

LifeLong Learning Society

2026 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 • cnu.edu/lifelonglearning

2026 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

Christopher Newport University 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 textbook. 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 an annual conference.

Program Overview

The summer program includes the dates and times for **29 courses**, which are listed on pages 1-3.

Membership Fee and Benefits

Full membership for the 2026 summer session is \$115. This includes summer courses, interest groups, and the opportunity to participate in optional activities, such as field trips and luncheons, by paying the activity fees.

LLS members who paid \$285 last September or \$235 in January have already paid their membership 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 optional activities if space is available. **Class confirmations will be mailed if registration is received by May 15.**

Visit the CNU-LLS homepage: cnu.edu/lifelonglearning

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.

Otherwise, this information will be available in the LLS office upon request.

Refund Policy

Full refund of summer membership and/or course fees will be granted if requested before **June 8**. After that date, no refund will be given. A 20% handling fee may be deducted from all refunds.

Economic Hardship

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

Distinguished Membership

LLS members who are 90 or older are eligible for honorary membership if they have been a member for three of the past five years. Please call for details.

Alumni Membership Discount

Members of the Christopher Newport Alumni Society are eligible for a **10% discount on membership fees.**

2025-26 Parking Decal

Sticker Required

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

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

Select courses will be held in person and online via Zoom simultaneously. These courses are indicated with asterisks below.

SUMMER SEMESTER

JUNE 8-26

1. Outdoor Plein Air: Morning Sketch and Paint

June 8 through 12 Mon. through Fri., 9-11 a.m.
Limited Enrollment

Join us for a five-day sketch and paint walkabout! Our first meeting will be at the Yoder Barn. Weather permitting, we will meet to work outside. Be prepared to carry water bottles and your supplies to and from public parking to various outdoor sites. Guided instruction will be provided. We will work from direct observation without the aid of photography or cameras. Essential knowledge needed: drawing, composition, perspective, tonal scale, and limited palette. *Please register for only one Outdoor Plein Air.*

Instructor: Jenny Linn Loveland, MFA

2. To Meat or Not to Meat: Brownies***

June 8, 15, 22 Mon., 9:15-10:30 a.m.

This is an expansion on the brownie discussion during the Spring 2025 To Meat or Not to Meat class. Information covered will be appropriate to all students (new and experienced). By exchanging various egg and dairy items with plant-based equivalents, we shall see about making brownies vegan but more importantly delicious. This class will help individuals be more comfortable baking vegan items. We will cover the exchanges for eight different brownies as compared to a non-vegan brownie. There will be some samples for taste comparisons, voting for your favorite and tallying the totals seeing which brownie wins Top In Taste.

Instructor: Kathy Wojciechowski, LLS

3. Intermediate Yoga

June 8, 10, 15, 17, 22, 24 Mon., Wed., 9:30-10:30 a.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, breathwork, 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.* \$15 course fee.

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

4. Gentle Yoga

June 8, 10, 15, 17, 22, 24 Mon., Wed., 11 a.m.-Noon
Limited Enrollment

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 breathwork, 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, LMT, C-IAYT

5. Outdoor Plein Air: Afternoon Sketch and Paint

June 8 through 12 Mon. through Fri., Noon-2 p.m.
Limited Enrollment

Same as course #1. Please register for only one Outdoor Plein Air.

Instructor: Jenny Linn Loveland, MFA

6. Basics of Personal Computers

June 8, 10, 15, 17, 22, 24 Mon., Wed., 1-2:15 p.m.
Limited Enrollment

If you're a beginner, a dabbler or completely panic-stricken, this is the computer class for you. We'll begin with a brief review of personal computers, including devices and other hardware, and of the many common ways in which computers are used (messaging, internet browsing, social media, etc.). Students then will select, from a list of proposed topics, a preference for further information, and hands-on practice. Students will log on to desktops in the classroom and use the desktop and/or a personal device to access the local network and the internet. Our goal will be to learn or strengthen at least one skill, and to pick up a few tips and ideas along the way. \$15 course fee.

Instructor: Denise Galante, LLS

7. Spiders: The Good, the Bad, and the Beautiful!***

June 8, 15, 22 Mon., 1-2:15 p.m.

This three-day course will cover: (1.) Spiders and their relatives: a quick overview of the Arachnida, spider anatomy, and spider families in the U.S.; (2.) Spiders in the environment: the role of spiders in food chains and their methods of prey capture, using Virginia examples; (3.) Venomous spiders: the venomous spiders of the world and the only species of interest in Virginia: black widows and the brown recluse. Ecology of Virginia species and symptoms of envenomation will be covered.

Instructor: Dr. Barbara Abraham, CNU, LLS

8. Intermediate Ukulele

June 8, 15, 22 Mon., 2:30-3:45 p.m.

This course explores intermediate-level chords, melodies, scales, and ukulele picking and strumming techniques. Learners will also explore various musical styles as we learn songs and techniques from traditional folk music, blues, jazz, and pop. *For learners who have taken Ukulele for beginners.*

Instructor: Mark Morgan

9. Nia - Healing through Movement

June 9, 11, 16, 18, 23, 25 Tues., Thurs., 9-10:15 a.m.
Limited Enrollment

Nia blends dance, martial arts, and yoga together for a fun, effective, and adaptable whole-body workout that anyone can do. We use music and movement together to build strength, resilience, balance, and cardiovascular health. The movements are adaptable to all fitness levels, body types, and health levels. Nia is danced barefoot or in soft-soled shoes. *A mat is recommended for some easy floorwork.*

Instructor: Dr. Andrea Timmer, CNU

10. Body Fusion

June 9, 11, 16, 18, 23, 25 Tues., Thurs., 9-10:15 a.m.
ONLINE ONLY

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

Instructors: Dr. Lisa Powell

11. UFOs-USOs-UAPs: What's REALLY Been "Out There"

June 9, 16, 23 Tues., 9:15-10:30 a.m.

This first-time, illustrated, lecture gives an extensive "overview" of the Unidentified Flying Object topic from archaeological, historical, technological, perspectives, personal experience, and declassified documents. Includes previously undisclosed information from both civilian and non-civilian sources. Participants will have access to recently-developed AI worldwide subject database.

Q&A at conclusion. *June 8 will be presented in hybrid format; June 15 and 22 will be held ONLINE ONLY.*

Instructor: CDR William Miller, USN (Ret.)

12. Strength & Stretch *Limited Enrollment*
June 9, 11, 16, 18, 23, 25 Tues., Thurs., 11 a.m.-Noon

This class addresses high-risk clients: those with multiple medical problems, either past or current; those who have not exercised for a very long time and would have difficulty with a standard program; those who are currently dealing with physical problems that limit movement, mobility, stamina; or those who are experiencing pain.

Instructor: Betty Peach, LLS

13. Essential Tips for Smartphone Photography
June 9, 11, 16, 18 Tues., Thurs., 11 a.m.-12:15 p.m.
Limited Enrollment

The best camera is the one you have with you. And, that's usually your cell phone. It is convenient to have a camera at all times, but to take great photos with a phone you still need to think about a variety of elements, including composition, lighting, and exposure settings. In this class you will learn to set and use features on your phone to enhance your photos. You will also learn how to edit with the built-in features of your phone as well as using photo apps. This class is for android as well as iPhone users. So, let's get smart about your smartphone!

Instructor: Shirley Whitenack

14. Continuing Latin: Homer's Odyssey
June 9, 11, 16, 18, 23, 25 Tues., Thurs., 11 a.m.-12:15 p.m.
Limited Enrollment

Continuing Latin has two goals. First, we will continue to read some easy Latin stories and review basic Latin grammar. Second, we will study and discuss together an English translation of Homer's "Odyssey." \$15 course fee.

Instructor: Dr. Alice Rubinstein, LLS

15. Seated & Standing Yoga *Limited Enrollment*
June 9, 11, 16, 18, 23, 25 Tues., Thurs., 1-2 p.m.

This gentle yoga class improves flexibility, strength, and balance and is adaptable for all levels. This class begins seated in the chair with breathwork 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 breathwork, mindfulness, and relaxation. \$15 course fee.

Instructor: Melissa McGill, Ed.D., E-RYT 200

16. Close Up and Still Life Photography *Limited Enrollment*
June 9, 11, 16, 18 Tues., Thurs., 1-3 p.m.

Get up close and personal with your subject. From practical advice to hands-on photography, this class will give you confidence to create and not just take an image. This class will emphasize close-up photography, choice of lenses, and utilizing various shooting modes. Hone your photographic skills in use of light and shadow, reflectors, selective focus, depth of field, and composition. Using backdrops, students will photograph natural and manmade objects with various sources of light: ambient, window, built-in camera flash, electronic strobe flash, continuous lights, and hot lights. This will be a very hands-on class; so, come prepared to photograph and collaborate with others in creating images. Emphasis

will be on technical execution as well as creativity. *Please bring your fully-charged camera, lenses, battery charger, digital media and flash drive. Recommended but not required: electronic flash and tripod. One class will be held on CNU campus.*

Instructor: Shirley Whitenack

17. Lighthouses*** *Held at Mariners' Museum*
June 9 through 11 Tues. through Thurs., 2:30-3:45 p.m.

Lighthouses have fascinated people for centuries. Join The Mariners' Museum and Park staff as they take an "illuminated" look at these wondrous sentinels of the sea. The schedule is as follows: 6/9 Lighthouses Through History, 6/10 Female Lighthouse Keepers of the Chesapeake Bay, 6/11 Legends and Lore of Lighthouses.

Instructor: Wisteria Perry, Associate Curator, Community Engagement, Mariners' Museum and Park

18. Food and Wine Pairing with Chef Erika
June 10 Wed., 11 a.m.-1 p.m.
Limited Enrollment Held in the DSU Ballroom

Join CNU Executive Chef Erika Nestler for yet another food and wine tasting and demonstration! Featuring special guest and Wine-bow professional Amber Morris. \$45 course fee.

Instructor: Erika Nestler, Executive Chef, CNU

19. Your Time Under the Sun *Limited enrollment*
June 15 through 18 Mon. through Thurs., 9:30-10:45 a.m.

Prior to the first class, please research the year YOU were SIX years old. Become familiar with culinary trends, current events/issues of that year, methods of communication, forms of entertainment, types of transportation, etc. We will explore and write about some of these topics during the week. Writers of all levels are welcome to join this lighthearted creative nonfiction summer writing workshop.

Instructor: Heidi Hartwiger

20. Open Studio Morning *Limited enrollment*
June 15 through 18 Mon. through Thurs., 9 a.m.-Noon

Enjoy dedicated time and space to focus on your art in a shared creative setting! Open Studio is a self-guided session where you can work freely on personal projects, explore new ideas, or simply enjoy the process of creating. Open Studio is meant for independent work, there will be no instructor. *Please register for only one Open Studio.*

21. Nature Potluck***
June 15 through 18 Mon. through Fri., 11 a.m.-12:15 p.m.

Come and enjoy learning about nature and gardening from different aspects. There will be four independent lectures on various topics relating to nature: (1.) The Art and History of Tea; (2.) 25 Ways to Kill a tree; (3.) Benefits of Gardening; (4.) Poetry and Nature (a new presentation). No experience necessary, just a willingness to play in the dirt and to think outside of the box!

Instructor: Dr. Daina Henry, LLS

22. "The Pillars of the Earth" Book Club
June 16 Tues., 1-2:15 p.m.
June 17, 18, 23, 24 Tues., Wed., Thurs., 1-3 p.m.

Professor Emeritus George Hillow has chosen Ken Follet's "The Pillars of the Earth" for his summer 2026 book club course! Follet's "The Eye of the Needle" and "The Key to Rebecca" were both previous book club choices, and we enjoyed them thoroughly. "The Pillars of the Earth" is a highly-acclaimed historical novel

about the building of a cathedral in 12th century England, but it is an epic tale, not only in scope, but in length, so potential students are requested to begin reading it sooner rather than later. In addition to discussing the book, we will watch the miniseries in its entirety together in class.

Instructor: George Hillow, Professor Emeritus, CNU

23. Open Studio Afternoon *Limited Enrollment*
June 15 through 18 *Mon. through Fri., 12:30-3:30 p.m.*
Same as course #20. Please register for only one Open Studio.

24. Narrative Medicine *Limited Enrollment*
June 22, 24, 26 *Mon., Wed., Fri., 11 a.m.-Noon*
Narrative Medicine bridges the humanities and the art of medicine by utilizing story as method. In this workshop series, we will use the creative arts to explore health and medical themes through critical analyses, discussions, and reflective writing. These activities aim to help us recognize the elements that make medical experiences so important and meaningful to our lives. Themes for the workshop include pain, the patient-provider relationship, and the COVID-19 pandemic.

Instructor: Dr. Cristina De Leon-Menjivar, CNU

25. Freeform Beading Returns *Limited Enrollment*
June 22 through 26 *Mon. through Fri., 1-2:15 p.m.*
Explore the creativity of bead weaving in a freeform style and design a one-of-a-kind pair of drop earrings. In this class, you'll learn how to combine a variety of bead shapes, sizes, and colors to create flowing designs that are uniquely yours. The instructor will demonstrate techniques step-by-step and provide individualized coaching to help you achieve your desired look. You'll discover new ways to use seed beads to form a spiral design, then attach larger focal beads to create a beautiful drop earring. *All materials will be provided, including beading mats, fireline, needles, bead wax, clasps, and a wide selection of beads.* Diagrams and sample pieces of freeform jewelry will also be available for inspiration. So, are you ready to thread your needle? \$20 course fee due to the instructor on the first day of class.

Instructor: Patti Kernodle, LLS

26. Jamestown Goes to the Movies!
June 23 *Tues., 11 a.m.-12:15 p.m.*
What is Jamestown's relationship to history, myth, and film? In this talk, we'll consider how cinema has portrayed the founding of America's first permanent English settlement and the people whose stories shaped it. From the 1950s' Pocahontas and Captain John Smith to Disney's Pocahontas and Terrence Malick's, "The New World," we will consider how filmmakers have interpreted the history of America's first permanent English settlement and how these portrayals shape public understanding of the past.

Instructor: Dr. Lisa Heuvel, CNU

27. A Cinematic History of Williamsburg
June 25 *Thurs., 11 a.m.-12:15 p.m.*
Williamsburg is widely known for its colonial past, but its modern history is just as fascinating. The 1920s restoration established the Colonial Williamsburg Foundation, leading to major changes in Williamsburg's economy, landscape, and identity, and the challenge of being home to America's largest living history museum. This talk explores how Williamsburg has evolved from its colonial past to the present day, becoming an iconic cultural symbol as well

as an influential preservation and tourism site.

Instructor: Dr. Lisa Heuvel, CNU

28. The Williamsburg Chocolatier***
June 26 *Fri., 11 a.m.-12:15 p.m.*

Maryann Dixon Boho is a third-generation chocolatier who learned the art of candy and chocolate making from her mother, Evelyn Conner Dixon. It was Boho's grandmother, Mary Conner, who taught herself about candy and chocolate. Many of Boho's recipes are still used by The Williamsburg Chocolatier today. One of her beloved recipes is homemade and hand-dipped Easter eggs in a variety of flavors. These are top sellers every Easter and a sell out each year! Boho will detail a brief history about how her mother started the business 41 years ago and how her mother's dream of owning a business became a success. She will include some fun facts about chocolate and finish with chocolate trivia by taking you back in time. *Join us for this fun and sweet chocolate morning!*

Instructor: Maryann Dixon Boho, The Williamsburg Chocolatier, Inc.

29. Chocolate Making Workshop *Limited Enrollment*
June 26 *Fri., 1-3 p.m.*

Join Maryann Dixon Boho, third-generation chocolatier and owner of The Williamsburg Chocolatier, for a fun, hands-on chocolate-making experience. We will be dipping pretzels, making dessert cups, rolling out cream centers, chocolate clusters, and a chocolate surprise. All chocolate treats made during the workshop will be taken home by the participants at the conclusion of the workshop. *Please note any food allergies with registration.* Course fee includes all supplies. \$30 course fee.

Instructor: Maryann Dixon Boho, The Williamsburg Chocolatier, Inc.

AAA Senior Defensive Driving Course

June 3

9 a.m.-3 p.m.

Yoder Barn Theatre

AAA of Tidewater Virginia presents a Senior Defensive Driving Course designed to help you reduce your risk of an accident. \$30 per person.

PRIOR REGISTRATION REQUIRED

To register, please call Vickye Parker at (757) 233-3888.

Interest Groups:

1. Book Club

Monthly on Mondays at
10 a.m., Yoder Barn

2. Mahjongg (All-Levels)

Weekly on Fridays at
9:30 a.m., Yoder Barn

3. Ukulele

Meeting dates TBA, Yoder Barn

Sign up for interest groups with your
course registration!

LifeLong Learning Society - Summer 2026

June 8	June 9	June 10	June 11	June 12
9-11 Plein Air A.M. 9:15-10:30 Meat or Not to Meat*** 9:30-10:30 Intermediate Yoga 11-Noon Gentle Yoga Noon-2 Plein Air P.M. 1-2:15 Computer Basics 1-2:15 Spiders*** 2:30-3:45 Int. Ukulele	9-10:15 Nia 9-10:15 Body Fusion 9-11 Plein Air A.M. 9:15-10:30 UFOs-USOs-UAPs 11-Noon Strength & Stretch 11-12:15 Phone Photography 11-12:15 Continuing Latin Noon-2 Plein Air P.M. 1-2 Seated & Standing Yoga 1-3 Still Life Photography 2:30-3:45 Lighthouses***	9-11 Plein Air A.M. 9:30-10:30 Intermediate Yoga 11-Noon Gentle Yoga 11-1 Food & Wine Chef Erika Noon-2 Plein Air P.M. 1-2:15 Computer Basics 2:30-3:45 Lighthouses***	9-10:15 Nia 9-10:15 Body Fusion 9-11 Plein Air A.M. 11-Noon Strength & Stretch 11-12:15 Phone Photography 11-12:15 Continuing Latin Noon-2 Plein Air P.M. 1-2 Seated & Standing Yoga 1-3 Still Life Photography 2:30-3:45 Lighthouses***	9-11 Plein Air A.M. Noon-2 Plein Air P.M.
June 15	June 16	June 17	June 18	June 19
9-Noon Open Studio A.M. 9:15-10:30 Meat or Not to Meat*** 9:30-10:30 Intermediate Yoga 9:30-10:45 Under the Sun 11-Noon Gentle Yoga 11-12:15 Nature Potluck*** 12:30-3:30 Open Studio P.M. 1-2:15 Computer Basics 1-2:15 Spiders* 2:30-3:45 Int. Ukulele	9-10:15 Nia 9-10:15 Body Fusion 9-Noon Open Studio A.M. 9:15-10:30 UFOs-USOs-UAPs 9:30-10:45 Under the Sun 11-Noon Strength & Stretch 11-12:15 Phone Photography 11-12:15 Continuing Latin 11-12:15 Nature Potluck*** 12:30-3:30 Open Studio P.M. 1-2 Seated & Standing Yoga 1-3 Still Life Photography 1-2:15 "Pillars of the Earth"	9-Noon Open Studio A.M. 9:30-10:30 Intermediate Yoga 9:30-10:45 Under the Sun 11-Noon Gentle Yoga 11-12:15 Nature Potluck*** 12:30-3:30 Open Studio P.M. 1-2:15 Computer Basics 1-3 "Pillars of the Earth"	9-10:15 Nia 9-10:15 Body Fusion 9-Noon Open Studio A.M. 9:30-10:45 Under the Sun 11-Noon Strength & Stretch 11-12:15 Phone Photography 11-12:15 Continuing Latin 11-12:15 Nature Potluck*** 12:30-3:30 Open Studio P.M. 1-2 Seated & Standing Yoga 1-3 Still Life Photography 1-3 "Pillars of the Earth"	University Closed
June 22	June 23	June 24	June 25	June 26
9:15-10:30 Meat or Not to Meat*** 9:30-10:30 Intermediate Yoga 11-Noon Gentle Yoga 11-Noon Narrative Medicine 1-2:15 Computer Basics 1-2:15 Spiders*** 1-2:15 Freeform Beading 2:30-3:45 Int. Ukulele	9-10:15 Nia 9-10:15 Body Fusion 9:15-10:30 UFOs-USOs-UAPs 11-Noon Strength & Stretch 11-12:15 Jamestown Movies 11-12:15 Continuing Latin 1-2 Seated & Standing Yoga 1-2:15 Freeform Beading 1-3 "Pillars of the Earth"	9:30-10:30 Intermediate Yoga 11-Noon Gentle Yoga 11-Noon Narrative Medicine 1-2:15 Computer Basics 1-2:15 Freeform Beading 1-3 "Pillars of the Earth"	9-10:15 Nia 9-10:15 Body Fusion 11-Noon Strength & Stretch 11-12:15 Cinematic Williamsburg 11-12:15 Continuing Latin 1-2 Seated & Standing Yoga 1-2:15 Freeform Beading	11-Noon Narrative Medicine 11-12:15 Williamsburg Chocolatier*** 1-2:15 Freeform Beading 1-3 Chocolate Workshop

Classes begin daily in the morning and run through mid afternoon.

*** Select courses will be held in person and online via Zoom simultaneously.

CNU LIFELONG LEARNING SOCIETY

2026 SUMMER COURSE REGISTRATION FORM

Name(s): _____ Phone: _____

Address: _____
Street City Zip Code

Are you enrolling as a new member of LLS? Yes ____ No ____

Email: _____ Birth date: _____

Emergency Contact: _____
Name Relationship Phone #

Summer Courses

Please number courses in order of preference (one being your highest priority). Courses will be filled based on priority selections and the time at which selections are received. **Asterisks indicate HYBRID courses.**

- | | | |
|------------------------------------|-----------------------------------|---------------------------------------|
| _____ 1. Plein Air A.M. | _____ 11. UFOs-USOs-UAPs | _____ 21. Nature Potluck*** |
| _____ 2. To Meat or Not to Meat*** | _____ 12. Strength & Stretch | _____ 22. "The Pillars of the Earth" |
| _____ 3. Intermediate Yoga | _____ 13. Phone Photography | _____ 23. Open Studio P.M. |
| _____ 4. Gentle Yoga | _____ 14. Continuing Latin | _____ 24. Narrative Medicine |
| _____ 5. Plein Air P.M. | _____ 15. Seated & Standing Yoga | _____ 25. Freeform Beading |
| _____ 6. Computer Basics | _____ 16. Still Life Photography | _____ 26. Jamestown Movies |
| _____ 7. Spiders*** | _____ 17. Mariners' Museum*** | _____ 27. Cinematic Williamsburg |
| _____ 8. Intermediate Ukulele | _____ 18. Food & Wine Chef Erika | _____ 28. Williamsburg Chocolatier*** |
| _____ 9. Nia – Healing Movement | _____ 19. Your Time Under the Sun | _____ 29. Chocolate Making Workshop |
| _____ 10. Body Fusion | _____ 20. Open Studio A.M. | |

WEEKLY ACTIVITIES - OPEN TO ALL MEMBERS: ____ Book Club ____ Mah-jongg ____ Ukulele

Our Society is managed by and for its members. If you would like to volunteer, please check one or more of the following:

____ Hospitality ____ Program planning ____ Course assistant ____ Teaching a course

Registration opens on April 16! Registration will be accepted at the LLS Office in person, by mail, or over the phone. **ONLINE REGISTRATION is now available at cnu.edu/lifelonglearning!** Courses will be confirmed by **EMAIL** if registration is received by **May 15**. Registration after **May 15** will be based upon availability and confirmed upon receipt.

If you paid \$285 for a fall membership or \$235 for a spring membership, you do NOT owe any additional membership fee.

- FULL membership for summer 2026 courses, interest groups and optional activities.....(\$115) \$ _____
- ASSOCIATE membership for summer 2026 interest groups and optional activities. No courses.....(\$70) \$ _____
- If you are currently an associate member and want summer courses.....(\$55) \$ _____
- Course fee (\$15) #3 Intermediate Yoga, #4 Gentle Yoga, #6 Computer Basics,
#14 Continuing Latin #15 Seated & Standing Yoga(\$15) \$ _____
- Course fee (\$30) #29 Chocolate Making Workshop(\$30) \$ _____
- Course fee (\$45) #18 Food & Wine with Chef Erika(\$45) \$ _____

TOTAL \$ _____

For Office Use Only:

Processed by: _____	on _____	paid by _____	for \$ _____
initials	date	cash/check	total amount
_____ current member	_____ packet	_____ CNU alumni	_____ time received
_____ reinstated member	_____ name tag	_____ 90+	_____ date received
_____ new member	_____ decal	_____ honorary	_____ entered

Payment Options: Checks (made payable to CNU), cash, or credit card.



LifeLong Learning Society

Christopher Newport University

Yoder Barn Theatre

660 Hamilton Drive

Newport News, VA 23602-6925

Non-Profit Org.

U.S. Postage

PAID

Richmond, VA

Permit No. 449

**Registration Opens
April 16, 2026!**



A Member of

ROAD SCHOLAR®

LLI RESOURCE NETWORK



Photo by MacKenzie Masterson

LLS UPCOMING EVENTS

Fourth of July Picnic
June 30, 2026

Alaska Discovery Land & Cruise
July 29 through August 9, 2026

Discover Hawaiian Adventure
December 3 through 12, 2026

Please see website or contact LLS for more information on upcoming events.

Thank You to Our Sponsor:

**The Henry L. and Grace Doherty
Charitable Foundation, Inc.**