

# LifeLong Learning Society

2016 SUMMER PROGRAM



*WF*  
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CHRISTOPHER NEWPORT  
UNIVERSITY

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

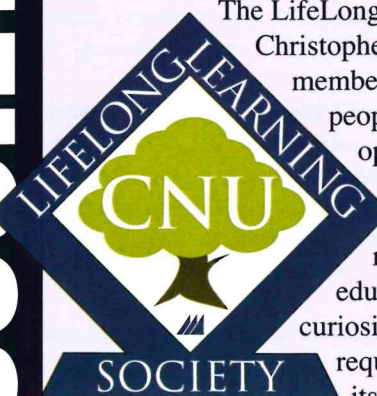
— Oliver Wendell Holmes

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

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



## 2016 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 **24 courses** listed on pages 2-3.

### Membership Fee and Benefits

**Full membership for the 2016 summer session is \$115.** Registration for courses may be made by returning the enclosed registration form with a check. You can now pay your registration fee by credit card. There is a \$3 charge to cover the cost to LLS. See the registration page for details.

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.

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.

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

### Refund Policy

Full refund of summer membership and/or course fees will be granted if requested before **June 6, 2016.** 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.

### 2015-16 Parking Decal Sticker Required

A current 2015-2016 parking sticker is **required** to park in the CNU parking lots. If you do not have a current 2015-16 parking decal please use the registration page to request one.

### 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, 2016.**

### Mailing Address

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



Photos by Iva Miller, Frauke Elber and Kenzie Masterson



2016 SUMMER SCHEDULE
June 6-24

1. Personal Security Considerations in a Daunting World
June 6-10 Mon. through Fri., 9-10:15 a.m.

We will consider "real world" personal security in today's fast-paced world, cover home security, traveling, modern scams and how to avoid being a victim. As we enter our "third stage" of living (the former golden years), it is essential that we cover important safety issues of daily living.

Instructor: Terry Vermillion

2. Outdoor Paint and Sketch Limited enrollment
June 6-10 Mon. through Fri., 9:30-11:30 a.m.

Enjoy a morning outdoor mixed-media session. Day one will be orientation, demo sketching and painting at Yoder Barn. We'll discuss differences between oil and acrylics, the setup and gear, selecting strong imagery, quick sketch methods, and using a limited palette. Includes use of photo references and end-of-day feedback. Transportation — carpooling encouraged.

Instructor: Jenny Lynn Loveland, BA, MA

3. Yoga
June 6, 8, 13, 15, 20, 22
Mon., 10:30-11:45 a.m. & Wed., 2:30-3:45 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. Cooking With Chef Erika
June 6-7 Mon. and Tues., 11 a.m.-1 p.m.

Day one will be culinary food trends, and on day two, dueling countries: an education in wine. Class will be held in the David Student Union Ballroom. \$30 course fee.

Instructor: Erika Nestler, CNU Executive Chef

5. Afternoon Open Studio-Mixed Media-Charcoal, Oil and Acrylic Limited enrollment
June 6-10 Mon. through Fri., 12:30-2:30 p.m.

Explore all levels, approaches/styles with emphasis on direct observation. There will be still life to portrait/figure sets. Emphasis will be on alla prima quick sketches with a limited palette. Model fee may be added.

Instructor: Jenny Lynn Loveland, BA, MA



6. Body Fusion: Tone and Stretch
June 7, 9, 14, 16, 21, 23 Tues., Thurs., 9-10:15 a.m.

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with using a variety of equipment. Class will be held in The Freeman Center. \$15 course fee.

Instructor: Lisa Powell, CNU

7. Strength and Stretch at Yoder Barn
June 7, 9, 14, 16 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

8. Integral Yoga
June 7, 9, 14, 16, 21, 23
Tues., 1-2 p.m. & Thurs., 2:30-3:30 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 clam mind, with breath work and meditation. \$15 course fee.

Instructor: Tara Joseph, PT, MA, RYT

9. Tai Chi
June 7, 9, 14, 16, 21, 23
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

10. Mariners' at the Movies
June 8-10 Wed., Thurs., Fri., 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 their historical accuracy and cultural significance.

Coordinator: Mark Arduini, Manager Public Relations

11. Computer II
June 13-17 Limited enrollment
Mon. through Fri., 8:30-10:30 a.m.

Students should have completed Computer I before enrolling in this course. Students will continue to learn the basics of Microsoft Word 2010. The classroom is equipped with Windows 7 desktop computers. Students should own or have access to a computer to practice their skills. They are welcome to bring their own PC laptops to class. \$15 course fee.

Instructor: Susan Daimler

12. Watercolor Painting
June 13-17 Limited Enrollment
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. Register for only one course with Betty Anglin.

Instructor: Betty Anglin, Retired CNU Professor

13. Internet and Email Limited enrollment
June 13-17 Mon. through Fri., 10:45 a.m.-12:45 p.m.

Learn to send and receive email messages (including attachments) and use the Internet. Students should have an email account and 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: Susan Daimler

14. Watermedia Limited enrollment
June 13-17 Mon. through Fri., 12:30-2:30 p.m.

Amaze yourself — explore the process of abstraction using collage, printing and transfer techniques! Imagination will be encouraged. Register for only one course with Betty Anglin.

Instructor: Betty Anglin, Retired CNU Professor

15. Virginia Institute of Marine Science: A Changing Bay
June 14 Tues., 9 a.m.-3 p.m. Limited enrollment

This course will provide an in-depth look at the changes occurring in Chesapeake Bay through expert speakers and open discussion. Dr. Troy Hartley will explore the recruitment of juvenile fishes into the bay and efforts to track them, followed by Scott Hardaway, who will discuss shoreline erosion, research and management.

Coordinator: Susan Maples, Public Outreach Coordinator

16. Intermediate Beading II Limited enrollment
June 15-17 Wed. through Fri., 9:30 a.m.-noon

This course will build on your skills with peyote triangles to make flowers and a 3-D pendant. You will also learn an alternative herringbone stitch and several fringe patterns. \$25 supply fee due to Barb Gibson on the first day of class.

Instructor: Barb Gibson, LLS

17. Contemporary Art at PFAC
June 15-16 Wed. & Thurs., 1-2:15 p.m.

The term "contemporary art" refers to art made and produced by artists living today. Participants will examine works from Peninsula Fine Arts Center's Biennial 2016 and will consider whether the art is challenging or interesting.

Instructor: Diana Gross, Curator of PFAC

18. Tour of Fort Monroe Limited enrollment of 50
June 17 Fri., 10:15 a.m.-1:30 p.m.

Take a tour of the Casemate Museum followed by lunch at the Paradise Ocean Club with Glenn Oder, Executive Director of the Ft. Monroe Authority, as our speaker. Register here and on the enclosed signup sheet. Participants responsible for \$3 entrance fee and lunch.

Coordinator: Darcy Sink

19. Cool Fiction for a Red Hot Summer
June 20-24 Mon. through Fri., 9:30-10:45 a.m.

Writing a short story is easier than you think.

Instructor: Heidi Hartwiger

20. Genealogy Limited enrollment
June 20-24 Mon. through Fri., 9:30-10:45 a.m.

This course will cover basic genealogy, family and home sources, research, vital records, and census records.

Instructor: Jim Sample, Tidewater Genealogical Society

21. The Watermen's Museum: Virginia Indian Maritime History Limited enrollment
June 21-23 Tues. through Thurs., 10 a.m.-12 p.m.

Join us for an exploration of the history of the first watermen of the Chesapeake Bay. We will use comparative history sources and hands-on crafts to learn about life in the Powhatan world during the 17th century. Class will be held at the Watermen's Museum in Yorktown. Please car pool. Limited enrollment of 25 participants.

Coordinator: Michael Steen, Director of Education, Watermen's Museum

22. Phone Book Course
June 20-24 Mon. through Fri., 11 a.m.-12:15 p.m.

Dive into the book that unites all citizens. We have all had this book in our households for generations. Find out why it is a reflection of our culture. Learn about the White Pages, the Yellow Pages and yes, even the Green Book!

Instructor: Erika St. Dennis, LLS

23. French Summer Enrichment
June 20-24 Mon. through Fri., 1-2:15 p.m.

Come join us as we cast aside the textbook and remind ourselves of the joys of French! We will spend a week practicing pronunciation, learning handy travel phrases, playing games and singing songs. No previous knowledge of French is necessary.

Instructor: Erika St. Dennis, LLS

24. Spanish Enrichment
June 20-24 Mon. through Fri., 2:30-3:45 p.m.

Come join us as we cast aside the textbook and remind ourselves how fun and useful Spanish can be. We will spend a week practicing handy phrases, learning culture, playing games and singing songs. No previous knowledge of Spanish is necessary.

Instructor: Erika St. Dennis, LLS

FIELD TRIP SCHEDULE

Amazon Distribution Center • May 19, 2016

Canadian Rockies • July 4, 2016

Tangier Island • September 17, 2016

Crooked Road • October 13-15, 2016

French River Cruise • May 2017

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



Summer Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

**June 6**  
9-10:15 Personal Security  
9:30-11:30 Outdoor  
Paint and Sketch  
10:30-11:45 Yoga  
11-1 Cooking Chef Erika  
12:30-2:30 Open Studio Mixed  
Medium

**June 7**  
9-10:15 Personal Security  
9-10:15 Body Fusion  
9:30-11:30 Outdoor Paint  
and Sketch  
11-nnoon Strength/Stretch  
11-1 Cooking Chef Erika  
12:30-2:30 Open Studio  
Mixed Medium  
1-2 Integral Yoga  
2:30-3:45 Tai Chi

**June 8**  
9-10:15 Personal Security  
9:30-11:30 Outdoor Paint  
and Sketch  
12:30-2:30 Open Studio  
Mixed Media  
1-4 Mariners' Museum  
2:30-3:45 Yoga

**June 9**  
9-10:15 Personal Security  
9-10:15 Body Fusion  
9:30-11:30 Outdoor Paint  
and Sketch  
11-nnoon Strength/Stretch  
12:30-2:30 Open Studio  
Mixed Medium  
1-2:15 Tai Chi  
1-4 Mariners' Museum  
2:30-3:30 Integral Yoga

**June 10**  
9-10:15 Personal Security  
9:30-11:30 Outdoor Paint  
and Sketch  
12:30-2:30 Open Studio  
Mixed Media  
1-4 Mariners' Museum

**June 13**  
8:30-10:30 Computer II  
9:30-11:30 Watercolor  
10:30-11:45 Yoga  
10:45-12:45 Internet/Email  
12:30-2:30 Watermedia

**June 14**  
8:30-10:30 Computer II  
9-10:15 Body Fusion  
9-3 VIMS  
9:30-11:30 Watercolor  
10:45-12:45 Internet/Email  
11-nnoon Strength/Stretch  
12:30-2:30 Watermedia  
1-2 Integral Yoga  
2:30-3:45 Tai Chi

**June 15**  
8:30-10:30 Computer II  
9:30-11:30 Watercolor  
9:30-nnoon Beading  
10:45-12:45 Internet/Email  
12:30-2:30 Watermedia  
1-2:15 Contemporary Art  
2:30-3:45 Yoga

**June 16**  
8:30-10:30 Computer II  
9-10:15 Body Fusion  
9:30-11:30 Watercolor  
9:30-nnoon Beading  
10:45-12:45 Internet/Email  
11-nnoon Strength/Stretch  
12:30-2:30 Watermedia  
1-2:15 Tai Chi  
1-2:15 Contemporary Art  
2:30-3:30 Integral Yoga

**June 17**  
8:30-10:30 Computer II  
9:30-11:30 Watercolor  
9:30-nnoon Beading  
10:15-1:30 Fort Monroe  
10:45-12:45 Internet/Email  
12:30-2:30 Watermedia

**June 20**  
9:30-10:45 Cool Fiction  
9:30-10:45 Genealogy  
10:30-11:45 Yoga  
11-12:15 Phone Book  
1-2:15 French Enrichment  
2:30-3:45 Spanish Enrichment

**June 21**  
9-10:15 Body Fusion  
9:30-10:45 Cool Fiction  
9:30-10:45 Genealogy  
10-nnoon Watermen's Museum  
11-12:15 Phone Book  
1-2 Integral Yoga  
1-2:15 French Enrichment  
2:30-3:45 Tai Chi  
2:30-3:45 Spanish Enrichment

**June 22**  
9:30-10:45 Cool Fiction  
9:30-10:45 Genealogy  
10-nnoon Watermen's Museum  
11-12:15 Phone Book  
1-2:15 French Enrichment  
2:30-3:45 Yoga  
2:30-3:45 Spanish Enrichment

**June 23**  
9-10:15 Body Fusion  
9:30-10:45 Cool Fiction  
9:30-10:45 Genealogy  
10-nnoon Watermen's Museum  
11-12:15 Phone Book  
1-2:15 French Enrichment  
1-2:15 Tai Chi  
2:30-3:30 Integral Yoga  
2:30-3:45 Spanish Enrichment

**June 24**  
9:30-10:45 Cool Fiction  
9:30-10:45 Genealogy  
11-12:15 Phone Book  
1-2:15 French Enrichment  
2:30-3:45 Spanish Enrichment

CNU LIFELONG LEARNING SOCIETY  
2016 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. Personal Security       | _____ 13. Internet/Email          |
| _____ 2. Outdoor Paint & Sketch  | _____ 14. Watermedia              |
| _____ 3. Yoga                    | _____ 15. VIMS                    |
| _____ 4. Cooking With Chef Erika | _____ 16. Intermediate Beading II |
| _____ 5. Open Studio Mix Media   | _____ 17. Contemporary Art        |
| _____ 6. Body Fusion             | _____ 18. Visit Fort Monroe       |
| _____ 7. Strength/Stretch        | _____ 19. Cool Fiction            |
| _____ 8. Integral Yoga           | _____ 20. Genealogy               |
| _____ 9. Tai Chi                 | _____ 21. Watermen's Museum       |
| _____ 10. Mariners' Museum       | _____ 22. Phone Book              |
| _____ 11. Computer II            | _____ 23. French Enrichment       |
| _____ 12. Watercolor Painting    | _____ 24. Spanish Enrichment      |

WEEKLY ACTIVITIES - OPEN TO ALL MEMBERS: \_\_\_\_\_ Bridge \_\_\_\_\_ Book Club \_\_\_\_\_ Mahjong \_\_\_\_\_ 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 and Special Events \_\_\_\_\_ Membership \_\_\_\_\_ Program Planning \_\_\_\_\_ Telephone Tree  
\_\_\_\_\_ Course Assistant \_\_\_\_\_ Office Volunteer \_\_\_\_\_ 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 information will be available in the LLS office.

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

If you are not a current LLS member, your summer membership and course fee will be.....(\$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.....(\$55) \$ \_\_\_\_\_

Course fee (\$15 per course) Yoga, Integral Yoga, Tai Chi, Computer II, Internet/Email, Body Fusion.....(\$15) \$ \_\_\_\_\_

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

Charge for credit card usage.....(\$3) \$ \_\_\_\_\_

I want a blue parking decal \_\_\_\_\_ Additional decal only.....(\_\_\_\_\_ x \$22) \$ \_\_\_\_\_

No charge TOTAL \$ \_\_\_\_\_

For Office Use Only:

Processed by: \_\_\_\_\_ on \_\_\_\_\_ paid by \_\_\_\_\_ for \$ \_\_\_\_\_  
Date Cash, check or credit card  
\_\_\_\_\_ current member \_\_\_\_\_ packet \_\_\_\_\_ time recv. \_\_\_\_\_ date recv.  
\_\_\_\_\_ reinstated member \_\_\_\_\_ name tag \_\_\_\_\_ blue book \_\_\_\_\_ computer  
\_\_\_\_\_ new member \_\_\_\_\_ decal \_\_\_\_\_ confirmation

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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Yoder Barn Theatre  
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Newport News, VA 23602-6925

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**Register Now for  
Summer Classes**

## Gardening Symposium

CNU's 19th Annual Gardening Symposium will be held April 16, 2016, at The Freeman Center. There will be three outstanding local speakers: Jim Orband, Denise Green and Eric Bailey. The theme is "Creating Environmentally Friendly Gardens."  
(In collaboration with the CNU Grounds Department)

## Writers Conference

The 35th Annual Writers Conference will be held May 6-7, 2016, at The Freeman Center. The conference makes a jump to light speed this year with keynote speaker John Joseph Adams, editor of the Hugo Award-winning magazine *Lightspeed*, and a Friday-night address by professor and prize-winning poet Tim Seibles.  
(In collaboration with the CNU Department of English and the Writers Advisory Council)

## Thank You to Our Corporate Sponsors:

