD306 - Visual Art as Story	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
	11a-1p WG013 - Spades	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10a-11:15a IA998 - Orientation for New Members (Online)
	11:30a-12:30p AD058 - Country Line Dancing	10a-11a FI015 - Pilates (Online)	11a-12p LA006 - Basic Spanish for Beginners	10a-12p LE356 - Regenerative Gardening
	11:30a-12:30p LS145 - Transportation Services	10:30a-11:30a EF179 - Federal Reserve Basics	11:30a-12:15p FI005 - Sit and Be Fit	10:30a-12:30p AD278 - Open Artists' Studio
	1p-2p FI006 - Chair Yoga	11a-12:30p CO199 - Nearpeer Tutorial and Tips A	11:30a-1:30p LE295 - Crafting PhD	11a-12p HW352 - Beginning Tai Chi Review
	1p-3p WG001 - Social Bingo	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	11a-12p PR112 - Ethics
	1:30p-2:30p EL100 - Literary Society Orientation (Online)	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p LS198 - Discussing Polarizing Issues	11:30a-12:30p HW435 - Strength Training Benefits (Online)
	2p-3:30p IA077 - Workshop for Instructors	11:30a-1p PR003 - Socrates Café	12:30p-2p HS696 - United States Intelligence	12:15p-1:15p AD022 - Ballroom Dance for Partners
	2:30p-3:30p FI009 - Gentle Yoga	12p-1:30p EL136 - Humor Writing Workshop	12:30p-2p IA078 - Workshop for Instructors (Online)	1p-3p WG002 - Social Bingo
		12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
		1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
		1p-2:30p HS757 - Visiting Turkey	2p-3:30p CO125 - The ABCs of Flight	
		1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
		1:30p-3:30p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3p AD182 - Explore Ventriloquism	2:30p-3:30p IA997 - Q&A for Current Members	
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		
		2:30p-3:30p EL101 - Literary Society Orientation		



Monday	Tuesday	Wednesday	Thursday	Friday
9/8/2025	9/9/2025	9/10/2025	9/11/2025	9/12/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA001 - Intro to French	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-11a LE337 - Alaska, Then and Now A	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11:30a LE342 - Pest Management for Gardens	9:30a-11:30a CO218 - Microbiome
10a-12p HS619 - The Life of Norman Rockwell A	9:30a-10:30a LS228 - Neighbors Helping Neighbors	9:30a-11a AD306 - Visual Art as Story	9:30a-11a LS084 - Becoming an Optimist	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a LS177 - Emergency Preparedness	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Canasta Variations
11a-12p FI028 - Gentle Yoga	10:30a-12p CO230 - What is Modern Science?	10a-11a FI015 - Pilates (Online)	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p HW472 - Understanding BPP Vertigo	11a-12p HS729 - Finding Osama bin Laden	10:30a-11:30a EF179 - Federal Reserve Basics	10:15a-11:15a AD307 - Cape Breton Square Dance	11a-12p HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-1p WG013 - Spades	11a-12p EL043 - Enjoy Poetry	11a-12p LA006 - Basic Spanish for Beginners	11a-12p HW495 - Osteoarthritis
1p-3p AD234 - Artist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR112 - Ethics
1p-3p WG004 - Cards and Games	12p-12:30p IA100 - Birthday Celebration	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-1:30p LE295 - Crafting PhD	12:15p-1:15p AD022 - Ballroom Dance for Partners
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	12:30p-3:30p LE143 - Beaded Lanyard	11:30a-1p PR003 - Socrates Café	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
2p-3:30p CO175 - Google Photos A	1p-3p AD016 - Watercolor Basics	11:30a-1p HS752 - The Mayan Lunar Series	12p-1:30p LS198 - Discussing Polarizing Issues	1p-3p WG002 - Social Bingo
2p-3:30p LA015 - Conversational German	1p-2p FI006 - Chair Yoga	12p-1:30p EL136 - Humor Writing Workshop	12:30p-2p HS696 - United States Intelligence	1p-3p IA022 - LLI Committee Fair
2p-3:30p PR100 - The Chosen	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p AD311 - Interior Design Drawing A	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2:30p-3:30p HW426 - Basic Taiji Qigong	1:30p-3:30p LE317 - Mah Jongg Boot Camp	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	
	2p-3:30p EF150 - Virginia Long Term Care	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	2p-3:30p HS735 - Vietnam War Precursors	1:30p-3p EF006 - IRA Strategies and Rules	2p-3:30p CO125 - The ABCs of Flight	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3p HS003 - Current Events	2p-3:30p HW392 - Suicide Prevention	
		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
		2p-3p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p LE207 - Road Scholar Education Travel	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		



Monday	Tuesday	Wednesday	Thursday	Friday
9/15/2025	9/16/2025	9/17/2025	9/18/2025	9/19/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10:30a LS097 - Senior Living Options	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-10:30a HW473 - Foot and Ankle Pain
9:30a-11:30a LE303 - Virginia Native Plants	9a-10a LA001 - Intro to French	9:30a-10:30a AD183 - Beginning Guitar	9:30a-10:30a HW502 - Medication Safety	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-11a AD306 - Visual Art as Story	9:30a-11a LS084 - Becoming an Optimist	9:30a-11:30a CO218 - Microbiome
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a EF117 - Identity Theft	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a EF163 - Money Mindset Makeover	9:30a-11a LE337 - Alaska, Then and Now A	10a-11a FI015 - Pilates (Online)	9:30a-11:30a WG009 - Mah Jongg	10a-11a SE186 - VMFA Frida Kahlo Tour
10a-12p HW394 - Be the Help Until Help Arrives	10a-11a AD021 - Intermediate Tap Dancing	10:30a-11:30a EF179 - Federal Reserve Basics	10:15a-11:15a AD075 - Line Dance Practice	10a-11:30a CO144 - Alternative Energy Sources (Online)
10a-12p LE354 - Whimsical Wooden Pumpkins	10:30a-12p CO230 - What is Modern Science?	11a-12p EL043 - Enjoy Poetry	11a-12p SE218 - Agecroft Curator Talk and Tour	10a-12p WG007 - Canasta Variations
10:30a-12p HW492 - InterAge Seminar	11a-12p HS729 - Finding Osama bin Laden	11a-11:45a FI018 - Sit and Be Fit	11a-12p LA006 - Basic Spanish for Beginners	10a-12p HS740 - Architecture at Red Hill
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p HS526 - Courtroom Conversations	11:30a-12:30p AD058 - Country Line Dancing	11:30a-1p LS147 - Crafts for Community	12p-1:30p AD141 - Lifelong Musicians	11a-12p HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-3p AD016 - Watercolor Basics	12p-1:30p EL136 - Humor Writing Workshop	12p-1:30p LS198 - Discussing Polarizing Issues	11a-12p PR112 - Ethics
1p-3p AD234 - Artist Open Studio	1p-2p FI006 - Chair Yoga	12p-1p HS737 - The Angkor Exhibit	12:30p-2p HS696 - United States Intelligence	12:15p-1:15p AD022 - Ballroom Dance for Partners
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p AD311 - Interior Design Drawing A	1p-3p WG002 - Social Bingo
1p-2:30p HS738 - The Korean War (Online)	1:30p-3:30p LE317 - Mah Jongg Boot Camp	1p-3p WG006 - Cards and Games	1p-2p FI010 - Chair Yoga	1p-3p HS381 - Adventures of the Caminos
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p HS089 - Great Decisions	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1:30p-3:30p CO240 - Apple App Store
2p-3:30p CO175 - Google Photos A	2p-3:30p HS735 - Vietnam War Precursors	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p CO125 - The ABCs of Flight	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p HS742 - The Final Summer of WWII	2:30p-3:30p FI009 - Gentle Yoga	2p-3p AD182 - Explore Ventriloquism	2p-3:30p PR002 - Bible Discussion	
2p-3:30p LA015 - Conversational German		2p-3p HW463 - Heart Arrhythmias	2:30p-3:30p FI007 - Gentle Yoga	
2p-3:30p PR100 - The Chosen		2p-3:30p LE252 - Genealogy Discussions		
2:30p-3:30p HW426 - Basic Taiji Qigong		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		



Monday	Tuesday	Wednesday	Thursday	Friday
9/22/2025	9/23/2025	9/24/2025	9/25/2025	9/26/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	6:45a-7:45p SE222 - Best of Baltimore Tour
9:30a-11a LS085 - Befriending Your Subconscious	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	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 HS422 - Rethinking the Korean War	9:30a-11a AD306 - Visual Art as Story	9a-10:30a LS169 - Chesterfield Council on Aging	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a HW504 - Lifespan Reflection	9:30a-11:30a CO232 - Forever Chemicals and Health
11a-12p FI028 - Gentle Yoga	9:30a-11a LE337 - Alaska, Then and Now A	10a-11a FI015 - Pilates (Online)	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
11a-12p HS526 - Courtroom Conversations	10a-11a AD021 - Intermediate Tap Dancing	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10a-11:30a CO144 - Alternative Energy Sources (Online)
11a-12:30p HW406 - Low Back Pain	10a-12p LE314 - Cardmaking by the Numbers	11a-11:45a FI018 - Sit and Be Fit	10:30a-12:30p AD192 - Super Senior Storytelling Slam	10a-12p WG007 - Canasta Variations
12p-1:30p LS203 - Improving Self-Esteem	11a-12p HS729 - Finding Osama bin Laden	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	10:30a-12:30p AD278 - Open Artists' Studio
12:30p-1:45p HS734 - A Tour of Germany and Austria	11a-1p WG013 - Spades	12p-1:30p EL136 - Humor Writing Workshop	12p-1:30p AD141 - Lifelong Musicians	11a-12p HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HS737 - The Angkor Exhibit	12p-1:30p IA009 - September Luncheon	11a-12p PR112 - Ethics
1p-3p AD234 - Artist Open Studio	12:30p-1:30p HS748 - The Story of Amelia Earhart (Online)	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p LS198 - Discussing Polarizing Issues	12p-1p HW496 - Understanding Urogvnecology
1p-3p WG004 - Cards and Games	12:30p-2p LS168 - Senior Housing Options	12:30p-2p LS223 - Communicating with Ease	1p-2p FI010 - Chair Yoga	12:15p-1:15p AD022 - Ballroom Dance for Partners
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-3p AD016 - Watercolor Basics	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-3p EL015 - Aspiring Writers' Critique
2p-3:30p CO175 - Google Photos A	1p-2p FI006 - Chair Yoga	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p CO125 - The ABCs of Flight	1p-3p WG002 - Social Bingo
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1:30p-3p HS003 - Current Events	2p-3:30p PR002 - Bible Discussion	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p PR100 - The Chosen	1p-3p DE005 - LGBTQ+ Basics	1:30p-3:30p LE032 - Needleworkers United	2:30p-3:30p FI007 - Gentle Yoga	
2:30p-3:30p HW426 - Basic Taiji Qigong	1:30p-3:30p LE317 - Mah Jongg Boot Camp	2p-3p AD182 - Explore Ventriloquism	2:30p-3:30p HW375 - Joint Replacements	
3:30p-4:30p LLI Board of Directors Meeting	2p-3:30p HS735 - Vietnam War Precursors	2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p HW467 - Low Back Pain Solutions	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		
	2:30p-3:30p Fundraising Committee Meeting			



Monday	Tuesday	Wednesday	Thursday	Friday
9/29/2025	9/30/2025	10/1/2025	10/2/2025	10/3/2025
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music		8:30a-9:30a FI003 - Low Impact
9a-12p SE136 - Pocahontas State Park Tour	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving		9a-12p WG010 - Bridge
9a-10a FI001 - Low Impact	9a-10:30a HS422 - Rethinking the Korean War	9:30a-10:30a AD183 - Beginning Guitar		9:30a-11:30a CO232 - Forever Chemicals and Health
9:30a-11a LS085 - Befriending Your Subconscious	9:30a-10:30a AD248 - Readers Theater	9:30a-11a AD306 - Visual Art as Story		9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI004 - Sit and Be Fit	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness		10a-12p WG007 - Canasta Variations
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a CO249 - Introduction to Calculus (Online)	10a-11a FI015 - Pilates (Online)		10:30a-12p SE220 - VCU's Cabell Library Tour A
10a-11:30a LE357 - The Marvelous Monarch	10:30a-12p EF113 - Medicare 101	10:30a-11:30a EF179 - Federal Reserve Basics		10:30a-12:30p AD278 - Open Artists' Studio
11a-12p EL127 - Writing a Military Story (Online)	11a-12p PR111 - Favorite Parables	11a-11:45a FI018 - Sit and Be Fit		11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)		11a-12p PR112 - Ethics
11a-12p HS526 - Courtroom Conversations	11:30a-12:30p AD058 - Country Line Dancing	12p-1:30p EL136 - Humor Writing Workshop		12:15p-1:15p AD022 - Ballroom Dance for Partners
11:30a-1p DE015 - Aging and Ageism	12:30p-2p PR104 - God's Grace	12p-1p HW386 - Intermediate Tai Chi 24 Form		1p-3p WG002 - Social Bingo
12:30p-1:45p HS734 - A Tour of Germany and Austria	1p-3p AD016 - Watercolor Basics	12:30p-2p LS223 - Communicating with Ease		1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	1p-2p FI006 - Chair Yoga	12:30p-1:30p SE213 - The Book Burning Performance		2:30p-3:30p SE164 - Company's Coming Concert
1p-3p AD234 - Artist Open Studio	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games		
1p-3p WG004 - Cards and Games	1:30p-3:30p LE317 - Mah Jongg Boot Camp	1:15p-2:15p AD210 - Intro to Brazilian Percussion		
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	2p-3:30p HS735 - Vietnam War Precursors	1:30p-3:30p LE032 - Needleworkers United		
2p-3:30p CO209 - Artificial Intelligence A	2p-3:30p HW493 - InterAge Seminar (Online)	1:30p-3:30p LE200 - Advanced Card Making		
2p-3:30p LA015 - Conversational German	2p-3:30p LS157 - Planning Final Arrangements	2p-3p AD182 - Explore Ventriloquism		
2p-3:30p PR100 - The Chosen	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions		
2:30p-3:30p HW426 - Basic Taiji Qigong		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		



Monday	Tuesday	Wednesday	Thursday	Friday
10/6/2025	10/7/2025	10/8/2025	10/9/2025	10/10/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9a-10:30a HS422 - Rethinking the Korean War	9:30a-10:30a AD183 - Beginning Guitar	9a-10:30a LE353 - Alaska, Then and Now B	9:30a-11a HS731 - American History
10a-11:30a IA016 - Annual State of the LLI	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a AD306 - Visual Art as Story	9:30a-11a LS090 - The Power of Habits	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a LE348 - Logic and Reasoning Puzzles A	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
11a-12p FI028 - Gentle Yoga	10a-12p AD149 - Watercolor Florals	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD307 - Cape Breton Square Dance	10a-12p HW494 - Medical Imaging and Advocacy
11a-12p HS526 - Courtroom Conversations	10:30a-12p EF138 - Medicare 101 (Online)	10a-11:30a DE006 - Coping with Blindness	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD278 - Open Artists' Studio
11a-12:30p HW407 - Knee Conditions	11a-12:30p EL135 - Hasidic Holocaust Stories	11a-12p EL043 - Enjoy Poetry	10:30a-11:30a AD313 - Pigments in Art and Culture	11a-12p HW352 - Beginning Tai Chi Review
11a-12:30p LE253 - Cooking with Judith (Online)	11a-12p PR111 - Favorite Parables	11a-11:45a FI018 - Sit and Be Fit	11a-12p LA006 - Basic Spanish for Beginners	11a-12p PR112 - Ethics
11:30a-1p DE015 - Aging and Ageism	11a-1p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	12p-1p SE195 - VMHC Un/Bound Exhibit Tour A
12:30p-1:45p HS734 - A Tour of Germany and Austria	11:30a-12:30p AD058 - Country Line Dancing	11:30a-1p PR003 - Socrates Café	11:30a-1:30p LE295 - Crafting PhD	12:15p-1:15p AD022 - Ballroom Dance for Partners
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	12p-1:30p LS230 - Developmental Relationships	11:30a-1p LS225 - Rollator Walkers 101	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
1p-3p AD234 - Artist Open Studio	1p-2p FI006 - Chair Yoga	12p-1:30p EL136 - Humor Writing Workshop	12p-1:30p LS198 - Discussing Polarizing Issues	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	1p-3p WG001 - Social Bingo	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	1p-3p DE007 - Understanding Gender Identity
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p HW332 - Joint Replacement Surgery	12:30p-2p LS223 - Communicating with Ease	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	1p-2:30p HS741 - The Court Process
2p-3:30p CO209 - Artificial Intelligence A	1:30p-3:30p WG014 - Mah Jongg	1p-3p WG006 - Cards and Games	2p-3:30p AD111 - Intermediate Watercolor	1:30p-3:30p CO241 - Apple Photos
2p-3:30p PR100 - The Chosen	2p-3:30p EF167 - Financial Stability	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD305 - Fun from Script to Stage	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2:15p-3:45p HS739 - Voting Rights and Selma	2p-3:30p HS736 - The Vietnam Wars	1:30p-3p HS003 - Current Events	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	
2:30p-3:30p HW426 - Basic Taiji Qigong	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p HS753 - A Quest for Family Ties	
		2p-3p AD182 - Explore Ventriloquism	2p-3p LS172 - Mercy Mall Emergency Food	
		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
10/13/2025	10/14/2025	10/15/2025	10/16/2025	10/17/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9:30a-11:30a LS222 - Calling 911	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a HS422 - Rethinking the Korean War	9a-10:30a EL137 - Apuleius and His Novel	9a-10:30a LE353 - Alaska, Then and Now B	9:30a-11:30a CO246 - Microplastics A
10a-10:45a FI030 - Strength and Stretch (Online)	9a-10a LA001 - Intro to French	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a EF018 - Smart Investing	9:30a-11a HS731 - American History
11a-12p FI028 - Gentle Yoga	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11a AD186 - Life and Works of Raphael	9:30a-11a LS090 - The Power of Habits	9:45a-10:45a FI029 - Chair Yoga
11a-12p HS526 - Courtroom Conversations	9:30a-10:30a AD248 - Readers Theater	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
11a-12p HS698 - African American Inventors	10a-11a AD021 - Intermediate Tap Dancing	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD075 - Line Dance Practice	10:30a-11:30a SE170 - Agecroft Autumn Garden Tour
11a-12:30p LE253 - Cooking with Judith (Online)	10a-12p AD149 - Watercolor Florals	10a-11:30a LS086 - Chesterfield Library Resources	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD278 - Open Artists' Studio
11:30a-1p DE015 - Aging and Ageism	10:30a-12p CO238 - Basic Electricity	11a-12p EL043 - Enjoy Poetry	11a-12p EF147 - Outsmart the Scammers	11a-12p HW352 - Beginning Tai Chi Review
12p-1:30p LS221 - Proactive Home Accommodation	11a-12:30p EL135 - Hasidic Holocaust Stories	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR112 - Ethics
12:30p-1:45p HS734 - A Tour of Germany and Austria	11a-12p PR111 - Favorite Parables	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-1:30p LE295 - Crafting PhD	11:30a-1p HS746 - USS Houston CA-30
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-1p WG013 - Spades	11:30a-1p LS147 - Crafts for Community	11:30a-1:30p LS234 - Ask the Experts	12:15p-1:15p AD022 - Ballroom Dance for Partners
1p-3p AD234 - Artist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	12p-1:30p EL136 - Humor Writing Workshop	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
1p-3p WG004 - Cards and Games	12p-1p HW430 - Colorectal Disorders	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p LS198 - Discussing Polarizing Issues	1:30p-3p HS690 - Midlothian Matters
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	12p-12:30p IA100 - Birthday Celebration	12p-1p HW498 - Bone Health Basics	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p CO209 - Artificial Intelligence A	12:30p-1:30p HS756 - End of the Confederacy	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2p-3:30p LA015 - Conversational German	12:30p-1:30p PR059 - The History of the Bible	1p-3:30p AD316 - Op Art for Beginners A	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p PR100 - The Chosen	1p-2p FI006 - Chair Yoga	1p-3p LS226 - Rollator Walkers 201 A	2p-3:30p AD305 - Fun from Script to Stage	
2:30p-3:30p HW426 - Basic Taiji Qigong	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	
2:30p-3:30p HW500 - Diabetes and GLP-1 Agonists	1:30p-3:30p LE258 - Messy Advanced Card Making	1:30p-3p HS724 - American Corrections	2p-3:30p HS743 - Margaret Bourke-White	
	1:30p-3:30p WG014 - Mah Jongg	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p CO176 - Google Photos B	2p-3p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS089 - Great Decisions	2p-3:30p LE252 - Genealogy Discussions		
	2p-3:30p HS736 - The Vietnam Wars	2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		
	2:30p-3:30p FI009 - Gentle Yoga			



Monday	Tuesday	Wednesday	Thursday	Friday
10/20/2025	10/21/2025	10/22/2025	10/23/2025	10/24/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	7:30a-6:30p SE223 - History in Lexington Tour
9a-10:30a HS730 - Sex in the Middle Ages	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	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 HS422 - Rethinking the Korean War	9:30a-11a AD186 - Life and Works of Raphael	9a-10:30a LE353 - Alaska, Then and Now B	9a-10:30a HW484 - Myths About Arthritis
10a-10:45a FI030 - Strength and Stretch (Online)	9a-10a LA001 - Intro to French	9:30a-3p IA017 - Bake Sale Fundraiser	9a-10:30a LS169 - Chesterfield Council on Aging	9a-12p WG010 - Bridge
10a-11:30a EF132 - Financial Preparedness	9:30a-11a LE279 - Introduction to Disc Golf	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a HW504 - Lifespan Reflection (RC)	9:30a-11:30a CO246 - Microplastics A
11a-12p FI028 - Gentle Yoga	9:30a-10:30a AD248 - Readers Theater	10a-11a FI015 - Pilates (Online)	9:30a-11a PR099 - Science and Theology	9:30a-11a HS731 - American History
11a-12p HS526 - Courtroom Conversations	9:30a-3p IA017 - Bake Sale Fundraiser	10a-11:30a EF181 - Deciphering Digital Banking	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
11a-12p HS698 - African American Inventors	10a-11a AD021 - Intermediate Tap Dancing	10a-12p LE315 - Scrapbooking by the Numbers	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
11a-12:30p LE253 - Cooking with Judith (Online)	10a-12p AD149 - Watercolor Florals	11a-12p EL043 - Enjoy Poetry	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD278 - Open Artists' Studio
12p-1:30p LS221 - Proactive Home Accommodation	10:30a-12p CO238 - Basic Electricity	11a-11:45a FI018 - Sit and Be Fit	11a-12p LA006 - Basic Spanish for Beginners	11a-12p HW352 - Beginning Tai Chi Review
12:30p-1:45p HS734 - A Tour of Germany and Austria	10:30a-12:30p EF136 - Long Term Care Insurance	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR112 - Ethics
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12:30p EL135 - Hasidic Holocaust Stories	12p-1:30p EL136 - Humor Writing Workshop	11:30a-1:30p LE295 - Crafting PhD	12p-1:30p LS152 - Human Trafficking
1p-3p AD234 - Artist Open Studio	11a-12p PR111 - Favorite Parables	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	12p-1:30p LS224 - Connecting with Adult Children	12p-1:30p IA010 - October Luncheon	1p-3p EL015 - Aspiring Writers' Critique
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	11:30a-12:30p AD058 - Country Line Dancing	1p-3p WG006 - Cards and Games	12p-1:30p LS198 - Discussing Polarizing Issues	1p-3p WG002 - Social Bingo
2p-3:30p CO200 - Nearpeer Tutorial and Tips B	12:30p-1:30p HS755 - Hindenburg and the Airship Era	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p HS754 - A Quest for Family Ties (Online)	12:30p-1:30p PR059 - The History of the Bible	1:30p-3p HS003 - Current Events	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2p-3:30p LA015 - Conversational German	1p-2p FI006 - Chair Yoga	1:30p-3:30p LE032 - Needleworkers United (RC)	2p-3:30p AD111 - Intermediate Watercolor	
2p-3:30p PR100 - The Chosen	1p-3p WG001 - Social Bingo	2p-3p AD182 - Explore Ventriloquism	2p-3:30p AD305 - Fun from Script to Stage	
2:30p-3:30p HW426 - Basic Taiji Qigong	1p-3p LS227 - Rollator Walkers 201 B	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	
2:30p-3:30p SE160 - Love Songs from Op to Pop	1:30p-3:30p WG014 - Mah Jongg	2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p CO176 - Google Photos B		2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS736 - The Vietnam Wars		2:30p-3:30p HW376 - Vertigo and	
	2p-3p LS217 - Critical Thinking A		2:30p-3:30p HW468 - The Importance of Posture	
	2:30p-3:30p FI009 - Gentle Yoga			




Monday	Tuesday	Wednesday	Thursday	Friday
10/27/2025	10/28/2025	10/29/2025	10/30/2025	10/31/2025
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-2:30p AD119 - Watercolor Problem Solving
9a-10:30a HS730 - Sex in the Middle Ages	9a-10:30a HS422 - Rethinking the Korean War	9:30a-11a AD186 - Life and Works of Raphael	9a-2:30p AD119 - Watercolor Problem Solving	9a-12p WG010 - Bridge
9a-11a LS091 - The Art of the Apology	9a-10a LA019 - Conversational French	9:30a-12p AD317 - Op Art for Beginners B	9:30a-11:30a LE306 - Regenerative Seed Starting 101	9:30a-11:30a CO246 - Microplastics A
10a-10:45a FI004 - Sit and Be Fit	9:30a-11a LE279 - Introduction to Disc Golf	9:30a-11:30a CO247 - Microplastics B	9:30a-11a PR099 - Science and Theology	9:30a-11a HS731 - American History
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a LS211 - Senior Care 101	9:30a-11:30a WG009 - Mah Jongg	9:45a-10:45a FI029 - Chair Yoga
10a-12p EF104 - Estates and Probate	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10a-12p WG007 - Canasta Variations
11a-12p SE219 - Pocahontas Railroad Hike Tour	10a-12p AD149 - Watercolor Florals	10a-11a FI015 - Pilates (Online)	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-12p HW352 - Beginning Tai Chi Review
11a-12p FI028 - Gentle Yoga	10:30a-12p CO238 - Basic Electricity	11a-12:30p AD252 - Ukulele Instruction and Jam	11a-12p LA006 - Basic Spanish for Beginners	11a-12p PR112 - Ethics
11a-12p HS526 - Courtroom Conversations	11a-12:30p EL135 - Hasidic Holocaust Stories	11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD022 - Ballroom Dance for Partners
11a-12:30p LE253 - Cooking with Judith (Online)	11a-12:30p HW408 - Shoulder Conditions	11a-11:45a FI018 - Sit and Be Fit	12p-1:30p AD141 - Lifelong Musicians	1p-3p WG002 - Social Bingo
12:30p-1:45p HS734 - A Tour of Germany and Austria	11a-12p PR111 - Favorite Parables	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p LS198 - Discussing Polarizing Issues	1p-2:30p LS206 - What Are Death Cafes?
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-1p WG013 - Spades	12p-1:30p EL136 - Humor Writing Workshop	12p-1p SE214 - Advertising Antics Performance	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
1p-3p AD234 - Artist Open Studio	11:30a-12:30p AD058 - Country Line Dancing	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	
1p-3p WG004 - Cards and Games	12:30p-1:30p PR059 - The History of the Bible	12p-1:30p LS224 - Connecting with Adult Children	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	12:30p-1:30p LS069 - SeniorNavigator	1:30p-3:30p HW499 - Falls Prevention and Recovery	
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	2p-3:30p AD305 - Fun from Script to Stage	
2p-3:30p PR100 - The Chosen	1p-3p HS631 - The Life of Norman Rockwell B	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	
2:30p-3:30p HW426 - Basic Taiji Qigong	1p-2p LS229 - From Farm to Front Door	1:30p-3p HS724 - American Corrections	2p-3:30p HS541 - History of Ventriloquism	
3:30p-4:30p LLI Board of Directors Meeting	1:30p-3:30p WG014 - Mah Jongg	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p CO176 - Google Photos B	2p-3p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3p LS217 - Critical Thinking A	2p-3:30p EL114 - Literary Society Book		
	2:30p-3:30p FI009 - Gentle Yoga	2p-3:30p LE252 - Genealogy Discussions		
	2:30p-3:30p LS232 - Designing the Next Chapter	2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		

Monday	Tuesday	Wednesday	Thursday	Friday
11/3/2025	11/4/2025	11/5/2025	11/6/2025	11/7/2025
LLI Closed	LLI Closed	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
		9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
		9:30a-10:30a LS219 - Capital Trail 101	9a-10a HS759 - Honoring Heroes	9:30a-11a HS731 - American History
		9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a LS094 - Strengthening Relationships	9:45a-10:45a FI029 - Chair Yoga
		9:30a-11a AD186 - Life and Works of Raphael	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Canasta Variations
		9:30a-11:30a CO247 - Microplastics B	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Open Artists' Studio
		9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p PR113 - Mental Health and Faith
		10a-11a FI015 - Pilates (Online)	10:30a-12:30p AD012 - Advanced Watercolor	11a-12p HW352 - Beginning Tai Chi Review
		11a-12:30p AD252 - Ukulele Instruction and Jam	10:30a-12p EF115 - Estate Planning (Online)	11a-12p PR112 - Ethics
		11a-12p EL043 - Enjoy Poetry	10:30a-11:45a HS657 - Intro to the US Constitution	12:15p-1:15p AD022 - Ballroom Dance for Partners
		11a-11:45a FI018 - Sit and Be Fit	11a-12p LA006 - Basic Spanish for Beginners	1p-3p EL015 - Aspiring Writers' Critique
		11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	1p-3p WG002 - Social Bingo
		11:30a-1p HS700 - The Invisible Women	11:30a-1:30p LE295 - Crafting PhD	1:30p-3p AD314 - Art Journaling
		12p-1:30p EL136 - Humor Writing Workshop	12p-1:30p AD141 - Lifelong Musicians	1:30p-3:30p CO242 - Apple Messages
		12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p LS198 - Discussing Polarizing Issues	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
		12p-1:30p LS224 - Connecting with Adult Children	1p-2p FI010 - Chair Yoga	1:30p-3p SE215 - Macbeth Sneak Peek
		1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	2p-3p HW475 - Common Menopause Symptoms
		1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p HS744 - American WWII Presidents	
		1:30p-3p HS003 - Current Events	2p-3:30p AD111 - Intermediate Watercolor	
		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p AD305 - Fun from Script to Stage	
		1:30p-3:30p LS178 - Chesterfield Fire and EMS	2p-3:30p CO227 - Apple iPhone Tips and Tricks A	
		2p-3p LS218 - Critical Thinking B	2p-3:30p DE012 - The Faith Club	
		2p-3p AD182 - Explore Ventriloquism	2p-3:30p PR002 - Bible Discussion	
		2p-3:30p LE252 - Genealogy Discussions	2:30p-3:30p FI007 - Gentle Yoga	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		

Monday	Tuesday	Wednesday	Thursday	Friday
11/10/2025	11/11/2025	11/12/2025	11/13/2025	11/14/2025
9a-10a FI001 - Low Impact		8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10:30a HS730 - Sex in the Middle Ages		9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-10:30a HW485 - Rotator Cuff Tears
9:30a-11a AD308 - Creating a Mandala A		9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a HS747 - Native Americans in War	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit		9:30a-11a AD186 - Life and Works of Raphael	9:30a-11a LS094 - Strengthening Relationships	9:30a-11a HS731 - American History
10a-10:45a FI030 - Strength and Stretch (Online)		9:30a-11:30a CO247 - Microplastics B	9:30a-11a PR099 - Science and Theology	9:45a-10:45a FI029 - Chair Yoga
10a-11:30a LE349 - Logic and Reasoning Puzzles B		9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10a-12p WG007 - Canasta Variations
11a-12p HW389 - Understanding Hearing		10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD307 - Cape Breton Square Dance	10:30a-12p SE221 - VCU's Cabell Library Tour B
11a-12:30p EL111 - The Early History of Movies		10:30a-12p EF178 - Preparing a Home for Sale	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12:30p AD278 - Open Artists' Studio
11a-12p FI028 - Gentle Yoga		11a-12:30p AD252 - Ukulele Instruction and Jam	11a-12p LA006 - Basic Spanish for Beginners	10:30a-12p PR113 - Mental Health and Faith
11a-12p HS526 - Courtroom Conversations		11a-12p EL043 - Enjoy Poetry	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A		11a-11:45a FI018 - Sit and Be Fit	11:30a-1:30p LE295 - Crafting PhD	11a-12p PR112 - Ethics
1p-3p AD234 - Artist Open Studio		11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners
1p-3p EL108 - The Boy, Mole, Fox and Horse		11:30a-1p HS700 - The Invisible Women	12p-1:30p LS198 - Discussing Polarizing Issues	1p-2p EL091 - The Many Hats of a Writer
1p-3p WG004 - Cards and Games		11:30a-1p PR003 - Socrates Café	1p-2p FI010 - Chair Yoga	1p-2:30p LS235 - When Breath Becomes Air
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B		12p-1:30p EL136 - Humor Writing Workshop	1:30p-2:30p SE196 - VMHC Un/Bound Exhibit Tour B	1p-3p WG002 - Social Bingo
2p-3:30p CO228 - Apple iPhone Tips and Tricks B		12p-1p HW386 - Intermediate Tai Chi 24 Form	1:30p-3p EF102 - After the Last Paycheck	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German		1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2:30p-3:30p HW426 - Basic Taiji Qigong		1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD111 - Intermediate Watercolor	
		1:30p-3p AD283 - El Greco	2p-3:30p AD305 - Fun from Script to Screen	
		1:30p-3:30p LE032 - Needleworkers United	2p-3:30p DE012 - The Faith Club	
		2p-3:30p LS213 - Setting Goals	2p-3:30p PR002 - Bible Discussion	
		2p-3p LS218 - Critical Thinking B	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3p AD182 - Explore Ventriloquism	2:30p-3:30p HW501 - Shoulder Pain Solutions	
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		



Monday	Tuesday	Wednesday	Thursday	Friday
11/17/2025	11/18/2025	11/19/2025	11/20/2025	11/21/2025
9a-2:30p AD151 - YUPO and Watermedia	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10a FI001 - Low Impact	9a-2:30p AD151 - YUPO and Watermedia	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
9a-10:30a HS730 - Sex in the Middle Ages	9a-10:30a EL048 - Memoir Writing	9:30a-11:30a LE308 - Live Holiday Wreaths	9:30a-11:30a CO248 - Microplastics C	9:45a-10:45a FI029 - Chair Yoga
9a-11a LS095 - Becoming a Better Grandparent	9a-10a LA019 - Conversational French	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Canasta Variations
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater	9:30a-11a AD186 - Life and Works of Raphael	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Open Artists' Studio
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p CO235 - Podcasts for All
11a-12:30p EL111 - The Early History of Movies	10a-11a EF118 - Organizing Financial Records	10a-11a FI015 - Pilates (Online)	10:30a-12:30p AD012 - Advanced Watercolor	10:30a-12p PR113 - Mental Health and Faith
11a-12p FI028 - Gentle Yoga	10a-12p HS683 - Inevitability of the Holocaust (Online)	10:30a-11:30a LS233 - Home Health vs. Home Care	10:30a-12:30p AD192 - Super Senior Storytelling Slam	11a-12p HW352 - Beginning Tai Chi Review
11a-12p HS526 - Courtroom Conversations	10:30a-11:30a HW272 - Biomechanics of Sitting	11a-12:30p AD252 - Ukulele Instruction and Jam	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR112 - Ethics
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12:30p EL135 - Hasidic Holocaust Stories	11a-12p EL043 - Enjoy Poetry	12p-1:30p AD141 - Lifelong Musicians	12:15p-1:15p AD022 - Ballroom Dance for Partners
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	12p-1p HW476 - Pelvic Floor Health	1p-3p EL015 - Aspiring Writers' Critique
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p IA011 - November Luncheon	1p-3p WG002 - Social Bingo
2p-3:30p CO228 - Apple iPhone Tips and Tricks B	12p-12:30p IA100 - Birthday Celebration	11:30a-1p HS700 - The Invisible Women	12p-1:30p LS198 - Discussing Polarizing Issues	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German	12p-1:30p PR114 - The Letter of James	11:30a-1p LS147 - Crafts for Community	1p-2p FI010 - Chair Yoga	
2:30p-3:30p HW426 - Basic Taiji Qigong	12:30p-1:30p HW497 - Lung Health	12p-1:30p EL136 - Humor Writing Workshop	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
	1p-2p FI006 - Chair Yoga	12p-1p HW386 - Intermediate Tai Chi 24 Form	2p-3:30p AD111 - Intermediate Watercolor	
	1p-3p WG001 - Social Bingo	1p-3p LS208 - Medical Aid in Dying	2p-3:30p AD305 - Fun from Script to Stage	
	1:30p-3:30p LE241 - Basic Pine Needle Baskets	1p-3p WG006 - Cards and Games	2p-3:30p DE012 - The Faith Club	
	1:30p-3:30p WG014 - Mah Jongg	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p PR002 - Bible Discussion	
	2p-3:30p HS089 - Great Decisions	1:30p-3p HS003 - Current Events	2:30p-3:30p FI007 - Gentle Yoga	
	2p-3:30p HS736 - The Vietnam Wars	1:30p-3:30p LE032 - Needleworkers United	2:30p-3:30p HW377 - Chronic Pain	
	2:30p-3:30p FI009 - Gentle Yoga	2p-3p AD182 - Explore Ventriloquism		
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		

Monday	Tuesday	Wednesday	Thursday	Friday
11/24/2025	11/25/2025	11/26/2025	11/27/2025	11/28/2025
8:30a-12:15p HW503 - Memory Screenings	9a-9:45a AD045 - Beginner Tap Dancing			
9a-10a FI001 - Low Impact	9a-10:30a EL048 - Memoir Writing			
9a-10:30a HS730 - Sex in the Middle Ages	9a-10a LA019 - Conversational French			
10a-10:45a FI004 - Sit and Be Fit	9:30a-10:30a AD248 - Readers Theater			
10a-10:45a FI030 - Strength and Stretch (Online)	10a-11a AD021 - Intermediate Tap Dancing			
11a-12:30p EL111 - The Early History of Movies	10a-12p HS683 - Inevitability of the Holocaust (Online)			
11a-12p FI028 - Gentle Yoga	10:30a-12p LE355 - Creative Earring Workshop			
11a-12p HS526 - Courtroom Conversations	11a-12:30p EL135 - Hasidic Holocaust Stories			
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-1p WG013 - Spades			
1p-3p AD234 - Artist Open Studio	11:30a-12:30p AD058 - Country Line Dancing			
1p-3p WG004 - Cards and Games	12p-1:30p PR114 - The Letter of James			
1:30p-3p HS750 - Echoes of the Past	1p-2p FI006 - Chair Yoga			
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-3p WG001 - Social Bingo			
2p-3:30p CO228 - Apple iPhone Tips and Tricks B	1:30p-3:30p WG014 - Mah Jongg			
2p-3:30p LA015 - Conversational German	2p-3:30p HS736 - The Vietnam Wars			
2:30p-3:30p HW426 - Basic Taiji Qigong	2:30p-3:30p FI009 - Gentle Yoga			
3:30p-4:30p LLI Board of Directors Meeting				



Monday	Tuesday	Wednesday	Thursday	Friday
12/1/2025	12/2/2025	12/3/2025	12/4/2025	12/5/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
9a-10:30a HS730 - Sex in the Middle Ages	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9:30a-11a EF180 - Finance Across Generations	9:30a-11:30a CO248 - Microplastics C	9:45a-10:45a FI029 - Chair Yoga
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a LS099 - Resolving Conflict	10a-11:30a AD315 - Art Journaling (Online)
10a-12p LE130 - Frazzled Snowman and Ornament	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Canasta Variations
11a-12:30p HW442 - Introduction to Anatomy	10:30a-12p LE355 - Creative Earring Workshop	10a-11a FI015 - Pilates (Online)	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Open Artists' Studio
11a-12:30p EL111 - The Early History of Movies	11a-12:30p EL135 - Hasidic Holocaust Stories	11a-12p EL043 - Enjoy Poetry	10:15a-11:15a AD075 - Line Dance Practice	10:30a-12p PR113 - Mental Health and Faith
11a-12p FI028 - Gentle Yoga	11a-1p WG013 - Spades	11a-11:45a FI018 - Sit and Be Fit	11a-12p LA006 - Basic Spanish for Beginners (RC)	11a-12p HW352 - Beginning Tai Chi Review
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11:30a-12:30p AD058 - Country Line Dancing	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-12:15p FI005 - Sit and Be Fit	11a-12p PR112 - Ethics
1p-3p AD234 - Artist Open Studio	1p-3:30p AD318 - Op Art for Beginners C	12p-1:30p EL136 - Humor Writing Workshop	11:30a-1:30p LE295 - Crafting PhD	12:15p-1:15p AD022 - Ballroom Dance for Partners
1p-3p WG004 - Cards and Games	1p-3p DE011 - LGBTQ+ History	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p AD141 - Lifelong Musicians	1p-3p EL015 - Aspiring Writers' Critique
1:30p-3p DE013 - Disability and Ableism	1p-2p FI006 - Chair Yoga	1p-3p WG006 - Cards and Games	12p-1:30p LS198 - Discussing Polarizing Issues	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-3p WG001 - Social Bingo	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p AD312 - Interior Design Drawing B	1:30p-3:30p CO243 - Apple Mail
2p-3:30p CO228 - Apple iPhone Tips and Tricks B	1:30p-3p HS751 - Echoes of the Past (Online)	1:30p-3p HS003 - Current Events	1p-2p FI010 - Chair Yoga	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p LA015 - Conversational German	1:30p-3:30p LE241 - Basic Pine Needle Baskets	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2:30p-3:30p HW426 - Basic Taiji Qigong	1:30p-3:30p WG014 - Mah Jongg	2p-3p AD182 - Explore Ventriloquism	2p-3p LS172 - Mercy Mall Emergency Food	
	2p-3:30p HS736 - The Vietnam Wars	2p-3:30p LE252 - Genealogy Discussions	2p-3:30p AD305 - Fun from Script to Stage	
	2:30p-3:30p FI009 - Gentle Yoga	2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2p-3:30p CO210 - Artificial Intelligence B	
			2p-3:30p PR002 - Bible Discussion	
			2:30p-3:30p FI007 - Gentle Yoga	



Monday	Tuesday	Wednesday	Thursday	Friday
12/8/2025	12/9/2025	12/10/2025	12/11/2025	12/12/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	8:30a-9:30a FI003 - Low Impact
10a-10:45a FI004 - Sit and Be Fit	9a-10:30a EL048 - Memoir Writing	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	9a-12p WG010 - Bridge
10a-10:45a FI030 - Strength and Stretch (Online)	9a-10a LA019 - Conversational French	9:30a-11a AD288 - History of the Cello	9:30a-11:30a CO248 - Microplastics C	9:30a-11a HS732 - Lewis and Clark
10:30a-12p AD309 - Creating a Mandala B	9:30a-10:30a AD248 - Readers Theater	9:30a-11:30a LS231 - Death in the VA Legislature	9:30a-11a LS099 - Resolving Conflict	9:45a-10:45a FI029 - Chair Yoga
11a-12:30p EL111 - The Early History of Movies	10a-11a AD021 - Intermediate Tap Dancing	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	10a-12p WG007 - Canasta Variations
11a-12p FI028 - Gentle Yoga	10:30a-12p LE355 - Creative Earring Workshop	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	10:30a-12:30p AD278 - Open Artists' Studio
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	11a-12:30p EL135 - Hasidic Holocaust Stories	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD075 - Line Dance Practice	11a-12p HW352 - Beginning Tai Chi Review
1p-3p AD234 - Artist Open Studio	11a-1p WG013 - Spades	11a-12p EL043 - Enjoy Poetry	11a-12p LA006 - Basic Spanish for Beginners (RC)	11a-12p PR112 - Ethics
1p-3p WG004 - Cards and Games	11:30a-12:30p AD058 - Country Line Dancing	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	12:15p-1:15p AD022 - Ballroom Dance for Partners
1:30p-3p DE013 - Disability and Ableism	12p-12:30p IA100 - Birthday Celebration	11:30a-12:30p FI031 - Chair Yoga (Online)	11:30a-1:30p LE295 - Crafting PhD	1p-3p WG002 - Social Bingo
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	1p-2p FI006 - Chair Yoga	11:30a-1p PR003 - Socrates Café	12p-1:30p AD141 - Lifelong Musicians	1:30p-2:30p HW343 - Intermediate Tai Chi 42 Form
2p-3:30p CO228 - Apple iPhone Tips and Tricks B	1p-3p WG001 - Social Bingo	12p-1:30p EL136 - Humor Writing Workshop	12p-1:30p IA012 - December Luncheon	
2p-3:30p LA015 - Conversational German	1:30p-3:30p LE241 - Basic Pine Needle Baskets	12p-1p HW386 - Intermediate Tai Chi 24 Form	12p-1:30p LS198 - Discussing Polarizing Issues	
2:30p-3:30p HW426 - Basic Taiji Qigong	1:30p-3:30p WG014 - Mah Jongg	1p-3p WG006 - Cards and Games	1p-2p AD312 - Interior Design Drawing B	
	2p-3:30p HS089 - Great Decisions	1:15p-2:15p AD210 - Intro to Brazilian Percussion	1p-2p FI010 - Chair Yoga	
	2:30p-3:30p FI009 - Gentle Yoga	1:30p-3:30p LE032 - Needleworkers United	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
		2p-3:30p HS758 - Midlothian and Clover Hill	2p-3:30p AD305 - Fun from Script to Stage	
		2p-3p AD182 - Explore Ventriloquism	2p-3:30p CO210 - Artificial Intelligence B	
		2p-3:30p LE252 - Genealogy Discussions	2p-3:30p PR002 - Bible Discussion	
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form	2:30p-3:30p FI007 - Gentle Yoga	
			2:30p-3:30p HW409 - Dry Needling	
			2:30p-3:30p SE216 - Readers Theater Performance A	



Monday	Tuesday	Wednesday	Thursday	Friday
12/15/2025	12/16/2025	12/17/2025	12/18/2025	12/19/2025
9a-10a FI001 - Low Impact	9a-9:45a AD045 - Beginner Tap Dancing	8:30a-9:30a AD292 - Moving to Music	8:30a-9:30a FI020 - Zumba Gold (Online)	<div> LLI Closed for the Holidays Dec 19 - Jan 2 </div> <div> Spring Catalog Available on Jan 8, 2026 </div>
10a-10:45a FI004 - Sit and Be Fit	9a-10a LA019 - Conversational French	9a-11a AD080 - Woodcarving	9a-10a AD036 - Intro to Line Dancing	
10a-10:45a FI030 - Strength and Stretch (Online)	9:30a-10:30a AD248 - Readers Theater	9:30a-10:30a AD183 - Beginning Guitar	9:30a-11a PR099 - Science and Theology	
11a-12:30p EL111 - The Early History of Movies	10a-11a AD021 - Intermediate Tap Dancing	9:45a-10:45a FI017 - Fun Fitness	9:30a-11:30a WG009 - Mah Jongg	
11a-12p FI028 - Gentle Yoga	10a-11a HS368 - Local Government	10a-11a FI015 - Pilates (Online)	10:15a-11:15a AD075 - Line Dance Practice	
12:30p-1:15p HW342 - Beginning Tai Chi 24 Form A	10:30a-12p LE355 - Creative Earring Workshop	11a-12p SE154 - Holiday Music and Sing-Along	10:30a-12:30p AD192 - Super Senior Storytelling Slam	
1p-3p AD234 - Artist Open Studio	11a-12p LS196 - Navigating Senior Housing	11a-11:45a FI018 - Sit and Be Fit	11:30a-12:15p FI005 - Sit and Be Fit	
1p-3p WG004 - Cards and Games	11a-1p WG013 - Spades	11:30a-12:30p FI031 - Chair Yoga (Online)	12p-1:30p AD141 - Lifelong Musicians	
1:30p-2:15p HW355 - Beginning Tai Chi 24 Form B	11:30a-12:30p AD058 - Country Line Dancing	11:30a-1p LS147 - Crafts for Community	12p-1:30p LS198 - Discussing Polarizing Issues	
2p-3:30p CO236 - Facebook Tips and Tricks	11:30a-1p SE171 - Literary Society Celebration	12p-1:30p EL136 - Humor Writing Workshop	12:30p-1:30p SE217 - Readers Theater Performance B	
2p-3:30p HS745 - The Battle of the Bulge	1p-2p FI006 - Chair Yoga	12p-1p HW386 - Intermediate Tai Chi 24 Form	1p-2p FI010 - Chair Yoga	
2p-3:30p LA015 - Conversational German	1p-3p WG001 - Social Bingo	1p-3p WG006 - Cards and Games	1:30p-2:30p FI034 - Cardio and Strength Training (Online)	
2:30p-3:30p HW426 - Basic Taiji Qigong	1:30p-3:30p HS749 - German Vengeance Weapons	1:15p-2:15p AD210 - Intro to Brazilian Percussion	2p-3:30p AD305 - Fun from Script to Stage	
3:30p-4:30p LLI Board of Directors Meeting (Offsite)	1:30p-3:30p LE241 - Basic Pine Needle Baskets	1:30p-3p HS003 - Current Events	2p-3:30p CO210 - Artificial Intelligence B	
	1:30p-3:30p WG014 - Mah Jongg	1:30p-3:30p LE032 - Needleworkers United	2p-3:30p PR002 - Bible Discussion	
	2:30p-3:30p FI009 - Gentle Yoga	2p-3p AD182 - Explore Ventriloquism	2:30p-3:30p FI007 - Gentle Yoga	
		2p-3:30p LE252 - Genealogy Discussions		
		2:30p-3:30p HW481 - Beginning Tai Chi 37 Form		

First Name: _____

Last Name: _____

Member ID#: _____

LLI in Chesterfield

Fall 2025 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	Oct 9, 16, 23, Nov 6, 13, 20	10:30-12:30		Marti Franks
	AD016	Watercolor Basics	*\$8	Tue	Sept 9, 16, 23, 30	1:00-3:00		Poly Cline
	AD021	Intermediate Tap Dancing		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	10:00-11:00		Beth and Julie
	AD022	Ballroom Dance for Partners		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	12:15-1:15		Doug, Teresa, and Phyllis
	AD036	Introduction to Line Dancing		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	9:00-10:00		Sharon Macauley
	AD045	Beginner Tap Dancing		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	9:00-9:45		Julie Van Buskirk
	AD058	Country Line Dancing		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	11:30-12:30		Mary Bradstock
	AD075	Line Dance Practice		Thu	Sept 4, 18, 25, Oct 16, 23, 30, Nov 6, 20, Dec 4, 11, 18	10:15-11:15		Mary Bradstock
	AD080	Woodcarving: Open Carve		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:00-11:00		Mary Jane and Bev
	AD111	Intermediate Watercolor with Marti		Thu	Oct 9, 16, 23, Nov 6, 13, 20	2:00-3:30		Marti Franks
	AD119	Watercolor and Acrylic Problem Solving Workshop		Th/F	Oct 30, 31	9:00-2:30		Beverly Perdue
	AD141	Lifelong Musicians		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	12:00-1:30		Brad, Ken, and Rick
	AD149	Watercolor Florals		Tue	Oct 7, 14, 21, 28	10:00-12:00		Poly Cline
	AD151	YUPO and Watermedia Workshop		M/Tu	Nov 17, 18	9:00-2:30		Beverly Perdue
	AD182	Explore Ventriloquism		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:00-3:00		John Byrd
	AD183	Beginning Guitar		Wed	Sept 3, 10, 17, Oct 1, 8, 15, Nov 5, 12, 19, Dec 3, 10, 17	9:30-10:30		Randall Kaker
	AD186	Life and Works of Raphael		Wed	Oct 15, 22, 29, Nov 5, 12, 19	9:30-11:00		Juana Levi
	AD192	Super Senior Storytelling Slam		Thu	Sept 25, Oct 30, Nov 20, Dec 18	10:30-12:30		Judith and Les
	AD210	Introduction to Afro-Brazilian Percussion		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:15-2:15		Damir and Josie
	AD234	Artist Open Studio		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 24, Dec 1, 8, 15	1:00-3:00		Diana, Diane, Mary, and LuGay
	AD248	Readers Theater		Tue	Sept 16, 23, 30, Oct 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	9:30-10:30		Ken Carlson
	AD252	Ukulele Instruction and Jam		Wed	Oct 29, Nov 5, 12, 19	11:00-12:30		Rick Kaerwer
	AD278	Open Artists' Studio		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, Nov 7, 14, 21, Dec 5, 12	10:30-12:30		Susan, Susan, and Yvonne
	AD283	El Greco: Rediscovering a Master		Wed	Nov 12	1:30-3:00		Tara Semtner, AIA
	AD288	History of the Cello and Music with Holiday Tunes		Wed	Dec 10	9:30-11:00		Sheryl Smith
	AD292	Moving to Music		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	8:30-9:30		Diane Childress
	AD305	Fun from Script to Stage: Readers Theater		Thu	Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	2:00-3:30		Vic and Mary Jane
	AD306	Visual Art as Story: See the Pictures and Hear the Stories		Wed	Sept 3, 10, 17, 24, Oct 1, 8	9:30-11:00		Karen Steele
	AD307	Cape Breton Square Dance		Thu	Sept 11, Oct 9, Nov 13	10:15-11:15		Annabelle Bugay
	AD308	Creating a Mandala in Community A		Mon	Nov 10	9:30-11:00		Josie Schmidt
	AD309	Creating a Mandala in Community B		Mon	Dec 8	10:30-12:00		Josie Schmidt
	AD311	Interior Design Drawing A: Space Planning		Thu	Sept 11, 18	1:00-2:00		Pat Meek
	AD312	Interior Design Drawing B: Space Planning		Thu	Dec 4, 11	1:00-2:00		Pat Meek
	AD313	Pigments in Art and Culture: Yuk, Muck, and Luck		Thu	Oct 9	10:30-11:30		John and Poly
	AD314	Art Journaling in the Book of Amazement		Fri	Nov 7	1:30-3:00		Janet Abel
	AD315	Art Journaling in the Book of Amazement		Fri	Dec 5	10:00-11:30	Online	Janet Abel
	AD316	Op Art for Absolute Beginners A		Wed	Oct 15	1:00-3:30		Sarah Matthews
	AD317	Op Art for Absolute Beginners B		Wed	Oct 29	9:30-12:00		Sarah Matthews
	AD318	Op Art for Absolute Beginners C		Tue	Dec 2	1:00-3:30		Sarah Matthews

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Computers, Technology, Math, and Science						
	CO125	The ABCs of Flight		Thu	Sept 4, 11, 18, 25	2:00-3:30		Danny Arkin
	CO144	Alternative Energies for Generation of Electricity		Fri	Sept 19, 26	10:00-11:30	Online	B. Ellen Johnson, PhD
	CO175	Google Photos A: Managing Thousands of Photos		Mon	Sept 8, 15, 22	2:00-3:30		Danny Arkin
	CO176	Google Photos B: Managing Thousands of Photos		Tue	Oct 14, 21, 28	2:00-3:30		Danny Arkin
	CO199	Nearpeer Tutorial and Tips A		Wed	Sept 3	11:00-12:30		Debby Hoskin
	CO200	Nearpeer Tutorial and Tips B		Mon	Oct 20	2:00-3:30		Rachel Ramirez
	CO209	Artificial Intelligence A: History, Promises, Fears, and the Future		Mon	Sept 29, Oct 6, 13	2:00-3:30		Danny Arkin
	CO210	Artificial Intelligence B: History, Promises, Fears, and the Future		Thu	Dec 4, 11, 18	2:00-3:30		Danny Arkin
	CO218	Microbiome: News from the Gut		Fri	Sept 12, 19	9:30-11:30		Patricia Ryther
	CO227	Apple iPhone Tips and Tricks A		Thu	Oct 9, 16, 23, 30, Nov 6	2:00-3:30		Danny Arkin
	CO228	Apple iPhone Tips and Tricks B		Mon	Nov 10, 17, 24, Dec 1, 8	2:00-3:30		Danny Arkin
	CO230	What is Modern Science?		Tue	Sept 9, 16	10:30-12:00		Alex Meredith
	CO232	Forever Chemicals and Health		Fri	Sept 26, Oct 3	9:30-11:30		Patricia Ryther
	CO235	Podcasts for All		Fri	Nov 21	10:30-12:00		Rachel and Lucas Ramirez
	CO236	Facebook Tips and Tricks		Mon	Dec 15	2:00-3:30		Danny Arkin
	CO238	Basic Electricity		Tue	Oct 14, 21, 28	10:30-12:00		Ken Carlson
	CO240	Apple App Store		Fri	Sept 19	1:30-3:30		Mark Grubbs
	CO241	Apple Photos		Fri	Oct 10	1:30-3:30		Mark Grubbs
	CO242	Apple Messages		Fri	Nov 7	1:30-3:30		Mark Grubbs
	CO243	Apple Mail		Fri	Dec 5	1:30-3:30		Mark Grubbs
	CO246	Microplastics A: A Global Problem Gets Personal		Fri	Oct 17, 24, 31	9:30-11:30		Patricia Ryther
	CO247	Microplastics B: A Global Problem Gets Personal		Wed	Oct 29, Nov 5, 12	9:30-11:30		Patricia Ryther
	CO248	Microplastics C: A Global Problem Gets Personal		Thu	Nov 20, Dec 4, 11	9:30-11:30		Patricia Ryther
	CO249	Introduction to Calculus		Tue	Sept 30	10:00-11:00	Online	B. Ellen Johnson, PhD
		Diversity, Equity, and Incusion						
	DE005	LGBTQ+ Basics		Tue	Sept 23	1:00-3:00		Michael Recant
	DE006	Coping with Blindness and Vision Loss		Wed	Oct 8	10:00-11:30		Robin Hoerber
	DE007	Understanding Gender Identity and Expression		Fri	Oct 10	1:00-3:00		Ted Heck
	DE011	LGBTQ+ History		Tue	Dec 2	1:00-3:00		Michael Recant
	DE012	The Faith Club	*\$11	Thu	Nov 6, 13, 20	2:00-3:30		Annette, Wayne, and Donna
	DE013	Disability and Ableism: From Oppression to the ADA to How to Help		Mon	Dec 1, 8	1:30-3:00		Wayne Swatlowski
	DE015	Aging and Ageism in Society and Self		Mon	Sept 29, Oct 6, 13	11:30-1:00		Wayne Swatlowski

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		Economics and Finance						
	EF006	IRA Strategies and Distribution Rules		Wed	Sept 10	1:30-3:00		Jamey Davidson
	EF018	Smart Investing		Thu	Oct 16	9:30-11:00		Jamey Davidson
	EF102	After the Last Paycheck		Thu	Nov 13	1:30-3:00		Jamey Davidson
	EF104	Estate Settlement and the Probate Process		Mon	Oct 27	10:00-12:00		Mark Mikuta, CPA, CFP
	EF113	Medicare 101: Understanding the Basics		Tue	Sept 30	10:30-12:00		Tammy Akers
	EF115	Estate Planning and Elder Law		Thu	Nov 6	10:30-12:00	Online	Paula Peaden
	EF117	Identity Theft and Protection		Tue	Sept 16	9:30-10:30		Sabrina Guerin
	EF118	Organizing Financial Records		Tue	Nov 18	10:00-11:00		Sabrina Guerin
	EF132	Financial Preparedness for Disasters		Mon	Oct 20	10:00-11:30		CCEM Staff
	EF136	Long Term Care Insurance		Tue	Oct 21	10:30-12:30		Linda Tsironis Caruthers
	EF138	Medicare 101: Understanding the Basics		Tue	Oct 7	10:30-12:00	Online	Tammy Akers
	EF147	Outsmart the Scammers		Thu	Oct 16	11:00-12:00		Shawn Doran
	EF150	Virginia Long Term Care Options and How to Pay for Them		Tue	Sept 9	2:00-3:30		Jeremy L. Pryor, Esq.
	EF163	Money Mindset Makeover: Ignite a Love Affair with Money	*\$15	Mon	Sept 15	10:00-11:30		Sorana Blackfoot
	EF167	Financial Stability		Tue	Oct 7	2:00-3:30		Richard Commander
	EF178	Preparing a Home for Sale		Wed	Nov 12	10:30-12:00		Marianne and Dawn
	EF179	Federal Reserve Basics		Wed	Sept 3, 10, 17, Oct 1	10:30-11:30		Tim Schilling
	EF180	Finance Across Generations: Bridging the Gap		Wed	Dec 3	9:30-11:00		Sabrina and Amy
	EF181	Deciphering Digital Banking		Wed	Oct 22	10:00-11:30		Andre Santamaria
		Literature, Poetry, and Film						
	EL015	Aspiring Writers' Critique		Fri	Sept 12, 26, Oct 10, 24, Nov 7, 21, Dec 5	1:00-3:00		Dorothy Moses
	EL043	Enjoy Poetry		Wed	Sept 10, 17, 24, Oct 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10	11:00-12:00		Bob and Timothy
	EL048	Memoir Writing		Tue	Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9	9:00-10:30		Suzanne and Tom
	EL091	The Many Hats of a Writer		Fri	Nov 14	1:00-2:00		Heather Weidner
	EL100	LLI Literary Society Orientation		Tue	Sept 2	1:30-2:30	Online	Bob, Martha, and Anita
	EL101	LLI Literary Society Orientation		Wed	Sept 3	2:30-3:30		Bob, Martha, and Anita
	EL108	The Boy, the Mole, the Fox and the Horse	*\$14	Mon	Nov 10	1:00-3:00		Rachel and Lucas Ramirez
	EL111	The Early History of Movies		Mon	Nov 10, 17, 24, Dec 1, 8, 15	11:00-12:30		Josh Pachter
	EL114	LLI Literary Society Feedback and Book Swap		Wed	Oct 29	2:00-3:30		Bob, Martha, and Anita
	EL127	Writing a Military Story with the Help of AI Technology		Mon	Sept 29	11:00-12:00	Online	Alex Sebbby
	EL135	Hasidic Holocaust Stories: Faith, Memory, and Moral Courage	*\$17	Tue	Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9	11:00-12:30		Les Schaffer
	EL136	Humor Writing Workshop: Killing the Frog		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	12:00-1:30		Drew Herman
	EL137	Apuleius and His Novel		Wed	Oct 15	9:00-10:30		Pasquale Accardo

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		Fitness						
	FI001	Low Impact Monday	\$20	Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	9:00-10:00		Sherella Brown
	FI003	Low Impact Friday	\$20	Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	8:30-9:30		Linda McDorman
	FI004	Sit and Be Fit Monday	\$20	Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	10:00-10:45		Sherella Brown
	FI005	Sit and Be Fit Thursday	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	11:30-12:15		Sherella Brown
	FI006	Chair Yoga Tuesday	\$20	Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	1:00-2:00		Linda McDorman
	FI007	Gentle Yoga Thursday	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	2:30-3:30		Dorota Kawka
	FI009	Gentle Yoga Tuesday	\$20	Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	2:30-3:30		Linda McDorman
	FI010	Chair Yoga Thursday	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	1:00-2:00		Dorota Kawka
	FI015	Pilates Online	\$20	Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	10:00-11:00	Online	Linda McDorman
	FI017	Wednesday Fun Fitness	\$20	Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	9:45-10:45		Nicole Thomas-Jackson
	FI018	Sit and Be Fit Wednesday	\$20	Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	11:00-11:45		Nicole Thomas-Jackson
	FI020	Zumba Gold Online	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	8:30-9:30	Online	Tracey Williams
	FI028	Gentle Yoga Monday	\$20	Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	11:00-12:00		Linda McDorman
	FI029	Chair Yoga Friday	\$20	Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	9:45-10:45		Linda McDorman
	FI030	Strength and Stretch Online	\$20	Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	10:00-10:45	Online	Nicole Thomas-Jackson
	FI031	Chair Yoga Online	\$20	Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	11:30-12:30	Online	Linda McDorman
	FI034	Cardio and Strength Training Online	\$20	Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	1:30-2:30	Online	Nicole Thomas-Jackson
	FI035	Vivo Online Strength Training: One Time per Week	\$200	1x/wk	Sept 2 - Dec 18		Online	Team Vivo
	FI036	Vivo Online Strength Training: Two Times per Week	\$320	2x/wk	Sept 2 - Dec 18		Online	Team Vivo
	FI037	Vivo Online Strength Training: Three Times per Week	\$512	3x/wk	Sept 2 - Dec 18		Online	Team Vivo
		History, Humanities, and International Studies						
	HS003	Current Events Discussion		Wed	Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3, 17	1:30-3:00		Roy and Hugh
	HS089	Great Decisions	*\$40	Tue	Sept 16, Oct 14, Nov 18, Dec 9	2:00-3:30		Bob Ferguson
	HS368	Local Government in Chesterfield County		Tue	Dec 16	10:00-11:00		Dr. Joseph P. Casey
	HS381	The Adventures of Hiking the Caminos		Fri	Sept 19	1:00-3:00		Robert Abbott
	HS422	Rethinking the Korean War		Tue	Sept 23, 30, Oct 7, 14, 21, 28	9:00-10:30		Dr. John Lemza
	HS526	Courtroom Conversations: Judge Freely		Mon	Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24	11:00-12:00		Edward Blackwell
	HS541	History of Ventriloquism		Thu	Oct 30	2:00-3:30		John Byrd
	HS619	The Life and Art of Norman Rockwell A		Mon	Sept 8	10:00-12:00		Dr. John Kirn
	HS631	The Life and Art of Norman Rockwell B		Tue	Oct 28	1:00-3:00		Dr. John Kirn
	HS657	Intro to the United States Constitution		Thu	Nov 6	10:30-11:45		Dr. John Lemza
	HS683	Inevitability of the Holocaust		Tue	Nov 18, 25	10:00-12:00	Online	Dr. Alan A Winter
	HS690	Midlothian Matters		Fri	Oct 17	1:30-3:00		Mark S. Miller, Ph.D.
	HS696	United States Intelligence		Thu	Sept 4, 11, 18	12:30-2:00		Chan Mohny
	HS698	African American Inventors and Their Stories		Mon	Oct 13, 20	11:00-12:00		Myron Johnson
	HS700	The Invisible Women of the Twentieth Century		Wed	Nov 5, 12, 19	11:30-1:00		Nelson Calisch
	HS724	American Corrections: Behind the Walls and Bars		Wed	Oct 15, 29	1:30-3:00		Charles J. Kehoe
	HS729	Finding Osama bin Laden		Tue	Sept 2, 9, 16, 23	11:00-12:00		Shep Smith
	HS730	Sex in the Middle Ages: The Women's Lens on the Middle Ages		Mon	Oct 20, 27, Nov 10, 17, 24, Dec 1	9:00-10:30		Timothy Pace
	HS731	American History: The Story of Us		Fri	Oct 10, 17, 24, 31, Nov 7, 14	9:30-11:00		Timothy Pace
	HS732	Lewis and Clark: The Voyage of Discovery		Fri	Dec 12	9:30-11:00		Timothy Pace

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		History, Humanities, and International Studies						
	HS734	A Tour of Germany and Austria		Mon	Sept 22, 29, Oct 6, 13, 20, 27	12:30-1:45		Bob Ferguson
	HS735	Vietnam War Precursors		Tue	Sept 9, 16, 23, 30	2:00-3:30		Ed Barbour
	HS736	The Vietnam Wars		Tue	Oct 7, 14, 21, Nov 18, 25, Dec 2	2:00-3:30		Paul Glancy
	HS737	The Angkor Exhibit at Denver Museum and Beyond		Wed	Sept 17, 24	12:00-1:00		Rick Kinnaird
	HS738	The Korean War: An Overview		Mon	Sept 15	1:00-2:30	Online	Chris Kolakowski
	HS739	Voting Rights and the Legacy of Selma: Stride Toward Freedom		Mon	Oct 6	2:15-3:45		Cindy Graunke
	HS740	Architectural History at Patrick Henry's Red Hill		Fri	Sept 19	10:00-12:00		Cody Youngblood
	HS741	The Court Process		Fri	Oct 10	1:00-2:30		Erin and Frank
	HS742	The Final Summer of WWII: The Stillness and the Noise		Mon	Sept 15	2:00-3:30		James Triesler
	HS743	Margaret Bourke-White: The Amazing Life of a Photographer		Thu	Oct 16	2:00-3:30		James Triesler
	HS744	American World War II Presidents		Thu	Nov 6	2:00-3:30		James Triesler
	HS745	The Battle of the Bulge		Mon	Dec 15	2:00-3:30		James Triesler
	HS746	USS Houston CA-30: The POW Experience		Fri	Oct 17	11:30-1:00		John Keith Schwarz
	HS747	Native Americans in the American Revolutionary War		Thu	Nov 13	9:30-11:00		Dr. John Partridge
	HS748	The Story of Amelia Earhart: Not Another Back-Seat Driver		Tue	Sept 23	12:30-1:30	Online	Kyndall Drumheller
	HS749	German Vengeance Weapons of World War II: The V-1 and V-2		Tue	Dec 16	1:30-3:30		Randall L. Lanning
	HS750	Echoes of the Past: Reminiscing Together		Mon	Nov 24	1:30-3:00		Richard Commander
	HS751	Echoes of the Past: Reminiscing Together		Tue	Dec 2	1:30-3:00	Online	Richard Commander
	HS752	The Mayan Lunar Series		Wed	Sept 10	11:30-1:00		Rick Kinnaird
	HS753	A Quest for Family Ties: This is America's Story		Thu	Oct 9	2:00-3:30		Samuel Hayes III
	HS754	A Quest for Family Ties: This is America's Story		Mon	Oct 20	2:00-3:30	Online	Samuel Hayes III
	HS755	Hindenburg and the Airship Era		Tue	Oct 21	12:30-1:30		Tim Kisner
	HS756	End of the Confederacy		Tue	Oct 14	12:30-1:30		Waite Rawls
	HS757	Visiting Turkey and the Seven Churches of St. John the Apostle		Wed	Sept 3	1:00-2:30		Martha Steger
	HS758	Midlothian and Clover Hill Districts: Rooted in Community		Wed	Dec 10	2:00-3:30		Mark and Jessica
	HS759	Honoring Heroes: African American Veterans		Thu	Nov 6	9:00-10:00		Audrey M. Ross
		Health and Wellness						
	HW272	Biomechanics and Ergonomics of Sitting		Tue	Nov 18	10:30-11:30		Dr. Pattath
	HW332	Joint Replacement Surgery: What Are the Options?		Tue	Oct 7	1:00-2:00		David Miller, MD
	HW342	Beginning Tai Chi 24 Form A		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	12:30-1:15		Damir Strmel
	HW343	Intermediate Tai Chi: The Mixed Style 42 Form		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	1:30-2:30		Damir Strmel
	HW352	Beginning Tai Chi 24 Form Review and Practice		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	11:00-12:00		Mary E. Gutberlet, M.Ed.
	HW355	Beginning Tai Chi 24 Form B		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	1:30-2:15		Mary E. Gutberlet, M.Ed.
	HW375	Joint Replacements: What to Know Before and After Surgery		Thu	Sept 25	2:30-3:30		David Reynolds, PT, DPT
	HW376	Vertigo and Dizziness: Common Causes and How to Treat It		Thu	Oct 23	2:30-3:30		David Reynolds, PT, DPT
	HW377	Chronic Pain: How Do I Get Rid of It?		Thu	Nov 20	2:30-3:30		David Reynolds, PT, DPT
	HW386	Intermediate Tai Chi: Yang Style 24 Form		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	12:00-1:00		Mary and Mark
	HW389	Understanding Hearing Loss and Hearing Aids		Mon	Nov 10	11:00-12:00		Kimberly Felder
	HW392	Suicide Prevention and Raising Awareness		Thu	Sept 11	2:00-3:30		Melissa and Kevin
	HW394	Be the Help Until Help Arrives		Mon	Sept 15	10:00-12:00		CCEM Staff
	HW406	Low Back Pain	*\$15	Mon	Sept 22	11:00-12:30		Thomas Neviasser, MD

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Fall 2025 Registration Form

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Health and Wellness						
	HW407	Knee Conditions	*\$15	Mon	Oct 6	11:00-12:30		Thomas Neviaser, MD
	HW408	Shoulder Conditions	*\$15	Tue	Oct 28	11:00-12:30		Thomas Neviaser, MD
	HW409	Dry Needling: What It Is and How It Works		Thu	Dec 11	2:30-3:30		David Reynolds, PT, DPT
	HW426	Basic Taiji Qigong		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	2:30-3:30		Walter and Patricia
	HW430	Colorectal Disorders and Surgical Treatments		Tue	Oct 14	12:00-1:00		Matthew Huk, MD
	HW435	Strength Training Benefits for Life's Journey		Fri	Sept 5	11:30-12:30	Online	Eric and Katie
	HW442	Introduction to Human Anatomy		Mon	Dec 1	11:00-12:30		Thomas Neviaser, MD
	HW463	Heart Arrhythmias: Signs, Symptoms, and Treatment Options		Wed	Sept 17	2:00-3:00		Vybhav Jetty, MD
	HW467	Low Back Pain Solutions		Thu	Sept 25	2:30-3:30		Jordan Witt, DPT
	HW468	The Importance of Posture: Safe and Simple Exercises to Help		Thu	Oct 23	2:30-3:30		Jordan Witt, DPT
	HW472	Understanding BPP Vertigo and the Treatments		Mon	Sept 8	11:00-12:00		Andrew Rothschild
	HW473	Foot and Ankle Pain: It's All in the Calf		Fri	Sept 19	9:00-10:30		Dave Bass, PT, DPT
	HW475	Common Menopause Symptoms and Treatment Options: Finding Relief		Fri	Nov 7	2:00-3:00		Emily Stone, MD
	HW476	Pelvic Floor Health and Women's Incontinence: Hold It!		Thu	Nov 20	12:00-1:00		Ramzi Aboujaoude, MD
	HW481	Beginning Tai Chi 37 Form: Beginning and Intermediate		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:30-3:30		Drew Herman
	HW484	Myths About Arthritis		Fri	Oct 24	9:00-10:30		Dave Bass, PT, DPT
	HW485	Rotator Cuff Tears and Shoulder Pain		Fri	Nov 14	9:00-10:30		Dave Bass, PT, DPT
	HW492	InterAge Seminar: Embracing the Future		Mon	Sept 15	10:30-12:00		Ayn and Rachel
	HW493	InterAge Seminar: Embracing the Future		Tue	Sept 30	2:00-3:30	Online	Ayn and Rachel
	HW494	Medical Imaging and Advocacy: Aging with Insight		Fri	Oct 10	10:00-12:00		Charlie Downing
	HW495	Osteoarthritis: Symptoms and Treatment Options		Fri	Sept 12	11:00-12:00		David Randolph, MD
	HW496	Understanding Urogynecology: Pelvic Health and Treatment Options		Fri	Sept 26	12:00-1:00		Nathan Guerette, MD
	HW497	Lung Health: Early Detection and Diagnosis for Lung Cancer		Tue	Nov 18	12:30-1:30		Alice Herlihy, MD
	HW498	Bone Health Basics: Osteopenia and Compression Fractures		Wed	Oct 15	12:00-1:00		Joshua Herzog, MD
	HW499	Falls Prevention and Recovery		Thu	Oct 30	1:30-3:30		Dr. Casey Pherson
	HW500	Diabetes Mellitus and the Era of GLP-1 Agonists		Mon	Oct 13	2:30-3:30		James Schmitt, MD
	HW501	Shoulder Pain Solutions		Thu	Nov 13	2:30-3:30		Jordan Witt, DPT
	HW502	Medication Safety and Overdose Response		Thu	Sept 18	9:30-10:30		Lindsay and Sarah
	HW504	Lifespan Reflection with VCU OT: Rewind and Replay		Thu	Sept 25, Oct 23	9:30-11:00		Audrey and Ayn
		Inside LLI Activities						
	IA016	Annual State of the LLI Meeting		Mon	Oct 6	10:00-11:30		John and the LLI Board
	IA017	Bake Sale Fundraiser		Tu/W	Oct 21, 22	9:30-3:00		Fundraising Committee
	IA022	LLI Committee Fair: A Behind the Scenes Look		Fri	Sept 12	1:00-3:00		LLI Committee Chairs
	IA077	Workshop for LLI Instructors		Tue	Sept 2	2:00-3:30		Rachel Ramirez
	IA078	Workshop for LLI Instructors		Thu	Sept 4	12:30-2:00	Online	Rachel Ramirez
	IA997	Q&A for Current Members		Thu	Sept 4	2:30-3:30		Rachel Ramirez
	IA998	Orientation for New Members		Fri	Sept 5	10:00-11:15	Online	Rachel Ramirez
	IA999	Orientation for New Members		Tue	Sept 2	9:30-11:00		Rachel Ramirez
		Languages						
	LA001	Introduction to French		Tue	Sept 9, 16, Oct 14, 21	9:00-10:00		Carol Pritchard
	LA006	Basic Spanish for Beginners		Thu	Sept 4, 11, 18, Oct 9, 23, 30, Nov 6, 13, Dec 4, 11	11:00-12:00		Nena Woods
	LA015	Conversational German		Mon	Sept 8, 15, 22, 29, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	2:00-3:30		Alan McCrea
	LA019	Conversational French Review		Tue	Oct 28, Nov 18, 25, Dec 2, 9, 16	9:00-10:00		Carol Pritchard

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X	Course	Class Name	Fee	Day	Dates	Time	Online	Instructor
		Leisure Activities						
	LE032	Needleworkers United		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:30-3:30		Sandy and Ellen
	LE130	Frazzled Snowman and Ornament	\$15	Mon	Dec 1	10:00-12:00		Kimberley and Marie
	LE143	Beaded Lanyard for LLI Name Tag	\$8	Tue	Sept 9	12:30-3:30		Donna Whitfield
	LE200	Advanced Card Making: Multimedia Fun	\$7	Wed	Oct 1	1:30-3:30		Marie and Mary Ann
	LE207	Road Scholar Education Travel: University of the World		Thu	Sept 11	2:30-3:30		Cindy Graunke
	LE241	Basic Pine Needle Baskets	\$23	Tue	Nov 18, Dec 2, 9, 16	1:30-3:30		Diane and Jennifer
	LE252	Genealogy Discussions		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	2:00-3:30		Kevin and Janet
	LE253	Cooking with Judith		Mon	Oct 6, 13, 20, 27	11:00-12:30	Online	Judith Onesty
	LE258	Messy Advanced Card Making Techniques	\$7	Tue	Oct 14	1:30-3:30		Marie and Mary Ann
	LE279	Introduction to Disc Golf	*\$15	Tue	Oct 7, 14, 21, 28	9:30-11:00		Stone Wahl
	LE295	Crafting PhD: Project Half Done		Thu	Sept 4, 11, Oct 9, 16, 23, Nov 6, 13, Dec 4, 11	11:30-1:30		Mary Kay and Ethel-May
	LE303	Virginia Native Plants for Sun and Shade		Mon	Sept 15	9:30-11:30		Sheryl Smith
	LE306	Regenerative Seed Starting 101		Thu	Oct 30	9:30-11:30		Conner Parrish
	LE308	Live Holiday Wreaths Workshop	\$40	Wed	Nov 19	9:30-11:30		Conner Parrish
	LE314	Cardmaking by the Numbers	\$28	Tue	Sept 23	10:00-12:00		Stephanie Balarzs Douglas
	LE315	Scrapbooking by the Numbers	\$19	Wed	Oct 22	10:00-12:00		Stephanie Balarzs Douglas
	LE317	American Mah Jongg Boot Camp		Tue	Sept 9, 16, 23, 30	1:30-3:30		Stone Wahl
	LE337	Alaska, Then and Now A		Tue	Sept 9, 16, 23	9:30-11:00		Joe Lenzi
	LE342	Pest Management and Harvest Practices for Cutting Gardens		Thu	Sept 11	9:30-11:30		Conner Parrish
	LE348	Logic and Reasoning Puzzles A: Set 2		Mon	Oct 6	10:00-11:30		Stone Wahl
	LE349	Logic and Reasoning Puzzles B: Set 2		Mon	Nov 10	10:00-11:30		Stone Wahl
	LE353	Alaska, Then and Now B		Thu	Oct 9, 16, 23	9:00-10:30		Joe Lenzi
	LE354	Whimsical Wooden Pumpkins	\$15	Mon	Sept 15	10:00-12:00		Kimberley and Marie
	LE355	Creative Earring Workshop	\$16	Tue	Nov 25, Dec 2, 9, 16	10:30-12:00		Judith Onesty
	LE356	Regenerative Gardening		Fri	Sept 5	10:00-12:00		Susan Atkins
	LE357	The Marvelous Monarch		Mon	Sept 29	10:00-11:30		Elizabeth and Courtney
		Life Services						
	LS069	SeniorNavigator and the VirginiaNavigator Family of Websites		Wed	Oct 29	12:30-1:30		Bonnie Scimone
	LS084	Becoming an Optimist		Thu	Sept 11, 18	9:30-11:00		Dr. Michael J. Wriston
	LS085	Befriending Your Subconscious		Mon	Sept 22, 29	9:30-11:00		Dr. Michael J. Wriston
	LS086	Chesterfield Public Library Resources Galore		Wed	Oct 15	10:00-11:30		Cindy Arnold
	LS090	The Power of Habits		Thu	Oct 9, 16	9:30-11:00		Dr. Michael J. Wriston
	LS091	The Art of the Apology		Mon	Oct 27	9:00-11:00		Dr. Michael J. Wriston
	LS094	Strengthening Relationships		Thu	Nov 6, 13	9:30-11:00		Dr. Michael J. Wriston
	LS095	Becoming a Better Grandparent		Mon	Nov 17	9:00-11:00		Dr. Michael J. Wriston
	LS097	Senior Living Community Options: Be Proactive, Not Reactive		Mon	Sept 15	9:00-10:30		Marc Friedlander, MBA
	LS099	Resolving Conflict and Maintaining Boundaries		Thu	Dec 4, 11	9:30-11:00		Dr. Michael J. Wriston
	LS145	Transportation Services in Chesterfield County		Tue	Sept 2	11:30-12:30		Billie Darlington
	LS147	Crafts for Community		Wed	Sept 17, Oct 15, Nov 19, Dec 17	11:30-1:00		Mary Jane Murphy
	LS152	Human Trafficking: The Basics and the Law		Fri	Oct 24	12:00-1:30		Linda, Erin, and Catherine
	LS157	Planning Final Arrangements		Tue	Sept 30	2:00-3:30		Susan Campbell

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		Life Services						
	LS168	Senior Housing Options: Replacing Chaos with Clarity		Tue	Sept 23	12:30-2:00		Kevin Parks
	LS169	Chesterfield Council on Aging		Thu	Sept 25, Oct 23	9:00-10:30		Kim Graves and the CCA Team
	LS172	Mercy Mall Emergency Food Bags		Thu	Oct 9, Dec 4	2:00-3:00		Phyllis Maples
	LS177	Emergency Preparedness for Individuals and Households		Mon	Sept 8	10:00-11:30		CCEM Staff
	LS178	Chesterfield Fire and EMS: An Overview of the Fire and EMS Department		Wed	Nov 5	1:30-3:30		Keith Chambers
	LS196	Navigating Senior Housing: Options, Insight, and Transitions		Tue	Dec 16	11:00-12:00		John Krug
	LS198	Discussing the Big and Often Polarizing Issues		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	12:00-1:30		John and Claude
	LS203	Improving Self-Esteem		Mon	Sept 22	12:00-1:30		Richard Commander
	LS206	What Are Death Cafes?		Fri	Oct 31	1:00-2:30		Reamey Belski
	LS208	Medical Aid in Dying: An End-of-Life Option		Wed	Nov 19	1:00-3:00		Wayne Swatowski
	LS211	Senior Care 101		Wed	Oct 29	9:30-10:30		Jan Carrington, CDP
	LS213	Setting Goals		Wed	Nov 12	2:00-3:30		Richard Commander
	LS217	Critical Thinking A: Principles and Obstacles		Tue	Oct 21, 28	2:00-3:00		Brian Plante
	LS218	Critical Thinking B: Principles and Obstacles		Wed	Nov 5, 12	2:00-3:00		Brian Plante
	LS219	Capital Trail 101: A Guide to the Trail		Wed	Nov 5	9:30-10:30		Mackenzie Cocherell
	LS221	Proactive Home Accommodation: Temporary and Permanent		Mon	Oct 13, 20	12:00-1:30		Ann-Marie Walsh
	LS222	Calling 911: What to Expect		Mon	Oct 13	9:30-11:30		Shannon M. White
	LS223	Communicating with Ease and Connection		Wed	Sept 24, Oct 1, 8	12:30-2:00		Josie Schmidt
	LS224	Connecting with Adult Children and Navigating Relationships		Wed	Oct 22, 29, Nov 5	12:00-1:30		Josie Schmidt
	LS225	Rollator Walkers 101: Obtaining, Using Safely, and Maintaining		Wed	Oct 8	11:30-1:00		Jodi, Sheryl, and Kelly
	LS226	Rollator Walkers 201 A		Wed	Oct 15	1:00-3:00		Jodi, Sheryl, and Kelly
	LS227	Rollator Walkers 201 B		Tue	Oct 21	1:00-3:00		Jodi, Sheryl, and Kelly
	LS228	Neighbors Helping Neighbors: Building Stronger Communities		Tue	Sept 9	9:30-10:30		Annabelle Bugay
	LS229	From Farm to Front Door: How Food Gets to Those in Need		Tue	Oct 28	1:00-2:00		Annabelle Bugay
	LS230	Developmental Relationships: Building Trust, Resilience, and Purpose		Tue	Oct 7	12:00-1:30		Ashley Hall
	LS231	Death in the Virginia Legislature: Exploring End-of-Life Policies		Wed	Dec 10	9:30-11:30		Cryst'l Scheer
	LS232	Designing the Next Chapter: Life, Home, and Legacy		Tue	Oct 28	2:30-3:30		Crystal Tillman, SRES
	LS233	Home Health vs. Home Care		Wed	Nov 19	10:30-11:30		Jan Carrington, CDP
	LS234	Ask the Experts: Understanding Healthcare, Housing, and Legal Planning		Thu	Oct 16	11:30-1:30		Jennifer Perry
	LS235	When Breath Becomes Air: An End-of-Life Book Discussion	*\$15	Fri	Nov 14	1:00-2:30		Reamey Belski

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		Philosophy and Religious Studies						
	PR002	Bible Discussion of the Gospel of John		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	2:00-3:30		Mike and Mark
	PR003	Socrates Café		Wed	Sept 3, Oct 8, Nov 12, Dec 10	11:30-1:00		Annebel Lewis
	PR059	The History of the Bible: Not a Bible Study		Tue	Oct 14, 21, 28	12:30-1:30		Wayne Moyer
	PR099	Science and Theology		Thu	Sept 4, 11, 18, Oct 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	9:30-11:00		Timothy Pace
	PR100	The Chosen: The Life of Jesus and His Followers		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27	2:00-3:30		Luke John Coukos
	PR104	God's Grace: What Does It Look Like?		Tue	Sept 30	12:30-2:00		Richard Commander
	PR111	Favorite Parables		Tue	Sept 30, Oct 7, 14, 21, 28	11:00-12:00		Shep Smith
	PR112	Ethics		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	11:00-12:00		James P. McDonough
	PR113	Mental Health and Faith: The Ins and Outs of Anxiety and Depression		Fri	Nov 7, 14, 21, Dec 5	10:30-12:00		Annette G. Alabaster
	PR114	The Letter of James: Words for Wise Living		Tue	Nov 18, 25	12:00-1:30		Joanna Lurie
		Special Events						
	SE136	Pocahontas State Park Tour		Mon	Sept 29	9:00-12:00		Rebecca Whalen
	SE154	Holiday Music and Sing-Along: 16 Valves Tuba Euphonium Quartet		Wed	Dec 17	11:00-12:00		Ken Carlson
	SE160	Love Songs from Op to Pop		Mon	Oct 20	2:30-3:30		Leslie Matthews
	SE164	Company's Coming Band Concert		Fri	Oct 3	2:30-3:30		Kate, Don, and John
	SE170	Agecroft Autumn Garden Walking Tour	\$10	Fri	Oct 17	10:30-11:30		Katie Reynolds
	SE171	Literary Society Celebration		Tue	Dec 16	11:30-1:00		Bob, Martha, and Anita
	SE186	Virginia Museum of Fine Arts (VMFA) Frida Kahlo Exhibit Tour	\$26	Fri	Sept 19	10:00-11:00		Kathy Parrish
	SE195	VMHC Un/Bound Free Black Virginians Exhibit Tour A	\$14	Fri	Oct 10	12:00-1:00		Maggie Creech
	SE196	VMHC Un/Bound Free Black Virginians Exhibit Tour B	\$14	Thu	Nov 13	1:30-2:30		Maggie Creech
	SE213	The Book Burning Society: A YAHA Performance		Wed	Oct 1	12:30-1:30		Bob Ferguson
	SE214	Advertising Antics: A YAHA Performance		Thu	Oct 30	12:00-1:00		Bob Ferguson
	SE215	Behind the Scenes with Brightpoint: Macbeth Sneak Peek		Fri	Nov 7	1:30-3:00		Kerrigan and Foster
	SE216	Readers Theater Performance A: Christmas Eve at the Down and Out Motel		Thu	Dec 11	2:30-3:30		Vic and Mary Jane
	SE217	Readers Theater Performance B: Christmas Eve at the Down and Out Motel		Thu	Dec 18	12:30-1:30		Vic and Mary Jane
	SE218	Agecroft Curator of Collections Talk and Tour	\$16	Thu	Sept 18	11:00-12:00		Libby and Katie
	SE219	Pocahontas State Park Forgotten Railroad Hiking Tour		Mon	Oct 27	11:00-12:00		Jimmy King
	SE220	VCU's Cabell Library Behind the Scenes Tour A: Back to the Stacks		Fri	Oct 3	10:30-12:00		Kelly Gotschalk
	SE221	VCU's Cabell Library Behind the Scenes Tour B: Back to the Stacks		Fri	Nov 14	10:30-12:00		Kelly Gotschalk
	SE222	Best of Baltimore Tour: By Land and Water!	\$205	Fri	Sept 26	6:45-7:45		SignaTours
	SE223	History and Heritage in Lexington Tour	\$160	Fri	Oct 24	7:30-6:30		SignaTours
		Weekly Group Activities						
	WG001	Social Bingo Tuesday		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	1:00-3:00		Fran and Arthur
	WG002	Social Bingo Friday		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	1:00-3:00		Donna and Arthur
	WG004	Cards and Games Monday		Mon	Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 10, 17, 24, Dec 1, 8, 15	1:00-3:00		Fran and Carolyn
	WG006	Cards and Games Wednesday		Wed	Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10, 17	1:00-3:00		Carolyn and Ethel-May
	WG007	Canasta Variations: Hand and Foot, Triple Play, and Samba		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	10:00-12:00		Mary Jane Murphy
	WG009	Mah Jongg Thursday		Thu	Sept 4, 11, 18, 25, Oct 9, 16, 23, 30, Nov 6, 13, 20, Dec 4, 11, 18	9:30-11:30		Marilyn and Mary Jane
	WG010	Bridge		Fri	Sept 5, 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12	9:00-12:00		Diane and Randall
	WG013	Spades		Tue	Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	11:00-1:00		Anne and Bev
	WG014	Mah Jongg Tuesday		Tue	Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16	1:30-3:30		Julie Randolph

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**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.

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

For Office Use

Check Number _____

Date Received _____

Member Number _____