


# LifeLong Learning Society

2017 SUMMER PROGRAM



  
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UNIVERSITY

  
WARWICK FOREST

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

— Oliver Wendell Holmes

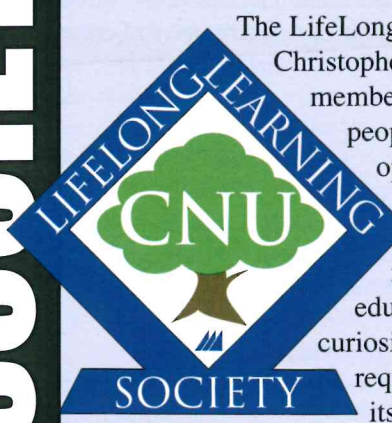
LifeLong Learning Society • Christopher Newport University • Yoder Barn Theatre  
660 Hamilton Drive • Newport News, VA 23602-6925

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



# LIFELONG LEARNING SOCIETY

## 2017 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 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.

### Program Overview

The three-week program includes the dates and times for the **23 courses** listed on pages 2-3.

### Membership Fee and Benefits

**Full membership for the 2017 summer session is \$115.** Registration for courses may be made by returning the enclosed registration form with payment.

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.** Current members may call the office at (757) 269-4368 to register for summer courses.

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](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.

### Refund Policy

Full refund of summer membership and/or course fees will be granted if requested before **June 5, 2017.** 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.

### 2016-17 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 after May 12, 2017.**

### Mailing Address

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



Photos by Iva Miller



2017 SUMMER SCHEDULE
June 5-23

1. Intermediate Yoga

June 5, 7, 12, 14, 19, 21
Mon., 9-10 a.m. & 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 poses and breath work 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. \$15 course fee.

Instructor: Rose Winter, MPT, CMT, RYT

2. Morning Sketch and Paint

June 5-9 Mon. through Fri., 9:30-11:30 a.m.

This instructor-facilitated workshop will focus on outdoor landscape painting, design and the use of photo references. Weather permitting, you will work outdoors in nearby parks or other settings as agreed upon.

Instructor: Jenny Lynn Loveland, BA, MA

3. Yoga

June 5, 7, 12, 14, 19, 21
Mon., 10:30-11:30 a.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 and then move through a series of yoga postures. After the postures have relaxed the body, yoga moves us toward a calm mind, with breath work and meditation. \$15 course fee.

Instructor: Rose Winter, MPT, CMT, RYT

4. Afternoon Open Studio

June 5-9 Mon. through Fri., 12:30-2:30 p.m.

This instructor-facilitated workshop makes indoor studio space available for your drawing and/or painting projects. The afternoon also offers morning painters an opportunity to finish work started in the morning. Depending on class interests, instruction will be augmented to focus on still life, figurative, and/or color theory and mixing color.

Instructor: Jenny Lynn Loveland, BA, MA

5. Strength and Stretch

June 6, 8, 13, 15, 20, 22 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

6. Cooking With Chef Erika

June 6-7 Tues., Wed., 11 a.m.-1 p.m.

Day one cooking with Chef Erika. Day two food and wine pairings like a professional. Lunch will be provided on the second day. Class will be held in the DSU Ballroom. \$30 course fee.

Instructor: Erika Nestler, CNU Executive Chef

7. Tai Chi

June 6, 8, 13, 15, 20, 22
Tues., 2:30-3:45 p.m. & Thurs., 1-2:15 p.m.

This class will teach the introductory form of Tai Chi, nine movements in the Yang style. Tai Chi, a nonaerobic exercise, will help improve balance and muscle strength. \$15 course fee.

Instructor: Bill Hansell

8. NASA: Greenland

June 8-9 Thurs. & Fri., 11 a.m.-12:15 p.m.

Day one will focus on Greenland, its people, culture and natural beauty. Day two will take a look at Operation IceBridge, measuring the melting of the Ice Sheet in Greenland.

Instructor: Luci Crittenden, NASA

9. Curator-Led Tour of the Exhibitions at the Peninsula Fine Arts Center

June 8-9 Held at PFAC Limited Enrollment

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

Curator Diana Blanchard Gross will lead a personalized tour of two exhibitions on view at the Peninsula Fine Arts Center. The first day, participants will learn about artworks in the NASA Art Program and its history as the region celebrates NASA Langley Research Center's centennial anniversary. The second day we will examine the works of Glen McClure, a Norfolk artist who has embarked on a two-year-long project photographing the workers of the region's historic and definitive shipbuilding and ship-repair industry.

Instructor: Diana Blanchard Gross, Curator

10. Body Fusion

June 13, 15, 20, 22 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. \$15 course fee.

Instructor: Lisa Powell, CNU

11. Jefferson Lab

June 12-16 Held at Jefferson Lab Limited enrollment

Mon. through Fri., 9-10:30 a.m.

Tour on Fri., 10:30 a.m.-12:30 p.m.

Learn about the world-leading physics research program at Jefferson Lab. Experts will reveal how physicists plumb the depths of the nucleus with accelerators, uncover the inner workings of particle detectors and show how super computers advance research. Tour will be offered at the end of the course with extra time and walking required. Photo ID required for entry.

Coordinator: Michael Robbins, Public Affairs Associate

12. Watermedia

June 12-16 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.

Instructor: Betty Anglin, Ret. CNU

13. Garden Inspirations

June 12-16 Mon. through Fri., 11 a.m.-12:15 p.m.

From flowerpots to great estates, gardens connect us to beauty and delights of the natural world. Whether you thrill at the touch of the soil or bask in the horticultural handiwork of others, here is an opportunity to gain new insights and inspirations from the garden. Open your eyes, mind and heart, and prepare to share the joy and beauty gardeners create when Mother Nature cooperates.

Instructor: Marie Butler, Garden Speaker, Ret. Landscape Coordinator for the VA Zoo

14. Watermedia

June 12-16 Limited enrollment Mon. through Fri., 12:30-2:30 p.m.

Same as course #14. Please register for only one watercolor class.

Instructor: Betty Anglin, Ret. CNU

15. Mariners' at the Movies

June 12-14 Held at Mariners' Museum Mon. through Wed., 1-4 p.m.

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

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

16. Cyber Security, Scams and Cons

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

Just because you are paranoid, it doesn't mean somebody around the world isn't out to victimize you! Take a reality check on living with today's evolving tech and other scams and how to minimize being their prey. Discuss cyber security on our beloved devices, telemarketing, other cons and scams, and reducing your risks.

Instructor: Terry Vermillion

17. Personal Security

June 16 Fri., 1-2:15 p.m.

Personal security is a concern when traveling around town, on U.S. road trips and going abroad in today's sometimes daunting world. Learn security considerations to have a safe trip and return home intact and "with" your camera (no orange jumpsuit selfies on CNN) and your wallet (emptied by you, not them).

Instructor: Terry Vermillion

18. Spanish Summer Enrichment

June 19-23 Mon. through Fri., 9-10:15 a.m.

Join us as we cast aside the textbook and spend a week practicing pronunciation, learning handy travel phrases and singing songs. No previous knowledge of Spanish is necessary, but there will be optional homework!

Instructor: Erika St. Dennis, LLS

19. Cool Fiction

June 19-23 Mon. through Fri., 9:30-10:45 a.m.

Writing a short story is easier than you think.

Instructor: Heidi Hartwiger

20. Mind Games

June 19-23 Mon. through Fri., 11 a.m.-12:15 p.m.

Join us as we turn perspective upside down and challenge the limits of your brain. You will be confronted with optical illusions, moral dilemmas, cognitive puzzles and downright freaky surprises as you navigate the universe between your ears. We will not discuss much science or psychology; we will focus on five days of fun experimentation and interactive adventures.

Instructor: Erika St. Dennis, LLS

21. French Summer Enrichment

June 19-23 Mon. through Fri., 1-2:15 p.m.

Do you want to keep your French skills fresh? Do you want to revive your vocabulary and pronunciation? Join us for five days of singing, speaking, grammar and culture. No previous knowledge of French is necessary, although there will be optional homework!

Instructor: Erika St. Dennis, LLS

22. Latin Summer Enrichment

June 19-23 Mon. through Fri., 2:30-3:45 p.m.

Ah, Latin – the language of emperors and poets, lovers and warriors! Join us for a five-day foray into this marvelous (and yes, living) language. We will explore the vocabulary, grammar, history and culture of this ancient tongue as we discover that it surrounds us daily in our newspapers, conversations and current events right here in the U.S. No previous knowledge of Latin is necessary, although there will be optional homework!

Instructor: Erika St. Dennis, LLS

23. Beginning Beading

June 19-23 Limited enrollment Mon. through Fri., 1-3 p.m.

This is a one week class for beginning to intermediate-level beaders. The project will be flying geese earrings or bracelet. By working on one project the whole week, you should be able to complete it by the end of class. The cost for supplies will be \$10 for earrings or \$20 for a bracelet to be given to the instructor at the first meeting of class.

Instructor: Barb Gibson, LLS

FIELD TRIP SCHEDULE

San Antonio • November 26, 2017

Westover • September 30, 2017

Washington, D.C. • June 28, 2017

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

LUNCHEONS

Spring Luncheon • May 2, 2017

4th of July Picnic • July 6, 2017



Summer Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

June 5

9-10 Intermediate Yoga  
9:30-11:30 A.M. Painting  
10:30-11:30 Yoga  
12:30-2:30 Open Studio

June 6

9:30-11:30 A.M. Painting  
11-12 Strength & Stretch  
11-1 Cooking With Erika  
12:30-2:30 Open Studio  
2:30-3:45 Tai Chi

June 7

9:30-11:30 A.M. Painting  
11-1 Cooking With Erika  
12:30-2:30 Open Studio  
1:30-2:30 Intermediate Yoga  
3-4 Yoga

June 8

9:30-11:30 A.M. Painting  
11-12 Strength & Stretch  
11-12:15 NASA  
12:30-2:30 Open Studio  
1-2:15 Tai Chi  
1-2:15 PFAC

June 9

9:30-11:30 A.M. Painting  
11-12:15 NASA  
12:30-2:30 Open Studio  
1-2:15 PFAC

June 12

9-10 Intermediate Yoga  
9-10:30 Jefferson Lab  
9:30-11:30 Watermedia  
10:30-11:30 Yoga  
11-12:15 Garden Inspirations  
12:30-2:30 Watermedia  
1-4 Mariners' Museum

June 13

9-10:15 Body Fusion  
9-10:30 Jefferson Lab  
9:30-11:30 Watermedia  
11-12 Strength & Stretch  
11-12:15 Garden Inspirations  
12:30-2:30 Watermedia  
1-4 Mariners' Museum  
2:30-3:45 Tai Chi

June 14

9-10:30 Jefferson Lab  
9:30-11:30 Watermedia  
11-12:15 Garden Inspirations  
12:30-2:30 Watermedia  
1-4 Mariners' Museum  
1:30-2:30 Intermediate Yoga  
3-4 Yoga

June 15

9-10:15 Body Fusion  
9-10:30 Jefferson Lab  
9:30-11:30 Watermedia  
11-12 Strength & Stretch  
11-12:15 Garden Inspirations  
12:30-2:30 Watermedia  
1-2:15 Cyber Security  
1-2:15 Tai Chi

June 16

9-10:30 Jefferson Lab  
9:30-11:30 Watermedia  
10:30-12:30 J. Lab Tour  
11-12:15 Garden Inspirations  
12:30-2:30 Watermedia  
1-2:15 Personal Security

June 19

9-10 Intermediate Yoga  
9-10:15 Spanish  
9:30-10:45 Cool Fiction  
10:30-11:30 Yoga  
11-12:15 Mind Games  
1-2:15 French  
1-3 Beading  
2:30-3:45 Latin

June 20

9-10:15 Body Fusion  
9-10:15 Spanish  
9:30-10:45 Cool Fiction  
11-12 Strength & Stretch  
11-12:15 Mind Games  
1-2:15 French  
1-3 Beading  
2:30-3:45 Tai Chi  
2:30-3:45 Latin

June 21

9-10:15 Spanish  
9:30-10:45 Cool Fiction  
11-12:15 Mind Games  
1-2:15 French  
1-3 Beading  
1:30-2:30 Intermediate Yoga  
2:30-3:45 Latin  
3-4 Yoga

June 22

9-10:15 Body Fusion  
9-10:15 Spanish  
9:30-10:45 Cool Fiction  
11-12 Strength & Stretch  
11-12:15 Mind Games  
1-2:15 Tai Chi  
1-2:15 French  
1-3 Beading  
2:30-3:45 Latin

June 23

9-10:15 Spanish  
9:30-10:45 Cool Fiction  
11-12:15 Mind Games  
1-2:15 French  
1-3 Beading  
2:30-3:45 Latin

CNU LIFELONG LEARNING SOCIETY  
2017 SUMMER COURSE REGISTRATION FORM

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

Address: \_\_\_\_\_  
Street City ZIP Code

Are you enrolling as a new member of LLS? Yes \_\_\_\_\_ No \_\_\_\_\_ Email address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
Name Relationship Phone #

Summer Courses

Please number courses in order of preference.

- |                                 |  |
|---------------------------------|--|
| _____ 1. Intermediate Yoga      | _____ 13. Garden Inspirations          |
| _____ 2. Morning Sketch & Paint | _____ 14. Watermedia                   |
| _____ 3. Yoga                   | _____ 15. Mariners' Museum             |
| _____ 4. Afternoon Open Studio  | _____ 16. Cyber Security, Scams & Cons |
| _____ 5. Strength & Stretch     | _____ 17. Personal Security            |
| _____ 6. Cooking With Erika     | _____ 18. Spanish Enrichment           |
| _____ 7. Tai Chi                | _____ 19. Cool Fiction                 |
| _____ 8. NASA                   | _____ 20. Mind Games                   |
| _____ 9. PFAC                   | _____ 21. French Enrichment            |
| _____ 10. Body Fusion           | _____ 22. Latin Enrichment             |
| _____ 11. Jefferson Lab         | _____ 23. Beading                      |
| _____ 12. Watermedia            |  |

**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 12, you will receive written confirmation of your courses and their room locations. If you register after May 12, 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 2017 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) Body Fusion, Integral Yoga, Tai Chi, Yoga, Moderate Yoga.....(\$15) \$ \_\_\_\_\_

Course fee (\$30 course) Cooking With Chef Erika .....(\$30) \$ \_\_\_\_\_

Additional decal 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 \_\_\_\_\_



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

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**Register Now for  
Summer Classes**

### **Gardening Symposium**

CNU's 20th Annual Gardening Symposium will be held April 7, 2017, at The Freeman Center. There will be three outstanding local speakers: Lisa Ziegler, Randee Humphrey and Marie Butler. The theme is "The Details Are in the Garden, Naturally."  
(In collaboration with the CNU Grounds Department)

### **Writers Conference**

The 36th Annual Writers Conference will be held May 5-6, 2017, at The Freeman Center. Keynote speakers: Jonathan White, CNU American Studies Professor and Bonnie Bader, Publishing Adviser and Editor. The theme is "The Write Stuff."  
(In collaboration with the CNU Department of English and the Writers Advisory Council)

### **Thank You to Our Corporate Sponsors:**

