

LifeLong Learning Society

2017 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

2017-18 Virginia Symphony Orchestra Class Series

"Center Stage With the VSO"

Have you ever wondered what it's like to be a full-time professional orchestral musician? Join the Grammy Award-winning music director of the renowned Virginia Symphony Orchestra, JoAnn Falletta, as well as selected VSO musicians for 10 engaging musical conversations. Hear music in an entirely new way, learn about the background and preparation of each musician, and discuss the various styles and eras as both the music and instruments evolved. Gain a deeper understanding of how each instrument makes its unique contribution and how the ensemble works together under the conductor's leadership to interpret and convey the composer's meaning. At three classes in the 10-class series you'll be treated to a special recital of beloved chamber works, featuring the best instrumentalists in Hampton Roads.

Class Schedule

September 18, 2017	January 29, 2018
October 2, 2017	February 12, 2018
October 16, 2017	February 26, 2018
October 30, 2017	March 26, 2018
November 13, 2017	April 2, 2018

All classes are from 1:30-2:30 p.m.



Michael Laubach
Principal Timpani



Laura Leisring
Principal Bassoon



Rodney Martell
Bass Trombone



Rachael Ordaz
Piccolo



Bob Shoup
Chorusmaster



Christopher White
Principal Bass



Beverly Baker
Principal Viola



JoAnn Falletta
Music Director



Peter DuBeau
Principal Tuba



Vahn Armstrong
Concertmaster



Adam Gandolfo
Trumpet



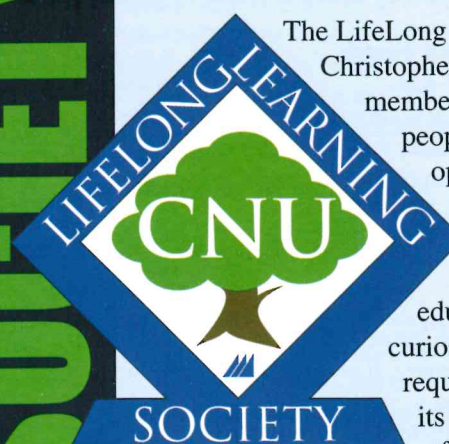
Amanda Gates
Assistant Concertmaster

Sponsored by



VIRGINIA SYMPHONY ORCHESTRA

2017 FALL PROGRAM



The LifeLong Learning Society (LLS) of Christopher Newport University is a membership organization dedicated to people of retirement age who seek opportunities for learning in an environment of sharing and fellowship. There are no requirements as to previous educational experience. Intellectual curiosity is the only admission requirement. Managed by and for its members, LLS is a program of 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: September 4, 2017

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. Presenter: Dr. William Peach, CNU
"How Did We Get Old So Quickly and What Can We Do About It?"
Peebles Theatre

Program Overview

The dates and times for the 36 five-week and 20 10-week courses are listed on pages 2-7. These courses will meet either once or twice per week. In addition to four field trips, a number of optional activities will be announced during the semester. The four Monday afternoon lectures and six concerts for LLS members are listed on the last page.

Membership Fee and Benefits

Full membership for the 2017-18 fall, spring and summer sessions is \$235. This includes Monday afternoon lectures and concerts, 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 2017-18 fall, spring and summer sessions is available for \$140. This includes the Monday afternoon lectures and concerts and the group and other optional activities, but no courses.

A member may bring a guest one time to any of the Monday lectures 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 **August 11, 2017**. 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 **September 4, 2017**. After that date, no refund will be given. A 20 percent handling charge will be deducted on all refunds.

Economic Hardship

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

2017-18 Parking Decal

Sticker Required

A parking decal is required on Christopher Newport University property.

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
September 4-October 6, 2017

1. Beginning Spanish 10-week course
Mon., Wed., 9-10:15 a.m.

We will cover the basics of spoken and written Spanish, with an emphasis on practical conversational 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 (orange cover). This is available cheaply in used format on amazon.com. \$30 course fee.
Instructor: Erika St. Dennis, LLS

2. Intermediate Yoga 10-week course
Mon., 9:30-10:30 a.m. & Wed., 1:30-2:30 p.m.
Limited enrollment

Take your yoga practice to the next level. Students will be challenged with more advanced options. Fundamentals of poses and breath work are 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. \$30 course fee.
Instructor: Rose Winter, MPT, CMT, RYT

3. Fort Monroe Mon., 10-11:15 a.m.
Utilized by the Virginia Indians long before 1607, Old Point Comfort was fortified by the English in 1609 and was recognized in 1817 by the U.S. Government as a significant site crucial to the defense of the nation. By 1819 construction had commenced on what would become the largest masonry fort in U.S. history. Now jointly managed by the National Park Service and the Commonwealth's Fort Monroe Authority, the site continues to be preserved and receive national recognition. This course will highlight the site's many touch-points with national history that led President Obama to declare Fort Monroe a national monument in 2011.
Coordinator: Robert Kelly, Casemate Museum Historian, Fort Monroe Authority

4. Yoga 10-week course
Mon., 11 a.m.-12 p.m. & Wed., 3-4 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, 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

5. Orange Book Spanish: Combined Group 10-week course
Mon., Wed., 10:30-11:45 a.m.
This course continues where Spanish 3 and Spanish 4 left off in the spring and will combine both classes. We will begin with a full review and will move fairly rapidly, with an emphasis on speaking and practical usage. Students who wish for greater review may want to take Intermediate Spanish instead. We will continue with the same textbook, *Spanish for Mastery*. If you wish to enroll

and did not take Spanish 3 or 4, please contact the instructor. \$30 course fee.
Instructor: Erika St. Dennis, LLS

6. Body Fusion: Tone and Stretch 10-week course
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 Powell, CNU

7. Arabic 10-week course
Tues., 9-10:45 a.m.
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, CNU

8. Ancient Rome and the Rise of Christianity 10-week course
Tues., 9-10:15 a.m.
The historical beginnings of Christianity can be examined in the context of various religious, cultural and political forces that shaped the Greco-Roman world in the period between the 4th century B.C. and the 4th century A.D. \$5 syllabus fee.
Instructor: Glenn Markus, LLS

9. Blue Book French: Group 2 10-week course
Tues., Fri., 9-10:15 a.m.
This course continues where Intermediate French left off in the spring. We will continue with the same textbook, *French for Mastery*, and will begin with a review. If you wish to enroll and did not take Intermediate French, please contact the instructor. \$30 course fee.
Instructor: Erika St. Dennis, LLS

10. Painting Fundamentals Limited enrollment
Tues., 9-11 a.m.
This is a mixed-media prep class for those who want to learn more about how to build a painting. Subject matter will vary to suit lessons in drawing for design and composition; tonal studies; and using shapes to achieve value and contrast using a limited palette. Use whatever media you prefer (dry or wet). All levels.
Instructor: Jenny Linn Loveland, BA, MA

11. Strength and Stretch 10-week course
Tues., Thurs., 11 a.m.-noon
This class will address high-risk clients: those with multiple medical problems, either past or current; or those who have not exercised for a very long time and would have difficulty with a standard program; or those who are currently dealing with physical problems that limit movement, mobility, stamina; or those experiencing pain.
Instructor: Betty Peach, LLS

12. Practicing Poetry
Tues., 11 a.m.-12:15 p.m.
This course will focus on different forms of poetry, both old and new!
Instructor: Serena Fusek

13. You Don't Say, Part 3: The Fast and the Furious 10-week course
Tues., 11 a.m.-12:15 p.m.
Welcome back to another semester of words! We will look at the meanings and backstories of familiar – and not-so-familiar – English words and phrases, including the latest batch to make the cut into the dictionary. Come expand your knowledge of your native language as we navigate the entertainingly twisted path of etymology!
Instructor: Erika St. Dennis, LLS

14. Oil/Acrylic Studio Painting Limited enrollment
Tues., noon-2 p.m.
Build on fundamental skills and paint in a relaxed, meditative open-studio environment. Emphasis is on painting various subjects with an emphasis on landscapes and color mixing to achieve contrasts. Instructor demonstrations address a variety of painting approaches.
Instructor: Jenny Linn Loveland, MA, BA

15. Integral Yoga Class 10-week course
Tues., 1-2 p.m. & Thurs., 2:30-3:30 p.m.
Limited enrollment
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, 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

16. The War of 1812
Tues., 1-2:15 p.m.
On June 18, 1812, the United States of America declared war on Great Britain. This second War of Independence was driven by many issues, including the continued tensions between the United States and Britain regarding American westward expansion and violations to the U.S. sovereignty on the high seas. The War of 1812 has largely been overshadowed in public memory due to the American Civil War. The first war ever declared by the United States included such notable events as the capture and burning of Washington, D.C., and the bombardment of Fort McHenry, which inspired the U.S. national anthem, "The Star Spangled Banner." This course will examine the origins, campaigns, participants and impact the War of 1812 had on American and European society.
Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion

17. Yellow Book French 10-week course
Tues., Thurs., 1-2:15 p.m.
This course continues where French 5 left off in the spring. We will continue with the same textbook and begin with a review. Please note this is the only French class that uses the *Son et Sens* textbook. If you wish to enroll and did not take French 5, please contact the instructor. \$30 course fee.
Instructor: Erika St. Dennis, LLS



18. 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

19. Blue Book French: Group 1 10-week course
Tues., Thurs., 2:30-3:45 p.m.
This course continues where French 4 left off in the spring. We will continue with the same textbook, *French for Mastery*, and will begin with a review. If you wish to enroll and did not take French 4, please contact the instructor. \$30 course fee.
Instructor: Erika St. Dennis, LLS

20. 500th Anniversary of Luther's Reformation: J. S. Bach
Tues., 2:30-3:45 p.m. 10-week course
In this, the first of two courses exploring music of the Lutheran church, Christoph Wolff's biography *Johann Sebastian Bach: The Learned Musician* will serve as our guide. All of Bach's enormously varied compositional output will be rediscovered through period instrument recordings and, when possible, live performances. In this 500th anniversary year, learn why Bach's music transcends his own time and place and remains the crown of Western music.
Instructor: Rob Keene, Director of Music, Trinity Evangelical Lutheran Church

21. The Islamic Middle East
Wed., 9-10:15 a.m.
This course introduces us to the history of the Middle East by analyzing the region from the formative period of Islamic civilization in the 6th century CE until the Crusades. The aim will be to apply modern historical methods to study the Middle Eastern past, and to consider the development of Islam as both a social and religious system. We will examine themes such as state formation, sectarianism, political legitimacy, imperial consolidation and contacts with the Christian world. The principal geographical area covered by this course is Southwest Asia (aka "the Middle East"), but we will also discuss Islamic societies in North Africa, Spain and South Asia.
Instructor: Dr. David Stenner, CNU

22. Chinese 10-week course
Wed., 10-11:45 a.m.
This course is designed for beginners who want to learn basics of travel and daily life conversations in Chinese.
Instructor: Zhao Qing Zhang, LLS

23. Stress 10-week course
Wed., 11 a.m.-12:15 p.m.
The purpose of this course is to get a sense of how stress impacts our daily lives, health and life spans. The stresses may be physical, psychological or psychosocial. The initial lectures may be a little tedious and depressing, but there is some light at the end of the tunnel. Be patient; the lecturer has his own problems.
Instructor: Dr. William Peach, LLS

24. Latin 3 *10-week course*

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

This course continues where Intermediate Latin left off in the spring. We will continue with the same textbook, *Latin for Americans*, and will begin with a review. If you wish to enroll and did not take Intermediate Latin, please contact the instructor. \$30 course fee.

Instructor: Erika St. Dennis, LLS

25. Rome Through the Ages

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

The city of Rome has been continuously inhabited for 3,000 years. We will discuss the history, art and architecture of the city of Rome, focusing on the Classical, Medieval, Renaissance and Baroque eras.

Instructor: Dr. Alice Rubinstein, LLS

26. Intermediate Spanish *10-week course*

Wed., 2-3:15 p.m. & Fri., 10:30-11:45

This course continues where Beginning Spanish left off in the spring. We will continue with the same textbook, *Spanish for Mastery*, and will begin with a review. If you wish to enroll and did not take Intermediate Spanish, please contact the instructor. \$30 course fee.

Coordinator: Erika St. Dennis, LLS

27. America's Cup: The History, Science and Innovation

Behind the World's Greatest Sailboat Race

Wed., 2:30-3:45 p.m. Held at Mariners' Museum

The America's Cup is the world's oldest international sporting trophy. Its history and pageantry are legendary, as some of the world's richest and most powerful men and women have vied for the Cup for a century and a half. Today's races are a compelling mix of top-level athletic competition, cutting-edge science and international intrigue. Join the Mariners' staff for a behind-the-scenes look at the America's Cup's past, present and future.

Coordinator: Mark Arduini, Manager Adult Learning, Mariners' Museum

28. Science and Religion: Duet or Duel? *10-week course*

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

Our view of the universe and the place of humans within it has changed completely within the last century. Yet many insist ancient religious beliefs remain unchanged. Science provides the best information we have about the nature of things, while religions struggle with questions about supreme values and humans' experience of their world. These two cultural enterprises encounter each other both in the mind of the individual and in everyday life. We will explore the nature of reality in terms of the newest scientific and theological theories against the background of different models of relating science and religion.

Instructor: Dr. Brenda De Wet, LLS

29. Keeper of Stories

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

Are you the "keeper" of your family's stories and just can't get them written? Join us as we explore traditional and nontraditional approaches to writing family stories.

Instructor: Heidi Hartwiger

30. Thomas Jefferson

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

We will examine Thomas Jefferson and the revolutionary world in which he lived, including his presidency, slavery, and his battle with debt and bankruptcy.

Instructor: Dr. Phillip Hamilton, CNU

31. 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 A session and one in B session.

Instructor: Betty Anglin, Ret. CNU

32. Current Topics in Astronomy

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

We will explore current happenings in the field of astronomy, including such topics as asteroid impacts, Mars exploration and exoplanet research. We will also look back at the biggest astronomy stories of 2016 and the impact of women and minorities on NASA.

Instructor: Dr. Kelly Herbst, Astronomy Curator, Virginia Living Museum

33. 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 the formation of ideas and feelings in conjunction with the creative process of drawing.

Instructor: Betty Anglin, Ret. CNU

34. Understanding Opera, Part I

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

This class is designed to enhance appreciation of opera by exploring the first two productions of Virginia Opera's 2017-18 season. Works covered include Saint-Saen's biblical drama "Samson and Delilah" and Puccini's American romance "The Girl of the Golden West." Discussions include complete musical and dramatic analysis, illustrated with audio and video excerpts. Recommended for aficionados and beginners alike.

Instructor: Glenn Winters, Community Outreach Musical Director, Virginia Opera

35. Meanderings

Fri., 9 a.m.-3 p.m.

Limited enrollment

We will carpool to discover new museum exhibits from Virginia Beach to Williamsburg and lunch in delightful eateries nearby on 9/8, 9/15, 9/22, 9/29 and 10/6. Participants are responsible for expenses, such as lunch and admission fees.

Coordinator: Janie Dickson, LLS

36. Healthy Aging in Retirement and Beyond (Riverside Doctors Series) *10-week course*

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

Hear from Riverside Health System experts who specialize in the care of older adults, and learn the inside secrets to 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: Yi Zhang, Riverside Health Systems

37. Watercolor Painting

Fri., 1:30- 3:30 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 A session and one in B session.

Instructor: Betty Anglin, Ret. CNU

SESSION B COURSES
October 16-November 17, 2017

Course #1 – Continued: Beginning Spanish

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

Course #2 – Continued: Intermediate Yoga

Mon., 9:30-10:30 a.m. & Wed., 1:30-2:30 p.m.

38. More Monday Morning Movies

Mon., 9 a.m.-12:15 p.m.

Theater Professor George Hillow will again present an eclectic series of his favorite films. As in previous classes, titles will come from a variety of genres and decades but will shy away from mainstream blockbusters. The five films will be chosen from the following: "Big Night," "Stormy Weather," "The Day the Earth Stood Still," "The Boat," "All That Jazz," "Pygmalion," "Conspiracy" and an as-yet-unnamed Coen Brothers film.

Instructor: George Hillow, Ret. CNU

Course #4 – Continued: Yoga

Mon., 11 a.m.-12 p.m. & Wed., 3-4 p.m.

Course #5 – Continued: Orange Book Spanish Combined Group

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

Course #6 – Continued: Body Fusion

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

Course #7 – Continued: Arabic

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

Course #8 – Continued: Ancient Rome and the Rise of Christianity

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

Course #9 – Continued: Blue Book French: Group 2

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

39. Painting Fundamentals

Tues., 9-11 am.

Limited enrollment

Same as course #10.

Course #11 – Continued: Strength and Stretch

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

Course #13 – Continued: You Don't Say, Part 3:

The Fast and the Furious

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

40. Oil/Acrylic Studio Painting

Tues., noon-2 p.m.

Limited enrollment

Same as course #14.

Course #15 – Continued: Integral Yoga

Tues., 1-2 p.m. & Thurs., 2:30-3:30 p.m.

Course #17 – Continued: Yellow Book French

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

41. Presidential Sites: A Travelogue

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

This course will be a delightful virtual tour of many presidential sites. The biggies: Washington through Andrew Jackson. The early Victorians: Martin Van through Lincoln. The Mid-Victorians: Andrew Johnson through McKinley. The later Victorians: T. Roosevelt through Coolidge. And Herbert Hoover through Ike!

Instructor: Feather Foster

Course #18 – Continued: Tai Chi

Tues., 2:30-3:45 p.m. & Thurs., 1-2:15 p.m.

Course #19 – Continued: Blue Book French: Group 1

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

Course #20 – Continued: J. S. Bach

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

42. Baroque Masterpieces

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

This course will expose students to five artistic masterpieces that helped shape 17th-century Europe, better known as the Baroque period: Caravaggio's *St. Matthew cycle* in the Contarelli Chapel; Bernini's renovation of the Basilica of St. Peter in the Vatican; Peter Paul Reuben's *Marie de Medici cycle*; Rembrandt can Rijn's *Night Watch*; and Johannes Vermeer's *Art of Painting*. Each lecture will explore a different work of art and investigate how each artist brought innovation and invention to create a masterpiece.

Instructor: Dr. Michelle Erhardt, CNU

43. Getting to Know the Tribble Library

Wed., 9:30-10:45

Held at Yoder Barn

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, *Consumer Reports* and magazines, and newspapers and special collections that are in the library and online. Discover what's available to all LifeLong Learners!

Instructor: Amy Boykin, Librarian, Tribble Library

Course #22 – Continued: Chinese

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

Course #23 – Continued: Stress

Wed., 11 a.m. – 12:15 p.m.

Course #24 – Continued: Latin 3
Wed., Fri., 12:30-1:45 p.m.

44. The Constitutional Convention of 1787, Part II
Wed., 1-2:15 p.m.

This course examines how our Constitution was ratified and how the Bill of Rights was developed. Once the Constitutional Convention of 1787 finished drafting the Constitution, a nationwide debate over ratification ensued. This epic national conversation between 1787 and 1788 determined the fate of the Constitution and led to the adoption of the Bill of Rights. We will look at this process from start to finish, evaluating the arguments presented by both proponents and opponents of ratification. And we will obtain a better understanding of the genesis of our Bill of Rights.

Instructor: Mike Kerley

Course #26 – Continued: Intermediate Spanish
Wed., 2-3:15 p.m. & Fri., 10:30-11:45 a.m.

45. Local Aviation History
Wed., 2:30-3:45 p.m.

The history of local aviation will be covered for the time period from 1801 to 1921. This history includes the first recorded evidence of aviation in the Commonwealth to the status of aviation at the end of World War I. The contributions of many early aviation pioneers will be discussed.

Instructor: Bobby Berrier, LLS

46. Organizing Your Filing System
Wed., 2:30-3:45 p.m. *Limited enrollment*

This is a workshop on family important documents and the need for a well-designed and manageable system for organizing, updating and safekeeping those documents.

Instructor: Guy Manchester, LLS

Course #28 – Continued: Science and Religions: Duet or Duel?
Thurs., 9-10:15 a.m.

47. Creative Nonfiction Writing
Thurs., 9-10:45 a.m. *Limited enrollment*

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

Instructor: Heidi Hartwiger

48. 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: Nancy Anderson, LLS

49. The Tudors
Thurs., 11 a.m.-12:15 p.m.

When Henry VII took the throne in 1485, England was just another emerging minor kingdom in northern Europe. By the death of Elizabeth I in 1603, England had become a major player in European politics with a vibrant culture. This course presents a survey of the major – often colorful – people and events that shaped Tudor England while also examining its controversies

and darker sides.

Instructor: Dr. Theodora Bostick, Ret. CNU, LLS

50. Watercolor Painting
Thurs., 11 a.m.-1 p.m. *Limited enrollment*

Same as course #31. Register for only one watercolor class in A session and one in B session.

51. Arab Prison Literature
Thurs., 1-2:15 p.m.

Prison literature constitutes an immense body of literature. This course employs a selection of Arab literature to trace prison literature as an integral feature of literary history, as resistance political autobiography, and demand for expressive autonomy. Through these texts we will ask: How can the experience of torture be witnessed in a work of literature? How can the act of writing be accomplished under the conditions that prevail in the oppressive “secret” prisons, where it is technically forbidden? What is the recuperative function of commemorating the experience of political imprisonment in a literary text? Novels to discuss: *The Blinding Absence of Light* by Taher Bin Jelloun and *East of the Mediterranean* by Abdul Rahman Munif.

Instructor: Dr. Diana Obeid, CNU

52. Watercolor
Thurs., 2-4 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 A session and one in B session.

Coordinator: Betty Anglin, Ret. CNU

53. Verizon Wireless
Thurs., 2:30-3:45 p.m.

This workshop will teach you how to use your wireless devices. The 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: Harrison Kent, Verizon Wireless

54. Financial Scams and Scandals: UPDATE
Fri., 9-10:15 a.m.

Madoff and Stanford are gone, but there are new scammers to take their place. This course will highlight the new versions of financial scams.

Instructor: Arthur Gudikunst, Ret. CNU

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

55. The World and Terrorism: Cyber, Nuclear, Advanced Technology
Fri., 1-2:15 p.m.

This course will examine cyber, nuclear and advanced technological types of terrorism emerging to dominate the terrorism scenarios of the 21st century. We will investigate these threats posed by modern-day terrorists around the globe. Though deadly kinetic warfare carried out by today’s terrorists, involving rebellions and insurgencies fought with conventional weapons

and accepted war strategies, shows few signs of ending, these new forms of terrorism can be described as more threatening and more difficult to defend against. Finally, the course will attempt to project what the future holds for the world due to the existence of these frightening modern-day types of warfare.

Instructor: Dr. Corliss Tacosa, ODU

56. Watercolor Painting
Fri., 1:30-3:30 p.m.

Limited enrollment

Same as course #37. Register for only one watercolor class in A session and one in B session.

Calling all members and potential members,

WE WANT YOU!

If you are a member — we want you back!

If you haven’t come to see what we’re all about —
this is your chance!

Join us August 17, 2017, at 1 p.m.

CNU LifeLong Learning Society
Yoder Barn Theatre
660 Hamilton Drive
Newport News, VA 23602

The LifeLong Learning Society Presents:
**Dr. Ed Brash of CNU with
Glasgow Kiss of Musical Fame**

Join us for a fun afternoon of entertainment,
as well as light refreshments following the musical.

Have all your questions ready regarding membership,
including trips, luncheons, picnics, interest groups and more.

You may be missing out on the best-kept secret of Tidewater!

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

CONFERENCES

The 36th Annual Community Forum on Aging

will be held **March 7, 2018**, at The Freeman Center.

(In collaboration with the Peninsula Agency on Aging and the Forum on Aging Planning Committee)

Gardening Symposium

CNU's 21st Annual Gardening Symposium will be held

March 24, 2018, at The Freeman Center.

(In collaboration with the CNU Grounds Department)

Writers Conference

The 37th Annual Writers Conference will be held **May 4-5, 2018**, at The Freeman Center.

(In collaboration with the CNU Department of English and the Writers' Advisory Council)



Join Us for Some CNU Football

Enjoy an evening of gridiron action with LifeLong Learning.

Saturday, September 30, 2017
5 p.m. Reception
6 p.m. Kickoff
CNU Football vs. Rowan University

LIFELONG LEARNING CNU SOCIETY

- Bleacher seats, reception tent and parking provided
- Registration required
- Chairback seats may be purchased **AFTER September 1** at (757) 594-7880
- Contact the LLS Office to register by **September 21** at (757) 269-4368

CHRISTOPHER NEWPORT UNIVERSITY

FIELD TRIP SCHEDULE

Westover Annual Plantation Tour

September 30, 2017

Geological Trip to Richmond

with Dr. Gerald Johnson

October 11, 2017

San Antonio

November 26-30, 2017

Maritime Coastal Wonders

July 9-19, 2018

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 & CONCERTS



September 4, 1:30 p.m.

Opening Lecture

"How Did We Get So Old and What Can We Do About It?"

Dr. Bill Peach

Peebles Theatre

September 11, 1:30 p.m.

"The Chrysler Museum of Art: Yesterday, Today and Tomorrow"

Michael Berlucci

Community Engagement Manager

Peebles Theatre

September 18, 1:30 p.m.

Virginia Symphony Orchestra

Peebles Theatre

September 25, 1:30 p.m.

"The First Modern Polar Expedition: 1925"

Harold Cones

Yoder Barn

October 2, 1:30 p.m.

Virginia Symphony Orchestra

Yoder Barn Theatre

October 16, 1:30 p.m.

Virginia Symphony Orchestra

Peebles Theatre

October 23, 1:30 p.m.

"The Gravity Well: America's Next Great Mission"

Steve Sanford, Ret. NASA, Author, Director of Systems Engineering-SGT Inc.

Peebles Theatre

October 30, 1:30 p.m.

Virginia Symphony Orchestra

Peebles Theatre

November 6, 2 p.m.

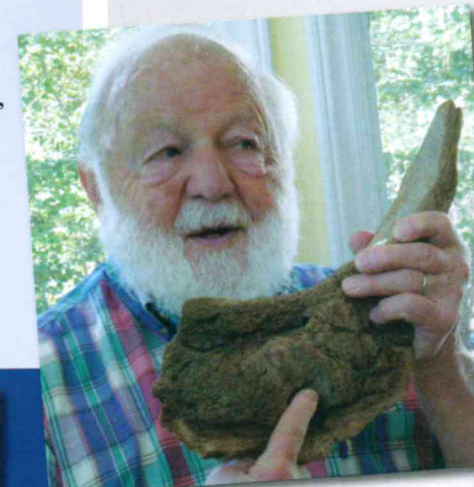
"CNU in Concert"

Mark Reimer

November 13, 1:30 p.m.

Virginia Symphony Orchestra

Peebles Theatre



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

2017 FALL COURSE REGISTRATION FORM

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

Address: _____ Email: _____
 Street City ZIP

Are you enrolling as a new member of LLS? Yes _____ No _____ If a current LLS member recommended LLS to you, please give his/her name: _____ How did you hear about LLS? _____

Emergency Contact: _____
 Name Relationship Phone #

Course Registration: Please number courses in order of preference.

Session A Courses			
____ 1 Beginning Spanish	____ 11 Strength & Stretch	____ 20 J. S. Bach	____ 29 Keeper of Stories
____ 2 Intermediate Yoga	____ 12 Poetry	____ 21 Islamic Middle East	____ 30 Thomas Jefferson
____ 3 Ft. Monroe	____ 13 You Don't Say	____ 22 Chinese	____ 31 Watercolor
____ 4 Yoga	____ 14 Oil/Acrylic	____ 23 Stress	____ 32 Astronomy
____ 5 Combined Spanish	____ 15 Integral Yoga	____ 24 Latin 3	____ 33 Drawing
____ 6 Body Fusion	____ 16 War of 1812	____ 25 Rome Through the Ages	____ 34 Understanding Opera
____ 7 Arabic	____ 17 Yellow Book French	____ 26 Intermediate Spanish	____ 35 Meanderings
____ 8 Ancient Rome & Christianity	____ 18 Tai Chi	____ 27 Mariners' Museum	____ 36 Riverside Doctors Series
____ 9 Blue Book French 2	____ 19 Blue Book French 1	____ 28 Science & Religion	____ 37 Watercolor
____ 10 Painting Fundamentals			
Session B Courses			
____ 38 Monday Morning Movies	____ 43 Tribble Library	____ 48 Writing for Historians	____ 53 Verizon Wireless
____ 39 Painting Fundamentals	____ 44 Constitutional Convention	____ 49 The Tudors	____ 54 Financial Scam
____ 40 Oil/Acrylic	____ 45 Local Aviation	____ 50 Watercolor	____ 55 World and Terrorism
____ 41 Presidential Sites	____ 46 Organize You Filing	____ 51 Arab Prison Literature	____ 56 Watercolor
____ 42 Baroque Masterpieces	____ 47 Creative Nonfiction Writing	____ 52 Watercolor	

WEEKLY ACTIVITIES 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's Yoder Barn Theatre, 660 Hamilton Drive, Newport News, VA 23602, or in person at 660 Hamilton Drive, Yoder Barn House. If you register by August 11 you will receive written confirmation of your courses and their room locations. If you register after August 11 this information will be available in the LLS office and at the first two Monday lectures.

Full membership Sept. 2017-Aug. 2018 lectures, courses and optional activities.....(\$235) \$ _____

Associate membership Sept. 2017-Aug. 2018 lectures and optional activities. No courses.....(\$140) \$ _____

Syllabus fee, Glenn Markus.....(\$5) \$ _____

Course fee (\$30 per course) Yoga, Intermediate Yoga, Integral Yoga, Tai Chi, Body Fusion, Beginning Spanish, Combined Spanish, Intermediate Spanish, Blue Book French Group 1, Blue Book French Group 2, Yellow Book French, Latin 3.....(_____ x \$30) \$ _____

I want additional parking decals.....(_____ x \$22) \$ _____

TOTAL \$ _____

For Office Use Only:

Processed by: _____ on _____ paid by _____ for \$ _____

Initials	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 (please circle): American Express MasterCard Visa Discover

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