

LifeLong Learning Society

2025 SUMMER 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.”

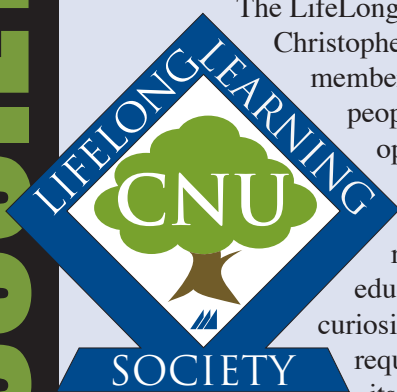
— Oliver Wendell Holmes

LifeLong Learning Society • Christopher Newport University • Yoder Barn Theatre

660 Hamilton Drive • Newport News, VA 23602-6925

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

2025 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 three-week program includes the dates and times for the **29 courses**, which are listed on pages 2-3.

Membership Fee and Benefits

Full membership for the 2025 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. **Registration opens on Monday, April 21! Courses will be confirmed by email on May**

16. Registration after May 16 will be based upon availability and confirmed upon receipt.

Refund Policy

Full refund of summer membership and/or course fees will be granted if requested before **June 4, 2025.** After that date, no refund will be given. A 20% handling fee will 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 and above 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.**

2024-25 Parking Decal Sticker Required

A current parking decal **is required** to park in 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.

Mailing Address

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

Visit the CNU-LLS homepage: 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.

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

SUMMER SEMESTER JUNE 4-27, 2025

1. Cooking with Chef Erika *Limited Enrollment* *June 4* *Wed., 11 a.m.-1 p.m.* *Held in DSU Ballroom*

Join CNU Executive Chef Erika Nestler for yet another food and wine tasting and demonstration! The class will feature special guest and Winebow professional Amber Morris. \$40 course fee.

Instructor: Erika Nestler, CNU Executive Chef

2. To Meat or Not to Meat*** *June 9, 16, 23* *Mon., 9-10:15 a.m.*

This course will answer questions and information requests from the recent To Meat or Not To Meat class. Included in these are: Imparting more flavor by adding more than herbs and spices, label reading to understand serving size and nutritional content.

Instructor: Kathy Wojciechowski, LLS

3. Intermediate Yoga *Limited Enrollment* *June 9, 11, 16, 18, 23, 25* *Mon., Wed., 9:30-10:30 a.m.*

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. Your Time Under the Sun *Limited Enrollment* *June 9-13* *Mon. through Fri., 9:30-10:45 a.m.*

Prior to the first class, please research the year YOU were FIVE years old. Become familiar with culinary trends, current events/issues of that year, methods of communication, forms 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

5. Drawing & Sketching While Traveling *Limited Enrollment* *June 9-13* *Mon. through Fri., 9:30-11:30 a.m.*

This five-day course is designed for artists who travel and anyone who wants to capture the moment with their art. In this course, you will learn about elements of art and design, basic shapes and forms, and how to use an artistic perspective to create expression. Guided instruction and demonstration will be provided.

List of required supplies given upon registration.

Instructor: Oksana Davis

6. Introduction to Stock Analysis*** *June 9-10* *Mon., Tues., 11-11:45 a.m.*

Always wanted to know how the Wall Street types analyze and value stocks? These sessions will walk you through the

fundamentals of macro, micro, and technical analysis.

Instructor: Dr. Willy Donaldson, CNU

7. Gentle Yoga *Limited Enrollment* *June 9, 11, 16, 18, 23, 25* *Mon., Wed., 11 a.m.-Noon*

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

8. Watercolor Painting for Beginners *Limited Enrollment* *June 9-13* *Mon. through Fri., 12:30-2:30 p.m.*

Discover the joy of watercolor painting in this inspiring five-day class designed for a summer short session. Explore paint properties and essential techniques, become familiar with color theory and color wheel, get to know worldwide manufacturers ready to help you with good quality paper and paint for your artistic journey! Guided instruction and demonstration will be provided. *List of required supplies given upon registration.*

Instructor: Oksana Davis

9. Intermediate Ukulele *Limited Enrollment* *June 9, 16, 23* *Mon., 2:30-3:45 p.m.*

Learners will explore intermediate-level cords, melodies, scales, and picking and strumming techniques for the ukulele by learning traditional and popular songs. Students will explore various musical styles as we learn songs from the Beatles, beach music, Hawaiian music, and traditional jazz. For learners who have completed the beginning ukulele class.

Instructor: Mark Morgan

10. Body Fusion *ONLINE ONLY* *June 10, 12, 17, 19, 24, 26* *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.

Instructors: Dr. Lisa Powell

11. Digital Photography 102: Focus on Composition *June 10, 12, 17, 19, 24, 26* *Tues., Thurs., 9-10:15 a.m.* *Limited Enrollment*

This intermediate course is for those who have a comfortable working knowledge of their cameras. From practical advice to hands-on photography, this class will empower you to take control of your camera and unleash creativity. Class will consist of lecture and demonstration at Yoder Barn and on-location photography at CNU. After a quick review of camera basics, you will learn compositional techniques – utilizing directional light, point of focus, rule of thirds, identifying power points, and depth of field (blurred, soft background vs. detailed, sharp background). You will also learn when and how to use fill-flash and reflectors. The course includes homework assignments as well as critiques. Class wrap-up will encompass analyzing histograms, image review/critique, organizing and archiving images, photo resources, and follow-up questions. *Please bring your fully-charged camera, manual, memory card, and lenses/accessories. Tripod is recommended but not required.*

Instructor: Shirley Whitenack

12. Strength & Stretch *Limited Enrollment*
June 10, 12, 17, 19, 24, 26 *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. Photo 101: Beginning Digital Photography
June 10, 12, 17, 19, 24, 26 *Tues., Thurs., 11 a.m.-12:15 p.m.*
Limited Enrollment

Are there way too many buttons on your digital camera? Are you stuck in auto mode? Get out of auto and learn how to take control of your images. This class will give you the confidence to shoot in all modes and fully utilize your camera's features. This class covers basic camera mechanics, correct focusing, selection of file type, shooting modes, and basics of flash. Students will learn the fundamentals of exposure with the relationship of shutter speed, aperture, and ISO explained. Elements of composition will also be discussed and practiced. You can expect to leave this class with a deeper understanding of the capabilities of your digital camera and confidence to fully utilize those capabilities to create outstanding images. *Make sure to bring your fully-charged camera, instruction manual, memory card, and lenses/accessories.* Some camera experience is recommended.

Instructor: Shirley Whitenack

14. Continuing Latin *Limited Enrollment*
June 10, 12, 17, 19, 24, 26 *Tues., Thurs., 11 a.m.-12:15 p.m.*

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 "Iliad." \$15 course fee.

Instructor: Dr. Alice Rubinstein, LLS

15. Seated & Standing Yoga *Limited Enrollment*
June 10, 12, 17, 19, 24, 26 *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. An Insider Look at The Mariners' Galleries and Resources*** *Held at Mariners' Museum*
June 10-12 *Tues. through Thurs., 2:30-3:45 p.m.*

Join staff as we provide an in-depth look at two of our popular galleries and how our archives can assist with genealogy! The schedule is as follows: 6/10 "Finding Your Ancestor's Ship," 6/11 "The Miniature Ships of August Crabtree," 6/12 "The International Small Craft Center: A Modern Cabinet of Curiosities."

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

17. Seated Chair Yoga *Limited Enrollment*
June 11, 18, 25 *Wed., 1-2 p.m.*

This gentle yoga class improves flexibility and strength and is adaptable for all levels. This class is conducted entirely seated in the chair. We begin with breathwork to center and focus, and then we warm up the muscles of the neck, shoulders, spine, hips, legs, arms, feet and hands. Class ends with a period of breathwork, mindfulness, and relaxation.

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

18. Meditation *Limited Enrollment*
June 11, 18, 25 *Wed., 2:15-3:15 p.m.*

Join us for practice in Mindfulness and Vipassana Meditation (also called Insight Meditation). We will spend a few minutes in a guided mindfulness practice, followed by a brief discussion of different meditation principles and finish with a meditation. The meditation begins guided and moves into a period of silence. Bring any questions and observations about mindfulness and meditation. *No prior experience necessary. Chairs are provided, you may bring a mat or cushion if you prefer. Regular practice between classes is encouraged.*

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

19. What's in My Backyard: Invertebrates - The Good, the Bad, & the Beautiful***
June 13, 20 *Fri., 11 a.m.-12:15 p.m.*

Amaze your neighbors by naming the creepy-crawly critters in their yards! Which ones are helping their gardens and yards, and which are doing the opposite? The three-day course will cover Insects (good and bad), Arachnids with an emphasis on spiders, and other invertebrates (worms, mollusks, and other arthropods).

Instructor: Dr. Barbara Abraham, CNU, LLS

20. Because Grandparents Can Connect & Support Their Grandchildren's Literacy Needs, Too
June 13 *Fri., 1-2:15 p.m.*

This presentation will provide practical tips to help you support your grandchildren's literacy. We will zoom out and briefly overview the Virginia Literacy Act (VLA). Then, we will discuss how you fit in and how you can support and connect with your grandchildren, ages preschool to high school, through literacy. Dr. Kryscio is an elementary school reading specialist and adjunct professor at CNU.

Instructor: Dr. Kathryn Kryscio, CNU

21. Intermediate-Advanced Figurative Painting
June 16-20 *Mon. through Fri., 9:30-11:30 a.m.*
Limited Enrollment

Join us for a five-day summer course to practice and refine your artistic eye in a fun and supportive environment. This class will focus on figurative painting from life. Basic and advanced painting techniques will be required. Any wet media (watercolor, gouache, acrylic or oils) are welcome. *List of recommended supplies given upon registration.* Please register for only one figurative painting course.

Instructor: Oksana Davis

22. Intermediate-Advanced Figurative Painting
June 16-20 *Mon. through Fri., 12:30-2:30 p.m.*
Limited Enrollment

Same as course #21. Please register for only one figurative painting course.

Instructor: Oksana Davis

23. From H.G. Wells to Steven Spielberg: the History of Science Fiction in One Story

June 16-20 Mon. through Fri., 1-2:15 p.m.

Written for a new genre of literature now known as science fiction, Herbert George Wells' "*The War of the Worlds*" has never been out of print since he first serialized it in 1895 as H.G. Wells.

With the possible exception of Jules Verne's "*Twenty Thousand Leagues Under the Sea*," *The War of the Worlds* is arguably the most famous work of science fiction in history, and it has ably served as source material for a host of incarnations. Orson Welles famously adapted the story for radio and so infamously broadcast it on Halloween Eve in 1938 that he was called before congress to justify the nationwide panic he created. George Pal won the Special Effects Oscar for his brilliant 1953 film version, and Steven Spielberg reworked the story at Tom Cruise's suggestion for his haunting 2005 film, which completely reimagines the entire saga as a family drama starring Cruise as a working-class father. Each of these versions will be featured in this course and will collectively provide a history of the entire genre. *Prior to class, students are strongly requested to read Wells' novel and to listen to the hour-long 1938 radio broadcast, which can be found easily on YouTube. The class period will be extended to 3:30 p.m. on the last day of class.*

Instructor: George Hillow, Emeritus CNU

24. A Tai Chi Review Limited Enrollment
June 16, 17, 19, 20 Mon., Tues., Thurs., Fri., 2:30-3:45 p.m.

Each of the four days will be devoted to understanding and polishing a specific Tai Chi form: the Yang 24-step Beginners form, the Yang 37-step short form (Cheng Man Ching version), the Yang Family 13-step form, and Bafa Wubu (the eight methods and five step that are the cornerstone of all Tai Chi). Students will have the opportunity to revisit and practice each form, review technique, ask questions and offer their own insights. It is not necessary to know all four sets, however, Tai Chi experience is recommended. \$15 course fee.

Instructor: Richard Tate

25. The Home-town Tourist***
June 19 Thurs., 2:30-3:45 p.m.

Why go far when we have so many treasures in our own backyard! Learn about the many opportunities our city has to experience, from world class attractions to the great outdoors.

Instructor: Dia Foden, Marketing Technician, Newport News Tourism Division

26. What is Beauty?***
June 23-27 Mon. through Fri., 11 a.m.-12:15 p.m.

Is beauty in the eye of the beholder? Are there absolute standards of beauty? What makes some artifacts art and others not? Is a copy of a great painting/statue itself a work of art? Why do people produce art, music, poetry and novels? "A (wo)man who has had no opportunity of comparing the different kinds of beauty is totally unqualified to pronounce an opinion with regard to any object presented to (her)/him," pronounced David Hume in 1757. If he is wrong, why is he wrong? While these questions are as old as philosophy itself, the word aesthetics was only coined in the 18th century. In this course we will consider several issues within aesthetics, from Plato to Heidegger, that have been historically prominent and remain important.

Dr. Brenda Lindemann, LLS

27. Nature's Potluck***

June 23-27 Mon. through Fri., 1-2:15 p.m.

Come and enjoy learning about nature and native plants in Virginia! There will be five independent lectures on various topics relating to nature: 1. Benefits of Gardening, 2. Forest Immersion, 3. Growing Herbs and Spices, 4. 25 Ways to Kill a Tree, and 5. Container Gardens. No experience necessary, just a willingness to play in the dirt.

Instructor: Dr. Daina Henry, LLS

28. Freeform Peyote Bracelet Limited Enrollment
June 23-27 Mon. through Fri., 1-2:15 p.m.

Freeform peyote beading returns again this summer! This class will utilize peyote bead weaving in a freeform style. You will learn to use a variety of shaped beads and colors to create a one-of-a-kind bracelet in class. The instructor will both demonstrate the techniques and coach participants to achieve the desired design. You will each work with five or six styles of beads in your bracelet. Please either bring a bracelet you wear, or, measure your wrist so your bracelet can be made to fit. So, are you ready to thread your needle? *Instructor will provide all materials, diagrams, and samples of freeform Peyote jewelry. \$20 course fee due to instructor on the first day of class.*

Instructor: Patti Kernodle, LLS

29. Ekphrastic Poetry Limited Enrollment
June 25 Wed., 9-10:30 a.m.

What is poetry's role in our society today? What topics, themes or ideas does contemporary poetry address? How can we find a way into poetry writing? Ekphrasis, from the Greek "description," is one way to explore the genre for those new to poetry. Ekphrastic poetry is poetry written in response to another art form. This workshop will introduce participants to the concept of ekphrasis along with short poetic forms including haiku, tanka and cinquain. Participants will then get to practice writing their own ekphrastic poems in response to art provided by the instructor. Sharing of participant work is encouraged.

Instructor: Dr. Nicole Emmelhainz-Carney, CNU

ONLINE REGISTRATION COMING SOON!

Check our website for updates about
online registration!

lifelonglearning.cnu.edu

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 2025					
June 2	June 3	June 4	June 5	June 6	
		11-1 Cooking with Erika			
June 9	June 10	June 11	June 12	June 13	
9-10:15 To Meat or Not... *** 9:30-10:30 Intermediate Yoga 9:30-10:45 Time Under the Sun 9:30-11:30 Drawing & Sketching 11-11:45 Stock Analysis*** 11-Noon Gentle Yoga 12:30-2:30 Watercolor Beginner 2:30-3:45 Intermediate Ukulele	9-10:15 Digital Photo 102 9-10:15 Body Fusion 9:30-10:45 Time Under the Sun 9:30-11:30 Drawing & Sketching 11-11:45 Stock Analysis*** 11-Noon Strength & Stretch 11-12:15 Continuing Latin 11-12:15 Digital Photo 101 12:30-2:30 Watercolor Beginner 1-2 Seated & Standing Yoga 2:30-3:45 Mariners' Museum***	9:30-10:30 Intermediate Yoga 9:30-10:45 Time Under the Sun 9:30-11:30 Drawing & Sketching 11-Noon Gentle Yoga 12:30-2:30 Watercolor Beginner 1-2 Seated Chair Yoga 2:15-3:15 Meditation 2:30-3:45 Mariners' Museum***	9-10:15 Digital Photo 102 9-10:15 Body Fusion 9:30-10:45 Time Under the Sun 9:30-11:30 Drawing & Sketching 11-Noon Strength & Stretch 11-12:15 Digital Photo 101 11-12:15 Continuing Latin 12:30-2:30 Watercolor Beginner 1-2 Seated & Standing Yoga 2:30-3:45 Mariners' Museum***	9:30-10:45 Time Under the Sun 9:30-11:30 Drawing & Sketching 11-12:15 Invertebrates*** 12:30-2:30 Watercolor Beginner 1-2:15 Grandchildren Literacy	
June 16	June 17	June 18	June 19	June 20	
9-10:15 To Meat or Not... *** 9:30-10:30 Intermediate Yoga 9:30-11:30 Morning Painting 11-Noon Gentle Yoga 12:30-2:30 Afternoon Painting 1-2:15 Sci-Fi in One Story 2:30-3:45 Intermediate Ukulele 2:30-3:45 Tai Chi	9-10:15 Digital Photo 102 9-10:15 Body Fusion 9:30-11:30 Morning Painting 11-Noon Strength & Stretch 11-12:15 Digital Photo 101 11-12:15 Continuing Latin 12:30-2:30 Afternoon Painting 1-2 Seated & Standing Yoga 1-2:15 Sci-Fi in One Story 2:30-3:45 Tai Chi	9:30-10:30 Intermediate Yoga 9:30-11:30 Morning Painting 11-Noon Gentle Yoga 12:30-2:30 Afternoon Painting 1-2 Seated Chair Yoga 1-2:15 Sci-Fi in One Story 2:15-3:15 Meditation	9-10:15 Digital Photo 102 9-10:15 Body Fusion 9:30-11:30 Morning Painting 11-Noon Strength & Stretch 11-12:15 Digital Photo 101 11-12:15 Continuing Latin 12:30-2:30 Afternoon Painting 1-2 Seated & Standing Yoga 1-2:15 Sci-Fi in One Story 2:30-3:45 Hometown Tourist*** 2:30-3:45 Tai Chi	9:30-11:30 Morning Painting 11-12:15 Invertebrates*** 12:30-2:30 Afternoon Painting 1-3:30 Sci-Fi in One Story 2:30-3:45 Tai Chi	
June 23	June 24	June 25	June 26	June 27	
9-10:15 To Meat or Not... *** 9:30-10:30 Intermediate Yoga 11-Noon Gentle Yoga 11-12:15 What is Beauty*** 1-2:15 Nature's Potluck*** 1-2:15 Beading 2:30-3:45 Intermediate Ukulele	9-10:15 Digital Photo 102 9-10:15 Body Fusion 11-Noon Strength & Stretch 11-12:15 What is Beauty*** 11-12:15 Continuing Latin 11-12:15 Digital Photo 101 1-2 Seated & Standing Yoga 1-2:15 Nature's Potluck*** 1-2:15 Beading	9-10:30 Ekphrastic Poetry 9:30-10:30 Intermediate Yoga 11-Noon Gentle Yoga 11-12:15 What is Beauty*** 1-2 Seated Chair Yoga 1-2:15 Nature's Potluck*** 1-2:15 Beading 2:15-3:15 Meditation	9-10:15 Digital Photo 102 9-10:15 Body Fusion 11-Noon Strength & Stretch 11-12:15 What is Beauty*** 11-12:15 Continuing Latin 11-12:15 Digital Photo 101 1-2 Seated & Standing Yoga 1-2:15 Nature's Potluck*** 1-2:15 Beading	11-12:15 What is Beauty*** 1-2:15 Nature's Potluck*** 1-2:15 Beading	

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

2025 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) in each session. Courses will be filled based on priority selections and the time at which selections are received.

- | | | |
|------------------------------------|----------------------------------|---------------------------------|
| _____ 1. Cooking with Erika | _____ 11. Digital Photo 101 | _____ 21. Morning Painting |
| _____ 2. To Meat or Not to Meat*** | _____ 12. Strength & Stretch | _____ 22. Afternoon Painting |
| _____ 3. Intermediate Yoga | _____ 13. Digital Photo 102 | _____ 23. Sci-Fi in One Story |
| _____ 4. Time Under the Sun | _____ 14. Continuing Latin | _____ 24. Tai Chi |
| _____ 5. Drawing & Sketching | _____ 15. Seated & Standing Yoga | _____ 25. Hometown Tourist*** . |
| _____ 6. Stock Analysis*** | _____ 16. Mariners' Museum*** | _____ 26. What is Beauty*** |
| _____ 7. Gentle Yoga | _____ 17. Seated Chair Yoga | _____ 27. Nature's Potluck*** |
| _____ 8. Watercolor Beginner | _____ 18. Meditation | _____ 28. Beading |
| _____ 9. Intermediate Ukulele | _____ 19. Invertebrates*** | _____ 29. Ekphrastic Poetry |
| _____ 10. Body Fusion | _____ 20. Grandchildren Literacy | |

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

Our Society is managed by and for its members. If you are willing to help, please check one or more of the following:

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

Registration opens on Monday, April 21! Registration will be accepted at the LLS Office in person, by mail, or over the phone. **ONLINE REGISTRATION COMING SOON!** Courses will be confirmed by email on **May 16**. Registration after **May 16** 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 2025 courses, interest groups and optional activities.....(\$115) \$ _____
 - ASSOCIATE membership for summer 2025 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, #7 Gentle Yoga, #14 Continued Latin,
#15 Seated & Standing Yoga(\$15) \$ _____
 - Course fee (\$10) #24 Tai Chi(\$10) \$ _____
 - Course fee (\$40) #1 Cooking with Erika(\$40) \$ _____
 - Additional parking decals only(____ x \$22) \$ _____
- TOTAL** \$ _____

For Office Use Only:

Processed by: _____ on _____ paid by _____ for \$ _____
initials date cash/check total amount
____ current member _____ CNU alumni _____ time received _____ date received
____ reinstated member _____ packet _____ blue book _____ computer
____ new member _____ name tag _____ decal

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

Newport News, VA

Permit No. 2608

**Registration Opens
April 21, 2025!**



A Member of

ROAD SCHOLAR®

LLI RESOURCE NETWORK



LLS UPCOMING EVENTS

Iceland: Land of Fire & Ice
June 25 – July 4, 2025

Sequoia & Kings Canyon National Parks
September 24-October 3, 2025

Treasures of Washington D.C.
June 28, 2025

Spotlight on the French Riviera
April 30 – May 8, 2026

Annual Fourth of July Picnic
July 1, 2025

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

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



Thank You to Our Sponsors:

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

