


LifeLong Learning Society

2018 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

2018-19 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 (VSO), JoAnn Falletta, as well as selected VSO musicians for 10 engaging musical conversations throughout the year. 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.

Fall Class Schedule

September 10, 2018 – Gonzalo Farias, Assistant Conductor
 September 24, 2018 – Yun Zhang, Associate Concertmaster
 October 15, 2018 – Robert Shoup, Chorusmaster
 October 29, 2018 – David Savige, Second Bassoon
 November 12, 2018 – Michael Daniels, Principal Cello

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



JoAnn Falletta
Music Director



Vahn Armstrong
Concertmaster

Sponsored by



VIRGINIA SYMPHONY ORCHESTRA



Michael Daniels
Principal Cello



Gonzalo Farias
Assistant Conductor



David Savige
Second Bassoon



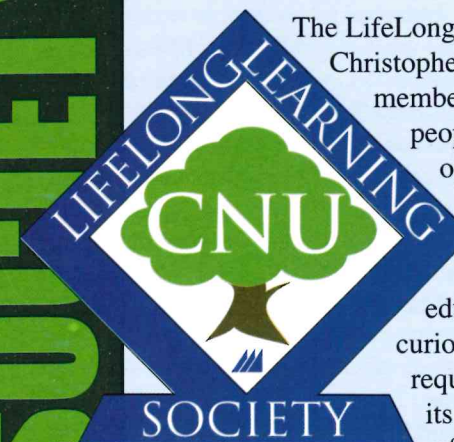
Robert Shoup
Chorusmaster



Yun Zhang
Associate Concertmaster

*See Monday Afternoon Lectures calendar on page 9 of the brochure for fall 2018 locations.

2018 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 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.

Opening Session: September 3, 2018

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: Conover Hunt

"From History to Mystery"

Peebles Theatre

Program Overview

The dates and times for the 15 10-week courses and 41 five-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 10 Monday afternoon lectures and concerts for LLS members are listed on the last page.

Membership Fee and Benefits

Full membership for the 2018-19 fall, spring and summer sessions is \$235. This includes Monday afternoon lectures and concerts; fall, 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 2018-19 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 17, 2018**. Information will be available at the LLS office. 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 3, 2018**. 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.

2018-19 Parking Decal

Sticker Required

A parking decal is required on Christopher Newport University property. One parking decal is included with LLS membership.

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.

Mailing Address

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

3,104

SESSION A COURSES
September 3-October 5, 2018

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

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

2. Art of Medieval Europe
Mon., 10-11:30 a.m.

This course will expose students to four major movements that helped shape the Middle Ages in Europe: (1) Early Christian Rome; (2) Early Medieval Art of the Vikings, Ireland and the Holy Roman Empire; (3) Pilgrimage and the Birth of Romanesque Churches; and (4) the Glory of the Gothic Cathedral. Each lecture will explore a different era and discuss how it shaped the medieval world. *This course will only meet four times: 9/3, 9/10, 9/17, 10/1.*
Instructor: Dr. Michelle Erhardt, CNU

3. Gentle Yoga 10-week course
Mon., 11 a.m.-noon & 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. \$30 course fee.

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

4. 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

5. 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

6. Seeing and Drawing From Life Limited enrollment
Tues., 9-11 a.m.

This drawing class introduces students to the practice of looking and drawing from life. You will explore line drawing as well as how to create form using simple shapes and tones. A variety of subjects will be presented working from simple to complex subjects (still life, landscape, figurative). Instructor-led exercises,

demonstrations and class participation create a relaxed and meditative environment. All levels.
Instructor: Jenny Linn Loveland, BA, MA

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

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

8. 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

9. From Delta Blues to Rock and Roll: A History of American Popular Music, Part 2
Tues., 11 a.m.-12:15 p.m.

This course is the second part in a three-part series that examines the roots and evolution of American popular music, and how American popular music grew up in a uniquely American culture that was shaped by democratic values, racial and economic inequalities, religious and political perspectives, and commercialization. The music covered in part 2 includes: soul music, folk revival, beach music, psychedelic rock, progressive rock, heavy metal and punk rock. The course explores these genres and subgenres and the social, economic and political factors that gave rise to them.

Instructor: Mark D. Morgan, Saint Leo University

10. Painting With Oil/Acrylic Limited enrollment
Tues., noon-2 p.m.

This painting class builds on “Seeing and Drawing From Life.” Working in a variety of painting mediums and styles, students learn key principles and practices to create value studies, plus learn about color, mixing paint and setting up your palette to best effect. A variety of subjects will be presented working from simple to complex (still life, landscape, figurative). Instructor-led exercises, demonstrations and class participation create a relaxed and meditative environment. All levels.

Instructor: Jenny Linn Loveland, MA, BA

11. Seated and Standing Yoga With Tara 10-week course
Tues., Thurs., 1-2 p.m. Limited enrollment

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. \$30 course fee.

Instructor: Tara Joseph, PT, RYT

12. A Strategic Overview of the Year 1862
Tues., 1-2:15 p.m.

Learn about the decisive year 1862 during the Civil War and the radical changes in fortunes for both sides. In May 1862, the North was poised for victory. The U.S. Navy had captured every Atlantic Coast port except Wilmington, North Carolina, and Charleston, South Carolina. In the Western Theater, the Union Army had advanced from Cairo, Illinois, to Corinth, Mississippi. Eastern Tennessee and the Deep South seemed the next targets for the Union juggernaut. Furthermore, Vicksburg and Port Hudson were the only remaining Confederate strongholds on the Mississippi River. In Virginia, the Army of the Potomac was within seven miles of the Confederate capital at Richmond. In this course, students will learn how the Union commanders failed to crush the Confederacy in 1862 and the deadly consequences it would have for extending the conflict.

Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion

13. Tai Chi 10-week course
Tues., Thurs., 2:30-3:45 p.m. Limited enrollment

This course will offer instruction and practice in both Qigong and Tai Chi. Based on ancient Chinese philosophy, both Qigong and Tai Chi comprise a set of exercises that involve slow movements coordinated with deep breathing and mindful awareness. The result of these movements is improved strength and flexibility, increased body fluid movement (blood, synovial, lymph), and enhanced balance and perception. Students will learn the Eight Pieces of Brocade Qigong set. Tai Chi teaching will emphasize the fundamentals and principles of movement that are universal to all styles. Tai Chi practice will focus on the Yang style with particular attention on the Simplified Yang 24 posture form. These classes are suitable for all and can even be done seated. All levels welcome, from beginner to advanced. \$30 course fee.

Instructor: Richard Tate, LLS

14. The Masterworks of Gilbert and Sullivan
Tues., 2:30-3:45 p.m.

Professor George Hillow returns to his roots in musical theater to explore the lives and collaboration of WS Gilbert and Arthur Sullivan. Reference will be made to many of their operettas, but this class will focus principally on the high-water marks of their collaborative genius, “The Mikado” and “The Pirates of Penzance.”

Instructor: George Hillow, Ret. CNU

15. Computer I 10-week course
Wed., Fri., 9-10:15 a.m. Limited enrollment

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. \$30 course fee.

Instructor: Neil Hesketh

16. The Early Islamic Empires
Wed., 9-10:15 a.m.

This course studies the history of the Middle East from the Arab conquests of the 7th century until the rise of the Gunpowder

Empires after 1300, and covers crucial world events such as the Crusades and the Mongol invasion. Moving beyond politics, it engages with the region’s social history by analyzing poetry, gender roles, and the status of Jewish and Christian minorities.

Instructor: Dr. David Stenner, CNU

17. 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

18. Computer Internet and Email Limited enrollment
Wed., Fri., 10:45 a.m.-noon

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

19. How the Body Works
Wed., 11 a.m.-12:15 p.m.

In many ways our bodies are a mystery to us. We know what they do because we see it all the time. Yet we still don’t know how they do it. In this course we will peer inside the human body to reveal its secrets and explain the incredible things that happen inside us every day. We will look at the anatomy and physiology of our bodies from an engineering point of view, examining how it all fits together and what we can do to keep it in the best shape possible for a healthy and productive life.

Instructor: Dr. William Peach, LLS

20. The Art of Chinese Politics and the Politics of Chinese Art
Wed., 12:45-2 p.m. 10-week course

For over 2,000 years the state has been the central power in Chinese society, with each person playing a precisely defined hierarchical role. Art has been a major tool to convey and reinforce governing values. This course analyzes the interaction of political ideas, institutions and individuals, reflected in Chinese art. Session A will cover that interaction from the Qin dynasty (221 to 207 BC) to the Qing Dynasty (the last imperial dynasty of China, 1644-1911/1912). Session B covers that interaction from the end of the Qing Dynasty to the present. (Session A is not a prerequisite for B.)

Instructor: Dr. Dorothy James, LLS

21. Answering America’s Call: Newport News in WWI
Wed., 2:30-3:45 p.m. Held at Mariners’ Museum

The events of World War I made Newport News into the city it is today. Take a deep dive into the Mariners’ Museum’s collection as we explore the objects and stories behind the Museum’s new exhibition, Answering America’s Call.

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

22. Understanding Our Political America 10-week course
Thurs., 9-10:15 a.m.

Both sides of our modern political divide hold beliefs that have merit and are deeply rooted in American history – Federalists and

Anti-Federalists of the 18th century would recognize issues we have today. Join us in this nonpartisan environment as we explore not just our history, but the human psychology, neuroscience, demographic and cultural elements that drive our modern political America.

Instructor: Lisa Meunier, LLS

23. Getting to Know the Tribble Library *Held at Yoder Barn*
Thurs., 9:30-10:45 a.m. Limited enrollment

Come explore what the Tribble Library has to offer! Meet in the Yoder Barn to learn about 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

24. Keeper of Stories
Thurs., 9-10:45 a.m. Limited enrollment

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

Instructor: Heidi Hartwiger

25. Dorothy Sayers
Thurs., 11 a.m.-12:15 p.m.

Dorothy Sayers, one of the first women in England to receive an Oxford degree, created one of the greatest and most loved fictional detectives: her aristocratic amateur sleuth Lord Peter Wimsey. The 11 Wimsey novels, written during and set in inter-war Britain of the 1920s and '30s, showcase the period in ways that remain much admired. The novels gradually increase in complexity as Sayers reaches the height of her powers, combining the detective novel with the novel of manners. In this term we will read four of the Lord Peter novels, in the order they were written to watch the growth of one of the great mystery writers and her creation: *Whose Body?*, *Clouds of Witness*, *Murder Must Advertise* and *The Nine Tailors*. The February session will offer a class on four more Lord Peter novels, the ones that explore his developing relationship with Harriet Vane.

Instructor: Dr. Kara Keeling, CNU

26. 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

27. Gender in the Arab World
Thurs., 1-2:15 p.m.

This course examines changing gender roles in the Arab world. We will discuss the intersection of sexism with class, race and ethnicity in the construction of women's identities in Arab societies. Against the background of transnational feminist activism, we will analyze the obstacles to and opportunities for establishing Arab women's rights as human rights.

Instructor: Dr. Diana Obeid, CNU

28. Drawing
Thurs., 2-4 p.m. Limited enrollment

In the 21st 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

29. Understanding Opera, Part 1
Thurs., 2:30-3:45 p.m.

This course will enhance students' appreciation for opera by introducing them to the first two productions of Virginia Opera's 2018-19 season: Kurt Weill's jazz-inspired "Street Scene" and Mozart's masterpiece "Don Giovanni." Discussions are illustrated with audio and video excerpts. Recommended for opera neophytes and aficionados alike.

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

30. Meteorology and Weather
Fri., 9-10:15 a.m.

Several weather phenomena will be explained in a nonmathematical fashion. Among these are fronts, Santa Ana winds, jet streams, hurricanes and wind shear. The extent, properties and structure of Earth's life-fostering atmosphere will be compared to the atmospheres of our neighbors Venus and Mars. Planetary warming through the Greenhouse effect will be explained.

Instructor: Richard E. Davis, LLS

31. Meanderings
Fri., 9 a.m.-3 p.m. Limited Enrollment

We will carpool to discover new museum exhibits from Norfolk to Williamsburg and lunch in delightful eateries nearby on 9/7, 9/14, 9/21, 9/28 and 10/5. Participants are responsible for expenses, such as lunch and admission fees.

Coordinator: Janie Dickson, LLS

32. Healthy Aging in Retirement and Beyond
(Riverside Doctors Series) 10-week course
Fri., 11 a.m.-12:15 p.m.

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: Yi Chesebrough, Riverside Health Systems

33. Low-Impact Aerobics
Fri., 12-1 p.m. 10-week course Limited enrollment

This aerobics class is designed for all levels and to get your heart pumping while reducing the risk of injury. Course includes low-impact exercises as well as floor work. A mat is required for the floor work portion of the course.

Instructor: Betty Peach, LLS

34. The Murky World of Espionage
Fri., 1-2:15 p.m.

Why does a person spy against his/her country? Why does a person spy for his/her country? These are questions most people are at a loss to answer. This course will attempt to answer both. It will investigate why people spy; what are the motivating factors behind espionage; and analyze the backgrounds and motivations of the most infamous spies in recent history. Some of these stories are baffling; some highlight world events, which when the event occurred no one could explain why it happened until the spy, the instigator, was caught. The stories that will be presented are fascinating, almost beyond comprehension. Yet each is true and further supports that espionage is a game. As long as countries vie for power on this earth, it will never stop.

Instructor: Corliss Tacosa, Ret. ODU

35. Seated and Standing Yoga With Melissa *10-week course*
Fri., 1:15-2:15 p.m. Limited enrollment

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: Melissa McGill, EdD, RYT

36. Introduction to Meditation *10-week course*
Fri., 2:30-3:30 p.m. Limited enrollment

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. \$15 course fee.

Instructor: Melissa McGill, EdD, RYT

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 15-November 16, 2018

38. 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 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 Authority, Fort Monroe Authority

Course #1 – Continued: Intermediate Yoga
Mon., 9:30-10:30 a.m. & Wed., 1:30-2:30 p.m.

Course #3 – Continued: Gentle Yoga
Mon., 11 a.m.-noon & Wed., 3-4 p.m.

Course #4 – Continued: Body Fusion
Tues., Thurs., 9-10:15 a.m.

Course #5 – Continued: Arabic
Tues., 9-10:45 a.m.

39. Seeing and Drawing From Life
Tues., 9-11 a.m. Limited enrollment
Same as course #6.

Course #7 – Continued: Strength and Stretch
Tues., Thurs., 11 a.m.-noon

40. Painting With Oil/Acrylic
Tues., noon-2 p.m. Limited enrollment
Same as course #10.

Course #11 – Continued: Yoga With Tara
Tues., Thurs., 1-2 p.m.

41. Trial of Galileo
Tues., 1-2:15 p.m.

We will examine the trial of Galileo, his condemnation by the Catholic church for heresy and the events leading up to it. We will investigate the political, religious and intellectual atmosphere of his time as a cause and the motivations of the pope, cardinals and other theologians involved. We will study the bureaucracy of the church including the Holy Office of the Inquisition, the Index of Prohibited Books and the Inquisitional manuals, with instructions as to how they conducted an inquisition, who was to be charged, to be tortured, etc. The class will attempt to prove, using only the documents of that time, that the church committed a high misdemeanor in condemning Galileo.

Instructor: George DeRise

Course #13 – Continued: Tai Chi
Tues., Thurs., 2:30-3:45 p.m.

42. Masterpieces of Latin Literature
Tues., 2:30-3:45 p.m.

We will discuss some of the most famous Latin authors and their works. These will include The Gallic Wars of Julius Caesar; the lyric poetry of Catullus and Horace; the Aeneid of Vergil; the Metamorphoses of Ovid; and the Medieval Carmina Burana.
Instructor: Dr. Alice Rubinstein, LLS

43. Embracing the New Financial Realities
Wed., 9-10:15 a.m.

To secure your finances you must confront the new financial realities. Our sessions will provide guidance to help dodge potential pitfalls to grow and protect your wealth. We will discuss investments, long-term care, estate planning and online protection – and how to blend them into a personal financial plan.
Instructor: Gregory Spryn and Dee M. Burcher, Old Point Trust and Financial Services

Course #15 – Continued: Computer I
Wed., Fri., 9-10:15 a.m.

Course #17 – Continued: Chinese
Wed., 10-11:45 a.m.

44. Computer II
Wed., Fri., 10:45 a.m.-noon *Limited enrollment*

Students should have completed Computer I, or have prior knowledge of computers, before enrolling in this course. Students will continue to learn the basics of Microsoft Word 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

45. Fundamentals of Astronomy
Wed., 11 a.m.-12:15 p.m.

Explore the basic foundational principles of astronomy. We will discuss the history of astronomical thought through Newton, gain a basic understand of the solar system and our sun, take a wider view of stars and their life cycles, and also explore galaxies and their structures.

Instructor: Kelly Herbst, Astronomy Curator, Virginia Living Museum

Course #20 – Continued: The Art of Chinese Politics and the Politics of Chinese Art
Wed., 12:45-2 p.m.

46. Art of the Ancient Americas II
Wed., 2:30-3:45 p.m.

This class will highlight the art and architecture from various cultures in the Americas before European contact. Lectures will vary but will introduce participants to such cultures as the Taino of the Caribbean, the Olmec of Mesoamerica and the Inka of Peru. Works examined will include a broad range of material culture such

as sculpture, ceramics, paintings, architecture and art made from ephemeral materials.

Instructor: Dr. Elizabeth Moran, CNU

Course #22 – Continued: Understanding Our Political America
Thurs., 9-10:15 a.m.

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

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

Instructor: Heidi Hartwiger

48. 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 Age of Power
Thurs., 11 a.m.-12:15 p.m.

In the second half of the 17th century, France, England, Austria, Russia and Prussia (core of modern Germany) became the major powers that dominated Europe until World War I. This course will examine each country and its unique character as it emerged to great power status.

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

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

Same as course #26. Register for only one watercolor class in A session and one in B session.

51. Our Curious Constitution
Thurs., 1-2:15 p.m.

Our constitution is a remarkable but curious document. It does not contain many terms we would generally expect to find in it, such as “separation of powers,” “federalism” and “checks and balances.” But it does have several peculiar provisions, such as “corruption of blood,” “letters of marque and reprisal” and “bills of attainder.” In this course we will examine the Constitution through this unique prism. Using the framers’ own words and modern-day examples, we will analyze the structure and wording of the Constitution. Attendees should expect to obtain a deeper understanding and appreciation of this fascinating document.

Instructor: Mike Kerley

52. Watercolor
Thurs., 2-4 p.m.

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Register for only one watercolor class in A session and one in B session.

Instructor: Betty Anglin, Ret. CNU

53. Presidential Losers
Thurs., 2:30-3:45 p.m.

For every winner there must be a loser ... even with presidents. The course will discuss John Adams – John Quincy Adams, Andrew Jackson – James Buchanan, Abraham Lincoln – Ulysses S. Grant, Rutherford B. Hayes – Theodore Roosevelt, and Woodrow Wilson – Dwight D. Eisenhower. A nifty discussion to enjoy!

Instructor: Feather Foster

54. The Qur’an
Fri., 9-10:15 a.m.

This course will explore the Qur’an and its commentaries. We will discuss Islamic religious beliefs, the nature of God, human role and destiny, eschatology, and life after death in the Islamic tradition based on the scripture. We will also study and analyze controversial and sensitive verses on the concept of jihad, the status of women, and Christianity and Judaism from an Islamic point of view.

Instructor: Dr. Hussam S. Timani, CNU

Course #32 – Continued: Riverside Doctors
Fri., 11 a.m.-12:15 p.m.

Course #33 – Continued: Aerobics
Fri., noon-1 p.m.

Course #35 – Continued: Yoga With Melissa
Fri., 1:15-2:15 p.m.



CONFERENCES

The 37th Annual Community Forum on Aging
will be held **March 6, 2019**, at The Freeman Center.

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

Gardening Symposium

CNU's 22nd Annual Gardening Symposium will be held
Spring 2019, at The Freeman Center.

(In collaboration with the CNU Grounds Department)

Writers Conference

The 38th Annual Writers Conference will be held **May 3-4, 2019**, at The Freeman Center.
(In collaboration with the CNU Department of English and the Writers' Advisory Council)

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 15, 2018, 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 and Glasgow Kiss

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.**

FIELD TRIP SCHEDULE

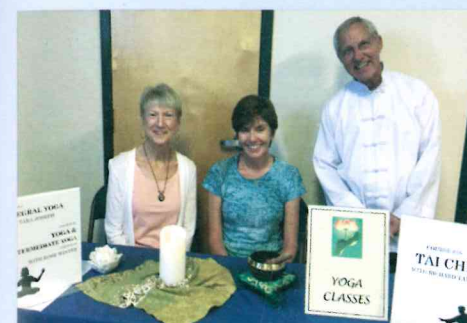
Virginia Museum of Fine Arts
August 14, 2018

Garth Newel
October 9-11, 2018

**Iceland's Magical
Northern Lights**
December 2-8, 2018

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

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



Interest Groups:

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

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



MONDAY AFTERNOON LECTURES & CONCERTS

September 3, 1:30 p.m.
Opening Lecture
"From History to Mystery"
Conover Hunt
Peebles Theatre

September 10, 1:30 p.m.
Virginia Symphony Orchestra
Gonzalo Farias, Assistant Conductor
Yoder Barn Theatre

September 17, 1:30 p.m.
"A Legacy of Greatness: The Story of
the Wright Brothers at Kitty Hawk"
Darrell Collins, Historian,
Wright Brothers National Memorial
Yoder Barn Theatre

September 24, 1:30 p.m.
Virginia Symphony Orchestra
Yun Zhang, Associate Concertmaster
Peebles Theatre

October 1, 1:30 p.m.
Theater CNU Preview
Tanya Sweet
Peebles Theatre

October 15, 1:30 p.m.
Virginia Symphony Orchestra
Robert Shoup, Chorusmaster
Peebles Theatre

October 22, 1:30 p.m.
"CNU in Concert"
Mark Reimer
Studio Theatre

October 29, 1:30 p.m.
Virginia Symphony Orchestra
David Savage, Second Bassoon
Yoder Barn Theatre

November 5, 2 p.m.
"CNU in Concert"
Mark Reimer
Peebles Theatre

November 12, 1:30 p.m.
Virginia Symphony Orchestra
Michael Daniels, Principal Cello
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

2018 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** 10-week courses are only listed once.

- | | | | |
|-------------------------------|-------------------------------|----------------------------------|----------------------------------|
| ____ 1 Intermediate Yoga | ____ 11 Yoga With Tara | ____ 20 Chinese Politics | ____ 29 Understanding Opera |
| ____ 2 Art of Medieval Europe | ____ 12 The Year 1862 | ____ 21 Newport News in WWI | ____ 30 Meteorology & Weather |
| ____ 3 Gentle Yoga | ____ 13 Tai Chi | ____ 22 Our Political America | ____ 31 Meanderings |
| ____ 4 Body Fusion | ____ 14 Gilbert & Sullivan | ____ 23 Tribble Library | ____ 32 Riverside Doctors Series |
| ____ 5 Arabic | ____ 15 Computer I | ____ 24 Keeper of Stories | ____ 33 Low-Impact Aerobics |
| ____ 6 Drawing From Life | ____ 16 Early Islamic Empires | ____ 25 Dorothy Sayers | ____ 34 World of Espionage |
| ____ 7 Strength & Stretch | ____ 17 Chinese | ____ 26 Watercolor Painting | ____ 35 Yoga With Melissa |
| ____ 8 Poetry | ____ 18 Internet & Email | ____ 27 Gender in the Arab World | ____ 36 Meditation |
| ____ 9 American Popular Music | ____ 19 How the Body Works | ____ 28 Drawing | ____ 37 Watercolor Painting |
| ____ 10 Oil/Acrylic | | | |

Session B Courses

- | | | | |
|---------------------------|-------------------------------------|----------------------------------|-----------------------------|
| ____ 38 Fort Monroe | ____ 43 Financial Realities | ____ 48 Writing for Historians | ____ 53 Presidential Losers |
| ____ 39 Drawing From Life | ____ 44 Computer II | ____ 49 Age of Power | ____ 54 The Qur'an |
| ____ 40 Oil/Acrylic | ____ 45 Astronomy | ____ 50 Watercolor | ____ 55 Friday Movies |
| ____ 41 Trial of Galileo | ____ 46 Ancient American Art | ____ 51 Our Curious Constitution | ____ 56 Watercolor |
| ____ 42 Latin Literature | ____ 47 Creative Nonfiction Writing | ____ 52 Watercolor | |

WEEKLY ACTIVITIES OPEN TO ALL MEMBERS: ____ **Bridge** ____ **Book Club** ____ **Mahjonn** ____ **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 17 you will receive written confirmation of your courses and their room locations. If you register after August 17 this information will be available in the LLS office.

Full membership Sept. 2018-Aug. 2019 lectures, courses and optional activities.....(\$235) \$ _____
 Associate membership Sept. 2018-Aug. 2019 lectures and optional activities. No courses.....(\$140) \$ _____
 Course fee (\$30 per course) Yoga, Gentle Yoga, Yoga With Tara, Tai Chi, Body Fusion,
 Computer I(____ x \$30) \$ _____
 Course fee (\$15 per course) Yoga With Melissa, Meditation, Internet & Email, Computer II(____ x \$15) \$ _____
 Additional decals ONLY.....(____ 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 _____

ADDITIONAL LANGUAGE CLASSES

REGISTRATION FORM

57. Intermediate Spanish 10-week course

Monday, Wednesday 9-10:15 a.m.

In this class, we will continue studying spoken and written Spanish, with an emphasis on increasing communicative confidence. We will move from the present tense into the past, use authentic materials, and tackle the finer points of grammar and syntax. Previous beginning Spanish knowledge is necessary. \$30 course fee.

Instructor: Lisa Schlickemeyer

58. Beginning Spanish 10-week course

Monday, Wednesday 10:30-11:45 a.m.

This class will offer basic grammar but will focus on speaking (pronunciation) in real life scenarios such as travel, shopping, asking and receiving directions, at the doctor's office. It will be dynamic, interactive and fun! \$30 course fee.

Instructor: Sandra Caballero

59. Latin 10-week course

Thursday 2-4 p.m.

We will continue with the same textbook, *Latin for Americans*, and will begin with a review.

Instructor: Anne Tew, LLS

**PLEASE RETURN THIS FORM TO THE LLS OFFICE WITH YOUR
FALL SEMESTER REGISTRATION FORM TO REGISTER**

Name(s): _____ Phone: _____
Email: _____ Are you a current LLS member? Yes ___ No ___

I would like to add (PLEASE CIRCLE):

57. Intermediate Spanish

58. Beginning Spanish

59. Latin

Course fee (\$30) Advanced Spanish, Beginning Spanish

(_____ x\$30) \$ _____
TOTAL \$ _____

LLS Office Use Only:

_____ time received _____ date received
Processed by _____ on _____ paid by _____ for \$ _____
initials date cash/check total

Payment Options: Check, Cash, Credit

Check made payable to CNU for \$ _____ enclosed.

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

Name on Card _____

Credit Card # _____ Exp. Date _____