

LifeLong Learning Society

2016 SPRING PROGRAM



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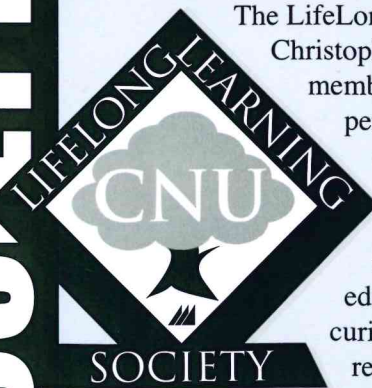
"The mind, once expanded to the dimensions of larger ideas, never returns to its original size."

— 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

2016 SPRING PROGRAM



The LifeLong Learning Society 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 is an affiliate of the Elderhostel Institute 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 three annual conferences.

Opening Session: January 25, 2016

Ferguson Center for the Arts

12:15 p.m. New Member Orientation

Music & Theatre Hall

12:45 p.m. All-Member Reception

Music & Theatre Hall Lobby

1:30 p.m. Presenter: Dr. Quentin Kidd, CNU

“The State of Virginia Politics in 2016”

Music & Theatre Hall

Program Overview

The dates and times for the 39 five-week and 16 10-week courses are listed on pages 2-6. These courses will meet either once or twice per week. In addition to three field trips, a number of optional activities will be announced during the semester. The six Monday-afternoon lectures, two concerts, one dance concert and one CNU musical for LLS members are listed on insert page.

Membership Fee and Benefits

Full membership for the 2016 spring and

summer sessions is \$185. This includes Monday-afternoon presentations, spring and summer courses, and the opportunity to participate in optional activities such as field trips by paying the activity fees.

An associate membership for the 2016 spring and summer sessions is available for \$110. This includes the Monday-afternoon presentations and other optional activities, but no courses.

You can now pay your registration fee by credit card. There is a \$3 charge to cover the cost to LLS. See the registration page for details.

A member may bring a guest one time to any of the Monday presentations or class meetings or to an optional activity if there is space available.

Class locations and confirmations will be mailed to you if your registration is received by **January 12, 2016**. Information will be available at the LLS office and the first two Monday lectures. Most classes will be in the Yoder Barn.

Refund Policy

Full refund of membership and/or course fees will be granted if requested before **January 25, 2016**. After that date, no refund will be given. A 20 percent handling charge will be deducted on all refunds. Refunds will not be given for money paid in the fall.

Economic Hardship

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

2015-16 Parking Decal Sticker Required

A parking decal with current sticker **is required** to park in the CNU parking lots. If you do not have a parking decal please use the registration page to request one.

Office Location:

660 Hamilton Drive (Yoder Barn House)

Newport News, VA 23602

Telephone: (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

SESSION A COURSES

JANUARY 25-FEBRUARY 26, 2016

1. Beginning Spanish

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

We will cover the basics of written and spoken Spanish, with an emphasis on practical usage and vocabulary. This is a traditional language class with a textbook, homework and a small number of students. No previous knowledge of Spanish is necessary. Required for the first day of class: *Spanish for Mastery* textbook, ISBN 978-0669148916. \$30 course fee.

Instructor: Erika St. Dennis, LLS

Limited enrollment

10-week course

2. Beginning Chinese

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

This course is designed for beginners who want to learn basics of travel and daily life conversations in Chinese. \$30 course fee.

Instructor: Zhao Qing Zhang, LLS

10-week course

3. Yoga

Mon., 10:30-11:45 a.m. & Wed., 2:30-3:45 p.m.

Learn a gentle style appropriate for all levels and adaptable to each person's needs. All classes begin with a warmup to prepare the spine and muscles, and then move through a series of yoga postures. After the postures have relaxed the body, yoga moves us toward a calm mind, with breath work and meditation. \$30 course fee.

Instructor: Rose Winter, MPT, CMT, RYT

10-week course

4. Intermediate Spanish

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

This class continues where Beginning Spanish left off in the fall semester and uses the same textbook. We will begin with a review of the basics and then progress rapidly, emphasizing the grammar and vocabulary of spoken and written Spanish. If you did not take Beginning Spanish and wish to enroll in this class, please contact the instructor. \$30 course fee.

Instructor: Erika St. Dennis, LLS

Limited enrollment

10-week course

5. Beginning Italian

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

This course is designed for beginners interested in the basics of Italian and Italian culture. The course will cover basic grammar and vocabulary but will emphasize communication using different scenarios. This is a traditional language class. \$30 course fee.

Instructor: Lynn Pickett, LLS

10-week course

6. Body Fusion: Tone and Stretch

Tues., Thurs., 9-10:15 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. \$30 course fee.

Instructor: Lisa Wingfield, CNU

10-week course

7. French III

Tues. 9-10:15 a.m. & Wed. 1-2:15 p.m.

This class is for students who took Intermediate French in the fall semester. We will continue where we left off in the *Son et Sens* textbook. If you were not in Intermediate French last semester and

10-week course

wish to enroll now, please contact the instructor. \$30 course fee.

Instructor: Erika St. Dennis, LLS

8. Excel

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

Limited enrollment

This class will be taught using Microsoft Excel on Office 2010. Students will learn to enter and edit data, plus sort and filter data. They will be introduced to basic formulas and simple charts. 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: Susan Daimler

9. Ancient Near East

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

10-week course

Before the emergence of Greece and Rome, the most advanced societies lived in the Ancient Near East. The heart of the Ancient Near East was Mesopotamia, the land between two great rivers, the Euphrates and the Tigris. This course is an introduction to the archaeology, history and literature of these ancient times and places. \$7 syllabus and map fee.

Instructor: Glenn R. Markus, LLS

10. Charcoal Studies

Tues., 9-11 a.m.

Limited enrollment

A prop studio class for alla prima style painting. You will work on still life and portraiture subject matter in charcoal to practice and develop tonal work using charcoal. Material list: practice paper pad, Strathmore Drawing/Charcoal, Medium 400 series, charcoal (nitram, char-kole).

Instructor: Jenny Linn Loveland, BA, MA

11. Computer II

Tues., Thurs., 10:45 a.m.-noon

Limited enrollment

Students should have completed Computing I before enrolling in this course. They will continue to learn the basics of Microsoft Word 2010. The classroom is equipped with Windows 7 desktop computers. Students should own or have access to a computer to practice their skills. They are welcome to bring their own PC laptops to class. \$15 course fee.

Instructor: Susan Daimler

12. Contemporary American Poetry: How Did We Get From There to Here?

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

This course will cover an overview of American poetry from the mid-20th century until the present, looking for the trends that have shaped today's poetry, as well as a look at the English-language haiku, which became popular at this time.

Instructors: Serena Fusek

13. Strength and Stretch

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

Limited enrollment

10-week course

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 currently dealing with physical problems that limit movement, mobility, stamina; or those experiencing pain.

Instructors: Betty Peach, LLS

14. “YOU DON’T SAY!”

Tues., 11 a.m.-12:15 p.m. 10-week course
It’s a red-letter day! Wait — is that good or bad? Being “in the red” is terrible, but “Black Friday” is terrific. And what about “Blue laws” and “blue blood”? Moving away from colors, why on earth would you take a “hair of the dog” to cure a hangover? Come join us as we traipse through the entertaining jungle of English-language idioms, phrases and sayings. Find out the backstory of such familiar phrases as “one-night stand” and “son of a gun” (they’re not what you think!) as you think twice before you speak!
Instructor: Erika St. Dennis, LLS

15. Oil/Acrylic Studio Painting

Tues., noon-2 p.m. Limited enrollment
This studio class is open to all levels/approaches/styles and features working from direct observation and working primarily in alla prima style (wet-on-wet). Learn about oil/acrylic practices, form, value and other techniques. You can complete unfinished work or start something new with instructor-led demos from in-studio displays. Live models will be included when available. Includes end-of-class feedback in a relaxed, group setting.
Instructor: Jenny Linn Loveland, MA, BA

16. Integral Yoga Class

Tues., 1-2 p.m. & Thurs., 2:30-3:30 p.m. 10-week course
Learn a gentle style appropriate for all levels and adaptable to each person’s needs. All classes begin with a warmup to prepare the spine and muscles, and then move through a series of yoga postures. After the postures have relaxed the body, yoga moves us toward a calm mind, with breath work and meditation.
\$30 course fee.
Instructor: Tara Joseph, PT, MA, RYT

17. Rome Through the Ages

Tues., 1-2:15 p.m.
The city of Rome has been continuously inhabited for 3,000 years. In this class we will review Rome’s long history through the art and archaeology that distinguish each period from Classical Antiquity to the Middle Ages, Renaissance and up to the present day.
Instructor: Dr. Alice Rubinstein, LLS

18. Beginning French

Tues., Thurs. 1-2:15 p.m. Limited enrollment 10-week course
We will cover the basics of spoken and written French, emphasizing practical usage and vocabulary. This is a traditional language class with a textbook, homework and a small number of students. No previous knowledge of French is necessary. Required for the first day of class: *French for Mastery* textbook, ISBN 978-0669200607. \$30 course fee.
Instructor: Erika St. Dennis, LLS

19. Tai Chi

Tues., 2:30-3:45 p.m. & Thurs., 1-2:15 p.m. 10-week course
This class will teach the introductory form of Tai Chi, nine movements in the Yang Style. Tai Chi, a nonaerobic exercise, will benefit those who want to improve their balance and muscle strength. \$30 course fee.
Instructor: Bill Hansell

20. Intermediate French

Tues., Thurs. 2:30-3:45 p.m. Limited enrollment 10-week course
This class is a continuation of the Beginning French class from the spring semester of this year. We will continue our study using the same textbook, putting more emphasis on fluency and listening skills. Note: The textbook, *Son et Sens* ISBN 978-0673130129, is increasingly difficult to find; if you did not take the spring semester class and wish to enroll now, please contact the instructor.
\$30 course fee.
Instructor: Erika St. Dennis, LLS

21. Plant Diversity

Tues., 2:30-3:45 p.m.
Plants come in an amazing array of shapes and sizes – this plant diversity reflects the ways plants are adapted to their environment and interact with pollinators. Plant taxonomists describe, name and organize plant species to reflect the evolutionary history of plant diversity. In this class we will take a systematic approach to exploring the plant kingdom.
Instructor: Dr. Janet Steven, CNU

22. Recovery From the Great Recession: USA vs.

Other Nations
Wed., 9-10:15 a.m.
The post-2009 recession and economic recovery have been quite different across the major nations of the world. We will explore the methods employed by national central banks and governments to recover from the recession and the effectiveness of those efforts compared to the U.S. performance.
Coordinator: Arthur Gudikunst, Ret. CNU

23. My Favorite Films

Wed., 11 a.m.-12:15 p.m. 10-week course
Applying his background in theater to the art of filmmaking, Professor George Hillow will take students on weekly backstage tours into the creation of samples of the modern world’s most powerful art form, the motion picture. Each week, a combination of lecture, partial screening and discussion will focus on one film and its creators. Such old favorites as “Dr. Strangelove” and “Some Like It Hot” will be paired with more obscure – and perhaps more challenging – films like “Matewan” and “Julie Taymor’s Titus” in the hopes that students will not only gain new appreciation for old friends, but that they will forge some new friendships as well.
Instructor: Professor George Hillow, CNU

24. Five Nifty Presidential-ish Stories

Wed., 12:45-2 p.m.
Mary Lincoln’s insanity trial, the death of President Garfield, Andrew Jackson and the Peggy Eaton Affair, Jeff and Varina: the South’s first family, and Why the hell Harding? This course will discuss such stories.
Instructor: Feather Foster

25. Sailing by Starlight: A History of Navigation

Wed., 2:30-3:45 p.m. Held at Mariners’ Museum
Before we had GPS, sailors relied on signs from the natural world to find their way from one port to the next. This course examines the methods that mariners throughout history have used to find their position on the globe.
Coordinator: Mark Arduini, Manager Adult Learning, Mariners’ Museum

26. Five Important 20th-Century Artists

Thurs., 9-10:15 a.m.
Art is the expression of creative skill and imagination producing works to be appreciated primarily for their beauty or emotional power. The artist is the person engaged in a variety of activities related to creating art, practicing arts and/or demonstrating an art. In this class, five visual artists (one per week) will be scrutinized regarding their importance in the art world.
Instructor: Diana L. Blanchard Gross, Peninsula Fine Arts Center Curator

27. Watercolor Painting

Thurs., 11 a.m.-1 p.m. Limited enrollment
Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Register for only one watercolor class in session A and only one in session B.
Instructor: Betty Anglin, Ret. CNU

28. Sherlock Holmes, the Great Detective: The Novels

Thurs., 11 a.m.-12:15 p.m.
London fogs and the British countryside: No character is more representative of the Victorian England than Sherlock Holmes! We discussed a number of Holmes short stories in fall 2014; now we’ll tackle four Holmes novels, in order of their composition: *A Study in Scarlet*, *The Sign of Four*, *The Hound of the Baskervilles* and *The Valley of Fear*.
Instructor: Dr. Kara Keeling, CNU

29. Geology of the National Parks of the United States

Thurs., 1-2:15 p.m.
National parks exhibit a wide variety of landscapes. Over vast periods of time, water, ice, gravity and wind have sculpted rock, commonly contorted by immense geological forces, and sediments into unique landforms. This course will discuss the formation of these national treasures.
Instructor: Dr. Jerry Johnson, College of William & Mary

30. Drawing

Thurs., 2-4 p.m. Limited enrollment
In the 20th century, drawing has come into its own as a lively and viable art form. Whereas drawing of the past can be largely classified as objective, today’s drawings are frequently subjective. Assignments are designed to develop the student’s hand-eye skills, as well as encourage formation of ideas and feelings in conjunction with the creative process of drawing. Register for only one drawing class in either A or B session.
Instructor: Betty Anglin, Ret. CNU

31. Opera

Thurs., 2:30-3:45 p.m.
Do you love opera, or are you intimidated by it? Either way, you’ll appreciate this survey of the final two productions of Virginia Opera’s 2015-16 season: Gounod’s romantic adaptation of Shakespeare’s “Romeo and Juliet” and Wagner’s supernatural thriller “The Flying Dutchman.” This course will include complete musical and dramatic analysis illustrated with audio and video excerpts.
Instructor: Glenn Winters, Community Outreach Musical Director, Virginia Opera Association

32. Healthy Aging in Retirement and Beyond

Fri., 10-11:15 a.m. 10-week course
Hear from 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: Caitlyn Worner

33. 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. Register for only one watercolor class in session A and only one in session B.
Instructor: Betty Anglin, Ret. CNU

**SESSION B COURSES
MARCH 7-APRIL 8, 2016**

Course #1 – Continued: Beginning Spanish
Mon., Wed., 9-10:15 a.m.

Course #2 – Continued: Beginning Chinese
Mon., Wed., 9-10:15 a.m.

Course #3 – Continued: Yoga
Mon., 10:30-11:45 a.m. & Wed., 2:30-3:45 p.m.

Course #4 – Continued: Intermediate Spanish
Mon., Wed., 11 a.m.-12:15 p.m.

Course #5 – Continued: Beginning Italian
Mon., Wed., 11 a.m.-12:15 p.m.

34. Motorless Flight
Mon., 11-12:15

Motorless flight, sometimes called gliding or soaring, involves a plane without an engine that is aerodynamically designed to glide through the air. This course on motorless flight includes both an introduction and history on the topic, as well as information regarding the training involved, gliders in war, gliders in science, women in soaring and much more.
Instructor: Frauke Elber, LLS

Course #6 – Continued: Body Fusion
Tues., Thurs., 9-10:15 a.m.

Course #7 – Continued: French III
Tues., 9-10:15 & Wed., 1-2:15 p.m.

35. Computer I
Tues., Thurs., 9-10:15 a.m. Limited enrollment
This is the first course in a three-course progression. This beginner class is 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 2010. They 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: Susan Daimler

36. Charcoal Studies for Oils and Acrylic I
Tues., 9-11 a.m.
Same as course #10. Register for only one course in either session A or B.

Course #9 – Continued: Ancient Near East
Tues., 9-10:15 a.m.

37. Computing III
Tues., Thurs., 10:45 a.m.-noon Limited enrollment
Students should have completed Computer II before they enroll in this course. Students will learn advanced topics of Microsoft Office 2010. Topics will include sorting, creating lists, inserting tables, using templates and inserting graphics. The classroom is equipped with Windows 7 desktop computers. Students should own or have access to a computer to practice their skills. They are welcome to bring their own PC laptops. \$15 course fee.
Instructor: Susan Daimler

Course #13 – Continued: Strength and Stretch
Tues., Thurs., 11 a.m.-noon

Course #14 – Continued: “YOU DON’T SAY!”
Tues., 11 a.m.-12:15 p.m.

38. Genealogy
Tues., 11 a.m.-12:15 p.m.
This course will cover basic genealogy, family and home sources, research, vital records, and census records.
Instructor: Jim Sample, Tidewater Genealogical Society

39. Oils/Acrylic Studio Painting
Tues., noon-2 p.m.
Same as course #15. Register for only one course in session A or B.

40. World War I
Tues., 1-2:15 p.m. Held at Yoder Barn
On June 28, 1914, Archduke Franz Ferdinand of Austria-Hungary was assassinated in Sarajevo by a Bosnian-Serb nationalist, Gavrilo Princip. This was the spark that ignited growing tensions between the Central Powers and the Triple Entente. In August 1914 millions of soldiers marched off to a war no one believed would last beyond Christmas. Four years later, more than 9 million combatants had been killed in a war that featured the first large-scale operational use of aircraft, flamethrowers, poison gas, submarines and tanks. This course will examine the political origins, military campaigns and effect World War I had on modern Europe.
Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion

Course #16 – Continued: Integral Yoga
Tues., 1-2 p.m. & Thurs., 2:30-3:30 p.m.

Course #18 – Continued: Beginning French
Tues., Thurs., 1-2:15 p.m.

Course #19 – Continued: Tai Chi
Tues., 2:30-3:45 p.m. & Thurs., 1-2:15 p.m.

Course #20 – Continued: Intermediate French
Tues., Thurs., 2:30-3:45 p.m.

41. The Grammar of Music: Smarter Listening and Greater Enjoyment
Tues., 2:30-3:45 p.m.
Do you wish you could better understand a Mozart symphony? A Beethoven piano sonata? A Mendelssohn overture? You can, and it’s a lot easier than you might think. Spend five weeks listening to classics from your favorite composers, all the while learning *how* to listen. No longer will the notes simply wash over you – you’ll be in on the conversation, hearing what the great masters have to say.
Instructor: Rob Keene, Director of Music, Trinity Evangelical Lutheran Church

42. Wetland Zen: From Socrates to the Clean Water Act
Wed., 9-10:15 a.m.
We will review humankind’s long relationship with nature and learn if and how we have come to exist.
Instructor: Dr. Rob Atkinson, CNU

43. Getting to Know the Tribble Library
Wed., 9-10:15 a.m. Held at Yoder Barn
Need the latest financial or medical news? Want to see the newest *Consumer Reports* or get the most recent travel information? Learn about the wide range of information available, in print and electronically, in the library and begin to take advantage of resources and services that can meet your information needs.
Instructor: Amy Boykin, Librarian, Tribble Library

Course #23 – Continued: My Favorite Films
Wed., 11 a.m.-12:15 p.m.

44. America’s Founding Principles
Wed., 1-2:15 p.m.
This course will explore some of the great debates from the founding of this nation, including debates over the rights of the people and the power of the federal government. We will explore some of the most famous Federalist and Anti-Federalist writings and discuss their relevance to contemporary America.
Instructor: Dr. Johnathan White, CNU

45. A Brief History of the British Novel
Wed., 2:30-3:45 p.m.
The novel in English emerged in the late 18th century alongside the rise of the empirical sciences, developed in the 19th century into a genre of social criticism as Britain industrialized and evolved in the 20th century into an art form mastered by aesthetically ambitious Modernists. Our course will adopt this broad historical perspective and consider the British novel’s

birth, development and maturity by treating excerpts from diverse writers: Daniel Defoe, Jane Austen, George Eliot, Joseph Conrad and James Joyce.
Instructor: Dr. Jason Carney, CNU

46. Creative Nonfiction Writing
Thurs., 9-10:45 a.m. Limited enrollment
For writers of all levels who enjoy writing nonfiction with a creative flair and wish to craft stories from real life.
Instructor: Heidi Hartwiger

47. Advanced Writing for “Historians”
Thurs., 9-10:45 a.m. Limited enrollment
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.
Instructor: Doris Gwaltney

48. Unidentified Flying Objects (UFOs)
Thurs., 9-10:15 a.m.
The baffling saga of UFOs continues with studies of UFO crashes, alien body retrievals, aircraft vs. UFO combat, and well-witnessed up-close surface encounters. The evolution of the UFO phenomenon and its behavior over time is presented. Official results of investigations of UFOs by American and other nations’ governmental agencies are presented and discussed. Detailed class lecture notes, handouts and lists of references will be provided, useful for self-study of this fascinating phenomenon.
Instructor: Richard Davis, LLS

49. The First Americans: Exploring the Origins of Humans in America
Thurs., 11 a.m.-12:15 p.m.
For centuries we were taught that the ancestors of Native Americans came from Asia over the Bering Land Bridge about 13,000 years ago. New archaeological evidence, previous anthropological research and modern DNA testing now reveal a much more complex scenario of waves of ancient colonists arriving via different routes and modes of transportation from many different locations. This course will present how this latest research has been accomplished and will examine ancient cultures that contributed to the genetic history of the indigenous people of the Americas. Genetic research and a number of important archaeological discoveries will be examined in detail.
Instructor: Aleck Loker

50. Watercolor Painting
Thurs., 11 a.m.-1 p.m. Limited Enrollment
Same as course #27. Register for only one watercolor class in session A and B.

51. Religions of the Eastern World
Thurs., 12:45-2 p.m.
We will explore some of the religions of the Eastern world, beginning with the religions of India, such as Hinduism, Buddhism, Jainism and Sikhism. We will also explore the Chinese religions of Taoism and Confucianism as well as the Japanese indigenous religion of Shinto. In each of these, we will examine the world-view from the perspective of the practitioner.
Instructor: Dr. Dawn Hutchinson, CNU

52. Drawing
Thurs., 2-4 p.m.
Same as course #30. Register for one drawing class in either session A or B.

53. Verizon Wireless
Thurs., 2:30-3:45 p.m.
A workshop to teach you how to use your wireless devices. This course includes Android beginner/advanced, Apple beginner/advanced as well as tools to enhance use of devices. There are exclusive discounts and promotions available to LLS members.
Coordinator: Marian Crowley, Verizon

54. Watercolor Painting
Fri., 1:30-3:30 p.m.
Same as course #33. Register for only one watercolor class in session A and B.

55. Meanderings
Fri., 9 a.m.-3 p.m. Limited enrollment
We will carpool weekly to discover new museum exhibits from Norfolk to Williamsburg and lunch in delightful eateries nearby. Participants are responsible for expenses, such as lunch and admission fees.
Coordinator: Janie Dickson, LLS

Course #32 – Continued: Doctor Series
Fri., 10-11:15 a.m..

CONFERENCES

The 34th Annual Community Forum on Aging
This event will be held March 2, 2016, in The Freeman Center, CNU.
(In collaboration with the Peninsula Agency on Aging and the Forum on Aging Planning Committee)

Writers Conference
The 35th Annual Writers Conference will be held May 6-7, 2016, at The Freeman Center. The conference makes a jump to light speed this year with keynote speaker John Joseph Adams, editor of the Hugo-award winning magazine *Lightspeed*, and a Friday-night address by professor and prize-winning poet Tim Seibbles. (In collaboration with the CNU Department of English and the Writers Advisory Council)

Gardening Symposium
CNU’s 19th Annual Gardening Symposium will be held April 16, 2016, at The Freeman Center. (In collaboration with the CNU Grounds Department)

FIELD TRIP SCHEDULE

"Gentleman's Guide to Love & Murder" at the Kennedy Center
January 14, 2016

Virginia Museum – Rodin Exhibit
Virginia Historical Society
March 2016

Kentucky – Horses, Bourbon, Crafts, Chocolate and More
April 11-15, 2016

Amazon Distribution Center
May 19, 2016

England, Scotland, Wales
July 2016

Canadian Rockies
July 2016

For more information on trips, please call the LLS office at (757) 269-4368.

Interest Groups:

1. **Bridge Group**
Monday, noon, weekly, in Yoder Barn
2. **Book Club**
Monday, 10 a.m., monthly, in Yoder Barn
3. **Mahjongg**
Friday, 9:30 a.m.-noon, weekly, in Yoder Barn
4. **Discussion Group**
TBA, monthly on Fridays, in Yoder Barn

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



MONDAY-AFTERNOON LECTURES

January 25, 1:30 p.m.

Opening Lecture

"The State of Virginia Politics in 2016"

Dr. Quentin Kidd, Vice Provost and Director of the Judy Ford Wason Center for Public Policy, CNU
Music & Theatre Hall

February 1, 1:30 p.m.

"Application of Active Flow Control Systems for Unmanned Air Vehicles"

Dr. Gregory S. Jones, NASA Langley Research Center
Music & Theatre Hall

February 8, 2 p.m.

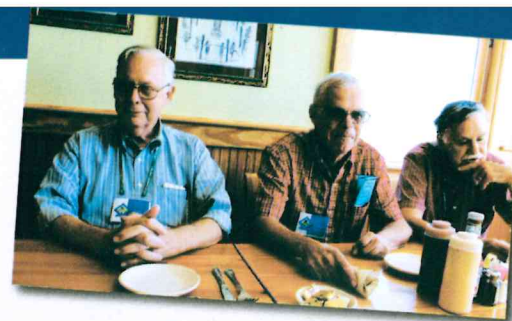
"Legally Blonde the Musical"
CNU Musical Preview
Music & Theatre Hall

February 15, 2 p.m.

CNU in Concert – Jazz Combo
Studio Theatre, Ferguson Center

February 22, 1:30 p.m.

"Jamestown Rediscovered: A New Way of Looking at an Old Story"
Mark Summers, Manager of Public and Educational Programs, Jamestown Discovery
Yoder Barn



March 7, 1:30 p.m.

"The Treasure Fleet of Zheng He"
Ed Moore, Mariners' Museum
Music & Theatre Hall

March 14, 2 p.m.

"A Delicate Balance"
CNU Dance Concert Preview
Music & Theatre Hall

March 21, 1:30 p.m.

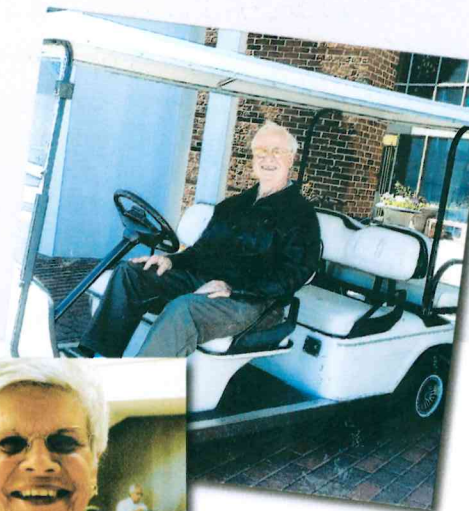
TBA
Yoder Barn

March 28, 1:30 p.m.

"Living in a Hot Spot of Sea Level Rise: Impact and Adaptation in Virginia"
Molly Mitchell, VIMS
Yoder Barn

April 4, 2 p.m.

CNU in Concert – Trombone Choir
Music & Theatre Hall



Visit the CNU-LLS home page: 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.

CNU LIFELONG LEARNING SOCIETY

2016 SPRING COURSE REGISTRATION FORM

Name(s): _____ Phone: _____ SS#: _____
 (Last four digits only)

Address: _____
 Street City ZIP Code

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

Emergency Contact: _____
 Name Relationship Phone #

Course Registration: Please number courses in order of preference.

Session A Courses

- | | | | |
|-----------------------------|----------------------------|------------------------------|----------------------------------|
| ____ 1 Beginning Spanish | ____ 10 Charcoal Studies | ____ 18 Beginning French | ____ 26 20th-Century Artists |
| ____ 2 Beginning Chinese | ____ 11 Computer II | ____ 19 Tai Chi | ____ 27 Watercolor |
| ____ 3 Yoga | ____ 12 Poetry | ____ 20 Intermediate French | ____ 28 Sherlock Holmes |
| ____ 4 Intermediate Spanish | ____ 13 Strength & Stretch | ____ 21 Plant Diversity | ____ 29 Geology |
| ____ 5 Beginning Italian | ____ 14 "YOU DON'T SAY" | ____ 22 The Great Recession | ____ 30 Drawing |
| ____ 6 Body Fusion | ____ 15 Oil/Acrylic | ____ 23 My Favorite Films | ____ 31 Opera |
| ____ 7 French III | ____ 16 Integral Yoga | ____ 24 Presidential Stories | ____ 32 Riverside Doctors Series |
| ____ 8 Excel | ____ 17 Rome | ____ 25 Sailing by Starlight | ____ 33 Watercolor |
| ____ 9 Ancient Near East | | | |

Session B Courses

- | | | | |
|--------------------------|-----------------------------|--------------------------------|--------------------------|
| ____ 34 Motorless Flight | ____ 40 World War I | ____ 46 Nonfiction Writing | ____ 52 Drawing |
| ____ 35 Computer I | ____ 41 Grammar of Music | ____ 47 Writing for Historians | ____ 53 Verizon Wireless |
| ____ 36 Charcoal Studies | ____ 42 Wetland Zen | ____ 48 UFOs | ____ 54 Watercolor |
| ____ 37 Computing III | ____ 43 Tribble Library | ____ 49 The First Americans | ____ 55 Meanderings |
| ____ 38 Genealogy | ____ 44 Founding Principles | ____ 50 Watercolor | |
| ____ 39 Oil/Acrylic | ____ 45 British Novel | ____ 51 Religions of the East | |

INTEREST GROUPS - OPEN TO ALL MEMBERS: _____ **Bridge** _____ **Book Club** _____ **Mahjongg** _____ **Discussion Group**

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

- ____ Hospitality ____ Membership ____ Program Planning ____ Telephone Tree
 ____ Course Assistant ____ Teaching a Course

You may register either by mail to LLS, Christopher Newport University, Yoder Barn Theatre, 660 Hamilton Drive, Newport News, VA 23602; or in person at 660 Hamilton Drive, Yoder Barn House; or by telephone at (757) 269-4368. If you register by January 12 you will receive written confirmation of your courses and their room locations. If you register after January 12 information will be available in the LLS office and at the first two Monday lectures.

If you paid for a \$235 membership or a \$140 membership in the fall, you do not owe any membership fee.

- Full membership January-August 2016 lectures, courses & optional activities.....(\$185) \$ _____
 Associate membership January-August 2016 lectures & optional activities. No courses.....(\$110) \$ _____
 If you are currently an associate member and now want spring courses.....(\$60) \$ _____
 Syllabus fee for Ancient Near East.....(\$7) \$ _____
 Charge for credit card usage.....(\$3) \$ _____
 Course fee (\$15 per course) Computer I, II, III, Excel.....(____ x \$15) \$ _____
 Course fee (\$30 per course) Beginning and Intermediate Spanish, Beginning and Intermediate French, French III
 Beginning Chinese, Beginning Italian, Body Fusion, Yoga, Integral Yoga, Tai Chi.....(____ x \$30) \$ _____
 I want a blue parking decal _____ Additional decal only.....(____ x \$22) \$ _____
 No charge **TOTAL** \$ _____

For Office Use Only:

Processed by: _____ on _____ paid by _____ for \$ _____
 Date Cash or check or credit card
 ____ current member ____ packet ____ time recv. ____ date recv.
 ____ reinstated member ____ name tag ____ blue book ____ computer
 ____ new member ____ decal

Payment Options: Check payable to CNU for \$ _____ enclosed.

Credit Card (circle one): American Express MasterCard Visa Discover

Name on card _____ Credit card no. _____ Exp. date _____