“The mind, once expanded to the dimensions of larger ideas, never returns to its original size.”
— Oliver Wendell Holmes
2021 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 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 two annual conferences.

Program Overview
The three-week program includes the dates and times for the 26 courses listed on pages 1-3.

Membership Fee and Benefits
Full membership for the 2021 summer session is $115. Registration for courses may be made by returning the enclosed registration form with payment.

LLS members who paid $235 last September or $185 in January have already paid their 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 to you if your registration is received by May 14, 2021.

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

Refund Policy
Full refund of summer membership and/or course fees will be granted if requested before June 7, 2021. 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.

Distinguished Membership
LLS members ages 90 and up are eligible for honorary membership if they have been a member for three of the past five years. Please call (757) 269-4368 for details.

2020-21 Parking Decal Sticker Required
A current parking decal is required to park in the CNU parking lots. One decal is included with your membership; additional decals can be requested on the registration page.

Office Location
660 Hamilton Drive (Yoder Barn House)
Newport News, VA 23602
Phone: (757) 269-4368

Our office location is in the first house on the left at the corner of Oyster Point Road and Criston Drive. We are in the brick house across the parking lot from the Yoder Barn.

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

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.
At this time, ALL LLS Summer 2021 classes will be held online. However, we have scheduled the semester so that, should things change, we are prepared to return to in-person classes.

Online classes will be presented using Blackboard Collaborate, a free and user-friendly program. Blackboard Collaborate training materials and opportunities will be made available by LifeLong Learning upon registration.

SUMMER SEMESTER
JUNE 7-25, 2021

1. Intermediate Yoga
   Limited Enrollment
   June 7, 9, 14, 16, 21, 23  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, breath work and meditation will be explored in greater depth as you grow on your own personal journey. If you wish to enroll and have not taken yoga with Rose before, please contact the instructor. Yoga mat, large towel and two blocks required. $15 course fee.
   Instructor: Rose Winter, MPT, LMT, C-IAYT

2. Morning Watercolor
   Limited Enrollment
   June 7-11  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. List of required supplies given upon registration. Please register for only one watercolor class, morning or afternoon.
   Instructor: Oksana Davis

3. Gentle Yoga
   Limited Enrollment
   June 7, 9, 14, 16, 21, 23  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 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. $15 course fee.
   Instructor: Rose Winter, MPT, LMT, C-IAYT

4. Don’t Forget Your Latin
   June 7, 9, 14, 16, 21, 23  Mon., Wed., 11 a.m.-12:15 p.m.
   This brief summer course is designed to reinforce old Latin skills and learn new ones.
   Instructor: Dr. Alice Rubinstein, LLS

5. Online Banking with Old Point
   Mon., 1-2:15 p.m.
   Online banking gives you the ability to manage your money over the internet, using your computer or mobile device, instead of visiting a bank branch. Learn how to make payments online, view account balances, move money between accounts and more.
   Instructor: Lynda Phillips, retail services manager, Old Point National Bank

6. Afternoon Watercolor
   Limited Enrollment
   June 7-11  Mon. through Fri., 1-3 p.m.
   Same as course #2. Please register for only one watercolor class, morning or afternoon.
   Instructor: Erika Nestler, CNU executive chef

7. Body Fusion
   Limited Enrollment
   June 8, 10, 15, 17, 22, 24  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. $15 course fee.
   Instructor: Dr. Lisa Powell, CNU

8. Strength and Stretch
   Limited Enrollment
   June 8, 10, 15, 17, 22, 24  Tues., Thurs., 11 a.m.-noon
   This class addresses 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 who are experiencing pain.
   Instructor: Betty Peach

9. Sips & Nibbles with Chef Erika
   Limited Enrollment
   June 9  Wed., 11 a.m.-1 p.m.
   CNU’s executive chef presents Sips and Nibbles with Chef Erika! This year’s class features individual lite summer cuisine. Be ready to pick up your “sips and nibbles” the afternoon before. Pick up location TBA. $35 course fee.
   Instructor: Erika Nestler, CNU executive chef

10. Seated and Standing Yoga
    Limited Enrollment
    June 8, 10, 15, 17, 22, 24  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 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.
    Instructors: Melissa McGill, Ed.D., RYT

11. Crimes on the High Seas with The Mariners’ Museum
    Presented on Zoom by The Mariners’ Museum
    June 8-10  Tues. through Thurs., 2:30-3:45 p.m.
    Join us for a mini summer series with The Mariners’ Museum and Park.
    • June 8: Marc Nucup, public historian, “Flogging a Dead Horse,” an exploration of the criminal practices that supplied involuntary sailors to the 19th century American merchant marine.
    • June 9: Jennifer Hackney, material culture educator, “Whale That’s No Fun: Poaching, Whaling and Overfishing Across the Seas.”
    • June 10: Lauren T. Furey, “The African Slave Trade Patrol, or The U.S. Navy Did What?,” an exploration of the squadron of U.S. Navy warships and cutters that were assigned to catch slave traders in and around Africa between 1819 and the beginning of the American Civil War in 1861.
    Coordinator: Lauren T. Furey, manager of visitor education, Mariners’ Museum
12. Seated Chair Yoga  Limited Enrollment  
**June 9, 11, 16, 18, 23, 25**  
Wed., Fri., 12:15-1:15 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 breath work to center and focus, then we warm up the muscles of the neck, shoulders, spine, hips, legs, arms, feet and hands. We end with a period of breath work, mindfulness and relaxation. $15 course fee.  
**Instructor:** Melissa McGill, EdD, E-RYT

13. Meditation  Limited Enrollment  
**June 9, 16, 23**  
Wed., 1:30-2:30 p.m.  
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 mindfulness meditation and Vipassana meditation. We will also sample various practices such as gratitude and loving kindness meditations. Principles of meditation will be discussed and practiced. Each class begins with a brief introduction, yogic breathing (pranayama), and guidance. We then move into 10-30 minutes of seated meditation (starting shorter and gradually increasing time each week). We conclude each session with an opportunity for discussion, if you prefer. No prior experience necessary. Regular practice between classes encouraged.  
**Instructor:** Melissa McGill, EdD, E-RYT

14. From Delta Blues to Rock & Roll, Part II: American Popular Music 1965-Present  
**June 9, 16, 23**  
Wed., 2:30-3:45 p.m.  
This course examines how American popular music grew up in a uniquely American culture shaped by democratic values, racial and economic inequalities, religious and political perspectives, and commercialization. This course will explore various musical genres such as blues, jazz, country, rock and soul, and the social, economic and political factors that gave rise to them.  
**Instructor:** Mark Morgan

15. COVID-19 Vaccine Update from Riverside Health System  
**June 11**  
Fri., 11 a.m.-12:15 p.m.  
Join us for the summer edition of “Healthy Aging in Retirement and Beyond: Riverside Doctors Series” for an update on the COVID-19 vaccine from Riverside Health System.  
**Coordinator:** Amy Duncan, Riverside Health Systems

16. Intermediate Ukulele  
**June 11, 18, 25**  
Fri., 2:30-3:45 p.m.  
In this course, the class will explore intermediate level cords 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. Designed for learners who have taken the beginning ukulele class.  
**Instructor:** Mark Morgan

17. Digitizing Your Old Photographs, Slides and Negatives Using a Digital Camera  
**June 14-17**  
Mon. through Thurs., 9:30-10:45 a.m.  
Many people have taken photographs or have family photos and albums they have inherited. These old pictures often sit in bookcases or closets gathering dust. The purpose of this class is to offer a solution in the form of using a modern digital camera to make electronic copies of these old photographs and documents. Once digitized, these photographs and documents can be restored to their original state. In the past, you needed to bring people into your home to watch slide shows or look at family albums. Now these documents can be digitized and shared with family members anywhere they are.  
**Instructor:** Philip Columbus, LLS

18. Cool Fiction  Limited Enrollment  
**June 14-18**  
Mon. through Fri., 9:30-10:45 a.m.  
Writing a short story is easier than you think.  
**Instructor:** Heidi Hartwiger

19. Morning Sketch and Paint  Limited Enrollment  
**June 14-18**  
Mon. through Fri., 9:30-11:30 a.m.  
This morning studio is a series of self-directed projects selected by the member. The instructor will facilitate and provide lessons and or projects for those who want individual instruction. Members may focus on either sketching or painting or both. Instruction will be offered on studio style versus plein air projects. **All levels.**  
**Instructor:** Jenny Linn Loveland, MA

20. Safety for Seniors  
**June 14-16**  
Mon. through Wed., 11 a.m.-12:15 p.m.  
This three-day course will cover a variety of topics, including the most current scams and frauds. Hear tips on what to do to keep you safe while you are out and about. And learn about Project Lifesaver, a search and rescue program for individuals that have been diagnosed with diseases that cause them to wander away from home.  
**Instructor:** Lt. K. L. Patrick-Gross, community resource officer, Newport News Sheriff’s Office

21. Afternoon Sketch and Paint  Limited Enrollment  
**June 14-18**  
Mon. through Fri., 12:30-2:30 p.m.  
This afternoon studio is a series of self-directed projects selected by the member. The instructor will facilitate and provide lessons and or projects for those who want individual instruction. Members may focus on either sketching or painting or both. Instruction will be offered on studio style versus plein air projects. **All levels.**  
**Instructor:** Jenny Linn Loveland, MA

22. Drawing  
**June 21-25**  
Mon. through Fri., 9:30-11:30 a.m.  
Explore your visual memory and develop your hand-eye skills by learning lines and blocks, forms and proportions, right and approximate representation of an object as it is seen by the eye, encouraging yourself in formation of ideas and feelings in conjunction with the creative process of drawing. **List of required supplies given upon registration.**  
**Instructor:** Oksana Davis
23. Virginia Canals
   June 21  Mon., 1-2:15 p.m.
Bays, rivers and creeks were key transportation tools for the early economic growth of Tidewater Virginia. Nevertheless, as Virginia expanded westward, man-made waterways were needed to facilitate movement of people and goods. George Washington recognized the need to link the Ohio River Valley and Eastern North Carolina with Virginia’s Atlantic ports to maintain Virginia’s economic leadership. The Dismal Swamp Canal was the nation’s first canal; however, despite Washington’s efforts, New York was able to reach the Midwest first via the Erie Canal.
Instructor: John V. Quarstein, director emeritus, USS Monitor Center, The Mariners’ Museum

   June 22-25  Tues. through Fri., 9-10:15 a.m.
Join us for four days of lively competition! Each day we will pit the guys against the girls in a team version of Jeopardy. All questions will deal with some aspect of LLS courses over the years, so anything under the sun is fair game!
Instructor: Erika St. Dennis, LLS

25. European Travel Phrases
   June 22-25  Tues. through Fri., 11 a.m.-12:15 p.m.
Planning a post-pandemic trip? Come learn handy phrases in French, Spanish and Italian, with a few Latin inscriptions thrown in for good measure. We will cover useful words and culture tips in a lively manner. No grammar, just the important things, like ordering good wine and asking that dashing gentleman to tango with you!
Instructor: Erika St. Dennis, LLS

26. Phun with English
   June 22-25  Tues. through Fri., 1:30-2:15 p.m.
Are you a native speaker? Then your brain is already wired for one of the planet’s most baffling languages. Is English your second or third language? Then you know how crazy it is to learn! Join us for a fast and rollicking ride through the history of the English language...and accept the challenge to create a new word that may end up in Webster’s one day!
Instructor: Erika St. Dennis, LLS

The Ferguson Center for the Arts presents

Conversations in Collaboration:
How Musicals Are Made
June 4, 2021 • 1:30 p.m.

Join the award-winning writing team of Will Reynolds and Eric Price as they pull back the curtain to reveal how Broadway musicals are made. From inception to encores, they guide us on a tour of our most beloved shows featuring performances of your favorite tunes. Part documentary, part concert, if you are a theater fan, or have ever wondered how a show gets put together, you don’t want to miss this.
Reynolds and Price have been collaborators for the past fifteen years. Before joining forces, Reynolds was composing, creating and writing, and Price was for many years the assistant to director/producer Hal Prince before becoming a writer and director/producer himself.

This presentation will be held online. 
REGISTRATION REQUIRED

Please call the LifeLong Learning Society Office to register at (757) 269-4368
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Classes begin daily in the morning and run through midafternoon.
CNU LIFELONG LEARNING SOCIETY
2021 SUMMER COURSE REGISTRATION FORM

Name(s): _____________________________________________________ Phone: ____________________________

Address: _____________________________________________________
Street City Zip Code

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

Emergency Contact: _____________________________________________
Name: _____________________________ Relationship: _____________________________ Phone #: _____________________________

Summer Courses

Please number courses in order of preference.

_____ 1. Intermediate Yoga                    _____ 10. Seated and Standing Yoga
_____ 3. Gentle Yoga                      _____ 12. Seated Chair Yoga
_____ 5. Online Banking with Old Point _____ 14. Delta Blues, Part II
_____ 6. Afternoon Watercolor              _____ 15. Riverside Doctors Series
_____ 8. Strength and Stretch              _____ 17. Digitize Your Old Photographs

WEEKLY ACTIVITIES - OPEN TO ALL MEMBERS: ___ Book Club
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  ____ 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 through the mail slot at 660 Hamilton Drive, Yoder Barn House. If you register by May 14, you will receive written confirmation of your courses. If you register after May 14, 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.
Full membership for summer 2021 courses & optional activities..........................................................($115) $__________
If you are not a current LLS member and want to be an associate member, the fee will be.........................($70) $__________
If you are currently an associate member and now want summer courses, the fee will be..........................($55) $__________
Course fee ($15 course) #1 Intermediate Yoga, #3 Gentle Yoga, #7 Body Fusion, #10 Seated and Standing Yoga,
#12 Seated Chair Yoga.................................................................................................................($15) $__________
Course fee ($35) #9 Sips & Nibbles with Chef Erika ..................................................................................($35) $__________
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 ________ packet ________ time recv. ________ date recv.
_____ reinstated member ________ name tag ________ blue book ________ computer
_____ new member ________ decal

Payment Options: Checks (made payable to CNU), cash, or credit card.
Credit card payments will ONLY be accepted over the phone (757) 269-4368 or in person in the LLS office due to PCI compliance requirements for the state of Virginia.
The 39th Annual Writers Conference will be held "Virginia is for Writers" • Virtual One-Day Event May 22, 2021. Visit cnu.edu/writers for more information!

In collaboration with the CNU Department of English and the Writers’ Advisory Council

CNU’s next Annual Gardening Symposium is scheduled for 2022.

Thank You to Our Sponsors:

Virginia Health Services
"In the care of people you know."

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

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