

LifeLong Learning Society

2019 SUMMER PROGRAM




CHRISTOPHER NEWPORT
UNIVERSITY


WARWICK FOREST
Premier sponsor

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

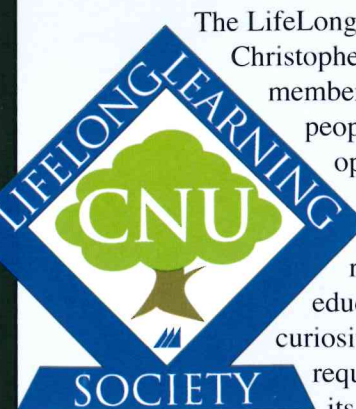
— Oliver Wendell Holmes

LifeLong Learning Society • Christopher Newport University • Yoder Barn Theatre

660 Hamilton Drive • Newport News, VA 23602-6925

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

2019 SUMMER PROGRAM



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

of the Office of University Advancement and is a member of the Road Scholar LLI Resource Network. Through a variety of activities — including lectures, courses, study and discussion groups, lunches, dinners, and field trips — people of diverse backgrounds come together to share a common interest in learning. There are no exams or grades in the courses, although some courses include assigned readings and the possible purchase of a text. All people of retirement age are encouraged to join if they are interested in being challenged by new ideas in the company of other eager learners. LLS shares its program with the community by participating in joint learning efforts with other educational and research institutions, retirement groups, industries, and museums and by co-sponsoring three annual conferences.

Program Overview

The three-week program includes the dates and times for the **28 courses** listed on pages 1-3.

Membership Fee and Benefits

Full membership for the 2019 summer session is \$115. Registration for courses may be made by returning the enclosed registration form with payment. **Associate membership for the 2019 summer session is \$70.** This does not include courses.

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

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

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.

Refund Policy

Full refund of summer membership and/or course fees will be granted if requested before **June 11, 2019**. 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 for the year or spring/summer membership.

Economic Hardship

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

2018-19 Parking Decal Sticker Required

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

Office Location

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

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

Class locations and confirmations will be mailed to you if your registration is received by May 11, 2019.

Mailing Address

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



2019 SUMMER SCHEDULE

June 10-28

1. Intermediate Yoga *Limited Enrollment*
June 10, 12, 17, 19, 24, 26
Mon., 9:30-10:30 a.m. and Wed., 1:30-2:30 p.m.

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

Instructor: Rose Winter, MPT, CMT, RYT

2. Morning Watercolor *Limited Enrollment*
June 10-14 **Mon. through Fri., 9:30-11:30 a.m.**

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Please register for only one watercolor class, a.m. or p.m.

Instructor: Betty Anglin, Ret. CNU

3. Gentle Yoga *Limited Enrollment*
June 10, 12, 17, 19, 24, 26
Mon., 11 a.m.-noon and Wed., 3-4 p.m.

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.* \$15 course fee.

Instructor: Rose Winter, MPT, CMT, RYT

4. Laughing with Ludwig – Mirth with Mozart: The Funny Side of Serious Classical Music
June 10-11 **Mon., Tues., 11 a.m.-12:15 p.m.**

Raymond Jones has been broadcasting classical music to Hampton Roads for over 58 years. While people visualize stuffy old guys in white wigs scratching out masterpieces with ink and quill, there is a wealth of humor in the world of “serious music.” Mozart mocked hapless village musicians, Haydn set a clever trap to wake up snoozing concertgoers and Victor Borge, the Great Dane, had audiences in stitches with his antics. If you do not crack a smile when you hear “A Faust Travesty,” you will automatically be checked for a pulse! Experience symphonies that never existed, a concerto for vacuum cleaner, infamous ensembles like Concertgebbluff Authaus Orchestra, have fun at the Bayreuth Festival Hall, and hear other zany offerings. Who says classical music always has to be so ridged? Let down your wigs, put those quill pens away, and enjoy a few hours of craziness with the classics!
Instructor: Dr. Raymond Jones, WHRO-FM

5. Don’t Forget Your Latin! *Limited Enrollment*
June 10, 12, 17, 19, 24, 26 **Mon., Wed., 11 a.m.-12:15 p.m.**

This brief summer course is designed to reinforce your skills already learned.

Instructor: Dr. Alice Rubinstein

6. Afternoon Watercolor *Limited Enrollment*
June 10-14 **Mon. through Fri., 12:30-2:30 p.m.**

Same as course No. 2. Please register for only one watercolor class, morning or afternoon.

Instructor: Betty Anglin, Ret. CNU

7. Body Fusion
June 11, 13, 18, 20, 25, 27 **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. *Class will be held in The Freeman Center.* \$15 course fee.

Instructor: Lisa Powell, CNU

8. Strength and Stretch
June 11, 13, 18, 20, 25, 27 **Tues., Thurs., 11 a.m.-noon**

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

Instructor: Betty Peach

9. Cooking With Chef Erika
June 12 **Wed., 11 a.m.-1 p.m.**

Pairing wine and food with CNU executive chef Erika Nestler and Bridget. *Class will be held in the David Student Union Ballroom on campus at CNU.* \$35 course fee.

Instructor: Erika Nestler, CNU Executive Chef

10. Seated and Standing Yoga with Tara *Limited Enrollment*
June 11, 13, 18, 20, 25, 27 **Tues., Thurs. 1-2 p.m.**

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 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. \$15 course fee.

Instructor: Tara Joseph, PT, RYT

11. Introduction to Tai Chi Flute Form *Limited Enrollment*
June 11, 13, 18, 20, 25, 27 **Tues., Thurs. 2:30-3:45 p.m.**

Tai Chi is a highly effective whole-body form of exercise proven to enhance physical and mental well-being. Movements are slow, gentle and suitable for everyone, regardless of age, athletic ability or health limitations. This class will focus on the principles of Tai Chi while giving the practitioner an object to hold between the palms – the Immortal Flute, or Bang Stick – bonding the hands together and making it easy to experience the benefits of Tai Chi practice. The movements of the form imitate the classic Yang style of Tai Chi. For beginners, the Tai Chi Immortal Flute Form is an easy way to get started in Tai Chi. For more advanced students the form provides a refreshing variation from commonly practiced Tai Chi forms while reinforcing principles and techniques. “Flutes” will be provided. \$15 course fee

Instructor: Richard Tate, LLS

12. Toying with Art at PFAC *Limited Enrollment*
June 13-14 *Thurs., Fri. 1-2:15 p.m.*

As artists and their works have evolved through the decades, so have the materials that they use in their art. From canvas to marble to bronze, the options are endless. This exhibition examines the work of artists who use toys to produce inventive works that address 'the kid in all of us.' These engaging artworks invite the viewer, young and old, to re-imagine how we play and the toys and memories of our childhood. *Class will be held at the Peninsula Fine Arts Center*

Coordinator: Diana Gross

13. Introduction to Meditation
June 14, 21, 28 *Fri. 12:30-1:30 p.m.*

Meditation has proven benefits for the mind and body, including improvements in concentration, sleep, anxiety, stress management and overall sense of well-being. This class will practice Vipassana (insight) meditation and mindfulness meditation. We will also sample various practices such as guided visualization and loving kindness/compassion meditation. Beginning with a brief introduction, yogic breathing (pranayama) and guidance, we will then move into 10-30 minutes of seated meditation (starting with shorter time and gradually increasing the time each week). We conclude each session with an opportunity for discussion of the practice. Chairs and mats are provided or you may bring your own meditation cushion. No prior experience is necessary. Regular practice between classes is encouraged.

Instructor: Melissa McGill, Ed.D., RYT

14. Cool Fiction *Limited Enrollment*
June 17-21 *Mon. through Fri., 9:30-10:45 a.m.*

Writing a short story is easier than you think.

Instructor: Heidi Hartwiger

15. Morning Sketch and Paint *Limited Enrollment*
June 17-21 *Mon. through Fri., 9:30-11:30 a.m.*

You will create small works (postcard size) using various media including coffee and tea bag washes. Weather permitting, we will work outside as much as possible. All levels.

Instructor: Jenny Linn Loveland, M.A.

16. Killer Angels
June 17-21 *Mon. through Fri., 11-12:15 p.m.*

This summer Professor Hillow will teach a combination course, half book club and half film appreciation, based on Michael Shaara's 1975 Pulitzer Prize-winner "The Killer Angels" and the subsequent made-for-TV miniseries "Gettysburg," both of which follow the three-day battle where America's future hung in the balance. Shaara remains very faithful to the history of this watershed moment in the Civil War, but his genius is his ability to bring historical characters to life and make his readers believe they are standing side by side with soldiers on both sides as they live and die through one of the most important battles in modern history. All participants in "The Killer Angels" and "Gettysburg" are requested to read "The Killer Angels" before classes begin and to take part in a book-club style discussion.

Instructor: George Hillow, Ret. CNU

17. Afternoon Art Studio *Limited Enrollment*
June 17-21 *Mon. through Fri., 12:30-2:30 p.m.*

Join others in an open art studio environment. Emphasis will be on

completing work, how to frame and wire-finished work as well as working in a cooperative environment. All levels.

Instructor: Jenny Linn Loveland, M.A.

18. Ukulele *Limited Enrollment*
June 17-21 *Mon. through Fri., 1-2:15 p.m.*

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, how to perform basic strumming patterns, how to play basic chords and harmonic patterns and ultimately how to play several folk and rock songs and sing along with their ukulele accompaniment. No musical background or experience is necessary to enroll in this course. However, students must have their own ukulele. *Please contact the LLS Office for information on getting a ukulele.*

Instructor: Mark Morgan, St. Leo University

19. Movies at the Mariners' Museum
June 18, 19, 20 *Held at the Mariners' Museum*
Tues. through Thurs., 1-4 p.m.

The oceans have always captured the creative people's imaginations. For decades, filmmakers have been using movies to explore our relationship with the sea. In Mariners' at the Movies, we will watch a series of popular maritime movies, and analyze them for their historical accuracy and their cultural significance.

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

20. Computer I *Limited Enrollment*
June 24-28 *Mon. through Fri., 8:30-10:30 a.m.*

This is a beginner course for anyone who wants to learn how to use a computer. Students will be introduced to the parts of a computer, the desktop and Microsoft Office 2016. The classroom is equipped with Windows 10 desktop computers. Students should own or have access to a computer to practice their skills. Students are welcome to bring their own PC laptops to class. \$15 course fee.

Instructor: Neil Hesketh

21. French for Fun and Travel
June 24-28 *Mon. through Fri., 9-10:15 a.m.*

Did you hate conjugating verbs in high school? Are you planning a trip to a Francophone nation? Do you just want to talk like P  p   Le Pew? Come join us for five days of language, culture and singing. You will learn helpful travel phrases as well as a bit of French history and intriguing tidbits about far-flung locales where you can practice your skills. No previous knowledge of French is necessary. Come for one day or all five!

Instructor: Erika St. Dennis

22. Intro to American Sign Language *Limited Enrollment*
June 24-28 *Mon. through Fri., noon-1:30 p.m.*

Come join this interesting and interactive class. You will learn the manual alphabet, counting to 20, and several key phrases. We will also discuss deaf culture and the history of sign language in America. Optional book: *Sign Language Made Simple* by Lewis & Henderson (ISBN-13: 978-0385488570 OR ISBN-10: 0385488572). Please register for only one Intro to American Sign Language course.

Instructor: Sallie McLain, York County Schools

23. Computer Internet and Email *Limited Enrollment*
June 24-28 *Mon. through Fri., 10:45 a.m.-12:45 p.m.*

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

Instructor: Neil Hesketh

24. Things Have Never Been Better
June 24-28 *Mon. through Fri., 11 a.m. -12:15 p.m.*

Headlines got you down? Is your sense of hope on a collision course with fear? Considering applying for that trip to Mars? Well, this course is your antidote. Come join us as we learn how the "good ol' days" were pretty darn terrible and how we are truly living the dream. Skeptical? You won't be after learning how life on planet Earth in 2019 is pretty darn near utopia.

Instructor: Erika St. Dennis

25. Spanish for Fun and Travel
June 24-28 *Mon. through Fri., 1-2:15 p.m.*

Spanish is arguably the most useful language to know in our hemisphere besides English. Join us as we wrap our tongues around that delicious rolling "R" and learn about the long Hispanic heritage in our own nation. Walk away able to order your lunch at Plaza Azteca like a pro as well as navigate the airport in Madrid. We will sing (and perhaps even dance!) our way through useful phrases, helpful vocabulary, and culture tips. No previous knowledge of Spanish is necessary. Come for one day or all five!

Instructor: Erika St. Dennis

26. Intro to American Sign Language *Limited Enrollment*
June 24-28 *Mon. through Fri., 2-3:30 p.m.*

Same as course #22. Please register for only one Intro to American Sign Language course.

**AAA Senior Defensive
Driving Course
May 9, 2019**

AAA of Tidewater Virginia presents a senior defensive driving course designed to help you reduce your risk of an accident.

**ADDITIONAL REGISTRATION
FORM REQUIRED**

Contact the LLS Office for more information at (757) 269-4368.



27. Beading *Limited Enrollment*
June 24-28 *Mon. through Fri., 1-3 p.m.*

This is a one-week class for beginning to intermediate level beaders. The project will be a pendant necklace and matching earrings. By working on one project the whole week, you should be able to complete the project by the end of class. The cost for supplies will be \$15 to be given to the instructor at the first meeting of class.

Instructor: Barb Gibson, LLS

28. Italian for Lovers
June 24-28 *Mon. through Fri., 2:30-3:45 p.m.*

Ah, Italian ... come whet your appetite for the finer things in life with our course for all levels! We will learn basic pronunciation and phrases as we learn about how Italian is for lovers of food, music, art, history and film. You will learn to make grand gestures, sing the Anvil Chorus, and order the best wine in the house. Join us for one day or all five!

Instructor: Erika St. Dennis

**Jefferson Lab
May 13-14, 2019**

Enjoy a two-day lecture series at Jefferson Lab! Learn about the lab's unique particle accelerator, known as the Continuous Electron Beam Accelerator Facility (CEBAF).

**ADDITIONAL REGISTRATION
FORM REQUIRED**

Contact the LLS Office for more information at (757) 269-4368.



FIELD TRIP SCHEDULE

Tour of Homes and Gardens, Edenton, NC • April 12, 2019

Jersey Boys, Ferguson Center for the Arts • April 27, 2019

The Best of Eastern Canada • April 28-May 5, 2019

Pharsalia and Oak Ridge • May 21, 2019

Sunny Portugal • October 15-24, 2019

Washington, D.C. • October 2019

The Biltmore • November 2019

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

LUNCHEON

Fourth of July Picnic • July 1, 2019

Summer Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

June 10

9:30-10:30 Intermediate Yoga
9:30-11:30 AM Watercolor
11-12 Gentle Yoga
11-12:15 Latin
11-12:15 Laughing with Ludwig
12:30-2:30 PM Watercolor

June 11

9-10:15 Body Fusion
9:30-11:30 AM Watercolor
11-12 Strength & Stretch
11-12:15 Laughing with Ludwig
12:30-2:30 PM Watercolor
1-2 Yoga with Tara
2:30-3:30 Tai Chi

June 12

9:30-11:30 AM Watercolor
11-12:15 Latin
11-1 Cooking With Erika
12:30-2:30 PM Watercolor
1:30-2:30 Intermediate Yoga
3-4 Gentle Yoga

June 13

9-10:15 Body Fusion
9:30-11:30 AM Watercolor
11-12 Strength & Stretch
12:30-2:30 PM Watercolor
1-2 Yoga with Tara
1-2:15 PFAC
2:30-3:30 Tai Chi

June 14

9:30-11:30 AM Watercolor
12:30-1:30 Meditation
12:30-2:30 PM Watercolor
1-2:15 PFAC

June 17

9:30-10:30 Intermediate Yoga
9:30-10:45 Cool Fiction
9:30-11:30 Sketch & Paint
11-12 Gentle Yoga
11-12:15 Latin
11-12:15 Killer Angels
12:30-2:30 Afternoon Studio
1-2:15 Ukulele

June 18

9-10:15 Body Fusion
9:30-10:45 Cool Fiction
9:30-11:30 Sketch & Paint
11-12 Strength & Stretch
11-12:15 Killer Angels
12:30-2:30 Afternoon Studio
1-2 Yoga with Tara
1-2:15 Ukulele
1-4 Mariners' at the Movies
2:30-3:30 Tai Chi

June 19

9:30-10:45 Cool Fiction
9:30-11:30 Sketch & Paint
11-12:15 Latin
11-12:15 Killer Angels
12:30-2:30 Afternoon Studio
1:30-2:30 Intermediate Yoga
3-4 Gentle Yoga
1-2:15 Ukulele
1-4 Mariners' at the Movies

June 20

9-10:15 Body Fusion
9:30-10:45 Cool Fiction
9:30-11:30 Sketch & Paint
11-12 Strength & Stretch
11-12:15 Killer Angels
12:30-2:30 Afternoon Studio
1-2 Yoga with Tara
1-2:15 Ukulele
1-4 Mariners' at the Movies
2:30-3:30 Tai Chi

June 21

9:30-10:45 Cool Fiction
9:30-11:30 Sketch & Paint
11-12:15 Killer Angels
12:30-1:30 Meditation
12:30-2:30 Afternoon Studio
1-2:15 Ukulele

June 24

8:30-10:30 Computer I
9-10:15 French for Fun
9:30-10:30 Intermediate Yoga
10:45-12:45 Internet & Email
11-12 Gentle Yoga
11-12:15 Latin
11-12:15 Never Been Better
12-1:30 Sign Language
1-2:15 Spanish for Fun
1-3 Beading
2-3:30 Sign Language
2:30-3:45 Italian for Lovers

June 25

8:30-10:30 Computer I
9-10:15 Body Fusion
9-10:15 French for Fun
10:45-12:45 Internet & Email
11-12 Strength & Stretch
11-12:15 Never Been Better
12-1:30 Sign Language
1-2 Yoga with Tara
1-2:15 Spanish for Fun
1-3 Beading
2-3:30 Sign Language
2:30-3:45 Italian for Lovers
2:30-3:30 Tai Chi

June 26

8:30-10:30 Computer I
9-10:15 French for Fun
10:45-12:45 Internet & Email
11-12:15 Latin
11-12:15 Never Been Better
12-1:30 Sign Language
1-2:15 Spanish for Fun
1-3 Beading
1:30-2:30 Intermediate Yoga
2-3:30 Sign Language
3-4 Gentle Yoga
2:30-3:45 Italian for Lovers

June 27

8:30-10:30 Computer I
9-10:15 Body Fusion
9-10:15 French for Fun
10:45-12:45 Internet & Email
11-12:15 Never Been Better
11-12 Strength & Stretch
12-1:30 Sign Language
1-2 Yoga with Tara
1-2:15 Spanish for Fun
1-3 Beading
2-3:30 Sign Language
2:30-3:45 Italian for Lovers
2:30-3:30 Tai Chi

June 28

8:30-10:30 Computer I
9-10:15 French for Fun
10:45-12:45 Internet & Email
11-12:15 Never Been Better
12-1:30 Sign Language
12:30-1:30 Meditation
1-2:15 Spanish for Fun
1-3 Beading
2-3:30 Sign Language
2:30-3:45 Italian for Lovers

CNU LIFELONG LEARNING SOCIETY
2019 SUMMER COURSE REGISTRATION FORM

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

Address: _____
Street City ZIP

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

Emergency Contact: _____
Name Relationship Phone #

Summer Courses

Please number courses in order of preference.

- | | | |
|---------------------------------|-----------------------------------|--|
| ____ 1. Intermediate Yoga | ____ 11. Tai Chi Flute Form | ____ 20. Computer I |
| ____ 2. Morning Watercolor | ____ 12. Toying With Art at PFAC | ____ 21. French for Fun and Travel |
| ____ 3. Gentle Yoga | ____ 13. Intro to Meditation | ____ 22. American Sign Language |
| ____ 4. Laughing With Ludwig | ____ 14. Cool Fiction | ____ 23. Internet and Email |
| ____ 5. Don't Forget Your Latin | ____ 15. Morning Sketch and Paint | ____ 24. Things Have Never Been Better |
| ____ 6. Afternoon Watercolor | ____ 16. Killer Angels | ____ 25. Spanish for Fun and Travel |
| ____ 7. Body Fusion | ____ 17. Afternoon Art Studio | ____ 26. American Sign Language |
| ____ 8. Strength and Stretch | ____ 18. Ukulele | ____ 27. Beading |
| ____ 9. Cooking With Chef Erika | ____ 19. Mariners' Museum | ____ 28. Italian for Lovers |
| ____ 10. Yoga With Tara | | |

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, 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 May 11, you will receive written confirmation of your courses and their room locations. If you register after May 11, this information will be available in the LLS office and at the first two Monday lectures.

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

Full membership for summer 2019 lectures, courses & optional activities.....(\$115) \$ _____
If you are not a current LLS member and want to be an associate member, the fee will be.....(\$70) \$ _____
If you are currently an associate member and now want summer courses, the fee will be.....(\$55) \$ _____
Course fee (\$15 course) Intermediate Yoga, Gentle Yoga, Body Fusion, Yoga with Tara, Tai Chi(\$15) \$ _____
Course fee (\$15) Computer I, Internet and Email(\$15) \$ _____
Course fee (\$35) Cooking With Chef Erika(\$35) \$ _____
Additional parking decals only(____ x \$22) \$ _____
TOTAL \$ _____

For Office Use Only:

Processed by: _____ on _____ paid by _____ for \$ _____
Date Cash/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 _____

3.18 D-1



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

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A Member of

ROAD SCHOLAR®
LLI RESOURCE NETWORK

**Register Now for
Summer Classes**



CONFERENCES

Gardening Symposium
CNU's 22nd Annual Gardening Symposium
"Garden Spirit: Gardening with Purpose and Function"
will be held **March 30, 2019**, at The Freeman Center.
(In collaboration with the CNU Grounds Department)
cnu.edu/gardening

Writers Conference
The 38th Annual Writers Conference will be held **May 3-4, 2019**,
at The Freeman Center. Keynote Speaker: "Life Stories" by Jeffrey Blount.
(In collaboration with the CNU Department of English
and the Writers' Advisory Council)
cnu.edu/writers

Thank You to Our Corporate Sponsors:

