

LifeLong Learning Society

2023 SUMMER PROGRAM



CHRISTOPHER NEWPORT
UNIVERSITY



WARWICK FOREST
Premier sponsor

“The mind, once expanded
to the dimensions of larger
ideas, never returns to its
original size.”

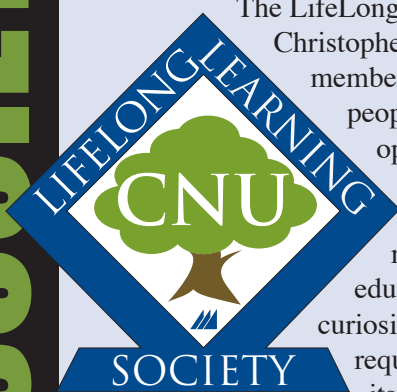
— Oliver Wendell Holmes

LifeLong Learning Society • Christopher Newport University • Yoder Barn Theatre

660 Hamilton Drive • Newport News, VA 23602-6925

(757) 269-4368 • lifelonglearning.cnu.edu

2023 SUMMER PROGRAM



The LifeLong Learning Society (LLS) of Christopher Newport University is a membership organization dedicated to people 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

Christopher Newport University and is a member of the Road Scholar LLI Resource Network. Through a variety of activities — including lectures, courses, study and discussion groups, lunches, dinners and field trips — people of diverse backgrounds come together to share a common interest in learning. There are no exams or grades in the courses, although some courses include assigned readings and the possible purchase of a text. All people 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 by participating in joint learning efforts with other educational and research institutions, retirement groups, industries and museums and by co-sponsoring two annual conferences.

Program Overview

The three-week program includes the dates & times for the **33 courses**, which are listed on pages 1-3.

Membership Fee and Benefits

Full membership for the 2023 summer session is \$115. This includes summer courses, interest groups, and the opportunity to participate in optional activities, such as field trips and luncheons, by paying the activity fees.

LLS members who paid \$235 in September, 2022 or \$185 in January 2023 have already paid their membership fees. For a current associate member to take summer courses, the **fee is \$55.**

A member may bring a guest one time to any of the class meetings or to optional activities if space is available. **Class confirmations will be mailed to you if your registration is received by**

Visit the CNU-LLS homepage: lifelonglearning.cnu.edu

LLS is an affirmative action/equal opportunity organization. Christopher Newport University does not discriminate in admission, employment or any other activity on the basis of race, color, age, religion, national origin, veteran status, physical handicap or political affiliation.

May 5, 2023. Otherwise, this information will be available in the LLS office upon request.

Refund Policy

Full refund of summer membership and/or course fees will be granted if requested before **June 5, 2023.** After that date no refund will be given. A 20% handling fee will be deducted from all refunds.

Economic Hardship

A fee waiver is possible, and inquiries are invited. Please call the LLS office at **(757) 269-4368** for details.

Distinguished Membership

LLS members who are 90 and above are eligible for honorary membership if they have been a member for three of the past five years. Please call for details.

Alumni Membership Discount

Members of the Christopher Newport Alumni Society are eligible for a **10% discount on membership fees.**

2022-23 Parking Decal Sticker Required

A current parking decal **is required** to park in the CNU parking lots. One decal is included with your membership; additional decals can be requested on the registration page.

Office Location

660 Hamilton Drive (Yoder Barn House)
Newport News, VA 23602
Phone: **(757) 269-4368**

Our office location is in the first house on the left at the corner of Oyster Point Road and Criston Drive. We are in the brick house across the parking lot from the Yoder Barn.

Mailing Address

LifeLong Learning Society
Christopher Newport University
Yoder Barn Theatre
660 Hamilton Drive
Newport News, VA 23602-6925

All LLS summer 2023 courses will be held **IN PERSON**. Select courses will be available online and in person simultaneously. These courses are indicated with asterisks below.

SUMMER SEMESTER JUNE 5-29, 2023

1. Getting to Know Your Digital Camera *Limited Enrollment* June 5-9 Mon. through Fri., 9-10:15 a.m.

If you have a high-end fixed lens or interchangeable lens digital camera and can't figure out how to use it, this course is for you. In five days, we will learn to navigate our camera's menu system, understand key settings, and learn how to take photographs. We will also investigate the basics of moving photos from your camera to computer and how to manage them. Most of the class will be hands-on with practical exercises. *Students are asked to provide the make and model of their camera prior to the class.*

Instructor: Phil Columbus, LLS

2. Intermediate Yoga *Limited Enrollment* June 5, 7, 12, 14, 19, 21 Mon., Wed., 9:30-10:30 a.m.

Take your yoga practice to the next level on the mat. Students will be challenged with more advanced postures. Fundamentals of yoga principles, poses, breath work and meditation will be explored in greater depth as you grow on your own personal journey. If you wish to enroll and have not taken yoga with Rose before, please contact the instructor. *Yoga mat, large towel and two blocks required.* \$15 course fee.

Instructor: Rose Winter, MPT, LMT, C-IAYT

3. Watercolor for Beginners *Limited Enrollment* June 5-9 Mon. through Fri., 9:30-11:30 a.m.

This five-day course will be essential for beginners. The class will learn how to apply watercolor washes, identify paints' families and what paint properties are most important to study by testing, classifying, and creating color charts. Students will learn common watercolor techniques and test various types of paper to discover which might be the best for their work of art. The use of pigment-based inks and watercolor mediums will be explored as an addition to watercolor techniques. *List of required supplies given upon registration.*

Instructor: Oksana Davis

4. Gentle Yoga *Limited Enrollment* June 5, 7, 12, 14, 19, 21 Mon., Wed., 11 a.m.-noon

For those with some experience or beginners looking for a gentle practice on the mat. Based on the Integral Yoga style, each class will begin with a warmup, move through a series of poses for strength/flexibility/balance, and close with breathwork, deep relaxation and meditation. Students should be able to get on and off the floor safely. *Yoga mat, large towel and two blocks required.* \$15 course fee.

Instructor: Rose Winter, MPT, LMT, C-IAYT

5. Summer Latin *Limited Enrollment* June 5, 7, 12, 14, 19, 21 Mon., Wed., 11 a.m.-12:15 p.m.

In this intermediate level course, we will continue lessons begun in the fall and spring Latin classes and work on refining our grammar skills and reading stories.

Instructor: Dr. Alice Rubinstein, LLS

6. Advanced Watercolor *Limited Enrollment* June 5-9 Mon. through Fri., 12:30-2:30 p.m.

This five-day summer course will appeal to all who have previous watercolor painting experience and are willing to study color combinations to achieve the best transparency, vibrancy and balance in watercolor. Bringing your own photo references, you will paint 4-5 small color studies, each representing individual color scheme: monochromatic, two complementary colors, three primary or three split-complementary colors, two triads (cool and warm, total six), and study of a complete color palette. *List of required supplies given upon registration.*

Instructor: Oksana Davis

7. How To Fight Without Getting Your Feet Wet: Operation Market-Garden*** June 5 Mon., 1-2:15 p.m.

Learn about the military geographic dimensions of contested water crossings in Operation Market-Garden (A Bridge Too Far) in September 1944. The presentation will address physical and human geographic factors, principles, and influences that played a decisive role in the planning and execution of the operation. This comprehensive analysis will extend to climate and weather, hydrography, topography and micro-terrain, infrastructure, and human influence on the geography. The underlying foundation of this course is that geography is a "first principle" in military operations.

Instructor: Dr. Paul Severance

8. Ukulele for All June 5, 12, 19 Mon., 2:30-3:45 p.m.

In this course, the class will explore beginning and intermediate level cords and strumming techniques for the ukulele by learning traditional and popular songs. Students will explore various musical styles as we learn songs from the Beatles, patriotic music, traditional jazz, Hawaiian music and more. Open to beginners, as well as experienced ukulele players.

Instructor: Mark Morgan

9. Introduction to Microsoft Office *Limited Enrollment* June 6, 8, 13, 15, 20, 22 Tues., Thurs., 9-10:45 a.m.

This class will introduce students to the Microsoft Office suite of programs, including Word, Excel, Publisher, and PowerPoint. Students will gain knowledge about what each program can do (i.e. create letters, lists, budgets, flyers, and slide presentations). Free Office alternatives will also be reviewed. Basic computer mouse and keyboard skills will be helpful with this course, as well as a general familiarity with Windows 10/11. *Students are encouraged to bring their own laptops with them.* \$15 course fee.

Instructor: Neil Hesketh

10. Strength & Stretch *Limited Enrollment* June 6, 8, 13, 15, 20, 22 Tues., Thurs., 11 a.m.-noon

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with a variety of equipment.

Instructors: Betty Peach, LLS

11. Internet & Email *Limited Enrollment* June 6, 8, 13, 15, 20, 22 Tues., Thurs., 11 a.m.-12:45 p.m.

Learn to send and receive emails (including attachments) and surf the web. The classroom is equipped with Windows 10 desktop computers, so a familiarity with Windows 10 or 11 will be helpful.

Students should own or have access to a computer to practice their skills. Students are encouraged to bring their own laptops to class. *If you have an email account already, be sure to know the username and password.* \$15 course fee.

Instructor: Neil Hesketh

12. Seated & Standing Yoga *Limited Enrollment*
June 6, 8, 13, 15, 20, 22 *Tues., Thurs., 1-2 p.m.*

This gentle yoga class improves flexibility, strength, and balance and is adaptable for all levels. This class begins seated in the chair with breathwork to center and focus. Still seated, we warm up the head, neck, spine and hips. We then move to standing postures with support of the chair, as needed. (Adaptations can be made to do postures without standing.) To end the class, we return to the chair for a period of breathwork, mindfulness and relaxation. \$15 course fee.

Instructor: Melissa McGill, Ed.D., E-RYT 200

13. Tai Chi Workshop
June 6, 8, 13, 15, 20, 22 *Tues., Thurs., 2:30-3:30 p.m.*

This workshop will focus on exploring the fundamentals of Tai Chi through the Chinese art form known as Bafa Wubu – the Eight Energies and Five Steps. All movements in Tai Chi are based on these 13 building blocks. Students will explore how these various energies and building blocks continuously combine, separate, and recombine during individual postures and throughout a Tai Chi form. *This class is best suited to those already familiar with Tai Chi but beginners are welcome.* \$15 course fee.

Instructor: Richard Tate

14. Maritime TV Classics*** *Held at the Mariners' Museum*
June 6-8 *Tues. through Thurs., 2:30-3:45 p.m.*

Join The Mariners' Museum and Park as we take a "dive" into several classics from two different eras of TV. June 6: "McHale's Navy" (1962), June 7: "JAG" (1995), June 8: "Flipper" (1964)

Instructor: Wisteria Perry, Community Engagement, Mariners' Museum

15. Seated Chair Yoga *Limited Enrollment*
June 7, 14, 21 *Wed., 1-2 p.m.*

This gentle yoga class improves flexibility and strength and is adaptable for all levels. This class is conducted entirely seated in the chair. We begin with breath work to center and focus, then we warm up the muscles of the neck, shoulders, spine, hips, legs, arms, feet and hands. Class ends with a period of breathwork, mindfulness, and relaxation.

Instructor: Melissa McGill, Ed.D., E-RYT 200

16. Meditation *Limited Enrollment*
June 7, 14, 21 *Wed., 2:15-3:15 p.m.*

This short course in Mindfulness and Vipassana meditation can help establish a new meditation habit or continue an established one. For this summer session, we will focus on meditation for anxiety. Working with awareness of the body/physical manifestations of anxiety, awareness of emotions, awareness of thought and how our thoughts can fuel our anxiety, and bringing compassion practices to our experience of anxiety. Each session includes a brief intro to the topic, a lightly-guided meditation (approx. 10-20 minutes), and an opportunity for questions and discussion.

Instructor: Melissa McGill, EdD, E-RYT 200

17. Does History Matter: Past Choices, Present Circumstances, and Future Possibilities***

June 9 *Fri., 1-2:15 p.m.*

This one-day lecture takes a closer look at The Hampton History Museum and its vision. The museum seeks to deepen the understanding of past choices, present circumstances, and future possibilities, as well as strengthen the bonds between us through understanding. We believe history and the resulting conversations began at the museum will reverberate throughout the community as it discusses how to tackle the challenges of today.

Instructor: Luci Cochran, Executive Director and Allen Hoilman, Curator, Hampton History Museum

18. Drawing for Beginners *Limited Enrollment*
June 12-16 *Mon. through Fri., 9:30-11:30 a.m.*

If you want to learn drawing, this is the course for you! Five days of practicing steps to be confident in making your own drawing, learning about drawing materials and tools, breaking down areas into basic shapes and grouping them by color and tonal values, looking for atmospheric and linear perspective. Learn about plumb lines, angles, curves, relative measurement and various shading techniques. *List of required supplies given upon registration.*

Instructor: Oksana Davis

19. Oil & Acrylic for Beginners *Limited Enrollment*
June 12-16 *Mon. through Fri., 12:30-2:30 p.m.*

This brief, five-day introductory course is essential for beginner painters who want to start painting in oils or acrylics! The class will start with checking our supplies, especially brushes, surfaces, palette knives, additives, while preparing a few small boards or canvases for testing and learning to mix our colors, and then paint. At least one painting approach, from the many existing, will be shown during this course to gain a full experience of the painting process. *List of required supplies given upon registration.*

Instructor: Oksana Davis

20. Angels and Demons
June 12-16 *Mon. through Fri., 1-2:15 p.m.*

In 2000, "Angels and Demons" novelist Dan Brown introduced the world to Harvard University symbologist Robert Langdon, his most famous character creation, years before becoming a worldwide sensation with smash best seller, "The Da Vinci Code." With the same thrills and suspense of "The Da Vinci Code," "Angels and Demons" takes readers on a frenzied midnight race through Rome as Langdon must use his knowledge of history and symbology to save the world from destruction. Half book club and half film appreciation, this class will investigate the novel and screen the 2009 film adaptation. *Students are encouraged to read the novel in advance.*

Instructor: George Hillow, Emeritus Christopher Newport University

21. Body Fusion / Held on CNU Campus *Limited Enrollment*
June 13, 15, 20, 22, 27, 29 *Tues., Thurs., 9-10:15 a.m.*

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

Instructor: Dr. Lisa Powell, CNU

22. Sips & Nibbles with Chef Erika *Limited Enrollment*
June 14 *Held in DSU Ballroom* *Wed., 11 a.m.-1 p.m.*

Join CNU Executive Chef Erika Nestler for summer food and wine pairing! Sample some wonderful food and wine while you learn to prepare them. Team these tasty treats with delicious wine. \$38 course fee.
Instructor: Erika Nestler, CNU Executive Chef

23. Commemorating Juneteenth by Humanizing the Enslaved Fort Monroe's Arc of Freedom***

June 19 Mon., 11 a.m.-12:15 p.m.

Due to its ties to slavery and emancipation, a research project was designed to identify and humanize both the enslaved who helped build Fort Monroe and those who were declared as contraband there during the American Civil War. Housed in the National Archives and Records Administration in Philadelphia, the U.S. Army Engineer Records from 1819 to 1866 is the main area of focus for this research project. After reviewing portions of this extensive collection, hundreds of people have been identified by first and last name and further analysis has provided a window into the lives of those who labored and sought refuge at the fort.
Instructor: Robert Kelly, Director Gloucester Museum of History, President of the Fort Monroe Historical Society

24. Your Time Under the Sun Limited Enrollment
June 19-23 Mon. through Fri., 9:30-10:45 a.m.

Prior to the first class, please research the year YOU were born. Become familiar with culinary trends, current events/issues of that year, methods of communication, forms entertainment, types of transportation, etc. We will explore and write about some of these topics during the week. *Writers of all levels are welcome to join this lighthearted creative nonfiction summer writing workshop.*
Instructor: Heidi Hartwiger

25. Handwriting Analysis 101 Limited Enrollment
June 19-23 Mon. through Fri., 11 a.m.-12:15 p.m.

Graphoanalysis can be used for the basic assessment of an individual's personality and character. We will explore the writer's choice of writing instrument to the formation of strokes, spacing, slant, size, and weight of an individual's writing. This will reveal traits such as integrity, imagination, socialization, aptitudes and much more. Please bring 10 or more handwritten examples from various individuals: thank you notes, addressed envelopes, recipes, class notes, etc. *\$10.00 payable to instructor on the first day for an Emotional Responsive Gauge.*

Instructor: Carol VanDeventer, Certified Graphoanalyst, International Graphoanalysis Society, LLS

26. "Jeopardy": LLS Edition***
June 21-23 Wed. through Fri., 9-10:15 a.m.

Join us as we pit the boys against the girls again to see who will win our second summer tournament. This is a team-style "Jeopardy" game, with questions all about LLS: its classes, trips, members and activities over the years – in other words, everything under the sun!
Instructor: Erika St. Dennis, LLS

27. Saints Behaving Badly***
June 21-23 Wed. through Fri., 11 a.m.-12:15 p.m.

We will take a tour of some of the bad boys of Christianity. They may be saints now, but many were more like back-alley hoodlums than choir members. If they can make it to canonization, maybe the rest of us have a chance!
Instructor: Erika St. Dennis, LLS

28. Mind Games: Personal Edition***
June 21-23 Wed. through Fri., 1-2:15 p.m.

Are you ready to take a deep dive into your psyche? You will take psychology tests and personality inventories and receive your results in class. Is it all hokey? What might it reveal? Come find out!
Instructor: Erika St. Dennis, LLS

29. The New Words of 2023***
June 21-23 Wed. through Fri., 2:30-3:45 p.m.

We have been creating words at an astonishing rate, and some have such staying power that they are now in the dictionary! Come expand your vocabulary – and your pop culture savvy – in this fast-moving class.
Instructor: Erika St. Dennis, LLS

30. Astrophysics for the Liberal Arts Crowd***
June 26-27 Mon., Tues., 9-10:15 a.m.

Do you prefer to read sci-fi than do calculus? Would you rather recite a poem about the moon than analyze its craters? Well, come on down for the fun part of cosmology and astronomy. We will look deep into our universe – and ourselves – as we discuss mind-blowing concepts that require no slide rules, only curiosity.
Instructor: Erika St. Dennis, LLS

31. Pull Up a Chair***
June 26-27 Mon., Tues., 11 a.m.-12:15 p.m.

This is story time for adults. Sit back, relax, and enjoy the ride as you hear some of the greatest short stories of the Western World. Some favorites include Guy de Maupassant, O. Henry and Kate Chopin.
Instructor: Erika St. Dennis, LLS

32. European Travel Phrases***
June 26-27 Mon., Tues., 1-2:15 p.m.

Planning a trip across the pond? Come get a crash course in key phrases in French, Spanish, and Italian, with a few Latin phrases thrown in for good measure. Food vocabulary will feature prominently!
Instructor: Erika St. Dennis, LLS

33. Phun with Philately***
June 26-27 Mon., Tues., 2:30-3:45 p.m.

Why do people spend a lifetime (and thousands of dollars) on tiny squares of paper? Stamp collecting is "the king of hobbies and the hobby of kings." What is the attraction? Come find out the basics of philately, with a bit of history, geography, and mystery thrown in for good measure. You will never look at junk mail the same again!
Instructor: Erika St. Dennis, LLS



AAA Senior Defensive Driving Course
Tuesday, June 20, 2023 | Held at Yoder Barn
9 a.m.-3 p.m.
Break for lunch at noon

AAA of Tidewater Virginia presents a Senior Defensive Driving Course designed to help you reduce your risk of an accident.

ADDITIONAL REGISTRATION FORM REQUIRED.
 Contact the LLS Office for more information at (757) 269-4368.

LifeLong Learning Society – Summer 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
June 5 9-10:15 Digital Camera 9:30-10:30 Intermediate Yoga 9:30-11:30 Advanced Watercolor 11-noon Gentle Yoga 11-12:15 Summer Latin 12:30-2:30 Watercolor Beginners 1-2:15 Operation Market-Garden 2:30-3:45 Ukulele for All	June 6 9-10:15 Digital Camera 9-10:45 Intro to Microsoft Office 9:30-11:30 Advanced Watercolor 11-noon Strength & Stretch 11-12:45 Internet & Email 12:30-2:30 Watercolor Beginners 1-2 Seated & Standing Yoga 2:30-3:30 Tai Chi 2:30-3:45 Mariners' Museum	June 7 9-10:15 Digital Camera 9:30-10:30 Intermediate Yoga 9:30-11:30 Advanced Watercolor 11-noon Gentle Yoga 11-12:15 Summer Latin 1-2 Seated Chair Yoga 12:30-2:30 Watercolor Beginners 2:15-3:15 Meditation 2:30-3:45 Mariners' Museum	June 8 9-10:15 Digital Camera 9-10:45 Intro to Microsoft Office 9:30-11:30 Advanced Watercolor 11-noon Strength & Stretch 11-12:45 Internet & Email 12:30-2:30 Watercolor Beginners 1-2 Seated & Standing Yoga 2:30-3:30 Tai Chi 2:30-3:45 Mariners' Museum	June 9 9-10:15 Digital Camera 9:30-11:30 Advanced Watercolor 12:30-2:30 Watercolor Beginners 1-2:15 Hampton History Museum
June 12 9:30-10:30 Intermediate Yoga 9:30-11:30 Drawing for Beginners 11-noon Gentle Yoga 11-12:15 Summer Latin 12:30-2:30 Oil & Acrylic Beginners 1-2:15 Angels & Demons 2:30-3:45 Ukulele for All	June 13 9-10:15 Body Fusion 9-10:45 Intro to Microsoft Office 9:30-11:30 Drawing for Beginners 11-noon Strength & Stretch 11-12:45 Internet & Email 12:30-2:30 Oil & Acrylic Beginners 1-2 Seated & Standing Yoga 1-2:15 Angels & Demons 2:30-3:30 Tai Chi	June 14 9:30-10:30 Intermediate Yoga 9:30-11:30 Drawing for Beginners 11-noon Gentle Yoga 11-12:15 Summer Latin 11-1 Sips & Nibbles with Chef Erika 12:30-2:30 Oil & Acrylic Beginners 1-2 Seated Chair Yoga 1-2:15 Angels & Demons 2:15-3:15 Meditation	June 15 9-10:15 Body Fusion 9-10:45 Intro to Microsoft Office 9:30-11:30 Drawing for Beginners 11-noon Strength & Stretch 11-12:45 Internet & Email 12:30-2:30 Oil & Acrylic Beginners 1-2 Seated & Standing Yoga 1-2:15 Angels & Demons 2:30-3:30 Tai Chi	June 16 9:30-11:30 Drawing for Beginners 12:30-2:30 Oil & Acrylic Beginners 1-2:15 Angels & Demons
June 19 9:30-10:30 Intermediate Yoga 9:30-10:45 Under the Sun 11-noon Gentle Yoga 11-12:15 Summer Latin 11-12:15 Commemorating Juneteenth 11-12:15 Handwriting Analysis 11-12:15 Gloucester Museum 2:30-3:45 Ukulele for All	June 20 9-10:15 Body Fusion 9-10:45 Intro to Microsoft Office 9-3 AAA Driving Course 9:30-10:45 Under the Sun 11-noon Strength & Stretch 11-12:15 Handwriting Analysis 11-12:45 Internet & Email 1-2 Seated & Standing Yoga 2:30-3:30 Tai Chi	June 21 9-10:15 "Jeopardy"; LLS Edition 9:30-10:30 Intermediate Yoga 9:30-10:45 Under the Sun 11-noon Gentle Yoga 11-12:15 Summer Latin 11-12:15 Handwriting Analysis 11-12:15 Saints Behaving Badly 1-2 Seated Chair Yoga 1-2:15 Mind Games 2:15-3:15 Meditation 2:30-3:45 New Words of 2023	June 22 9-10:15 Body Fusion 9-10:15 "Jeopardy"; LLS Edition 9-10:45 Intro to Microsoft Office 9:30-10:45 Under the Sun 11-noon Strength & Stretch 11-12:15 Handwriting Analysis 11-12:15 Saints Behaving Badly 11-12:45 Internet & Email 1-2 Seated & Standing Yoga 1-2:15 Mind Games 2:30-3:30 Tai Chi 2:30-3:45 New Words of 2023	June 23 9-10:15 "Jeopardy"; LLS Edition 9:30-10:45 Under the Sun 11-12:15 Handwriting Analysis 11-12:15 Saints Behaving Badly 1-2:15 Mind Games 2:30-3:45 New Words of 2023
June 26 9-10:15 Astrophysics 11-12:15 Pull Up a Chair 1-2:15 European Travel Phrases 2:30-3:45 Phun with Philately	June 27 9-10:15 Body Fusion 9-10:15 Astrophysics 11-12:15 Pull Up a Chair 1-2:15 European Travel Phrases 2:30-3:45 Phun with Philately		June 29 9-10:15 Body Fusion	

Classes begin daily in the morning and run through mid afternoon.

Name(s): _____ Phone: _____

Are you enrolling as a new member of LLS? Yes _____ No _____ Email: _____

Summer Courses

_____ 1. Digital Camera	_____ 12. Seated and Standing Yoga	_____ 23. Commemorating Juneteenth***
_____ 2. Intermediate Yoga	_____ 13. Tai Chi Workshop	_____ 24. Your Time Under the Sun
_____ 3. Watercolor for Beginners	_____ 14. Mariners' Museum***	_____ 25. Handwriting Analysis 101
_____ 4. Gentle Yoga	_____ 15. Seated Chair Yoga	_____ 26. "Jeopardy": LLS Edition***
_____ 5. Summer Latin	_____ 16. Meditation	_____ 27. Saints Behaving Badly***
_____ 6. Advanced Watercolor	_____ 17. Hampton History Museum***	_____ 28. Mind Games***
_____ 7. Operation Market Garden***	_____ 18. Drawing for Beginners	_____ 29. New Words of 2023***
_____ 8. Ukulele for All	_____ 19. Oil & Acrylic for Beginners	_____ 30. Astrophysics for Liberal Arts***
_____ 9. Microsoft Office	_____ 20. Angels and Demons	_____ 31. Pull Up a Chair***
_____ 10. Strength & Stretch	_____ 21. Body Fusion	_____ 32. European Travel Phrases***
_____ 11. Internet & Email	_____ 22. Sips & Nibbles with Chef Erika	_____ 33. Phun with Philately***

WEEKLY ACTIVITIES - OPEN TO ALL MEMBERS: ___ Book Club ___ Mah-jongg ___ Scrabble ___ Ukulele

Our Society is managed by and for its members. If you are willing to help, please check one or more of the following:

_____ Hospitality _____ Program planning _____ Course assistant _____ Teaching a Course

You may register either by mail to LLS, Christopher Newport University's, Yoder Barn Theatre, 660 Hamilton Drive, Newport News, VA 23602, or through the mail slot at 660 Hamilton Drive, Yoder Barn House. If you register by May 5, you will receive written confirmation of your courses and their room locations. If you register after May 5, information will be available in the LLS office upon request.

If you paid \$235 for a fall membership or \$185 for a spring membership, you do NOT owe any additional membership fee.

- FULL membership for summer 2023 courses, interest groups and optional activities.....(\$115) \$ _____
- ASSOCIATE membership for summer 2023 interest groups and optional activities. No courses.....(\$70) \$ _____
- If you are currently an associate member and want summer courses.....(\$55) \$ _____
- Course fee (\$15) #2 Intermediate Yoga, #4 Gentle Yoga, #9 Microsoft Office, #11 Internet & Email,
#12 Seated & Standing Yoga, #13 Tai Chi, #21 Body Fusion.....(\$15) \$ _____
- Course fee (\$38) #22 Sips & Nibbles with Chef Erika(\$38) \$ _____
- Additional parking decals only(_____ x \$22) \$ _____

TOTAL \$

For Office Use Only:

Processed by: _____		on _____	paid by _____	for \$ _____
_____ initials	_____ date	_____ cash/check	_____ total amount	
_____ current member	_____ CNU alumni	_____ time received	_____ date received	
_____ reinstated member	_____ packet	_____ blue book	_____ computer	
_____ new member	_____ name tag	_____ decal		

Payment Options: Checks (made payable to CNU), cash, or credit card.

*Credit card payments will **ONLY** be accepted over the phone (757) 269-4368 or in person in the **LLS office** due to PCI compliance requirements for the state of Virginia.*



LifeLong Learning Society

Christopher Newport University
Yoder Barn Theatre
660 Hamilton Drive
Newport News, VA 23602-6925

Non-Profit Org.

U.S. Postage

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Newport News, VA

Permit No. 2608



A Member of

ROAD SCHOLAR[®]

LLI RESOURCE NETWORK

**Register Now for
Summer Classes**



LLS UPCOMING EVENTS

Gardening Symposium

Saturday, April 22, 2023 • cnu.edu/gardening

Celebrate Spring in Washington D.C.
Monday, April 24, 2023

40th Annual Writers Conference
Saturday, May 6, 2023 • cnu.edu/writers

SWIFT & Merchant Millpond
Thursday, May 11, 2023

Annual 4th of July Picnic
Wednesday, June 28, 2023

Please contact the LLS Office for additional details on trips, luncheons and conferences.



Thank You to Our Sponsors:

**The Henry L. and Grace Doherty
Charitable Foundation, Inc.**

