

# LifeLong Learning Society

2024 SPRING PROGRAM




*WF*  
WARWICK FOREST

Premier sponsor

Opening Lecture  
January 29 • 1:30 p.m.

A Presidential Address  
William G. Kelly, President  
Christopher Newport University

*Ferguson Center for the Arts,  
Peebles Theatre*

  
CHRISTOPHER NEWPORT  
UNIVERSITY

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

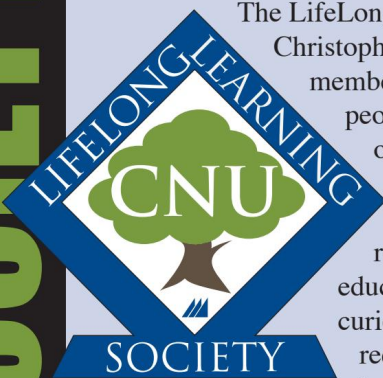
— Oliver Wendell Holmes

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

(757) 269-4368 • [lifelonglearning.cnu.edu](http://lifelonglearning.cnu.edu)



## 2024 SPRING PROGRAM



The LifeLong Learning Society 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 regarding 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, interest groups, lunches, 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: January 29, 2024

*Ferguson Center for the Arts,  
Peebles Theatre and Lobby*

**12:15 p.m. - New Member Orientation**

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

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

**A Presidential Address**

**William G. Kelly, President**  
Christopher Newport University

### 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 31 five-week and 22 10-week courses are listed on pages 1-6. In addition to courses, there are 10 Monday afternoon lectures and performances, many field trips and luncheons, and interest groups listed on pages 7-8. A number of optional activities will be announced during the semester.

### Membership Fee and Benefits

**Full membership for the 2024 spring and summer sessions is \$185.** This includes spring and summer courses, Monday afternoon lectures and performances, interest groups, and the opportunity to participate in optional activities, such as field trips, by paying the activity fees.

**An associate membership for the 2024 spring and summer sessions is available for \$110.** This includes the Monday afternoon lectures and performances, interest groups, and the opportunity to participate in optional activities, such as field trips and luncheons, by paying the activity fees. It does not include courses.

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

**Class confirmations will be mailed to you if your registration is received by January 12, 2024. Otherwise information will be available at the LLS office.**

### Refund Policy

Full refund of membership and/or course fees will be granted if requested before **January 29, 2024**. After that date, no refund will be given. A 20% handling charge will be deducted from all refunds.

### Economic Hardship

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

### Distinguished Membership

LLS Members age 90 and up 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** membership on fees.

### 2023-24 Parking Decal Sticker Required

A current parking decal is required to park in Christopher Newport parking lots. One decal is included with your membership; you can request additional decals 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.



Select courses will be held in person and online via Zoom simultaneously. These courses are indicated with asterisks below.

All courses are five-weeks within the session they are listed unless it is marked as a 10-week course.

## SESSION A COURSES

### JANUARY 29-MARCH 1, 2024

#### 1. Latin: An Introduction Continued *Limited enrollment* *Mon., Wed., 9:30-10:45 a.m. 10-week course*

In this course, we will pick up where we left off in the fall and continue our learning. It will include more Classical Latin, the language of Caesar, Cicero, Vergil, and so many others, and 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 *Limited enrollment* *Mon., Wed., 9:30-10:30 a.m. 10-week course*

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 Winter before, please contact the instructor. *Yoga mat, large towel and two blocks required.* \$30 course fee.

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

#### 3. Meditation: Working with Anxiety *Limited enrollment* *Mon., 10:30-11:30 a.m.*

In this five-week course, we will apply the principles of mindfulness and meditation to help with anxiety. Week 1: Anxiety and the body, Week 2: Working with thoughts & anxiety, Week 3: The healing power of self-compassion, Week 4: R.A.I.N. Practice (Recognize, Accept, Investigate, Nurture), Week 5: Review & develop a personal plan for your practice. Homework includes daily mindfulness and meditation practice of approx. 10 minutes; this is fundamental to experiencing the benefits over time. *Please bring a notepad and pen for writing activities. No prior experience with meditation is required.*

**Instructor: Melissa McGill, EdD, E-RYT 200**

#### 4. Gentle Yoga *Limited enrollment* *Mon., Wed., 11 a.m.-noon 10-week course*

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 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**

#### 5. Exploring Poetry *Limited enrollment* *Mon., 11 a.m.-12:15 p.m.*

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.

**Instructor: Serena Fusek**

#### 6. Understanding Our Political America: Best of the Basics!\*\*\* *Tues., 9-10:15 a.m.*

This course will take the fundamental elements from the 10-week course first taught in fall of 2018, and put them in a five-week course. Among the themes that will be included: types of government, how and why political parties form (including the evolution of the two modern major parties), cultural influences on our politics, how our government operates – balance of powers (and current imbalance of powers), neurological elements that cause us to have our passionate opinions, Maslow's Hierarchy of Needs, and more.

**Instructor: Lisa Meunier, LLS**

#### 7. Body Fusion: Tone and Stretch *Limited enrollment* *Tues., Thurs., 9-10:15 a.m. 10-week course* **ONLINE ONLY**

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**

#### 8. Arabic *Limited enrollment* *Tues., 9-10:45 a.m. 10-week course*

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**

#### 9. Strength and Stretch *Limited enrollment* *Tues., Thurs., 11 a.m.-noon 10-week course*

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**

#### 10. Bronte's Wuthering Heights\*\*\* *Tues., 11 a.m.-12:15 p.m.*

The Brontës exercise a peculiar fascination for many readers: not only are their books wildly Romantic (with both a small and a capital "R"), but the emotional ferocity of the characters seems at odds with the Victorian period's idealized notion of womanhood. Their novels are not the creations of delicate, sheltered, virginal women, acting the "angel of the house" so dear to Victorian ideology. Instead, the novels frankly address sexual desire, violence, and marital infidelity. The story of the Brontë family is in itself intensely interesting: no other family in British literature can claim producing three writers of international note within a single generation. *In the A session course, we shall explore Emily Brontë's masterpiece (and only novel), Wuthering Heights, followed by Charlotte's Jane Eyre in the B session (Course #41).*

**Instructor: Dr. Kara Keeling, Christopher Newport University**

#### 11. Le Repas Français (Level B1/B2) *Limited enrollment* *Tues., Thurs., 11 a.m.-12:15 p.m. 10-week course*

This intermediate level French course takes as its focus le repas



gastronomique des français which is recognized by UNESCO as an intangible world heritage. Students learn from one another as they explore together the techniques, methods and essential ingredients of traditional French 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 provided by the instructor, any beginner/intermediate level high school or college textbook will suffice. \$30 course fee.

**Instructor: Karen Waddill**

**12. Seated & Standing Yoga** *Limited enrollment*  
**Tues., Thurs., 1-2 p.m.** *10-week course*

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, EdD, E-RYT 200**

**13. Art Detective: The Principles\*\*\***  
**Tues., 1-2:15 p.m.**

Explore how we experience ‘pleasures of the eye’ in the world around us. This class will help you improve your artistic, photographic or simple appreciation of the aesthetic world in your daily life. Join this NON-STUDIO class where the principles of art: pattern, balance, emphasis, contrast, harmony proximity, proportion, movement, rhythm and repetition will be discussed. If you attended Art Detective: The Elements class, The Art Detective: The Principles class will further clarify the flow and visual journey of line, shape, form, value, space, color and texture.

**Instructor: Carol VanDeventer, LLS**

**14. Bon Voyage! (Level A2)** *Limited enrollment*  
**Tues., Thurs., 1-2:15 p.m.** *10-week course*

This advanced beginner 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 locations in Francophone regions of the world will serve as the backdrop for role play and written exercises. In addition, students will gain access to online resources promoted by the French Ministry for Education for enrichment outside of class. *A binder is recommended for the many ancillary materials the instructor provides.* \$30 course fee.

**Instructor: Karen Waddill**

**15. Drawing for Beginners** *Limited enrollment*  
**Tues., 2-4 p.m.** *10-week course*

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.*

**Instructor: Oksana Davis**

**16. Tai Chi for Everyone** *Limited enrollment*  
**Tues., Thurs., 2:30-3:30 p.m.** *10-week course*

Session A will feature a new 13-step form that combines postures and elements of the Yang, Sun, and Chen schools of Tai Chi. The form is easy to learn and suitable for beginners. Session B will focus on deeper concepts and principles of Tai Chi, including further exploration of the eight methods and five steps of Bafa Wubu, considered the cornerstone of Tai Chi, as well as a review of the complete Yang 24 posture form. \$30 course fee.

**Instructor: Richard Tate**

**17. Exploring Blues Music on the Ukulele**  
**Tues., 2:30-3:45 p.m.**

Delve into the soulful world of blues music through the unique lens of the ukulele in this captivating and immersive course. This course invites intermediate and advanced ukulele students of all musical backgrounds to embark on a journey through time, history, and diverse blues styles, as they master the art of playing blues on this charming instrument. Students will not only discover the rich history and evolution of blues but also gain a comprehensive understanding of the distinctive characteristics that define various blues styles. From Delta blues to Chicago blues, students will explore the regional nuances that have shaped the genre’s sonic landscape.

**Instructor: Mark Morgan**

**18. The Traveling Professor Potpourri\*\*\***  
**Wed., 9-10:15 a.m.**

The Traveling Professor is on the road again! This time he will visit five diverse destinations in our own state (including a local favorite) to discuss the settling of America and the development of our travel culture. There will be lots of pretty pictures, interesting historical facts, and useful and practical travel tips.

**Instructor: Dr. Harold Cones, Emeritus, Christopher Newport University**

**19. Advanced Beginner Spanish** *Limited enrollment*  
**Wed., Fri., 9-10:15 a.m.** *10-week course*

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 Advanced Beginner Spanish in the Fall 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**

**20. Intermediate-Advanced Spanish** *Limited enrollment*  
**Wed., Fri., 10:30-11:45 a.m.** *10-week course*

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**



## 21. Understanding Geological Hazards\*\*\*

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

*10-week course*

Explore the science behind geologic hazards. We'll look at volcanoes, earthquakes, landslides and slow-earth movements in Part A, including why and how they occur. Part B will examine the geological basis for climate change, subsidence and saltwater intrusion, extinction events, oil and gas fracking and the newest geologic epoch, the Anthropocene.

**Instructor:** Kara Bennett, LLS

## 22. Conversational Spanish

*Limited enrollment*

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

*10-week course*

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. Toxic & Venomous Animals\*\*\*

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

This course will cover groups of actively venomous (bite or sting, etc.) animals, as well as those that are passively poisonous (when eaten, touched, etc.) – both vertebrates and invertebrates. We will discuss their ecology and behavior, venom chemistry, pathophysiology of what happens after a bite or sting, and appropriate first aid. Local species will be covered in more detail.

**Coordinator:** Dr. Barbara Abraham, Christopher Newport University, LLS

## 24. Seated Chair Yoga

*Limited enrollment*

*Wed., 1-2 p.m.*

*10-week course*

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, EdD, E-RYT 200

## 25. Drawing (Intermediate-Advanced)

*Limited enrollment*

*Wed., 2-4 p.m.*

*10-week course*

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 subjects of this course. Studies of human anatomy will be included. *List of required supplies given upon registration. Please register for only one drawing class.*

**Instructor:** Oksana Davis

## 26. Meditation

*Limited enrollment*

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

*10-week course*

Looking to establish a new meditation habit or continue and

deepen an established one? This class will study and practice Mindfulness meditation (also called Insight meditation). Each class session begins with a brief introduction to the week's topic, followed by a 10-15 minute guided meditation, and an opportunity for questions and discussion. *Note: Meditation may be done sitting, standing, or lying down. Chairs are provided or you may bring your own mat or meditation cushion. No prior experience is necessary. Regular practice between classes is encouraged.*

**Instructor:** Melissa McGill, EdD, E-RYT 200

## 27. The Splendor of Maritime Art and Nature\*\*\*

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

**Held at the Mariners' Museum**

Join The Mariners' Museum and Park staff as we explore our vast collection through paper, photography, sculpture, paint, and canvas.

**Coordinator:** Wisteria Perry, Community Engagement, Mariners' Museum

## 28. Topics in American Art\*\*\*

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

Calling all American art enthusiasts! This art history course will focus on selected works exploring themes and movements in American art from the Revolutionary War period through the early 20th century. The five lectures will cover the following topics: Early American Masterpieces; the Hudson River School; 19th- and early 20th-century American Sculpture; The Ashcan School; and the Stieglitz Circle and Early Modernism.

**Instructor:** Holly Koons, Executive Director, Mary M. Torggler Fine Arts Center

## 29. Keeper of Stories

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

*Limited enrollment*

Traditions, quirks, or secrets? What will you discover when you give your family tree an extra shake? While you harvest the bounty, join us in this informal writing workshop as we write and share stories of family.

**Instructor:** Heidi Hartwiger

## 30. American Polymath: The Extraordinary Life of Benjamin Franklin\*\*\*

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

Benjamin Franklin was born in Puritanical Boston in 1706. He died in 1790, having played a role in the evolution of the English colonies in America, the birth pangs of Revolution, and the infancy of the American republic. More than 150 places and institutions are named after him: 32 counties, 50 municipalities in 31 states, 51 schools, and many mountains, lakes, fields, parks, zoos, roads, clubs, museums, and even a crater on the moon. This class will focus on three things: Franklin's early life; his career as a writer, scientist, inventor, printer, and publisher; and his later life as a diplomat, statesman, and political philosopher.

**Instructor:** Karen McPherson

## 31. Watercolor Painting (Intermediate-Advanced)

*Thurs., 11 a.m.-1 p.m. Limited enrollment / 10-week course*

This course is recommended for people who are intermediate – advanced levels who are already familiar with basic watercolor techniques and watercolor paint properties and want to improve their skills capturing the immediate and spontaneous emotions using color harmony, value, and visual composition. Exercises among all individual projects will be expected. *List of required supplies given upon registration. Please register for only one*



watercolor class.

**Instructor: Oksana Davis**

**32. Understanding Our Political America with 2024 Vision\*\*\***  
**Thurs., 1-2:15 p.m.**

This is an update of the original “2020 Vision” course taught in the Fall of 2019. We’ll take several current event topics of the 2024 Presidential election and trace back how they became important in our current race. We’ll also look at the politics of our health system, demographic influences in political races, the politics around jobs and making a living, and the cycle of reinforcing our beliefs through the political “machine” of media.

**Instructor: Lisa Meunier, LLS**

**33. Oil & Acrylic** **Limited enrollment**  
**Thurs., 2-4 p.m.** **10-week course**

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**

**34. Astronomy\*\*\***  
**Thurs., 2:30-3:45 p.m.**

Join Dr. Kelly Herbst to learn all the basics of astronomy. We’ll explore the entire solar system, talk about how to set yourself up to successfully observe some of these objects, and help you get ready for the solar eclipse coming up later this spring!

**Instructor: Dr. Kelly Herbst**

**35. The History of Photography\*\*\***  
**Fri., 9-10:15 a.m.**

Can we imagine a world without photographs? How did this technology that was once a novelty become art? This course will chart the history of a medium that has shaped nearly every aspect of life, from the everyday to the profound. Spanning the beginning of the 19th century to the present day, we will study the most significant photo practices and read select primary texts from landmark practitioners and theorists.

**Instructor: Lucas Matheson, Associate Curator and Exhibitions Manager, Mary M. Torggler Fine Arts Center**

**36. 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**

**37. Friday Flicks**  
**Fri., 1-4 p.m.**

Once again, Theatre Professor Emeritus Hillow will introduce, discuss and screen feature films! Ideally, students will not be familiar with these titles as they were not blockbuster hits at the box office, but each is thoroughly enjoyable, artistically significant and guaranteed to please. Titles will include: *Cradle Will Rock*, Tim Robbins’ 1999 film starring Bill Murray, Susan Sarandon and John Cusack fictionalizing the true Depression-era story of the U.S. government’s blacklisting of Marc Blitzstein’s radical

musical play; *Big Night*, the 1996 Shalhoub/Tucci film about Italian immigrant brothers struggling to run a restaurant on the Jersey shore in the late 1950s; *Trumbo*, the 2015 biographical drama featuring Helen Mirren, Diane Lane and starring Brian Cranston as Dalton Trumbo, the 1950s screenwriter blacklisted by HUAC and had to write such films as *Spartacus* and *Exodus* under assumed names; *Chef*, the touching 2014 comedy/drama starring Jon Favreau about a chef who takes his estranged son on an unlikely cross-country journey in his food truck; and *Chocolat*, the charming and whimsical 2002 film about Vianne, played by Juliette Binoche, who opens a chocolaterie in a small French town and changes lives with her chocolate.

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

**38. Watercolor Painting (Beginner-Intermediate)**  
**Fri., 1:30-3:30 p.m.** **Limited enrollment / 10-week course**

This course is recommended for beginner or intermediate levels whose goal is to become familiar with watercolor paint properties, basics of color theory, types of paper, brushes, mediums, and variety of techniques, and supported by extensive demos to create a work of art regardless of technical perfection. **List of required supplies given upon registration. Please register for only one watercolor class.**

**Instructor: Oksana Davis**

## SESSION B COURSES

### MARCH 11–APRIL 12, 2024

**Course #1 – Continued: Continued Latin**  
**Mon., Wed., 9:30-10:45 a.m.**

**Course #2 – Continued: Intermediate Yoga**  
**Mon., Wed., 9:30-10:30 a.m.**

**Course #4 – Continued: Gentle Yoga**  
**Mon., Wed., 11 a.m.-noon**

**39. 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**

**40. Ancient Roman Art**  
**Tues., 9-10:15 a.m.** **ONLINE ONLY**

This course will examine material from the founding of the Roman Republic to the end of the Roman Empire, while also reviewing the dual heritage of Roman art as it evolved from both Etruscan and Greek traditions. This course will focus on not just the architectural and sculptural monuments of the City of Rome, but monuments, paintings, mosaics and luxury materials from all over the Roman world will also be brought into discussion, particularly from sites such as Pompeii and Herculaneum which were preserved by the eruption of Mount Vesuvius in AD 79.

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



**Course #7 – Continued: Body Fusion: Tone and Stretch**  
*Tues., Thurs., 9-10:15 a.m.*

**Course #8 – Continued: Arabic**  
*Tues., 9-10:45 a.m.*

**Course #9 – Continued: Strength and Stretch**  
*Tues., Thurs., 11 a.m.-noon*

**41. Brontë's *Jane Eyre*\*\*\***  
*Tues., 11 a.m.-12:15 p.m.*

The Brontës exercise a peculiar fascination for many readers: not only are their books wildly Romantic (with both a small and a capital “R”), but the emotional ferocity of the characters seems at odds with the Victorian period’s idealized notion of womanhood. Their novels are not the creations of delicate, sheltered, virginal women, acting the “angel of the house” so dear to Victorian ideology. Instead, the novels frankly address sexual desire, violence, and marital infidelity. The story of the Brontë family is in itself intensely interesting: no other family in British literature can claim producing three writers of international note within a single generation. *Following on the A session course’s discussion of Emily Brontë’s *Wuthering Heights* (Course #10), for the B session we will explore Charlotte Brontë’s popular and much beloved novel, *Jane Eyre*.*

**Instructor: Dr. Kara Keeling, Christopher Newport University**

**Course #11 – Continued: Le Repas Français**  
*Tues., Thurs., 11 a.m.-12:15 p.m.*

**Course #12 – Continued: Seated & Standing Yoga**  
*Tues., Thurs., 1-2 p.m.*

**42. The American Revolution\*\*\***  
*Tues., 1-2:15 p.m.*

After the end of the French and Indian War in 1763, Great Britain struggled with a massive debt and retaining control of her colonies in North America. The British Parliament levied a series of taxes from 1764 to 1773 that met with boycotts, protests, and violence in the Thirteen Colonies. The British government repealed the taxes each time, which the colonists viewed as weakness. The Americans, emboldened by the Enlightenment writings of John Locke and Jean Jacques Rousseau, took a question of British taxation and raised it to a level of constitutionality questioning the right of Parliament to make laws in the Thirteen Colonies. After the Boston Tea Party in December 1773, the British responded with the Intolerable Acts in early 1774, which closed Boston Harbor and incited further colonial resistance. By April 1775, open warfare broke out between the American colonists and the British troops. General George Washington took command of the Continental Army on June 19, 1775, and struggled for over six years against the powerful British Army and Royal Navy. This course will examine the causes, diplomatic overtures, documents, and military operations associated with the United States gaining independence from Great Britain.

**Instructor: Michael Moore, Curator, City of Newport News Historic Services**

**Course #14 – Continued: Bon Voyage!**  
*Tues., Thurs., 1-2:15 p.m.*

**Course #15 – Continued: Drawing for Beginners**  
*Tues., 2-4 p.m.*

**Course #16 – Continued: Tai Chi for Everyone**  
*Tues., Thurs., 2:30-3:30 p.m.*

**43. America Speaks: Songs of Patriotism, Protest, and Propaganda**  
*Tues., 2:30-3:45 p.m.*

A study of the importance of music in American culture and history. In this course, learners will explore the role music has played in America as a voice for social change, protest, politics, and even as a weapon of war. Through audio and video examples, the class will discover how music has played a vital role in the growth and development of our society from the early broadside ballads and songs of the American Revolution to protest songs and calls for change in the twentieth and twenty-first centuries.

**Instructor: Mark Morgan**

**44. Our Wonderful World of Electronics: How Did We Get Here?\*\*\***  
*Wed., 9-10:15 a.m.*

Since the dawn of time when lightning produced the first fires, man has been fighting the elements to find ways to improve life. Such it is that when man first discovered static electricity and then magnetism. We have moved from these elements and elemental concepts to where we are now. From tubes to transistor to electronic circuits to integrated circuits, including massive super computers utilizing vast amounts of energy to cool these fast-moving electrons. Moving fast enough to produce enough heat to melt themselves down. This tale includes luck, engineering, stubbornness, and even deceit and belated recognition.

**Instructor: Tim Miller, LLS**

**Course #19 – Continued: Advanced Beginner Spanish**  
*Wed., Fri., 9-10:15 a.m.*

**Course #20 – Continued: Intermediate-Advanced Spanish**  
*Wed., Fri., 10:30-11:45 a.m.*

**Course #21 – Continued: Understanding Geological Hazards**  
*Wed., 11 a.m.-12:15 p.m.*

**Course #22 – Continued: Conversational Spanish**  
*Wed., Fri., 12-1:15 p.m.*

**45. Understanding Opera: Puccini and the Verismo\*\*\***  
*Wed., 12:45-2 p.m.*

Puccini’s operas are some of the most famous operas ever written. From “Tosca” to “Turandot, the composer of “La bohème” has come to define Italian opera for many audiences of the 20th century. And yet, Puccini was not the only composer of his time, and interestingly, his work was at the center of an intense debate about the future of opera and Italian music. Prepare for Virginia Opera’s upcoming production of “Madama Butterfly” by joining Resident Scholar, Joshua Borths, to explore the works of Puccini, the world of the verismo, and the state of Italian opera at the beginning of the 20th century.

**Instructor: Joshua Borths, Resident Scholar, Virginia Opera**

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

**Course #25 – Continued: Drawing (Intermediate-Advanced)**  
*Wed., 2-4 p.m.*



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

**46. Virginia Ecosystems**  
**Wed., 2:30-3:45 p.m.** *Limited enrollment*  
**Held at the Virginia Living Museum**

Explore Virginia's natural resources through animal encounters, behind the scenes tours, and interactive activities. Our educators and staff will guide you through the five exhibit areas, including native wildlife, aquariums, botanical gardens, space science, and natural history collections.

**Instructor: Rachel Reisbeck, Virginia Living Museum**

**47. Technology and the Evolution of Military and Naval Doctrine in the Twentieth Century: The Tank and Combined Arms Land Warfare\*\*\***  
**Thurs., 9-10:15 a.m.**

On 20 November 1917, the British Army in France employed an innovative operational design for an attempted breakthrough of the German trenches. The attack involved close coordination between the two traditional arms of infantry and artillery and support by two new combat systems, the combat tank and the ground attack aircraft. The First Battle of Cambrai is regarded by military historians as the first modern combined arms operation in the Twentieth Century. In 1917, the technology was not quite up to the challenge posed by the visionary operational design, and the potential of combined arms operations was never reached during the Great War. During the 1920's and 30's, both the British and the Germans worked to solve the technological challenges, and combined arms operations would become the norm during World War II. This course will concisely review the history of the combat tank, from its beginnings as a means of breaking the stalemate on the Western Front of World War I through the year 1943, considering both advances in technology and evolution of combined arms tactical and operational doctrine. This course will continue in the fall of 2024.

**Instructor: Col. Richard C. Payne, U.S. Army Retired, LLS**

**48. 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**

**49. What's That Stuff?\*\*\***  
**Thurs., 11 a.m.-12:15 p.m.**

Take a look at the chemistry of materials we encounter in our everyday lives! Inspired by two popular collections of outreach materials from the American Chemical Society (ACS), *What's That Stuff* and *Periodic Graphics*, this course will present the chemistry of familiar materials in a user-friendly and thought-provoking way. Categories of topics include: Food, Medicine and Health, Personal Care, Household Products, and Other Chemicals.

**Instructor: Barbara Mowery, LLS**

**Course #31 – Continued: Watercolor Painting**  
**(Intermediate-Advanced)**  
**Thurs., 11 a.m.-1 p.m.**

**50. The Norman Conquest of England: Why was William Successful?\*\*\***  
**Thurs., 1-2:15 p.m.**

This course will examine the events leading to the Norman conquest of England by William, Duke of Normandy, in 1066 AD, and the actions of the rival claimants to the throne. The course will then focus on William's adroit use of Norman Keeps, the Domesday Book, and the Bayeux Tapestry, to ensure continued Norman control after William's victory at Hastings.

**Instructor: Vincent W. Norako Jr.**

**Course #33 – Continued: Oil & Acrylic**  
**Thurs., 2-4 p.m.**

**51. Laughing Matters**  
**Thurs., 2:30-3:45 p.m.**

This course is meant to do one thing and one thing only: provoke laughter. Aside from eating and perhaps one or two other things, what is more enjoyable than laughing? Science tells us that the older we get, the less we laugh, and Laughing Matters is meant to remedy that situation. Professor Emeritus Hillow will bring to class old comedic favorites like Jeanne Robertson, Victor Borge and Tracy Ullman, and will comb the web for amusing anecdotes, commercials and human-interest stories from around the world all with the intention of provoking laughter. You should be so lucky to laugh for 75 minutes!

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

**52. Centennial of the United States of America: 1876\*\*\***  
**Fri., 9-10:15 a.m.**

The Centennial anniversary of the United States was more than just a date. It reflected the Western Expansion of the U.S. and the celebration of our 100th birthdate in the Eastern section of the country. In the west there were significant happenings in the lives of Sitting Bull, Crazy Horse, Lieutenant Colonel George Custer, Wyatt Earp, Bat Masterson and Jesses James. In the east the final year of President Ulysses S. Grant's embattled administration, *The Adventures of Tom Sawyer* was published, the debut of the telephone by Alexander Graham Bell, the first World's Fair in the United States, and the inaugural baseball season of the National League. All occurring withing the year of 1876. Not Just another year.

**Instructor: Joyce Armstrong, LLS**

**Course #36 – Continued: Riverside Doctors Series**  
**Fri., 11 a.m.-12:15 p.m.**

**53. Ukulele for Beginners**  
**Fri., 1-2:15 p.m.** *Limited enrollment*

In this course, the class will learn the basics of playing the ukulele, a four-string instrument from Hawaii. The course will consist of five sessions in which learners will learn how to tune the instrument, perform basic strumming patterns, play basic cords and harmonic patterns, and ultimately how to play several folk and rock songs and sing along with their ukulele. *No musical background or experience is necessary to enroll in this course. However, students must have their own ukulele.*

**Instructor: Mark Morgan**

**Course #38 – Continued: Watercolor Painting**  
**(Beginner-Intermediate)**  
**Fri., 1:30-3:30 p.m.**



CHRISTOPHER NEWPORT UNIVERSITY'S

**25<sup>th</sup>**  
ANNIVERSARY

*WF*  
WARWICK FOREST

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# Gardening Symposium

Saturday, April 6, 2024

David Student Union

*Presented by:* Christopher Newport University's LifeLong Learning Society and Grounds Department

Photos by Bob Goodhart

[gardening.cnu.edu](http://gardening.cnu.edu)

## LUNCHEON & TRIPS

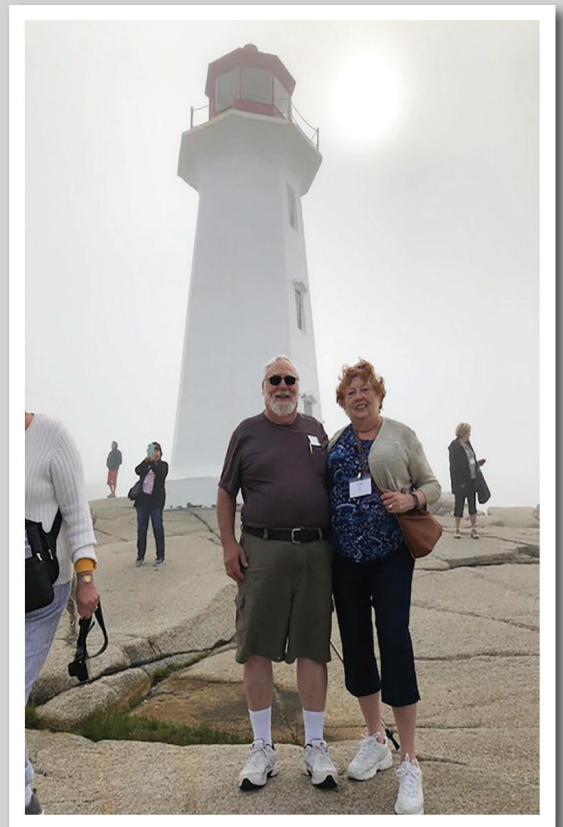
**January Art Show Luncheon**  
**January 16, 2024**

**Canadian Rockies by Train**  
**May 12-20, 2024**

**Tropical Costa Rica**  
**August 12-20, 2024**

**Discover the Islands of New England**  
**October 3-10, 2024**

**Please contact the LLS Office for  
additional details on trips and  
luncheons (757) 269-4368.**







## MONDAY- AFTERNOON LECTURES & PERFORMANCE SERIES

**January 29, 1:30 p.m.\*\*\***  
Opening Lecture  
A Presidential Address  
William G. Kelly, President  
Christopher Newport University  
*Peebles Theatre, Ferguson Center*

**February 5, 1 p.m.**  
CNU Jazz Ensemble  
Dr. Kelly Rossum,  
Christopher Newport University  
*Band Room, Ferguson Center*

**February 12, 2 p.m.**  
"9 to 5 The Musical"  
TheaterCNU Preview  
*Peebles Theatre, Ferguson Center*

**February 19, 1:30 p.m.\*\*\***  
Civilian Response to Active  
Shooter Events (CRASE)  
Bryan Donohue, Director of  
Emergency Management,  
Christopher Newport University  
*Yoder Barn Theatre*

**February 26, 1:30 p.m.**  
African American Fellows  
Virginia Symphony Orchestra  
*Yoder Barn Theatre*

**March 11, 1:30 p.m.\*\*\***  
Finding Your WOW Factor  
Heidi Hartwiger  
*Yoder Barn Theatre*

**March 18, 1:30 p.m.**  
CNU Annual Dance Concert Preview  
Tanya Sweet,  
Christopher Newport University  
*Peebles Theatre, Ferguson Center*

**March 25, 1:30 p.m.**  
CNU Chamber Choir  
Dr. John Irving,  
Christopher Newport University  
*Peebles Theatre, Ferguson Center*

**April 1, 2 p.m.**  
Queen Margaret  
TheaterCNU Preview  
*Studio Theater, Ferguson Center*

**April 8, 1:30 p.m.\*\*\***  
My Day with Abe Lincoln:  
America's Greatest President  
in Children's Literature  
Dr. Jonathan White,  
Christopher Newport University  
*Yoder Barn Theatre*

### Interest Groups:

- 1. Open Studio Art**  
Weekly on Tuesdays at  
9 a.m.-1 p.m., Yoder Barn
- 2. Book Club**  
Monthly on Mondays at  
10 a.m., Yoder Barn
- 3. Mahjongg (All-Levels)**  
Weekly on Tuesdays at  
9 a.m.-1 p.m., Yoder Barn
- 4. Ukulele**  
Meeting dates TBD,  
Yoder Barn

To sign up for interest groups, please  
see the registration page included in  
the brochure.



[lifelonglearning.cnu.edu](http://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  
2024 SPRING COURSE REGISTRATION FORM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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 (1 being your highest priority) in each session. Courses will be filled based on priority selections and the time at which selections are received. \*\*\*10-week courses are only listed in Session A as they automatically continue in Session B.**

**Session A:**

____ 1 Latin Continued	____ 11 Le Repas Français	____ 21 Geological Hazards***	____ 31 Watercolor (Int.-Adv.)
____ 2 Intermediate Yoga	____ 12 Seated & Standing Yoga	____ 22 Conversational Spanish	____ 32 UOPA: 2024 Vision***
____ 3 Anxiety Meditation	____ 13 Art Detective***	____ 23 Toxic & Venomous***	____ 33 Oil & Acrylic
____ 4 Gentle Yoga	____ 14 Bon Voyage!	____ 24 Seated Chair Yoga	____ 34 Astronomy***
____ 5 Exploring Poetry	____ 15 Drawing for Beginners	____ 25 Drawing (Int.-Adv.)	____ 35 History of Photography***
____ 6 UOPA: Best of the Basics***	____ 16 Tai Chi for Everyone	____ 26 Meditation	____ 36 Riverside Doctors Series***
____ 7 Body Fusion	____ 17 Blues on Ukulele	____ 27 Maritime Art & Nature***	____ 37 Friday Flicks
____ 8 Arabic	____ 18 Traveling Professor***	____ 28 Topics in American Art***	____ 38 Watercolor (Beg.-Int.)
____ 9 Strength & Stretch	____ 19 Adv. Beginner Spanish	____ 29 Keeper of Stories	
____ 10 Wuthering Heights***	____ 20 Int.-Adv. Spanish	____ 30 Benjamin Franklin***	

**Session B:**

____ 39 Practicing Poetry	____ 43 America Speaks	____ 47 Combined Land Warfare***	____ 51 Laughing Matters
____ 40 Ancient Roman Art	____ 44 Electronics***	____ 48 Finding Fiction	____ 52 U.S. Centennial***
____ 41 Jane Eyre***	____ 45 Understanding Opera***	____ 49 What's that Stuff***	____ 53 Ukulele Beginners
____ 42 American Revolution***	____ 46 Virginia Ecosystems	____ 50 Norman Conquest***	

**INTEREST GROUPS — OPEN TO ALL MEMBERS:** \_\_\_\_\_ **Book Club** \_\_\_\_\_ **Mahjongg** \_\_\_\_\_ **Open Studio Art** \_\_\_\_\_ **Ukulele**  
Our society is managed by and for its members. If you would like to volunteer, please check one or more of the following:  
**VOLUNTEER OPPORTUNITIES:** \_\_\_\_\_ **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 January 12, you will receive written confirmation of your courses and their locations. If you register after January 12, information will be available in the LLS office upon request.*

**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 2024 lectures, courses, interest groups and optional activities.....(\$185) \$ \_\_\_\_\_  
ASSOCIATE membership January-August 2024 lectures, interest groups & optional activities. No courses.(\$110) \$ \_\_\_\_\_  
If you are currently an associate member and want spring courses.....(\$60) \$ \_\_\_\_\_  
Course fee (\$30 per course) 1 Latin Continued, 2 Intermediate Yoga, 4 Gentle Yoga, 7 Body Fusion,  
11 Le Repas Français, 12 Seated & Standing Yoga, 14 Bon Voyage!, 16 Tai Chi for Everyone,  
19 Adv. Beginner Spanish, 20 Int.-Adv. Spanish, 22 Conversational Spanish .....(\_\_\_\_ x \$30) \$ \_\_\_\_\_  
Course fee (\$15 per course) 24 Seated Chair Yoga.....(\_\_\_\_ x \$15) \$ \_\_\_\_\_  
ADDITIONAL parking decal ONLY.....(\_\_\_\_ x \$22) \$ \_\_\_\_\_  
**TOTAL \$ \_\_\_\_\_**

**For Office Use Only:**

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	Date	Cash, check or credit card	Total
____ current member	____ CNU alumni	____ time recv	____ date recv.
____ reinstated member	____ packet	____ blue book	____ computer
____ new member	____ name tag	____ decal	

**Payment Options:** Checks (made payable to Christopher Newport University), cash or credit card.  
*Credit card payments will ONLY be accepted over the phone (757) 269-4368 due to PCI compliance requirements for the commonwealth of Virginia.*



**LIFELONG LEARNING SOCIETY**

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Yoder Barn Theatre  
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## CONFERENCES

**25th Anniversary Gardening Symposium**  
Saturday, April 6, 2024

David Student Union • [cnu.edu/gardening](http://cnu.edu/gardening)

In collaboration with the  
Christopher Newport Grounds Department.

**42nd Annual Writers Conference**  
Saturday, September 14, 2024

Freeman Center • [cnu.edu/writers](http://cnu.edu/writers)

In collaboration with the Christopher Newport  
Department of English and the Writers' Advisory Council.



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