

LifeLong Learning Society

2024 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 • lifelonglearning.cnu.edu

2024 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 & times for the **26 courses**, which are listed on pages 1-3.

Membership Fee and Benefits

Full membership for the 2024 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 \$235 last September or \$185 in January 2023 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**

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.

May 10, 2024. 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 10, 2024.** 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.**

2023-24 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

All LLS summer 2024 courses will be held IN PERSON. Select courses will be available online and in person simultaneously. These courses are indicated with asterisks below.

SUMMER SEMESTER JUNE 10-28, 2024

1. Nature Potluck***

June 10-14 Mon. through Fri., 9-10:15 a.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) How to Kill a Tree, 2) The Wonderful Paw Paw Tree, 3) Growing Herbs and Container Gardening – anyone can do it, 4) The History and Art of Growing Your Own Tea, and 5) Beginners Guide to Harvesting, Drying, Canning and Saving Seeds. *No experience necessary, just a willingness to play in the dirt.*

Instructor: Daina Henry, LLS

2. Intermediate Yoga

Limited Enrollment

June 10, 12, 17, 19, 24, 26 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

3. Continued Latin

Limited Enrollment

June 10, 12, 17, 19, 24, 26 Mon., Wed., 9:30-10:45 a.m.

In this course, we will pick up where we left off in the spring and continue our learning. It will include more Classical Latin, the language of Caesar, Cicero, Vergil, and so many others, and discussion of Roman culture. \$15 course fee.

Instructor: Dr. Alice Rubinstein, LLS

4. Landscape Watercolor Painting

Limited Enrollment

June 10-14 Mon.-Fri., 9:30-11:30 a.m.

Summer art classes are for anyone interested in exploring, in depth, a painting subject and medium by learning how to sketch and study, select, mix and apply paint enhancing skills and development of a particular style. This class will focus on watercolor painting. *Please register for only one watercolor painting course.*

Instructor: Oksana Davis

5. Gentle Yoga

Limited Enrollment

June 10, 12, 17, 19, 24, 26 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

6. Landscape Acrylic Painting

Limited Enrollment

June 10-14 Mon. through Fri., 12:30-2:30 p.m.

Summer art classes are for anyone interested in exploring, in depth, a painting subject and medium by learning how to sketch and study, select, mix and apply paint enhancing skills and development of a particular style. This class will focus on acrylic painting.

Instructor: Oksana Davis

7. Freeform Peyote Bracelet

Limited Enrollment

June 10-14 Mon. through Fri., 1-2:15 p.m.

This class will utilize peyote bead weaving in a freeform style. The objective is for the participant to create a bracelet in class. You will learn how to use a variety of shaped beads and colors to create a one-of-a-kind bracelet. The instructor will both demonstrate the techniques and coach participants to achieve the desired design. The instructor will provide materials, including beading mats, Fireline, needles, bead wax, clasps and a variety of beads, as well as diagrams and samples of Freeform Peyote jewelry. You will 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 you. If you have glass or crystal beads at home that you would like to incorporate in your work, please contact me to see if they could be used in this project. *So, are you ready to thread your needle?*

Instructor: Patti Kernodle, LLS

8. Round Robin "Art" Collaboration

Limited Enrollment

June 10-14 Mon. through Fri., 1-2:15 p.m.

In this interactive course, students will bring and share their genre of visual art work(s). This can be 2-D (drawing, painting, prints photography, etc.) or 3-D (jewelry, sculpture, pottery, etc.) art. The instructor will lead the class in learning about the artist's motivation, ideas and techniques. Focus and class collaboration will be on the artist's concerns, improvements and building genuine self-confidence. If your art critic has been "ME, MY-SELF and I," this class is for YOU! *Bringing original artwork is encouraged, however if bringing the original is difficult due to size, media, etc., you may bring in a flash drive with pictures of your artwork.*

Instructor: Carol VanDeventer, LLS

9. Intermediate Ukulele

Limited Enrollment

June 10, 17, 24 Mon. 2:30-3:45 p.m.

In this course, the class will explore intermediate-level cords, melodies, and scales, along with 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 taken the beginning ukulele class.*

Instructor: Mark Morgan

10. Body Fusion

ONLINE ONLY

June 11, 13, 18, 20, 25, 27 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.

Instructors: Dr. Lisa Powell

11. Strength & Stretch *Limited Enrollment*
June 11, 13, 18, 20, 25, 27 *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, LLS

12. Seated & Standing Yoga *Limited Enrollment*
June 11, 13, 18, 20, 25, 27 *Tues., Thurs., 1-2 p.m.*

This gentle yoga class improves flexibility, strength, and balance and is adaptable for all levels. 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

13. Qigong for Beginners *Limited Enrollment*
June 11, 13, 18, 20, 25, 27 *Tues., Thurs., 2:30-3:30 p.m.*

Qigong is an ancient Chinese exercise and healing practice. Qigong exercise is gentle and subtle. The movements are soft, circular and smooth; the breathing is slow, deep and yet natural; the focus is on attention and visualization. Students will explore the concepts and health benefits of Qigong and will be introduced to two classic Qigong sets: Ba Duan Jin (Eight Pieces of Brocade), and Shibashi Tai Chi/Qigong 18 Movements. Qigong is generally performed standing and is easy to learn. Movements can be done by all levels and the practice is suitable for everyone. \$15 course fee.

Instructor: Richard Tate

14. Food & Wine with Chef Erika *Limited Enrollment*
June 12 *Wed., 11 a.m.-1 p.m.*
Held in DSU Ballroom

Join CNU Executive Chef Erika Nestler for sampling of food and wine off the beaten track. \$40 course fee.

Instructor: Erika Nestler, CNU Executive Chef

15. Seated Chair Yoga *Limited Enrollment*
June 12, 19, 26 *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, 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. \$8 course fee.

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

16. Meditation *Limited Enrollment*
June 12, 19, 26 *Wed., 2:15-3:15 p.m.*

Join us for practice in Mindfulness and Vipassana Meditation (also called Insight Meditation). Spend a few minutes in a guided mindfulness practice, followed by a brief discussion of a different meditation principle each week (impermanence, compassion/self-compassion, non-identification) 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're welcome to bring a mat or cushion if you prefer. Regular practice between classes is encouraged.*

Instructor: Melissa McGill, EdD, E-RYT 200

17. The Science & Art of Color
June 17-21 *Mon. through Fri., 9-10:15 a.m.*

Color evokes an immediate response in us because it is so deeply tied to our emotions. Artists and crafters cannot escape a study of color if they want to express their world and their meaning—the rest of us just cannot abide living with the wrong colors in our living rooms! The trouble is that color is elusive and the many theories and color wheels are often contradictory and confusing. On the traditional color wheel, for example, red and green are complementary, but in human visual perception, the complement of red is blue-green. I torture canvasses with oil paint, but hopefully the information this course will present will transfer to your medium of choice or challenge you to look at the world around you in a different way.

Instructor: Dr. Brenda Lindemann, LLS

18. Landscape Watercolor Painting *Limited Enrollment*
June 17-21 *Mon. through Fri., 9:30-11:30 a.m.*

Summer art classes are for anyone interested in exploring, in depth, a painting subject and medium by learning how to sketch and study, select, mix and apply paint enhancing skills and development of a particular style. This class will focus on watercolor painting. *Please register for only one watercolor painting course.*

Instructor: Oksana Davis

19. Your Time Under the Sun *Limited Enrollment*
June 17-21 *Mon. through Fri., 11 a.m.-12:15 p.m.*

Prior to the first class, please research the year YOU were born. 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

20. The Nature of War***
June 17-21 *Mon. through Fri., 11 a.m.-12:15 p.m.*

Regrettably, many Americans do not understand, nor appreciate the critical role of the U.S. military in providing for national security and responding to existential threats and direct attacks on the nation. One element of this “misunderstanding” is a lack of knowledge with respect to the fundamental nature and character of war. This course will examine the nature of war, the “grammar” of warfare, the myriad forms that characterize war and the patterns they can manifest that differentiate both war and warfare as wars begin, unfold, and terminate. The suggested reading for this course is *The Art of War*, written by the Chinese military theorist Sun Tzu. Additional research for the development of this course also includes *On War*, by Karl von Clausewitz, *Strategy*, by Sir Basil Liddell-Hart, *A History of Warfare*, by John Keegan, and *Masters of War: Classical Strategic Thought*, by Michael I. Howard.

Instructor: Dr. Paul M. Severance

21. Landscape Oil Painting *Limited Enrollment*
June 17-21 *Mon. through Fri., 12:30-2:30 p.m.*

Summer art classes are for anyone interested in exploring, in depth, a painting subject and medium by learning how to sketch and study, select, mix and apply paint enhancing skills and development of a particular style. This class will focus on oil painting.

Instructor: Oksana Davis

22. The Killer Angels

June 17-21

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

The Killer Angels, Michael Shaara's 1975 Pulitzer Prize-winning novel, fictionalizes the three days at Gettysburg in 1863 when the tide of American history turned more dramatically than history texts can meaningfully convey. Paying extreme attention to historical accuracy, Shaara takes his reader into extraordinary places, like Robert E. Lee's mind and into his tent as he plans this epic battle. He then takes his reader to all corners of the battlefield, like Little Round Top, where America's future was forged in blood by men from Maine to Texas. Taught as a book club, this class will spend the first part of its time in lecture and discussion of the novel, while the latter part will screen *Gettysburg*, the remarkable 1993 miniseries based on the novel starring Martin Sheen as Lee. *Students are kindly requested to read the novel prior to the class.*

Instructor: George Hillow, Emeritus Christopher Newport University

23. Team Herbivore***

June 24-28

Mon. through Fri., 9-10:15 a.m.

Have all of the new plant-based options at the grocery store piqued your interest? What is seitan, anyway? Join us to see what all the fuss is about — and learn some solid science, ethics, and history along the way. A variety of recipes will be included in the class handout!

Instructor: Erika St. Dennis, LLS

24. Man's Best Friend***

June 24-28

Mon. through Fri., 11 a.m.-12:15 p.m.

President Truman said, "If you want a friend in Washington, get a dog." Chimpanzees are far closer to us genetically, so why have canines become so attuned to our ways? Come learn about our long association with the dog, our manipulation of its remarkable genome, and our enduring bond with floppy ears and wet noses.

Instructor: Erika St. Dennis, LLS

25. Pull Up a Chair, Part 2***

June 24-28

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

Remember the joy of curling up while someone opened a book and read to you? This is story time for adults! Join us for a new batch of stories from the world's best writers.

Instructor: Erika St. Dennis, LLS

26. Potpourri***

June 25-27

Tues. through Thurs., 2:30-3:45 p.m.

Held at the Mariners' Museum

"I'll take 'Potpourri' for \$200, Alex!" Join The Mariners' Museum and Park as we take on one of Jeopardy's well-known categories but with a maritime twist. June 25: Songs of the Sea: Shanties; June 26: "A Little of This, A Little of That"; Random Maritime Facts; June 27: The History of Mariners' Park and Lake.

Coordinator: Wisteria Perry, Community Engagement, The Mariners' Museum and Park



LIFELONG LEARNING SOCIETY – SUMMER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JUNE 10 9-10:15 Nature Potluck*** 9:30-10:30 Intermediate Yoga 9:30-10:45 Continued Latin 9:30-11:30 Watercolor Painting 11-noon Gentle Yoga 12:30-2:30 Acrylic Painting 1-2:15 Freeform Peyote Bracelet 1-2:15 Round Robin Art 2:30-3:45 Ukulele</p>	<p>JUNE 11 9-10:15 Nature Potluck*** 9-10:15 Body Fusion 9:30-11:30 Watercolor Painting 11-noon Strength & Stretch 12:30-2:30 Acrylic Painting 1-2 Seated & Standing Yoga 1-2:15 Freeform Peyote Bracelet 1-2:15 Round Robin Art 2:30-3:30 Tai Chi</p>	<p>JUNE 12 9-10:15 Nature Potluck*** 9:30-10:30 Intermediate Yoga 9:30-10:45 Continued Latin 9:30-11:30 Watercolor Painting 11-noon Gentle Yoga 11-1 Food & Wine with Chef Erika 12:30-2:30 Acrylic Painting 1-2 Seated Chair Yoga 1-2:15 Freeform Peyote Bracelet 1-2:15 Round Robin Art 2:15-3:15 Meditation</p>	<p>JUNE 13 9-10:15 Nature Potluck*** 9-10:15 Body Fusion 9:30-11:30 Watercolor Painting 11-noon Strength & Stretch 12:30-2:30 Acrylic Painting 1-2 Seated & Standing Yoga 1-2:15 Freeform Peyote Bracelet 1-2:15 Round Robin Art 2:30-3:30 Tai Chi</p>	<p>JUNE 14 9-10:15 Nature Potluck*** 9:30-11:30 Watercolor Painting 12:30-2:30 Acrylic Painting 1-2:15 Freeform Peyote Bracelet 1-2:15 Round Robin Art</p>
<p>JUNE 17 9-10:15 Color*** 9:30-10:30 Intermediate Yoga 9:30-10:45 Continued Latin 9:30-11:30 Watercolor Painting 11-noon Gentle Yoga 11-12:15 Under the Sun 11-12:15 Nature of War*** 12:30-2:30 Oil Painting 1-2:15 Killer Angels 2:30-3:45 Ukulele</p>	<p>JUNE 18 9-10:15 Color*** 9-10:15 Body Fusion 9:30-11:30 Watercolor Painting 11-noon Strength & Stretch 11-12:15 Under the Sun 11-12:15 Nature of War*** 12:30-2:30 Oil Painting 1-2 Seated & Standing Yoga 1-2:15 Killer Angels 2:30-3:30 Tai Chi</p>	<p>JUNE 19 9-10:15 Color*** 9:30-10:30 Intermediate Yoga 9:30-10:45 Continued Latin 9:30-11:30 Watercolor Painting 11-noon Gentle Yoga 11-12:15 Under the Sun 11-12:15 Nature of War*** 12:30-2:30 Oil Painting 1-2 Seated Chair Yoga 1-2:15 Killer Angels 2:15-3:15 Meditation</p>	<p>JUNE 20 9-10:15 Color*** 9-10:15 Body Fusion 9:30-11:30 Watercolor Painting 11-noon Strength & Stretch 11-12:15 Under the Sun 11-12:15 Nature of War*** 12:30-2:30 Oil Painting 1-2 Seated & Standing Yoga 1-2:15 Killer Angels 2:30-3:30 Tai Chi</p>	<p>JUNE 21 9-10:15 Color*** 9:30-11:30 Watercolor Painting 11-12:15 Under the Sun 11-12:15 Nature of War*** 12:30-2:30 Oil Painting 1-2:15 Killer Angels</p>
<p>JUNE 24 9-10:15 Team Herbivore*** 9:30-10:30 Intermediate Yoga 9:30-10:45 Continued Latin 11-noon Gentle Yoga 11-12:15 Man's Best Friend*** 12:45-2 Pull Up a Chair *** 2:30-3:45 Ukulele</p>	<p>JUNE 25 9-10:15 Team Herbivore*** 9-10:15 Body Fusion 11-noon Strength & Stretch 11-12:15 Man's Best Friend*** 12:45-2 Pull Up a Chair *** 1-2 Seated & Standing Yoga 2:30-3:30 Tai Chi 2:30-3:45 Mariners' Potpourri***</p>	<p>JUNE 26 9-10:15 Team Herbivore*** 9:30-10:30 Intermediate Yoga 9:30-10:45 Continued Latin 11-noon Gentle Yoga 11-12:15 Man's Best Friend*** 12:45-2 Pull Up a Chair *** 1-2 Seated Chair Yoga 2:15-3:15 Meditation 2:30-3:45 Mariners' Potpourri***</p>	<p>JUNE 27 9-10:15 Team Herbivore*** 9-10:15 Body Fusion 11-noon Strength & Stretch 11-12:15 Man's Best Friend*** 12:45-2 Pull Up a Chair *** 1-2 Seated & Standing Yoga 2:30-3:30 Tai Chi 2:30-3:45 Mariners' Potpourri***</p>	<p>JUNE 28 9-10:15 Team Herbivore*** 11-12:15 Man's Best Friend*** 12:45-2 Pull Up a Chair ***</p>

CNU LIFELONG LEARNING SOCIETY 2024 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. Nature Potluck | _____ 10. Body Fusion | _____ 19. Your Time Under the Sun |
| _____ 2. Intermediate Yoga | _____ 11. Strength & Stretch | _____ 20. The Nature of War |
| _____ 3. Continued Latin | _____ 12. Seated & Standing Yoga | _____ 21. Oil Painting |
| _____ 4. Watercolor Painting | _____ 13. Qigong for Beginners | _____ 22. <i>The Killer Angels</i> |
| _____ 5. Gentle Yoga | _____ 14. Food & Wine with Chef Erika | _____ 23. Team Herbivore . |
| _____ 6. Acrylic Painting | _____ 15. Seated Chair Yoga | _____ 24. Man's Best Friend |
| _____ 7. Freeform Peyote Bracelet | _____ 16. Meditation | _____ 25. Pull Up a Chair, Part 2 |
| _____ 8. Round Robin Art | _____ 17. Science & Art of Color | _____ 26. Mariners' Potpourri |
| _____ 9. Intermediate Ukulele | _____ 18. Watercolor Painting | |

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

You may register either by mail to LLS, Christopher Newport University, 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 10, you will receive written confirmation of your courses and their room locations. If you register after May 10, information will be available in the LLS office upon request.

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 2023 courses, interest groups and optional activities.....(\$115) \$ _____
 - ASSOCIATE membership for summer 2023 interest groups and optional activities. No courses.....(\$70) \$ _____
 - If you are currently an associate member and want summer courses.....(\$55) \$ _____
 - Course fee (\$15) #2 Intermediate Yoga, #3 Continued Latin, #5 Gentle Yoga, #10 Body Fusion,
 #12 Seated & Standing Yoga, #13 Qigong for Beginners.....(\$15) \$ _____
 - Course fee (\$8) #15 Seated Chair Yoga(\$8) \$ _____
 - Course fee (\$40) #14 Food & Wine with Chef 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.

Credit cards will ONLY be accepted in person or over the phone (757) 269-4368 due to PCI compliance requirements for the state of Virginia.

LifeLong Learning Society

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

Non-Profit Org.

U.S. Postage

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Richmond, VA

Permit No. 449

**Register Now for
Summer Classes**



A Member of

ROAD SCHOLAR[®]

LLI RESOURCE NETWORK



LLS UPCOMING EVENTS

Annual Fourth of July Picnic
Tuesday, July 2, 2024

Tropical Costa Rica
August 12-20, 2024

41st Annual Writers Conference
Saturday, September 14, 2024 • cnu.edu/writers

Discover the Islands of New England
October 3-10, 2024

Please contact the LLS Office for additional details
on trips, luncheons and conferences.



Thank You to Our Sponsors:

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

