

LifeLong Learning Society

2023 FALL PROGRAM




CHRISTOPHER NEWPORT
UNIVERSITY

WF
WARWICK FOREST
Premier sponsor

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

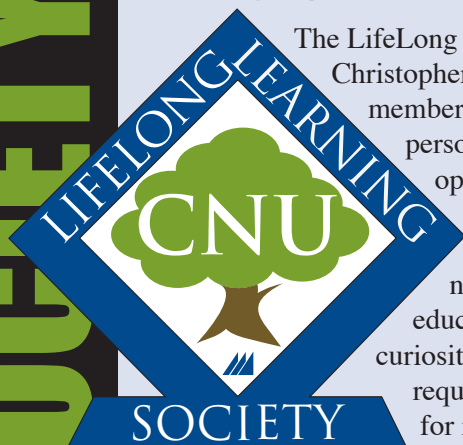
— Oliver Wendell Holmes

LifeLong Learning Society • Christopher Newport University • Yoder Barn Theatre

660 Hamilton Drive • Newport News, VA 23602-6925

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

2023 FALL PROGRAM



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 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.

Opening Session: September 4, 2023

Ferguson Center for the Arts

12:15 p.m. / New Member Orientation

Peebles Theatre

12:45 p.m. / All-Member Reception

Peebles Theatre Lobby

1:30 p.m. / Opening Lecture***

Is Virginia Red, Blue, or Purple?

Dr. Quentin Kidd, Provost

Christopher Newport University

Peebles Theatre

Program Overview

The 10-week semester consists of two five-week sessions, Session A and Session B. Courses will meet either once or twice per week for either five or 10 weeks. The dates and times for the 41 five-week and 20 10-week courses are listed on pages 2-8. In addition to courses, there are 10 Monday afternoon lectures and performances, many field trips, luncheons, and interest groups listed on page 9. A number of optional activities will be announced during the semester.

Membership Fee and Benefits

Full membership for the 2023-24 fall, spring and summer sessions is \$235. This includes fall, spring and summer courses; Monday afternoon lectures; interest groups; and the opportunity to participate in optional activities, such as field trips and luncheons, by paying the activity fees.

An associate membership for the 2023-24 fall, spring and summer sessions is available for \$140. This includes Monday afternoon lectures; interest groups; and the opportunity to participate in optional activities, such as field trips and luncheons, by paying the activity fees; no courses.

A member may bring a guest one time to any of the class meetings, lectures, or to optional activities if space is available.

Class locations and confirmations will be mailed to you if your registration is received by August 11, 2023. Otherwise, this information will be available in the LLS office upon request.

Refund Policy

Refund of membership and/or course fees will be granted if requested before September 4, 2023. After that date, no refund will be given. A 20 percent handling charge will be deducted from all refunds.

Economic Hardship

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 older are eligible for honorary membership if they have been a member for three of the past five years. Please call **(757) 269-4368** for details.

Alumni Membership Discount

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

2023-24 Parking Decal Required

A current parking decal is **required** to park in 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 Blvd. 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

CHRISTOPHER NEWPORT UNIVERSITY'S
LifeLong Learning Society

ANNUAL OPEN HOUSE

**Join us Tuesday,
August 8, 2023, at 1 p.m.**

Yoder Barn, 660 Hamilton Drive, Newport News, VA 23602

CALLING ALL MEMBERS & POTENTIAL MEMBERS!

Entertainment will be provided by an LLS favorite

Dr. Ed Brash of CNU

Join us for a fun afternoon of entertainment, light refreshments and learn more about what the LifeLong Learning Society has to offer.

You may be missing out on the best kept secret in Hampton Roads!

SPONSORED BY WARWICK FOREST

For more information, contact us at (757) 269-4368
or check us out online at lifelonglearning.cnu.edu.

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

SESSION A COURSES

September 4-October 6, 2023

1. Latin: An Introduction

10-week course

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

Limited enrollment

Have you been intimidated by the thought of learning that venerable and mysterious ancient tongue, Latin? Don't be. This course will be a kinder and gentler introduction to Classical Latin, the language of Caesar, Cicero, Vergil and so many others. It is intended for absolute beginners with no background or perhaps a little background oh, so many years ago in high school or college. It will also include a lot of discussion of Roman culture. The text will be the Cambridge Latin Course, North American 4th edition, available new or used on Amazon. \$30 course fee.

Instructor: Dr. Alice Rubinstein, LLS

2. Intermediate Yoga

10-week course

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

Limited enrollment

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 are all 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.* \$30 course fee.

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

3. Gentle Yoga

10-week course

Mon., Wed., 11 a.m.-noon

Limited enrollment

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 and balance, and close with breath work, deep relaxation, and meditation. Students should be able to get on and off the floor safely. *Yoga mat, large towel and two blocks required.* \$30 course fee.

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

4. Exploring Poetry

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

Limited enrollment

This course is a general class for anyone interested in poetry, whether you write it or only read and wish to understand it. It will cover the technical side of poetry such as literary devices, poetry forms, types of poetry, the history of certain poetic movements and the study of individual poets. There will be some writing and sharing of poems, but without much comment.

Instructor: Serena Fusek

5. Body Fusion: Tone and Stretch

10-week course

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

Limited enrollment

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment. \$30 course fee.

Instructor: Dr. Lisa Powell, Christopher Newport University

6. Digitizing Your Old Photographs, Negatives, Slides, and Documents with Your Digital Camera

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

In this class, we are going to explore what it will take to organize the old photos you have in such a way that digitizing them is as painless as possible. Additionally, we will discuss how the modern photographic software enables us to collect and manage large numbers of photos. Finally, we will have a practical demonstration of quickly and accurately digitizing our old images. The course will cover digitization of prints, negatives, and slides.

Instructor: Phil Columbus, LLS

7. Arabic

10-week course

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

Limited enrollment

This course will introduce learners to the script and the sound system of the Arabic language. It will also introduce them to basic conversation and dialogue.

Instructor: Dr. Diana Obeid, Christopher Newport University

8. Strength and Stretch

10-week course

Tues., Thurs., 11 a.m.-noon

Limited enrollment

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

Instructor: Betty Peach, LLS

9. Power and Mercy: The Work of J.R.R. Tolkien***

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

10-week course

Why have the works of J.R.R. Tolkien grabbed readers' attention like no other story in popular culture? In this course we will read and discuss Tolkien's masterpiece, "The Lord of the Rings," within the context of its predecessor stories, "The Silmarillion" (selections) and "The Hobbit." We will consider the nature of fantasy as literature and what Tolkien's work has to say about fate vs. free will, hope vs. despair, war, courage, sacrifice, compassion, mercy, power, and the nature of evil.

Instructor: Dr. Kara Keeling, Christopher Newport University

10. Le Repas Français (Level A2/B1)

10-week course

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

Limited enrollment

This intermediate level French course takes as its focus *le repas gastronomique des français* which is recognized by UNESCO as an intangible world heritage. Formatted similarly to last year's courses on emblematic French dishes and sauces, this course will focus on traditional desserts. In addition to lessons based on grammar concepts appropriate for the intermediate level French speaker, there will be periodic in-class tastings and demonstrations. There is no required textbook, but for students who like a structured resource beyond the plentiful materials Madame Waddill provides, any beginner/intermediate level high school or college textbook will suffice. \$30 course fee.

Instructor: Karen Waddill

11. Seated and Standing Yoga

10-week course

Tues., Thurs., 1-2 p.m.

Limited Enrollment

Yoga means to "yoke" or "unite" body, breath, and mind. This gentle yoga class improves flexibility, strength, and balance and is adaptable for all levels. This class begins seated in the chair

with breath work to center and focus. Still seated, we warm up the head, neck, spine and hips. We then move to standing postures and balance 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 breath work, mindfulness and relaxation. \$30 course fee.

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

12. Combined and Naval Operations in the American Civil War***

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

In April 1861, the North had the industrial capacity to build a large fleet with eight navy yards and the majority of nation's private shipyards. The Confederacy's lengthy coastline and numerous inland waterways determined that much of the Union military strategy would require a close relationship between the Union Army and the U.S. Navy. The Navy and the War Departments had little practical experience with combined operations and lacked an inner-service structure to ensure cooperation. However, the Army and Navy forged an effective partnership as the Civil War progressed. The C.S. Navy lacked sufficient warships and land batteries to adequately protect their coastline and river inlets. Ultimately, the Confederates relied on ironclads, submarines, torpedo boats, and naval mines to combat the numerically superior U.S. Navy. This course examines the men, operations, and technology of the Civil War's maritime operations.

Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion

13. Bon Voyage! (Level A1)

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

**10-week course
Limited enrollment**

This beginning-level course is designed for the Francophile who wants to get reacquainted with useful expressions and grammar structures for a planned or dreamed-of trip to a French speaking country. Virtual travel to various Francophone regions of the world will serve as the backdrop for role play and written exercises. There is also an abundance of online resources that students can access to supplement classroom learning. *A binder is recommended for the many ancillary materials the instructor provides.* \$30 course fee.

Instructor: Karen Waddill

14. Tracing the Blues

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

This course is a study of the history and influence of the blues on American popular music, from the Delta blues of the turn of the twentieth century through rock and roll, to the modern era. We will explore how the blues is the stylistic glue that has bound American popular music from its inception. To help start our musical journey, the Hard Times Band, a popular Hampton ensemble, will perform representative musical selections from each period in session one. You will hear songs from Jelly Roll Morton, Fats Waller, Louis Jordan, Bob Wills and the Texas Playboys, and many more.

Instructor: Mark Morgan

15. Drawing for Beginners

Tues., 2-4 p.m.

Limited enrollment

This course will teach basic principles that will help you draw, such as properties of light, power of contrast, meaning and importance of shadows, tonal values, spaces and perspective.

Basic drawing techniques and materials will be showed and explained. During this course students will be focused on studying linear drawing and linear perspective of simple geometric and organic forms, learn various shading techniques, imitate textures, and learn to group elements by tonal value, pattern, color and distance. *List of required supplies given upon registration. Please register for only one drawing class in A session and one in B session.*

Instructor: Oksana Davis

16. Sun-Style Tai Chi

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

**10-week course
Limited enrollment**

Tai Chi is a traditional form of Chinese exercise proven to be highly effective for improving strength, balance, mental health, and physical well-being. The movements are graceful, slow, gentle, and easy to master. The practice is low impact but highly aerobic, a joy to do and deeply relaxing. Sun-style Tai Chi is characterized by soft, fluid hand movements that are short and compact and performed in conjunction with simple stepping movements. The stance is always upright for balance and stability. Participants will focus on the fundamental principles of Tai Chi. The postures and choreography of Sun Tai Chi will be learned through two short and easy-to-learn Tai Chi forms, or sets. This class is suitable for people of all ages and abilities. Everyone can do this! Everyone should do this! Now be truthful with yourself; haven't you always wanted to learn Tai Chi? \$30 course fee.

Instructor: Richard Tate

17. Baltic Culture: Folk Tales, Legends, Poems and Ethnic Food***

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

10-week course

Come explore the rich culture of the Baltic states (Lithuania, Latvia, and Estonia). This course will present an overview of the history and geography of the Baltic states through the folk tales, fairy tales, traditions, legends, songs, poems, art and food of the three countries. *Guest lectures by Christy Lumm and Felicia Giedrys Purdey*

Instructor: Dr. Daina Henry, LLS

18. Advanced Beginner Spanish

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

**10-week course
Limited enrollment**

This course is for students who already have basic Spanish practical or academic experience. We'll use the present tense to talk and write about ourselves, as well as explore the culture of the Spanish speaking world. We'll learn more vocabulary with a mix of authentic materials, exercises made for students, and lots of speaking and listening practice. Students who attended *Beginning Spanish B in the spring are ready for this class. Other students who have had some Spanish are welcome to join us for a refresher!* \$30 course fee.

Instructor: Lisa Schlickemeyer

19. Intermediate-Advanced Spanish

Wed., Fri., 10:30-11:45 a.m.

**10-week course
Limited enrollment**

In this course, we work with all tenses and moods, using authentic and culturally relevant resources. Students will talk and write about present, future, past, and hypothetical events with increasingly sophisticated communication. We not only learn Spanish, but we learn through Spanish. New students with intermediate academic or practical experience are welcome to enroll. \$30 course fee.

Instructor: Lisa Schlickemeyer

20. Understanding Our Political America Investigates

1870-1910 (Part 2)***

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

In this new series of lectures, we continue our journey of discovering a possible link between the political issues of today with that period of growth in America that is known as “The Gilded Age.” In Part 1, we identified roots in the post-Civil War Reconstruction period, as well as tensions that arose between capitalists and labor during the Second Industrial Revolution. Now we’ll expand our search to the Indian Wars of the Plains, lawlessness in the Old West, and expanded American interests in other nations. Brilliant inventions, and an explosion of creativity in arts, science, music, and literature also swept across our land as we acknowledge that American culture and interests were expanding into a new era. What impacts might increase freedoms for all the population—from formerly enslaved people to the women’s suffrage movement—have on our political world? And what tragedies—both natural and man-made during this period—would create new government laws and bureaus? If you missed the Part 1 lectures, no worries. *All of the lectures are designed to be enjoyable and informative, no matter what your background.*

Instructor: Lisa Meunier, LLS

21. Dites-le en français ! (Advanced)

10-week course

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

Limited enrollment

In this advanced-level course, you will have the opportunity to reinforce and further your command of the French language using a wide variety of printed and digital media selected from art, literature, daily life, current events, and culture. Students will be encouraged to complete homework and actively participate in presentations and group discussions. *This class will be conducted in French.* \$30 course fee

Instructor: Veronique Martin

22. Conversational Spanish

10-week course

Wed., Fri., noon-1:15 p.m.

Limited enrollment

This class is student-centered and easy to plug into if you have some intermediate academic or practical experience with Spanish, or just want to work on your speaking skills. We use authentic materials for provocation, practice listening and talking, and review basic vocabulary and grammar as needed. *New students are always welcome to try out a class to see if it’s a good fit.* \$30 course fee.

Instructor: Lisa Schlickemeyer

23. Understanding Opera***

Wed., 12:45-2 p.m.

Join Virginia Opera’s Resident Scholar, Joshua Borths, as he delves into the wide and wonderful world of opera! Based on the Virginia Opera’s fall productions of “Siegfried” and “The Barber of Seville,” the first two sessions will delve into Richard Wagner’s influential—and controversial—“Der Ring des Nibelungen.” Then spend two weeks diving into the “World of the Bel Canto.” Encompassing the operas of Rossini, Donizetti, and Bellini, this Italian style from the early 19th century is one of the most popular and important in operatic history. This course will conclude with a lecture on trends in contemporary opera as audiences prepare for “Sanctuary Road.” Whether you are a longtime fan or new to the artform, *Understanding Opera* will help you enjoy opera and better listen to the world around you.

Instructor: Joshua Borths, Resident Scholar, Virginia Opera

24. Seated Chair Yoga

Wed., 1-2 p.m.

10-week course

Limited enrollment

Yoga means to “yoke” or “unite” body, breath, and mind. 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 breath work, mindfulness and relaxation. \$15 course fee.

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

25. Drawing (Intermediate-Advanced)

Wed., 2-4 p.m.

Limited enrollment

Starting this course, students should be familiar with basic principles of drawing, such as understanding edges, spaces, light and shadow, relationships, and, properties of light and shadows, tonal values and perspective. Students will be encouraged to work in different drawing mediums such as graphite, charcoal and ink and use a sketch book improving visual memory and hand-eye skills by drawing from life. Lines, curves, edges in organic forms, organic blocks and organic patterns will be the main subject of this course. Studies of human anatomy will be included. *List of required supplies given upon registration. Please register for only one drawing class in A session and one in B session.*

Instructor: Oksana Davis

26. Meditation

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

10-week course

Limited enrollment

This class will study and practice mindfulness and Vipassana (Insight) meditation. Each class begins with a brief introduction to the week’s topic, followed by a 10–15-minute guided meditation, concluding with questions and discussion. Weeks 1-5 will center on foundational practices (mindfulness of body, breath, thoughts, emotions & compassion). Weeks 6-10 will deepen foundational practices and work with specific topics of interest to the class. (i.e. Mindful Movement/Walking Meditation, Grief and Loss, Happiness and Joy, etc.) Regular practice of about 10-15 minutes is encouraged and guided audio meditations will be available for home practice. Meditation may be done sitting, standing, or lying down. *Chairs are provided or you may bring your own meditation cushion.* No prior experience is necessary, though experienced meditators are also welcome to refresh their practice and experience meditation in community.

Instructor: Melissa McGill, EdD, E-RYT 200

27. The Mediterranean Region***

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

Held at the Mariners’ Museum

The Mediterranean Sea was once the center of the world for many cultures throughout Europe, Asia, and Africa. Take a journey with The Mariners’ Museum and Park as we explore this important region and its place in maritime history.

Coordinator: Wisteria Perry, Community Engagement, Mariners’ Museum

28. Technology and the Evolution of Military and Naval

Doctrine in the 20th Century: Part 1, The Submarine***

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

The submarine, like the tank, the warplane, and the aircraft carrier, was first used in combat in WWI. Unlike these other new combat systems, however, the submarine was not a marginal contributor

to military operations during the Great War, but was at the heart of German naval strategy. This course discusses the evolution of the submarine as a weapon of war by the Kaiser's navy during WWI and then focuses on the resurrection and refinement of submarine technology and tactics by Nazi Germany during the 1930s and the early years of WWII. Finally, it considers the technology and tactics of anti-submarine warfare developed by the Allies, and the legacy of the German U-boat offensives in the world's navies during the postwar era.

Instructor: Col. Richard C. Payne, U.S. Army Ret.

29. Beginning Genealogy

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

Limited enrollment

This course is an introduction to the basics of family history research in the United States. Construct a family tree that goes beyond names and dates incorporating your family's history. In-person and online resources will be discussed. Source types and record keeping will be covered.

Instructor: Lee Wolff

30. Keeper of Stories

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

Limited enrollment

Are you the keeper of your family stories? Have you decided it's time to organize those family tidbits into stories of family, yet convinced yourself you are not a writer? This informal workshop may be your solution. After reviewing the basics of story composition and writing a story, you will be encouraged to explore presentation options, including prose poems and "telling" in the oral tradition. *Come join the fun!*

Instructor: Heidi Hartwiger

31. Hampton Roads History 101: Gloucester County, Fort Monroe, and Lafayette***

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

This course will delve into topics including the American Revolution and the Civil War, and explore how these histories connect to Fort Monroe, Gloucester, and the Marquis de Lafayette.

Instructor: Robert Kelly, Director Gloucester Museum of History and President of the Fort Monroe Historical Society

32. Watercolor Painting (Intermediate-Advanced)

Thurs., 11 a.m.-1 p.m.

Limited enrollment

This is an intermediate-to-advanced level class for those who are already familiar with basic watercolor techniques and paint properties and want to improve their skills by capturing immediate and spontaneous emotions using color harmony, value, and visual composition. Exercises among all individual projects will be expected. *Please register for only one watercolor class in A session and one in B session. List of required supplies will be provided upon registration.*

Instructor: Oksana Davis

33. Our Curious Constitution***

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

Our Constitution is a remarkable but very curious document. It does not contain many terms that we would generally expect to find in it, such as "separation of powers," "federalism" and "checks and balances." But it does have several peculiar provisions, such as: "corruption of blood," "letters of marque and reprisal," and "bills of attainder." In this course we will

examine the Constitution through this unique prism. Using the Framers' own words and modern-day examples, we will analyze the structure and the wording of the Constitution. Attendees of this course should expect to obtain a deeper understanding and appreciation of this fascinating document.

Instructor: Mike Kerley

34. Oil & Acrylic

Thurs., 2-4 p.m.

Limited enrollment

Take the time to try mediums, techniques and application methods pushing your practice in new directions, experimenting, breaking rules, making happy accidents and finally, beautiful paintings.

List of required supplies given upon registration.

Instructor: Oksana Davis

35. Art Detective: The Elements***

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

Become an art detective and improve your personal observation of the world. This five-day course will introduce you to the art elements: line, shape, form, space, color and texture. These are essential visual concepts used by individuals in all walks of life. YOU access these elements in your daily life, too! For the artist, being an art detective only improves your end product. For the non-artist, the environment around you will change in ways you've never imagined. Open your eyes and join the fun! Expand and explore the beauty around you.

Instructor: Carol VanDeventer, LLS

36. Climate Literacy***

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

Climate is defined by the Oxford Dictionary as "the regular pattern of weather conditions of a particular place," typically over decades to centuries. More than 60 years ago, Earth scientists began examining changes in the Earth's climate, so this is not a recent topic. Today, climate change has become a 'kitchen-table' topic in many households and in the public media. But, where can one get reliable, accurate information about climate change – newspapers, or broadcast media, web sites, etc.? This course will discuss what climate is, how it is naturally controlled, and then explore how to get reliable information about climate and climate forcings from various sources available to citizens. We will examine how to sort through it all and how to educate ourselves and those around us in order to make wise choices for the future of our planet.

Instructor: Dr. Gregory Cutter, ODU

37. Computer I

Fri., 9-11 a.m.

10-week course

Limited enrollment

This is a beginner course for anyone who wants to learn how to use a computer. Students will be introduced to the parts of a computer, the desktop and Microsoft Office 2016. The classroom is equipped with Windows 10 desktop computers. Students should own or have access to a computer to practice their skills. *Students are welcome to bring their own PC laptops to class.* \$30 course fee.

Instructor: Neil Hesketh

38. Healthy Aging in Retirement and Beyond (Riverside Doctors Series)***

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

10-week course

Hear from more Riverside Health System experts who specialize in the care of older adults, and learn the inside secrets that will

help you enjoy your best years in good health. The course will cover a wide range of topics, such as fitness, women's health, mind and memory, heart health, and more.

Coordinator: Amy Duncan, Riverside Health Systems

39. Internet & Email

Fri. 11:30 a.m.-1:30 p.m.

Limited enrollment

Learn to send and receive email messages (including attachments) and use the Internet. The classroom is equipped with Windows 10 desktop computers. Students should own or have access to a computer to practice their skills. *Students are welcome to bring their own PC laptops to class.* \$15 course fee.

Instructor: Neil Hesketh

40. Laughing Matters, Revisited

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

It's easy for us to think of laughter simply as something that's enjoyable and not so much as a vital component of life. But an enormous part of the world around us recognizes laughter's primal value. Researchers tell us that the older we get, the less time we spend laughing. LAUGHING MATTERS, REVISITED will work to remedy that situation with good old-fashioned fun. As he has done before in similar classes, Professor Emeritus George Hillow will present videoclips and other forms of media designed to get this class laughing and make it as enjoyable as possible.

**Instructor: Professor Emeritus George Hillow,
Christopher Newport University**

41. Watercolor Painting (Beginner-Intermediate)

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

Limited enrollment

This is a beginner-to-intermediate level class - The goal is to become familiar with watercolor paint properties, basics of color theory, types of paper, brushes, mediums, and variety of watercolor techniques. The class will be supported by extensive demos to create a work of art regardless of technical perfection. *Please register for only one watercolor class in A session and one in B session. List of required supplies will be provided upon registration.*

Instructor: Oksana Davis

SESSION B COURSES

October 16-November 17, 2023

Course 1 – Continued: Latin: An Introduction

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

Course 2 – Continued: Intermediate Yoga

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

Course 3 – Continued: Gentle Yoga

Mon., Wed., 11 a.m.-noon

42. Practicing Poetry

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

Limited enrollment

This course is for poetry writers. Writers will be given a prompt or topic on which to write and the resulting poem will be critiqued by other students and by the instructor. *Course 5, Exploring Poetry, in Session A is not a prerequisite, however topics discussed in Session A will be further explored as prompts for poems for this course.*

Instructor: Serena Fusek

Course 5 – Continued: Body Fusion

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

43. Ancient Greek Art***

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

ONLINE ONLY

This lecture will examine the art produced in Greece and the Greek world from the Early Bronze Age (beginning ca. 3000 B.C.) until the Hellenistic times, paying special attention to the major monuments in ceramics, sculpture, architecture, and "minor arts" that shaped what we now call ancient Greek civilization.

**Instructor: Dr. Rosa Motta, Retired, Christopher
Newport University**

Course 7 – Continued: Arabic

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

Course 8 – Continued: Strength & Stretch

Tues., Thurs., 11 a.m.-noon

Course 9 – Continued: Power and Mercy: The Work of J.R.R. Tolkien***

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

Course 10 – Continued: Le Repas Français (Level A2/B1)

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

Course 11 – Continued: Seated & Standing Yoga

Tues., Thurs., 1-2 p.m.

Course 13 – Continued: Bon Voyage! (Level A1)

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

44. Women's Uprising in Iran***

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

In this course we will discuss the role of women in Iran and how women are challenging their unequal treatment under the current repressive regime.

Instructor: Dr. Diana Obeid, Christopher Newport University

45. Drawing for Beginners

Tues., 2-4 p.m.

Limited enrollment

Same as course 15. *Please register for only one watercolor class in A session and one in B session.*

Course 16 – Continued: Sun-Style Tai Chi

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

46. Ukulele for All

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

In this course, the class will explore beginner and intermediate level chords 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

Course 17 – Continued: Baltic Culture: Folk Tales, Legends, Poems & Ethnic Food***

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

Course 18 – Continued: Advanced Beginner Spanish
Wed., Fri., 9-10:15 a.m.

Course 19 – Continued: Intermediate/Advanced Spanish
Wed., Fri., 10:30-11:45 a.m.

Course 21 – Continued: Dites-le en français! (Advanced)
Wed., Fri., 11 a.m.-12:15 p.m.

47. The Assassination of Abraham Lincoln and The Military Trial of The Lincoln Assassination Conspirators***
Wed., 11 a.m.-12:15 p.m.

This course will examine the 1864 conspiracy to kidnap Abraham Lincoln by John Wilkes Booth and a cohort of Southern conspirators seeking to enhance the opportunities for an ultimate Confederate victory in the War Between the States, as well as the subsequent shift from kidnapping to assassination in April 1865. This inquiry will also address the pursuit and capture of the conspirators, their incarceration, and trial by a military tribunal. The controversial military trial was both extensive, legally complex, and frequently misunderstood. As a consequence, many of the fascinating facets of the trial remain shrouded in the mists of historical inquiry, and for many, the Lincoln assassination conspirators' trial remains largely unexplored territory. Dr. Severance will peel back many of the misty historical shrouds that surround this unique military tribunal with a view toward understanding the recent post 9/11 military commissions.

Instructor: Dr. Paul M. Severance

Course 22 – Continued: Conversational Spanish
Wed., Fri., noon-1:15 p.m.

Course 24 – Continued: Seated Chair Yoga
Wed., Fri., 1-2 p.m.

48. Exploring Artificial Intelligence***
Wed., 1-2:15 p.m.

This five-lecture series provides an accessible introduction to Artificial Intelligence (AI) and its potential applications, designed for non-specialists who are interested in exploring this rapidly evolving field. The course is designed to be interactive and engaging, with ample opportunities for discussion and questions. There are no prerequisites or technical background required, and the lectures are presented in a clear and accessible manner. By the end of the course, participants will have a basic understanding of AI technology and its uses, and be able to appreciate the opportunities and challenges that come with this rapidly evolving field.

Instructor: Dr. Ed Brash, Christopher Newport University

49. Drawing (Intermediate-Advanced)
Wed., 2-4 p.m. Limited enrollment
Same as course 25. *Please register for only one watercolor class in A session and one in B session.*

Course 26 – Continued: Meditation
Wed., 2:15-3:15 p.m.

50. From the Sea to the Stars: Putting the Past in Perspective with the Hampton History Museum***
Wed., 2:30-3:45 p.m.

We don't live in a bubble and we never have. Even in today's interconnected world with news just a click away, it's easy to overlook how everything that happens here affects, and is affected by, the events of the larger world. Join Kris Peters from the Hampton History Museum to explore our local history and how we fit into the stories of Virginia, the U.S. and the world.

Instructor: Kris Peters, Hampton History Museum

51. The Many Facets of the Bible***
Thurs., 9-10:15 a.m.

We will read and examine some of the great narratives of the Bible, looking at its literary genres, forms, and motifs. We will conduct a critical study of sections of the Hebrew Bible (Old Testament) and the Christian Bible (New Testament) as distinct but related literary and theological traditions.

Instructor: Dr. David A. Salomon, Christopher Newport University

52. Finding Fiction
Thurs., 9-10:45 a.m. Limited enrollment

If at times the real world is too much with you, and you like slip away into let's pretend, you might be a fiction writer. Join this fiction writing workshop. Find the keys that will help you unlock your imagination and explore ways to craft your fiction.

Instructor: Heidi Hartwiger

53. Getting to Know the Tribble Library
Thurs., 9:30-10:45 a.m. Held in Yoder Barn Limited enrollment

Come explore what the Tribble Library has to offer! Meet in the Yoder Barn to learn how to: locate and access books and e-books; read articles from a variety of magazines and newspapers; and search scholarly journals to research interesting topics. Discover what's available – in the library and online – to all LifeLong Learners!

Instructor: Matthew Shelley, Digital Instruction Librarian, Tribble Library, Christopher Newport University

54. 3,000 Years of Chinese History Through Its Art, Part 2***
Thurs., 11 a.m.-12:15 p.m.

Part I of this course in Spring 2023 focused on the development of Chinese art from Prehistoric times through the Tang Dynasty (618-907 CE). Part II continues tracing that development from the extraordinary scroll paintings and porcelains of the Song Dynasty (960-1279 CE) through the 21st century's diverse styles.

Instructor: Dr. Dorothy James, LLS

55. Watercolor Painting (Intermediate-Advanced)
Thurs., 11 a.m.-1 p.m. Limited enrollment

Same as course 32. *Please register for only one watercolor class in A session and one in B session.*

56. Current Topics in Astronomy***
Thurs., 1-2:15 p.m.

Join Dr. Kelly Herbst as she covers five topics of current interest in astronomy. Planned topics include the Juno spacecraft at Jupiter, the secret lives of (actual) stars, the Webb space telescope, comets, and the 2024 solar eclipse.

Instructor: Dr. Kelly Herbst

57. Oil & Acrylic

Thurs., 2-4 p.m.

Limited enrollment

Same as course 34.

58. Intelligence, Espionage, Global Governance:

The Good, the Bad, and the Ugly***

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

This course will examine the major intelligence entities of the world, their effective espionage techniques and direction and the impact these might have on the future of global governance.

Instructor: Dr. Corliss Tacosa

Course 37 – Continued: Computer I

Fri., 9-11 a.m.

Course 38 – Continued: Healthy Aging in Retirement and Beyond (Riverside Doctors Series)***

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

59. Introduction to Microsoft Office

Fri., 11:30 a.m.-1:30 p.m.

Limited enrollment

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, and learn how to create letters, lists, budgets, flyers, and slide presentations, both from scratch and pre-designed templates. Free open-source office alternatives will also be reviewed. Basic computer and keyboard skills will be helpful with this course, as well as a general familiarity with Windows 10. *Concurrent and/or previous enrollment in the basic computer skills class is recommended, but not a prerequisite.* \$15 course fee.

Instructor: Neil Hesketh

60. Friday Film Festival with Paul Newman

Fri., 1-4 p.m.

Paul Newman, 1925-2008, is not only a legend in the world of film, he was a great humanitarian and activist to boot. Aside from starring in a staggering list of successful films, he created the philanthropic line of grocery products, Newman's Own; built a successful regional theatre in Connecticut; and found time to lend his weight to social causes by attending conferences on various topics. He was also just a heckuva good guy who enjoyed playing practical jokes and his lifelong marriage to actress Joanne Woodward. In Friday Film Festival, Professor Emeritus George Hillow will examine the life and career of Paul Newman and screen five of his films. Titles under consideration include but are not limited to: *"The Hustler," "Hud," "Butch Cassidy and the Sundance Kid," "The Sting," "The Verdict,"* and of course, *"Cool Hand Luke!"*

**Instructor: Professor Emeritus George Hillow,
Christopher Newport University**

61. Watercolor Painting (Beginner-Intermediate)

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

Limited enrollment

Same as course 41. *Please register for only one watercolor class in A session and one in B session.*





Interest Groups:

1. **Book Club**
Monday, 10 a.m., monthly,
in Yoder Barn
2. **Mahjongg (All-Levels)**
Friday, 9:30 a.m., weekly,
in Yoder Barn

To sign up for interest groups,
see the registration page.



MONDAY AFTERNOON LECTURE & PERFORMANCE SERIES

September 4, 1:30 p.m.
Is Virginia Red, Blue, or Purple?
Dr. Quentin Kidd, Provost
Christopher Newport University

September 11, 1:30 p.m.
Music and Conversation
Virginia Symphony Orchestra

September 18, 1:30 p.m.
A Tale of Two Slave Traders:
Lincoln and the Destruction of the
Trans-Atlantic Slave Trade***
Dr. Jonathan White
Christopher Newport University

September 25, 2 p.m.
"Stepping Out"
TheaterCNU Preview

October 2, 1:30 p.m.
Ice in the Arctic Ocean & Waters
Around Antarctica: How Polar Ice
Affects Southeastern Virginia***
Dr. Greg Cutter, ODU

October 16, 1:30 p.m.
Music and Conversation
Virginia Symphony Orchestra

October 23, 1:30 p.m.
Fishing and Photography
with Jet Ski Brian***
Brian Lockwood

October 30, 1:30 p.m.
For Better or Worse, We Are
Living in the Age of AI
(Artificial Intelligence)***
Dr. David Conner
Christopher Newport University

November 6, 2 p.m.
"Frankenstein"
TheaterCNU Preview

November 13, 1:30 p.m.
Music and Conversation
Virginia Symphony Orchestra

TRIPS

Discover the Colorado Rockies
July 21-30, 2023

42nd Street at the Ferguson
Center for the Performing Arts
Wednesday, August 2, 2023



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CONFERENCES

Gardening Symposium

The 25th Annual Gardening Symposium will be held
Saturday, April 26, 2024.
(In collaboration with the Christopher Newport Grounds Department)

Writers Conference

The 42nd Annual Writers Conference will be held **Fall 2024.**
(In collaboration with the CNU Department of English
and the Writers' Advisory Council)



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