

CHRISTOPHER NEWPORT UNIVERSITY LIFELONG LEARNING SOCIETY

FALL 2009 CLASSES

FIELD TRIPS

Sail Away for a Day

Thursday, October 15, 2009

Terra Cotta Warriors & Architectural Tour of National Cathedral

December 3, 2009

Guided Tour of the United States Capitol & Matinee Performance of the Broadway Play *Jersey Boys*

December 9, 2009

White House Tour

To be announced

Philadelphia Flower Show, Longwood Gardens & Winterthur

February 28 - March 2, 2010



Excursions to fun destinations,



Improving strength and health,



Learning for life.



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ABOUT THE LIFELONG LEARNING SOCIETY

The LifeLong Learning Society (LLS) of Christopher Newport University is a membership organization dedicated to persons of retirement age who seek opportunities for learning in an environment of sharing and fellowship. There are no requirements as to previous educational experience. Intellectual curiosity is the only admission requirement. Managed by and for its members, LLS is a program of the Office of University Advancement and an affiliate of the Elderhostel Institute Network. Through activities — lectures, courses, study and discussion groups, lunches, dinners and field trips — members share a common interest in learning. There are no exams or grades, although some courses include assigned readings and the possible purchase of a text. All persons of retirement age are encouraged to join if they are interested in being challenged by new ideas in the company of other eager learners. LLS shares its program with the community participating in joint learning efforts with other institutions, retirement groups, industries and museums and by co-sponsoring three annual conferences.

Session A Courses: Sept. 7 – Oct. 9, 2009

1. Aerobics

Mon., Wed., Fri., 9-10:15 a.m.

A conditioning program to improve your strength, balance, range of motion and muscular and cardiovascular endurance. \$30 course fee.

2. Basic Digital Photography

Mon., 9-10:15 a.m.

Learn basic digital photography. From opening the box to taking great photographs, it all starts with the first few steps. Limited enrollment.

3. Beginning Spanish

Mon., Wed., 9:30-10:45 a.m. 10-week course

For beginners with limited or no exposure who want to learn the basics of conversing in Spanish for travel and fun. \$30 course fee.

4. Intermediate Spanish

Mon., Wed., 11 a.m.-12:15 p.m.

For members who have had a beginning Spanish course or practical language experience and wish to expand their communication skills. \$15 course fee.

5. Computing I

Mon., Wed., 12:30-1:45 p.m.

This beginner course is for anyone who wants to learn how to use a computer. The student will be introduced to the parts of a computer, the desktop and basic computing. Students should own or have access to a computer to practice their skills. Students may bring their own laptop computers to use in class. \$15 course fee.

6. Clay: On the Potters Wheel

Mon., Wed., 1-3 p.m.

Beginners start with making basic wheel-formed pottery, while returning students refine their skills and learn advanced techniques. Clay and tools may be purchased from the CNU Bookstore. An amount of ware equivalent to (10) 5"x5"pots will be fired for each student without further charge. Ware exceeding this limit will incur a firing fee of 2.5 cents per cubic inch. (No math required - a

spreadsheet will figure this out.) \$30 course fee. Also a check for \$5 glaze fee made out to CNUF. Limited enrollment.

7. Computing II

Mon., Wed., 2-3:15 p.m.

Students should have completed Computing I before enrolling. Learn the basics of Microsoft Word. Students should own or have access to a computer to practice their skills. Students may bring their own laptop computers. \$15 course fee.

8. Body Fusion: Tone & Stretch

Tues., Thurs., 9:15-10:30 a.m.

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment. \$15 course fee.

9. Rome Against Carthage: Punic Wars

Tues., 9:30-10:45 a.m.

A review of the three Punic wars between 264 and 146 B.C., after which Rome would no longer face any serious rivals to her power monopoly in the West. \$3 syllabus fee.

10. Oils and Acrylics

Tues., 9:30-11:30 a.m.

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Limited enrollment.

11. Practicing Poetry

Tues., 11 a.m.-12:15 p.m.

This course will include poems of description, mood, Haiku, love and poetic license.

12. Stretch and Strength

Tues., Thurs., 11 a.m.-12:15 p.m.

This class addresses high-risk clients: those with multiple medical problems, either past or current; or those who have not exercised for a very long time and would have difficulty with a standard program, or those who are currently dealing with

Travel and other opportunities

LLS membership includes the option of special Monday afternoon lectures, interest groups and travel.

Membership fee and benefits

Full membership for the 2009-10 fall, spring and summer sessions is \$225. This includes Monday afternoon lectures and concerts; fall, spring and summer courses; and optional activities — such as field trips — by paying the activity fees. Associate membership for 2009-10 fall, spring and summer sessions is \$130. This includes Monday afternoon lectures and concerts and group and other optional activities (no courses).

Location and registration

LLS is located at the house at the CNU Yoder Barn Theater at 660 Hamilton Drive, Newport News. Call (757) 269-4368 or visit lifelonglearning.cnu.edu for more information.

physical problems that limit movement, mobility, stamina; or those who are experiencing pain. \$15 course fee.

13. Jane Austen's Mansfield Park and Emma

Tues., 11 a.m.-12:15 p.m.

Come and join us as we finish our survey of Jane Austen's six novels, examining the two novels most critics agree comprise her most mature work.

14. Great Speeches in History

Tues., 1-2:15 p.m.

Examine great speeches during different historical eras of the West. Explore the character of the speakers, the rhetoric of the speech and the historical context in which they were delivered.

15. Topics in Modern Astronomy

Tues., 2:30-3:45 p.m.

Learn about the wonders of the skies during the International Year of Astronomy. A new topic of current interest in modern astronomy will be discussed at each class.

16. Beginning Arabic

Wed., 9:30-10:45 a.m. 10-week course

Learn the Arabic alphabet, basic grammar and rules to write Arabic. Throughout the course, students will learn how to read and speak classical and modern Arabic.

17. China's Psyche on Its Foreign Policies

Wed., 9:30-10:45 a.m.

Explore China's foreign and domestic policies and the impact of China's history and the Chinese psyche on them. Look at the logic behind China's decisions and how Chinese thought differs from western thought.

18. Arabian Nights

Wed., 11 a.m.-12:15 p.m.

Discuss and analyze selected stories from the literature and explore its influence on the Arab culture; its interpretation in the West and the scholarly approach to its sociological,

anthropological and historical themes; and its representation of class and gender in the "medieval" Arab world.

19. The Qur'an Part 2

Wed., 12:30-1:45 p.m.

We will discuss basic Islamic theology, compare major themes in the Qur'an and the Bible, and explore Jesus and Mary in the Islamic scripture.

20. Graveyard of the Atlantic

Wed., 2:30-3:45 p.m.

The treacherous waters of the Graveyard of the Atlantic have wrecked more than 2,000 ships and claimed the lives of countless mariners. Join scholars from the Mariners' Museum as we uncover the history behind some of the most intriguing wreck sites.

21. Ancient Explorers of America

Thurs., 9:30-10:45 a.m.

This course provides a broader understanding of

the "melting pot" process that has taken place in America for 18,000 years. From the end of the last Ice Age up to the beginnings of English exploration we have had visits by Chinese, Phoenician, Hebrew, Irish, Welsh, Viking, Portuguese and Spanish people.

22. Wine Appreciation Course

Thurs., 11 a.m.-12:15 p.m.

This course will include a brief overview of such topics as wine history, the relationship of the vine and the winemaker, Old World versus New World wines, wine styles, and food and wine pairing.

23. The Geologic Past and the Future of the Earth

Thurs., 1-2:15 p.m.

This course explores how the past provides insight into future events and how it will affect the earth and life in time to come. Diverse topics discussed will be catastrophic events, intermediate rate phenomena and longer-term changes that affect humans on earth.

Session B Courses: Oct. 19 – Nov. 20, 2009

27. Aerobics

Mon., Wed., Fri., 9-10:15 a.m.

Same as course #1. \$30 course fee.

Course #3 Continued: Beginning Spanish

Mon., Wed., 9:30-10:45 a.m.

28. Advanced Spanish

Mon., Wed., 11 a.m.-12:15 p.m.

For members who have had an intermediate Spanish course, have a good basic command of the language and wish to refine communication skills relative to specific topics. \$15 course fee.

29. Clay: On the Potters Wheel

Mon., Wed., 1-3 p.m.

Same as course #6. Course fee \$30. Glaze fee \$5 made out to CNUF.

30. Body Fusion

Tues., Thurs., 9:15-10:30 a.m.

Same as course #8. \$15 course fee.

31. Oils & Acrylics

Tues., 9:30-11:30 a.m.

Same as course #10.

32. Computing II

Mon., Wed., 12:30-1:45 p.m.

Same as course #7.

33. Computing III

Mon., Wed., 2-3:15 p.m.

For persons who have completed Computer I and II. Learn to send and receive e-mail messages and use the Internet. Students are welcome to bring their own laptop computers. \$15 course fee.

34. Transmission of Ancient Texts

Tues., 9:30-10:45 a.m.

Explore the transmission of the great literature of Greece and Rome, from the collapse of the Roman Empire through the Middle Ages and the Renaissance, to the invention of the printing press.

35. Stretch and Strength

Tues., Thurs., 11 a.m.-12:15 p.m.

Same as course #12. \$15 course fee.

36. Great Disasters of the 18th Century

Tues., 11 a.m.-12:15 p.m.

Look at a number of natural disasters in 18th-century Europe and America including a flood, hurricane, volcanic eruption, earthquake and disease epidemic. This course will analyze each and examine political, social, economic, scientific and religious implications.

37. Steinbeck's California

Tues., 1-2:15 p.m.

Read three short works that John Steinbeck wrote in the 1930s and that are set in California. These books, *The Red Pony*, *Tortilla Flat* and *Of Mice and Men*, are available in many editions and found in libraries, online or in bookstores.

38. Getting the Most out of the Tribble Library

Wed., 9:30-10:45 a.m.

The CNU library is full of print, electronic and online materials freely available for use. Get an introduction to these resources and begin to take advantage of this incredible collection. Limited enrollment.

Course #16 Continued: Beginning Arabic

Wed., 9:30-10:45 a.m.

39. Understanding the Effects of Personal Psychology on Managing Investment Assets

Wed., 9:30-10:45 a.m.

Managing our own personal wealth and financial investments is challenging. While investing requires technical knowledge and analytical skills, there is increasing interest in the effects of personal psychology on the investment management process. Explore the psychological effects on how we make investment decisions. Textbook: Nofsinger, *The Psychology of Investing*, Third Edition, Pearson Prentice Hall, 2008.

40. Intermediate Arabic

Wed., 11 a.m.-12:15 p.m.

Learn to connect the Arabic letters, write and read full sentences, and learn more vocabulary. Also there will be more conversation.

24. Genealogy

Thurs., 1-2:30 p.m.

This course will cover basic genealogy, family and home sources, research, vital records, and census records. Limited enrollment.

25. Understanding Opera: La Boheme and The Daughter of the Regiment

Thurs., 2:30-3:45 p.m.

This class will feature historical background as well as illuminating musical analysis illustrated with audio and video excerpts. Ideal for both opera lovers and beginners.

26. Watercolor Painting

Fri., 1:30-3:30 p.m.

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Limited enrollment. Register for either A or B session, not both.

41. Don't Repeat History

Wed., 11 a.m.-12:15 p.m.

How food, nutrition and history can affect your life and what we learn and how we use it.

42. Simply Sondheim

Wed., 2:30-3:45 p.m.

A look at the life and works of Steven Sondheim.

43. Creative Nonfiction Writing

Thurs., 9-10:45 a.m.

For writers of all levels who enjoy writing nonfiction with a creative flair and wish to craft stories from real life.

44. Advanced Writing for "Historians"

Thurs., 9:30-10:45 a.m.

Strengthen your skills in recording your experiences. Family stories always find an audience, with family, with community, and sometimes in the wider world as social history. Limited enrollment.

45. Creative Thinking

Thurs., 11 a.m.-12:15 p.m.

Brain research shows the way to improved thinking. Solving problems is one of the most complex and important human skills. Break the bounds of your own mind and increase your capacity to think, remember and interact.

46. Study of Writings of Gabriel Garcia Marquez

Thurs., 1-2:15 p.m.

A study of Gabriel Garcia Marquez, *One Hundred Years of Solitude* and an anthology of his short stories titled *No One Writes to the Colonel*.

47. Tales From the Swamp: Swamp Things and Other Ecological Relationships

Thurs., 2:30-3:45 p.m.

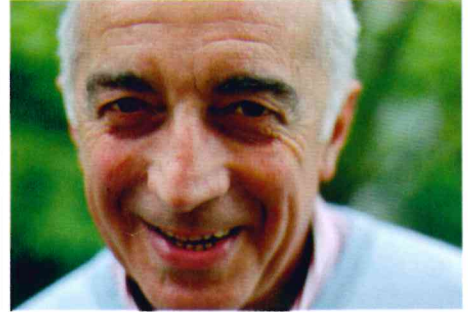
How do you recognize wetlands, how do they work and who lives there?

48. Watercolor Painting

Friday, 1:30-3:30 p.m.

Same as course #26 (Register for either A or B session).

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